



1. Top 10 Muscle Builders
2. Three Psychological Changes
3. Three Nutrition Truths

# ***TOP 10 MUSCLE BUILDERS***

1. TRAP BAR DEADLIFT
2. FRONT SQUAT
3. RDL
4. INCLINE BENCH
5. SHOULDER PRESS
6. LATERAL RAISE (HEAVY)
7. PULL UP
8. RACK ROW
9. DUMBBELL CURLS
10. DIPS



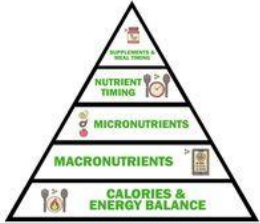
# Nutrition

Hit the boxes 1 & 2 to access further information.



**CR** **CALORIE CALCULATOR**  
TDEE DAILY CALS ALLOWANCE  
GET YOURS

## NUTRITION PYRAMID ORDER OF IMPORTANCE:




SO MANY PEOPLE THINK YOU NEED TO FOCUS ON THE LATEST SUPPLEMENT RANGE, THE LATEST MACRONUTRIENT SPLIT ADVICE, OR THAT NEW INGREDIENT CELEBS ARE ALL TALKING ABOUT... IN REALITY THE MAJORITY OF THE POPULATION SIMPLY NEED TO USE THIS NUTRITION PYRAMID TO GUIDE THEIR NUTRITION PRIORITIES WEEK IN WEEK OUT!

STAY CONSISTENT WITH FOLLOWING THE BASICS OUTLINED HERE AND YOU'LL WIN EVERY TIME!



### Truth #3 - Portion Control

Portion Size is everything  
Get this right and you can eat almost anything.  
Why?  
Because you'll never overeat



A portion controlled plate includes:  
1/2 Vegetables, 1/4 Protein, 1/4 Carbohydrates  
\*Pick a good source of healthy fats.

### Truth #3 - All Diets Work

- That's right they all work but what do you do when you've finished your 8 week Slimfast Plan?

Hit Image to Download Book Below



# Psychological Change

Hit box below for book recommendation

## Psychology Of Change

- Habit Change 1% Difference
- Identity - How do you see yourself now and your future self
- Don't rely on Willpower, use your environment

### Strategy #1:

Aim for “good enough” instead of “perfect”.

Remember: The mediocre method you follow is better than the “perfect” one you quit.

### Strategy #2:

Let go of food rules.

Let go of this rule and really aim to tune in to your physical hunger and fullness cues instead? The more layers of complexity you insert between you and these feelings the further away you get from any sense of self-regulation.

### Strategy #3:

Build in strategic [“Cheat Days”](#).

Give yourself peace of mind and preserve your sanity by allowing yourself to let go at a predetermined time of predetermined duration. (This requires further discussion)

### Strategy #4:

Own your choices (Really. Own them.)

Do you ever barter with yourself? Make deals, trades or swaps related to food? In this mindset, one “good deed” gives you license to “sin” elsewhere. These trades rarely pay off — they usually just amount to a lot of mental gymnastics that help you avoid making tough decisions and help you justify overeating.

### Strategy #5:

Stop rationalizing.

Busy, Traveling, working or had family social occasion? You're not a powerless victim of circumstance. Own your choices if you are temporarily derailed then so be it. Acknowledge and move on. Don't let it become the catalyst to a downward spiral that ends in New year's resolutions 12 months later.

# **Fit Past Forty - Goal Setting**

**How do you feel about where you are right now?**

**How does this affect your daily life - work - social - relationships? If at all?**

**What's held you back in the past from getting to where you want to be? And what's different now?**

**What's good about:**

- Making a change
- Staying as you are

**What's bad about:**

- Making a change
- Staying as you are

**What specifically do you want to happen?**

- What does it look like?
- What will your family think?

**Why is this important to you right now?**

**This time next year you're still in the same position as you are now, how do you feel?**

**How committed are you right now to make these changes 1-10?**