



**CHALLENGE YOURSELF**

**CHALLENGE PREPARATION GUIDE:**

**BEGINNER WOMENS**



# BEGIN YOUR JOURNEY:

If you've looked at the MAXINE'S 12 Week Challenge Website and been inspired to follow in the footsteps of the amazing transformations that many of our Challengers have made, where can you start? These programs are dedicated to helping you to prepare yourself for the next MAXINE'S Shape-Up Challenge which commences in February 2015. We give you a comprehensive guide to training and nutrition to help you tackle the next MAXINE'S Shape-Up Challenge and make an amazing transformation.

Begin your journey to a new improved body and better health. While you can elect to follow the programs of our 12 Week Challenge right now, in our experience we have found that your chances of spectacular success is much higher if you actually wait and participate in the official MAXINE'S Challenges. There are now two Challenges each year. One starts each February and the other starts around the end of July so you don't have to wait too long to join our next Challenge. We recommend you wait for the next Challenge because the support, advice, and camaraderie of our coaches, ambassadors, and fellow Challengers, plus all the information provided on our website, forum, Facebook and our MAX'S Muscle TV television show will help to keep you highly motivated and informed and makes doing the Challenge a fantastic experience. We have designed this preparatory program to get you ready to tackle the next MAXINE'S Shape-Up Challenge.

If you haven't done much structured training before, or you haven't exercised for some time, it's important to get the basics of training and nutrition right. Building a quality physique takes time. Consistent training and attention to good nutritional principals are the keys. You can't do it in a few weeks. It usually takes several months to make a noticeable difference and may take several years to build a great body. Many of the transformations you see on the Challenge website have been training for some time, but they have never made the effort to get really serious until they actually commit to the Challenge. So the message here is to

be patient. Use your time before the next Challenge to learn how to train well, understand the principals of good nutrition and to start building some quality muscle.

In summary, use the training and nutrition programs detailed here to prepare for the next MAXINE'S Challenge. Use them to learn how to train correctly, to eat the right foods, at the right times and the right amounts, and to organise your lifestyle so you are ready to tackle the next MAXINE'S Shape-Up Challenge head on.



# WHAT ARE YOUR GOALS?

Before you start any exercise program, and especially if you are going to take on the MAXINE'S Shape-Up Challenge it's really important to work out what you want to achieve. Having a clearly defined vision of where you want to be and by what date is what we are talking about. Work, family commitments and plain old laziness are parts of life that can tug you away from your plans. Don't get us wrong, your kids' school play is important, but there's a big difference between making a rare exception and routinely letting your workouts slip down the priority list. Focus and persistency are crucial to building a strong healthy body, so here are a few tips on how to get your mindset right:

1. Your first step should be to define a long-term goal in as specific terms as possible. Have a specific idea for where you want to be for the start of your Challenge in February. Then where do you want to be at the end of your Challenge? Do you want to lose fat, increase your muscle, and increase your strength? Get specific. How much do you want to weigh? What strength levels do you want to achieve?
2. The next step is to establish how you will measure your success. Make a realistic assessment of how long this should take and write down to the target date. If you are new to this stuff this may be hard to estimate, but make your best guess and allow for some wiggle-room if your guess is off target.
3. Once you have your goal and your timeline defined, establish a number of milestones, say a month apart, that you can use as checkpoints to make sure you're on track. This helps make the end goal less daunting. Adding 5kgs to your bench press by next month is probably within your reach while adding 20kgs by February can feel far-fetched and discouraging. As an extra incentive, you can give yourself a little reward when you hit your target.
4. Keep revisiting your goals and surround yourself with positive reinforcement. Going to a good motivating gym is a great way to keep you on track. Find a motivated training partner that pushes you. Check out the amazing transformations on our Challenge website. All these types of inputs will help.





# NUTRITION FOR BEGINNERS:

A good training program is very important for building a great body, however your nutrition plan is even more important. Our nutrition plans are designed to prepare you for the next MAX'S Muscle-Up Challenge that commences in February 2015. Before we get into the details of these plans we want to introduce you to some basic principles of nutrition that you should know to get the most out of your nutrition and training.

## THE MACRONUTRIENTS:

There are 3 main types of nutrient groups provided by food – proteins, carbohydrates and fats. To build a quality physique requires you to make consistently good choices to ensure you get the right amount and quality of each of these nutrient groups.

## PROTEIN:

Protein is the key nutrient required for toning muscle. Without enough protein in your diet you simply won't change your muscle, no matter how much training you do. Your muscles, and also many other components of your body, like skin, hair, nails, blood, even your bones, are largely made up of protein. Protein consists of complex chains of compounds called amino acids. There are 22 amino acids that make up human protein, and their order and proportion determine the characteristics of each protein. For example, muscle protein contains higher levels of the Branched Chain Amino Acids Leucine, Isoleucine and Valine than do the proteins that make up hair or nails.

A lot of women worry about eating protein and exercising in the belief they will end up with big muscles and look 'manly' or bulky. Nothing could be further from the truth! The toning and muscle shaping effect of exercise and protein intake, combined with a sensible fat burning diet will result in a lean, toned and athletic body. You will get toned arms, thighs and glutes. You will lose those extra rolls, you will look better in clothes and great on the beach. Exercise, particularly weight training, combined with a good diet will transform your body!

### ***So how does weight training actually tone your muscles?***

Lifting weights stresses muscle structure causing microscopic damage – that's the soreness you sometimes feel after hard exercise. Your body's response to this overload is to repair the muscle, but to also reshape it and make it stronger to cope with the added stress. Because of your female hormones, weight training won't build big muscles that you see in males. Instead you see a more pleasing toned and shapely look emerge, especially if you can reduce your body fat over time. Many of the world's top female athletes (like tennis

players, triathletes, netballers, basketballers, etc.) have built fantastic physiques from many years of good diet and constant hard exercise including lots of weight training!

***Science tells us that hard training athletes have higher nutritional needs than the average woman.***

***So how much protein do you need to help transform your body?*** The accepted rule of thumb is women athletes need around 2 - 2.5 grams of protein per kilogram of bodyweight each day. For example, if you are a 60kg trainer with an average body fat of 20 - 25%, then you need  $60 \times 2 / 2.5 = 120 - 150$  grams of good quality protein per day. Getting this amount of protein requires careful nutritional planning and our Challenge programs are designed to deliver these levels.

***What are the best sources of protein?*** Foods like lean meats, chicken, fish and eggs are excellent sources of protein. They contain all the amino acids, in approximately the right proportions to support human muscle. The only downside of all these foods is they can often contain significant amounts of fats, including unwanted saturated fats. So eating too much of these protein sources is not ideal for overall good health. Don't get us wrong, we recommend these protein foods in our diet plans, however you need to ensure you aim for the leaner cuts of meat, remove all the skin from your chicken breast, not too many egg yolks, and not use too much oils or fats when cooking your protein.

***What about protein supplements like Maxine's BURN, where do they fit in?*** The key benefits of a good quality protein formula are that you get pure high quality protein without the things you don't want, especially fat. For example, each serving of Maxine's BURN contains more than 20 grams of protein with only 1 gram of carbs and less than 1 gram of fat. Maxine's BURN also include other nutrients that help with muscle recovery, muscle toning, and fat burning. Maxine's BURN also has a great range of protein bars and cookies to support your Challenge goals.

## **CARBOHYDRATES:**

Carbohydrates are sugars, like glucose or sucrose (table sugar), or starchy foods like potato and rice (which are many sugar molecules joined together). These starchy foods are often referred to as complex carbohydrates.

From a nutritional perspective there are carbohydrate foods that are highly nutritious and support muscle toning and fat loss, and there are carb foods that have very little nutritional value at all and are simply empty kilojoules that lead to weight gain. When your goal is to be lean and toned, moderating your carb intake is important, but some carbs are still a key element in a balanced fat stripping diet.

In most instances, the carbs you eat should come from less processed foods. These types of foods are generally slower digesting and give you a more even and sustained release of energy to keep you going throughout your day. Foods like oats, brown rice, sweet potato, beans and lentils are all good sources of slower digesting carbs and should be the bulk of your carb intake. Fibrous vegetables like broccoli, cabbage, string beans, lettuce and capsicum are also important carb foods to include in your diet. They are high in fibre, low in starchy carbs and fat, but high in many types of micronutrients including vitamins, minerals and other plant chemicals that boost health and aid muscle toning.

Fruits are another great source of carbs and micronutrients. Some fruits are relatively high in sugar so we recommend limiting fruit intake to 1 piece per day while your goal is to get lean and toned.

How much carb food should you consume each day? Our general guidelines are around 1 – 2 grams of carbs per kg of body weight (1 gram for strict dieting and faster fat loss, 2 grams for more moderate and sustained loss). Fortunately our meal plans take care of these numbers so all you have to do is follow the diet.

There are many forms of carbohydrates that you should limit or eliminate from your diet if you want a healthy toned body. As a general rule, the more processed the food, the more you should avoid it. Sugar and all foods that are high in sugar like sweets, syrups, soft drinks and fruit juices should be avoided. Foods made from white flour, or a combination of white flour, sugar and fats, like cakes, white bread, biscuits and many forms of snack food or fast food should also be avoided. Highly processed carbs are absorbed by your body very quickly, but just as quickly are usually converted to fat and stored around your body in adipose tissue. Quite simply, a diet high in processed carbs will increase your body fat.

There is one exception to this. During a hard workout your body, particularly your trained muscles, can become quite depleted in the stored form of carbs called glycogen that you use to produce energy. Immediately after a workout your muscles become very sensitive to nutrient uptake and will absorb proteins to repair muscle tissue and carbs to replenish energy store much faster than normal rates. This window of opportunity lasts only about 30 – 60 minutes, so we always recommend that Challengers consume a Maxine's BURN Shake mixed in milk as soon as possible after their workout to maximise recovery.

## **FATS:**

Like proteins and carbs, fats are nutrients your body needs to maintain good health, but too much of the wrong type of fats can cause long term health issues including obesity, heart disease and contribute to a host of other medical problems. Fats can exist in a liquid form, like vegetable oils, or a solid form, like butter or the layers of fat you find on red meat. Many foods contain hidden fats, and you may only know how much fat a food contains by reading food labels. For example, many types of meat can contain up to 20% by dry weight of fat. Many cakes, biscuits, sauces, dressings and marinades can be extremely high in fats.

Like carbohydrates, there are some fats that are needed regularly by your body and must be obtained in your diet. These fats, known as Essential Fats, are contained in foods like avocados, nuts, seeds, and some vegetable oils like olive oil, coconut oil and flaxseed oil. Some animal fats like fish oils also contain high levels of essential fats, including the Omega 3 and Omega 6 fatty acids. We should consume moderate amounts of these foods on a daily basis to ensure optimum health. Essential fats are also a vital component in the structure of cell walls, so the construction of new muscle cells must have a good supply of essential fats.

There are however a range of fats that should be limited or avoided if your goal is to sculpt a great body and maintain good health. Saturated fats, which are the types of fat you find in most animal meat, should be limited wherever possible. This means things like choosing leaner cuts of meat and chicken, trimming all visible fats where possible, removing skin from chicken cuts, and cooking with minimal amounts of oil. Other ways of avoiding the wrong types of fats include avoiding fatty and fast foods, reducing or avoiding processed foods, and looking for hidden fats that many types of foods may contain. Our Challenge diets provide the right levels of essential fats to help meet your training and health needs.

## THE MICRONUTRIENTS:

This is quite a complex subject. Micronutrients are the myriad of other nutrients your body needs and uses for a wide variety of biochemical and physiological processes. They include vitamins, minerals, antioxidants and phytonutrients (plant chemicals), just to name a few. The best way to get adequate levels of micronutrients is by consuming a diet rich in lean proteins, fruit, vegetables, whole grains and nuts. Variety is the key. Some bodybuilding diets can

be quite restrictive, so we will aim to add variety in these programs to ensure you get a good supply of micronutrients. As added insurance, hard trainers should include a good quality multivitamin & mineral supplement along with a good quality antioxidant formula.





# THE SUPPLEMENTS:

We've already mentioned several MAXINE'S Supplement products but let's look at supplement in a little more detail and why we recommend them. There are a wide range of bodybuilding and sports supplements available and it can be quite a confusing subject for new trainers. Do you actually need supplements, and if so, which ones? The reality is you can build a good physique if you diligently plan and follow a well-designed diet of highly nutritious foods. But the reality of modern life is that we are all busy and it's not always easy to get all the nutrients you need to support your hard training, and that's where supplements can help. There are different types of supplements and we will give you a rundown on the supplements that we recommend. We also provide some optional supplements you may wish to try if you want to step your training and results up to the next level.

## PROTEIN SUPPLEMENTS:

One of the main reasons women trying to shape up fail in their nutrition plan is that they don't get enough protein in their diet to sustain their training requirements. As a rule, you should be trying to have protein with every meal. To ensure you get enough quality protein and for greatest convenience, a high quality protein supplement is a great addition to your nutrition plan. Although individual results vary, neglecting to include these products as part of your Challenge may affect the overall quality and results of your transformation.

Many people ask – "why can't I just eat protein foods like steak or eggs to get the protein I need?" Don't get me wrong, we also advocate high quality real food proteins like lean meats, chicken, fish, eggs and dairy, but most of these foods also can contain a fair amount of hidden fats, so eating these protein foods all the time can add a lot of extra fat to your diet. On the other hand, protein supplements are a concentrated form of protein with virtually no fat. A single serve of a high quality protein like Maxine's Burn Protein has about the same amount of usable protein as a 200 gram steak, but with virtually no fat. It's pretty easy to see the advantages. So let's run through the protein that are recommended on the Challenge and tell you a bit more about it and the best way to use it.

## MAXINE'S BURN:

### *Thermogenic protein.*

This is a high protein / low carbohydrate formula for serious female trainers and athletes. It is gluten free and soy free so you can take it without fear of bloating or allergies. It also makes a great recovery shake after your workout. Along with the highest proteins, Maxine's Burn contains carb blockers and fat burners, making it an excellent protein to use as part of a low carb shaping and toning diet.

Remember it makes good sense to use the right supplements with your training, you'll simply get better results over the long term.



**A HIGH QUALITY PROTEIN  
SUPPLEMENT IS A GREAT ADDITION  
TO YOUR NUTRITION PLAN**

# NUTRITION BASICS:

Now before we get into the details of our suggested meal plans there are some basic nutrition principals that you should be aware of and build into your plan.

- **6 - 7 meals per day** – Rather than 2 or 3 bigger meals. Your metabolism will respond much better to regular nutrition through your day by working at a higher rate. You will burn more kilojoules, become leaner, have more energy, improve muscle tone and generally feel much better. If you only eat a few meals a day your body goes into starvation mode, believing it is not getting regular food and so tries to conserve energy by slowing down your metabolism and limiting your fat burning. This means lower energy and poorer results. The message here is simple – spread your daily food intake over 6 smaller meals for maximum results.
- **Protein serve at each meal** – To maximize the muscle toning effect you need a constant intake of protein throughout your day. The best way to do this is to make sure you have a quality protein source in each of your daily 6 daily meals.
- **Do not skip breakfast** – Nutritionists often refer to breakfast as the most important meal of the day, and for getting in top shape, breakfast is very important. This is because in the morning most people have not have eaten for at least 8 - 10 hours, so your body will be in starvation mode and your metabolism will be running slowly. Breakfast kick starts your metabolism and gets you burning kilojoules. Quality protein and carbs with relatively low fats is the perfect way to start your day.
- **Meal preparation** – We recommend you plan out your daily and weekly meal program, then prepare your food in advance. In many cases this means buying all your meal ingredients for the next several days, preparing your meals and then having them available as you need them so that you can stick to your eating schedule. Cook your meals for the next day or two, put them in fridge/freezer containers, then refrigerate or freeze them. Our Challenge plans will give you a good range of easy to prepare meals.
- **Drink plenty of water** – Water plays a crucial role in every part of your metabolism. You need it to build muscle, burn fat, produce energy, plus a myriad of other physiological processes. For hard training Challengers, you need to drink at least 2 litres or more per day as a minimum requirement.
- **Post workout nutrition** – The most important nutritional time of your day is right after you finish exercise. Fast acting protein and fast acting carbs straight after your workout will really supercharge your recovery. Maxine's BURN mixed in milk or if you are lactose intolerant you can use lactose free milk, almond milk or soy milk is an ideal post recovery meal.
- **Vegetables are essential** – Vegetables are full of vitamins, minerals and fibre, and will help keep your body healthy and in optimum shape during rigorous training and dieting. Try to include several servings of fresh vegetable in at least three of your daily meals.
- **Carbs, Yes or No** – Many female trainers often view carbs as taboo. What is the truth? It depends on your goals. If you are training and dieting to get lean and toned, you need to moderate your carb intake. And the carbs you do eat should be good quality 'clean' carbs like wholegrain cereals, brown rice and sweet potato. Ditch the sugary foods and highly processed foods. Our Challenge diet plans will help you do this.





# HAVE A TRAINING GOAL:

As we've already discussed, before you commit to a training plan you should have a goal or an image of what you would like to look like, feel like or perhaps a weight you would like to be. Most trainers have goals like dropping some body fat, creating a more athletic shape, building/shaping a booty, creating firmer tummy and thighs and finding that gorgeous bikini body. Generally these objectives can be broken down to two basic goals:

## 1. BUILD SHAPE

## 2. TONE & SHAPE

### WE HAVE PUT TOGETHER A NUTRITION PLAN TO SUPPORT BOTH OF THESE GOALS THAT WILL HELP YOU PREPARE FOR THE NEXT MAXINE'S CHALLENGE...

#### **BUILD SHAPE:**

This is typically the goal of the thinner trainer or someone with a fast metabolism and body type that finds it hard to gain weight and build shape. The goal here is not to add fat, but to add some solid quality muscular shape. However, your goal here is not to focus on just being lean because it's actually very hard to build strength and size if you are dieting to just be lean. So maintaining a moderate level of body fat is fine during this "building up" phase of your training. When you have built some lean muscle you can then think about changing your diet to strip some fat and reveal your new shape.

This diet plan has an emphasis on quality proteins, clean unprocessed carbohydrates and the right amounts of good fats. It is designed to help you steadily build strength, muscle and gain size. Sticking to a well-planned nutrition program and consistent hard training are the keys to success.

Don't fear lifting weights or fear gaining too much muscle mass that you lose your female curves! It is actually quite difficult for women to gain muscle compared to men, as women don't have the same hormones. What most hard training women do end up

with is a lean, well shaped body.

When you are training to build shape, you need to eat quite a lot of good quality food. Many trainers find it hard to consume the amount of kilojoules they need to force their body to grow. If you follow this program and find you are not gaining weight and size you will need to further increase your kilojoule intake. The best way to do this is to increase the portion size of each meal a little until you start gaining. Initially you may feel full all the time and find it hard to face up to each meal, but your system will soon get used to the extra food as your metabolism adapts.

Finally, to get the very best results you need to stick with this nutrition plan faithfully. Use the recommended protein formulas and supplements at the recommended times. Prepare your meals in advance, eat the correct quantities, don't skip meals and don't cheat. It's as simple as that.

**SEE THE 7 DAY BUILD SHAPE NUTRITION PLAN ON THE NEXT PAGE...**

# BUILD SHAPE NUTRITION PLAN

## BEGINNER WEEKLY PLAN

\*EAT PORTION SIZE BASED ON APPETITE    \*\*UNCOOKED WEIGHT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"><li>- 50g Rolled Oats mixed with 1 scoop Maxine's BURN protein powder and water</li><li>- Tea or coffee</li></ul>	<ul style="list-style-type: none"><li>- 1 scoop Maxine's BURN protein mixed with small tub natural or greek yoghurt</li><li>- Tea or coffee</li></ul>	<ul style="list-style-type: none"><li>- 3 egg white/1 yolk omelette</li><li>- 1 Piece seasonal fruit (apple)</li><li>- Tea or coffee</li></ul>	<ul style="list-style-type: none"><li>- 50g Rolled Oats mixed with 1 scoop Maxine's BURN protein powder and water</li><li>- Tea or coffee</li></ul>	<ul style="list-style-type: none"><li>- 3 egg white/1 yolk omelette</li><li>- 1 Piece seasonal fruit (apple)</li><li>- Tea or coffee</li></ul>	<ul style="list-style-type: none"><li>- 50g Rolled Oats mixed with 1 scoop Maxine's BURN protein powder and water</li><li>- Tea or coffee</li></ul>	<ul style="list-style-type: none"><li>- 1 scoop Maxine's BURN protein mixed with small tub natural or greek yoghurt</li><li>- Tea or coffee</li></ul>
MID MORNING	<ul style="list-style-type: none"><li>- Maxine's BURN bar</li></ul>	<ul style="list-style-type: none"><li>- 6 - 8 almonds</li><li>- 1 Piece seasonal fruit (apple, pear etc.)</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN bar</li></ul>	<ul style="list-style-type: none"><li>- 6 - 8 almonds</li><li>- 1 Piece seasonal fruit (apple, pear etc.)</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN bar</li></ul>	<ul style="list-style-type: none"><li>- 6 - 8 almonds</li><li>- 1 Piece seasonal fruit (apple, pear etc.)</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN bar</li></ul>
LUNCH	<ul style="list-style-type: none"><li>- 95g Tuna (small tin) &amp; garden salad</li><li>- ½ Cup cooked brown rice</li></ul>	<ul style="list-style-type: none"><li>- 150g Grilled lean steak**</li><li>- 1-2 Cups steamed green vegetables</li><li>- 100g Sweet potato</li></ul>	<ul style="list-style-type: none"><li>- 150g Grilled chicken breast**</li><li>- 1-2 Cups steamed green vegetables</li><li>- ½ Cup cooked brown rice</li></ul>	<ul style="list-style-type: none"><li>- 95g Tuna (small tin) &amp; garden salad</li><li>- ½ Cup cooked brown rice</li></ul>	<ul style="list-style-type: none"><li>- 150g Beef** &amp; vegetable stir fry</li><li>- ½ Cup cooked brown rice</li></ul>	<ul style="list-style-type: none"><li>- 150g Grilled chicken breast**</li><li>- Garden salad</li><li>- 100g Sweet potato</li></ul>	<ul style="list-style-type: none"><li>- 95g Tuna (small tin) &amp; garden salad</li><li>- ½ Cup cooked brown rice</li></ul>
AFTER WORKOUT	<ul style="list-style-type: none"><li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li></ul>
DINNER	<ul style="list-style-type: none"><li>- 150g lean steak**</li><li>- Garden salad or 1-2 Cups steamed green vegetables</li><li>- ½ Cup berries</li></ul>	<ul style="list-style-type: none"><li>- 150g grilled chicken breast **</li><li>- Garden salad or 1-2 Cups steamed green vegetables</li><li>- ½ Cup berries</li></ul>	<ul style="list-style-type: none"><li>- 150g grilled fish**</li><li>- Garden salad</li><li>- ½ Cup berries</li></ul>	<ul style="list-style-type: none"><li>- 150g Beef** &amp; vegetable stir fry</li><li>- ½ Cup berries</li></ul>	<ul style="list-style-type: none"><li>- 150g grilled chicken breast**</li><li>- 1-2 Cups steamed green vegetables</li><li>- ½ Cup berries</li></ul>	<ul style="list-style-type: none"><li>- 150g Fish** &amp; vegetable stir fry</li><li>- ½ Cup Berries</li></ul>	<ul style="list-style-type: none"><li>- 150g lean steak**</li><li>- Garden salad or 1-2 Cups steamed green vegetables</li><li>- ½ Cup berries</li></ul>
EVENING	<ul style="list-style-type: none"><li>- Maxine's BURN shake with water</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN shake with water</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN shake with water</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN shake with water</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN shake with water</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN shake with water</li></ul>	<ul style="list-style-type: none"><li>- Maxine's BURN shake with water</li></ul>



## **TONE & SHAPE:**

Getting toned and shapely is typically the goal of trainers who are carrying higher than desirable level of body fat. In some cases this can be a lot, maybe 10kgs or more over their ideal weight, or perhaps you may be a more moderate amount or 5 - 10kgs above your goal weight. Your aim should be to build or maintain muscle while stripping fat so that by the start of your MAXINE'S Challenge you are within striking distance of your goal weight. In our experience the type of food you eat, the amount you eat and when you eat are very important in helping to strip body fat while you build or maintain muscle.

Many trainers think that you need to do lots of cardio to burn off fat. However sports science shows us that a combination of weight training and regular cardio is the best way to stimulate your metabolism and burn maximum fat while building lean muscle to create the desired tone and shape. It is true that you can lose weight by dieting alone, but this will not give you that lean and firm shape. Sure, cardio will help you to look thinner, but dieting without weight training will not reveal great shape. The key is combining this nutrition plan with our training plans for a great result. Whatever the amount of body fat you want to lose, this diet program will help you sustain steady fat loss while maintaining and building muscle.

To get toned and shapely, we recommend a diet high in quality proteins, moderate levels of essential fats, but reduced in starchy or sugary carbohydrate foods.

We do recommend plenty of fibrous, non-starchy vegetables for their dietary fibre and micronutrient levels. We do know that reducing starchy carbs forces your body to burn fat for energy which helps you get leaner. Your meals should consist of a good protein source like chicken breast, lean red meat, fish or eggs, combined with fibrous vegetables like broccoli, string beans, capsicum and bok choy. Fats in your diet should mostly come from monounsaturated oils like olive oil, coconut oil and flaxseed oil, and from foods like avocados and nuts. Try to reduce animal fats and processed fats like margarine and watch for hidden fats in processed foods. You do need some carbs in your diet to help power workouts and fuel your muscle building and fat burning metabolism as we've explained. We also recommend protein shakes each day that are low in carbs and fats. By following our Tone and Shape diet plan you will avoid most of the pitfalls of a bad diet and get enough of the right nutrients to help you burn fat and tone muscle

How much fat can you expect to lose if you follow this program? Depending on your training intensity and food intake, most trainers could expect to lose between 0.5 - 1.0 kg per week.

***SEE THE 7 DAY TONE & SHAPE  
NUTRITION PLAN ON THE NEXT PAGE...***



TONE & SHAPE NUTRITION PLAN

BEGINNER WEEKLY PLAN

\*EAT PORTION SIZE BASED ON APPETITE    \*\*UNCOOKED WEIGHT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> <li>- 50g Rolled Oats mixed with 1 scoop Maxines BURN protein powder and water</li> <li>- Tea or coffee</li> </ul>	<ul style="list-style-type: none"> <li>- 1 scoop Maxine's BURN protein mixed with small tub natural or greek yoghurt</li> <li>- Tea or coffee</li> </ul>	<ul style="list-style-type: none"> <li>- 3 egg white/1 yolk omelette</li> <li>- 1 Piece seasonal fruit (apple)</li> <li>- Tea or coffee</li> </ul>	<ul style="list-style-type: none"> <li>- 50g Rolled Oats mixed with 1 scoop Maxines BURN protein powder and water</li> <li>- Tea or coffee</li> </ul>	<ul style="list-style-type: none"> <li>- 3 egg white/1 yolk omelette</li> <li>- 1 Piece seasonal fruit (apple)</li> <li>- Tea or coffee</li> </ul>	<ul style="list-style-type: none"> <li>- 50g Rolled Oats mixed with 1 scoop Maxines BURN protein powder and water</li> <li>- Tea or coffee</li> </ul>	<ul style="list-style-type: none"> <li>- 1 scoop Maxine's BURN protein mixed with small tub natural or greek yoghurt</li> <li>- Tea or coffee</li> </ul>
MID MORNING	<ul style="list-style-type: none"> <li>- Maxine's BURN bar</li> </ul>	<ul style="list-style-type: none"> <li>- 6 - 8 almonds</li> <li>- 1 Piece seasonal fruit (apple, pear etc.)</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN bar</li> </ul>	<ul style="list-style-type: none"> <li>- 6 - 8 almonds</li> <li>- 1 Piece seasonal fruit (apple, pear etc.)</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN bar</li> </ul>	<ul style="list-style-type: none"> <li>- 6 - 8 almonds</li> <li>- 1 Piece seasonal fruit (apple, pear etc.)</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN bar</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>- 95g Tuna (small tin) &amp; garden salad</li> <li>- ½ Cup cooked brown rice</li> </ul>	<ul style="list-style-type: none"> <li>- 150g Grilled lean steak**</li> <li>- 1-2 Cups steamed green vegetables</li> </ul>	<ul style="list-style-type: none"> <li>- 150g Grilled chicken breast**</li> <li>- 1-2 Cups steamed green vegetables</li> </ul>	<ul style="list-style-type: none"> <li>- 95g Tuna (small tin) &amp; garden salad</li> <li>- ½ Cup cooked brown rice</li> </ul>	<ul style="list-style-type: none"> <li>- 150g Beef** &amp; vegetable stir fry</li> <li>- ½ Cup cooked brown rice</li> </ul>	<ul style="list-style-type: none"> <li>- 150g Grilled chicken breast**</li> <li>- Garden salad</li> </ul>	<ul style="list-style-type: none"> <li>- 95g Tuna (small tin) &amp; garden salad</li> <li>- ½ Cup cooked brown rice</li> </ul>
AFTER WORKOUT	<ul style="list-style-type: none"> <li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN shake (Mix in milk after weight training , mix in water at all other times)</li> </ul>
DINNER	<ul style="list-style-type: none"> <li>- 150g lean steak**</li> <li>- Garden salad or 1-2 Cups steamed green vegetables</li> <li>- ½ Cup berries</li> </ul>	<ul style="list-style-type: none"> <li>- 150g grilled chicken breast **</li> <li>- Garden salad or 1-2 Cups steamed green vegetables</li> <li>- ½ Cup berries</li> </ul>	<ul style="list-style-type: none"> <li>- 150g grilled fish**</li> <li>- Garden salad</li> <li>- ½ Cup berries</li> </ul>	<ul style="list-style-type: none"> <li>- 150g Beef** &amp; vegetable stir fry</li> <li>- ½ Cup berries</li> </ul>	<ul style="list-style-type: none"> <li>- 150g grilled chicken breast**</li> <li>- 1-2 Cups steamed green vegetables</li> <li>- ½ Cup berries</li> </ul>	<ul style="list-style-type: none"> <li>- 150g Fish** &amp; vegetable stir fry</li> <li>- ½ Cup Berries</li> </ul>	<ul style="list-style-type: none"> <li>- 150g lean steak**</li> <li>- Garden salad or 1-2 Cups steamed green vegetables</li> <li>- ½ Cup berries</li> </ul>
EVENING	<ul style="list-style-type: none"> <li>- Maxine's BURN shake with water</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN shake with water</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN shake with water</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN shake with water</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN shake with water</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN shake with water</li> </ul>	<ul style="list-style-type: none"> <li>- Maxine's BURN shake with water</li> </ul>



# INTRODUCTION TO TRAINING:

This Program is designed to get you ready to tackle the Next MAXINE'S Shape-Up Challenge. As we've mentioned, you can do the 12 week Challenge any time of the year, but our experience shows that most trainers have a much better result when they participate in the official Challenges that currently run twice per year. This is because the support from our Coaches and Ambassadors, along with the great Challenge community, tends to really motivate most Challengers, keep them on track, and inspire them to great results. The following programs are suitable for trainers who want to build some shape and gain weight, or get toned and bikini ready. They are designed to help you build a good base before the Challenge.

However, like all good athletes would agree, we don't recommend really hard training and strict dieting all year round. This approach is very tough to handle both mentally and physically, and most people burn out and lose motivation if they try this approach. What we do recommend is a cyclical approach to your training, diet and overall conditioning. This means setting a goal, or several goals throughout your year and basing your training and diet around them. For some trainers and athletes this means reaching peak condition once or perhaps several times per year, and using the times between your peaks to recover and to work on areas like improving your fitness, adding more muscle, increasing strength, balancing up weaker areas, etc.

This is a similar approach that is used by most competition fitness sporting athletes. They have an "off season" and a "competition season". They use the off season to work on improving their physique and the competition season to maintain muscle but strip body fat to look their very best come competition day. In the off season they usually focus on heavier strength building programs to add more lean muscle, and they also work on improving areas of their body that may be lagging behind. For example, they may focus on more glute development during their off season by really hitting heavy squats or deadlifting. We focus on great health and fitness all year round, but we realize that the additional nutritional needs in order to gain strength can require an increase in body fat and that is ok. As long as it can be stripped away with a conditioning phase of nutrition and training.

With this approach in mind, our Beginner Program is designed to help set you up for the next MAXINE'S Shape-Up Challenge.

When starting out on any training program it's important to start off in the right way. In this section we will run you through the basics of training and then give you a whole body training program to get you started.

## HOW TRAINING WORKS:

Your body is a very clever device. If you always keep doing the things you always do, your body will stay the same as it is. However, if you apply some type of stimulus over and above what your body can normally handle, it will attempt to adapt by improving it's capabilities, like strength or endurance, so that the next time it encounters this greater stimulus, it will be better prepared to handle it. These adaptations occur in small steps, not giant leaps. So to make a significant change to your body, you must stimulate your body beyond its normal capabilities many times, over weeks, months and years. The result of these many small adaptations over these longer periods can result in significant improvements in muscle size, strength and endurance.

## STRENGTH TRAINING ADAPTIONS:

When starting a strength training program, most trainers find their strength in various lifts increases quite quickly. This is usually due to the trainer first learning to do the exercise movement correctly and then the neuromuscular recruitment of more muscle fibres in the lift, allowing more weight to be lifted. After a period of several weeks to several months, depending on the individual, strength improvements begin to taper off as the trainer becomes a more efficient lifter, improvement now relies more on actual increases in muscle strength. Strength increases are usually accompanied by increases in muscle size - bigger muscles tend to be stronger muscle. The actual mechanism of muscle growth revolves around damaging the individual muscle fibres that make up your muscles by overloading them with hard weight training. In the recovery time after your workout, your system repairs and regrows the muscle fibres, a little bigger, stronger, and a little more efficient. A constant cycle of hard training and proper recovery results in bigger, stronger and better conditioned muscles. Remembering that as a female, it will not result in a 'manly' look. It is just not going to happen that way. Females do not have the

same muscle building hormones that males do. The growth females experience are just enough to provide the toned shaping desired further enhancing healthy shape. After all, curves are held there by shape and muscle and without it.....the curves head south!

## **CARDIO TRAINING:**

Cardio, or aerobic exercise, is repetitive lighter intensity exercise that raises your heart rate and causes you to gain overall fitness and improved muscle condition. An added benefit of cardio training is that it burns body fat to help you look leaner and more defined. Cardio training improves the efficiency and strength of your heart, the ability of your vascular system to move blood around your body, the ability of your blood to deliver nutrients to your muscles, and the ability of your muscles to convert fuels and oxygen to energy, all very important to improving your fitness, conditioning and muscularity. When starting out you should aim for 2 - 3 cardio sessions per week of about 20 - 30 minutes each. Examples of good cardio exercises include brisk walking or jogging, cycling or stationary bike, steppers and rowing machines. You should keep the intensity moderate for maximum fat burning. A good way to judge if you have the intensity right is you should be able to talk reasonably normally without gasping for air.

## **TRAINING GOALS:**

As we've already mentioned before embarking on your body transformation campaign, we recommend you define your goals. A goal is a measurable result you want to achieve by a specific date. We find that trainers with specific goals are much more likely to get the results they want compared to those who only have a vague aim. Train with a purpose! So sit down and write out your goals. If your goal is a big change from where you are today, break it down into a number of smaller achievable goals, then stick your goal somewhere prominent to constantly remind you where you are heading. Some examples of specific goals are:

- I want to lose 10kg and look hot in a bikini by Christmas
- I want to do unassisted chin ups and gain 1 kg of lean muscle.
- I want to run the Melbourne Marathon next year.

## **BEFORE YOU GET STARTED:**

Below are a few things you need to think about and get sorted before starting your training:

- If you have a history of any medical condition, are taking any medication, are elderly, or quite overweight we recommend you consult with your medical practitioner before proceeding. In most cases exercise will probably have a positive affect on medical conditions however it's always best to be on the safe side.

- The best exercise programs are those that combine cardio type exercise (walking, jogging, cycling, etc.) with a well planned weight training plan. This will help you build strength and fitness, you won't just look good, your health will also improve dramatically. So whatever program you use, look for a combination of these exercise types.
- You need to decide where you want to train. If you join a good commercial gym, they should have all the equipment you need plus experienced instructors that can help you with your training program and diet. If you plan to train at home you may be a little more restricted in the scope of exercises you can do unless you have a good home gym set up. However you can still put a very effective training program together, which can be further enhanced with the acquisition of some basic weight training equipment. More on this later.
- Don't go to hard, too quickly. If your body isn't used to hard training you can easily overdo things in your first weeks of training, resulting in extreme muscle soreness. This can really slow your progress, or even worse, make you lose motivation causing you to give up on your goal. The best approach is to ease into your training over a 4 - 6 week period to condition your body for the hard training to come.

## **TRAINING BASICS:**

This Beginner program is designed to introduce you to the basics of weight training. You should follow it for the next 4 - 6 weeks. You will train your whole body in each workout and you will train 3 days per week. The idea of this training is to help build a strong base and to condition your body for the next phase of your training program. If you haven't really done any weight training before, stay on this program for 6 weeks. If you have done a reasonable amount of weight training before and are getting back into training, use this program for 4 weeks. At the end of your 4 - 6 weeks you can progress onto our Intermediate programs

Use the following training principals for maximum muscle building results:

- **Training frequency and duration** - As we've already mentioned if you are just starting out on a training program you should only be weight training about 3 times per week for your first 4 - 6 weeks and each session should take no more than 45 - 60 minutes. Cardio training again will depend on your goals. If you are trying to add mass keep your cardio down to a lower level, perhaps 2 sessions per week initially. If you are trying to lose some body fat aim for 3 - 4 sessions per week.



- **Positive failure** – Your muscles will only grow when you push them beyond their normal limits, which means you must train your muscles to failure in each workout. When performing resistance exercises your last few repetitions of the last 1 – 2 sets should be to failure. This means that by the time you get to rep 8, 9, or 10, you cannot do another rep unaided. A note here on training partners, if you have someone to train with who will really push you or motivate you, that is a great advantage. Personal trainers are also great for helping you really push your limits. You will be more motivated and confident to go for those few extra reps if you have someone spotting you on your exercises. But remember – don't push too hard in these first 4 weeks. Build up slowly. There will be plenty of time soon to push really hard.
- **Training Priorities** – If you have a weaker body part start off your workout with that body part to ensure you attack it while you are freshest. This might mean changing the order of the exercise listed in each block. For example, if you have weak or thin legs in comparison to your upper body, start your workout with legs exercises.
- **Sets and Repetitions** – For building shape, stick to around 8 reps, if you perform less than 8 reps you tend to increase strength but not muscle size. The number of sets you should perform is generally related to your training level. Beginning trainers should perform around 3 – 4 sets per muscle group, intermediate around 8 and advanced around 12. Rest between sets is also a factor. When you are training for all out strength take a good rest between each hard set so you can lift maximum weights on each set, around 3 minutes is usually enough. However, when training legs, always rest a few more minutes between sets to ensure you are able to perform each set with maximum intensity. When training to burn fat use a shorter rest time to keep your heart rate up.
- **Overload and Progression** – If you want to get leaner and stronger, you need to use more resistance than your muscles are used to. You must regularly push your muscles beyond their previous limits to force your body to adapt and grow. In other words, you should be lifting enough weight that you can ONLY complete the desired number of reps while maintaining good form. In order to avoid plateaus you need to always strive to increase your intensity. You can do this in a number of ways including: increasing the amount of weight lifted; increasing the sets/reps; changing the exercises you are doing and/or changing the rest intervals between sets; and changing the order of your exercises. Remember however, that good exercise form always takes priority over the amount of weight you can lift, so if your form is suffering, the weight is too heavy.
- **Rest and Recovery** – This is one of the most important aspects of building muscle. You must train hard to stimulate muscle growth but you must give your body enough time between workouts to recover. This is usually between 48 – 72 hours for someone who has been training regularly for some months, but can take longer for beginner trainers. To improve your recovery there are a number of strategies you should consider. Always have a protein shake straight after your workout; stretching and light cardio is a great method to relax stiff muscles and speed up recovery; hot and cold baths help aching muscles; and a good sports massage once a week is an excellent recovery strategy.

## STARTING OUT WHOLE BODY TRAINING PROGRAM:

The program you will follow is a 3 day a week weight training plan where you will train your whole body 3 times per week, and also include 3 cardio sessions per week to improve fitness and burn fat. Your week will look like this:

MONDAY	WEIGHT TRAINING
TUESDAY	CARDIO TRAINING
WEDNESDAY	WEIGHT TRAINING
THURSDAY	CARDIO TRAINING
FRIDAY	WEIGHT TRAINING
SATURDAY	CARDIO TRAINING
SUNDAY	REST

As we've mentioned, follow this 3 day a week program for 4 – 6 weeks and then look at progressing to our intermediate level program as long as you feel your strength and conditioning allow you to step up to the next level. If you don't feel comfortable stepping up after this time you can stay on this program for another 4 weeks or so then reassess your capabilities.

**IF YOU WANT TO GET LEANER AND STRONGER, YOU NEED TO USE MORE RESISTANCE THAN YOUR MUSCLES ARE USED TO**

# TRAINING AT HOME:

Training at home is a relatively easy way to get started. You can train any time of the night or day, and because you don't waste time travelling to and from the gym, it's very time efficient. If you have made the decision to train at home you can perform an effective training program using bodyweight exercises only. However, for a small outlay we recommend you purchase some basic equipment that will add variety and options to your training and lead to potentially better results.

The equipment we would recommend is:

- Barbell set (with a number of 2kg & 5kg weight plates)
- Chin-up Bar

As you become more experienced you can add other pieces of equipment to your home set up.

## **CARDIO:**

Cardio is the other important element in your training plan. If you are training to build shape and gain weight start with about 20 minutes 2 - 3 times per week. If your aim is to strip fat aim for 3 - 4 sessions per week and build up to 30 - 40 minutes per session. Your cardio can be any suitable exercise that gets your heart rate up to a level where you raise a sweat, start breathing moderately heavy and can still carry on a conversation, but only just. If you are a home trainer cardio can include includes exercise like brisk walking, jogging, or perhaps stationary bike (if you have one) or cycling.

**SEE THE TRAINING AT HOME PROGRAM ON THE NEXT PAGE...**



# TRAINING PROGRAM

## BEGINNER: TRAINING AT HOME

MONDAY			WEIGHT TRAINING
TUESDAY			LIGHT CARDIO
WEDNESDAY			WEIGHT TRAINING
THURSDAY			LIGHT CARDIO
FRIDAY			WEIGHT TRAINING
SATURDAY			LIGHT CARDIO
SUNDAY			REST
MUSCLE GROUP	EXERCISE	SETS & REPETITIONS	NOTES
Abdominals	Crunches	<b>2 x 20 repetitions</b> Rest 2-3 minutes between sets	Lie on your back with your knees bent. Place your hands on your thighs, then contract or crunch your abs muscles to lift your shoulders and head off the ground. Slide your hands up your thighs until they go over your knees, then lower your upper body down again to the starting position.
Chest	Push Ups	<b>3 x 10 - 15 repetitions</b> <b>1 x Repetitions to failure</b> Rest 2-3 minutes between sets	Warm up with 10 reps then perform 2 sets of 15 reps. On your last set perform as many push ups as you can.
Back	Chin-Ups	<b>3 x 8 - 10 repetitions</b> Rest 2-3 minutes between sets	Warm up with 4 - 6 Chins. Then perform your 3 working sets. Take a grip about a hand width wider than shoulder width on each side. Pull up to bring your chin to bar height then lower under control. Focus on stretching your back muscles while hanging with your arms extended.
Shoulders	Standing Barbell Press	<b>3 x 10 repetitions</b> Rest 2-3 minutes between sets	Start with a lighter weight and warm up your shoulders well with 10 - 15 reps, then perform your 3 working sets. Grab the bar with an over hand grip slightly wider than shoulder width. Lift the barbell to shoulder height then press up powerfully and lower slowly. Increase the weight with each set but make sure you maintain good form. Don't arch your back excessively.
Biceps	Standing Biceps Curl	<b>3 x 10 repetitions</b> Rest 2-3 minutes between sets	Grip a barbell with an under hand grip at about shoulder width. Start with your arms hanging straight. Curl the weight up in a controlled and steady arc until your biceps are fully contracted, then lower again in a controlled arc. Increase the weight with each set. If you have to heave up the weight or arch your back, the weight is too heavy, so back it off a little.
Triceps	Close grip push ups	<b>3 x 10-15 repetitions</b> Rest 2-3 minutes between sets	Your arms should already be warm so just jump right into this exercise. Adopt a push up position but with your hands close together under your chest, with your thumbs just touching. Press up and down like a push up but focus on keeping your elbows tucked in close to the side of your body. You should feel the majority of the effort in your triceps.
Legs	Barbell Squats	<b>3 x 10-15 repetitions</b> Rest 3-4 minutes between sets	Warm up with a few sets of squats with no weight to ensure good blood flow to your knees and muscles. Choose a medium weight then lift the bar up and over your head, then rest the bar across your shoulders. Your feet should be shoulder width apart and the bar should sit comfortably across your shoulders. When squatting, keep your head up and your back straight. Squat down until your thighs go a little further than parallel to the floor. Start with a lighter weight and concentrate on correct form. If you are training in a gym, ask an instructor to show you the correct technique.
	Lunges	<b>2 x 20 repetitions</b> Rest 2-3 minutes between sets	Starting from a standing position, take a big step backwards bending your knee until your front leg is bent almost at 90 degrees and the knee of your back leg is almost touching the floor. Your knee bend should be a smooth and controlled movement and you should feel pressure or strain through your thigh. Pause briefly at the bottom of the movement then push back to your starting point. Repeat the movement with your other leg. To increase the intensity, hold a barbell across your shoulders during the exercise.
Calves	One Leg Standing Calf Raise	<b>3 x 20 repetitions</b> Rest 2-3 minutes between sets	Find a step or use a block of wood and put the ball of one foot on the step with your heel stretching down toward the floor. Keep your leg relatively straight with your knee locked, and steady yourself by putting your hand against the wall. Raise up on the ball of your foot to get a strong contraction in your calf then lower back down for a good stretch. Do 2 sets of 20 reps on each leg. For more resistance hold a dumbbell in one hand.



# TRAINING IN THE GYM:

Training in a good commercial gym has many advantages. For one, a large range of equipment usually allows you to add variety to your training which can help you stay motivated. Also, many gyms have qualified instructors and personal trainers who can help with your program and nutrition. If your gym has these resources you may want to follow the recommendations of the Gym staff. However the following program is a great starting out plan that will build a solid foundation for your future training.

These days there are more and more 24 hour type gyms popping up that don't necessarily have any or limited staff, so if you are going to this type of gym you still need to know what you are doing to get the most out of your membership. The following program is designed for someone training in a commercial gym with a normal range of equipment and should be performed 3 days per week with at least one rest day between workouts.

## **CARDIO:**

Cardio is the other important element in your training plan. If you are training to build size and gain weight start with about 20 minutes 2 - 3 times per week. If your aim is to strip fat aim for 3 - 4 sessions per week and build up to 30 - 40 minutes per session. Your cardio can be any suitable exercise that gets your heart rate up to a level where you raise a sweat, start breathing moderately heavy and can still carry on a conversation, but only just. Cardio includes exercise like cycling or stationary bike, treadmill or brisk walking, elliptical trainer, rowing machine, etc.

***SEE THE TRAINING IN THE GYM PROGRAM ON THE NEXT PAGE...***



# TRAINING PROGRAM

## BEGINNER: TRAINING IN THE GYM

MONDAY		WEIGHT TRAINING	
TUESDAY		LIGHT CARDIO	
WEDNESDAY		WEIGHT TRAINING	
THURSDAY		LIGHT CARDIO	
FRIDAY		WEIGHT TRAINING	
SATURDAY		LIGHT CARDIO	
SUNDAY		REST	
MUSCLE GROUP	EXERCISE	SETS & REPETITIONS	NOTES
Abdominals	Crunches	<b>2 x 20 repetitions</b> Rest 2-3 minutes between sets	Lie on your back with your knees bent. Place your hands on your thighs, then contract or crunch your abs muscles to lift your shoulders and head off the ground. Slide your hands up your thighs until they go over your knees, then lower your upper body down again to the starting position.
Chest	Flat Bench Press	<b>3 x 10 repetitions</b> Rest 2-3 minutes between sets	Warm up with a lightweight then perform your 3 sets. You can perform this exercise with free weights or a pin-loaded machine. Your final set should feel quite heavy reps 8, 9 and 10 should be difficult.
Back	Lat Pull Downs	<b>3 x 10 repetitions</b> Rest 2-3 minutes between set	Warm up with a lightweight then perform your 3 sets. Use a wide grip and pull down to the top of your chest with a slight arch in your back. Stretch your back muscles when your arms are extended. Increase the weight in each set but keep the movement smooth and controlled.
Shoulders	Seated Dumbbell Press	<b>3 x 10 repetitions</b> Rest 2-3 minutes between sets	Start with a lightweight and warm up your shoulders well then perform your 3 working sets. Start with the dumbbells lightly touching your shoulders then press up powerfully and lower slowly. Increase the weight with each set but make sure you maintain good form. Don't arch your back excessively.
Biceps	Standing Biceps Curl	<b>3 x 10 repetitions</b> Rest 2-3 minutes between sets	Grip a barbell at about shoulder width, start with your arms hanging straight. Curl the weight up in a controlled and steady arc until your biceps are fully contracted, then lower again in a controlled arc. For added intensity, squeeze your biceps for a count of one in the contracted position. Increase the weight with each set. If you have to heave up the weight or arch your back, it's too heavy.
Triceps	Triceps Pushdown	<b>3 x 10 repetitions</b> Rest 2-3 minutes between sets	Warm up with a lighter weight then start your three sets. On your last set you should find the last few reps very difficult. To keep tension on your triceps don't lock your arms at the bottom of the movement, just keep your arms moving in a controlled steady motion.
Legs - Alternate squats one day with leg press the next.	Barbell Squats	<b>3 x 10 repetitions</b> Rest 3-4 minutes between sets	Warm up with a lightweight then perform your 3 sets. You will need a squat rack to perform this exercise properly. Your feet should be shoulder width apart and the bar should sit comfortably across your shoulders. When squatting, keep your head up and your back straight. Squat down until your thighs go a little further than parallel to the floor. Start with a lighter weight and concentrate on correct form. If you are training in a gym, ask an instructor to show you the correct technique.
	Leg Press	<b>3 x 10 - 15 repetitions</b> Rest 2-3 minutes between sets	Perform one light warm up set with 10 - 15 reps then perform 3 working sets. Set feet about shoulder width apart and focus on pushing through your heels. Increase weight in each set and aim to work to failure on your last set.
Calves	Standing Calf Raise	<b>2 x 20 repetitions</b> Rest 2-3 minutes between sets	A standing calf raise machine allows you to isolate your calf muscles. Once again, start with a lighter weight and warm up the calves well. Increase the weight in each set and ensure you get a good stretch at the bottom of the movement and a strong contraction when you get to the top.

## TIPS & TRICKS:

For the beginning trainer there can be a number of pitfalls that can place obstacles in the way of your progress. Here are some tips that will help you avoid these pitfalls and get the best results.

- **Choose a Gym you feel comfortable in.** Take your time, walk around, look at the machines, and see how packed the place is and what type of people go there. Also check ensure it is within reasonable driving distance. If you have to drive 30 minutes each way, chances are you'll start looking for excuses not to go.
- **Get the gear you need.** Comfortable training clothes such as t-shirt, shorts and indoor-only sneakers are a good start for clothing. You may also want to bring a padlock, a bottle of water and a small sweat-towel. If you intend to shower at the gym, don't forget a full-size towel. You can also get optional things like gloves, but you may want to start without to assess what your needs are.
- **If you're unsure about the exercises, ask an instructor or hire a Personal Trainer.** This will help you to get started on the right foot. The key to progress and avoiding injuries is getting your exercise form right. You might as well learn everything right from the start so you don't have to 'unlearn' later. Many gyms offer a couple of free sessions with a trainer when you sign up - take advantage of it! Be sure to check out our Challenge exercise database with video's of many of the basic exercises we describe here. Other great resources include [www.muscle.tv](http://www.muscle.tv) exercise database with a huge range of training and nutrition clips.
- **Learn the gym etiquette.** Let others use your machine between your sets, wipe off your sweat from machines and pads, unload the plates when you're done and don't start yakking with people in the middle of their sets. Leave the pager and cell phone in the locker.
- **Make sure to get plenty of sleep.** You do most of your growing in bed, not in the gym, so don't rob yourself of growth by skimping on the ZZZZ's. Another obvious advantage of getting sufficient rest is that you're more energized and can train harder, which in turn improves the result of your workouts. A sleep-deprived person is worn out even before stepping into the gym. Such a person can even get him/herself injured because of the lack of mental focus.
- **If your gym is too crowded, consider a different workout schedule.** Since everybody is in the gym at 5 PM on Mondays, perhaps it is better to schedule your workout for 8 PM - or 7 AM, before work. Or better yet, go on Sunday afternoon when the weekend warriors are busy drinking beer and watching sports and make Monday a rest day. Remember, your body couldn't care less what day

of the week it is, so adjust your schedule to what's most convenient. One caveat: Try to get your weight lifting in when you're feeling the most energized. Morning people usually have no problems with early workouts, but night owls probably benefit more from a late evening workout, and vice versa.

## SAFETY POINTERS:

As a beginner, your goal is to learn to lift right, not lift a lot. In addition to getting the basic movements right, there are some universal safety pointers you should keep in mind to decrease the odds of injury now and later.

- **Get and Exercise Spotter** - Hire a personal trainer or get a regular workout buddy to spot you for exercises that make you vulnerable to injuries. For example, exercises like bench presses, squats and most types of overhead shoulder presses have certain risk factors that you need to understand. There are several advantages in getting some help:
  1. A person who knows you can judge when you need and do not need a helping hand
  2. He knows how strong you are and how much help to apply
  3. You don't have to grab just anyone off the floor that may not know what they are doing
- **Don't Overstretch your joints** - Getting a full range of motion during a set is good, pushing a joint beyond its natural limitation is asking for trouble. In most cases it's not even a conscious action. Keep your exercises controlled and don't bounce the weights at the bottom of a movement. - Elbows, wrists, shoulders and knees are especially vulnerable so exercise care and control.
- **If you do calf presses in a classic leg-press machine, always leave the safety stops engaged.** They won't interfere with your calf presses, but if your soles slip off the plate you'll be very, very glad you did. Otherwise you'd have a few hundred pounds of plates with a sharp metal edge and a one-way ticket to your kneecaps.
- **Learn to flex your abs and maintain a tense midsection at will.** This helps stabilize your torso and can do wonders in avoiding undue strain on your back. Remember, avoiding injuries is a key step to long-term bodybuilding success. Make it a habit to always tense up your abs while curling, pressing or pushing weights, especially for overhead exercises such as military presses.
- **Don't forget to employ proper lifting technique** (straight back, knees bent and abs tense) when loading and unloading weight plates. Just because it's not a regular exercise doesn't mean you can ignore safety when dealing with 45-pound plates. Also check your grip. If you get sweat on your hands you have a potential toe-crusher going if you try to unload the plates without wiping your hands first.