



A GUIDE TO STARTING YOUR OWN
FITNESS JOURNEY

The Best Ways To Stay Consistent

An introduction in beginning your own strength training fitness journey at home or at the gym

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Author's Note

I was not always into fitness growing up. I did sports here and there, but that went away during my teenage years. I gained weight in my Junior year of High School, about an extra 60 pounds. I was not active and eating a lot of fast food, you know the deal. A year went by and I was at my heaviest, I didn't feel too good about myself either. I never cared for the scale, but I went to check my weight one day. Disclaimer I am only 5'2. I stepped on the scale and weighed 190 pounds. I was pretty shocked and so knew I needed to get healthier for myself and I knew it was time to make a change.

I started at an all women's gym and due to some connections I had, I ended up getting a job as front desk/kids club at that gym. I trained with my Personal Trainer, Lauren, and she helped me realize my fullest potential. She taught me how to stay motivated when you don't always feel like it and how to remain dedicated. Consistency is key, as we always hear, it's very true.

The year of 2017 is the year I changed my life. I lost 60 pounds and gained muscle, totally changing my whole entire body composition. With the help of nutrition, strength training, cardio, and consistency. I never thought I'd be where I am today, getting to help other people start their fitness journeys. It can still be very surreal sometimes.

Thank you for trusting me with the start of your Fitness Journey! I created this to help you learn more about starting your fitness journey and be able to have the knowledge to continue it on your own. This E-book will help show you how to best stay consistent and understanding why and what you're doing to achieve your fitness goals. It's good to know the science behind the workouts. This is a beginner guide, so it will be brief, but a lot of knowledge packed in as well. I wish you well on your fitness Journey..

Ashley Calventa

Introduction to starting your fitness journey

When first starting your fitness journey, you need to understand that this is a lifelong commitment you're making to yourself, for your future self. You should not stop once you reach your goal. You'll notice over time, you'll develop and create new goals. This will go on in your fitness journey as you learn different forms of training and new exercises. When first starting out, you need to have a clear goal in mind, it will make it easier to start. NASM (National Academy Of Sports Medicine) has a clear goal setting process. It's called setting a S.M.A.R.T goal. This process has helped me a lot with setting new goals throughout my fitness journey.



“WHEN YOU HAVE A CLEAR VISION OF YOUR GOAL, IT'S EASIER TO TAKE THE FIRST STEP TOWARD IT”

Setting S.M.A.R.T goals will help you overcome any mental or physical hurdles you may be facing in the start of your fitness journey

S

- **Specific:** The goal should be clear and precise while also serving as a personal motivator.

M

- **Measurable:** The goal should be something that can be objectively measured so that you can accurately track progress.

A

- **Achievable:** The goal should be realistic enough to obtain yet challenging enough to push someone past their regular routine.

R

- **Relevant:** The goal needs to feel important to a person and align with other fitness-related ideas.

T

- **Time-bound:** This provides a deadline and will help you stay on task and keep the outcome goal a priority.

Introduction To Strength Training

What is Strength Training? Strength training (also known as resistance exercise) increases muscle strength by making muscles work against a weight or force. When you continue a strength training program consistently with progressive overload, your muscles become stronger.

Progressive overload is gradually increasing the intensity or difficulty of workouts over time to break down muscle fibers and attempt to overload the neuromuscular systems to rebuild them stronger.

Some people that are new to strength training do not realize that if they fatigue in a middle of an exercise set and are unable to complete any more repetitions, they can quickly grab lighter weights to complete their final repetitions to get that progressive overload.

You can vary your progressive strength training program every six to eight weeks to maintain improvement. You do not want to do random workouts every week, you won't be able to get a progressive overload in your workouts. You want to have a set program with set exercises you can progress over time.

Do not skip or eliminate what exercises might be difficult for you. What is difficult for you might be a telling sign that is what you need the most to get stronger. Pain free, of course. You want it to be difficult, but you do not want to push through any pain at all.

Variables that can impact on your results include

Sets

Repetitions

Exercise Selection

Intensity

Frequency Of Sessions

Rest Time In Between Sets

Introduction To Strength Training

Sets: A group of repetitions performed without resting, for example, two sets of bicep curls with 15 reps would mean you do 15 bicep curls then rest your muscles before doing another 15 bicep curls.

Repetitions: Refers to the number of times you continuously repeat each exercise in a set.

Exercise Selection: A particular movement, for example a pull up, that is designed to strengthen a particular muscle or group of muscles.

Rest Time: You need to rest between sets. Rest periods vary depending on the intensity of exercise being undertaken. At least 30-60+ seconds and more can be taken. Think of it this way, the more rest you take, the more efficient the next set will be. If you go into the next set too soon, you might fatigue faster than if you rested longer. It's about building muscle, not burning calories.

Frequency of sessions comes down to how busy you are and how willing you are to commit to a strength training program for your goal. You want to aim to train each muscle group 2-3 times a week. So, if you can only commit to 2-3 days a week, that will be a very well programmed 3 full body day program. If you can commit to 4-6 times a week, that's when you can figure out a split that works for you. Some people split by muscle groups and some people do push/pull, there are different options. One thing is, you should get to your goals if you stay consistent and increase the intensity of your workouts throughout your sessions with a programmed workout plan.

Introduction To Strength Training

There are many ways you can strengthen your muscles, wether at home or at the gym.

Different types of Strength Training include:

- Resistance bands – long or short rubber bands – providing resistance when stretched
- Free weights – strength training tools such as dumbbells, barbells and kettlebells, and Ybells.

- Weight machines – devices that have adjustable seats with handles attached either to weights or hydraulics.
- Medicine balls or sand bags – weighted balls or bags.

- Your own body weight – can be used for squats, push-ups and chin-ups. Using your own body weight is convenient, especially when doing at-home workouts.

FUN FACT!

During weight-bearing activity, the muscles and tendons apply tension to the bones, which stimulates the bones to produce more bone tissue.

In result, the bones become stronger and more dense and the risk of osteopenia, osteoporosis, and fractures decreases.



Introduction To Nutrition

Protein

Protein serves many important functions in the body, the most important one being the synthesis and repair of cells, tissues, and structures. Some other functions are synthesizing hormones, enzymes, antibodies, and peptides and transporting the many compounds throughout the body like lipids and minerals.

- The basic RDA for a person will be 0.8 grams of protein for every kg of bodyweight.

- For people consistently working out and aiming to build muscle mass can consume near 1.2-1.7 grams of protein per every kg of body weight.

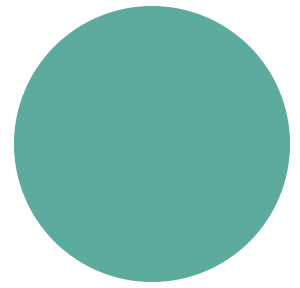
All needs for protein, carbs, and fats will change depending on size, age, and energy needs

Carbohydrates

Carbs are a term for energy yielding compounds that have carbon, hydrogen, and oxygen atoms. These are the main source of fuel for the body during activity.

- We want to aim for around 3 – 5 grams per kg of body weight for someone getting light exercise.
- For someone that does moderately to intense exercise for 1 – 2 hours per day on 5 – 6 days a week, want to aim for 5 – 7 grams per kg of body weight. ⁸ 8

Introduction To Nutrition



Lipids (Fats)

Lipids are also known as fats and a concentrated energy source for active people.

Dietary fats are essential to give your body energy and to support cell function. They also help protect your organs and help keep your body warm. Fats help your body absorb some nutrients and produce important hormones, too.

There are nine calories in every gram of fat, regardless of what type of fat it is. Fats are more energy-dense than carbohydrates and proteins provide four calories per gram.



Hydration

Water plays a crucial function in encouraging increased muscle mass because it delivers the materials required for constructing protein and glycogen structures, the body's main sources of energy.

Water is the most essential nutrient because an individual body is made up of 60 percent of water. It helps keep the body a normal temperature.

Understanding How To Split Up Your Workouts Best

How many days a week are you willing to workout?

2-3 days a week: You will want aim for 2-3 full body workouts at hand. You want to incorporate main movements such as push, pull, hinge, and squat. Make sure to add in unilateral movements. Unilateral movements are any form of movement that trains one limb at a time. For example, a one arm row or a lunge.

4+ days a week: Each session will target a specific set of muscles or movement. It tries to maximize exertion on the target muscle groups while allowing other muscles to recover on days when they aren't being used.

A common 4 day split is 2 days of upper body training and two days of lower body training.

Another common 4 day split is a push/pull split.

Push days include exercises where you're pushing (Bench Press, Squat) and generally target the muscles in the front of your body. Pull days include exercises where you're pulling (Pull Ups, Bent Over Row) and generally target the back of the body.

Push Day Muscle Groups: Chest, shoulders, triceps, quadriceps, and calves

Pull Day Muscle Groups: Entire back, biceps, hamstrings, and obliques

Understanding How To Split Up Your Workouts Best

In a 4+ day split, you can get away with shorter sessions more than you can in the 2-3 day split, just because you have that extra day to train. Shorter sessions means you can focus more on quality sets, which the quality can suffer if you're trying to cram too much stuff into a single workout.

Working out in a 4+ day split is a great way to get results and bring your workout routine to the next level. Whether you choose an upper/lower split or a push/pull, consistency is key for results.



Conclusion

I hope this E-book helped you gain motivation and insight on how to start your fitness journey! Don't be afraid to try new things. It's only you VS. you and you got this. If you are interested in 1 on 1 Online Coaching and want me to be apart of and help you with your fitness journey, sign up on my website!