

Hierarchy of Success (Fitness)

1-6 (most important to least important)

They all have their value, start working with 1-2 per category then work your way up. Success takes time & Showing up

1. Consistency & Persistency

Consistency

– Having a sustainable weekly workout schedule based on the time you can make for it. Even if you have 30 mins to workout, you can still get something done (Use 4.II on the backside of this paper for better understanding what workout split is best for you. Strength and cardio is important)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Persistency

– Factors to stay learning/applying fitness guidance (ex. Fitness podcasts, trying new exercises, investing in a trainer, learning through social media, etc.)

Gym Environment

– Does the gym environment have the tools/space to help you reach your goals? Does the weather affects it where you have a backup plan just incase?

2. Fitness/Health Goals

Strength & Nutrition Vs Endurance & Nutrition – All are important but where do you fall into between the 2 choices?

3-6 Month Goal & 6-12 Month Goal – It's good to have goals in mind throughout your journey to help you stay on track. Set honest & Realistic goals for yourself

3-6 month goal/s

6-12 month goal/s

3. Recovery

(Do the best you can in each category)

Sleep

– Pick 1 NUMBER between 7 to 9 hours per night (takes 10-14 days of consistent sleep and wake schedule to experience “all day” energy)

Bed time

Wake time

Nutrition

– Use 1-2 fist size portions of protein per plate to help

– Hitting your protein target (.82 — 1g of target bodyweight) to spare/build muscle

Daily Protein Target

Per Meal

– Fueling the workouts or replenishing the body. Pre-workout nutrition such as eat 45-90 mins before working out depending on how heavy the meal is. If prefer to train fasted, stay hydrated.

Hydration

– Drink .55 — .65oz of water of current bodyweight. Also factor in daily activity level

(Sedentary is .55oz — Active is .65oz). Drink throughout the day and not all or a lot in a short duration of time

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Steps

– 6 to 10k Steps per day. Walk OR move body Post meal for 10-15 mins if possible indoors or outdoors to help (can be done within 1 hour of finishing meal)

4. Workout Program

(Following a workout program with a structure to follow at least 3-5 months per program)

I. General Warmup & Mobility

- General Warm up via cardio machine or cardio activity for 4-6 mins to heat up body temperature
- Mobility for 8-10 mins (exercise of the day focused, dynamic stretching *is good*. NO passive stretching before working out)

II. Workout Split

**Rest days are important. Allow 48-64 hours before hitting similar workout*

- **Upper/Lower Split** — 3-5 workouts a week (4-5 exercises max)
Total Body Split — 2-3 workouts a week (Alternate between A & B)
Total body A = 4 upper body exercises, 2-3 Lower body exercises
Total Body B = 4 lower body exercises, 2-3 Upper body Exercise
ULPPL Split — Upper, Lower, Rest, Push, Pull, Legs, Rest.. 5x workouts a week (4-5 Exercises max)
- **Sets** (how many reps you completed in a row) **Reps** (the repetitions you done within the set)
- Start with 3 working sets of 6-10 or 8-12 reps with every exercise (include 1-2 warm up sets with lighter intensity prior for better performance/reduce risk of injury)
- Commit to same order of workout as best you can (Can substitute if similar to other exercises)
- Switch exercises and/or exercise order every 5-7 weeks
- Track your workouts via workout log app, notes app, journal, etc.

IV. The Four Factors of Sending a Great Signal for Muscle Growth

- Form** (How well you perform the exercise each repetition)
- Tempo**- (How well you stick to a reasonable tempo throughout the whole set)
- Intensity**- (How close to failure you push yourself to send a good signal for growth)
- Rest**- Depends how difficult the exercise is / how hard you push yourself in that set/ general guideline is from 1.5–3 mins

V. Progressive Overload

To see improvements/adaptations towards goals and getting there safely/effectively. Increase strength/speed/power/muscle via adding more reps, more weight, better form, shorter rest, etc.

VI. Workout Tools— Investing in things that can help in your workout (ex. Lifting straps, small foam roller, resistance bands, etc.)

5. Doing Enough

Soreness — Just means you pushed your body hard the day before or 2-3 days before (delayed onset muscle soreness DOMS) Sometimes you may be sore but are numb to it until you apply pressure to the muscle/s you train via hand/foam roller.

Signs that may bring soreness (One or all may apply):

- Trying a new exercise/workout program/exercise order (Novelty soreness)
- Going from inactivity (taking a long break from fitness, vacation, injury, etc.) to activity. Here you want to see where your strength is at for the first consistent 2 weeks then build from there
- Training too hard where you are coming sore into the next similar workout day. Could increase risk of injury and lowers workout performance.

Do the least as possible to elicit the most amount of change — The goal is not to feel like you can't move the next day but able to come back 85-100% to your next similar workout day to possibly go harder if not just as hard like last time. Soreness is normal to experience but **the sweet spot is to feel little to no soreness** as well as seeing your progress in the gym go up (little by little). That means you are training and recovering effectively. Takes time to learn that. Have patience

Not Overtraining— Managing physical/mental Stress from External Factors such as work/sport related stress that you have control of. If work/sport is too physically demanding and affecting your training, manage your workout schedule/intensity where you best see fit. If you find that your workout program is the cause of you overtraining then adjust/change the program)

6. Supplements

(Taking appropriate research based supplements that will help with your performance in the gym and/or recovery outside the gym)

Least important but has its values.

Try to do the best you can do with everything you went over prior to this category.