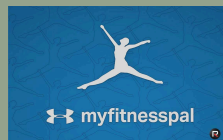


New Lifter Orientation #3/3

Basic Nutrition

- PRIOR to training, eat or drink a minimum of 30 grams of carbs (1 banana, 1C cooked oatmeal, etc) and some protein (whey protein shake, eggs, etc)
- Have a portion of protein with every meal and stick to low processed foods
- Two basic supplements are recommended for most lifters of all ages: Whey Protein (if dairy is tolerated) and Creatine Monohydrate (for bioenergetic demands)
- Recovery for strength training requires staying hydrated and eating enough quality calories to include a recommended protein intake of 1 gram per pound of bodyweight per day (this takes consistency and effort with the fork)
- For an accurate daily calorie target talk to your coach
- For nutrition tracking MyFitnessPal is a helpful app



MyFitnessPal (App)

Gym Equipment Basics (see attached photos)

- Power Rack Components
- Barbell Types and Features
- Weight Plate Types: Pounds vs Kilograms; Olympic Bumper {standard height/tall} and Iron {variable heights} and Plate Math References



Bar is Loaded (App)

8:17

Barbells Load the Bar Inventory

Calculate Reverse

KG **LB** Mixed

29.5 KG | 65 LB

100% **65** LB

Set of Plates Needed

45	10
LB	LB
Bar 1	

Quick Maths: $45 + 20 = 65$ LB

Load the Bar Prep Calculators Settings

8:18

Barbells Load the Bar Inventory

Calculate Reverse

KG **LB** Mixed

43.1 KG | 95 LB

100% **95** LB

Set of Plates Needed

45	25
LB	LB
Bar 1	

Quick Maths: $45 + 50 = 95$ LB

Load the Bar Prep Calculators Settings

8:18

Barbells Load the Bar Inventory

Calculate Reverse

KG **LB** Mixed

61.2 KG | 135 LB

100% **135** LB

Set of Plates Needed

45	45
LB	LB
Bar 1	

Quick Maths: $45 + 90 = 135$ LB

Load the Bar Prep Calculators Settings

8:19

Barbells Load the Bar Inventory

Calculate Reverse

KG **LB** Mixed

70.3 KG | 155 LB

100% **155** LB

Set of Plates Needed

45	45	10
LB	LB	LB
Bar 1		Bar 1

Quick Maths: $45 + 90 + 20 = 155$ LB

Load the Bar Prep Calculators Settings

8:19

Barbells Load the Bar Inventory

Calculate Reverse

KG **LB** Mixed

83.9 KG | 185 LB

100% **185** LB

Set of Plates Needed

45	45	25
LB	LB	LB
Bar 1		Bar 1

Quick Maths: $45 + 90 + 50 = 185$ LB

Load the Bar Prep Calculators Settings

8:19

Barbells Load the Bar Inventory

Calculate Reverse

KG **LB** Mixed

102.1 KG | 225 LB

100% **225** LB

Set of Plates Needed

45	45
LB	LB
Bar 2	

Quick Maths: $45 + 180 = 225$ LB

Load the Bar Prep Calculators Settings



Ryan Verdi
Strength Coach

Ryan Verdi is not a medical doctor, licensed nutritionist, or registered dietitian and the information contained herein should not be taken as medical advice. These are only recommendations and should NOT be taken as medical advice, nor are they intended to diagnose, treat, cure, or prevent any health problem. Recommendations by Ryan Verdi are not intended to replace the advice of a physician or health professional. Please consult a physician or a health professional before beginning any diet or exercise program.