WHY

We Workout The Way We Do.

WHY THE # OF REPS?

You're probably seeing the numbers 12, 10, 6, and 4 a lot. There's a reason for that. Reps are based off goals, so for Power, we would be in the 1-3 range, Strength would be in the 4-6 rep range, Hypertrophy (i.e. muscle growth) would be in the 8-12 rep range, and Muscular Endurance would be in the 15+ rep range! There's a method to the madness.

WHY HAVE ONLY 5-7 MOVES IN YOUR WORKOUT?

- The goal is not to overkill your workout. We're not working out to get sore every session (if you are, there might be an underlying problem). We want the body to adapt to the mechanical stress we are putting on it. MEANING we have to practice a well rounded routine.

Training Efficiently + Rest + Mobility Work + Staying Hydrated = Better Results in a Workout

Why take progress photos??

The scale can only do so much, so why not take off the pressure by focusing on how you feel and what you see in the mirror? You'd be surprised by how much easier this process is when you don't have to focus on a number. Tip: Try to take the same photos every week (same clothing, same place in the mirror, same time of day, etc.). That way you can see the change more clearly week to week.

"I've missed more than 9,000 shots in my career. I have lost almost 300 games. Twenty-six times I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

Michael Jordan

WHY MACROS MATTER

ENERGY CONVERSION TO REMEMBER:

CARBOHYDRATES = 4 CALORIES PER GRAM

PROTEINS = 4 CALORIES PER GRAM

FATS = 9 CALORIES PER GRAM

GENERAL FUNCTIONS:

CARBS - THE BODY'S PREFERRED SOURCE FOR ENERGY, HELPS PRESERVE MUSCLE AND PROMOTE DIGESTIVE HEALTH.

PROTEIN - PRIMARILY RESPONSIBLE FOR BUILDING AND REPAIRING TISSUES, HORMONE PRODUCTION, CATALYZING CHEMICAL REACTIONS, AND ALSO A SOURCE OF ENERGY.

FATS - THE PRIMARY BACKUP SOURCE FOR ENERGY, NEEDED FOR VITAMIN ABSORPTION, INSULATION AND TEMPERATURE REGULATION.

EACH MACRO IS RESPONSIBLE FOR CERTAIN ROLES THAT AFFECT THE BODY. THIS IS WHY IT'S IMPORTANT TO HAVE A DIET THAT REVOLVES AROUND ALL THREE.

TIPS AND TRICKS TO MAKING THIS PROCESS EASIER

1. Why Rest Is GOOD

Don't overestimate how much you should be working out. Overdoing cardio and training DOES NOT = better results. In fact, it may affect recovery. Movement every day is the goal, not overtraining.

2. Why You Should Get Over The Fear & Film Your Form

Can it be intimidating? Yes.
But would you rather prevent injury? Probably. Filming your form can make you aware of the errors you didn't notice you were making. Also, it's physical evidence of your hard work. So please, do it.

3. Why The Heavy Lifts First?

Prioritization is key in a workout. If you save the heavy lifting moves for the end of the session, you won't have the energy to perform well and form can suffer. Best to perform compound movements when you have the most energy.

4. Why You Leave The Ego @ Home.

Yes, heavy lifting is empowering, but what happens when you lift heavy and the technique is off. You feel a tweak, something pops, maybe you get super tight. Then you're out for a week. Don't over do it with weights. Slow, gradual process is key to hitting PR's and remaining pain free.

5. Why Tracking Food Pays Off

Think about your diet right now. Do you eat at the same times everyday? Do you eat the same foods everyday? Do you know how much you eat everyday? If you said no to these questions, it means there might not be much consistency in your diet, which can definitely be a reason your results suffer.

"STRENGTH DOES NOT COME FROM THE PHYSICAL CAPACITY. IT COMES FROM AN INDOMITABLE WILL."

Mahatma Gandhi

WHY SLEEP IS VITAL

Not many people realize how much of an impact sleep has on their body. There's a very small percentage of people who can function efficiently on a low amount of sleep, and while sleep affects individuals differently, research has shown that a deficit in good quality sleep can cause:

-Low Testosterone Levels in Men

-Abnormal Progesterone/Estrogen Levels in Women

-Can make individuals susceptible to Insulin Insensitivity (meaning it can affect metabolism and weight loss)

- Interfere with Muscle Recovery/Adaptation

- Cause Irritability/Mood Changes

- Affect Cell and Tissue Growth & Regeneration (not just the muscle at risk)

So as a rule of thumb, we want to aim for 6-8 hours of uninterrupted sleep. Again, effects vary individual to individual so find what amount works best for you and make it a consistent routine.

"EVERYTHING NEGATIVE - PRESSURE, CHALLENGES - IS ALL AN OPPORTUNITY FOR ME TO RISE."

Kobe bryant

WHY REAL FOOD COMES FIRST

Preservatives. Added sugars. Ingredients we can't even pronounce. Often we have no idea what is going into our prepackaged foods and so often people just accept it. Yet, we have to ask ourselves, why does this stuff last so much longer than natural, organic food. We have to be aware of the chemically altered food. This doesn't mean we can't treat ourselves every now and then, but it does mean we should be prioritizing and feeding our body the quality fuel it needs rather than resulting to quick solutions.

WHY ARTIFICIAL SWEETENERS CAN BE HAZARDOUS

Although Artificial Sweeteners may say they are zero calories, research has shown that they may affect metabolism, even at very low doses (possibly linked to diabetes, but research is still too new to call). Studies indicated glucose intolerance was elevated due to changes in our gut microbiome, and gut health has to be optimal in order to maintain a healthy immune system. Still, if you need to sweeten your coffee or tea, try to use real alternatives (such as monk fruit, honey, agave syrup, maple syrup, etc.)

WHY IT'S SO IMPORTANT TO EAT THROUGHOUT THE DAY

Metabolism. Metabolism. Metabolism.
The scientific definition of metabolism is: the sum of the chemical reactions that take place within each cell of a living organism and that provide energy for vital processes and for synthesizing new organic material.

Now imagine you start skipping meals. The stress put on the body by missing out on nutrients has a bigger effect than we think, especially if we fast before a workout. If you don't supply the fuel, your body can resort to stored energy within the muscles, making your gainz go to waste.

WHY DOES THE SCALE SHOW A HIGHER WEIGHT/NO CHANGE, YET MY BODY FAT IS LESS?

The scale can only do so much on a day to day basis. I personally recommend only weighing yourself once a week, in the morning before you drink water/eat food (just like how I recommend with progress photos). There are so many factors that can affect the number you see such as:

-WATER WEIGHT/HYDRATION

-SODIUM INTAKE

-TIME OF DAY (WE WEIGH HEAVIER AT THE END OF THE DAY)

-FOOD ALLERGIES/BLOATING

AND to top it all off, you may be gaining muscle while losing fat during this process! This is what we call a body recomp (recomposition). Muscle is more dense than fat, so you could weigh the same but have a leaner physique! Which is why we try to focus on how you feel rather than what the scale says.

WHY IS WATER SO IMPORTANT?

Things to consider:

-It lubricates your joints

- Helps delivers oxygen throughout the body through red blood cells
- Helps forms saliva and mucus
- Helps boosts skin elasticity and quality
- The digestive system depends on it
- Helps maintain blood pressure
- Helps prevents kidney damage

Water makes up a big percentage of our body, so it's important to make water intake a priority if we want to be able to function correctly throughout the day and when we exercise.

WHY YOU SHOULD FOCUS ON BOTH HIGH AND LOW INTENSITY TRAINING (& WHAT'S THE DIFFERENCE BETWEEN THE TWO)

Too much of a good thing isn't necessarily good, which is why it's so important to have a fitness routine that has a more holistic approach. Consider this: the guys who always lift weights in the gym, do they focus on cardio? If not, what happens when they run a mile? They are most likely less conditioned and will have a harder time performing. On the other end of the spectrum, think about ladies who are afraid to lift weights and ONLY stick to cardio. When it comes to carrying a heavy load or dealing with situations that call for strength, do they have a tougher time performing?

High intensity training is good because it helps you burn calories faster, challenges your endurance, is healthy for the heart, and can overall be very fun in a short amount of time. Low intensity training is good because it allows you to utilize exercise for a longer period, can be easier to manage, still burns calories, and may allow for you to focus on other factors (such as mobility and flexibility). Overall, both are great to include in your workouts and have benefits that can help you see progress.

Note: Aerobic and Anaerobic Exercise can be both high and low intensity depending on how you structure a workout.

"IT DOES NOT MATTER HOW SLOWLY YOU GO AS LONG AS YOU DO NOT STOP."

Confucius

"PROCRASTINATION IS ONE OF THE MOST COMMON AND DEADLIEST OF DISEASES AND ITS TOLL ON SUCCESS AND HAPPINESS IS HEAVY."

Wayne Gretzky

WHY SUPPLEMENTS AREN'T NECESSARILY "NECESSARY"? (AND WHAT I RECOMMEND)

Supplements are meant to make up for any deficiencies we may have in our life, which is why it's important to note that they supplement, not substitute for these deficiencies. Real food is always better, so make sure to asses your diet before buying anything. Supplements are not necessary to see results, nor should you be spending $100+ a month on them. However, if you'd like to invest supplements, the ones I recommend are:

- Greens Powder to help with micronutrient intake
- Creatine

(for muscle growth and performance, but may cause water weight to go up)

- Pre-workout for energy/pump
- Magnesium capsules for joints/muscle health if need be
- Daily Multivitamins
- Protein Powder if necessary

WHY DOES REST BETWEEN SETS MATTER?

You want to allow the muscles to recover from fatigue in order to perform the next set correctly and safely.

Between heavy sets/compounds: Aim for 1-3 minutes as a rule of thumb (typically 2 is good)

Between lighter sets/accessory moves: Aim for 30 seconds to 1 minute