

IRON  
INTELLIGENCE  
SYSTEMS

# High-End Fitness Coaching Blueprint & Professional Athlete Branding

Unlock your potential and succeed



High Level Professional  
Fitness Coaching by  
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# Coaching Blueprint

## RAMADAN & TRAINING

Ramadan is not stagnation — Ramadan is controlled adjustment. If you understand priorities (protein, recovery, structure), you can maintain or even build muscle while losing fat without overloading your body.

### TRAINING DURING RAMADAN – OPTIMAL EXECUTION

#### OPTION 1 – TRAINING BEFORE IFTAR (FASTED)

Suitable for:

- Fat loss
- Routine personalities
- Short sessions

Recommendation

- 45–60 minutes
- Moderate volume
- 6–12 reps
- 1–2 reps in reserve (RIR)

Split Ideas

- Full Body
- Upper / Lower
- Short Push / Pull

Immediately After Training:

#### IFTAR = POST-WORKOUT

Extra Tip (Blueprint Level):

- Salt before training ( $\approx 0.04$ – $0.07$  oz in water)
- Focus on tension, technique, mind-muscle connection

#### OPTION 2 – TRAINING AFTER IFTAR

Suitable for:

- Muscle building
- Heavy lifts
- Performance focus

Flow

1. Light Iftar
2. 60–90 min break
3. Training
4. Post-Workout Meal

Extra Tip

- Don't make Iftar too fatty
- Avoid food comas before training

### NUTRITION DURING RAMADAN – THE RULES

#### RULE #1 – PROTEIN BEATS EVERYTHING

If you only get one thing right — make it this.

0.8–1 g protein per lb bodyweight

## MERGE MEALS STRATEGICALLY

- Fewer meals = bigger meals
  - Order doesn't matter
  - Daily balance decides
- 2 big meals + 1 shake = fully sufficient

If time, hunger or appetite are missing:  
40 g Whey + water or unsweetened almond milk  
That's not weakness — that's discipline.

### CARDIO DURING RAMADAN – SMART, NOT EXTREME

Recommendation

- 8,000–12,000 steps daily
- Optional: 20–30 min Zone 2

Timing

- Before Iftar
- Or after training

No HIIT. No pressure.

### SUHOOR – THE PROTECTION MEAL

Rules

- High protein
- Easy digestion
- Not fat heavy

### SLEEP & RECOVERY

- Fragmented sleep is normal
  - Quality > Quantity
  - Power naps allowed
- If sleep is low → reduce volume, don't push intensity

### HYDRATION & ELECTROLYTES (HIGHLY UNDERRATED)

Between Iftar & Suhoor

Mandatory

- 0.7–1 gallon water
- Do not avoid salt
- Magnesium helpful

Signals

- Clear urine = good
- Headache = low electrolytes

Goals

- Muscle protection
- Satiety
- Stable blood sugar

## SAMPLE NUTRITION PLAN – MUSCLE BUILD (RAMADAN)

Calories: Slight surplus

Protein: High

Carbs: Moderate–High

### IFTAR (Post-Workout or Pre-Workout)

- Water + pinch of salt
- 2–3 dates
- 40 g Whey

10–15 min break

- 5–7 oz rice or potatoes
- 7 oz chicken / beef / fish
- Vegetables
- 1 tsp olive oil

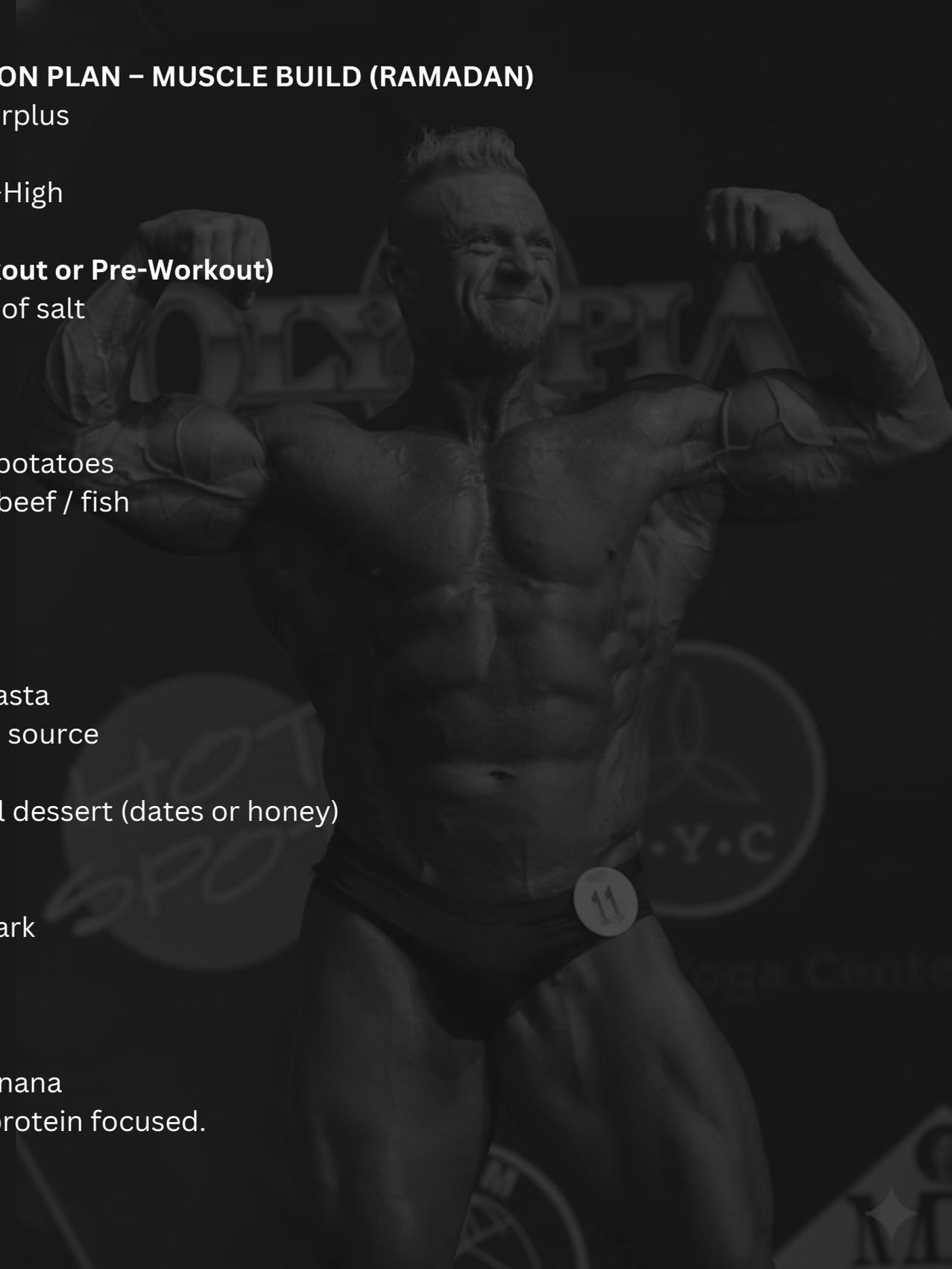
### POST-WORKOUT

- 5–7 oz rice / pasta
- 7–9 oz protein source
- Vegetables
- Optional small dessert (dates or honey)

### SUHOOR

- 9 oz Skyr / Quark
- 30 g Whey
- 2–3 oz oats
- Berries
- Optional: 1 banana

Slow digesting + protein focused.



## SAMPLE NUTRITION PLAN – DIET (RAMADAN)

Calories: Light deficit

Protein: High

Carbs: Targeted

### IFTAR

- Water + salt
- 2 dates
- Large salad
- 7–9 oz chicken / fish
- 3–4 oz rice or potatoes

### AFTER TRAINING

- 40 g Whey
- Optional banana

### SUHOOR OPTIONS

Option A

- Omelette (3 eggs + egg whites)
- Vegetables

Option B

- 9 oz Skyr + Whey
- Small carb source (toast or oats)

Focus: Satiety & muscle retention.

### MENTAL ATTITUDE – RYAN COACHING PRINCIPLE

Ramadan is not

- A cheat month
- A crash diet
- An excuse

Ramadan is

- Awareness
- Discipline
- Gratitude

80–90 % clean = maximum success

## KEY MINDSET

Ramadan changes your rhythm, not your responsibility.

Discipline learned here transfers directly to training, nutrition and life.

Muscle loss during Ramadan rarely comes from fasting – it comes from poor management.

## FINAL PRINCIPLE

You fast out of conviction.

You train out of responsibility.

You eat structured out of respect for your body.

Coach Ryan  
Quality over Quantity

P.S.

*If you're looking for detailed recipes, structured meal ideas or kitchen-level guidance, I've put that knowledge into my cookbook.*

*This blueprint focuses on strategy and principles – the cookbook is there if you want more variety and practical execution.*

