

# Introduction to Coaching



**FITNESS ACADEMY**

TRAINING | NUTRITION | COACHING

The check in is the most important part of this process! You will be allocated a specific check in day. It is then your responsibility to complete the check in sheet by the end of the day as well as send over your progress photos on WhatsApp. You must then notify your coach when everything is completed. You will always receive your response and possible updates to the plan on the following day after your check in is submitted.

This will be where all adjustments and data tracking will take place, without this feedback from you we will be unable to successfully work together...

The more detail you provide in your check ins, the more accurate the programming will be for you!

All check ins will be done via the form linked to you in the initial introduction email.

You will receive a feedback video/ voice note every week after your check ins explaining the plan/ adjustments going forward!

The screenshot displays the 'Check In Sheet (Mobile)' form for QB Fitness Academy. The form is organized into a grid of input fields. The top section features the QB Fitness Academy logo and tagline. Below this, the title 'Check In Sheet (Mobile)' is centered. The form contains several sections, each with a question and a corresponding input field:

- How would you describe your readiness/excitement to train? \***: A 5-point scale from 1 (Low) to 5 (High) with radio buttons.
- Measurements - Gluteal (inches) \***: A text input field for 'Your answer'.
- Note every mornings Bodyweight since last check in \***: A text input field for 'Your answer'.
- What was your strength like this week? \***: A 5-point scale from 1 (Low) to 5 (High) with radio buttons.
- What has your stress levels been like this week? \***: A 5-point scale from 1 (Low) to 5 (High) with radio buttons.
- Measurements - Upper Arm Flexed (inches) \***: A text input field for 'Your answer'.
- Did you progress most of your exercises this week? \***: Radio buttons for 'Yes, I progressed' and 'No, I maintained'.
- Measurements - Hip (inches) \***: A text input field for 'Your answer'.
- What has your energy levels been like this week? \***: A 5-point scale from 1 (Low) to 5 (High) with radio buttons.
- Measurements - Umbilical (inches) \***: A text input field for 'Your answer'.
- Are you enjoying the training? \***: Radio buttons for 'Yes', 'No', and 'Other'.
- Did you adhere to your diet/macros? \***: Radio buttons for 'Yes', 'No', and 'Other'.
- Measurements - Mid Thigh (inches) \***: A text input field for 'Your answer'.

**Firstly you need to understand the how important nutrition is when it comes to changing the way you look. Without a good diet (not necessarily a clean diet) you won't achieve the best possible results!**

**Calories are the most important factor in this nutrition game. Regardless of whether you are trying to gain muscle or lose body fat, it will always come down to one simple equation... 'Calories in vs Calories out'.**

**Everything that you put past your lips has a calorie value, whether its a little sauce or a big burger it all comes down to calories. Granted there is a lot more that comes into play when we dive deeper beyond the face value of foods (macronutrients) and open up what's inside (micronutrients).**

**This is then what causes the older generation to categorise foods as 'good/clean' or 'bad/dirty'. Both terms are banned here at PB Fitness Academy as we follow the science, and our goal is to educate you on how to use this information to enjoy all of your favourite foods and still hit your goals!**

**Macros, Otherwise known as macronutrients are made up of Protein, Carbohydrates and Fats. Each of these macros contains energy (calories). Protein and Carbs contains 4 calories per gram, Fats contain 9 calories per gram and last but not least, Alcohol contains 7 calories per gram.**

**Now that you understand what macros are and how they work, Let's dive into the concept of calories/macro tracking. Otherwise known as flexible dieting.**

**Flexible dieting understands that there are no 'good', 'clean', 'bad' or 'dirty' foods just like your body does. Your body doesn't know whether your eating cake or plain rice, whether you're having a protein bar or a tin of tuna. Your body recognises food for its calorie value and macros.**

**Flexible dieting takes this proven concept and allows you to eat any food you like, as long as you don't go over your set macro and calorie targets for each day.**

**BUT... Yes, we know, there is always a 'but'... We do still recommend that you get the majority of your macros from micronutrient dense foods! We like the idea of a 80/20 split. 80% of your macros coming from micronutrient dense foods, allowing you to really enjoy your favourite foods on the daily with the remaining 20% coming from not so 'clean' sources.**

**Don't worry, we have provided a list with some of our favourite micronutrient dense foods that we recommend on a few of the slides further down.**

**If you want the best results we highly recommend you count macros rather than a set meal plan simply due to the flexibility it allows you to have day to day. Remember your protein, carbs and fats targets for each day that will be calculated for you by your coach.**

# Complete Protein Sources

Food Name (100g Uncooked Weight)	Calories	Protein (g)	Carbs (g)	Fats (g)
Salmon (skin removed)	117	18.3	0	4.3
Fillet Steak	140	21.2	0	6.1
5% Beef Mince	124	20.8	0	4.5
Tuna	144	23.4	0	4.9
Egg Whites (g)	52	10.9	0.7	0.2
Whole Eggs (medium egg)	68	5.5	0.5	4.7
Chicken Breast	173	30.9	0	4.5
Chicken Thighs (skin removed)	175	27.7	0	6
0% Greek Yogurt	57	10.5	2.6	0.1

# Complex Carbohydrate Sources

Food Name (100g Uncooked Weight)	Calories	Protein (g)	Carbs (g)	Fats (g)
Oats	379	13.2	57.6	6.5
White Potato	69	1.7	13.3	0.1
Sweet Potato	86	1.6	17.1	0.1
Jasmine Rice	354	7.4	75.7	1.1
White Rice	365	7.1	78.6	0.7
Brown Rice	367	7.5	72.6	3.2
Cream of Rice	348	6.6	78	0.4
Whole-Wheat Pasta	352	13.9	64.2	2.9

# Fat Sources

Food Name (100g Uncooked Weight)	Calories	Protein (g)	Carbs (g)	Fats (g)
Almond Butter	614	21	8.2	55.5
Peanut Butter	598	22.2	17.1	51.4
85% Dark Chocolate	608	11.6	18.4	52
Coconut Oil	892	0	0	99.1
Extra Virign Olive Oil	884	0	0	100
Avocado	167	2	1.8	15.4
Cheese	403	22.9	3.4	33.3
Nuts	579	21.2	9.1	49.9
Chia Seeds	486	16.5	7.7	30.7

**Firstly, it's almost impossible to hit your macro targets to the gram each day, you should aim to be within 5% either way of your macro targets. Therefore if you have a protein target of 200g and go over by 5% (210g), We would recommend that you do not cut back and just carry on as normal the following day.**

**However, if you have gone over by a lot more than the amounts shown above I would probably implement one of our rescue strategies. The simplest way to solve this would be to cut macros for the next couple of days by the amount you have gone over.**

**For example, if you consume 80g of carbs more than your target. We would recommend that you minus 40g carbs for the next 2 days. Another option would be to divide this amount over multiple days, this would mean you are taking away smaller amounts over more days. This is preferred as its a lot less noticeable and closer to your usual targets.**

**On the other hand, there might be a situation where you know you have an event coming up where you know for a fact you may over indulge or it may be impossible to track.**

**You can just plan in advance using the same strategies as above. This is a lot easier to manage and will allow you to enjoy these events, meals out or weekends away stress free.**

**This creates a healthy relationship with food, allowing you to live this as a lifestyle and continue to reach your physique and performance goals whilst still enjoying a social life!**



There are a lot of bad habits when it comes to eating a meal that many of us have picked up over the years without even realising. Here are a few of the techniques we like to implement with our clients.

**NEVER EAT WHEN STRESSED:** Immediately following or during an acute stress (intense training, a stressful commute, an argument, an injury etc.) is not the time to sit down and consume food. This is the most shocking advice to most bodybuilders due to the old myth regarding the 'anabolic window' where you must eat immediately post training. It is proven that you're not in an ideal position to utilise food when still in a sympathetic dominant state.

Remove yourself from the situation, or allow a sufficient amount of time for you to calm down prior to beginning each meal. To be totally on point, aim to get your resting heart rate back to baseline prior to consuming large meals.

**5-10-15-20 RULE:** 5 deep, belly breaths in through the nose prior to each meal. 10 seconds between EACH mouthful - cutlery down. 15 minutes per meal. 20 chews minimum per mouthful.

**POST MEAL ACTIVITY:** This is harder to implement, but will have a huge impact on your ability to process the food you're consuming, as well as having positive impacts on blood glucose management. Aim to follow each main meal with a short walk to help with the processing of the food.

**SLEEP:** This is the most underrated factor when it comes to maximising performance! A minimum of 6 hours is recommended but when we are trying to optimise every variable we should be aiming for a minimum of 8. However, the total hours 'sleeping' is far less important compared to the quality of that sleep. We would recommend that you invest in a smart watch to track your sleep accurately, however, if you do not have one it's good to keep a journal and note down the amount hours slept, how you felt waking up (tired?) and how deep a sleep you personally felt you had. All of this information is very useful for your check ins.

**MEASUREMENTS:** Using the sites provided on your check in sheet, this is yet just another tool we can use to measure progress. All of these tools and tracking variables are priced together every time you check in with your coach to monitor progress as accurately as possible!

**BODYWEIGHT:** All bodyweight measurements must be taken in 'kg' upon wake on an empty stomach, preferably after using the bathroom. Try and make sure you stay consistent with how and when you weigh in, at the same time preferably although we do understand this isn't always possible.

**Heart-rate variability (HRV) is the physiological variation in the time interval between heartbeats.**

**It is measured by the variation in the beat-to-beat interval. This will essentially determine how 'stressed' your body is. We can attempt to use this data to spot certain things such as when your body is fatigued or your CNS is taking a hit. This can allow us to pre plan de-loads or rest from training to prevent plateaus in your progression.**

**Increased HRV indicates increased vagal tone/parasympathetic activity, the side of the autonomic nervous system that promotes relaxation, digestion, sleep and recovery (the rest and digest system).**

**Reduced HRV indicates a compromised ability to respond to stressors (of all kinds). Reduced HRV is associated with stress and under-recovery, as well as an increased risk of myocardial infarction, cardiovascular disease and various other diseases related to increased levels of systemic inflammation.**

**Here we can use HRV, readiness and resting heart rate as indicators of recovery and overall autonomic balance. We will use it as a simple tool to assess and refine areas contributing to your overall Allostatic load.**

**This is only possible if you have a heart rate monitor that tracks HRV, You will only need this if you are looking to compete.**

**BLOOD PRESSURE:** Blood pressure will be another indicator of elevated presence of stress hormones, overall cardiovascular health, kidney function and/or inflammation. Excessive stress will impact these systems and lead to vasoconstriction (among other things), which will elevate BP. We are looking for an average of 110-120/60-70. If you are an assisted athlete, this is one marker that simply **MUST** be measured regularly.

**FASTED BLOOD GLUCOSE:** Blood glucose upon wake gives us an indication of both glucose tolerance, and whether we have an elevated presence of stress hormones and/or inflammation.

**Optimal Range: between 4.0-5.5**

**Reactive Hypo-Glycaemic Tendencies: < 4.0 (+ the presence of irregular readings) Signs Of Insulin Resistance: > 5.5**

**We would only recommend that you need to track these if you are competing. Even as a lifestyle client it may be beneficial to check these every month to make sure your health is in a good spot.**

**BEDROOM SET UP:** We recommend a nice, calm and dark space to sleep. Ideally this space would be completely sound proof, if not then ear plugs would be ideal. Black out curtains if there are windows. It's important to make sure that no stressful activity should ever take place in your sleep space. This means no work or gaming etc in the bedroom.

**PRE-BED RITUAL:** You should set up a routine that your body naturally gets used to as the 'switching off process. This could start with an Epsom salt bath, locking your phone an hour before you intend to sleep, some light stretching, blue light blockers or watching something that stops your thoughts from wandering. The idea is to switch the brain off from thinking about the days experiences or tomorrows plans.

**MINDFULNESS:** There are fantastic apps available that can teach you how to meditate, this really is a great way to switch off your brain before you intend to sleep. Another thing you can do is to write out a journal, remove all of your thoughts from your head and put them on paper. We also recommend a 'to do list', something that can take so much stress out of your life simply by planning ahead and knowing inexactly what you need to do over the coming days/weeks and even months.

**Hypertrophy is the result of an adaptation to an unaccustomed stress. This is why we must continue to do more each session in order to continue progressing. You can apply progressive overload in many forms, whether it be a small increase in load on the bar or an extra rep.**

**IMPORTANT! Tempo and execution must be standardised. This is the biggest misconception and drawback when people discuss progressive overload, without form being standardised the logbook and numbers do not mean anything. You need to control all variables in order to see true progression. Allowing your eccentrics to speed up in order to get an extra rep is not progression, the same as decreasing range of motion to get extra weight on the bar is also not progression. True progression is when you fix all variables as a constant, including intensity!**

**This is why we have created the PB training logbook in such a specific way. Not only are you able to track the usual sets/reps/weight/tempo per exercise but you can clearly see on the same page your previous sessions of that rotation. This allows you to know exactly what you hit at that exact moment of the previous session, giving you an even bigger motivation to beat every single set and not just the big moves. You can also track this on your training plans via G sheets.**

**It's important that you remember that progress is not always linear, however, you must do all you can to force adaptation. Not every week will see an increase in load but if you continue to be meticulous with beating the logbook, over a period of time, you will see progression, and that is what will drive continuous changes and developments in your physique.**

# Feeder Sets vs Working Sets

**FEEDER SETS:** This is simply another word to describe a warm up set. However, the reason we call them feeder sets is due to people believing that warm up sets are not needed if you are already 'warm'. This is not the case, hence why we call them feeder sets to save the confusion.

We will **ALWAYS** use at least one feeder set when moving on to a new exercise. Not only because more often than not we will need to slowly and progressively work up to our working set load. More importantly we use feeder sets to allow your body to adapt to the new movement. The more advanced you become, the more feeder sets you will need before each exercise. More than likely you will have a higher working load to build up to as well. It is never wise to rush the feeder sets, these will prevent or significantly reduce the chance of injury. Feeder sets should be a very comfortable load, and never taken anywhere near failure. Feeder sets don't need to be logged.

**WORKING SETS:** The sets that count, the sets that should always be logged, the sets that you must progress at all costs! Every single working set must be taken to failure, unless your coach has stated otherwise. You will be asked to log every working sets (weight x reps), once the benchmark numbers are set you must do all you can to progress those numbers. You will be given a guide on the program of what rep range to aim to fail between. This will give you an idea of what load to select, however, once the load has been selected you must take that set to complete failure, regardless of whether that forces you to land inside or outside of the desired rep range. Remember your muscles do not recognise if you landed on a specific number, but it does recognise the stressor that is muscular failure. This will force the adaptation we desire.

All of the following terms are fancy words to describe working sets. We name these working sets to give you simple idea of what sort of rep range to aim for. You must take all of these sets to complete failure unless stated otherwise by your coach.

**PRIMING SETS:** This will always be a working set, taken to complete failure before moving up to your heaviest set. This goes against the grain for most people, as they will always save themselves for the heaviest set. Priming sets force you away from what you're used to, very similar to a 'pre-exhaust' style of training.

**TOP SETS:** This is the heaviest load of the particular exercises working sets. You will always need to build up to this with multiple feeder sets to get used to the movement and gradually increase load close to your working set. The top set will always be considered 'heavy' and it will be a lot more difficult to maintain perfect execution, however, that must remain a priority!

**BACK OFF SETS:** These will always be much lighter working sets compared to a top set and even a priming set. This is simply a description of the change in load, the execution, intensity should remain the same as when you approach a top set. This is also taken to complete failure just like every working set!



**TEMPO:** You will see tempo stated on your plan like this '4-1-2'. The numbers stand for the amount of time (in seconds) that you should spend in each phase of contraction for example 'eccentric-isometric-concentric'.

**CONCENTRIC:** This is when the muscles shorten / contract. This is what most people think is a 'contraction'. That is because this is the contraction tested for strength. The concentric phase of the lift is for example on the bench press when you are pushing the bar up. Surprisingly, this is the weakest type of contraction, this is why if you are testing your 1-Rep-Max on the Bench Press - you may be able to bring the bar down slowly but unable to push it back up. This is due to the Concentric phase being weaker than the downward (Eccentric) phase, bringing me on to the next contraction.

**ISOMETRIC:** This is the most uncommonly trained contraction but again is stronger than the most common concentric contraction. This is when the muscle doesn't lengthen or shorten during contraction it stays the same. This can be simply exercised by pausing and holding the weight in one place e.g pause squats.

**ECCENTRIC:** This is when the muscles lengthen during contraction, and arguable the greatest phase of contraction for muscle hypertrophy. This is the downward phase of the bench press and is believed to be around 4x stronger than concentric contraction. This is the reason you can control heavy weight down to your chest on the bench but can't push it back up. This can be trained by slowing down the eccentric phase of the lift during any exercise, therefore instead of dropping the weight straight after deadlifting the bar off the ground; don't drop it but slowly lower the bar back to the ground.

**SUPERSET:** This is when you join two separate exercise together and complete both without resting in-between. Supersets are a great intensity amplifier when you are short on time, allowing you to get two different exercises in without any rest in between. This isn't optimal, as the second exercise will always suffer due to the fatigue. However, if you are short on time it's a great technique.

**DROP SET:** This is when you use the same exercise but change the weight. This is a great intensity technique when you are looking to take yourself beyond failure. For example, if the program stated an 10&8 drop set, you would first select a load that would force you to fail around the 10 rep range. Immediately after hitting failure you would drop the weight to a load that would force you to fail around the 8 rep mark. You wouldn't have any rest in between a drop set, take into account fatigue before selecting the second load.

**DOUBLE DROP SET:** This just means you drop the weight again after completing a normal drop set. For example on curls if the reps were 10 reps you would complete 10, drop the weight and complete another 10, then drop the weight again and complete the last set of 10. That would account for 1 double drop set. In other words it would be 3 sets of 10 without rest. This is just another way to force yourself beyond failure and accumulate a lot more volume compared to the usual set or drop set.

# Partial Reps & Pause Reps

**PARTIAL REPS:** The human musculature system operates with Strength Profiles, this 'partial rep' technique is a great way to take a muscle to complete failure, which as we know creates a much larger stimulus for hypertrophy. For example, if we take a bicep curl and perform full reps. As we begin to hit failure we may be able to still concentrically contract the first half of the range but fail to complete the full rep (failing in the shortened range). This is when we can perform partial reps only in the first half of the R.O.M (Range of Motion) to take the lengthened range to failure as well.

**ONE AND A HALF REPS:** This is simply a mixture of normal reps and partial reps. You perform one normal rep with full range of motion as usual, followed by a partial rep as I've explained above. That would complete one rep of one and half rep.

**PAUSE REPS:** Pause reps are a great way to ensure accuracy in a set. This works by eradicating any elastic energy that has collected during the eccentric phase to assist you in the concentric, this is commonly seen when people 'ego lift' which has been known to cause injury. Pausing after the eccentric phase for a split second to take away any momentum will force the targeted muscle to be the only provider of force during the concentric phase.

**REST:** Take as long as you need in between each working set. Remember that performance is what's most important and not rushing rest periods to 'increase intensity', that is simply not true. Be smart, listen to your body, when you feel ready to perform. GO! Unless stated otherwise by your coach.

**FEEDER SETS:** This is simply a fancy way of saying warm-up sets. You should perform at least one feeder set before EVERY working set when moving on to a new exercise. The reason we opt for a 'feeder' set instead of 'warm up' is because most people will argue that they are already warm enough to jump straight into a top set if it isn't their first exercise on program. However, when we are trying to be extremely accurate, regardless of how warm we may be we always need feeder sets at the beginning of every exercise. The numbers you will manage to hit on the working sets will be considerably better, therefore your overall results from that session will be better.

**REST PAUSE:** This is another fancy term for elongating a set adding an extra failure point, allowing 10-15 seconds rest in between failure points instead of decreasing the load and continuing the set without rest like you would with a drop set. For example, if the program states 12, 6, 3 as the failure points for each micro set, you would select a load that would force you to fail around 12 reps, take the 10-15 second rest then continue that set with the same load. Due to the lack of rest, this same load would usually force you to fail somewhere around 6 reps, repeat the process one last time and the final micro set would see you failing after 3 reps. This is a great intensity amplifier allowing to hit failure multiple times within a set.

**CLUSTER SETS:** This is a fantastic way to increase the number of repetitions that you can move a usually heavy load. The usual cluster set is 4 rounds of 4 reps, the tricky part is selecting a load that keeps you away from failure until the final round, in which you take the round to complete failure! For example, using a leg press you would usually select a load that you could perform a standard set of 10 reps. Round 1: perform 4 reps and rest for 15 seconds, round 2: perform 4 reps and rest for 15 seconds, round 3: perform 4 reps and rest for 15 seconds, round 4: aim to hit a minimum of 4 reps, but take it to failure regardless of whether you fall short of 4 reps or manage to complete more, muscular failure is what's important! You will find that rounds 1 and 2 are relatively easy, round 3 is a struggle and round 4 is torture...

**MUSCLE ROUNDS:** This is a fantastic way to increase total volume. This technique allows you to move a load for more repetitions compared to a standard set whilst drastically accumulating a large amount of volume. The usual muscle round is 6 rounds of 6 reps, the tricky part is selecting a load that keeps you away from failure until the final round, in which you take the round to complete failure! For example, using a leg press you would usually select a load that you could perform a standard set of 18-20 reps. Round 1: perform 6 reps and rest for 15 seconds, round 2: perform 6 reps and rest for 15 seconds, round 3: perform 6 reps and rest for 15 seconds, round 4: perform 6 reps and rest for 15 seconds, round 5: perform 6 reps and rest for 15 seconds, round 6: aim to hit a minimum of 6 reps, but take it to failure regardless of whether you fall short of 6 reps or manage to complete more, muscular failure is what's important! You will find that rounds 1, 2 and 3 are relatively easy, round 4 and 5 is a struggle and round 6 is torture...

**Q/B**

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