



CHRIS  
POWER  
FITNESS

THE  
STRONG  
PARENT  
SYSTEM





# CONTENTS

- 1 - Introduction
- 2 - Calories
- 3 - Tracking calories
- 4 - Macro's
- 5 - Training splits
- 6 - Cardio and NEAT
- 7 - Non negotiables
- 8 - When to adjust



# INTRODUCTION

When it comes to results, 99% will come from a combination of nutrition and training.



## NUTRITION TRAINING

Consistently being in a calorie deficit and adhering to a training program should be your primary focus.



# CALORIES

How many calories should you be eating?

## Basal metabolic rate

The amount of calories used at rest. These are used for your body to perform its basic life sustaining functions, such as breathing and keeping your heart beating.

There is a simple equation for calculating this:

$$\text{BODYWEIGHT IN KG} \times (24 \text{ FOR MALES}) (22 \text{ FOR FEMALES}) = \text{BMR}$$

This is then multiplied by PAL (Physical Activity Level), to give you your estimated daily calories.

1.1

Sedentary  
office  
worker

1.9

Busy  
labourer on  
building  
site

$$\text{BMR} \times \text{PAL} = \text{TOTAL ESTIMATED ENERGY EXPENDITURE}$$

We then subtract 20-40% from this amount, depending on how aggressively we want to lose weight.

For example an 80kg person with a moderately active job and 20% deficit, their equation would look something like this:

$$\begin{aligned} 80 \times 24 &= 1920 \\ 1920 \times 1.5 &= 2880 \\ 2880 \times 0.8 &= 2304 \end{aligned}$$

**TARGET CALORIES = 2304 PER DAY**



# MACRO'S

Some people try to be super accurate with macro tracking but to be honest, we can still achieve fantastic results by just applying the basics. A good place to start with would be the 40/40/20 ratio.

## PROTEIN (40%)

- Protein contains 4kcal per gram and is responsible for muscle growth and repair.
- A good target would be to aim for around 1 - 1.2g per pound of bodyweight.
- Optimal protein consumption is around 20 - 40g every 2-3 hours.

## CARBOHYDRATES (40%)

- Carbs contains 4kcal per gram and their role is energy and recovery.
- Ideally you should try and consume around 40-50g, pre and post workout.

## FATS (20%)

- Fats contains 9kcal per gram and their role recovery and hormone balance.
- Consumption should be self regulated.



# TRAINING SPLITS

The foundation of a successful training program will come down to your ability to adhere and be consistent. It's also hugely important to ensure progression through correct levels of volume, frequency and intensity

## 2DAY SPLIT

- 2 X FULL BODY
- 1 X UPPER BODY, 1 X LOWER BODY

## 3DAY SPLIT

- 3 X FULL BODY
- 1 X UPPER BODY, 1 X LOWER BODY, FULL BODY
- 1 X PUSH, 1 X PULL, 1 X LEGS

## 4DAY SPLIT

- 4 X FULL BODY
- 2 X UPPER BODY, 2 X LOWER BODY
- 1 X PUSH, 1 X PULL, 1 X LEGS, 1 X FULL BODY

## 5DAY SPLIT

- 5 X FULL BODY
- 2 X UPPER BODY, 2 X LOWER BODY, ACCESSORY
- 1 X PUSH, 1 X PULL, 1 X LEGS, 1 X UPPER BODY, 1 X LOWER BODY



# CARDIO

Cardio is a good tool we can use to assist with the fat loss process. Contrary to what you see on social media, there isn't a fat burning workout or a workout which targets specific areas of fat.

## Why do it then?

Not everyone will be required to do cardio, it will vary from one individual to the next. It will depend on:

- The size of your calorie deficit for your specific rate of fat loss.
- Your baseline activity levels.
- The amount of calories being consumed.

## For best results

- Do your cardio before weights.
- Don't cut corners! Holding onto handles on stairmaster/treadmill is a waste of time
- Don't overdo it. It's better to do one hour a day for 5 days than 5 hours in one day.

# NEAT

## 'NON EXERCISE ACTIVITY THERMOGENESIS'

Are the calories we burn outside of exercise. Cleaning, walking the dog, shopping, all burn calories and can have a huge effect on your fat loss.

We can increase NEAT levels as an alternative to cardio and this is something I often advocate for my clients.



# NON – NEGOTIABLES

*Outside the gym*

## *STEPS*

Steps are a great tool we can use to help with fat loss. The steps we take in a day make up a large chunk of the calories we expend, so this is an easy way to keep expenditure high. In addition to this we want to make sure our mental health is being prioritised, so a walk outside is great for clearing the mind.

## *TRACKING CALORIES*

Accountability is what ultimately what enables us to take responsibility for our actions. If you haven't got a coach, MyFitnessPal is a great way to keep yourself in check. Tracking calories also gives you more of an understanding of the foods you eat.

## *WATER INTAKE*

Water makes up 65% of our bodyweight and is essential for the optimal performance of the cells, organs, muscles and many bodily functions. Keeping adequately hydrated will keep your stomach feeling full and limit the temptation to go off plan. Fizzy water is a great way of making you feel more full between meals.



# WHEN TO ADJUST

*Have you been super accurate with your calorie intake for more than 10 days?*

YES



NO



Have you been tracking your weight daily?  
Does your weekly average show less than 0.5 lbs difference?



YES

NO



Have you completed your training and cardio sessions as well as being consistent with NEAT expenditure?



YES

NO



REDUCE CALORIE INTAKE BY 10% OR  
INCREASE OUTPUT AMOUNT (EG 2000 STEPS)



DO THIS BEFORE MAKING ANY CHANGES



# CHRIS POWER FITNESS

THE CONTENTS OF THIS BOOK ARE PURELY FOR  
EDUCATIONAL PURPOSES. PLEASE CONSULT  
WITH A DOCTOR OR REGISTERED DIETICIAN  
BEFORE PARTAKING IN ANY EXERCISE PLAN OR  
DIET