

BEGINNER'S TOOLKIT



A SIMPLE & EFFECTIVE TRAINING GUIDE



TABLE OF CONTENTS

01 Purpose

02 The 5 Components

03 Goals & Intentions

04 Choosing a Program

07 Proper Program Execution

12 Recovery

13 Adherence & Consistency

14 The Programs

19 Tracking: How to do it

20 Rate of Perceived Exertion Chart

PURPOSE

The purpose of this manual is to get you confidently started on your exercise journey. I want you to transition from *thinking* about exercising to actually exercising in a fun, effective way. This manual does not cover every possible component of exercise training and thankfully so. We don't want stress and overwhelm to be apart of this process. It is intended to be simple and easily applicable. This manual provides clarity on the most fundamental, important and impactful components for a beginning exerciser.

Let's get started!

COMPONENTS OF SUCCESSFUL TRAINING

1. Setting Goals & Intentions

2. Choosing a Program

3. Proper Program Execution

a. Warm Up

b. Form

c. Intensity

d. Tracking

4. Recovery

5. Adherence and Consistency

COMPONENTS OF SUCCESSFUL TRAINING

ONE: GOALS & INTENTIONS

Create fitness goals that are specific, detailed, and written out. Knowing your goals will help you choose the best program for your needs. Read them daily! There must be true intention and purpose behind your actions for them to be valuable enough to stick to.

example: I want to maintain my current body weight because it's where I feel the most confident.

example: I want to shoulder press the 20lb dumbbells for 10 repetitions because it means my body has gotten stronger!

COMPONENTS OF SUCCESSFUL TRAINING

TWO: CHOOSING A PROGRAM

depends on three factors:

1. Your goal:

Fat loss, muscle tone, strength, or maintaining weight? Each program satisfies the necessities to improve the muscle tone and prevent accumulating fat.

2. Your lifestyle:

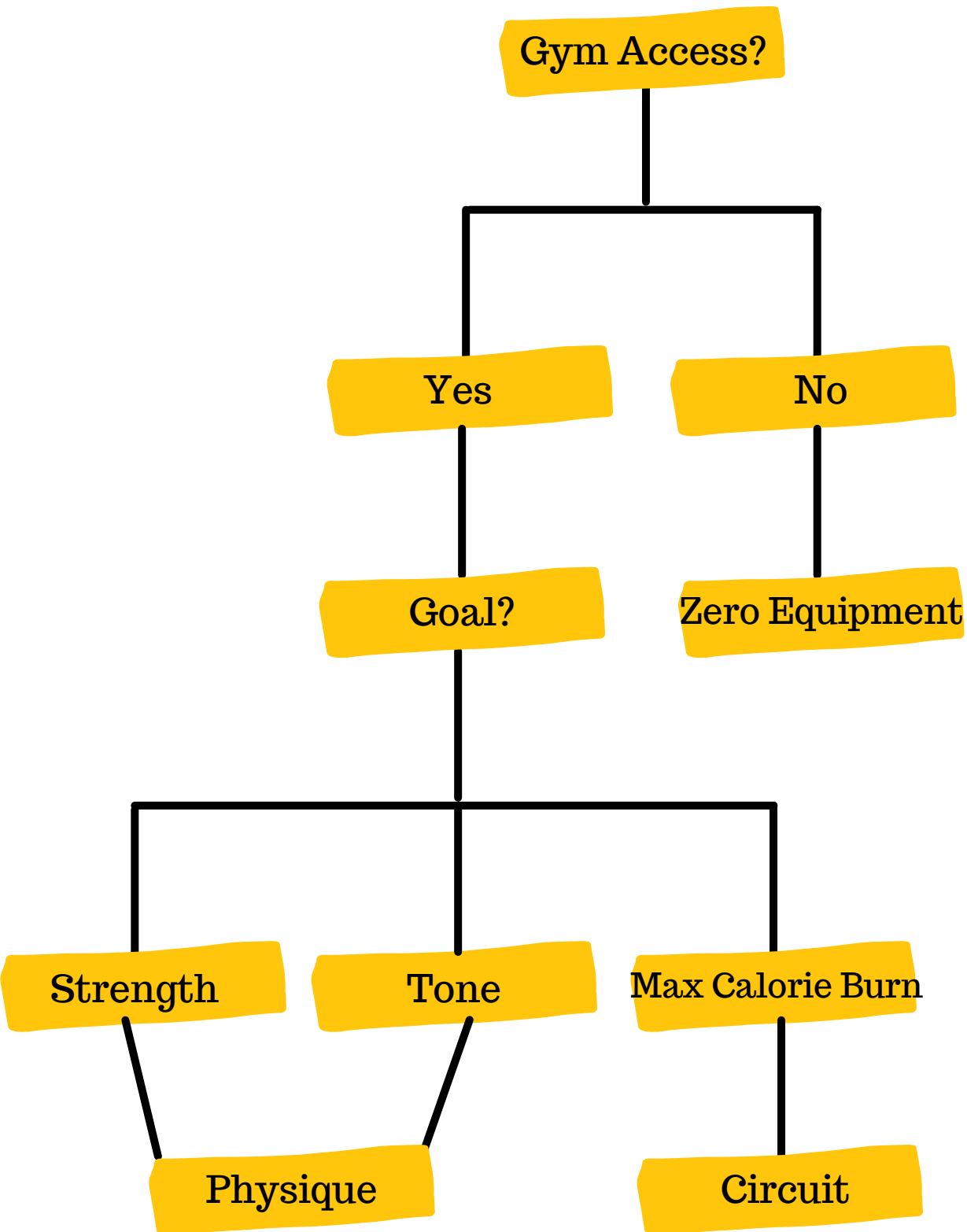
Do you have gym access? If so, the circuit or physique programs will be best. If you're seeking ultimate convenience and simplicity at home, the zero-equipment workout is best.

3. Personal preference:

This is important! Which program sounds the most fun to you?

**Take a sneak peak at the programs starting on page fourteen.
Then
take a look at the flow chart below to choose the best program!**

Which Program Is Best?



Still Unsure of which program to choose?

These examples will help:

Woman A has two young kids in school. She's done with work by 4pm, and her goal is to restore her body's pre-kid firmness and shed some body fat.

I'd recommend the physique program for woman A because it specifically targets individual body parts to allow for maximum toning, and the muscles continue burning calories even after the workout has been completed, ensuring fat loss.

Woman B is a very busy woman. She doesn't have much free time, but her apartment has a gym. Her bodyweight is healthy by medical standards, and she engages in outdoor activities like biking and hiking on the weekends. Her goal is to keep joints healthy and maintain her strength so she can continue her outdoor activities.

I'd recommend the circuit program for Woman B. The resistance of the weights will keep her strong, while the circuit style of the program will keep her moving so that she can be in and out of the gym quickly.

Woman C plans on exercising before work in the morning. She's never had a gym membership and finds gyms a little intimidating. However, she would like to begin exercising three days a week to stay healthy.

Zero-equipment is best for woman C. It is simple and will allow her to master essential movements like the push up and the squat while burning extra calories and developing core strength.

COMPONENTS OF SUCCESSFUL TRAINING

THREE: PROPER PROGRAM EXECUTION

*Proper program execution is the third component of effective training. It has four **essential** parts that if followed will guarantee a **QUALITY** exercise session. No more going through the motions. Effectiveness is the name of the game.*

Essential Parts

**Warm up | Form | Intensity |
Tracking**

COMPONENTS OF SUCCESSFUL TRAINING

Warm up | Form | Intensity | Tracking

**The warm up serves three
important purposes:**

1. Generate heat

Increases muscle pliability, making them less prone to strains and tears

2. Signal the release of joint fluid

Ensures cartilage and discs are well lubricated for safe, comfortable movement

3. Establish the neuro-motor pathway

The warm up gives your brain and body a preview of what you are about to ask it to do before adding any extra resistance. If you are going to squat, first do it slowly and without resistance to prepare yourself and prevent injury risk

COMPONENTS OF SUCCESSFUL TRAINING

Warm up | **Form** | Intensity | Tracking

The importance of good form is simple:

Good form guarantees that the correct muscles are being activated and that injury risk is minimized.

I use the Trainerize fitness app for virtual coaching because it has videos for each exercise explaining exactly how they should be performed so that you are doing every exercise correctly.

It can be extremely helpful to film yourself performing exercises you are unsure of so that you can compare them to the correct demonstrations in the video index, or send them to me for review if you are an existing client.



Feeling Pain?

If you are experiencing extreme discomfort, such as sharp or shooting pains, **STOP** what you are doing. Pain is an indicator that something may be wrong. Seek professional attention if this occurs.

COMPONENTS OF SUCCESSFUL TRAINING

Warm up | Form | **Intensity** | Tracking

Intensity makes the difference:

The reason a program works is because it is performed with adequate intensity. Read that again.

The stimulus for change is INTENSITY. Intensity is your level of effort. Change takes effort. Your exercise sessions should not feel easy. If what you are doing is easy, no change will occur. The body will carry on operating at its existing level of output, or worse, decrease output. Use it or lose it applies.

Eventually, you will adapt to your exercise regimens over time if you are exercising consistently, and what used to be difficult will start to feel easy and lead to plateaus in progress. Therefore, **it is essential to increase the intensity in some way each week to avoid this.**

Increasing intensity over time is called **progressive overload**. The Rate of Perceived Exertion (RPE) chart on page 20 breaks effort into levels. To get and stay in shape, you want to exercise at a minimum RPE of 4. Challenge yourself. That's essential.



Here are the many ways you can add intensity to your workouts each week:

- **Add more weight/resistance**
- **Add extra sets**
- **Add repetitions**
- **Hold positions**
- **Increase movement speed**
- **Dramatically decrease movement speed (my favorite for squats!)**

COMPONENTS OF SUCCESSFUL TRAINING

Warm up | Form | Intensity | **Tracking**

Why you should always track your exercise:

1. To have proof of progress

Exercise should be tracked and logged. I use logging and tracking interchangeably in this toolkit. Logging is the best way to assess long term progress. If a year ago you could only shoulder press 10lbs, but now you can press 25lbs, that is proof of progress!

2. For Structure

A log provides structure and a plan of action to your workouts so that you are not wasting time aimlessly wandering the gym, deciding what you are going to do next. Furthermore, seeing what you did the previous week gives you a reference for what weights you will want to use in the upcoming week.

3. For your Personal Reference and Resource

An example of how your log becomes a resource: If you really liked how nicely your arms looked last year and start to feel like they are losing definition, your log will be helpful for looking back on exactly what you were doing at the time (exercises, sets, reps etc) to get those results.

I've included a printable log incase you do not like to log in an app. I've also included instructions and an example of how tracking should be done.

COMPONENTS OF SUCCESSFUL TRAINING

FOUR: Recovery

1. Quality Sleep
2. Optimal Nutrition & Hydration
3. Adequate Stress Management

Sleep deprivation, low-nutrient foods, and emotional stress will cause **sustained** elevated cortisol levels and create inflammation. Cortisol is the "fight-or-flight" stress hormone. High levels of cortisol and inflammation sound the danger alarm in the body, which causes the body to convert our ingested food into fat for safe storage instead of using it to repair the muscle tissue and eliminate cellular waste.

However, cortisol is not all bad. In **bursts**, it creates eustress (i.e. good stress) Eustress is when the body becomes more resilient in response to being stressed. **Exercise is the best form of eustress. It is an antidepressant, strengthens joints and connective tissue, increases bone density, balances hormones, and much more!**

We want to prioritize recovery to promote strong, healthy tissue and prevent unnecessary fat storage.

COMPONENTS OF SUCCESSFUL TRAINING

FIVE: Adherence and Consistency

Adherence = *How closely you follow the program. Did you do all exercises for all sets and repetitions at the correct RPE?*

Consistency = *Did you exercise four days per week for the duration of the entire program?*

After intensity, consistency is the next biggie!! Consistency is how we establish our functional baselines, and it is what molds us. In order to lose body fat or sculpt lean muscles, you must consistently stimulate these mechanisms. Your body will transform the consistent effort into real change that can be seen and measured.

Take a look at the example below. Notice how even though this person worked out all four days in week two, the lack of consistency in weeks one and three resulted in an overall score of 58%? In school, this would be a failing grade. Your overall consistency will reveal itself in your results. If you would prefer "passing grades", you will need to complete at least 9 workouts in the three week period!

CONSISTENCY CARD (1=Yes, 0=No)					
Week 1	Day 1	Day 2	Day 3	Day 4	Totals
Did you exercise today?	1	0	0	1	2
<i>Weekly Adherence Percentage</i>					50.00%
Week 2	Day 1	Day 2	Day 3	Day 4	Totals
Did you exercise today?	1	1	1	1	4
<i>Weekly Adherence Percentage</i>					100.00%
Week 3	Day 1	Day 2	Day 3	Day 4	Totals
Did you exercise today?	0	0	1	0	1
<i>Weekly Adherence Percentage</i>					25.00%
				OVERALL:	58.33%

THE PROGRAMS

About the Programs

By now, you should have already written out your goals and chosen the best program for you. However, feel free to give each one a try!

The training programs were deliberately created to be simple, efficient and effective. Do your program for 4-6 weeks, focusing on progressive overload every week. This should be a fun experience, and one that does not rob you of quality time with your loved ones.

Each program should take between 30-45minutes. The programs are designed to target every muscle group. The circuit and zero-equipment programs target several areas each day while the physique program splits the muscle groups up by focus area. By the end of the week, all three programs address every muscle group.

Existing clients can find these work outs in the Trainerize app exactly as it has been written in this toolkit, as well as, video demonstrations of how each exercise should be performed.

All exercises should be performed at RPE 4-9. This will ensure you are performing each exercise with a sufficient level of effort. We want to avoid just going through the motions. I recommend shooting for RPE 5 during week one to make certain all exercises are performed with proper technique, then feel free to ramp your RPE up for the remaining weeks.

Circuit

DAY 1

5 Rounds

12 Plate floor to Overhead
12 Floor Press
10e Dynamic Side Plank
12 Dumbbell Row

DAY 2

4 Rounds

10 Box Step Overs
10 Assisted Pull Ups
200m Row
15 Leg Raises

DAY 3

5 Rounds

12 Dumbbell Push Press
12 Dumbbell Romanian Deadlift
10e Turkish Get Up to elbow
60sec Bike

DAY 4

4 Rounds

20 Walking Lunge
20total Glute Marches
12 Pull Overs
10e YT's
30sec Run

Physique

DAY 1

Target areas: Legs, Butt

Leg Press 4x12

Bulgarian Split Squat 3x10e

Leg extension 4x20

Banded Kickbacks 3x15e

DAY 2

**Target areas: Chest,
Triceps, Abs**

**Machine Chest Press
1x15, 1x12, 2x10**

**Cable tricep Extension
4x15**

**Should Press Ladder
2x10ea**

Front Raise 50 total

Reverse Crunch 2x20

DAY 3

Target areas: Legs, Butt

Hip Thrusts 4x8 (1-2-4)

**Goblet Squat Drop Set
3x10,10,10**

Seated Hamstring Curl 4x12

DAY 4

Target Areas: Back, Arms, Abs

Overhand Tbar row 1x15, 1x12, 1x10, 2x8

Narrow Lat Pull down 3x10

Face Pulls 3x15

Barbell 21's 3 sets

Ab Ball Passes 1x30



**Incorporate 10min of daily cardio at RPE 6 (i.e., walking, jogging, rowing, biking, jump rope, stairs)*

Zero-Equipment

DAY 1

4 Rounds

10e 8-point plank reach
12 Push Up
12 Slow release Sit Ups
15 Squats

DAY 2

4 Rounds

45sec Wall Sit
10e Alternating Lunge
20e Dead Bug
3e Turkish Get Up

DAY 3

5 Rounds

12ea Glute bridge marches
10 Stationary Inch worms
8 Controlled Burpees

DAY 4

3 Rounds

10 Supermans
8ea Bird Dogs
10ea Prone YTs
15 In-out Jumps

Using the Training Logs

All training can be logged in the Trainerize App. However, some of you may prefer to log your workouts the old-school way. Therefore, I've included a printable log, instructions, and an example of exactly how logging should be done.

The log is very simple:

1. Under the "Day" section record the exercise name
2. Next to the exercise section, under the "Rounds or Sets x Reps x lbs" record how many total rounds or sets were completed for the given exercise and at what weight or resistance you used. If you didn't use weight, write either BW for bodyweight, or jot the number zero down. If you chose to increase intensity by a different means than increasing the weight, make a note of that on the same line, next to the weight.
3. Record your RPE once you have finished the workout in entirety.

Example:

	Week 1		Week 2	
Day 1	Rounds or Sets x reps x lbs	RPE	Rounds or Sets x reps x lbs	RPE
Leg Press	4 x 12 x 200lbs	7	4 x 12 x 200lbs w/ hold	8
Bulgarian Split Squat	3 x 10 x 20lbs		4 x 10 x 20lbs	
Leg extension	4 x 20 x 55lbs		4 x 20 x 60lbs	

Compare week 1 to week 2. Notice in week 2, the intensity has been increased in different ways. Instead of adding weight on the leg press, a hold was added. For the Bulgarian split squats, a set has been added, and for the leg extension, the load was increased. It is not necessary to increase intensity for every exercise; increasing intensity on just one exercise, or in just one kind of way is perfectly fine.

RPE Chart

Rate of Perceived Exertion

10

Maximum Effort Activity

Feels almost impossible to keep going/completely out of breath/unable to talk

9

Very Hard Activity

Very difficult to maintain exercise activity/can barely breathe/can speak a single word

7-8

Vigorous Activity

On the verge of becoming uncomfortable/short of breath/can speak a sentence

4-6

Moderate Activity

Feels like you can exercise for hours/breathing heavily/can hold a short conversation

2-3

Light Activity

Feels like you can maintain for hours/easy to breathe/ can carry a conversation

1

Very Light Activity

Anything other than sleeping e.g., watching tv, riding in a car

CLOSING

Now that you've made it to the end, I hope you have a deeper understanding of the difference between exercise and effective exercise, and the factors that determine the latter. Nothing can top working directly with a coach who fully understands your specific needs and health history, and who can provide direct feedback to you. However, you are much closer to your desired destination of a healthier life than you were before!

Thank you for taking the time to read and apply the principles in this toolkit. I hope you've enjoyed it.

-Kayla