Checklist for Success - Weight Loss

Find below a teaser of what we cover in our 90 Day Body Transformation Program. This is 1 document out of about 20 that we guide you through to help you achieve long lasting success!

In order for weight loss to be sustainable, it has to be:

Easy + Repeatable + Preferable = Sustainable

Easy

Easy to make meals that don't have too many steps

Repeatable

You have the recipe readily accessible in a saved document
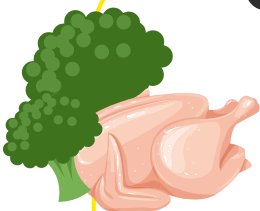
Preferable

it actually tastes good (and tastes even better after a few days in the fridge)

Example:

Plain chicken and broccoli is easy and repeatable, but it's not preferable, so it's not sustainable, which means that even if you lose a lot of weight eating just those two things, you probably won't be able to keep it off because nobody wants to eat that for years on end!

If you do the following 4 things you will achieve the body of your dreams!

1. Do daily weigh in's
2. Plan out the meals you are going to eat for the week
3. Grocery shop for these meals
4. Meal prep these meals

The 2 biggest steps to helping you actually do the 4 things above?

1. **Saving 8-12 recipes** that you like and are easy to make in a word document so that you can easily find them.
2. **Set reminders** for when you are going to:
   - Daily Weigh in's
   - Plan out your meals
   - Grocery shop
   - Meal Prep 1 (usually Sunday)
   - Meal Prep 2 (usually Thursday)

2 Reasons Most People Don't Lose Weight

1. They do not know how many calories they are consuming
2. They are relying on going out to eat, or take out for 2 or more meals a week

How to Overcome These Barriers

1. **Follow a suggested meal plan** OR
2. **Track Calories**

Suggested Meal Plan

Good for people who:	Cons
Want to see results	Little flexibility
Want someone to suggest exactly what to eat	May involve more cooking
Don't want to make a lot of decisions	
Don't want to track calories	
Aren't picky eaters - happy eating most foods	
Don't have any food allergies	
Don't have any food allergies	
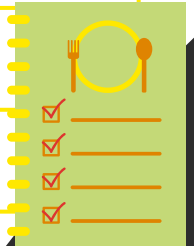
Tracking Calories

Good for people who:	Cons
Want to see results	Requires more time to input foods
Are a little bit more Type A	May lead to a greater reliance on easily scannable pre-packaged foods
Want more flexibility in what they eat	Usually not sustainable long term
May be a little bit more of picky eaters	
Have food allergies	
Have a preferred eating style (vegan, vegetarian etc.)	

2 systems that are unreliable for long term weight loss

1. Memory
2. Motivation

Memory & Motivation are unreliable systems to build habits on because we are Forgetful and sometimes Unmotivated.

As James Clear of Atomic Habits says, **"We do not rise to the level of our goals, we fall to the level of our systems."**

That's why it's really important to have systems in place that make the healthy choice, easy, repeatable, and preferable.

How to avoid relying on Memory and Motivation and put your weight loss on autopilot

1. Memory

Set up reminders on your phone and your calendar, and make sure that you do the task as soon as the reminder goes off. If you can't do it right in that moment, snooze the alarm. If you cannot get to the task for a little bit, reset the alarm to later in the day. If you turn off the alarm, the overwhelming likelihood is that you will not end up completing the task that aligns with your long-term goal of weight loss. While this may not seem like a big deal in the moment, if you don't do meal prep, you will be forced to rely on other options which usually are eating out, or grazing, both of which typically result in excess calories.

2. Motivation

✓ **Make it easier to take the action that INCREASES the chances of achieving your long term goal.**

▶ **Ex:** Meal prep on the agreed upon days so that at the end of a long workday you already have a healthy meal that you actually like to eat ready to go. That way you don't have to rely on the motivation of looking good in a bathing suit in 6 months to plan what you're going to eat, go to the grocery store to get all of the ingredients, and come back home and actually make the meal, because let's be honest that's not going to happen, you, just like me and pretty much everyone else is probably going to see what's on Uber Eats, or graze on random foods that are probably higher calorie than we'd like to admit until we're full, which is not a sustainable strategy for long term weight loss.

✓ **Make it harder to take the action that DECREASES the chances of achieving your long term goal:**
  ▶ **Ex:** Delete Uber Eats from your phone.
  ▶ **Ex:** Don't have sweets and snacks easily available on the counter tops. Instead keep them in the graveyard of the pantry. You know what I'm talking about, on the top shelf, way in the back behind the random package of canned beans that's been there for years.

5 Ways to improve motivation through personal and social accountability:

1. **Establish a deeper why**
it's easy to say you want to lose 30 lbs, but when it comes to actually taking the actions necessary in order to accomplish that goal it's very challenging unless you have something that is truly motivating you to make the decision in the moment that is aligned with your long terms goals.
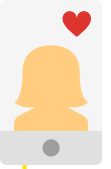
✓ **Common "Why's"**
  ▶ To live to see my grandkids grow up
  ▶ To be able to do all of the activities I love when I'm older (list them out)
  ▶ Because I owe it to myself

2. Set the Screensaver

If you are looking to achieve a certain goal weight write it down, along with why you want to lose it, and set this as your screensaver on your phone, so that you see it Every. Single. Day.

3. New Clothes

Buy a pair of pants or a dress in a size a couple of sizes smaller than you are now and hang them up on the door to your bedroom so that you have to look at them every day. This will provide a lot of internal accountability.

4. Accountability Buddies

Send your lowest weight for the week to 1 person you really care about, and who really cares about you (not a spouse or family member).

- Share this person with your trainer right now

5. Ask Yourself

When you are faced with a decision where you can choose the short term pleasure at the expense of the long term goals, ask yourself out loud "Do I really want this _____ (piece of pie, 4th margarita, bag of cheetos, etc.) By saying it out loud it forces you to filter it through the logic and reasoning centers of the brain and greatly decreases the chance that you will make the decision that is not aligned with your long term goals.

Ready to put your weight loss on autopilot?

Click Here

To schedule a **FREE CONSULTATION**

Valued at

$147

Terminology

Hand Grips

- **Pronated** generally means face down or palms down (Ex: lying prone means lying face down)

- **Supine** generally means face up or palms up (supine grip you can see your palms)

- **Neutral** grip generally means thumb up to the sky

Tempo   8 / 0 / 4

- **First** number usually represents the eccentric or descending part of the lift

  Second number represents the isometric part of the lift (where we change directions ex: going down in a squat to going up, the change is the isometric)

  Third number usually represents the concentric or ascending part of the lift where you feel the muscles "working"

  Example: 8 / 0 / 4 Squat

  Lower for **8** seconds
  Hold at the bottom for **0** seconds
  Rise for **4** seconds

- **If there is a - a the end,**
  it means do not do the concentric or "hardest" part of the movement.

  Example: 6 / 10 / - Push Up

  Lower for **6** seconds
  Hold at the bottom for **10** seconds
  Drop to your knees and peel yourself off the ground

Sets x Reps   3 x 8

First number = sets
(total number of rounds you do of an exercise)

Second number = reps
(number of times you perform an exercise per set)

Example: 3x8 Squats

You perform **8 squats, 3 times total**

Abbreviation

FYI

- **AMRAP =** As Many Reps As Possible
  (only ever go to failure if you have a spotter)

- **LS-AMRAP =** Las Set As Many Reps As Possible

- **LS-AMRAP-NT =** Las Set As Many Reps As Possible
  No Tempo

  Example: 8/0/4 3x8 + 10 NT

  "**Perform 8 reps** at **8** seconds down, **4** seconds up,
  then **immediately perform 10 reps** with **no tempo**"

- **DS =** Drop Set
  (A drop set is when you decrease the weight and do another set, usually to
  failure)

  Example: Bench Press 4x10 + DS

  Do **4** sets of **10** repetitions of bench press, decrease the weight just a bit
  and then **immediately do another set to failure or near failure** (only ever
  go to failure if you have a spotter)

- **LS-ALAP =** Last Set As Long As Possible

  Example: 3x60s Plank LS-ALAP

  Do a plank for **60** seconds and then on the **3rd set hold it for as long as
  possible**

- **AMRAP-2 =** As Many Reps As Possible minus 2
  (so not going to complete failure but when you feel like you would have 2
  reps left in the tank before hitting failure)

  DB = Dumbbell
  SL = Single Leg
  SA = Single Arm

  C1-**W**1,3-**S**1 **= C**ycle 1-**W**eeks1,3-**S**ession1

  **Example: So you perform this workout on weeks 1,3 and it's the first
 session you perform that week**

Sample 2 Day a Week Beginner Weight Loss Program

*Note
This program is simplified because there is no trainer supervision. If you were to train with a coach it would allow you to do more advanced movements, but we want to make sure the program is still safe to do on your own. We always recommend training with a spotter and someone who knows what form will help prevent injury.

Week 1 & 3

C1-W1,3-S1	Foam Roll: Pec Minor, Quads Stretch: Snow Angel, Couch Stretch	**W1**		**W3**	
Abs	Hollow Hold	4x6		4x8	
Chest	8/0/4 Chest Press Machine	4x1		4x1	
Quads	TRX Squat / Heels Elevated Goblet Squat	4x8		4x10	
Back	Seated Cable Row	4x10		4x12	
Block 2					
Quads	Step Up	4x6		4x8	
Shoulders	DB Front Raise	4x8		4x10	
Cardio	Incline Treadmill Walking	4x30s		4x30s	
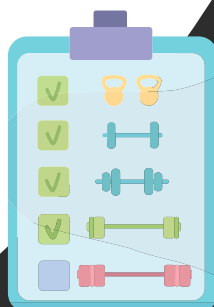
C1-W1,3-S2	Foam Roll: Lats, Calves Stretch: Standing Calf Stretch, Child's Pose Lat Stretch	**W1**		**W3**	
Core	Side Plank				
Biceps	21s DB - LS-AMRAP+DS	4x7		4x8	
Triceps	Overhead DB Tricep Extensions	4x10		4x12	
Block 2					
Biceps	Rope Hammer Curl	4x10		4x12	
Triceps	Bent Over DB Kickback	4x10		4x12	
Glutes / Hamstrings	Heel Elevated GB (add DB to hips)	4x20		4x25	
Cardio	Incline Treadmill Walking	4x30s		4x30s	
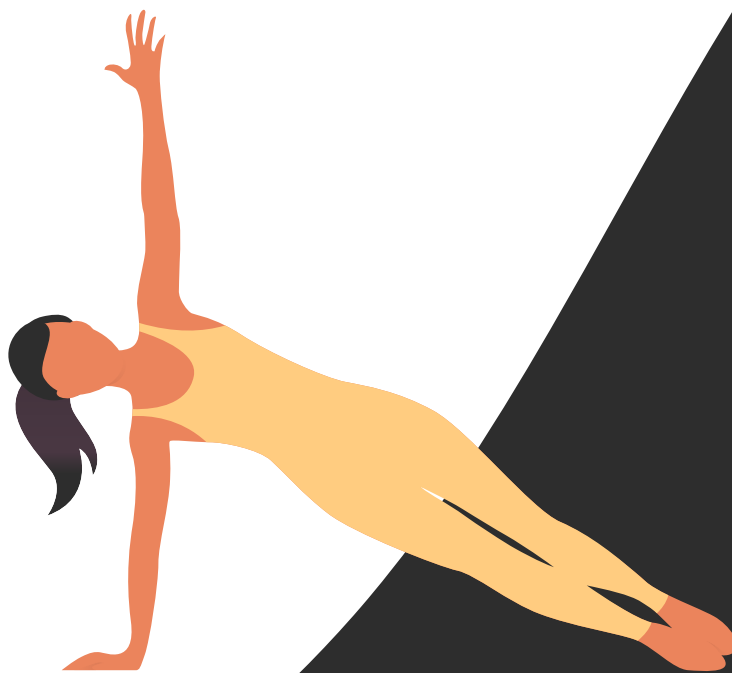
C1-W2,4-S1	Foam Roll: <u>Pec Minor</u>, <u>Quads</u> Stretch: <u>Snow Angel</u>, <u>Couch Stretch</u>	**W2**		**W4**	
Abs	<u>Bent Knee Heel Taps</u>	4x6		4x8	
Chest	<u>Machine Flys</u>	4x1		4x1	
Quads	<u>Assisted SS</u> / <u>Split Squat</u>	4x8		4x10	
Back	<u>3 Point DB Row</u>	4x10		4x12	
Block 2					
Quads	<u>Deep Wall Sit</u> / <u>Weighted Wall Sit</u>	4x6		4x8	
Shoulders	<u>DB Lateral Raise</u>	4x8		4x10	
Cardio	<u>Air Bike</u>	4x30s		4x30s	
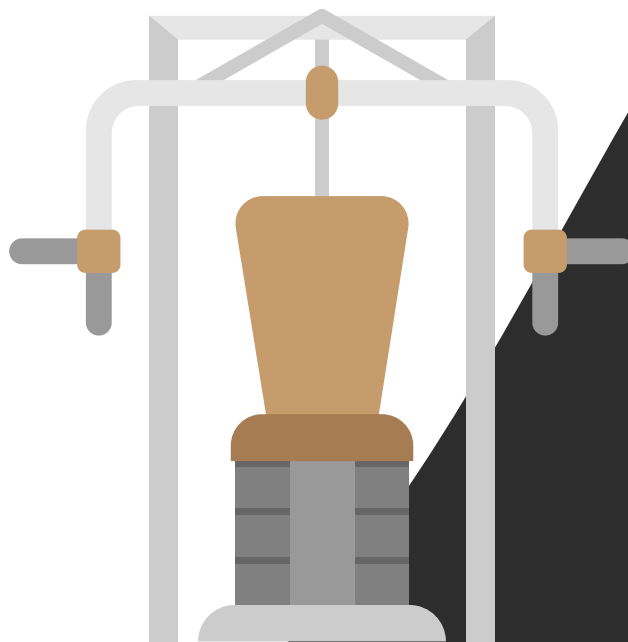
C1-W2,4-S2	Foam Roll: Lats, Calves Stretch: Standing Calf Stretch, Child's Pose Lat Stretch	W1		W3	
Core	Beast Iso				
Biceps	Narrow Grip EZ Bar Curl	4x7		4x8	
Triceps	Overhead Rope Tricep-Extension	4x10		4x12	
Block 2					
Biceps	Behind Body DB Curl	4x10		4x12	
Triceps	Rope Tricep Extension	4x10		4x12	
Glutes / Hamstrings	Glute Bridge on Foam Roller	4x20		4x25	
Cardio	Air Bike	4x30s		4x30s	