



THE '3-STEP SYSTEM'

Version 2

POINTING YOUR HEALTH AND FITNESS IN THE RIGHT DIRECTION.

WHAT'S INSIDE:



THE WORKOUT PHILOSOPHY



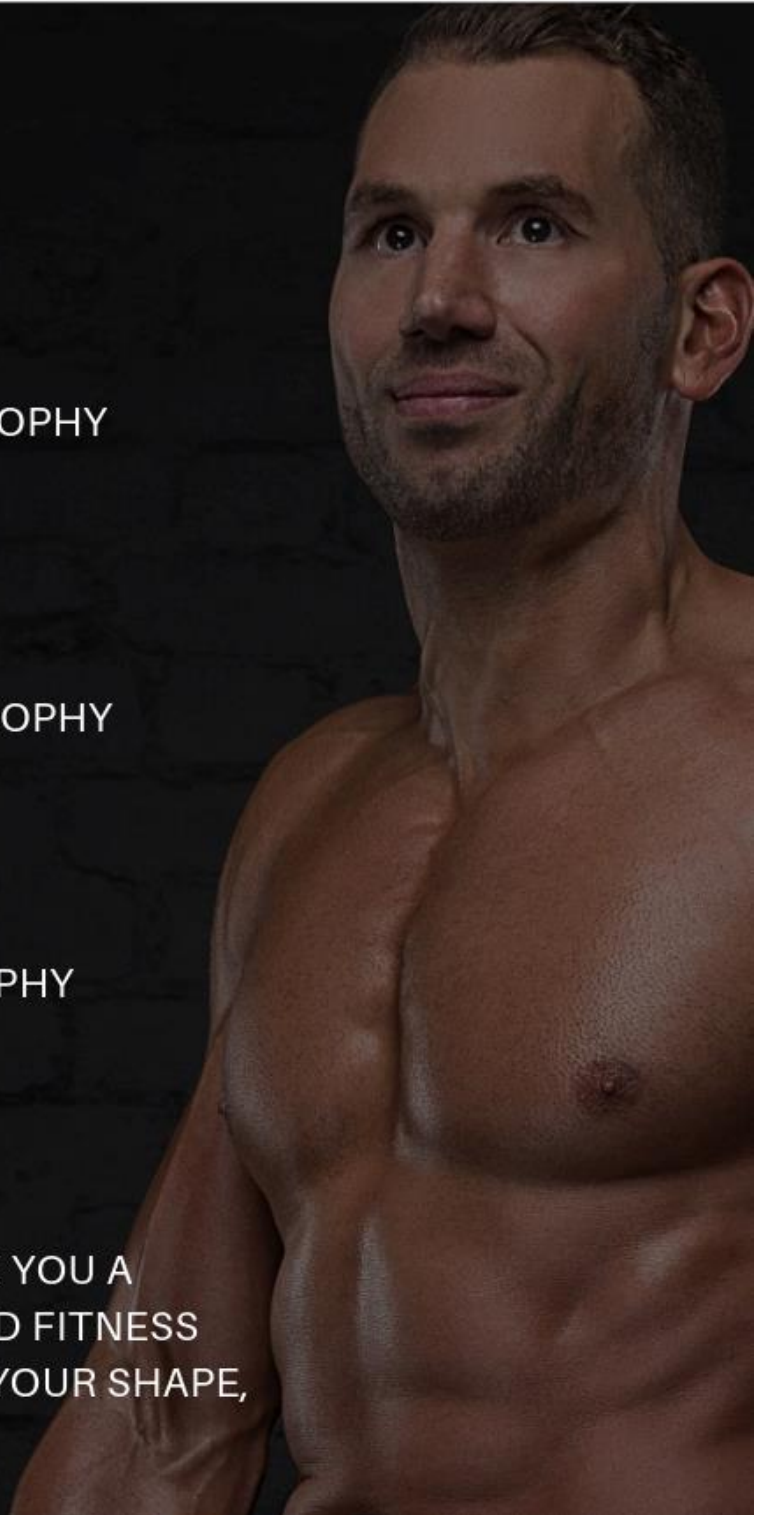
THE NUTRITION PHILOSOPHY



THE MINDSET PHILOSOPHY



ALL COMBINED TO GIVE YOU A
POWERFUL HEALTH AND FITNESS
TRIAD TO TRANSFORM YOUR SHAPE,
AND YOUR LIFE!



HELLO AND WELCOME TO THE '3-STEP SYSTEM'

I'm super excited and thrilled that you have answered my 'call to action' and now have the '3-Step System' firmly within your grasp! And that grasp is going to get stronger, as will you!

You have taken the first steps to transforming your body, and in fact your life, maybe even the lives of those closest to you! That seems like a very bold claim – right!? It is, but it is also true!

IF YOU IMPROVE YOUR HEALTH AND FITNESS YOU WILL SEE MANY PROVEN 'LIFE' BENEFITS SUCH AS...

- *Improve Your Self Esteem*
- *Sleep Better*
- *Lose Weight*
- *Improves Energy Levels*
- *Have Fun & Make New Friends*
- *Reduce Anxiety & Depression*
- *Improve Balance & Coordination*
- *Strengthen Your Immune System*
- *Increases Metabolic Rate*
- *Reduces Aches & Pains*

And how do you think this will affect children and people around you?

Well, let's look at children. Children don't do what they are told, they copy what they see! It's common place to see parents with unhealthy eating habits and unhealthy lifestyles having children with unhealthy eating habits and unhealthy lifestyles! It's not always the case, but, unfortunately, it's a strongly linked cycle whether we like to think so or not!

Now, back to the '3-Step System'...

Now, I don't want to fool you! Will implementing the '3-Step system' be super easy? **Absolutely Not!** Will it be worth it!? **Absolutely - 100% it will!!** Nothing worthwhile is ever easy!

I'm certain you will find some of my advice and coaching a little eye-opening, maybe even surprising, but also invaluable! I really believe this will be a positive life changing commitment you have just made if you follow it through – I salute and respect you for that!

And please be assured, with me as your coach, you are in the very 'safest of hands'. I genuinely do care about people's fitness, and strive to help as many people as I can. If you give me your commitment, I give you my word – "I will not stop helping you until you get the results you are after".

For those of you who don't know my story, I am a 42-year father of 3, who after years in a corporate management position, ditched it all to follow my passion and calling in 'health & fitness'. It's not been easy, again - nothing worthwhile ever is, but I've carved a reputation as a highly successful online coach, due to the simple fact that I get all my committed client's genuine and amazing results!

The simple fact is this – each and every person who follows my methods, and puts the work in, WILL get awesome results, and I promise you, you will get them to!

You only need to review the feedback and comments I get on social media to realise I'm the 'real deal' at this! *"It ain't no joke to me – it's my life!"*

And by starting with my unique '3-Step System' you are on the road to being another success story!

Changing people's lives for the better, getting people the results they 'dream of' and giving my clients the coaching, tools and the blueprints to 'level up' is a true and unrelenting passion I have!

Whatever your reason for wanting to transform your body – it's your reason and totally valid!

Whether you are doing it to 'pump up' your self-confidence, whether you want to have the energy to keep up with your kids, whether you are fearful of ill health as you get older, whether you have a holiday coming up and want to be 'shredded' on the beach, whether you want to impress that man or woman, whether you want to compete in a fitness competition, whether you just want to look and feel amazing – whatever your goal **IT IS THE MOST IMPORTANT TO YOU**, and that's all that counts!

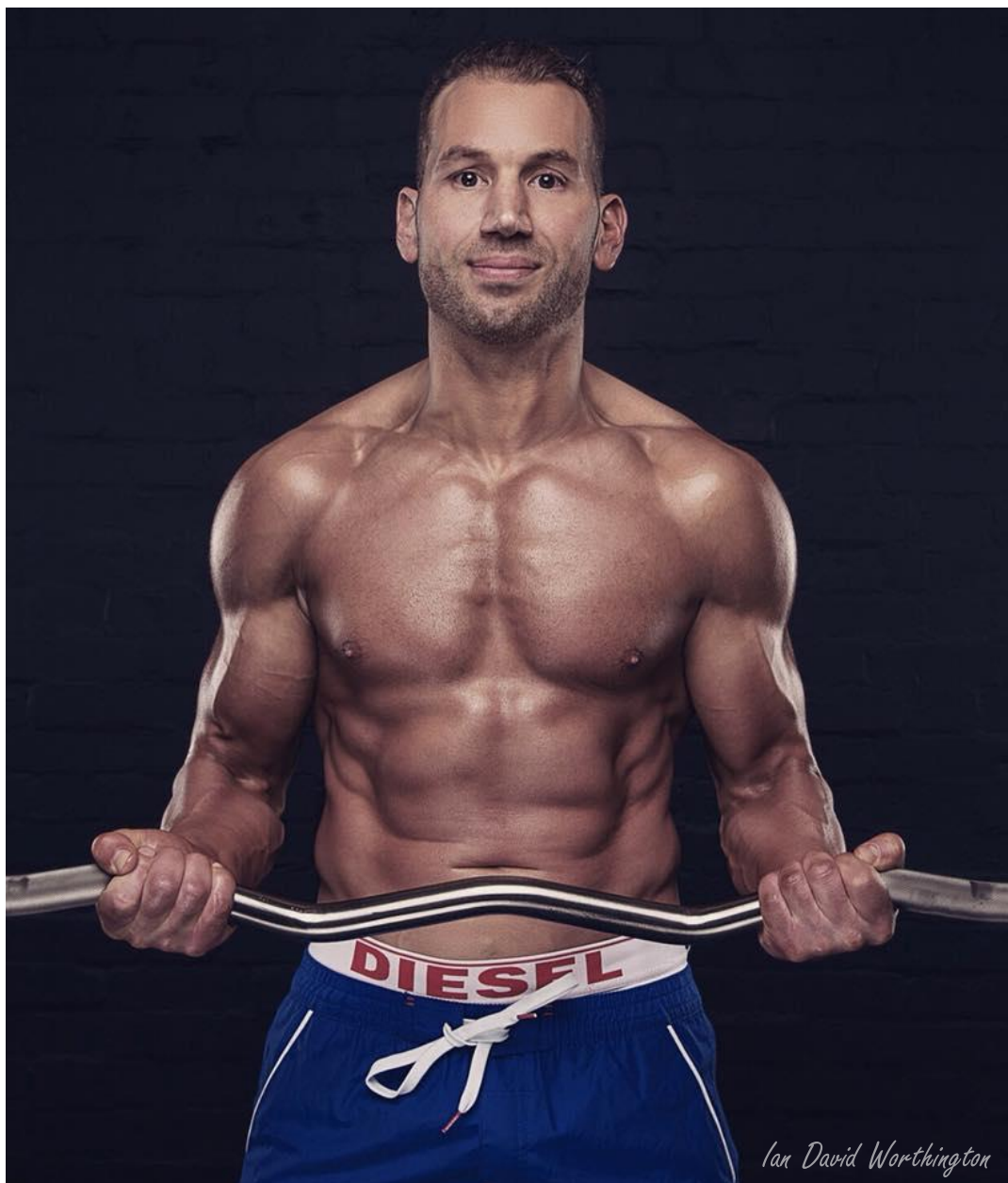
My '3-Step System' has absolutely everything you need to start the journey towards your transformation goal! And it won't just change your body! It will change your mindset, it will motivate you, it will get your metabolism moving and literally start transforming your life as soon as you get started!

Dare to dream big, and then let's make those dreams a reality!

Yours In Fitness,

Ian David Worthington

- Creator, Owner and Coach at GymWolfPT.com
- Owner and Creator of the GymWolfPT Online Get Fit Club





THE '3-STEP SYSTEM'

THE MINDSET PHILOSOPHY



It's often overlooked in the vast 'info infested ocean' that is fitness, but it is so important I needed to put it first in my '3-Step System'.

What is it!? - *MINDSET!!!*

If you're not happy with the way your body looks and feels at the moment, you're certainly in the right place to complete your transformation via working out the right way and eating correctly.

However, before you clean up your diet and hit the workouts, you must first re-programme your mind and set it up to succeed!

It starts with body image, and that voice inside your head. All too often, we focus on the negative. Have you ever caught yourself saying things such as...

- *"My legs are so chunky"*
- *"I'm so fat"*
- *"My arms are flabby"*
- *"I'm weak and skinny"*
- *"I don't like the way my stomach looks"*
- *"I hate the way my clothes fit"*
- *"I've so little muscle"*

These may seem OK things to think, but if you're serious about building a better body, making lasting lifestyle changes, and boosting your confidence level, you have to change your focus...start to focus on the positive!!

The next time you catch yourself procrastinating on a negative thought, switch to the positive, and tell yourself:

- ***I am powerful enough to work-out every day***
- ***I'm making the choice to eat healthier meals***
- ***I'm in control of my life, my food choices, and my exercise habits***
- ***Even if I mess up, I'm going to keep going until I reach my goal***

Looking for a quick and easy way to remind yourself to change the way you think? Try this...

- 1) **Breathe in:** Think about your goals, your future, and who you ultimately want to become
- 2) **Breathe out:** Let go of any resistance and negative self-talk.

Now, the above is a very simple and basic approach to 'mindset change', but I want to arm you with more than just 'simple and basic' weapons. The mind is our most powerful asset, so we need powerful ways in which to control it.

In this first section of the '3-Step System' I am going to give you those 'weapons' and the exercises needed to set your mindset up for the upcoming transformation it is going to bring about!

Mindset Philosophy Part One:

“The Mindset Reset”

Mindset is pretty much the most important thing in everything we do, and this certainly applies when transforming your physique. The mind is the General, the body is the Soldiers!

Your mindset determines everything;

- *whether you do something or don't!*
- *whether you are happy or sad!*
- *whether you love the world or hate the world!*
- *whether something is possible or impossible!*

The mindset you have right now has taken you to where you are right now. However, if you want something new, something you've never had before – you need a mindset you've never had before!!! You **MUST** focus on what can be achieved rather than the negatives, the obstacles and the excuses! Excuses really only sound good to the person making them!

When thinking about transforming their body, most people focus on the negative aspects rather than the positive aspects! They 'fret' about the foods they won't be able to eat, the workouts they will hate, the discipline they will have to install – AND THEY LITERALLY MAKE A MOUNTAIN OUT OF A MOLE HILL!

But – please, please, please - realise that if you keep such a mindset you will never succeed, never progress and never live to your full potential!

It really is as simple as that! Whether you think 'you can' or think 'you can't' – **YOU ARE RIGHT!**

The truth is that today you are most probably in the worst shape you will ever be in for the rest of your life if..... and it's a big if.....you are able to shift your mindset from how it is right now, to visualising how awesome you are going to look, feel and become on completion of your goals!

You need to truly believe you can do this, and I promise you that you will do it!! Not possibly, not maybe, not 'I might' – **I WILL DO IT!** What the mind believes the body achieves!

The below exercise will shift your focus from what you might have to “give up” to what you're going to **GAIN** by getting fit and healthy! By doing this you will set your conscious and subconscious mind on the right track – the track that benefits you and sees you achieve your goals!

Mindset Change Exercise No.1:

When creating a goal, you must make it S.M.A.R.T!

This means your goal(s) are **Specific, Measurable, Attainable, Realistic, Time-Based**. By having S.M.A.R.T goals you have everything you need to create a 'plan of action', review it, make adjustments and complete.

Some examples of S.M.A.R.T goals are:

“I, Ian, am going to lose 15 kgs of body fat by 30th April 2019”

Or

“I, Rachel, am going to reduce my 10K time by 3 minutes by 01st June 2019”

Or

Mindset Philosophy Part Two:

“RAMP UP YOUR MOTIVATION”

Some days you won't feel like it – you won't want to do the workout, eat the clean diet, do the cardio!

Those days might come at the start, they might come in the middle, they might come at the end – or they might be there right the way through.

You don't make an amazing transformation just by reading about it! You don't get the body you want just by saying you're going to do a programme. You get results by putting in the work, the discipline and the sweat each and every day!

I am giving you everything you need for success – but you need to actually put it into action to get the results!

So, you need to get motivated – and there are ways to do this – trust me!

Motivation is the bridge that starts at new behaviours and leads to new habits!

When this happens and a new behaviour transforms into a habit, whether that's working out regularly, getting to sleep earlier or eating more good fats and protein, it starts to become easier and easier, until eventually you don't even have to think about it – you just do it!

We need to turn the bad habits into new good habits that benefit our goals and lives! And here's how to do it.....

Mindset Change Exercise No.3:

Take some quiet time alone, and write down at least 10 reasons why you want to transform your health and fitness. This should be personal reasons that actually mean something to you.

Mindset Change Exercise No.4:

From the list of reasons, pick out the 3 most important reasons why you want to transform, and write them out on the page below. Then add WHY those reasons are so important to you.

For example, if one of your reasons is that you want to be fit and healthier for your children, write out why that's important to you. Do you struggle to keep up with them? Are you worried about future disease and illness? Make the reasons as compelling as possible.

Mindset Change Exercise No.5:

Place the piece of paper with your 3 reasons on it somewhere you'll see it every single day. Put it on your fridge, on your bathroom mirror or your bedside table - put it where you will see it every day!

You need to remind yourself of these reasons each and every day to keep your motivation and focus high. If you don't it will all seem to hard!

Each day tie all of your daily behaviours back to your 3 reasons. Each decision you make today, tomorrow and going forward needs to tie back to those 3 reasons!

The reason so many people fail to achieve their goals is simple! They spend the majority of thinking on the what they are “giving up” rather than what they are gaining! Switch that and you will win!

They forget about WHY they want to transform in the first place, and why those specific reasons are MUCH more important than the short-term pleasure of eating some ‘processed junk food’.

That ‘processed junk food’ you are eating doesn't make you happy, I know this for sure. You eat it and it tastes delicious. BUT...10, 15, 20 minutes later you are hit with a shot of guilt that you broke your diet or

eating plan. And the lack of nutrients, the lack of healthy macros and the inclusion of stabilisers, sweeteners, preservers and a whole host of other unnatural additions make your body feel like crap!

This needs to stop, and we are going to stop this from happening to you over and over again, starting now!!

Your Ten (or more) Reasons:

Most Important Reason One:

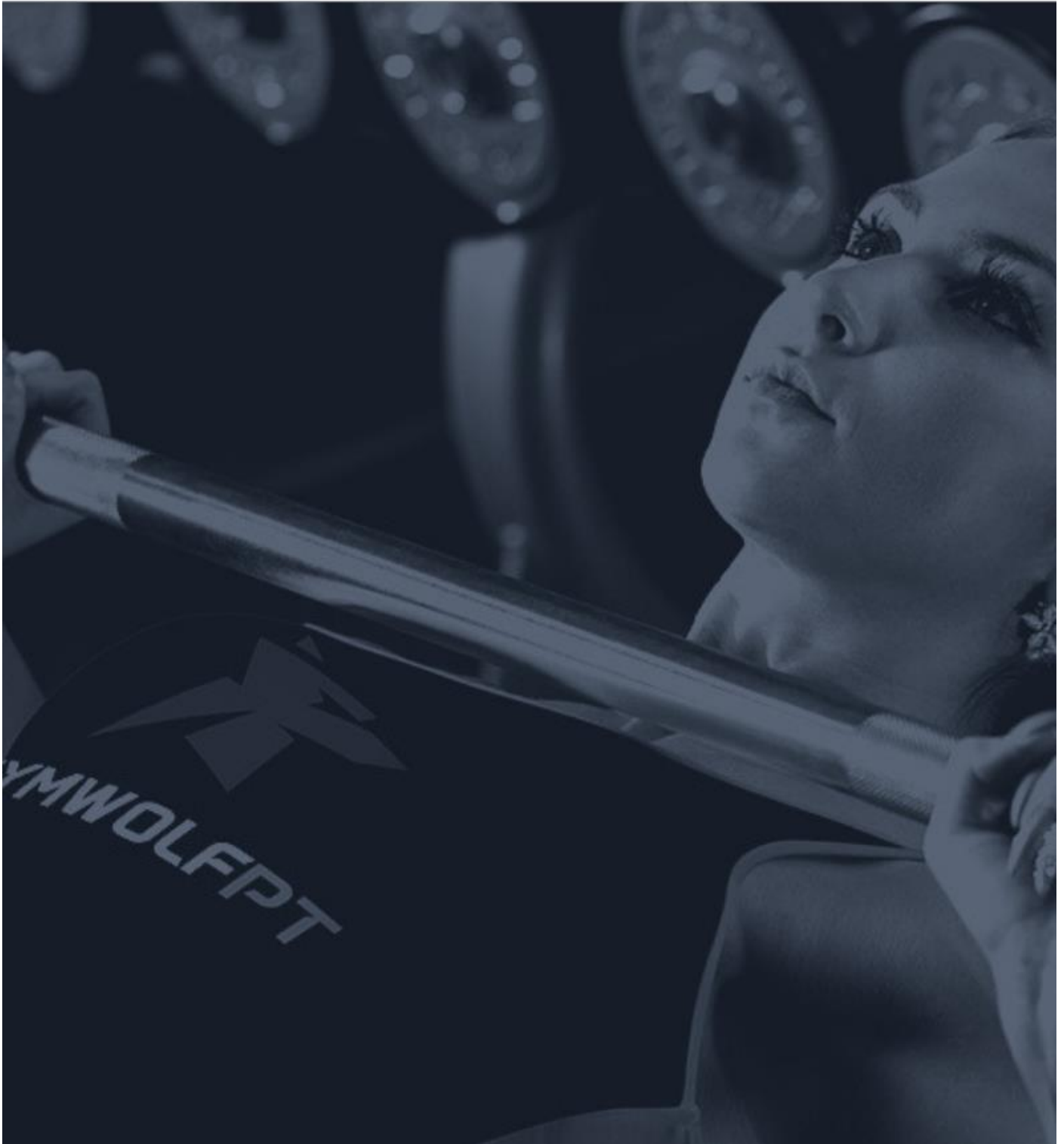
Most Important Reason Two:

Most Important Reason Three:



THE '3-STEP SYSTEM'

THE WORKOUT PHILOSOPHY



General Rules (For All Workouts):

The following pages contain gym and home-based workouts aimed at beginners, intermediates and experts. However, the below 'general rules' need to be applied to each workout, every time.

- ✓ An adequate warm-up and cool-down must be completed pre and post workout.
- **Warm-up:** 5-10 minutes of light intensity cardio to raise your body temperature. Follow this with dynamic stretches, specifically focusing on the muscle group(s) you will be working.
- **Cool-down:** 3-5 minutes of very light intensity cardio to return your body to its normal state. Follow this with static stretches.
- ✓ Correct form, technique and range of motion **must** be kept at all times. If you are unsure of how to perform an exercise do not 'guess' or 'wing it'! Ask, search on Google/YouTube for exercise demonstration/instructions, or check with your coach (me)!
- ✓ If any of these exercises aggravate or cause an injury stop immediately and seek medical help.
- ✓ Drink plenty of water during each workout.
- ✓ Always start with a light weight until you have mastered the form, technique and range of motion. Once you have mastered the exercise, aim to safely progress the weight each week, even if only by 1kg or 1 pound.
- ✓ When lifting heavy with free weights or on a bench, ensure you have a 'spotter' present.
- ✓ Log your sessions, either via a Gym Notebook or Phone App (the GymWolfPT App is the very best for this!). You should be logging sets, reps, weights, rest times and any other useful information.
- ✓ Before using any equipment or machine at the gym, or at home, ensure it is in 'working order' and safe to use.

Whilst I have added sets, reps and rest times to each workout plan, this should be adjusted to fit your specific goals. The below are the general 'rule of thumb' for specific fitness goals:

- ✓ **Training Goal: General Fitness.** A General Fitness programme should target both strength and muscle building.

When deciding on reps and sets, somewhere in the range 8 to 15 repetitions for 2 to 4 sets will help you accomplish both.

- ✓ **Training Goal: Strength.** Strength training uses the most weight, least number of reps, and longest rest periods.

When your aim is building strength, lift heavier for fewer reps, compared to when you're trying to build muscle size or muscular endurance.

For example, you might use a '5 x 5 system'. That means five sets with five reps in each set. You'll use higher loads for these reps and sets, and also take a longer rest between sets (3-5 minutes). But never compromise on form and safety!

- ✓ **Training Goal: Muscle Hypertrophy.** Hypertrophy for muscle size and bodybuilding training utilises lighter weights, more repetitions and less rest time.

Your muscle requires metabolic stress to increase in size. This means working the muscle to the point where lactate builds and your muscle suffers internal damage. It's during your rest that the repair and growth occurs.

This training requires a higher number of reps in each set, in order to stimulate that breaking point, sometimes referred to as "training to failure." A typical approach to reps and sets for those looking to build muscle might be three sets of eight to 12 reps, at loads that reach failure point (or near) on the last couple of reps.

✅ **Training Goal: Muscular Endurance.** Endurance weight training requires more reps in each set. This can be as many as 20, or even 30 reps with lighter weights.

✅ **Training Goal: Power.** Training for power involves lighter weights than strength training and longer rests while concentrating on the speed of execution the lift. "Power" is defined as the ability to move an object at a high speed.

Power training requires practicing the acceleration part of a lift, then resting and repeating. In power training, you lift moderately heavy weights, accentuate the concentric first movement of the exercise, then rest sufficiently to recover before doing that rep or set again.

You need to ensure each push, pull, lunge or squat movement is performed at a quick tempo.

✅ **Rest Periods.** Rest between sets fall within these ranges for different training goals:

- **General:** 30-90 seconds
- **Strength:** 2-5 minutes
- **Muscle Hypertrophy:** 30-60 seconds
- **Muscle Endurance:** 30-60 seconds
- **Power:** 1-2 minutes

Gym Based Workouts:

Example Workout Plan: Beginner

This workout is aimed at gym goers with very little previous resistance training experience. This workout is split into specific muscle groups for each of the 4 days of training per week.

However, it is often common for beginners to start with a 'full body workout' programme. If you would prefer this, please take 1 exercise from each on the 4 days training tables below, and put them together for a 'full body workout'.

At the end of the resistance training I have added a 10-20 minutes cardio session which should be done in an 'interval training' style to maximise time and results.

1) Monday Training: SHOULDERS AND TRICEPS.

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Dumbbell Shoulder Press	3	8-12	60-90	
2	Front Dumbbell Raise	3	8-12	60-90	
3	Side Lateral Raises	3	8-12	60-90	
4	Assisted Dips	3	8-12	60-90	
5	Tricep Cable Pushdowns	3	8-12	60-90	

CARDIO:

Complete 10-20 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer *(or a combination of the 4 cardio machines).*

- For each minute complete 50 seconds slow/very low intensity, followed by 10 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

2) Tuesday Training: LEGS, INCLUDING CALVES.

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Bodyweight Squats	3	8-12	60-90	
2	Leg Extension	3	8-12	60-90	
3	Leg Press	3	8-12	60-90	
4	Standing Calf Raises	3	8-12	60-90	
5	Seated Calf Raises	3	8-12	60-90	

CARDIO (optional):

Complete 10-20 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer *(or a combination of the 4 cardio machines).*

- For each minute complete 50 seconds slow/very low intensity, followed by 10 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

3) Wednesday Training: REST DAY.

4) Thursday Training: **BACK AND ABS.**

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Lateral Pull Downs	3	8-12	60-90	
2	Seated Cable Rows	3	8-12	60-90	
3	Machine Rows	3	8-12	60-90	
4	Cross Crunches	3	8-12	60-90	
5	Plank	3	30 seconds	60-90	

CARDIO:

Complete 10-20 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer *(or a combination of the 4 cardio machines).*

- For each minute complete 50 seconds slow/very low intensity, followed by 10 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

5) Friday Training: **CHEST AND BICEPS.**

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Dumbbell Bench Press	3	8-12	60-90	
2	Bench Press	3	8-12	60-90	
3	Cable Crossovers	3	8-12	60-90	
4	Cable Curls	3	8-12	60-90	
5	Barbell Curl	3	8-12	60-90	

CARDIO (optional):

Complete 10-20 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer *(or a combination of the 4 cardio machines).*

- For each minute complete 50 seconds slow/very low intensity, followed by 10 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

6) Saturday Training: **REST DAY.**

7) Sunday Training: **REST DAY.**

Example Workout Plan: Intermediate

This workout is aimed at regular 'gym goers' who partake in resistance training. This workout is split into specific muscle groups for each of the 5 days of training per week.

At the end of the resistance training I have added a 15-30 minutes cardio session which should be done in an 'interval training' style to maximise time and results.

1) Monday Training: SHOULDERS AND TRICEPS.

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Dumbbell Shoulder Press	3-4	8-12	45-60	
2	Front Dumbbell Raise	3-4	8-12	45-60	
3	Side Lateral Raises	3-4	8-12	45-60	
4	Assisted Dips	3-4	8-12	45-60	
5	Tricep Cable Pushdowns	3-4	8-12	45-60	
6	Close Grip Bench Press	3-4	8-12	45-60	

CARDIO:

Complete 15-30 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer *(or a combination of the 4 cardio machines)*.

- For each minute complete 45 seconds slow/very low intensity, followed by 15 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

2) Tuesday Training: LEGS, INCLUDING CALVES.

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Squats	3-4	8-12	45-60	
2	Leg Extension	3-4	8-12	45-60	
3	Leg Press	3-4	8-12	45-60	
4	Dumbbell Lunges	3-4	8-12	45-60	
5	Standing Calf Raises	3-4	8-12	45-60	
6	Seated Calf Raises	3-4	8-12	45-60	

CARDIO (optional):

Complete 15-30 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer *(or a combination of the 4 cardio machines)*.

- For each minute complete 45 seconds slow/very low intensity, followed by 15 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

3) Wednesday Training: REST DAY.

4) Thursday Training: BACK AND ABS.

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Lateral Pull Downs	3-4	8-12	45-60	
2	Seated Cable Rows	3-4	8-12	45-60	
3	Machine Rows	3-4	8-12	45-60	

4	Cross Crunches	3-4	8-12	45-60	
5	Plank	3-4	30 seconds	45-60	
6	V Sit-ups	3-4	8-12	45-60	

CARDIO:

Complete 15-30 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer *(or a combination of the 4 cardio machines)*.

- For each minute complete 45 seconds slow/very low intensity, followed by 15 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

5) Friday Training: CHEST AND BICEPS.

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Dumbbell Bench Press	3-4	8-12	45-60	
2	Bench Press	3-4	8-12	45-60	
3	Cable Crossovers	3-4	8-12	45-60	
4	Cable Curls	3-4	8-12	45-60	
5	Hammer Curls	3-4	8-12	45-60	
6	Barbell Curl	3-4	8-12	45-60	

CARDIO (optional):

Complete 15-30 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer *(or a combination of the 4 cardio machines)*.

- For each minute complete 45 seconds slow/very low intensity, followed by 15 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

6) Saturday Training: FULL BODY WORKOUT

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Leg Press	3-4	8-12	45-60	
2	Squats	3-4	8-12	45-60	
3	Push-ups	3-4	8-12	45-60	
4	Bicycle Sit-Ups	3-4	8-12	45-60	
5	Dumbbell Shoulder Press	3-4	8-12	45-60	
6	Tricep Cable Pulldowns	3-4	8-12	45-60	
7	Machine Rows	3-4	8-12	45-60	

CARDIO (optional):

Complete 15-30 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer *(or a combination of the 4 cardio machines)*.

- For each minute complete 45 seconds slow/very low intensity, followed by 15 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

7) Sunday Training: REST DAY.

Example Workout Plan: **Expert**

This workout is EXTREME, and aimed at gym athletes who partake in high intensity resistance training. This workout is split into specific muscle groups for each of the 6 days of training per week.

At the end of the resistance training I have added a 15-45 minutes cardio session which should be done in an 'interval training' style to maximise time and results.

1) Monday Training: **SHOULDERS AND TRICEPS.**

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Dumbbell Shoulder Press	3	8-12	30-60	
2	Front Dumbbell Raise	3	8-12	30-60	
3	Side Lateral Raises	3	8-12	30-60	
4	Arnold Press	3	8-12	30-60	
5	Skull-crushers	3	8-12	30-60	
6	Close Grip Bench Press	3	8-12	30-60	
7	Assisted Dips	3	8-12	30-60	
8	Tricep Cable Pushdowns	3	8-12	30-60	

CARDIO:

Complete 15-45 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer (*or a combination of the 4 cardio machines*).

- For each minute complete 40 seconds slow/very low intensity, followed by 20 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

2) Tuesday Training: **LEGS, INCLUDING CALVES.**

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Squats	3	8-12	30-60	
2	Leg Extension	3	8-12	30-60	
3	Leg Press	3	8-12	30-60	
4	Barbell Lunges	3	8-12	30-60	
5	Hamstring Curls	3	8-12	30-60	
6	Hack Squats	3	8-12	30-60	
7	Standing Calf Raises	3	8-12	30-60	
8	Seated Calf Raises	3	8-12	30-60	

CARDIO (optional):

Complete 15-45 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer (*or a combination of the 4 cardio machines*).

- For each minute complete 40 seconds slow/very low intensity, followed by 20 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

3) Wednesday Training: **REST DAY.**

4) Thursday Training: **FULL BODY WORKOUT (Circuit Style).**

45 seconds of each exercise, no rest between exercise. Rest for 3-4 minutes after the full circuit is complete. Repeat 3-4 times.

No.	Exercise	Notes/Comments (Please Add)
1	Battle Ropes	
2	Crunches	
3	Smith Machine Squats	
4	Barbell Curls	
5	Lunges	
6	Push Ups	
7	Dips	

5) Friday Training: **CHEST AND BICEPS.**

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Dumbbell Bench Press	3	8-12	30-60	
2	Bench Press	3	8-12	30-60	
3	Cable Crossovers	3	8-12	30-60	
4	Incline Bench Press	3	8-12	30-60	
5	Preacher Curls	3	8-12	30-60	
6	Hammer Curls	3	8-12	30-60	
7	Cable Curls	3	8-12	30-60	
8	Barbell Curl	3	8-12	30-60	

CARDIO (optional):

Complete 15-45 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer *(or a combination of the 4 cardio machines).*

- For each minute complete 40 seconds slow/very low intensity, followed by 20 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

6) Saturday Training: **Full Body Workout.**

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Squats	3	8-12	30-60	
2	Leg Press	3	8-12	30-60	
3	Chin Ups	3	8-12	30-60	
4	Machine Row	3	8-12	30-60	
5	Skull-crushers	3	8-12	30-60	
6	Dumbbell Shoulder Press	3	8-12	30-60	
7	Bicycle Sit-Ups	3	8-12	30-60	
8	Lat Pulldowns	3	8-12	30-60	

CARDIO (optional):

Complete 15-45 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer *(or a combination of the 4 cardio machines).*

- For each minute complete 40 seconds slow/very low intensity, followed by 20 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

7) Sunday Training: **BACK AND ABS.**

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Lateral Pull Downs	3	8-12	30-60	
2	Seated Cable Rows	3	8-12	30-60	
3	Machine Rows	3	8-12	30-60	
4	Bent Over 'T' Bar Rows	3	8-12	30-60	
5	V Sit-Ups	3	8-12	30-60	
6	Bicycle Sit-ups	3	8-12	30-60	
7	Cable Crunches	3	8-12	30-60	
8	Plank	3	60-90 seconds	30-60	

CARDIO:

Complete 15-45 minutes of Interval Training on the Treadmill, Bike, Rower or Cross-trainer *(or a combination of the 4 cardio machines).*

- For each minute complete 40 seconds slow/very low intensity, followed by 20 seconds of each minute at high/maximum intensity.
- Continue this 'fast/slow' switch for the entire session time.

Home Based Workouts:

Example Workout Plan: Beginner

These bodyweight workouts are home based and aimed at beginners. The workout will take approx. 30-40 minutes to complete (cardio workout approx. 15-40 minutes).

Exercise Descriptions:

Exercise 1: Push-ups

Workout Advice: Push-ups are great for building muscle and strength in your chest muscles. They also work your shoulders and triceps as secondary muscle groups.

You can do regular push-ups on your toes, or alternatively modified push-ups on your knees, which are much easier and are perfect for beginners who need to increase their upper body strength.

Place your hands on the floor at shoulder width apart and then lower your chest down and gently touch the floor. Push back up and really place 100% tension on your pecs and squeeze your chest muscles.

Exercise 2: Side Planks and Side Crunches

Workout Advice: Side planks are superb for building strength in your abs, obliques and overall core.

Your core consists of the four main stomach muscles that wrap around your midsection like a belt and include the rectus abdominis, external obliques, internal obliques and transverses abdominis.

Along with these 4 muscles, your core also includes your lower back, pelvic floor and your hips. You can see why the side plank is such an important exercise for developing strong functional muscles that you use every single day.

To start the side planks, position your body on the floor and rest your upper body on your right elbow. You want to have a straight line from the top of your shoulder all the way down to your elbow with your body elongated and your feet stacked on top of each other. Start by pushing your hip up towards the ceiling and really feel the tension in your abs, obliques and lower back. Do 10-15 reps and then switch over to your left arm.

If you have any shoulder issues, you can take a lot of the tension off by doing leg raise crunches which allows you to take the weight off of your shoulder joints yet still works the core muscles very well.

Exercise 3: Lunges

Workout Advice: This is one of the best bodyweight exercises for toning your legs and bottom. Start by placing your left foot out in front of you and make sure to keep your back straight with good posture. Slowly lower yourself down and really try to feel the tension in the front of your leg (quadriceps).

You must not lean over during this exercise. Always keep your posture solid throughout the entire range of the movement and keep your head straight while looking directly forward. Do 10-15 reps and then switch to your other leg.

Exercise 4: One Leg Deadlifts

Workout Advice: These are fantastic for working your quadriceps, hamstrings and calves. One leg deadlifts also work your core muscles and trains your body for overall coordination and balance. Bend forward on one leg and slowly lower your upper body down to about waist level.

This isolates one leg at a time and is excellent for toning your leg muscles. Do 15 reps and then switch to your other leg to complete a full set.

Exercise 5: Triceps Press

Workout Advice: The triceps press exercise is great for toning and tightening the back of your arms (triceps).

Using a piece of furniture like your dining room table or your couch, place your hands shoulder width apart and slowly lower your upper body down to the bottom position while keeping your elbows tucked into your sides to maximize the tension on your triceps.

Push yourself back up to the top and focus on squeezing your triceps muscles as you extend your arms.

1) Monday Training: FULL BODY WORKOUT.

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Push-ups	3	10-15	60-90	
2	Side Planks (or Side Crunches)	3	10-15	60-90	
3	One Leg Deadlifts	3	10-15	60-90	
4	Lunges	3	10-15	60-90	
5	Tricep Press	3	10-15	60-90	

2) Tuesday Training: CARDIO.

Cardio Exercise (choose one of the below)	Training
Walking	Complete 15-40 minutes of Interval Training as follows: - For each minute complete 50-55 seconds slow/very low intensity, followed by 5-10 seconds of each minute at high/maximum intensity. - Continue this 'fast/slow' switch for the entire session time.
Running	
Cycling	
Rowing	
Any other cardio based exercise you have the equipment or access to complete (e.g. Cross-trainer, Stairmaster, Stepper).	

3) Wednesday Training: REST DAY.

4) Thursday Training: FULL BODY WORKOUT.

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Push-ups	3	10-15	60-90	
2	Side Planks (or Side Crunches)	3	10-15	60-90	
3	One Leg Deadlifts	3	10-15	60-90	
4	Lunges	3	10-15	60-90	
5	Tricep Press	3	10-15	60-90	

5) Friday Training: CARDIO.

Cardio Exercise (<i>choose one of the below</i>)	Training
Walking	Complete 15-40 minutes of Interval Training as follows: - For each minute complete 50-55 seconds slow/very low intensity, followed by 5-10 seconds of each minute at high/maximum intensity. - Continue this 'fast/slow' switch for the entire session time.
Running	
Cycling	
Rowing	
Any other cardio based exercise you have the equipment or access to complete (e.g. Cross-trainer, Stairmaster, Stepper).	

6) Saturday Training: REST DAY.

7) Sunday Training: REST DAY.

Example Workout Plan: **Intermediate**

These bodyweight workouts are home based and a progression from the 'beginners' version above. The workouts will take approx. 45-60 minutes to complete (cardio days 20-45 minutes).

Exercise Descriptions:

Exercise 1: Push-ups

Workout Advice: Push-ups are great for building muscle and strength in your chest muscles. They also work your shoulders and triceps as secondary muscle groups.

You can do regular push-ups on your toes, or alternatively modified push-ups on your knees, which are much easier and are perfect for beginners who need to increase their upper body strength.

Place your hands on the floor at shoulder width apart and then lower your chest down and gently touch the floor. Push back up and really place 100% tension on your pecs and squeeze your chest muscles.

Exercise 2: Side Planks and Side Crunches

Workout Advice: Side planks are superb for building strength in your abs, obliques and overall core.

Your core consists of the four main stomach muscles that wrap around your midsection like a belt and include the rectus abdominis, external obliques, internal obliques and transverses abdominis.

Along with these 4 muscles, your core also includes your lower back, pelvic floor and your hips. You can see why the side plank is such an important exercise for developing strong functional muscles that you use every single day.

To start the side planks, position your body on the floor and rest your upper body on your right elbow. You want to have a straight line from the top of your shoulder all the way down to your elbow with your body elongated and your feet stacked on top of each other. Start by pushing your hip up towards the ceiling and really feel the tension in your abs, obliques and lower back. Do 10-15 reps and then switch over to your left arm.

If you have any shoulder issues, you can take a lot of the tension off by doing leg raise crunches which allows you to take the weight off of your shoulder joints yet still works the core muscles very well.

Exercise 3: Lunges

Workout Advice: This is one of the best bodyweight exercises for toning your legs and bottom. Start by placing your left foot out in front of you and make sure to keep your back straight with good posture. Slowly lower yourself down and really try to feel the tension in the front of your leg (quadriceps).

You must not lean over during this exercise. Always keep your posture solid throughout the entire range of the movement and keep your head straight while looking directly forward. Do 10-15 reps and then switch to your other leg.

Exercise 4: One Leg Deadlifts

Workout Advice: These are fantastic for working your quadriceps, hamstrings and calves. One leg deadlifts also work your core muscles and trains your body for overall coordination and balance. Bend forward on one leg and slowly lower your upper body down to about waist level.

This isolates one leg at a time and is excellent for toning your leg muscles. Do 15 reps and then switch to your other leg to complete a full set.

Exercise 5: Triceps Press

Workout Advice: The triceps press exercise is great for toning and tightening the back of your arms (triceps).

Using a piece of furniture like your dining room table or your couch, place your hands shoulder width apart and slowly lower your upper body down to the bottom position while keeping your elbows tucked into your sides to maximize the tension on your triceps.

Push yourself back up to the top and focus on squeezing your triceps muscles as you extend your arms.

1) Monday Training: FULL BODY WORKOUT.

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Push-ups	4-5	10-15	45-60	
2	Side Planks (or Side Crunches)	4-5	10-15	45-60	
3	One Leg Deadlifts	4-5	10-15	45-60	
4	Lunges	4-5	10-15	45-60	
5	Tricep Press	4-5	10-15	45-60	

2) Tuesday Training: CARDIO.

Cardio Exercise (choose one of the below)	Training
Walking	Complete 20-45 minutes of Interval Training as follows: - For each minute complete 45-50 seconds slow/very low intensity, followed by 10-15 seconds of each minute at high/maximum intensity. - Continue this 'fast/slow' switch for the entire session time.
Running	
Cycling	
Rowing	
Any other cardio based exercise you have the equipment or access to complete (e.g. Cross-trainer, Stairmaster, Stepper).	

3) Wednesday Training: REST DAY.

4) Thursday Training: FULL BODY WORKOUT.

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Push-ups	4-5	10-15	45-60	
2	Side Planks (or Side Crunches)	4-5	10-15	45-60	
3	One Leg Deadlifts	4-5	10-15	45-60	
4	Lunges	4-5	10-15	45-60	
5	Tricep Press	4-5	10-15	45-60	

5) Friday Training: CARDIO.

Cardio Exercise (choose one of the below)	Training
Walking	Complete 20-45 minutes of Interval Training as follows: - For each minute complete 45-50 seconds slow/very low intensity, followed by 10-15 seconds of each minute at high/maximum intensity.
Running	
Cycling	
Rowing	
Any other cardio based exercise you have the equipment or access to complete (e.g. Cross-trainer, Stairmaster, Stepper).	

- Continue this 'fast/slow' switch for the entire session time.

6) Saturday Training: **FULL BODY WORKOUT.**

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Push-ups	4-5	10-15	45-60	
2	Side Planks (or Side Crunches)	4-5	10-15	45-60	
3	One Leg Deadlifts	4-5	10-15	45-60	
4	Lunges	4-5	10-15	45-60	
5	Tricep Press	4-5	10-15	45-60	

7) Sunday Training: **REST DAY.**

Example Workout Plan: Expert

This extreme full body workout plan can be performed at home or in the gym, and will take approx. 1 hour to complete. (cardio workout approx. 20-55 minutes). It is aimed at athletes who are looking to build strength, endurance and really challenge themselves

1) Monday Training: FULL BODY WORKOUT.

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Push-ups	4-5	10-15	30-45	
2	Side Planks (or Side Crunches)	4-5	10-15	30-45	
3	One Leg Deadlifts	4-5	10-15	30-45	
4	Lunges	4-5	10-15	30-45	
5	Tricep Press	4-5	10-15	30-45	

2) Tuesday Training: FULL BODY BLAST (complete as quickly as possible)

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Run 1 Mile (1.6km)	1	N/A	N/A	
2	Push-ups	1	100	As needed	
3	Sit-ups / Crunches	1	100	As needed	
4	Lunges	1	100	As needed	
5	Chair Dips	1	100	As needed	
6	Bodyweight Squats	1	100	As needed	
7	Run 1 Mile (1.6km)	1	100	N/A	

3) Wednesday Training: REST DAY.

4) Thursday Training: FULL BODY BLAST (complete as quickly as possible)

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Run 1 Mile (1.6km)	1	N/A	N/A	
2	Push-ups	1	100	As needed	
3	Sit-ups / Crunches	1	100	As needed	
4	Lunges	1	100	As needed	
5	Chair Dips	1	100	As needed	
6	Bodyweight Squats	1	100	As needed	
7	Run 1 Mile (1.6km)	1	100	N/A	

5) Friday Training: CARDIO.

Cardio Exercise (choose one of the below)	Training
Walking	Complete 25-50 minutes of Interval Training as follows: - For each minute complete 40-45 seconds slow/very low intensity, followed by 15-20 seconds of each minute at high/maximum intensity. - Continue this 'fast/slow' switch for the entire session time.
Running	
Cycling	
Rowing	
Any other cardio based exercise you have the equipment or access to complete (e.g. Cross-trainer, Stairmaster, Stepper).	

6) Saturday Training: **FULL BODY BLAST (complete as quickly as possible)**

No.	Exercise	Sets	Reps	Rest (seconds)	Notes/Comments (Please Add)
1	Run 1 Mile (1.6km)	1	N/A	N/A	
2	Push-ups	1	100	As needed	
3	Sit-ups / Crunches	1	100	As needed	
4	Lunges	1	100	As needed	
5	Chair Dips	1	100	As needed	
6	Bodyweight Squats	1	100	As needed	
7	Run 1 Mile (1.6km)	1	100	N/A	

7) Sunday Training: **REST DAY.**

Accountability...

Please send your 'before and after' pictures directly to my <https://www.facebook.com/GymWolfPT/> Facebook page, email to ian@gymwolfpt.com or post on Social Media with the hashtag #GymWolfPT so I can see how incredible your results are for myself!

Please also post your 'before and afters' in the GymWolfPT accountability group (details to follow) because not only am I really keen to see what you have achieved and are achieving, but it will also help motivate and inspire so many others in my group who are trying to achieve exactly what you have just accomplished!



THE '3-STEP SYSTEM'

THE NUTRITION PHILOSOPHY



NUTRITION PLAN

We've now got our Mindset Plan in place, working towards a state of mind which will allow a happy fitness lifestyle to flourish in!

We've also got an amazing set of workout plans available and in place, whether you're a beginner or expert, a gym member or not. And you can change-up as you grow and circumstances change.

However, we all know that without the right nutrition we will not get to where we want to be, no matter how often, long or hard we work-out!

To get fit, healthy and in great shape we need to put your body through the correct process, which is exactly what we are doing with the '3-Step System'.

Please follow the instructions in the 'Details' section below.

Details:

- 1) Each day eat three meals plus two snacks from the ideas list below. The meals are specially designed to keep blood sugar levels even, which will limit your cravings. They are also rich in super-micronutrients like vitamins which will keep you feeling alert and focused.
- 2) Drink water (ideally 3 litres plus per day).
- 3) Limited alcohol (ideally none) and no fizzy drinks.
- 4) If you drink tea and coffee only have green tea and black coffee during this period.
- 5) Eat until you are full, do not overeat!
- 6) Chew your food and take your time eating the meals and snacks.
- 7) **For Weight/Fat Loss:** Aim to eat 200-300 calories less (this is your calorie deficit) than your maintenance level calorie requirement daily.
For Weight Gain/Bulk: Aim to eat 200-500 calories more than your maintenance level calorie requirement daily.
For Maintenance: Aim to eat your maintenance level calorie requirement daily.
- 8) Easy Method of calculating – see table 8.1 below. Example: So, for a very active female weighing 160 pounds, her maintenance calorie would be 2880, thus for a 200- 300 calorie deficit she would be looking at a daily intake of 2380 calories.

Note: *The above does not take height into consideration. If you require a more accurate maintenance and calorie deficit value please message me with your 'height, weight and age'.*
- 9) Ideally cook every meal yourself. No take-aways, no pub meals!
- 10) Eat as many green vegetables as you need to keep you full. Graze on vegetables all day if you can. Lightly dip them in a humous or a low-fat dressing if needed for flavour.
- 11) Whilst you will be choosing from the meals listed below, focus on portion size to hit your daily calorie goal. Free apps such as MyFitnessPal are useful for tracking your daily calorie intake.

Table 8.1 (weight in pounds[lbs]):

Daily Calorie Allowance Table						
Women Weight	Super Active	Very Active	Active	Moderate Active	Low Active	Sedentary
80	1600	1440	1280	1120	960	800
90	1800	1620	1440	1260	1080	900
100	2000	1800	1600	1400	1200	1000
110	2200	1980	1760	1540	1320	1100
120	2400	2160	1920	1680	1440	1200
130	2600	2340	2080	1820	1560	1300
140	2800	2520	2240	1960	1680	1400
150	3000	2700	2400	2100	1800	1500
160	3200	2880	2560	2240	1920	1600
170	3400	3060	2720	2380	2040	1700
180	3600	3240	2880	2520	2160	1800
Men Weight	Super Active	Very Active	Active	Moderate Active	Low Active	Sedentary
100	2600	2350	2100	1850	1600	1350
110	2800	2530	2260	1990	1720	1450
120	3000	2710	2420	2130	1840	1550
130	3200	2890	2580	2270	1960	1650
140	3400	3070	2740	2410	2080	1750
150	3600	3250	2900	2550	2200	1850
160	3800	3430	3060	2690	2320	1950
170	4000	3610	3220	2830	2440	2050
180	4200	3790	3380	2970	2560	2150
190	4400	3970	3540	3110	2680	2250
200	4600	4150	3700	3250	2800	2350

Suggested Foods/Meals:

Below I have compiled a list of meals and snacks. Each day pick a breakfast, lunch and dinner meal alongside two snacks.

Breakfast Ideas:

- 1) **Scrambled Eggs with Greens:** Scramble two eggs (ideally remove the yolk from one of the eggs) and serve alongside unlimited steamed green beans or spinach leaves.
- 2) **Wholegrain Toast with Peanut Butter:** 2 slices of wholegrain toast topped with 2tbsp peanut butter.
- 3) **Poached Eggs with Spinach:** Poach two eggs and serve with unlimited spinach leaves.
- 4) **Seeded Greek Yoghurt:** 150ml low fat Greek yoghurt topped with 1 tablespoon (tbsp) of sunflower seeds and 3 sliced strawberries.
- 5) **Rice Cakes with Avocado:** 2 rice cakes topped with 1tbsp low-fat cream cheese and half an avocado.
- 6) **Almond Chia Porridge:** Cover 3 tbsp chia seeds in almond milk and soak overnight. In the morning add a handful of blueberries.
- 7) **Breakfast Protein Shake:** 250ml Almond milk blended with a handful of berries, spinach leaves, 1 scoop of whey protein and 1tbsp flaxseeds.

- 8) **Banana and Peanut Butter Toast:** 2 slices wholemeal toast topped with 1 small mashed banana and 1tbsp peanut butter.

Lunch Ideas:

- 1) **Prawn Salad:** 100g prawns with unlimited lettuce, tomato, yellow and red pepper and half an avocado. Dress with the juice of half a lemon.
- 2) **Spanish Omelette:** Chop 2 sweet potatoes into small pieces and sauté with 1 red onion, 200g cherry tomatoes and 1 green pepper. Beat 2 eggs and add to the frying pan. Place under a grill until golden and serve with steamed broccoli. Makes 4 portions.
- 3) **Baked Sweet Potato with Salmon:** Bake 1 medium sized sweet potato in the oven and cover with a can of flaked salmon, 1tsp low-fat crème fraîche and serve with a green side salad.
- 4) **Waldorf Salad:** Combine 70g walnuts with 100g red grapes, 1 chopped apple and unlimited celery and mixed salad leaves. Stir in 1tbsp low-fat crème fraîche, 1tbsp lemon juice and serve with 1 small wholemeal pitta bread.
- 5) **'Hearty' Bean Stew:** Combine half a tin of kidney beans, 1 small onion, 1 crushed garlic clove, half a tin of tomatoes, a pinch of cinnamon and a pinch of paprika, served with 50g cooked brown rice.
- 6) **Salmon Pitta:** Fill one pitta with a can of flaked salmon, a handful of watercress, 1 small beetroot and 1tbsp low-fat natural yoghurt.
- 7) **Crudités with Houmous:** Chop unlimited carrot, celery, cucumber and peppers into strips and serve with 150g houmous and 1 wholemeal pitta bread, served warm.
- 8) **Chicken Tortilla:** Fill 1 wholemeal tortilla with 150g chicken breast cut into strips, a handful of mixed salad leaves, 4 cherry tomatoes, 50g grated cucumber and 1tbsp low-fat crème fraîche.

Dinner Ideas:

- 1) **Salmon with Green Veggies:** 1 grilled salmon fillet served with unlimited steamed green vegetables.
- 2) **Turkey Stuffed Peppers:** Cook 100g turkey mince with 1 onion, 1 garlic clove and half a tin of chopped tomatoes. Add a handful of spinach and stuff inside 1 red pepper. Cook in the oven for 30 minutes. Double this recipe for two portions.
- 3) **Tofu Stir-fry:** Sauté 1 small red onion, 1 garlic clove, 1 chilli and 1tsp ginger paste. Add 100g tofu pieces and half a bag of stir-fried vegetables. Stir in 1tbsp soya sauce and serve on a bed of grated carrot.
- 4) **Ratatouille with Quinoa:** Cook half a can of chopped tomatoes with half an aubergine, 1 courgette, 1 yellow pepper, all cut into pieces. Simmer until soft and serve with 50g cooked quinoa.
- 5) **Baked Cod with Roasted Vegetables:** Place a piece of cod on some foil with 2 tbsp vegetable stock and a slice of lemon. Scatter over slices of red and yellow pepper and 1 sliced courgette. Wrap into a parcel and bake in the oven.

- 6) **Pesto Pasta:** 70g wholemeal pasta shells served with 2tbsp pesto sauce and a handful of wilted spinach.
- 7) **Honey-roasted Chicken:** Cover 1 chicken breast with 1tbsp honey and grill. Serve with unlimited cauliflower and broccoli.
- 8) **Steak with Parsnip Chips:** Cut 1 parsnip into wedges and cook in the oven. Grill 100g lean steak and serve together with the parsnips and unlimited steamed kale.
- 9) **Stuffed Mushrooms:** Fill 2 large Portobello mushrooms with a mixture of 1 chopped tomato, wholemeal breadcrumbs, 1 beaten egg and 50g feta cheese. Serve with a green salad. Double this recipe for two portions.

Snack Ideas:

(eat two of these each day – 1 between breakfast and lunch and 1 between lunch and dinner)

- 1 sliced apple topped with 1tbsp almond or peanut butter.
- 1 small pot of low-fat natural yoghurt with 1tbsp mixed seeds.
- 2 rice cakes with 2tbsp houmous.
- A whey protein shake.
- 1 stewed pear served with 2tbsp low-fat natural yoghurt.
- 30g low-fat Cheddar cheese.
- 1 boiled egg with 4 cherry tomatoes.
- 2 oatcakes with 2tbsp guacamole.
- A banana.

PLEASE READ:

My '3-Step System' has everything you need to get started on your journey to a new and better you, and because I genuinely respect you for taking action and making the commitment to getting incredible results I am also going to offer you a discount to my GymWolfPT premium services when you are ready!

Please let me help you on your journey, and take advantage of my services so we can do this together.

If you give me your full, undivided commitment I give you my word you WILL achieve the body of your dreams under my guidance!

Below is a quick overview of what GymWolfPT offers, and why I am now considered one of the top online body transformation coaches...



*Whatever Your Goal...Whatever Your Schedule And Time Limitations...Whatever Your Commitments...Whatever Your Age Or Sex...Whatever Your Experience...No Matter What 'Bad' Fitness Training You've Had In The Past...No Matter If You Are A Gym Member Or Not...No Matter How Far You Feel You've Slipped Into An Unhealthy Life And Body - - - I can guarantee you one thing - - - **MY BODY TRANSFORMATION IS FOR YOU!!!***

With me as your personal 24/7 online coach you will get the very best coaching, support, workout and diet plans that set you up to smash your health and fitness goals!

- ✓ Everything is totally tailored SPECIFIC to you, and your situation!
- ✓ I guide and coach you every step of the way.
- ✓ I give you it all – the workouts, the diet advice, the motivation, the mindset – and I move it forward at a pace that suits the most important person in this, YOU!
- ✓ I specialise in helping busy people achieve their goals, and getting them real results.
- ✓ You don't need to be at the gym (or your home) at a specific time of the day – I work around you!
- ✓ I do it all for a fraction of the cost of a gym based 1-2-1 Personal Trainer.

From the bottom of my heart I genuinely want to help you reach your goals, and with my Online Body Transformation training you are getting the very best I have to offer.



Whatever your goal or current fitness level, my [Online Get Fit Club](#) has it all - covering nutrition, lifestyle, motivation, challenges, workouts and mindset...and the best bit? Community! There is a private Facebook group, so you can share, learn and grow with like-minded individuals all trying to be a better version of themselves.

Not sure what it's all about? Below are the most common questions I'm asked about the Fitness College:

WHAT IS IT?

✅ I am compiling the biggest and most comprehensive collection of fitness and health resources around! From workouts, to diet plans, to challenges, to recipes, to exercise videos, to thought provoking articles, to competitions, to mindset training - you name it, it's there!

And, what's more...

- *Cancel anytime, no set contract.*
- *Join now and the price stays the same for as long as you're a member.*
- *New health and fitness workouts, recipes, diet plans, challenges are being added all the time!*
- *You don't just get the 18 months of work I've put into the [Online Get Fit Club](#), you get everything I do from now on!*

WHO'S IT FOR?

✅ Everyone and anyone! I want no one excluded, and aim to continually add new 'stuff' to cover everyone's needs!

Overweight? Underweight? Pregnant? Depressed? Busy? Bored? Want to tone? Want to compete? Disabled? Stressed? Young? Old? Experienced? A novice? Gym based? Home based? Motivated? Unmotivated?

The [Online Get Fit Club](#) discriminates against nobody, this is your Club, and always will be!

I HAVE A PT, AM DOING A BOOTCAMP OR AM ALREADY ON A TRAINING PLAN!

✅ No problem, the Online Get Fit Club is a great addition to any situation, as well as being an amazing 'stand- alone' fitness solution. You have the total power to choose what you do, and what you don't!

- *'Just want a diet plan - go take it!'*

- *'Just want a challenge to do alongside your PT's training - go grab it!'*

- *'Want a new recipe to try tonight - go have it!'*

- *'Want the workouts, the nutrition, the mindset training, the motivation - here, it's all yours!!!'*

SOUNDS GOOD, BUT IT'LL BE EXPENSIVE, RIGHT?

✅ Nope! Over a year ago I decided I needed to make fitness available for EVERYONE, regardless of their financial status.

- *My online personal training is superb, but I know that not everyone can afford it.*

- *There are some amazing 1-2-1 PT's in gyms and particularly in Preston, but not everyone can 'stump up' the £30, £50 or £100 A WEEK that comes with having one!*

- *'The BodyCoach' and others are great, but not everyone wants to pay the £100 for a 3-month plan; then have their partner join and find the plan is the same for both of them!*

My [Online Get Fit Club](#) is the BEST value around! I can promise you that!

GO SMASH THIS!

And finally.....

You are going to get amazing results with my '3-Step System'.

Read it, review it and put it into action to the best of your ability, and I guarantee you won't regret it!

However, there are a few things I want to cover with you, and the first is that I cannot do the work for you! I will be here to support you and help you with this process as much as I possibly can, but I need you to take responsibility to put the 'gems' found in the '3-Step System' into action!

Please post into the GymWolfPT Facebook Page, and contact me via there (or by email at ian@gymwolfpt.com). I love to see your comments, your progress photos, the struggles you've overcome, and any help and encouragement you can give others.

My '3-Step System' can make you look and feel amazing if you let it. Your results are my number 1 priority but I also need you to be accountable for yourself. Every week I want you to post in the accountability group(details to folloe) how you are doing with the system so not only can you draw on the group for motivation but also so others can see your success and you can help motivate them on their journey.

By making the decision to try my '3-Step System', and by being part of my [GymWolfPT](#) community, you are officially part of my team and I am not going to let you fail, I give you my word you will get in the best shape of your life under my guidance because I will not rest until we make it happen!!!

My goal is to get you in the best shape of your life and I promise you it is only a matter of time before we make that happen, all I ask is you give this your full commitment and put in the work required to make your goals/dreams a reality.

I am totally sure you are going to smash this! I genuinely look forward to seeing your progress and transformation.

Let's Get You Into The Best Shape Of Your Life – both physically and mentally!!!

Ian David Worthington

- Creator, Owner and Coach at GymWolfPT.com
- Owner and Creator of the [GymWolfPT Online Get Fit Club](#)



THE '3-STEP SYSTEM'

BONUS SECTION



“THE METABOLISM MAKEOVER”

Right – if you are overweight, obese, or just carrying a few to many kilos, then you’ve got to fix your metabolism!

And you know what I think about excuses. There is no place for whining, crying and excuses in this camp! I don’t want to hear it – “I’m just different”, “It’s my genetics”, “My metabolism is just super slow”, “I don’t eat and the fat just appears”! – NO, NO, NO.

This is the sort of attitude that see’s you almost certain to fail before you even start. Ditch the excuses – YOU ARE GOING TO DO THIS, NO MATTER WHAT YOUR METABOLISM IS LIKE!

I don’t want to hear the word genetics again! Ever!!!

I have successfully coached many people with slow metabolisms, and a whole host of other ‘issues’. They were successful, and so will you be if you follow my instructions and set yourself up to win!

The thing is your metabolism is the furnace that drives your body! It’s true that some people have slower metabolisms than others – but that doesn’t mean you can’t get that furnace generating some serious heat!

If you put crap in that furnace, you will not get the fire going, you will not get the heat!

But if you add the best fuel, the clean and pure fuel, you just watch that furnace go!

And the truly great thing! Get that metabolism furnace going, and it will go all day!

So, whilst we know that by adding dry and clean wood to the furnace, we get the best fire, what should we do to get our ‘furnace’ in the best and most efficient condition?

Well, here are the essentials you NEED to follow.....

1) Eat More Often:

Eating good quality food on a regular basis is the number one way to ‘ramp up’ the speed of your metabolism.

You simply can’t eat once or twice a day and expect it to work! By doing this your body isn’t functioning at its best. Eating meals 5 times (or more) each day is the way to have it function most efficiently.

2) Increase Intake Of Good Quality Proteins:

Your body has to expend ~20-30% more energy to break down protein, which means more of the energy you take in gets burned off right away.

Every time you consume food it should have some sort of protein in it.

3) Get Good Quality Sleep (7-8 hours):

Getting more sleep will increase how much fat you burn, as well as reducing your cortisol levels at the same time. This will help you lose ‘belly fat’ specifically.

4) Lift Weights:

Lifting weights triggers a powerful cascade of fat-burning hormones. Lift safely, but also lift heavy and regularly.

5) High Intensity Cardio:

High Intensity Interval Training melts fat, and FAST. To speed up your metabolism, add a H.I.I.T sessions after you've finished lifting for the day.

6) Eat Plenty Of Good Fats:


You need good fats in your diet to maintain a high metabolism. Fatty fish, avocado, eggs and coconut oil are all examples of good fats.

7) Eat Lots Of Vegetables:

To work properly, your metabolism needs massive amounts of vitamins and minerals (micronutrients), which most people simply just don't get.

Vegetables such as spinach, kale, Brussels sprouts, broccoli and cauliflower are crammed full with the micronutrients your metabolism needs to burn fat quickly.


USEFUL GYMWOLFPT INFOGRAPHICS



EASILY CALCULATE YOUR REQUIRED DAILY CALORIES

STEP 1


WEIGH YOURSELF IN POUNDS



WEIGH YOURSELF IN POUNDS FIRST THING IN THE MORNING BEFORE EATING OR DRINKING ANYTHING. IF YOUR SCALES ONLY RECORD IN KILOGRAMS, CONVERT BY MULTIPLYING BY 2.2.

STEP 2

CALCULATE YOUR REQUIRED DAILY CALORIE INTAKE




DETERMINE YOUR DAILY CALORIE INTAKE BY MULTIPLYING YOUR BODY-WEIGHT IN POUNDS BY:

- LOSE WEIGHT - $\times 10-13$
- MAINTAIN WEIGHT - $\times 14-16$
- GAIN WEIGHT - $\times 17-21$

STEP 3

TRACK YOUR BODY-WEIGHT AND FURTHER ADJUST CALORIES ACCORDINGLY



ONCE YOU HAVE YOUR DAILY CALORIE INTAKE AMOUNT MONITOR AND ASSESS. WHILST IT CAN TAKE TIME, IF AFTER A COUPLE OF WEEKS YOU ARE NOT SEEING PROGRESS MAKE SMALL CALORIE ADJUSTMENTS.



The Best Ways To Measure FAT LOSS

TAKE

PROGRESS PHOTOS



Take regular full body photos.

Make sure the photos are taken in the same surroundings, lighting and position(s).

Often changes in our bodies are not representative of changes in our weight.

TAKE

MEASUREMENTS



Take regular body measurements.

Good body measurements to take are:

- Waist
- Chest
- Thigh
- Bicep

Take measurements at least every two weeks.

TRACK

YOUR WORKOUTS



Track each and every workout.

You can do this with a Gym Logbook, or better still the GymWolfPT App.

If your strength is increasing, but your body-weight is the same it is most likely due to a change in body composition.

WEIGH

YOURSELF



Weigh yourself daily or weekly.

Ensure you take weight measurements using the same scales and at the same time of the day.

I highly recommend you take weight measurements when you first wake up - before you eat or drink anything.

KNOW YOUR PROTEIN POWDERS

STANDARD WHEY



- Usually 75-85% protein content.
- The highest calorie option.
- The cheapest option

WHEY ISOLATE



- Usually 90-95% protein content.
- Lowest calorie option.
- Usually the most expensive option
- Virtually zero lactose or fat.

CASEIN



- Usually 75-90% protein content.
- Slows rate of protein breakdown.
- Great for use at night, due to slow release properties.
- Delayed peak in blood amino acid levels.

DIET WHEY



- Lower carbs and fat content than standard whey.
- Usually 65-75% protein content.

KNOW YOUR CARB SOURCES



HIGH CARB

- POTATOES
- QUINOA
- BREAD
- WHITE RICE
- OATMEAL
- PASTA
- BANANAS
- SWEET POTATO



LOW CARB

- BROCCOLI
- CELERY
- KALE
- BUTTERNUT SQUASH
- CAULIFLOWER RICE
- BERRIES
- ZUCCHINI
- ASPARAGUS



HOW TO ENJOY THE GYM

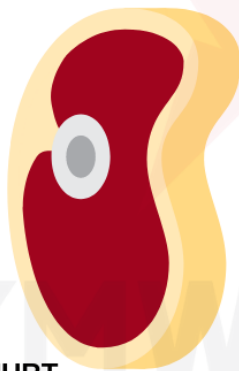
- GET A WORKOUT PLAN TO FIT YOUR LIFESTYLE, NOT THE OTHER WAY AROUND!
- TRACK YOUR WORKOUTS, PROGRESS AND SUCCESS.
- SET MEASURABLE GOALS - SHORT, MEDIUM AND LONG TERM.
- TRAIN TO MUSIC!
- WORKOUT WITH A FRIEND(S).
- MAKE IT AN APPOINTMENT - WORK OUT AT THE SAME TIME AND ON THE SAME DAYS WHEREVER POSSIBLE.
- ADD EXERCISES THAT YOU ENJOY, AS WELL AS THOSE THAT CHALLENGE YOU.
- CHANGE YOUR WORKOUT PLAN EVERY 6-12 WEEKS.
- CELEBRATE YOUR SUCCESSES, AND LEARN FROM YOUR FAILS!
- KNOW THAT THE GYM IS YOUR PLACE, NO ONE HAS A GREATER RIGHT TO BE THERE THAN YOU!



SOURCES OF PROTEIN

ANIMAL PROTEIN

- CHICKEN
- TURKEY
- STEAK
- EGGS
- TUNA
- SALMON
- MILK
- GREEK YOGHURT
- CHEESE



PLANT PROTEIN

- TOFU
- CHICKPEAS
- LENTILS
- CASHEWS
- ALMONDS
- OATS
- QUINOA
- BEANS
- PEANUT BUTTER





MAXIMISE YOUR FAT LOSS

FOLLOW A PROVEN PLAN



TRACK YOUR CALORIES & PROGRESS



HIRE A GREAT COACH



STAY CONSISTENT & STICK WITH IT!



TESTS TO CHECK YOU ARE MAKING PROGRESS

AMRAP

As Many Reps As Possible
with a significantly heavy
weight.



Good test for strength



Good test for hypertrophy



Not always representative
of maximum strength.

1 REP MAX

One Rep Only Maximum
Test With Heaviest Weight
Possible



Good test for strength



Good test for hypertrophy



Often used by Powerlifters
and Strongman
Contestants

10 REP MAX

Ten Reps Maximum With
Slightly Heavier Weight
Each Phase Of The Test



Good test for gym goers &
bodybuilders



Good test for hypertrophy



Not a good test for
strength



GYMWOLFPT

ARE YOU HUNGRY FOR CHANGE?
JOIN THE PACK.

WWW.GYMWOLFPT.COM

**ONLINE
PERSONAL
TRAINING**



**ONLINE
GET FIT
CLUB**



**1-2-1
PERSONAL
TRAINING**



JOIN THE PACK TODAY

Learn more at gymwolfpt.com





**ARE YOU IN A
FITNESS RUT?**

**GWMWOLFPT
CAN HELP
YOU.**

With me as your Online or
1-2-1 fitness coach, your
dream body can be
achieved **sooner**
than you think.

Contact me at ian@gymwolfpt.com or via
gymwolfpt.com & let's create a fitness
plan that works for **you**.

