



MENTAL PT

***THE TRAINING &
NUTRITION
BLUEPRINT***

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FREE SUMMARY EDITION

THE TRAINING & NUTRITION BLUEPRINT

Summary Edition — the essentials from our full Training & Nutrition Manual, condensed.

This is a shortened version of the full **Mental PT Training & Nutrition Blueprint** — the same manual we hand every one of our clients. We've pulled out the core ideas so you can start applying them today.

It covers the physiological and evidence-based side of training, and just as importantly, the mental side — the part most people find to be the hardest.

Read it end to end. Then, if you want the complete manual — full exercise breakdowns, our exact nutrition frameworks, sample meal plans and a program built around your body and goals — that's what becomes a Mental PT client unlocks. More on that at the end.

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WHAT TRAINING IS TO US

Exercise is deeply personal. For some it's simply a way to stay in shape. For others, it's a way to destress, connect with people, build self-confidence, and challenge themselves.

Ask yourself: why do I actually train?

It sounds simple, but it's often hard to answer. "Because it's healthy" is perfectly fine — if it's enough to get you out the door consistently. But digging deeper into your real reason changes how you approach training completely. It stops being about pressure and starts being about you.

The point: don't just do what social media, a friend, or a stranger on the street told you to do. Figure out what you truly enjoy and make it your thing. That's how you stay disciplined long-term — you have to love the process.

Decide what you want to achieve

Knowing *why* you train is step one. Step two is deciding what you're actually trying to achieve through it — a better physique, running a marathon, losing weight, or just spending time with mates. Have a clear picture of what it will look and feel like once you get there.

Ask yourself: am I doing this truly for me, or for others, or for an image I want to create? Know your *why* and your *what*, and you become very hard to stop.

And if you find yourself hating training more often than not — that's a sign, not a failure. It just means it's time to explore other ways of moving that you'll actually enjoy.

DISCIPLINE & MOTIVATION

Discipline and motivation are not the same thing. Nobody is perfect and nobody feels motivated every day — anyone who tells you otherwise is lying.

Discipline is deciding what you want to achieve, why you want it, and consistently choosing to show up in a way that supports it. Motivation comes and goes. Discipline creates motivation — not the other way around.

The harsh truth: you cannot rely on motivation to get into shape. It won't work. But you can absolutely be disciplined and still have days you skip — 100%. The skill is learning the difference between *"I can't be bothered"* and *"I am genuinely exhausted."*

6 THINGS THAT HAVE KEPT US DISCIPLINED

1. **Know why you're doing it** — covered in Chapter 1.
2. **Set goals** — write them down, keep them visible, make them ambitious but achievable.
3. **Exercise with others** — a great way to meet people, socialise, and build healthy competition.
4. **Don't put so much pressure on yourself** — everybody has off days. Look back at what you've already achieved and give yourself a pat on the back.
5. **Consider a fitness wearable** — not for everyone, but tracking your progress can be genuinely motivating and gives insight into how your body functions.
6. **Have fun with it** — if you haven't found your thing yet, keep experimenting.

LISTENING TO YOUR BODY

There's a fine line between discipline and doing too much. Pay attention to how your body feels day to day. Watch for the telltale signs you're overdoing it:

- Irritability
- Trouble sleeping, or oversleeping
- Change in appetite
- Severe or sudden drop in motivation
- Feeling heavy and slow

This doesn't mean stop training the moment you feel a bit tired — it means learning to tell the difference between actual fatigue and just being a bit flat, through reflection, journalling, or a wearable.

THE MINDSET OF PROGRESS

Progress is not linear — and that's completely normal. Sleep, stress, diet and hormones all influence how you perform on any given day. If you work hard and stay consistent, long-term you *will* get results. End of story.

Celebrate every win, big or small — it builds momentum and self-belief. Three habits that have helped us keep improving:

- **Read books / watch content** from people who know the space — a great way to build your knowledge base.
- **Listen to people who know more than you** — stay open to learning, even in areas you feel confident in.
- **Try new things** — new sports, events, or challenges keep training fresh and enjoyable.

TRAINING 101

Training isn't as complicated as it's made out to be. You can make excellent progress just by working hard and sticking to a simple program. Here's what matters most.

TRAINING VOLUME

People massively overestimate how much volume their muscles need to grow. We've seen people training 2-3 hours a week get the same results as people training 6-7 hours a week. Quality beats quantity, every time — more is not always better.

CHOOSING A SPLIT

We love the **upper/lower split** — 4 days a week in the gym, 3 recovery days, hitting every muscle group twice a week using compound movements, training close to failure, and supersets. If you only have 2-3 days available, a **full-body split** is a fantastic alternative, hitting every muscle group 2-3 times a week for an excellent return on your time.

PROGRESSIVE OVERLOAD

If you want to keep getting stronger, bigger and fitter, this is non-negotiable. Track your sets, reps, rest and weight. Aim to progress one metric by roughly 2-5% every 1-2 weeks — add a rep or two first, then increase the weight, then repeat.

1 WEEK > 1 DAY

One bad session means nothing. It's completely normal and can be caused by sleep, hydration, stress or nutrition. Only pay attention if a whole week feels off — that's when it might be worth reassessing volume and intensity.

TRAINING 101 (CONT.)

CONTROL > LOAD

Do not ego lift. Every rep should be with a weight you can control through a full range of motion. Ego lifting leads to injuries and fewer gains — controlling the weight with good technique increases muscle tension and directly drives more growth.

EXERCISE ORDER

As a rule of thumb, place your big compound lifts first while you're fresh — especially if your priority is strength. If your focus is muscle growth, order matters less as long as you're training close to failure with good technique throughout.

CARDIO

Cardiovascular fitness is essential, and it's 100% doable alongside a strength program. If strength/muscle is the priority, do cardio afterwards or on separate days. Pick something you enjoy — running, cycling, swimming, rowing — and keep most of it at a moderate effort (4-5/10). Beginners: 15-40 mins, 2-3x/week. More advanced: 30-90 mins, 2-4x/week.

FREQUENCY & INTENSITY

3-4 good quality sessions a week is plenty for huge improvements — you do not need to be in the gym 5-6 times a week. For muscle and strength, train close to or at failure with good technique. Your ideal intensity also depends on your fitness level, age, and how fatigued you are — always listen to your body over the number on the plan.

5 OF OUR FAVOURITE EXERCISES

The full manual breaks down our top 10 strength & muscle-building exercises with detailed form cues. Here's a taste of five of them:

1. Barbell Back Squat

The GOAT of all exercises — pushes you physically and mentally while recruiting quads, hamstrings, glutes, back and core.

2. Deadlift (Trap Bar for beginners)

One of the toughest, and one of the most rewarding — hits quads, hamstrings, back, glutes, lats and forearms.

3. Incline Bench Press

Go incline over flat for serious chest growth — control the weight through the full range and don't bounce it off your chest.

4. Supinated Lat Pull-Downs

A brilliant way to train your back and lats while bringing your biceps and core into the movement too.

5. Barbell Hip Thrust

Nothing activates the glutes quite like this one — also fantastic for lower back health.

Want the rest? The full Blueprint includes exercises 6-10 (dips, seated shoulder press, RDLs, bent over rows, calf raises and more) with full technique breakdowns for each.

NUTRITION & RECOVERY

Arguably the two most important topics in fitness, aside from training itself. Training breaks the body down — nutrition and recovery build it back up. Get these right and everything else clicks into place faster.

KEEP IT SIMPLE

Nutrition does not need to be complicated. You do not need a perfect diet, to track every calorie forever, or to cut out food groups. You simply need to eat enough, eat consistently, and eat in a way that supports your training.

Eat enough

Under-eating while training hard is one of the biggest mistakes we see. It shows up as plateaued strength, low energy, slow recovery, and a higher injury risk. Feeling consistently flat or weak in the gym? You're probably not fuelling correctly.

Protein — non-negotiable

Essential for building muscle, recovering, and getting stronger. Include a good source at most meals — chicken, beef, fish, eggs, yoghurt and protein shakes all work well.

Carbs are not the enemy

You need carbs to train well — they fuel performance, improve recovery, and help you train harder for longer. Feeling flat or slow in sessions is often a sign of insufficient carb intake. Rice, potatoes, fruit and bread are all great choices.

Consistency > perfection. You don't need to eliminate your favourite foods — just moderate your intake and stay consistent with your protein, carbs and calories day to day.

NUTRITION, IN PLAIN ENGLISH

A quick-reference glossary so the rest of your nutrition journey makes sense:

Macronutrients (macros): the three nutrients that provide calories — protein, carbs and fats.

Calorie surplus: eating more than your body needs, generally used to build muscle.

Calorie deficit: eating less than your body needs, used to lose body fat.

TDEE: your total daily calories burned, including movement and exercise.

Body recomposition: building muscle while simultaneously losing fat.

GENERAL DAILY TARGETS

Target	Rule of thumb
Protein	1.6-2.2g per kg of bodyweight
Hydration	30-40ml per kg of bodyweight
Fibre	25-35g per day

A SIMPLE MEAL STRUCTURE

Build most meals around: a protein source, a fruit or vegetable, a carbohydrate source, and a healthy fat source. For example — a baked sweet potato, beef mince, cottage cheese, avocado and wilted spinach covers every box in one plate.

80/20 RULE

Aim for roughly 80% whole, minimally processed foods, and 20% foods you simply enjoy. Nutrition should support your training, not control your life.

CARB CYCLING & SUPPLEMENTS

CARB CYCLING

Carb cycling means eating more carbohydrates on the days your body needs more energy (hard training days), and fewer on lower-activity or rest days. Higher carbs on training days improve performance and recovery; lower carbs on rest days make it easier to control calorie intake — a fantastic approach for body recomposition.

In the full manual: we walk through a complete worked carb-cycling example — exact macro and calorie targets across high, moderate and low-carb days, built around a real client's stats and goals.

SUPPLEMENTS

Supplements support your nutrition — they do not replace it. If your diet is inconsistent, no supplement will fix that. A few we personally take:

- **Whey protein** — convenient way to help hit daily protein targets.
- **Creatine monohydrate** — 5-10g daily, improves strength, power and performance.
- **Fish oil** — supports recovery, skin, brain and general health.
- **Magnesium** — supports sleep quality and relaxation.
- **Vitamin D** — supports immune function and bone health.

RECOVERY: WHERE PROGRESS HAPPENS

You don't get better when you train — you get better while you recover. Skip this and you're leaving gains on the table.

Sleep — the number 1 lever

If you do nothing else to improve recovery, improve your sleep. It impacts more of your life than you'd think. Aim for consistent sleep times and 7+ hours a night.

Stress — a silent gain-killer

Regardless of where it comes from, stress hits your ability to perform and recover. During high-stress periods, it's smart to dial back volume or intensity and be kind to yourself. Training should enrich your life, not add to the load.

Rest days & listening to your body

Rest days are essential, not a sign of weakness. Learn the difference between "I'm tired but I can definitely train" and "I'm genuinely exhausted and run down."

The big picture: if things aren't progressing, don't immediately train harder. Look at your eating, your sleep, and whether you're overstressed first. The fix is usually doing what you're already doing — just better, and with more attention to detail.

WRAPPING IT ALL UP

Training is not meant to consume your life — it's meant to add to it. If you take just a few things away from this guide, let it be these:

1 Start with why

Before any program, goal or number — know why you actually do what you do.

2 Discipline > motivation

Motivation comes and goes. Discipline is built over time, and perfection was never the goal.

3 Progress is never linear

You'll have unstoppable weeks and weeks that feel like nothing's working — that's completely normal. Stay disciplined over months and years, and progress becomes inevitable.

4 Keep it simple

You don't need extreme volume, fancy programs or complicated new methods. You need high-quality sessions, real intensity, consistency and structure.

5 Recovery is not optional

Sleep, rest and managing stress are where progress actually happens. Think long-term, not short-term.

THIS WAS THE SUMMARY EDITION

READY FOR THE COMPLETE BLUEPRINT?

This guide covered the essentials. The full **Mental PT Training & Nutrition Blueprint** goes much deeper, including:

- All 10 of our favourite strength & muscle-building exercises, with full technique breakdowns
- Our complete nutrition frameworks, including a full carb-cycling walkthrough with real worked numbers
- Sample daily meal plans and swaps for real life
- A deeper dive into recovery, stress and the mindset work that actually makes results stick

BECOME A MENTAL PT CLIENT

Every client gets the full Blueprint, free, plus a training & nutrition program built specifically around your body, goals and lifestyle.

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— Ross & Hudson