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TRAINING PRINCIPLES

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INTRODUCTION

Overview of Program

I started bodybuilding 10+ years ago and soon realised that the high volume workouts the pro's were doing just didn't yield me the same results. I wanted progress!

..and through hours, days, weeks, years of trial and error, I began to create my own path based on the fundamentals of Dorian Yates, Mike Mentzer, Dante Trudel and other incredible bodybuilders that would focus on progressing their lifts workout to workout, with a higher frequency, higher intensity focus to their training.

"High volume" never worked for me, that's not to say that "High Volume" does not work, it certainly has its place and has built some incredible physiques, however for me personally the ONLY way I could force my body to grow and pack on the density of muscle I have (over 100lbs lean tissue in 10 years) was and still is to train with high intensity/frequency and progressive overload through a series of rep ranges to force an adaptation and build muscle.

This ebook is an outline of the fundamentals of how I approach training. It is not a set "6 week plan" in reality most of my lifts won't change for months (more on when/how/why to change lifts later).

I have outlined 3 phases to get the most out of my methods.

THE 3 PHASES

Building Your Foundation

When & Why "RESET"?

Over the years you have added more "stuff" to your workouts, thinking that more volume = more results. You now even have an arm day where you do 20+ sets for biceps and triceps but are stuck with 17inch arms!

OR perhaps you are just starting out, training 6+ months and are looking for the next step forward.

The reset is to bring you back (or start you off) to the basics, we are going to take a few weeks, maybe even months to figure out what you can recover from, this phase is about understanding the relationship between recovery, frequency of training, progress and results.

Everyone is different!

Consider 2 people with the exact same genetics and goal, plain and simple they want to build muscle.



- Manual work 8 hours a day
- Travels 90 min to work each way
- 2 Children ..1 a newborn who is up all night
- Money trouble and high stress
- Eats 2-3 times per day
- Drinks on a Friday night
- Averages 6 hours sleep

- Works at home
- No children
- No money issues
- Eats every 3-4 hours
- No alcohol
- Averages 8-9 hours sleep

Both have the exact same genetics and same goal in the gym.

Do you think that both of these individuals could train the same amount of time in the gym, with the same frequency and intensity and get the same results?

This is why we need a RESET in PHASE 1 and need to get you back to basics. We are going to start from the ground up...

PHASE 1

Build your foundation

PHASE 2

Adjust frequency and exercises based on recovery. Hammer PHASE 2 into the ground!

PHASE 3

Deload



By building your foundation, we can milk this for all it's worth, minimum effective volume/load, with maximum frequency to produce the greatest results.

Once we have your foundation in place we can adjust the frequency and exercises, some people will need more, some people will need less, this is all based on your recovery ability.

The deload is in place at the end of any "blast", after a good run for approx 3 months, you will need to take 1-2 weeks to step back (just a little) to allow your body to fully recover and then push again.

Now we have the premise of the program, on to who I created this program for..

Who is the program for?

This is not a program for beginners, does this mean that a beginner can not use the program?

Not necessarily, however if you are a complete newbie to bodybuilding, it is important to focus on getting stronger and learning your main lifts, you will want to stay in PHASE 1 for as long as you possibly can. This will be the bulk of your programming until you are at a point where you NEED to progress. We don't add in exercises, sets or reps for the sake of it, there is no "confusing" of a muscle or "switching things up". If you are entirely new then I recommend sticking with PHASE 1 of the program until you are no longer progressing and only then make the progression to PHASE 2.

I created this program for someone who is an experienced lifter, you have likely been training for a few years, have tried various "programs" and in the beginning you got results, built muscle and progressed, but now, no matter how much more volume you add to your workouts you look the same today as you did a year ago and are frustrated, wondering where the problem is or how you can continue to progress.

This program is the fundamentals of my training, what I have personally done for years to put on muscle consistently for myself and hundreds of clients over the years.

Like I said, it is not a set X week plan, you should run each phase into the ground. If 2 sets of 3 exercises are getting you results, why change it after an arbitrary amount of weeks? I am going to shoot myself in the foot here, but honestly if you adhere to this plan properly and understand the concepts you will never need another plan again. Shit... now I can't sell you my 6 week arm blaster.

How is this program different?

Most programs will give you x weeks to achieve y result “put on 10 lbs in 12 weeks” or some other marketing ploy with the latest on trend techniques to make you “feel” like you have destroyed yourself, but won’t really get you the results you want. Don’t get me wrong, some of the programs work very well, there are some fantastic coaches out there that have years of experience who put together well thought out and structured plans that will help you progress, and if you want a program that just takes you from A to B there is plenty to choose from.

This program is different because although you will get a plan to follow, I am going to explain why/how to use this plan long term and how you can not only continue to progress with your results but how you can tailor this plan around your specific weaknesses and recovery ability.

Not to mention that the fundamentals of my training principles are what/how I have been training for years. Take a little time to understand the mechanisms of Hypertrophy, why the body adapts and you will realise how this program and concepts can be applied to ensure that you have the best possible chance to progress.

How do you actually build muscle?

It's important to understand how a muscle grows, what actually happens? It's only by having an understanding of how a muscle is signalled to grow that we can build methods to force these adaptations.

I am not going to give you a full detailed explanation of what happens from a muscular and cellular level, this isn't a Biology ebook, more so an overview/-summary of the 3 mechanisms of hypertrophy.

For detailed scientific literature covering everything from satellite cells, myogenic pathways, hormones and in depth biology, studies etc I recommend reviewing some of the data published by Brad Schoenfeld and other experts who spend their life devoted to understanding these mechanisms.

For the purpose of this ebook we need a very top level understanding of the mechanisms and how we apply this to our training to get the most effective results.

1. Mechanical Tension

Mechanical tension is the amount of stress/load applied to a muscle through a full range of motion.

Heavy weight + more reps = greater total mechanical tension.

2. Muscle Damage

Both eccentric (the lowering) and concentric (contracting) part of an exercise cause muscle damage. You may have experienced this as D.O.Ms (Delayed Onset of Muscle Soreness) after an intense workout.

The eccentric portion of an exercise appears to cause more muscle damage and therefore can be used to our benefit (when recovery permits) to perform negative only or forced reps beyond failure to create further damage.

Muscle damage triggers pathways (signals your body) through multiple actions to repair this damage and build muscle.

3. Metabolic Stress

You have probably experienced this as “the pump!” and it’s now well researched to also promote muscle growth.

As you approach failure during a higher rep set and start to feel that “pump”, the muscle is pooling blood, restricting blood flow from the muscle and building up metabolites causing metabolic stress. This stress further signals pathways and hormonal responses from the body to adapt and grow.

During our workouts we ideally want to target all 3 of these mechanisms, we do this through a variety of rep ranges and the most logical exercise order.

First we want to maximise the exercises that will provide the majority of our growth through mechanical tension and muscle damage, this is generally at the beginning of a workout when we are fresh, ready and fatigue has not set in. This is our primary opportunity to grow!

We do this through heavy loads, progressive overload, week on week, month on month, year on year. We focus on getting stronger, remember..

Heavy weight + more reps = greater total mechanical tension.

Mechanical tension in my opinion is the primary driver of Hypertrophy, the stronger you get, the more load you can place through a muscle, the bigger it will become. Mechanical tension also mainly targets the muscle fibers that have the greatest potential for growth. Everything else is the icing on the cake.

Progressive overload in itself will cause muscle damage, however at times where everything is aligned:

- Nutrition
- Supplementation
- Calorie surplus
- Recovery
- Sleep
- Stress

We can (within recovery boundaries) take this one step further by including

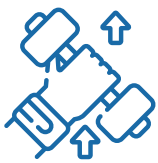
- Forced reps
- Negative only
- Rest pause
- Drop sets

To take the muscle beyond failure, further increasing muscle damage.

Finally, we want to take advantage of metabolic stress to further signal the pathways for hormonal adaptations. Generally this will be towards the end of a session where we can use higher reps, pauses in the stretch position and loaded stretching to facilitate further stress.

Intensity vs Volume

I am often described as a high intensity low volume bodybuilder, but what does that actually mean? and does volume not matter?



Working Sets

My “working sets” are to failure, this is to maximize motor unit recruitment where during heavy load the highest-threshold motor units (the ones with the most potential for growth) are recruited almost immediately.



Log Booking

Progressive overload is based on the concept whereby every session is recorded and the previous session is either beaten on reps, loads and sometimes sets to ensure you are consistently progressing.

I believe that you MUST give your body a reason to grow, to force an adaptation.

If you are squatting 2 plates a side now and still squatting 2 plates in a year, will your legs grow? Probably not. What if you were able to add ¼ plate to each side of the bar every couple of months through small progressions, in 1 year you could be squatting 3 ½ plates, maybe 4.. Now do you think your legs would have grown?

..and here is the thing with volume vs intensity, it's all relevant to your training time and experience, at some point through your training cycles, as you get stronger, you will be doing the same amount of “volume” as you would have, had you just stuck with “volume” from day 1 and barely increased your weights!

Let me explain..

Your 6 months into lifting weights and doing “volume” training.

Let’s take the squat as an example again.

You are up to 2 plates, it’s about the same as your body weight and it feels like you get good DOMS... you “feel” the pump.

You are doing 4 x 10 once per week with 100kg / 220lbs

The total volume for this exercise is

- 4 sets X 8 reps x 100kg weight = 3,200kg
- Your total volume for squats this week is 3,200kg
- 4 Training sessions a month for legs (once per week)
- $3,200 \times 4 = 12,800\text{kg}$ a month

Over the next year you barely increase the weight, let’s say you get up to 135kg / 297 lbs

The total volume for this exercise is

- 4 sets X 8 reps x 135kg weight = 4,320kg
- Your total volume for squats this week is 4,320kg
- 4 Training sessions a month for legs (once per week)
- $4,320 \times 4 = 17,280\text{kg}$

Now let’s consider “high intensity” training

We start at the same weight, but we are only doing 2 sets

2 sets X 8 reps x 100kg / 220lbs weight = 1,600kg

However, with my methods of training, we hit legs twice over 10 days, instead of once with “volume” training.

That’s around 6 sessions per month

6 training sessions x 1,600kg = 9,600kg

You can see in the beginning our total volume for a month is slightly less, BUT we focus on strength increases every session with progressive overload.

1 year later if you have increased your squat to 180kg / 396lbs

2 sets x 8 reps x 180kg = 2,880kg

6 training sessions x 2,880kg = 17,280kg total volume

Now imagine asking these 2 people, what "style" of training do you do?

Person 1 - High volume, 4 sets on everything

Person 2 - High intensity low volume, 2 sets to failure

In reality they are both doing the same amount of volume!

..but JP I read X study and if volume is equated the results will be the same, so why should I train like you do?

In my opinion, you can only build the density I have.. and hundreds of clients through heavy loading. Remember that mechanical tension is the primary driver of muscle hypertrophy and targets the fibers with the most potential for growth.

Not to mention that having a purpose, a goal every session, every exercise, a log book to beat gives you direction and ensures you are continually progressing!

Your Log Book

Popularised by Dante Trudel the log book is a tool to track your progress and record your lifts. In this ebook you have a printer friendly version of the log book, I encourage everyone to print out the workouts and take them with you to the gym. Record your lifts and make sure you are progressing week on week.

Use your log book to not only record your sets, weight and reps but notes on every variable, how you feel, what sleep you had, how stressed you are?

I have included a section on each workout for you to note how you feel each day and other variables that may affect your lifts.

Remember that performing multiset routines may require at least 48 to 72 hours of rest between workouts for the same muscle group to ensure adequate repair, recovery and adaptation.

Modulating training frequency is an effective strategy to manipulate volume loads and ensure adequate recovery between sessions. Maximal recoverable volume (MRV) is a concept discussed by Dr Mike Israetel which describes recovery between overall training cycles and which is why log booking becomes so important. If we log book all our sessions, we can ultimately see when a drop off in performance is occurring and plan a deload (PHASE 3) when necessary.

Exercise Selection & Order

Whilst volume, frequency and recovery are important considerations, we also need to be aware of exercise selection, exercise order, load and intensity/range of motion.

During the early stages of a new program or resistance training, neural mechanisms are particularly important in order to develop the necessary control and motor patterns to maximally recruit the required muscle fibers. This is why it is so important to simplify, and execute an exercise as accurately as possible so that proper technique becomes second nature.

Therefore, we can manipulate exercise selection to use a machine to enhance neural connection and take away an element for those who lack coordination and thus build toward free weight movements which will involve a degree of further stabilization from surrounding stabilizer muscles.

Evidence suggests that frequent exercise rotation is required to fully stimulate all fibers with a muscle, however, one must be careful that exercise variation is not varied too frequently as ultimately this would lead to too much time being spent trying to develop motor patterns with suboptimal loads and reduce hypertrophy potential.

As the primary goal of this program is maximizing hypertrophy without a specific regard to strength related factors (although we do ultimately want to get stronger), the program is designed across a wide spectrum of rep ranges (6-9 reps, 9-12 reps, 12-15 and 20 reps) to take advantage of all possible avenues for the complete development of the entire muscle.

We ultimately want to take sets to muscular failure; the point during a set at which a muscle can no longer produce the force necessary for concentrically lifting a given load.

Before We Begin

A Final reminder before we begin that more work does not = more results.

You MUST train within YOUR limitations, milk every PHASE for every ounce of what you can and ONLY then make changes.

Recovery will dictate your results, if you are

- Under fed
- Stressed
- Tired
- Lacking essential nutrients
- Nutrition not on point

..and trying to train 4-5 days a week, you will not grow!

 **Know your limitations.**

 **Log everything.**

 **Pay attention to your logbook.**

 **Adjust training frequency, volume, intensity based on your results.**

MAIN PRINCIPLES!

PLEASE LOG BOOK EVERY SESSION

This is imperative to the plan. There is no point training without a log book. Ensure you note down all your reps and weights and each time you hit that exercise again aim to beat that with either a little more weight (can be as small as adding a 0.125kg) or by another rep.

This is one of the most important aspects of progressive overload.

MAINTAIN FORM

Although the point is progressive overload, there is also no point in progressing if you cannot maintain form.

By this is mean, if you need to get 10 reps as you got 9 reps last time, it is better to go for the 10th rep and only get half, then dogging out the 10th rep but using additional momentum.

REP RANGES

You will notice that there are different rep ranges within the plan.

Please stick to these, they are important.

You need to hit the same muscle numerous times within one week to allow for the most hypertrophy, however you will stall sooner without this variation in rep ranges, so when using the same exercise that may have been 6-10 reps in a previous session, select a lighter weight for the 15-20 reps.

Using the undulating approach of rep ranges also ensures we target a wider variety of muscle fibres.

REP RANGES EXPLAINED

All work sets are to absolute failure.

If on the day you are feeling strong and feel like you can push for more reps then please continue to true failure and then next session you can just adjust the weight.

If you are trying to get 10 but can keep going, don't limit yourself and stop at 10.

The second set is likely to be the same weight or a lighter weight.

IE for decline barbell press, you may do 1st set on 80kgs and fail on 9 reps.

If you hit the upper end of the range then try 80kg again and you will likely get 6-7 reps. If you only got 6-7 reps on the first set then go down to 70kg for set 2.

When the rep range is higher, again these are to failure, just because the range is higher this does NOT mean it is a fluffy set.

Choose an appropriate weight to hit the rep range, and then second set alter accordingly either remaining the same or reducing the weight a little.

TRAINING INTENSITY

With a low volume, high frequency approach, you must must must train 100 percent every single session.

Every set is to absolute failure: There is no point in giving any set less than your all, it's not like higher volume work, with low volume we must be forcing your body to adapt and change.

It will allow food to become higher and cardio to remain lower. Enjoy training progressively harder!

STRETCHING

After each muscle group is trained you must take the time to stretch. Stretching the muscle will not only reduce the risk of injury, but it also has the potential to increase muscle gain.

Stretch for 60-90secs a time, and progress this, adding weight to the stretch if and when needed. Here are some example stretches...

CHEST - fly on a flat bench, hold dumbbells in each hand and feel the weight stretch through your pecs

SHOULDERS - hold a D handle on the cable and twist round so it is behind your back and stretching through the delt

BICEPS - put your hand behind you on a barbell and lower you hips so you feel the stretch through your shoulders and arms

TRICEPS - with dumbbells of the cable hold, let the weight stretch overhead allow the tricep

QUADS - standing leg hold with your knees together and hops pushed through

HAMSTRINGS/GLUTES - sit on the floor with your legs in front and lean forward to your toes as far as you can, or do this standing, reaching down to your toes

CALVES - with toes elevated and heels pointed down, feel the stretch along the calf

BACK - hang from the chin bar, using straps so your grip doesn't give out, add weight if needed, or hang from a weights lat pull machine

ABS - you can do this by laying on your stomach and pushing you torso up with your hands or holding the cable and stretching up.

WARM UP

Its important to warm up before each session.

The point with the warm up is to prepare the muscles not fatigue them, so in a session spend 5 minutes using light weights on a few of the exercises to just increase heart rate and blood flow.

For the first exercise of the session do a longer warm up. Ie if smith squat is the first exercise do something similar to the following

Get in the gym, do a few reps on a light leg extension, a few on hack, and few hamstring curls.

Get under the smith and do 6 reps empty bar (lets say work set is with 40kgs each of the smith) add 10kgs each side, do 4-5 reps

Increase to 15kgs each side, do 3-4 reps

Increase to 20kgs each side for 3 reps

Increase to 30kgs each side for 2 reps

Increase to 35kgs each side for 1 rep

WORK SET...and the session begins!!

WORK SETS

After warming up you will perform your heaviest set first, this is your top set.

You will then reduce the weight by around 10% in most cases, rest, perform your 2nd set. This is your back off set. E.g.

SET 1 6-9 reps

DB incline 40kg - you get 7 reps

SET 2 10-12 reps

DB incline 36kg - you get 10 reps

INCREASING THE WEIGHT

Only increase the weight when you reach the top of the rep range e.g. if the rep range is 6-9

Week 1 - Push session

DB press - you get 40kg x 7

You would stick with 40kg for each session until you are able to get 9 reps, then increase the weight by approx 5%

TERMINOLOGY:

Rest Pause Set

This is one set that has 3 short breaks, so if the rep range is stated as 8,5,3, the aim is to fail at 8 reps, then take 20 seconds rest, fail at 5 reps, take 20 seconds rest and then fail on 3 reps, keeping the weight the same for the whole set.

6 by 4 Set

This is where you will aim to perform 6 sets of 4 reps with 10 seconds rest in between...pick a weight you can do for 15 straight reps...aim to complete at least 5 sets and failing on the 6th...so for example the first set of 4 should feel doable, then the second, third and fourth should be progressively hard to complete, the fifth set you should only just be able to complete and the sixth set you may not hit all 4 reps...if you only get 2, then next time on the exercise stick to the same weight and aim to achieve all 6 complete sets...if you can do more than 4 reps on the sixth set then keep going to absolute failure and next time on the exercise increase the weight.

TEMPO/FORM/TENSION

On ALL exercises I want you to maintain tension, form and full control on both the eccentric and concentric phase. Do not just move the weight for the sake of it.

On the higher rep sets especially really focus on reaching failure by contraction and squeezing the target muscle.

Use a tempo of 3010 on all exercises

(3 second eccentric, 0 pause, 1 second concentric, 0 pause).

During the session, keep intensity high, do not dither around and waste time, I want you to feel exhausted by the end of the session.

In terms of rest between sets, give yourself a few minutes and enough time to fully recover and go at the next set with full power.

You are looking to grow and gain strength so don't rush, better to recuperate for a minute longer and get those reps then rush.

REST PERIODS:

Unless stated, wait 2 mins between work sets...for the heavier compound lifts if you feel you need longer, then take an extra minute or so.

Remember the aim is intensity and pace, but not at the detriment of strength and form.

STALLING

If you stall on an individual exercise 2 weeks in a row ..and this will happen at some point, you can't add weight indefinitely, then it's time to swap this exercise out like for like. Change the exercise for something else and now run this exercise into the ground, when you stall on the new exercise (after months), swap back to the initial exercise and you should be able to push through that plateau.

HOW TO PROGRESS THROUGH PHASES

● **PHASE 1**

- Upper/Lower 1
- Upper/Lower 2
- 3 Days a week

Everyone should start here for at least 4 weeks, get to understand the training principles and set a baseline for your recovery.

If you want to build muscle as part of your lifestyle, family, hobbies etc then you can realistically stick with this plan indefinitely and get the best results possible.

● **PHASE 2**

- Push/Pull/OFF/Legs/OFF 1
- Push/Pull/OFF/Legs/OFF 2
- Avg 4 Days a week

If recovery is on point and you are bodybuilding is your way of life, it is your lifestyle instead of an addition to, then after setting your foundation progress to PHASE 2 at the end of 4 weeks. Here we will add more advanced techniques, volume and dedication to body parts.

● **PHASE 3**

- Deload

Every 3-4 months you may notice that you consistently stall across all lifts (see above for stalling on just 1 lift and what to do), you might feel lethargic, lack of motivation, beaten up.. Your log book will reveal all. It's time to deload, take your foot off the gas for 1-2 weeks, recovery and go again.

Do not think of the deload as a bad thing or weakness, programming deloads are essential to the long term goal of adding muscle. Frankly, when training this way, if you do not need a deload after 3 months... 4 max... then you are not doing it properly.

DISCLAIMER

Jordan Peters & TrainedbyJP LTD strongly recommends that you consult with your physician or doctor before beginning any exercise program. **You should be in good physical condition and be able to participate in the exercise.**

Jordan Peters & TrainedbyJP LTD is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.

If you engage in this ebook program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Jordan Peters & TrainedbyJP LTD from any and all claims or causes of action, known or unknown, arising out of use of this ebook. The information provided is not intended to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice, or delay in seeking it, because of something you have read in this ebook.

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For the avoidance of doubt, if you do not agree with the above disclaimer STOP now and do not continue with this program.



PHASE 1

UPPER 1 DAY 1	OFF DAY 2	LOWER 1 DAY 3	OFF DAY 4	UPPER 2 DAY 5	OFF DAY 6	OFF DAY 7
LOWER 2 DAY 8	OFF DAY 9	UPPER 1 DAY 10	OFF DAY 11	LOWER 2 DAY 12	OFF DAY 13	OFF DAY 14

REPEAT

UPPER 1

DATE _____ DAY _____ TIME _____

MOOD: Stressed 1 2 3 4 5 6 7 8 9 10 Happy
Anxious Relaxed

SLEEP LAST NIGHT: ☐ Deep Sleep ☐ OK ☐ Kept Waking ☐ Poor

NUTRITION LAST 24 HOURS: ☐ On Point ☐ Could be Better ☐ Terrible

WORKOUT LENGTH _____ **CARDIO TODAY:** ☐ Yes ☐ No

BODYWEIGHT _____ **TYPE** _____ **TIME** _____

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Deadlifts	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Incline barbell	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lat pull down	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Back Stretch</i>						
Close grip machine	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Chest Stretch</i>						
Laterals	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Shoulder Stretch</i>						
Tricep rope	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Tricep Stretch</i>						
Abs	4	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: Any exercise, 1 min between sets						
<i>Ab Stretch</i>						

NOTES

LOWER 1

DATE DAY TIME

MOOD: Stressed 1 2 3 4 5 6 7 8 9 10 Happy
Anxious Relaxed

SLEEP LAST NIGHT: Deep Sleep OK Kept Waking Poor

NUTRITION LAST 24 HOURS: On Point Could be Better Terrible

WORKOUT LENGTH CARDIO TODAY: Yes No

BODYWEIGHT TYPE TIME

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Banded hack squats	2	5-9, 10-12				
Leg Ext	2	15-20				
Quad Stretch						
Laying hamstring	2	5-9, 10-12				
Abductor	2	5-9, 10-12				
Hamstring Stretch						
Seated Calves	4	15-20				
NOTES: Last set straight into stretch						
Calf Stretch						
Preacher curl	3	6-9, 10-12, 15-20				
Bicep Stretch						

NOTES

UPPER 2

DATE _____ DAY _____ TIME _____

MOOD: Stressed Anxious Happy Relaxed

SLEEP LAST NIGHT: ☐ Deep Sleep ☐ OK ☐ Kept Waking ☐ Poor

NUTRITION LAST 24 HOURS: ☐ On Point ☐ Could be Better ☐ Terrible

WORKOUT LENGTH _____ **CARDIO TODAY:** ☐ Yes ☐ No

BODYWEIGHT _____ **TYPE** _____ **TIME** _____

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Incline hammer/machine	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Overhand chest support row	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dips	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Neutral grip lat pull down	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Pull over	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Chest Stretch						
Upright row	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Shoulder Stretch						
Tricep press down	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Tricep Stretch						
Abs	4	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Ab Stretch						

NOTES: Any exercise, 1 min between sets

NOTES

LOWER 2

DATE _____ DAY _____ TIME _____

MOOD: Stressed 1 2 3 4 5 6 7 8 9 10 Happy
Anxious Relaxed

SLEEP LAST NIGHT: ☐ Deep Sleep ☐ OK ☐ Kept Waking ☐ Poor

NUTRITION LAST 24 HOURS: ☐ On Point ☐ Could be Better ☐ Terrible

WORKOUT LENGTH _____ CARDIO TODAY: ☐ Yes ☐ No

BODYWEIGHT _____ TYPE _____ TIME _____

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Smith squat	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Single leg press	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Quad Stretch</i>						
Seated hamstring	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Adductor	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Hamstring Stretch</i>						
Standing Calves	4	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: Last set straight into stretch						
<i>Calf Stretch</i>						
Z bar curl	3	6-9, 10-12, 15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Bicep Stretch</i>						

NOTES



PHASE 2

PUSH 1 DAY 1	PULL 1 DAY 2	OFF DAY 3	LEGS 1 DAY 4	OFF DAY 5	PUSH 2 DAY 6	PULL 2 DAY 7
OFF DAY 8	LEGS 2 DAY 9	OFF DAY 10	REPEAT DAY 11			

REPEAT

PUSH 1

DATE _____ **DAY** _____ **TIME** _____

MOOD: Stressed ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 Happy Relaxed

SLEEP LAST NIGHT: ☐ Deep Sleep ☐ OK ☐ Kept Waking ☐ Poor

NUTRITION LAST 24 HOURS: ☐ On Point ☐ Could be Better ☐ Terrible

WORKOUT LENGTH _____ **CARDIO TODAY:** ☐ Yes ☐ No

BODYWEIGHT _____ **TYPE** _____ **TIME** _____

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4
High incline machine press	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Flat DB Press	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
BB Shoulder Press	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Close grip smith press	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Pec dec	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Chest Stretch</i>						
Seated DB side raises	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Shoulder Stretch</i>						
DB skull crushers	2	10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: Adjust weight to stay in rep range						
Tricep rope push down	1	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: Stay on the same weight, but step in each time you fail - 3 points						
<i>Tricep Stretch</i>						
Abs (any exercise, 1 min rest)	4	15	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Ab Stretch</i>						

NOTES

PULL 1

DATE _____ **DAY** _____ **TIME** _____

MOOD: Stressed Anxious ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 Happy Relaxed

SLEEP LAST NIGHT: ☐ Deep Sleep ☐ OK ☐ Kept Waking ☐ Poor

NUTRITION LAST 24 HOURS: ☐ On Point ☐ Could be Better ☐ Terrible

WORKOUT LENGTH _____ **CARDIO TODAY:** ☐ Yes ☐ No

BODYWEIGHT _____ **TYPE** _____ **TIME** _____

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4
DB Pull over	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lat pull down	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Rack pull	3	5-9	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: Adjust weight to stay in rep range						
Tricep rope push down	2	10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: Adjust weight to stay in rep range						
Seated cable row	1	10	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: Triple drop set, narrow attachment						
Single arm DB row	1	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
High cable rear delts (Rest pause set)	1	12, 6, 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Back Stretch</i>						
Single arm DB preacher	2	8-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dual cable curl (Triple drop set)	1	15	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Bicep Stretch</i>						
Standing Calves	3	8-10	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: 1 min rest, last set straight into stretch						
<i>Calf Stretch</i>						

LEGS 1

DATE _____ DAY _____ TIME _____

MOOD: Stressed 1 2 3 4 5 6 7 8 9 10 Happy
Anxious Relaxed

SLEEP LAST NIGHT: ☐ Deep Sleep ☐ OK ☐ Kept Waking ☐ Poor

NUTRITION LAST 24 HOURS: ☐ On Point ☐ Could be Better ☐ Terrible

WORKOUT LENGTH _____ CARDIO TODAY: ☐ Yes ☐ No

BODYWEIGHT _____ TYPE _____ TIME _____

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Laying Hamstring	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Banded Hack	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Single Leg Press	2	8-10	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: Adjust weight to stay in rep range						
Leg Ext (Triple drop set)	1	8-10	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Leg Press	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: 50 rep drop set on last set						
Quad Stretch						
Seated Hamstring	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Abductor	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Abductor (Rest pause set)	1	15, 8, 5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Hamstring Stretch						
Seated Calves	3	10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: 1 min rest, last set straight into stretch						
Calf Stretch						

NOTES

PUSH 2

DATE _____ **DAY** _____ **TIME** _____

MOOD: Stressed ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 Happy Relaxed

SLEEP LAST NIGHT: ☐ Deep Sleep ☐ OK ☐ Kept Waking ☐ Poor

NUTRITION LAST 24 HOURS: ☐ On Point ☐ Could be Better ☐ Terrible

WORKOUT LENGTH _____ **CARDIO TODAY:** ☐ Yes ☐ No

BODYWEIGHT _____ **TYPE** _____ **TIME** _____

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Decline Barbell	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
High incline machine	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Pec dec	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Chest Stretch</i>						
DB Shoulder press	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Single arm DB side raise	2	10	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>NOTES: Leaning away</i>						
Cable side raise	1	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Shoulder Stretch</i>						
Dips (tricep focus)	2	6-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>NOTES: Tricep focus, weighted if needed</i>						
Narrow press up (Weighted if needed)	2	6-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Single arm overhead tricep ext	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>NOTES: Stay on the same weight, but step in each time you fail - 3 points</i>						
<i>Tricep Stretch</i>						
Abs (any exercise, 1 min rest)	4	15	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Ab Stretch</i>						

PULL 2

DATE _____ **DAY** _____ **TIME** _____

MOOD: Stressed Anxious ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 Happy Relaxed

SLEEP LAST NIGHT: ☐ Deep Sleep ☐ OK ☐ Kept Waking ☐ Poor

NUTRITION LAST 24 HOURS: ☐ On Point ☐ Could be Better ☐ Terrible

WORKOUT LENGTH _____ **CARDIO TODAY:** ☐ Yes ☐ No

BODYWEIGHT _____ **TYPE** _____ **TIME** _____

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Pull over mach	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Rack chins	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Pronated lat pull downs	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Single hammer row	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dual bench DB row	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Scap pull <i>(Triple drop set)</i>	1	15	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Back Stretch</i>						
DB Rear delts	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Face pull <i>(Rest pause)</i>	1	15, 8, 5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Zbar bicep curl	2	6-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Single arm preacher	2	6-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: Weighted if needed						
<i>Bicep Stretch</i>						
Seated calves <i>(Cluster set)</i>	6	4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Ab Stretch</i>						

NOTES

LEGS 2

DATE _____ **DAY** _____ **TIME** _____

MOOD: Stressed ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 Happy Relaxed

SLEEP LAST NIGHT: ☐ Deep Sleep ☐ OK ☐ Kept Waking ☐ Poor

NUTRITION LAST 24 HOURS: ☐ On Point ☐ Could be Better ☐ Terrible

WORKOUT LENGTH _____ **CARDIO TODAY:** ☐ Yes ☐ No

BODYWEIGHT _____ **TYPE** _____ **TIME** _____

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Smith Squat (Wide)	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Leg Press (Wide)	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Hack squat	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: Legs far forward						
Adductor (Rest pause)	1	12, 6, 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Quad Stretch						
Seated Hamstring	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Glute bridge	2	5-9, 10-12	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
DB lying hamstring	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Walking lunges	2	15-20	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Hamstring Stretch						
Single leg toe press	3	15	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOTES: 1 triple drop set each leg						
Calf Stretch						

NOTES

PHASE 3 - DELOAD

OPTION 1

For the deload you will repeat phase 1 for 2 weeks BUT do not go to failure, I want you to stay 2 reps away from failure on all 6-9, 10-12 rep ranges and 3-4 reps away from failure on 15-20 rep range.

OPTION 2

Take a whole week off!

CARDIO

There are 2 reasons for cardio alongside your plan:

- 1.** You are inactive outside of the gym (desk job, less than 6k steps a day) and want to maintain good health.
- 2.** You are deep into a deficit, all other variables are met and we now add cardio as a further tool to facilitate a calorie deficit and fat loss.

My preference is always getting your steps in throughout the day, get out in the real world, breathe in some fresh air and go for a walk. You should aim for around 10k steps a day for general health and well being.

If you find it difficult throughout the day, break this up into a 2 or 3 walks, you will be surprised at how a morning walk before breakfast in the fresh/brisk cold air can set you up for the day!

If you can not get outside, don't like it, or any other reason but want the health benefits for longevity then perform your cardio as far away from your training as possible... we are talking best case scenarios here. If the ONLY time you can do cardio is post workout then walk on an incline or use the bike to bring yourself to where you can comfortably hold a conversation but your heart rate is increased.

ACTIVE RECOVERY

Again, on rest days, get outside! Walk the dogs, take the children out, get your steps in... or if you really do just prefer it, hood up, headphones on and head to the gym to watch videos on the TrainedbyJP app and do your cardio ;)

NUTRITION

There are several factors we must consider to determine the correct nutrition plan.

- Pick a Goal
- Basic macro requirements
- Adherence & Macronutrients
- Micronutrients

Pick a Goal!

Can you “recomp” (gain muscle and lose fat)?
Yes and no..

If you are a newbie to lifting, then yes it is possible.

If you are drug assisted, then yes it is possible.

If you have been training for years as a natural and are reaching the limits of your genetic potential then it is very unlikely.

You need to pick a goal, think of your goal as stepping stones to your end goal.

What do you want to look like in 10 years? If you want to add as much muscle as possible within your genetic limitations, then you will need to go through phases of growth and then phases of “tidying up”. There reaches a point where hormonally, even if “assisted” you are going to gain more fat than muscle.

When growing, the goal is to keep the ratio of muscle to fat gain in favour of muscle. When you start to gain an equal amount or more fat than muscle then it is time to pull back. Pull off some of the fat and then go again. This growth and tidy up cycle can last for years to achieve your desired physique.

Regardless of goal, consistency and logging everything is paramount to your success. The more variables that are consistent, the easier it will be to tweak and change to achieve results. Just like your log book for lifts, you should be logging all of your food.

Again, just like changes, we don't want to mix things up, suddenly introduce 1,000 kcal and gain unwanted weight. Slow and steady, tweak something, ride it out for all you can, tweak again, get results!

This could be as little as 200kcal extra a week to start with when growing or a deficit of 200kcal when dieting.

Take pictures, measurements, weigh yourself every day and take the average across the week to get a better picture of what is going on. Stress, sleep etc can all cause fluctuations in your weigh in each week, you might actually lose weight across the week but because you had an argument with your partner the night before weigh in, you stressed yourself out, slept shitty and retained water.

Keep a spreadsheet and calculate averages...

MON	TUES	WED	THURS	FRI	SAT	SUN	AVG	DIF
200	200	201	201	201	201	202	200.86	-
200	202	202	202.5	202.5	202.5	203	202.36	+1.5lb
203	203	203	203.5	203.5	203.5	206	203.64	+1.28lb

(weight in lbs as example)

Using the above example, if your check in day with yourself was once a week on a Sunday, you might think damn... I gained 3lb this week! I need to pull back! But if we record weight daily and take the average you can see that over the week it's only a 1.28lb increase, keep going!

Lots of variables can give 1 random weigh in, so make sure you are recording everything for a bigger picture.

Basic Macronutrient Requirements

PROTEIN

You prob don't need as much protein as you think you do BUT there is no harm in eating above what your body actually requires if you enjoy protein. I personally prefer a higher protein diet and anecdotally have seen with hundreds of clients that results are better on a higher protein diet.

I recommend a minimum of 1g per lb of lean body weight, however I personally get in around 1.5g per lb.

The exception is when dieting, if you are severely in a deficit then pushing protein even higher has been shown to prevent further muscle/lean tissue breakdown.

FATS

Fats play an important role in hormones, absorption of some minerals, cellular function, brain health and more, but we don't need that much to provide everything your body needs. Around 0.3 grams per lb of lean mass per day is adequate for maintaining health.

CARBOHYDRATES

Carbohydrates are the primary source of fuel for your intense workouts, replenish muscle glycogen, increase IGF-1, maintain thyroid function, are anti catabolic and assist with many other pathways in facilitating muscle growth.

As a baseline for body functions & brain health if you laid on the sofa all day the minimum requirement would be around 100g-150g of carbs per day

Adherence & Macronutrients

The primary focus of any diet for results is adherence.

Once you have your protein set for your goal, you then need to decide on where you will “spend” your remaining calories.

I’m not going to give you the in’s and out’s of high carb vs low carb. Chances are that if you are reading this ebook you want to build muscle, with this in mind please do not send me DM’s complaining that there is no explanation or suggestions for low carb, keto or fasting within this ebook.

I don’t have any issue with any diet choices, if you prefer to eat mainly fat or fast for 20 hours a day, then go at it. There are definitely longevity benefits to different food choices, however for the purpose of this ebook we want to do 1 thing... build as much muscle as possible.

To do this we need adequate protein, carbs and fats.

Adherence & Macronutrients

Your diet should include a variety of grains, protein, fruit, vegetables, nuts, dairy and salad unless you have an intolerance. Always choose foods that will benefit your body and facilitate your goal. Regardless, there will be some deficiencies in your diet unless you eat organ meats, live in a country that has adequate sun exposure and other variables, in which case I recommend a handful of supplements to fill in those gaps.

HOW TO SETUP YOUR DIET

This will be based on a 100kg male, 30 years old, 180 cm tall.

To begin you need to know your basal metabolic rate (how much energy your body needs on a daily basis):

Women: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} - 161$

Men: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} + 5$

$$(10 \times 100) + (6.25 \times 180 - 5) - (5 \times 30 + 5)$$

$$(1,000) + (1,120) - (155) = 1,965 \text{ Kcal}$$

Remember, this is just what you need on a daily basis.

Now we need to work out your TDEE (Total Daily Energy Expenditure)

This is your basal metabolic rate + all energy you expend

Sedentary or light activity lifestyle multiply BMR by 1.5

Active or moderately active lifestyle multiply BMR by 1.8

Vigorous or vigorously active lifestyle multiply BMR by 2.2

If you do an office job but are following this program, choose "Active"

$$1,965 \text{ (BMR)} \times 1.8 = 3,537 \text{ kcal}$$

This is an estimate, but it at least gives you something to start with! You can make adjustments up or down from here.

PROTEIN

Bodyweight is approx 220lb (100kg)

I like to set protein at 1.5g per lb

Protein = 330g

4kcal per gram = 1,320kcal

This leaves 3,537 kcal (TDEE) minus 1,320 kcal (protein) = 2,217 kcal for carbs/fats.
Carbs also have 4kcal per gram and fats have 9kcal.

I prefer a higher carb approach so would allocate 65% of these calories to carbs and remainder on fat.

$2,217 \times 65\% = 1,441$ kcal for carbs / 4 = 360g carbs

$2,217 \times 35\% = 776$ kcal for fats / 9 = 86g fat

RESULT

- 330g Protein
- 360g Carbs
- 86g Fat

How To Divide This Up?

As this is a basic nutrition overview of how to setup your plan there are some fundamentals to adhere to when dividing up your macros across the day.

Protein synthesis can only be maximized several times throughout the day, approx every 3-4 hours. This means you should eat a meal no sooner than every 3 hours from the previous meal and ideally no later than 4.

Write down when you get up and when you go bed e.g.

WAKE 6am / BED 9pm

Now spread your meals out based on 3-4 hours.

- MEAL 1 - 6am
- MEAL 2 - 9am
- MEAL 3 - 12pm
- MEAL 4 - 3pm
- MEAL 5 - 6pm
- MEAL 6 - 9pm

Thats 6 meals across the day, now divide your protein equally, so every meal will have 330g protein / 6 = 55g per meal.

Other than this you can either split your other macros equally across the day or in my opinion placing more carbs pre, intra, post workout will be more beneficial. E.g. **If you train at 9am, it would look something like this..**

- **MEAL 1** - 6am PRE WORKOUT
White rice, cream of rice, white potato, high carb, low fat
- **MEAL 2** - 9am INTRA WORKOUT
Carb powder (no fat)
- **MEAL 3** - 12pm POST WORKOUT
White rice, white potato, cereal, fruit, high carb, low/no fat
- **MEAL 4** - 3pm
Oats, grains, med carb, med fat
- **MEAL 5** - 6pm
Veg, salmon, Low carb, med/high fat
- **MEAL 6** - 9pm
Greek yoghurt, almond butter etc, Low carb, med/high fat



Cream of Rice, Pre, Intra, Post workout supplements can all be found on <https://www.trainedbyjp-nutrition.com/>
..as a thank you for purchasing this ebook you can use code **"ebook10"** for **10% OFF** any order over £100.

SUPPLEMENTS I RECOMMEND

Supplements at the very least should be used to fill holes in your nutrition, there will be a basic minimum requirement and then if budget permits, additional supplements I personally use for my goals.

ESSENTIALS

- Vitamin D3 & K2
- A good multivitamin/mineral (reputable brand covering the basics)
- Fish/Krill oil at a ratio of 2:1 EPA/DHA
- Vitamin B12 if you do not eat meat
- ZMA

IF BUDGET PERMITS

BCM-95 a highly bio available form of curcumin (Cure-Coming)

<https://www.trainedbyjp-nutrition.com/product/cure-coming/>

Greens powder (Veggie-Might)

<https://www.trainedbyjp-nutrition.com/product/veggie-might/>

Love Heart

<https://www.trainedbyjp-nutrition.com/product/love-heart/>

ON CYCLE

Vital Support

<https://www.trainedbyjp-nutrition.com/product/vital-support/>

HIGH CARB DIET AND/OR LONGEVITY

Glucose disposal agent

<https://www.trainedbyjp-nutrition.com/product/in-sure/>

HIGH STRESS/FATIGUE

<https://www.trainedbyjp-nutrition.com/product/halcyon/>

FAQ

How do I adjust the plan for me long term?

The plans and information outlined are the basis for your starting point.

Your log book will determine when & if you need to adjust the plan.

The plan should be run until you can no longer progress your lifts (when everything else e.g. sleep, stress, nutrition remains equal).

If you stall on 1 exercise, try it again next time, if you are still failing to increase the load or reps then switch this 1 exercise for something else that follows a similar movement pattern. e.g. If you stall on incline bench, you can switch to an incline machine press or incline DB's.

Continue with the new exercise until you stall on this movement and then go back to the first one. You should now be able to progress (assuming food, sleep etc is all on point).

If you stall on multiple exercises, then it is likely time to deload.

You should be able to progress week in week out for 8-12 weeks before your first deload. Then when you come back you might take a week or 2 to get back up to your original numbers and then exceed them.

How do I adjust the plan for me long term?

Training this way should give you years of progression before you have to address "weak" body parts, however we all have genetic differences and some people may require more emphasis on a particular body part once they are pushing towards a pro level physique.

The focus should always be progressive overload, if X body part is not growing:

- Can you feel the muscle working in the movement? If not change it.
- Are you progressing your lifts?
- Is nutrition and sleep on point?

It could just be as simple as your biomechanics for a particular exercise do not align with the intended muscle as much as the next persons, try different movements where you can feel the muscle working throughout the entire range of motion and then progress those lifts.

If everything is on point, exercise selection is down, sleep, food, recovery and you still have a “weak” body part then you can add in an additional exercise for that body part during the session OR at the end of another workout to increase the frequency of training.

..if you have been training for 6+ years and still have a “weak” body part but everything else is growing and in proportion then at this time you can consider an extra day specific to bringing up the lagging body part.

I don't “feel” like I am doing enough?

This translates to “I am not training hard enough”, go through any video on our website TrainedbyJP.com and watch us or any of the athletes take a set to true failure. If you really go to true failure, with safe, controlled reps then you will “feel” like you have done enough. I could take 99.9% of people through 1 set of hack squats and they wouldn't want to do it again!

How quick should I gain strength?

In the beginning strength will increase rapidly as your body learns the movement patterns and becomes extremely efficient at the exercises. As load increases or if you have been training a long time, the strength gains will come slower. I now use 1/2lb plates to increase my lifts. Doesn't sound like much? But add that up over a year and it's a big increase.

How much weight should I reduce for my back off set?

The first few rounds of the workouts you are going to be figuring this out and finding your groove with the rep ranges and weights. Generally for heavier loads e.g. leg press, hack squat, incline plates, rows, deadlifts, you will reduce the weight by about 10%. For isolation movements & lighter weight it's generally around 5%.

What if I don't have a piece of equipment?

Swap out for an exercise that has a similar movement pattern and targets the same muscle. e.g. If you don't have hack squats you can use front squats or wedges under your heels and back squat.

If you don't have an incline hammer machine then incline barbell or DB's.

Can I add in X exercise?

Do you need to add in X exercise? If you are progressing your lifts and everything is on point, why add more volume for the sake of more volume? Why not push everything to your absolute limits and then leave this in the tool box? Then when you are ready to progress you have somewhere to progress to.

Do I eat the same food on rest days?

I personally favour higher carb on training days when energy output demands it and lower carb (not zero or no carb, just lower than training days) on my non training days.

Ultimately your food should be setup in a way that you can adhere too, enjoy and helps with your goal.

Some people prefer low carb always, although I disagree that this is optimal for bodybuilding, if you can adhere to that then go for it.

In my opinion it is important to prioritise your protein needs as per the diet section, then allocate carbs around your workout (pre/intra/post) and the rest of the time do whatever YOU prefer to adhere to your goal.

You can't deny the laws of thermodynamics no matter what diet zealots will have you believe, it really does come to energy in vs energy out. Prioritise what is important and set your plan up for your goal.

Do you offer 1 to 1 coaching?

We don't, sorry, we are fully booked with coaching clients for the foreseeable.

What do I do if I have more questions?

The best thing you can do is join the [TrainedbyJP.com](https://www.TrainedbyJP.com) members website, you can post any/all questions in the forums and we (along with 20+ athletes) will be there to answer you. We all post our own logs and reply to the forums every day.