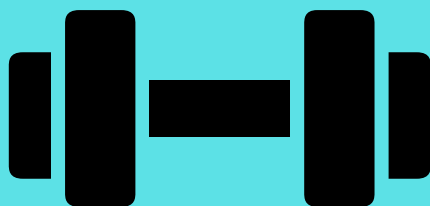


Helpful Info



WHAT IS PROGRESSIVE OVERLOAD?

PROGRESSIVE OVERLOAD & RPE

but first real talk - those damn cable kick backs & booty band workouts aren't gonna give u that dream booty - focus on deadlift, hip thrust & back squat & completing each rep till

ALMOST failure!!!!!!

what is progressive overload???

the process of gradually and consistently increasing the demand on your muscles in order to get them to adapt, and grow in endurance, size, and strength!!!

so many of u say "i'm not seeing results but i'm working out everyday" well i hate to say it but doing the same exercise over and over it will lead to a plateau!!!

how do u apply progressive overload??? there are many ways to go about it.

INCREASE INTENSITY

lifting more weight in your next training session. - this can be as small as 2.5-5lbs.

INCREASE VOLUME

doing more reps and or sets in ur next training session - u could go from doing 3x8 to 4x10.

INCREASE FREQUENCY

doing more session then the week before or shortening time between sets- some ppl like to train legs 3x week!!

INCREASE TENSION

increase the duration of reps - for example paused squat. now for a beginner the most basic way to go about this i can say is doing 5x5 & increasing by 5% of ur 1RM each week!!!

(ex: below)

week 1: 5x5 @ 80%

week 2: 5x5 @ 85%

week 3: 5x5 @ 90%

keep increasing till u get to 100% but do not increase each week if u CAN NOT perform each set with good form.

with this type of training u will not hit a plateau BUT - YOU ALSO need to complete each set till ALMOST failure & not "just going through the motions"!

that is where RPE (rate of perceived exertion scale) comes into play!!!

which is a scale of 1-10 RPE

1 = very light activity & 10 = maximal effort

you want to be in the 7-10 range

7-8 = vigorous activity (short of breath, can speak a sentence)

9 = very hard (can barely breath, only few words)

10 = max effort (feels almost impossible, completely outta breath)

HOW TO FIND 1RM?

HOW TO FIND ONE REP MAX!?

finding your one rep maximum (1RM) is so important for progressive overload so that you can lift your % of 1RM!! it's definitely tricky because one day your strong like hulk & others you are just not able to move the weight - so make sure if your going for a 1RM that the warm up sets are moving easy!!!

ALREADY HAVE A 1RM & going for a NEW 1RM:

SET 1: 5-8 reps @ 50% with 1 minute rest

SET 2: 3-5 reps @ 70% with 1 minute rest

SET 3: 1-3 reps @ 85-90% with 2 min rest

SET 4: 1 rep @ 90-95% with 3-5 min rest

SET 5: 1 rep @ 100-110% with 3-5 min rest

DONT ALREADY HAVE A 1RM:

the most common equation to use is below:

$5\text{-rep weight} \times 1.15 = \text{estimated 1-RM}$

so whatever weight you can lift for 5 TOTAL reps!!! you can then take that as your ESTIMATED 1 REP MAX and apply it to the sets & percentages to find your new real 1RM!!!!

keep going up until you fail - when you are in the 90-100% range it's okay to only go up as small as 5lbs!!!

IT IS SO IMPORTANT TO CARB UP the day before & rest that muscle group 72 hours before going for that 1RM!!!

& if u fail that is totally okay!!! we are not super hero's everyday we step into the gym, that's apart of the process!!!

LIFTING BELT 101

all about lifting
belts!!!!!!

WHY DO U NEED A BELT?

the belt helps stabilize & reduce stress on your spine aka
increasing intro-abdominal pressure!!!

DO NOT BECOME DEPENDENT ON A BELT!!

belts take away from learning how to engage the core (&
takes away from making ur core stronger) - think of the belt
as a crutch or bandaid, you do not want to rely on it!!!
dont use a belt during higher reps (under 80% of ur MAX)
USE the belt when ur 80%+ & starting to put stress on the
spine!!!

to sum things up:

PROS:

1. increased infra-abdominal pressure
2. injury prevention
3. helps correct form by keepin straight back
4. mental support

CONS:

1. can become a crutch
2. using it to much will neglect core (weaken core)
3. using it to early can slow down strength gains

"HOW I STAY MOTIVATED"

"how do you stay motivated?"

i receive this question all the time!!! & i'll be honestly i'm not
always motivated to "stay on track" by going to the gym,
working out ,eat

healthy, reach my goals etc

what i like to respond with is that i have DISCIPLINE!!!

Discipline; is doing what need to be done, even if you dont
want to.

In my opinion discipline is the strongest form of self love.

It

ignores those current pleasures for the bigger rewards to
come in the future.

It's about changing your life style.

Waking up for IT.

Working for IT.

Whatever you're "IT" may be you need to be DEDICATED to
IT

Nothing is more motivating than setting a goal &
accomplishing it - it gives you a high feeling

So at the end of the day, i stay motivated by:

- set goals - BIG or small!!!
- perform daily tasks - start small it can be as simple as 30
minute walk everyday, because some times we set goals that
are unrealistic & can become unmotivated.
- remember your WHY - what are you trying to accomplish??
- think of that moment when you accomplish it after all that
hard work.

but remember discipline beats motivation.

DELOAD WEEK

DELOAD WEEK!!

A deload is a period of 3-7 days where your intensity & volume is dropped by 25-50% to manage the fatigue your putting on ur body/ muscles!!

More advanced should deload every 4-8 weeks.

More of a beginner should deload every 8-12 weeks.

When we train in the gym we are putting mechanical stress

on our bodies which can lead to:

- Joint Pain
- Muscle Fatigue
- Decrease in Strenght (Plateau)
- Reduces Motivation

Now there are plenty of ways to go about a deload week!!!

- Taking a full week rest
- Decreasing weight & increasing reps
- Dont lift for the week but UP your step goal by .5-1x (ex. 10k upped to 15-20k)
- Changing the type of training to HIIT or biking etc.

Now when should you take one!?

- After finishing a program where progressive overload was applied.
- After finding your 1 Rep Maximums.
- If your unmotivated / very sore.

DIGESTION & BLOATING

LET'S TALK DIGESTION:

Would you believe me if I said I had chipotle 1 hour before this?? It's amazing the benefits of eating every 2-4 hours.

Having a regular eating schedule of every 2-4 hours can help

your digestion system stay aligned

Not eating at consecutive times of the day can cause your stomach to overwork itself - leading to bloating & indigestion.

Now what does a good schedule look like??

Breakfast: 7-8 AM

Snack #1: 10-11 AM

Lunch: 11-1 PM

Snack #2: 2-4 PM

Dinner: 5-7 PM

Snack #3: 8-10 PM

Now of course eating a well-balanced diet is a huge factor, along with staying active & drinking your water.

If you're struggling with indigestion or bloating, take a look at

how frequently you are eating & to make sure that it has fruit

+ veggies!!

Scale goes

TRAVEL OR OFF TRACK A FEW DAYS??

Did the scale go up...well guess what it's NOT fat gain!!!

Your body can hold onto water weight for MANY reasons.

- you drank alcohol
- you traveled
- you lacked water
- your sick
- you had a salty meal
- your sleep schedule was off (woke up earlier or went to bed later)
- ate dinner the night before much later
- your on ur menstrual cycle
- you worked out too hard (over worked urself)
- eating schedule is off

There are so many factors and it's completely normal to not

feel your best after going off track for ONE day or a WEEK

You didn't gain fat your just retaining water and it may take

your body a few days to get back to normal!! Just increase

your water intake (128+oz per day) & get that rest (8+ hours)

WHY YOU MAY NOT BE SEEING RESULTS..?

LETS TALK about why YOU may NOT be
SEEING RESULTS working out or in the gym!!!
% PROGRESSIVE OVERLOAD!!

You may be inconsistent with your training & not following a program!! Especially for beginners it is important to take advantage of your time & program your lifts!!! Go in with a plan sooo check out my workout guides linked in bio (For more info view my Guide story highlight)!!

LACK OF NUTRITION

Are you prioritizing protein!? Protein is the most important macronutrient that will build and maintain muscle mass. (Check my Supplement collection on my profile for how much protein you should consume)!!

*g' NOT PUSHING TO FAILURE

Dont go through the motions, make sure that you are going to near failure on the last 1-2 reps & falling out of proper form.

OVERTRAINING

Not taking enough rest days!! Take 1-2 per week & make sure to have 48hr rest between training that same muscle group again!!

G3LACK OF SLEEP

We need 8+ hours for optimal recovery, It can also affect your natural energy during the day!!!

(BALANCED LIFESTYLE

Binging hard on the weekends with food & alcohol may be putting you at a plateau. If your busting your ass Mon-Fri but going out & getting sh!tfacr'd 2-3x week your just making up for those nights during the week. Try going out & having fun 1x per week

HOW BUILDING MUSCLE WORKS:

When we strength train we are creating micro tears in
our
muscles.

Leading to our bodies instantly going to repair mode.
Where protein is then broken down by the digestive
system &
delivered into the blood stream.

Working as building blocks to repair & grow those
muscle
tears.

Now, the MORE you eat the FASTER you will see
results.

Being in a slight surplus is most beneficial, BUT it is
possible
depending on where you are at in your journey to put
on
muscle at maintenance or even a deficit.

Muscle growth comes from not only protein but REST
&
REPAIR.

And won't happen overnight...Be patient.
These photos are 2 years apart prioritizing many
things.

Protein .7-1.1g per LB of body weight
8+ hours of sleep

48+ hours rest between muscle groups

Eating at Maintenance / Surplus

Progressive Overload (creating micro tears)

Diet Culture

DIET CULTURE.

What exactly is it you ask? It is referring to beliefs that being thin reflects "health". Practicing a restrictive diet, normalizing negative self talk, and labeling certain foods as good and bad.

I've done it all trial and error.

Who remembers food combining..? The extremely restrictive diet back in 2018 that was trending on Instagram. DID THAT. Or what about doing abs before bed? Or wearing saran wrap around ur stomach? Or not eating past 8pm? DID THAT TOO.

All of these things led to my restrictive eating disorder & body dysmorphia.

Social media is a very gullible place, just because someone's promotes something doesn't mean it actually works for them.

Majority of the time they are just genetically gifted or they did it on top of something else like a calorie deficit.

Which is a prime example of the Hula Hoop trend on Tik Tok. These viral videos make it seem like it worked. but the main reason they lost the weight is because THEY WERE IN A CALORIE DEFICIT.

You want to hula hoop? Great. It can be a "fun" form of cardio. But it will not guarantee weight loss.

So you might as well lift weights, there are so many more great benefits from resistance training. Rather than shaking around a Hula Hoop.

I am extremely passionate about this subject, because it is the main reason why I developed an eating disorder.

I want my platform to be the complete opposite of that, breaking away at these horrible myths - where there is no type of restriction.

MIND TO MUSCLE CONNECTION

LET'S TALK mind to muscle connection!!!

I hear it all the time from beginners. "I'm going to the gym but I don't feel the mind to muscle connection"

My first response is well...you are NOT going to have the best mind to muscle connection on a spot where you may not even have a lot of muscle.

Over the months/years my MTMC has gotten SO MUCH BETTER!!

Of course it's still possible to create a mind to muscle connection but it's just harder & over the years as you start to build muscle it'll become easier!!

Here are some helpful pointers:

1. Warm up!! Don't just go right into a heavy lift, you probably hear ppl say

"wake up the muscle", which more or less means get the blood flowing.

2. Add Cues:

Ex: Bent over row = Pull elbows to hips.

Ex. Lunge = Push through heels.

3. Increase Time Under Tension

This is the amount of time spent during each rep and the slower the reps the better your brain will communicate to the muscle fibers.

4. Touch the Muscle:

Try playing around with touching the muscle you want to work. It's great when you have a partner on back day and they can touch your back lightly or if you're doing leg extensions touching the quads.

5. Drop the Weight:

Don't EGO LIFT... I see way too many people doing it, thinking that lifting heavier & falling out of form is okay...but NO when you start to a lift weight that is too heavy for you you're engaging other muscles that should not be involved in that exercise taking away from that MMC.

EX: I see that way too often in back movements where someone's shoulder starts to over take from pulling to heavy & you lose the full contraction in your back.