



# Frequently Asked Questions

## **Q1 - "What if I want to move a workout to a different day?"**

No problem, if you want to complete one of your workouts on a different day, simply click on "past workouts" and your workouts from earlier in the week will appear. If you want to change the training days going forward then please let me know within your check in so that I can adjust your plan to fit your life.

## **Q2 - What does it mean if my workout says A1 - Squat, A2 Leg press?"**

When two exercises are group together like this as A1 + A2 it means that you need to perform what we call a "super-set", meaning that you complete one exercises straight into another with minimal - no rest in between.

For example, you would perform 15 squats straight into 15 leg presses, then REST for 45-60 secs and then repeat for 3 sets. The same rule is applied for more than two exercises (refer to my video on super-sets/ tri-sets)

## **Q3 - Do I need to weigh all of my food, absolutely everything?"**

Yes, you will need digital weighing scales to accurately weigh all of your foods, this will not be a forever task but it is essential to ensure that we are tracking your calories and macronutrients accurately, enabling you to get the BEST RESULTS possible.

Add in everything no matter how small, including butter, oils, sauces, condiments. Any time that you have a bite of your kids chicken nuggets - literally everything.

List all ingredients separately rather than picking generic things such as "spaghetti bolognese" that's already on MFP.

## **Q4 - Do I need to track my drinks?"**

Yes, everything except water. All milk in teas/ coffees, low-calories drinks- everything. They all add up throughout the week.

## **Q5 - "How often will my programme change? "**

This will depend on you, your history and your progress. Your plan is designed 100% bespoke and tailored to you, and is based around 'progressive overload' method, (*the best way to achieve results*), each week try to complete a little bit more than the previous. For example, if your rep range target is 10-15 reps, week 1 maybe you complete 10 reps, (as that's challenging enough, RPE 7-8), then by week 4-6 you should be aiming to complete say 15 reps as the effort should have started to feel less through repetition of the exercise.



# FAQ Continued

## Q6 - "How can I increase my protein intake?"

There are a few different ways to increase your protein intake. One quite simply, would be to have a bigger portion size of protein within each meal. For example, having 200g of Greek yoghurt instead of 100g.

*Good sources of protein include: lean meats, eggs, seeds, nuts, Quorn, "this isn't chicken", Fage 0% & Fage 5% Greek yoghurt, feta, mozzarella, lentils, chickpeas ect.*

You can also supplement protein powder into your oats, yoghurts, smoothies or have it on it's own as a snack. I also like the "Grenade Carb Killer" protein bars - especially Jaffa quake, (I'm a chocolate orange lover).

As a general rule, I'd say that you need to get a **good serving of protein in EVERY meal of the day**, around 20g. If you don't it makes it very difficult to hit your target.

## Q7 - If I miss my check-in, should I do it the day after?"

I strongly recommend setting aside time to complete your check-in every week, this will have a huge return on your progress. It is there to keep you accountable and so that I can make amendments where needed to ensure that we get you to your goal. While you will have a specific day to complete the check-in, if you struggle to commit to this day, you can complete it the day prior. So technically, you are just early ;)

## Q8 - What happens if I go over on my calories one one day, does this mean that I will not lose weight/ body-fat/ inches?"

No not at all - the way we are working is via flexible dieting.

I have calculated your calories throughout the week, if you go over your calories by 200 one day, you can claw them back later in the week. This will not affect your progress. If you find that you are going over your 'weekly calories' consistently, that is what **will** affect and hinder your progress. One day will not make a difference.

For a lot of my girls, we actually schedule and budget in higher calories on certain days if they would like to have a takeaways, a glass of vino ect. This is called calorie banking. Alternatively you can have consistent calories budgeted every day throughout the week, if this helps you to manage the dieting phase better.

I would recommend pre-planning meal ideas ahead of time and inputting to MFP a day in advance, that way you are more likely to stick to your plan and eat what has already been scheduled, rather than reaching for less-nutrient dense, higher calorie foods.



# FAQ Continued

## **Q9 - "If I am using dumbbells/ a barbell should I log each the small disc bit added to the ends or the combined weight?"**

Record the weight as a whole.

For example, say you have two dumbbells, each dumbbell is made up 1kg bar and two disc weights, each are 2.5kgs. The total of 1 dumbbell would equal 6kgs, so record 2 X 6kgs.

An Olympic bar weighs 20kgs, usually. Say you put 10kgs on each end. Your total weight that you need to record would be 40kgs.

## **Q10 - "How much rest should I have in between sets?"**

Your plan will specify a rest period, try to stick to that range wherever possible, in the beginning you may find that you need a little more time to recover.

**Shorter rest periods doesn't mean that it's necessarily better.** The aim of your sets is to gradually get you stronger, to lift more weight for more reps, building lean muscle tissue and improving your overall body composition. In order to do this, you need to be well recovered in between sets to perform your best.

You should always be challenging yourself with your workouts. Think about the muscles that you are working and concentrate on them - get the most from every single workout, do not just go through the motions.

## **Q11 - "Should I stop eating by 6pm or a certain time?"**

No!!

Eat when you like, and when it suits you in YOUR lifestyle!

It is a complete myth that eating late causes you to pile on body-fat or affects your progress. I often find eating dinner not too far away from my bedtime actually results in having better quality sleep.

And yes, sleep quality is VERY important. But that's a story for another time ;)