

Guidelines for Program

Depending on your level you can start on phase 1 or Phase 3 of Program

People brand new to exercise or people who have been out of the gym for awhile should start on phase 1

Spend 2-4 weeks on each phase.

People who have been lifting and have some barbell training under their belt should start on phase 3

Spend 4 weeks on each phase and repeat phase 3 and 4 multiple times if you wish

After completing 16 weeks of this type of training depending on goal you can switch over to our hypertrophy, novice program, or off season body building

We recommend weighing yourself twice per week under same time and conditioning each week (IE same amount of food and water)
Take progress picture in same location and same light and distance once per week.

We recommend meal prepping 2-3 times per week. Most important prep your protein sources ahead of time.

Reminder we are not doctors or dieticians and are ONLY giving nutrition advice based on our personal experience

If you are looking for more hands on coaching, programming or nutrition advice contact gaglionestrength@gmail.com for a free consult!

You will get \$75 any coaching package when you mention you purchased this program!

Perform at least 3 sets of each exercise and a max of 5 sets per exercise in the rep range shown. Aim to have a few reps still left in tank. Progress each week
Any product questions please e-mail our customer service e-mail john@gaglionestrength.com

For a great video on exercise modifications please check out link below
<https://youtu.be/P3VV2gjnN0Q>

Please refer to our YT channel and exercise index for more tips and tutorial on exercise technique
We will also have a PDF for all our YT videos pertaining weight loss tips as well. Review all of that material before or as you start program for best success!

Refer to video below to learn how to read program
<https://youtu.be/2FDwIOxMebQz>

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Cardio Guidelines

Basic Phase First 4-6 weeks

Aim to get in cardio 4-7 times per week

Start at a 10 Minute Walk once per day

Increase by one minute each day until you get to 30 minutes

Once you get to 30 minutes if that is still challenging

You can break up your walking into 2-3 times per day

Aim to get at least 30 minutes total for the day

If this is too easy you can

Do walking on an incline treadmill

Perform walking with a weight vest or hold very light weights

Or Pull a light sled

Intermediate phase 8-16 weeks

2 times out of the week hit Interval training

Start with 5 rounds of 10 seconds hard

with 30-50 seconds or rest

Each week progress time and or rounds

For example

Week 1 5 rounds of :10 seconds hard :50 seconds easy

Week 2 5 rounds of :15 hard and :45 easy

Week 3 5 rounds of :20 hard and :40 easy

Week 4 6 rounds of :20 hard and :40 easy

Week 5 7 Rounds of :20 hard and :40 easy

Week 6 8 rounds of :20 hard and :40 easy

Week 7 9 rounds of :20 hard and :40 easy

Week 8 10 rounds of :20 hard and :40 easy

Every 4-8 week switch up the variation or machine using

Types of Machines used

Incline Treadmill, Elliptical, Upright bike, Rower, Step mill etc

Use low impact options with good form

Advanced Phase Ongoing

Start with 8-10 Rounds of :20 hard and :40 easy

Switch the variation every 1-2 weeks

Switch out work and rest ratios from time to time

For example :10-:30 seconds hard and :50-:30 easy pace

You can start to implement more advanced conditioning tools

Kettlebells, Prowler, sleds, farmer walks, ropes, and med balls

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For People who like to be more targeted for cardio work you can use this formula

220-Age-Resting Heart Rate (RHR) X % of intensity + Resting Heart Rate

For example

My age is 31 and my resting heart Rate is 70

$220 - 31(\text{age}) - 70(\text{RHR}) = 119$

$119 \times .60 (\text{intensity}) + \text{RHR } 70 = \text{about } 141$

$119 \times .80 (\text{intensity}) + \text{RHR } 70 = \text{about } 165$

So for my cardio I typically like to stay in between 140 and 165 for majority of my work volume. It is a good guideline to adjust intensity of cardio

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After initial phase aim to get 3-5 Low intensity sessions
10-30 minutes steady pace 3-5 times per week
If Low intensity work is less than 15 minutes aim for
multiple times per day

During intermediate and advanced phases aim for 2-3
High intensity interval sessions per week
5-10 rounds of :10-:30 second bursts with :50-:30 easy pace
Cardio can be done on off days or after training
High intensity sessions should NOT be done before weights

Nutrition and Lifestyle Recommendations (what has worked for US nothing about diet is absolute!)

Control Calories and Craving by reducing carb intake
We recommend ONLY eat carbs pre and post weight training ONLY for initial 16 weeks of program
Focus on adding in more Protein and Produce
We recommend to Aim to Eat protein every meal
Get 7-9 hours of sleep per night
Have some alone time each day to reduce stress
We recommend Drink .5-1 liter of water first thing in morning
We recommend No coffee after 12pm
Limit sugar to close to zero during first 16 weeks of program to help control cravings

Protein choices

Lean Beef
Chicken or turkey
Whey or Pea/Hemp Protein powder
Fish

Fat Choices

Nuts or Avocado or whole eggs

Produce Choices

Any green veggies

Carb Choices

Rice or potatoes

Feel free to use hot sauce or mustard as needed to flavor foods
Use salt and pepper as much as needed
On days you aren't weight training have more protein and veggies and some fats
Don't starve yourself!! Big focus is moving more and eat a little less over time
When you are hungry drink more water and eat protein FIRST
2x per week step on scale to measure progress. If weight doesn't go down in 2 weeks eat less

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