



LM Fitness

# LM FITNESS

## STARTER PACK



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## **Introduction**

Welcome to LM Fitness Personal Training. This pack contains all the basics to get you started on your fitness journey. I'm a firm believer that knowledge is power, so let's arm you with the knowledge required to help you reach your goals.

## **Goal Setting & Planning a Program**

### **Step 1: Set your goals**

It is not uncommon to have multiple targets such as losing weight, improving fitness, gaining strength, gaining muscle and so on. However, to avoid overloading yourself I believe it is necessary to focus on the most important goal and work from there. Start by writing your goals down in order of priority, then chose a primary and secondary goal. You may want to improve on numerous goals but in my experience focussing on a primary target is more beneficial and can also lead to improvements in other areas. For example, increasing your strength can also lead to greater muscle mass.

### **Step 2: Plan your Schedule**

Realistically ask yourself how many times a week you can/will commit to exercise. It is very important not to overreach here. Set something that is feasible but will also enable you to reach your goal. There is little point in setting five training sessions per week if you are only going to turn up twice. Vice versa only committing to a single weekly session might not be enough to reach your goal so it's best to find a happy medium. My advice is start steady, keep things simple and build yourself up, especially if you are a beginner.

### **Step 3: Take Starting Measurements & Pictures**

- ✓ Weight
- ✓ Waist
- ✓ Hip
- ✓ Chest (male)
- ✓ Arm
- ✓ Leg
- ✓ Bum (Female)



Pictures and measurements are a great way to track progress, however, they will only tell you so much. One of the best ways to track progress is listening to your body, ask yourself how you feel and look at what the mirror is telling you.

### **Step 4: Get Cracking - Consistency is Always Key!**

## **Training for Different Goals**

It's easy to confuse the terminology behind training. Below is a simple breakdown:

**Muscle Building:** Rep ranges typically between 6-12 reps. The main goal is to increase the size of the muscle. Keeping the intensity high through drop sets and supersets is a great way to reach this goal. Traditionally your rest time should be between 1-3 minutes per set.

**Strength Gains:** Rep ranges typically between 1-5 reps. The main goal is to increase strength. For optimum results the intensity is lower with longer rest times, less supersets and drop sets for maximum recovery. Traditionally your rest time can be as high as 3-5 minutes per set.

**Fitness:** Just like your bicep, the heart is a muscle. If you want to improve your fitness then you will need to work your heart too. One way of achieving this is through cardio vascular exercise. However, my experience has shown some of the most effective methods are higher intensity workouts and interval training. This can be achieved through combining lifting with cardio exercises during the same workout, ideally working the heart rate into a higher zone.

Finally losing weight is also a great way to improve your fitness. If you're lighter/carrying less body fat then you will likely be fitter! best way to achieve this goal. Take note, this will only be possible if you get your diet right!

**Toning:** Toning is one of the most misunderstood goals. The term toning means to lose body fat and build muscle, which is simply a combination of the two that are explained above.

## **Training for Different Levels**

The science behind exercise stays the same no matter what your level. Lift weights and you will build muscle, eat burgers and you will get fat etc. However there are some differences that you should note:



**Beginners:** With the right schedule beginners have the potential to gain muscle, lose fat, gain strength and improve fitness all at the same time. They can achieve numerous goals all at once. Unfortunately this isn't always possible for an intermediate and even more unlikely for an advanced trainer. Beginners are further away from their maximum potential. This allows them to progress at a faster rate and improve on numerous areas all at once, providing they train and eat right. A beginner should focus on getting into a good routine, keeping things simple and slowly building up.

**Intermediate:** Intermediates can still see progress on an array of goals all at once. However, it's more difficult than at beginner level. I would suggest prioritising 1 or 2 goals giving these your main focus. You can still achieve progress on other goals but this would be a bonus. I would recommend plenty of exercise variation to limit training plateaus.

**Advanced:** Advanced trainers will most certainly have to prioritise 1 to 2 goals. They are likely to be closer to their potential, making it harder to see drastic changes. Unfortunately, progress will most likely be slower and you will have to be much more specific with your training and diet. For example you may have to focus on gaining strength and size whilst sacrificing the goal of staying leaner, and then later change the goal to strip away the body fat but sacrifice the goal of strength and size.

## Male & Female Training Differences

Should you be training differently if you are female as opposed to male? The science behind training is still the same, however, females have a different body type to males and in most cases their goals are different.

For example, most males train to gain a more toned and muscular chest whereas generally females prioritise a more toned bum. This doesn't mean males and females can't train the same, but in my opinion there are subtle differences. Due to higher testosterone levels, men have more potential to hold muscle and normally increase in strength and size a lot quicker.

Men also have the ability to naturally stay leaner than women. The average bodyfat for a normal athletic male is 14-17%, whereas for a female it is 21-24%. Finally, on the flip side women typically have a faster recovery than men. This means they can cope with higher reps, less rest between sets and more supersets/circuit styles of training.

Remember these basic rules are only a rough guideline, every individual can be different.





## Training Effectively

I want to state there are no right or wrong ways to train but there are more effective ways to reach certain goals. I believe you should choose a combination of the way you prefer to train but also a form of training which enables you to reach your goals. From my experience I have found that you are more likely to reach your goal if you are enjoying your training. Let's face it we don't all have ample time to spend hours in the gym so why not train in the most effective way, be more productive and efficient with your time in the gym. Below are some fundamental exercises that I would recommend:

**Compound Movements:** Typically speaking compound movements are most effective for building muscle, burning body fat/calories and even increasing fitness.

The four main movements are:

- ✓ Squats (Legs)
- ✓ Deadlifts (Back)
- ✓ Bench Press (Chest)
- ✓ Military Press (Shoulders)

These movements all provide great foundations and tend to apply to most goals. If you are lacking some of these in your workouts, or at least variations of them, I think you are massively missing out!

**Exercise Variation:** although the four movements above are some of the best there are, variation is still great for your body. It provides a shock to the system not only for the body but the mind as well. For beginners, I would stick with what you know and make smaller changes as your confidence grows. For intermediates and advanced trainers I would suggest much more exercise variation. The four main movements listed above would still always be my exercise pillars. To neglect them, unless you have an injury, would be big mistake.

## Creating a Program

The first thing I ask myself is how many times I am going to go to the gym/exercise per week. Then I plan my routine. For example, if I have a client that trains twice a week typically their split looks like this:

- Session 1: Chest & Back
- Session 2: Legs & Shoulders



Now let's say they train 3 times a week:

- Session 1: Back & Biceps
- Session 2: Chest & Shoulders
- Session 3: Legs & Triceps

Each program is catered to the individual. Notice that in both versions I include all four main body parts (chest, shoulders, back and legs). In my experience neglecting body parts can result in postural imbalances, more injuries and to be honest, I think a well-rounded balanced physique always looks better.

## **Super-Sets & Drop-Sets**

**Super-Sets:** Perform two exercises back to back with minimal rest between the two.

**Drop-Sets:** Perform one exercise, then with minimal rest, drop the weight and go again on the same exercise.

Drop-sets and super-sets can be essential items to add to your tool belt, especially the more advanced you get.

The benefits are:

- ✓ Creates more intensity (makes the workout harder)
- ✓ Burns more calories
- ✓ Gets more done in a shorter space of time
- ✓ Promotes greater muscle growth
- ✓ Works as a lactic acid buffer (allows you to get a better pump!)

## **ROM**

**Range of Motion:** This can be quite tricky for clients with poor flexibility. I always take pride in prioritising form and technique first and weight second. Don't sacrifice more weight for poor form or a poor range of motion, e.g. stacking a load of weight on your squat bar but only going half the way down. 90% of the time achieving a fuller range of motion is going to be more beneficial unless there is a good reason. Let's say you're carrying an injury so unfortunately your range of motion is limited, or maybe you have poor flexibility so you can only perform a partial movement without compromising another area, say for example rounding your back to get deeper into a squat. There are always exceptions.



Lastly you might purposely introduce some partial reps to target your muscle in a different way

**Partial Reps:** Purposely taking a rep through only a partial range of motion. For example squatting to depth but only going three quarters of the way back up (keeps the tension on the muscle by not letting your muscles rest on your joints at the lockout phase of the rep).

**TUT:** Time under tension is another great way to increase the intensity of an exercise. It's not just about lifting a weight from A to B, but how you lift the weight that can determine how hard the muscle works. Slowing down the movement and focusing on more time under tension will increase muscle tension, keep your technique cleaner and has been proven to recruit more muscle fibres (meaning they grow more)

## **DOMS**

**Delayed Onset Muscle Soreness:** During a workout you are tearing muscle fibres. Over the next few days the process of repair and recovery begins and as a reaction your body will feel sore (typically 24 to 48 hours is peak DOMS time). In theory the more muscle fibres you tear during a session the bigger, stronger and better your muscles will grow back. Although there are many different factors that will affect the rate you grow, if you push yourself during workouts and keep your intensity high, then you're more likely to achieve your goals.

DOMS is always a good sign of a good workout. This doesn't mean if you aren't as sore as last week then you have had a rubbish session but generally speaking if you're not frequently feeling sore after your workouts I would question if you're working hard enough

Ways to promote DOMS and progress:

- ✓ Vary your exercises
- ✓ Change your rep ranges
- ✓ Try different tempos (TUT etc)
- ✓ Try some partials
- ✓ Choose harder exercises
- ✓ Try to increase the weights you lift or add reps on
- ✓ Do supersets & drop-sets
- ✓ Try some until failure sets
- ✓ Push yourself when you train





Beginners will experience DOMS like no one else, everything is new to them and my advice would be to ease yourself in, although muscle soreness is a good thing. To an unconditioned athlete it can be detrimental to the rest of your workouts. It could put you at higher risk of injury and feel more intense if you're not used to it. This would also apply if you have missed the gym for a few weeks or if you've not trained a body part for a while.

## Different Types of Cardio and What's Best

The main 2 types of cardio are:

- **Fat Burning/Steady State:** Typically speaking the body will target a higher percentage of fat as a fuel source when working in this zone (approx. 120-140bpm) although age, gender, genetics etc will all play factors in this. Personally, I would aim for a difficulty rating of 6/7 out of 10 in order to stay in this zone.
- **HIIT/Interval Training:** Training consisting of alternating periods of high and low intensity. This form of training is great for improving fitness and also an effective way to burn fat. The hidden gem with HIIT is that it increases your metabolism, enabling your body to burn more fat as you rest.

**Which is Best:** Unfortunately, there are no magic pills or answers. Much of training and dieting comes down to what works best for you. That said there are always better ways to train for your goals. Whether your goal is fat loss or fitness orientated I would personally recommend a combination of both steady state and HITT styles of training.

Now when it comes to fat burning either fasted cardio (before breakfast/carbs) or post weights, I believe are going to be more effective. Although it's a mixed debate as some research has suggested performing cardio on an empty stomach (carb depleted state) is more effective for burning body fat. So either on a morning, or after a weights workout can be a prime time to target fat stores.

HITT training can be done at the start or end of your sessions, either morning or night, before or after weights. Although there might be pros and cons depending on which you chose, in my opinion interval training is one of the most effective ways to train at any time.

Make no mistake fat loss is still primarily about calories in versus calories out, so regardless of the time of day you train or the method you chose, you should



focus on creating a calorie deficit. If you can achieve this on a regular basis, you will most likely lose weight.

Working out (burning calories) is of course a great way to create a calorie deficit but the most effective way is..... through your diet!

## **Introduction to Healthy Eating**

It's a cliché but the saying “abs are made in the kitchen” is mostly true. Food is the fuel of your body, if you don't take your diet seriously you will struggle to get the result you want. Especially if your goal is to lose weight.

Firstly, everyone is different and most of the time a trial and error method might be required. This is where tracking your food becomes essential. If you don't know roughly the amounts you're eating (calories/macros) how you can adjust things if it's not working. It's all about manipulating the figures to get the result you want. Guestimating and generally just eating better may work for some people but its far less effective than tracking your calories or macros. You can guess the lottery numbers each week but how often do you win!!??

I would suggest using an app called MyFitnessPal or something similar to keep track of what you're eating. People that write their food down/enter it into an app are more likely to make better choices, it's what we call accountability.

Ok so let's start you off with the basics:

### **Macro Nutrients**

**Protein:** Protein is an important building block of bones, muscles, cartilage, skin, and blood. Your body uses protein to build and repair tissues thus it's very important for anyone that exercises. There are 4kcal in 1g of protein

**Carbs:** Carbohydrates are the sugars, starches and fibres found in fruits, grains, vegetables and milk products. They are the body's main source of energy. There are 4kcal in 1g of protein

**Fats:** Fats helps to maintain your core temperature and contain nutrients that provide energy and other substance the body needs. Some fats are better for you than others. Saturated fats tend to be bad and unsaturated tend to be good. There are 9kcal in 1g of fat (more than twice the amount of protein & carbs!)

As mentioned before in order to lose weight you need to create a calorie deficit. Vice versa to increase weight you need to create a calorie surplus. Although this is the basis behind weight loss/weight gain there is much more to consider when effectively losing weight or putting it on. For example, would it be effective



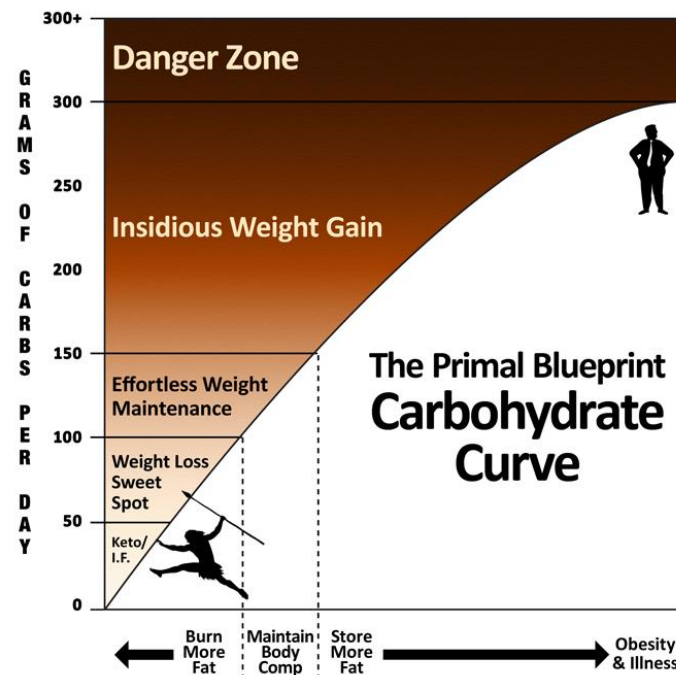
getting all your calories from a pizza every day but nothing else? Even if you were still in a calorie deficit I would argue this isn't an effective way to lose weight.

In my experience high protein lower carb diets tends to be key when losing weight. Manipulating your overall calories to get the right result is of course still very effective but I strongly suggest if you want to lose body fat then breaking down where you're calories come from is more effective. My advice is to keep your protein higher, your carbs lower and your fats somewhere in between.

Due to the role of protein in your body it's much harder to turn protein calories into fat. If you over eat carbs or fat you are at a much higher risk.

Remember everyone is different but here is a carb curve graph (shows the relationship between carbs and fat loss/gain) and some healthy eating tips.

*Example carb intake versus weight loss graph*



It's virtually impossible to know exactly how many carbs/calories to eat in order to lose or gain weight, there are just too many factors to consider. The graph above provides a rough guideline. On average you need to burn 7000kcal off to burn off 1kg of body fat. So let's say you could create a calorie deficit of 500kcal per day from either eating less, exercising more or by doing both (which I believe is the most effective way). It would take you 14 days to burn



1kg of fat (500kcal x 14 days = 7000kcal). Now let's say you created a deficit of 1000kcal per day it would only take you 7 days to burn 1kg of body fat.

Personally I think smaller sustainable changes are better for most people. So I would recommend creating a deficit that allows you to gradually reach your goal but doesn't make your life miserable to get there. Creating a deficit of say 300-500kcal a day might be more realistic. Then you can slowly create a bigger deficit where and when you feel it is necessary. I also feel this gives your body and mind more time to acclimatise, making it easier to stick to. However, this all depends on your goal and what you feel works best for you. Certain time frames may dictate a quicker drop. For example you might have a 6 week holiday goal. This would also apply vice versa. If you wish to create a calorie surplus to increase muscle mass, then I think creating a sensible surplus and slowly increasing is best.

### Healthy Eating Tips

- Try to eat every 2-3 hours (keep your metabolic fire burning)
- Try and eat a healthy portion of protein with most of your meals
- Aim for five meals a day (Breakfast, Snack, Lunch, Snack, Dinner)
- Use supplements to “supplement” your diet but not to take over it
- Eat plenty of vegetables
- Chose leaner meats for fat loss (less than 10g fat per 100g of meat)
- Although fruit is a good sugar (sucrose) it's still a sugar, eat in moderation
- Vary both your carbs & protein sources
- Stay away from refined sugar (sweets, cokes, cakes, biscuits etc)
- Fresh cooked food is always going to be healthier than ready-made meals
- Even though there are plenty of places to eat out that have healthy options, just remember most restaurants are basing their food on maximum taste and not what's best for your diet. The same goes for when you buy your supermarket salad.
- Drink plenty of water 2-3 litres per day
- With regard to weight loss no added sugar drinks are fine
- Chose low fat and low sugar sauces and seasonings
- Having a cheat meal or a re-feed every 7-10 days is good for your mind and body. This only applies when you have stuck to your diet the rest of the time!
- Use the “20” minute rule. If you have eaten your meal and you are still hungry give it 20 mins before you go back for a second portion. It takes the body time to digest and the brain time to process what's happening. Normally after 20 minutes you will feel more satisfied
- Find the balance between eating healthy but still enjoying your foods



## Table of Healthy Eating Quantity's

### Carbs

Per meal: Carb content	Description
0-10g	Very Low Carbs
10-30g	Low Carbs
30-50g	Medium Carbs
50-70g	High Carbs
70g +	Very High Carbs

*This table is a rough guideline only*

### Fat

Per meal: Fat content	Description
0-5g	Very Low Fat
5-10g	Low Fat
10-20g	Medium Fat
20-30g	High Fat
30g +	Very High Fat

*This table is a rough guideline only*

### Protein

Per meal: Protein content	Description
0-5g	Very Low Protein
5-10g	Low Protein
10-20g	Medium Protein
20-30g	Med-High Protein
30-50g	High Protein

*This table is a rough guideline only*

### Key:

Green= Very Healthy	Orange= Healthy	Red= Be Cautious
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Different body types will allow for varying amounts. Some people have a higher carb tolerance (they can eat more and still not get fat) others the opposite. Either way, even though genetics will play a part in how your body reacts to certain foods, everyone has the power to improve and make positive changes. Consistency and discipline are always key.





## **Healthy Food List**

### **Protein:**

- Chicken Thigh (skinless & bone-less)
- Chicken Breasts
- Turkey Rashes
- Turkey Mince (7%, 4-5%, 2% fat)
- Turkey Breast
- Chicken Sausages
- Lean Beef Burgers (5% fat)
- Lean Beef Meatballs (5% fat)
- Lean Beef Mince (5% fat)
- Lean Pork Mince (5% fat)
- Lean Pork Loin steaks
- Beef Sandwich steaks
- Isey SKYR Yogurts (mango & vanilla flavour are the lowest in carbs) x 4
- Eggs (*the average egg contains 6g protein, the yolk contains 4g of fat, just the egg white itself is about 3g protein*)
- Babybel Light

### **Carbs:**

- Sweet Potato
- Butternut Squash
- Rice
- Brown Pasta
- Wholemeal Medium Sliced Bread
- Wholemeal Thins
- Quinoa
- Cuscus
- Oats
- Weetabix
- Fruit: Banana, Blueberries, Apples, Pears, Grapes, Oranges
- Coloured Veg: Peppers, Tomatoes, Onions, Mushrooms, Carrots, Sweetcorn
- Green Veg: Lettuce, Broccoli, Sprouts, Green bean, Spinach, Celery

### **Fats:**

- Nuts
- Avocado
- Cheese (choose low fat cheese)
- Eggs
- Oily Fish (salmon, mackerel, sardines)
- Chai Seeds
- Coconut Oil



## **Cheat Meals & Alcohol**

One of the big debates is how often are you allowed a cheat meal. Unfortunately, there is no correct answer, much of it is down to:

- Gender/body type/genetics
- Goals
- Time frame of goal
- Discipline levels
- Social schedule
- How good you have been during the rest of the week
- What your cheat meal consists of

The list could go on forever. As previously mentioned I allow all my clients at least one cheat meal a week. I personally believe it's not just good for the body but for the mind as well. Rewarding hard work will keep you on track and realistically, unless you live like a hermit, having one cheat meal per week is acceptable providing you stay consistent the rest of the time. After all its still important to be sociable.

Alcohol for me is a bit more black and white. Unlike the extra calories from a cheat meal, alcohol doesn't really provide your body with any benefits, its just empty calories. The main damage is the knock on effect alcohol has resulting in poor food choices on the night of consumption (donner kebab!) or the day after (hangover food!). Another negative effect of alcohol is on exercise. With a hangover you are more likely to cut your workout short, not work as hard or skip the gym altogether. This doesn't mean you should never drink as its important to enjoy yourself but I would limit it to no more than once or twice a month.

### **Summary**

Hopefully this information pack has helped and answered a few questions. Regardless of your goal **CONSISTENCY** with training and dieting should be made a priority. without consistency, you will struggle to reach your goal. Remember everyone is different so try not to compare yourself to others and focus on you and how you can progress. Find a healthy balance between working hard towards your goal but also having a social life, rewarding your hard work along the way. Lastly enjoy your training, enjoy your journey and enjoy achieving your goals!