

Beach Body Training Plan GUIDE

This program is designed as a maximum intensity routine. You are pushing each set until failure occurs – in other words; until you can't do no more, or at least where the last rep is a struggle.

The goal of this training regime is to simply strive for maximum intensity, progressive overload, increasing intensity:

1. Increasing weight
2. Performing better quality reps, so slower, more controlled reps.

If you have a busy schedule, you can perform this plan in a 3-day manner, so you will not have an extra push day or dedicated arm day, instead some of these exercises will be merged into the original days.

Alternative exercises (see **alternative exercises** page on the document) can be used with similar results if performed with high intensity. Apply progressive overload to these just as you would with the original exercises.

Basis of the workout routine is to pick a weight that results in you reaching the minimum rep range target (lowest rep of the set) and falling in between the target rep range or meeting the maximum rep range.

For example, if a target rep range of a set stated is 1 x 6-8, the minimum number of reps you want to get is 6, and the maximum is 8.

Therefore, you pick a weight that is heavy enough and not too easy that you don't go over 8, but not too heavy that you can't achieve the minimum reps of 6.

Your first week will be spent gauging your intensity and what you can handle, with also the goal of not going to maximum effort and allowing 1-2 reps left on reserve to allow your body to adapt to the exercises and settle in.

Trial and error will be necessary to find your balance between intensity & performance of the set. The last 1-2 reps should be a struggle and should require your full attention and effort - that's how you know you're pushing your limit.

Don't worry about not reaching the target rep ranges or realising that you picked a weight too hard to reach the target rep range, or going slightly, over, in your first week this is normal. And if this happens, just adjust weight accordingly for the next session.

As I have said in the program, if you are a beginner it is advised to not go 100% to failure, and to instead stay just shy of failure. For example, if a set states to target the 6-8 rep range. You should be able to perform at least 6 reps and be able to perform an additional 1-2 reps (being 7 or 8 reps) if you were to push that bit extra. The reason why we don't want to go all out to maximum effort is so we can get familiar physically and mentally of the exercise and how to perform it, with good

form, technique, and muscle contraction, and control. After a week or two of staying reserved of intensity and becoming familiar and have allowed neuromuscular adaptations (basically meaning your body, mind and muscle become more efficient and working during that movement) you can increase the intensity and go to full mechanical failure.

Speaking of failure, there are two types: mechanical and absolute.

FALIURE – MECHANICAL & ABSOLUTE

Mechanical failure: means performing as many reps as you can without your form/technique breaking down excessively.

Absolute failure: means going beyond mechanical failure – so ultimately ‘cheating’ and sacrificing form to achieve extra reps, which is something you will NOT be doing.

STRUCTURE OF THE PLAN

The structure of this program is the heaviest, lowest rep sets done first while the body is fresh, followed by back down sets (that are still maximum intensity) with lighter weights to achieve each stated rep range target.

Example: 1 x 6-8reps could be 60kg used on the bench press

2nd set, 1 x 10-12reps – 45kg

3rd set, 1 x 12-15reps – 35kg

Your goal is to add weight when you have reached the end of each rep range, so once you can achieve 8 reps in the 6-8 rep range, then you would increase the weight and aim for a minimum of 6 reps again until you can get to 8 WITH THAT NEW WEIGHT.

DELOADING

You should deload every 4-6 weeks. This gives your body time to recover from the accumulated stress and fatigue and allows you to come back stronger and fresh and lets your nervous system rest.

Simply half the weight you use and cut your total weekly volume (sets) in half. The intensity should be very low, and you are simply just going through the motions and maintaining the familiarity of the movements, in other words proprioception (your sense of movement and mechanics of the exercises) will stay efficient.

THE MAIN KEYS OF BUILDING MUSCLE

- Recovery – efficient sleep, 7-9 hours minimum
- Protein – at least 0.8-1g per lb of bodyweight
- Plenty of carbohydrates before and after training – focus on quality slow digesting carbohydrates such as sweet potato, and fast burning carbs before working out.

- Progressive overload – increasing intensity over time with weight, quality of reps, slower eccentrics, shorter rest between sets etc.
- Hydration – at least 2 litres of water a day, up to 4 litres.

YOU BREAK DOWN THE MOST MUSCLE FIBRES ON THE ECCENTRIC PART OF THE LIFT

The eccentric portion of a movement/exercise is the 'way down' generally. For example, on a bicep curl, you curl the weight up to your torso, and lower the weight down to your sides hips). Curling the weight up would be concentric (the way up) and lowering the weight back down would be the eccentric (way down).

IT IS IMPORTANT and very beneficial that you control the eccentric part of the movement, and not just drop the weight once you have finished your last set, or even any rep during the set for that matter. Always control and slow down the eccentric to a minimum of 1.5-2.5 seconds for maximum muscle breakdown. This will help build muscle faster.

NOTE TAKING

It is essential that you take notes of exactly what weight you are using for each set, and also to note your performance, i.e. Last 2 reps form broke down slightly – so next time you focus on doing the last 2 reps with better form. Etc.

This is so you have a reference point for the next session, so it is clear where you need to improve.

WARMING UP

To warm up you should always warm up rotator cuff muscles and get blood flow into which ever muscle group you are about to train.

A general rule of thumb is to always warm up with the bar when doing bench press, squat, or deadlift, and overhead press with high reps of 15-20.

For dumbbells/free weights it is advised to do th4 same, warm up with the lightest dumbbells of whichever exercise you are about to do. Anywhere from 2.5kg to 5kg of 15-20 reps.

For example, if the plan says dumbbell bench press, grab a pair of light dumbbells, anywhere from 2.5kg to 5kg and perform the movement slow and controlled, focusing on contracting your muscles (in this case, chest) and applying good form – your warmup sets should be performed exactly as your main heavy working sets, to prime your body and mind and get ready for the main sets.

You should warm up in increments of 3-4. To elaborate. If you are about to use a weight of 60 for a rep range of 60kg in the bench press. Your warmups would look something like this:

Warm up set 1: The bar – 20 reps

Warm up set 2: 20 kg x 12 reps

Warm up set 3: 30kg x 8 reps

Warm up set 4: 45kg x 4-5 reps.

Then begin your first heavy set.

Your warmup sets should increase weight to lead up to the main set', but go down in reps as the warm up sets increase. Warm up too much and you'll be tired by the time you start your mains sets, don't warm up enough and you risk injury and performance for not being primed correctly.

NUTRITION

The importance of nutrition is vital and without replenishing your body with essential vitamins and nutrients, all your hard work will diminish, your risk of injury is increased, and your performance and recovery are almost non-existent.

Protein

Aim for 0.8-1g of protein per lb of bodyweight.

Carbohydrates

Plenty of carbohydrates, at least 250-350, especially when training with such high intensity. If you are training hard, you will not get fat. I would even argue to have around 400-450g of carb but trial and error with your own body.

Fat

Aim for atleast 45-65g of fat; plenty of fat is essential for building muscle, hormones and energy etc. Don't shy away from fat; it isn't bad nor does it 'make you fat'.

Consume plenty of water before training and throughout the day. Aim to get in at least 1-1.5 litres before training.

DIET

Focus on wholefoods as much as possible, single ingredient, and organic as much as you can.

When training with high intensity your body will need refuelling with the best possible food there is.

It can be hard to eat clean 100% of the time, so to allow yourself a treat and your guilty pleasures. Apply the 80-20 rule or 70-30; meaning the majority (70% or 80% - your choice) comes from healthy/'clean' foods and the rest not so clean, or 'bad foods' however you like to label them.

Meal examples:

MEAL 1 (post workout)

200g beef
1tbsp butter
130g white rice or 350g sweet potato
Onion
Garlic
Tomato
Pepper
Salt (extra after working out)

1 glass of orange juice

MEAL 2:

250g chicken
1tbsp butter
130g white rice
Onion
Garlic
Tomato
Salt

Water or any juice

For Pre workout:

2 slices (or one) of sourdough, or wholemeal bread
30g/50g of peanut butter
1 x banana
Pinch of salt
Tablespoon of honey

x

If you have any questions about the plan, do not hesitate to contact me either via Instagram or my email at jamesdemirelcoaching@gmail.com