

Workout Terminology

I wanted to quickly define some terms that will be used throughout. To give you the best workout possible, I give guidelines on a number of different factors beyond sets and reps. Below are definitions of some terms used in workoutese (my term for workout jargon) that I use to describe the different aspects of the program.

Rep – One performance (or repetition) of a single exercise.

Set – The number of repetitions performed without stopping.

Warm Up Set- These are sets that are performed with light weight or no weight to prepare the body for when weight is added.

Working Set- These are sets performed at the intended intensity. You can think of them as “regular sets” as when For example if you perform a Back Squat for 8-10 reps with 100 pounds your Warm Up Set might use 50 pounds and your Working Set would be the set of 8-10 with 100 pounds.

Supersets- Two exercises performed one after the other without rest. Often used to maximize time, increase intensity to both.

Drop Sets- A more advanced technique where, at the end of a working set, one immediately uses a lower weight (can drop 10% or more) to perform another set of the same rep range. You can repeat this multiple times if desired.

Rest – The rest is the time in seconds between two sets.

GUIDELINES

Training Session Duration

Training sessions are generally between 45-60 minutes (with some exceptions). If training sessions are

Training Sessions Must Be Intense

Intensity is the most important variable for fat loss. The simplest way to increase your intensity is to **shorten rest periods**. Now, I'm not saying to make yourself throw up. You should not be able to carry on conversations between sets, or play angry bird on your cell phone. Keeping rest period short and sweet makes your workout short and effective (and a little painful).

Training Must Be Consistent

If you want to see results, you must do work, and do it often. You can have the best training sessions in the world, but they will be rendered ineffective without consistency. The high level of frequency ensures a consistently elevated metabolic rate, and a tremendous surge of EPOC, which means you'll be burning calories well after your body stops working out. Flashy fitness sites call this "the afterburner effect". Any activity is better than no activity – if there's days where you think you have "no time" to workout, well, you're lying to yourself. Let me know and I will make something work for you on days where "you have no time".

Your Body Must Recover

Usually, your strength training workouts will be 48 hours apart. If you're still sore/fatigued/exhausted on a strength-training day, notify me.

Cardio

Unless training for a long-distance endurance event, all cardio prescribed is **High Intensity Interval Training**. What this means is that you alternate intense periods of work with periods of rest. Studies showed that HIIT is about 9x more effective for fat loss than traditional distance cardio, not to mention it save a lot of time.

An example of HIIT would be to run at about 75-85% of your max effort for 30 seconds, walk for 60 seconds, and repeat for 3 rounds.

SAFETY

Since I'm not physically there with you, it's important you build upon the skill of "listening to your body". If something *doesn't feel right*, don't push it; your body is usually trying to tell you

something.

Good Pain vs. Bad Pain

Mild discomfort is part of the exercise process, and is necessary for the improvement of performance and physique.

The Burn is good pain. It should be short-lived and during the exercise only.

Fatigue after a workout should leave you exhilarated, but not exhausted. Fatigue that lasts days means you have been excessively challenged and your muscles and energy stores are not being replenished properly. Chronic fatigue is referred to as “over-training” and is something that you should bring to my attention.

Soreness is common, especially for muscles that have not been exercised for long periods of time, or when you perform an exercise you are not accustomed to. Soreness typically begins within a few hours, but peaks two days after exercise. This is referred to as *Delayed Onset Muscle Soreness* and is normal when beginning a new fitness program.

Bad Pain – Usually caused by the improper execution of an exercise, a previous injury being aggravated or something going awry. Nothing in an exercise should truly “Hurt”. Immediately notify me and/or a physician of any sharp or sudden pains, swelling, or any unnatural feelings in your joints or ligaments.

As you progress through the program and more exercises are introduced it is recommended to perform each exercise with NO WEIGHT to familiarize yourself with the movement pattern, and to mentally and physically prepare you for the tasks ahead. Warming up is a crucial part of injury prevention and prepares your body for exercise by lubricating your joints.

Notify me of any extreme soreness or pain that may occur.

SLEEP

I could write about the countless studies of why sleep is important for you, your appetite, your mental health, your happiness, and especially your fat loss.

But I’m not going to bore you with the science stuff here.

Get 6-8 hours of quality sleep every night. I can’t stress how important this is for both overall health, fat loss and muscle gain, especially when you’re in workout mode.

Have trouble falling asleep or staying asleep? Let’s talk about it during one of our check-ins.

Frequently Asked Questions

“How do I contact you to ask a question?”

Email is the best way to get in contact me with questions. If you have multiple questions then please use the following format:

- List the items in order of most important to least important to you
- Please keep items on the same subject together on the same bullet point. Try to condense it down to three main ideas and sentences.
- Please keep your questions to no more than 3 bullet points for one week.

Two examples are listed below:

Please email me like this:

“Hi Evan!

I’m so excited to be emailing with you (just kidding- you don’t have to say that ;)

Over the course of this week I have been wondering a few things. As requested, I have listed them in bullet form below:

- What is the meaning of life?
- How much wood could a woodchuck chuck if a woodchuck could chuck wood? And don’t his teeth hurt eventually?”
- Sometimes I can feel my weight coming forward during squats. I know you said this is bad so I am wondering what I can do about it? Also where am I supposed to be feeling the squats?

Please do not email me like this:

“Hi Evan!

S00000o I was thinking about our conversation about squats and I was wondering what your thoughts on using dumbbells versus kettlebells is. Also, what are kettlebells? And why did they all of a sudden become so popular. I feel like before 2012 I had never heard about them and now all the gyms have them. Not that I go to a lot of gyms. Is that bad? Should I try out other gyms? I feel like maybe the one a little bit farther from my house has more stuff. It definitely has prettier windows and cleaner floors. Is that important to you? Why or why not???

Both your and my time is valuable and using the first format maximizes it for both of us!

“How do “check-ins” happen?”

We will set up specific times for check ins over the phone or video. The frequency will be determined by the plan you are on, however no matter what plan you are on we will aim to have our check-ins be at the same day/time. Hooray for consistency!

Knowing that schedules get hectic, and this is not always feasible please let me know more than 24 hours ahead of time if you are not going to make your scheduled time and we will rebook. If it is less than 24 hours, that weeks check-in will be cancelled and we will move the content into the following week.

“How do payments work?”

Payments will be sent to you via

“What if I don’t know how to perform an exercise included in the workout?”

There is a three step process for this:

First, please make a note of which exercise it is.

Second, please look at the video associated and see if it is any help. If this is of no help you can substitute your own exercise if you know one for that body part. Last resort, you can skip the

“Do I need to be a member of a gym?”

Not necessarily however it is highly recommended. While you are able to get a great workout using your body and maybe some minimal equipment you have around your house/apartment, using a gym means you have access to more equipment which means that WE have access to better equipment for better programming, more options for progression, and generally more engagement.

“Do I need to purchase any equipment?”

We will likely have spoken about the equipment you have available to you for this program and if you have to purchase any. If we have not the general rule is that you don’t have to purchase anything right now however eventually you will want to as it makes progressing more accessible. One thing I HIGHLY RECOMMEND is to get a heart rate monitor. The Morpheus M3 or the Polar H10 are great.

“Do I need to download any software?”

Yes. You will need access to the internet and a web browser for the ProCoach software. If you are on the deluxe plan will need to download the app “Trainerize” as well.

“How strict does my diet need to be?”

I will answer this question in two parts.

1. At its heart, this program is about building healthy habits. The idea is that you will learn more and develop these habits to last you a lifetime. What has been shown over years of research

about dieting, coaching dieting, and science is that strict diets don't work in the long term. This program is about lasting health and that is generally not done on strict diets.

2. All of the above being said, this program is unique because it is about us working together to find out what works best for you. If stricter rules are easier for you (as they are for some people!) then we can work with that.

“Can I still drink alcohol on your program?”

Maybe, maybe not! We will match your food programming to your goals. We will assess what “drinking alcohol” means to you and how it fits into your program.

“How do I track my food intake?”

There is not a strict food tracking requirement on this program (at least to begin with). You will be learning a method that won't require you

However, if tracking works better for you there are great apps that can be used. “Lose It!” And “MyFitnessPal” are easy to use and free! And the latter actually integrates with Trainerize.

“Is there a cancellation policy?”

Yes. In fact there are two:

1. Cancellation of Program: I require WRITTEN notification at least 1 week prior to your billing date (your personal date where your credit card is charged). Please send an email to ELawrenceCPT@gmail.com with the subject line “Program Cancellation” with the request for program cancellation in the body of the email.

2. Cancellation of Check-In: If you are not able to attend a scheduled check-in, I require you send me an email no less than 24 hours ahead of your scheduled time and we will rebook. If it is less than 24 hours, that weeks check-in will be cancelled and we will move the content into the following week.