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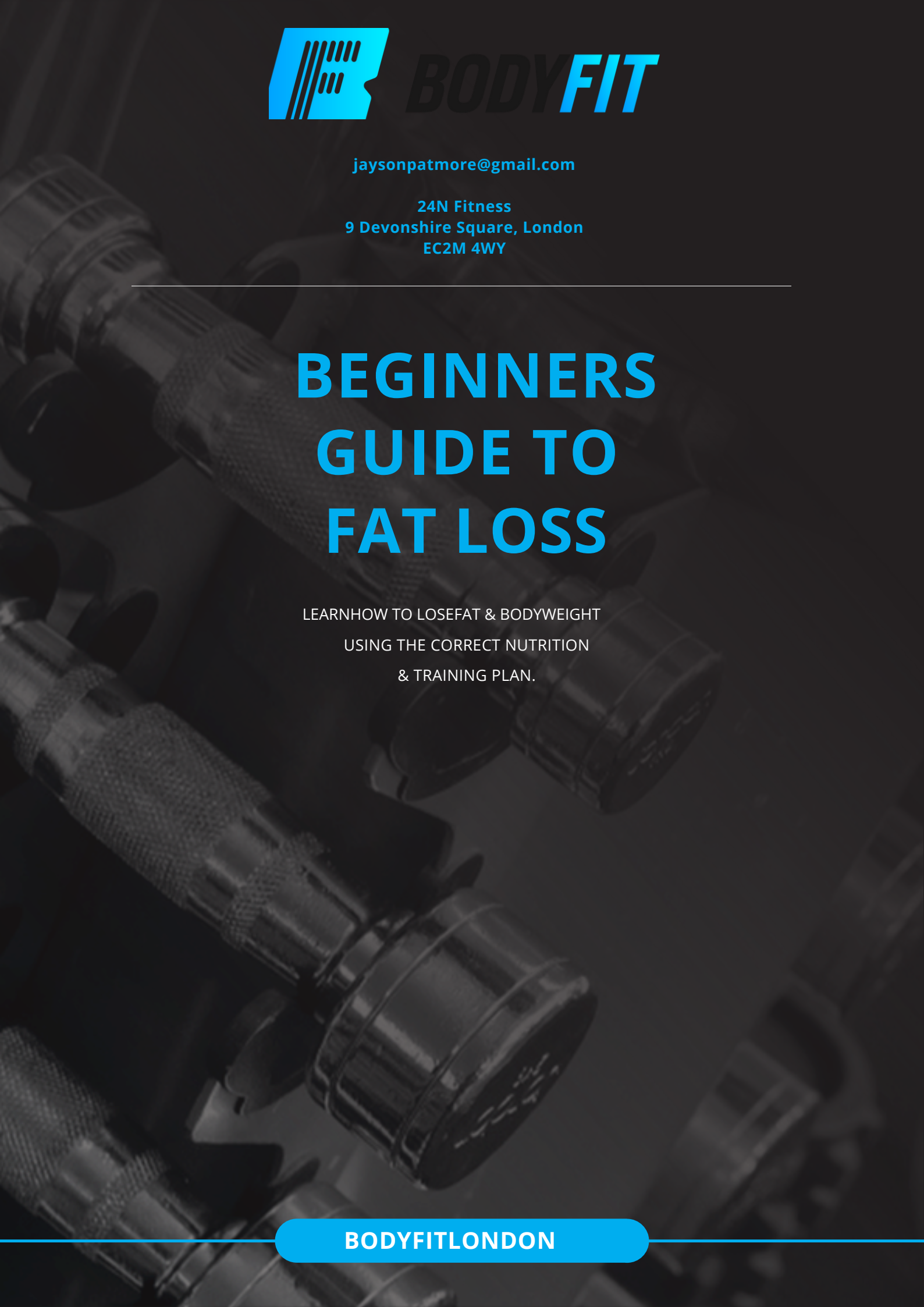
BEGINNERS GUIDE TO FAT LOSS

LEARNHOW TO LOSEFAT & BODYWEIGHT
USING THE CORRECT NUTRITION
& TRAINING PLAN.



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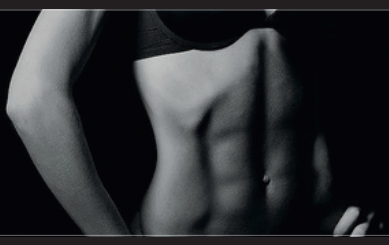

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WELCOME

HELLO AND WELCOME TO THIS COMPLIMENTARY BEGINNERS FITNESS GUIDE

This guide has been specifically written for the gym newbies out there, who are intimidated by either; heavy iron objects or asking the tall, well built man, with arms the size of melons for direction!
Or the current gym goer that need to 'go back to basics' to set them on the right track to improving there health!
In this guide will be;

EXERCISE:

- Male and Female workouts, both weight based and cardio vascular.
- Stretching exercises.
- Common exercise terms and definitions.
- Ways of measuring you exercise intensity.
- Ways of measuring your heart rate and maximum heart rate.

NUTRITION:

- Must have foods in your diet
- Sample foods to stay away from

HOW TO CALCULATE YOUR CALORIE INTAKE:

- Using your body weight and physical activity

TESTING

Getting ready:

The first step to any exercise plan is to find out how fit you actually are!
This doesn't mean running a mile in less than 5 minutes so don't get worried! But to do a few simple tests:
There are so many 'fitness assessments' easily accessible on the Internet, but JDP Fitness uses three tests.

BODY COMPOSITION:

To determine your waist to hip ratio, simply measure your hip and waist circumference with a measuring tape.

Then divide your waist circumference by your hip circumference.
Table 1

Hip to waist ratio	Men	Women
Ideal	0.8	0.7
Low Risk	<0.95	<0.8
Moderate Risk	0.96-0.99	0.81-0.84
High Risk	>1.0	>0.85

ROM (RANGE OF MOVEMENT)

This is a test to measure the flexibility you have around a specific joint. Each joint has its own level of flexibility; therefore we have three ROM tests.
Passive ROM
Active-assistive ROM
Active ROM

STRENGTH:

This test is essentially the backbone of any fitness program undertaken. It helps us gauge what exercises will benefit you and which ones wont.
Its hard to get a true strength test together that tests all aspects of you.
Therefore we have four tests, each test is what we call a compound lift (using more then three muscle groups at one time)
Plank (timed) Bench press, Squat and Shoulder press (1 rep max)

FAT LOSS

People often get confused with fat loss and weight loss. Let's get something straight. Weight is a number, a figure on the scales. Fat is a living tissue. If I was to step on the scales and take the reading of 90kg. I then drank 1 liter of water and stepped back on the scales, I'd weigh 91kg. I've put on weight, yes. I've put on fat, no! To lose weight, your body needs to be in a calorie deficit. It's that simple. In this guide, we'll show you how to work out your calorie calculation so you have a figure to aim for. The basis of a well-planned diet is to be fully aware of the amount of calories you body needs to maintain your weight, consistently. The are numerous amounts of calculations you can use to do this by only using certain data (height, weight, age and your sedentary level) these formulas are readily available on the internet, which only give you approximate results. These results will tell you that if you eat less then your calorie calculation, you'll lose weight.

They will also tell you that if you eat more then you calorie calculation, you'll gain weight. What these calculations do not tell you is that, although while eating 3 big mac meals at 900kcal each and still eating less then your 2800kcal total for the day, you will not lose weight! This guide will help you calculate how many calories your body requires (by using a activity calculation) and what your calories should be made up from (macro/micro nutrient).

CALORIE CALCULATION FOR MALES FOR MAINTENANCE

Table 2

STEP 1
Multiply your bodyweight (kg) by 10 and then add 900.
90kg x 10 = 900 + 900 = 1800
STEP 2
Multiply the result by
>1.2 if your work requires you to sit down a lot.
(Bodyweight x 10 + 900) x 1.2
>1.4 if your work requires you to have moderate activity.
(Bodyweight x 10 + 900) x 1.4
>1.8 if your work requires you to have heavy physical activity.
(Bodyweight x 10 + 900) x 1.8

CALORIE CALCULATION FOR FEMALES FOR MAINTENANCE

Table 3

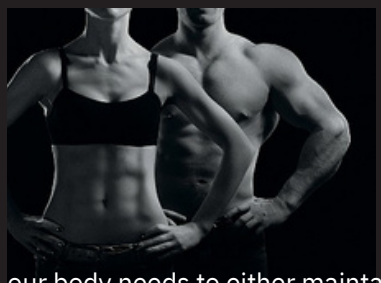
STEP 1
Multiply your bodyweight (kg) by 10 and then add 700.
60kg x 10 = 600 + 700 = 1300
STEP 2
Multiply the result by
>1.2 if your work requires you to sit down a lot.
(Bodyweight x 10 + 700) x 1.2
>1.4 if your work requires you to have moderate activity.
(Bodyweight x 10 + 700) x 1.4
>1.8 if your work requires you to have heavy physical activity.

Another important factor we at JDP take into account, is how much/how quick to lose weight. You should aim to lose about 0.5kg per week, any more then this then you would be burning/losing muscle mass.
The table above shows you how to calculate your calories to maintain a healthy diet. Calculating for fat loss is simple. We just take 500Kcal off the total.

CALORIE CALCULATION FOR LOSING 0.5KG PER WEEK

Table 4

STEP 1
Multiply your bodyweight (kg) by 10 and then add 900.
90kg x 10 = 900 + 900 = 1,800
STEP 2
Multiply the result by
>1.2 if your work requires you to sit down a lot.
(Bodyweight x 10 + 900) x 1.2
>1.4 if your work requires you to have moderate activity.
(Bodyweight x 10 + 900) x 1.4
>1.8 if your work requires you to have heavy physical activity.
STEP 3
(Bodyweight x 10 + 900 x 1.8) – 500
(90kg x 10 + 900 = 1800) x 1.8 = 2,520 – 500 = 2,020



NUTRITION

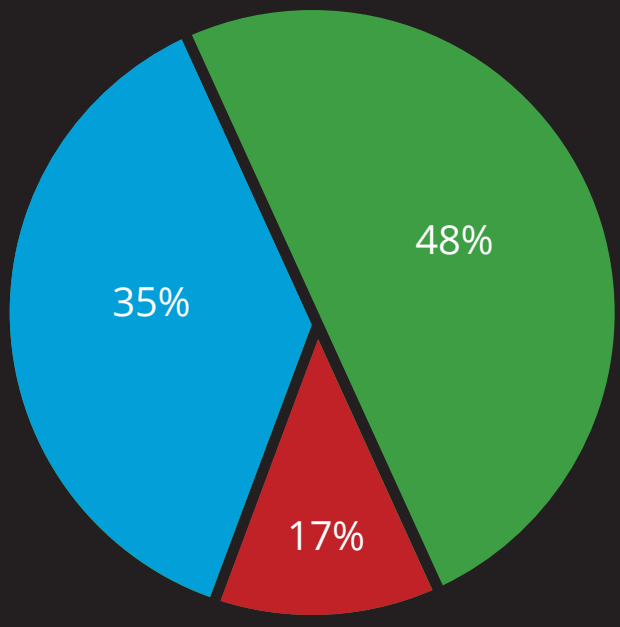
Protein – Fats – Carbohydrates
Ok, now we know how many calories our body needs to either maintain a weight or to lose weight. However, we don't eat calories, we eat food. Out of all components of any food, Protein, fats and Carbohydrates contains Calories.
Fat (per gram) – 9Kcal
Protein (per gram) – 4Kcal
Carbohydrate (per gram) – 4Kcal

When setting a diet using the calculations in the table provided, it's important to calculate the daily protein needs first. (Any diet that is aimed at decreasing body fat should include a relatively high amount of protein). Depending on your gender and physical activity, the daily-recommended protein intake is between 1.5grams-3grams (per kg of bodyweight)
If we use my example in table 4:
The body weight is 90kg and the workload is heavy physical activity. This would equate to 240g of protein. (90x3=240)
This would result in 960Kcal of the total Kcal needs. (240g x 4Kcal)
The next Kcal total should be Fats. You should be aiming for around 20% -30% of your diet to contain Fat.
If we use my example in table 4: The total Kcal intake is 2,020. (20% of 2,020 is 404)
This would result in 44.8g of fats. (44.8 x 9Kcal = 404)
The remaining Kcal total should come form Carbohydrates. Add both totals together (404Kcal Fat) + (960Kcal Protein) = 1364Kcal.
If we use my example in table 4: 1364-2,020 = 656
This would result in 656Kcal intake of Carbohydrates. (656Kcal/4g = 164g)

IN SUMMARY:

A 90kg male that takes part in daily heavy physical activity and wants to lose 0.5kg a week needs to have a daily calorie intake of 2,020.
His diet should comprise of: Protein 240g (960Kcal) Fat 44.8g (404Kcal) Carbohydrate 164g (656Kcal)

TOTAL KCAL %



GOOD PROTEIN SOURCES

Table5

	MODERATE	GOOD	PERFECT
Chicken breast			✓
Turkey breast			✓
Salt-water fish			✓
Freshwater fish		✓	
Lean red meat		✓	
Egg white			✓
Legumes	✓		
Protein powders			✓

GOOD FAT SOURCES

Table6

	MODERATE	GOOD	PERFECT
Salt-water fish			✓
Freshwater fish			✓
Nuts			✓
Olive oil		✓	
Sunflower oil	✓		

GOOD CARBOHYDRATE SOURCES

Table7

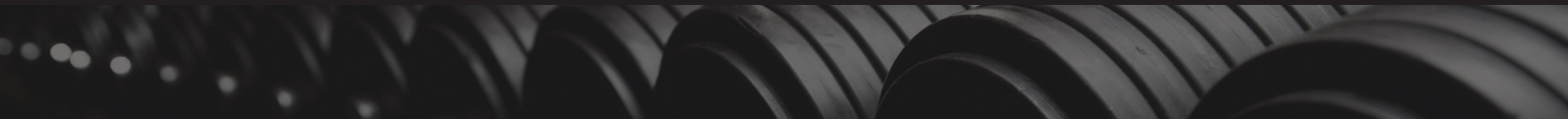
	MODERATE	GOOD	PERFECT
Oats			✓
Brown Rice		✓	
Sweet potato		✓	
Legumes	✓		
Vegetables		✓	
Fruit	✓		




IMPORTANT FOODS WITH THEIR NUTRIENT AND KCAL CONTENT (PER 100G RAW)

Table8

	CALORIES (KCAL)	PROTEIN (G)	FAT (G)	CARBOHYDRATES (G)
Chicken Breast	109	25	1	0
Chicken Thigh	129	21	5	0
Turkey Breast	114	24	2	0
Turkey Thigh	174	21	10	0
Beef (Lion)	116	19	4	1
Beef (Topside)	243	17	19	1
Beef (Sirloin)	233	19	17	1
Pork (Thigh, chop)	156	21	8	0
Pork (Shoulder)	295	18	24	0
Tuna	89	19	1	1
Carp	100	16	4	0
Milk (Fat free)	36	4	0	5
Milk (1.5% fat)	54	4	2	5
Milk (2.8% fat)	63	4	3	5
Low fat cheese	205	29	9	2
Cottage cheese (low fat)	81	14	1	4
Cottage cheese (full fat)	143	16	7	4
Egg (1 egg = 40g)	65	5	5	0
Egg white (1 egg = 24g)	12	3	0	0
Oatmeal	375	14	7	64
Rice	344	8	0	78
Rye bread	257	8	1	54
Potato	92	3	0	20
Beans	313	22	1	54
Chickpeas	303	20	3	49
Lentil	334	26	2	53
Peas	88	7	0	15
Broccoli	24	2	0	4
Cucumber	12	1	0	2
Carrot	36	1	0	8
Spinach	16	2	0	2
Tomato	20	1	0	4
Apple	28	0	0	7
Pineapple	59	0	1	12
Banana	100	1	0	24
Grapes	85	1	1	18
Walnut	637	19	57	12
Almond	608	28	52	7
Hazelnut	676	16	64	9



FAT BURNING TRAINING METHODS

When choosing between your fat burning methods, there is so many questions that get asked: How long for? What intensity? How often? When?
Hopefully I can cover all these questions in this guide.
Every method has its advantages and disadvantages.
This all coincides, of course with the individuals needs.

WHEN CHOOSING YOUR METHOD YOU NEED TO CONSIDER:

- Time
- Space
- Personal Aims
- Equipment

HIIT (HIGH INTENSITY INTERVAL TRAINING):

This workout alternates between short high intensity exercises with low intensity recovery periods.
The high intense workout period should last from 30-60 seconds, with the total workout period lasting no longer then 25 minutes.
Research says that HIIT training results in higher Post-workout energy consumption than moderate exercise.
There are some risks to be aware with when it comes to interval training.
Beginners especially, people in bad shape and people who are not aware of their medical conditions.

LISS (LOW INTENSITY STEADY STATE):

The advantage of LISS is that you burn more Kcal during the exercise, as this method should last for approximately 60 minutes.
There are other advantages of this method, one is that it is a good benchmark for beginners as the intensity should be 50-60% of you MHR.
Another is that LISS can be morphed into other activities such as hiking, walking etc.

METABOLIC WEIGHT TRAINING:

It's believed that metabolic weight training is a really effective form of exercise.
Instead of traditional weight training exercises its performed with lighter weights and a longer period of time.
Metabolic training is capable of burning a huge amount of calories because it's similar to HIIT training but you also get the hormonal release after the exercise.

STEADY STATE CARDIO:

When using this method, exercise should last for a duration of 30-45 minutes at the top 25% of the Maximum hear rate (MHR).
Body fat can be burnt very effectively.

WHEN SHOULD YOU TRAIN?

FASTED CARDIO:

One of the most popular fat burning methods is fasted cardio (training on an empty stomach) It is considered that you burn muscle as well as fat using this method. Your cortisol level (the hormone that is responsible for muscle loss) is high so that may be the reason, however you stored carb level is low therefore the body refers to fat for an energy source.
In my opinion, the potential benefits and risks are equal.

CARDIO AFTER A PROTEIN:

Refereeing to the above explanation, if you provide your body with protein in the morning before your workout, your suppressing our cortisol levels while keeping your stored carb level low.

PM CARDIO:

Using this method is a risk that many body builder's use. While training late, your body is still revved up when you go to bed; there for your sleep pattern will not be normal, resulting in missed sleep!
Your body repairs and muscle is grown (re-generation) when your body is shut down.
In my opinion, negative gains far outweigh the positives if you deliver your cardio at night.

MYTHS ON FAT BURNING:

1) 'I WANT TO LOSE FAT HERE AND HERE'

I often hear 'I only want to lose fat on my arms' or I would like to target my inner thighs' mainly from my female clients!
This is not an option. Muscle tone in particular areas is, but not fat loss. Muscle and Fat are two different tissues.
Fat loss is an accumulative effort, simple.

2) STARVING YOURSELF:

A lot of gym goers feel that if they don't eat after 5pm it will sustain the period of which their body is 'shut down' therefore eating less Kcal. Rubbish.
Some gym goers feel that they shouldn't eat carbohydrates after 5pm, as there body isn't doing as much physical activity, therefore storing the carbohydrates as fat.

RUBBISH.

Firstly your body doesn't have a clock, its not ticking therefore it doesn't know what the time is!
Secondly Carbohydrates are protein sparing (Allowing protein to re-generate muscle as apposed to energy) therefore regardless of the time, your body needs Carbohydrates.

3) "THE MORE YOU SWEAT, THE MORE YOU BURN".

I commonly use the phrase "sweat is fat crying", AS A PHRASE! Its not happening! Your body sweats when it cools down, pours open up in the skin allowing for hot air to escape, brining your body temperature down to it usual state. Granted, you'll weigh less if you sweated and didn't replace it with water.
That's not the plan, Fat loss is the plan, not weighing less!

MALE TRAINING PROGRAM FOR BUILDING OR MAINTAINING MUSCLE

Regardless of the Fat burning method chosen, it should always be done in conjunction with a weight based training program.

This should be aimed at either building muscle or maintaining muscle mass. Remember, Muscles are tissues too, just like fat, therefore when they are active, they will burn more Kcal. Even when relaxed too.

4 DAY TRAINING SPLIT.

Day 1 Chest and Triceps
Day 2 Legs and Shoulders
Day 3 Back and Biceps
Day 4 Calves and Abdominals

DAY 1 - CHEST AND TRICEPS

Exercise	Repetitions	Sets	Rest
Incline barbell bench press	8-10	3	2 Mins
Flat dumbbell bench press	8-10	3	2 Mins
Incline dumbbell flyes	10-12	3	90 Sec
Press ups	10-12	4	90 Sec
Tricep dips	8-10	3	90 Sec
Dumbbell Kick backs	15	4	90 Sec

DAY 2 - LEGS AND SHOULDERS

Exercise	Repetitions	Sets	Rest
Barbell squat	8-10	3	2 Mins
Dumbbell walking lunges	10-12	3	90 Sec
Swiss ball hamstring curl	20	3	90 Sec
Military shoulder press	8-10	4	2 Mins
Dumbbell lateral deltoid raise	10-12	3	90 Sec
Barbell front deltoid raise	10-12	4	90 Sec

DAY 3 - BACK AND BICEPS

Exercise	Repetitions	Sets	Rest
Barbell bent over row	8-10	3	2 Mins
Lat-Pull down	8-10	3	90 Sec
Dumbbell Prone Rows	10-12	3	90 Sec
Seated cable row	10-12	4	90 Sec
Barbell bicep curl	10-12	3	90 Sec
Seated dumbbell curls	10-12	4	90 Sec

DAY 4 - CALVES AND ABDOMINALS

Exercise	Repetitions	Sets	Rest
Standing calf raise	15	4	90 Sec
Seated calf raise	15	4	90 Sec
Med ball crunch	10-12	4	90 Sec
Hanging Knee raise	15	4	90 Sec
Broomstick twists	50	3	90 Sec
Plank	60 sec	3	90 Sec

FEMALE TRAINING PROGRAM FOR BUILDING OR MAINTAINING MUSCLE

Contra to popular belief, Women who lift weights DO NOT get massive! Females do not hold enough Testosterone (the hormones responsible for building muscle) in their bodies. Therefore they will only build obscene amounts of muscle if they where on 'performance enhancing drugs' 3 DAY TRAINING SPLIT. Day 1 Legs and Abdominals Day 2 Chest, Shoulders and Triceps Day 3 Back and Biceps and Calves

DAY 1: LEGS AND ABDOMINALS

Exercise	Repetitions	Sets	Rest
Barbell squat	8-10	4	2 Mins
Dumbbell walking lunges	10-12	3	90 Sec
Swiss ball hamstring curl	20	3	90 Sec
Stiff leg dead-lifts	8-10	4	2 Mins
Med ball crunch	10-12	4	90 Sec
Hanging Knee raise	15	4	90 Sec

DAY 2: CHEST, SHOULDERS AND TRICEPS

Exercise	Repetitions	Sets	Rest
Incline barbell bench press	8-10	3	2 Mins
Incline dumbbell flyes	10-12	3	90 Sec
Military shoulder press	8-10	3	2 Mins
Dumbbell lateral raises	10-12	3	2 Mins
Cable press downs	10-12	3	90 Sec
Dumbbell kick backs	15	3	90 Sec

DAY 3: BACK, BICEPS AND CALVES

Exercise	Repetitions	Sets	Rest
Lat-Pull down	8-10	3	90 Sec
Seated cable rows	8-10	3	90 Sec
Dumbbell bent over row	8-10	3	90 Sec
Standing barbell curl	10-12	3	90 Sec
Alternate dumbbell bicep curl	10-12	3	90 Sec
Standing calf raise	20	3	90 Sec