



TRAIN LIKE A PRO

6 STEPS TO CREATING THE
PERFECT TRAINING PROGRAM

Who am I?

My name is Fabian Paterson, and I am a bodybuilder, a certified personal trainer and nutritionist. My weight lifting career started 10 years ago when going to the gym grew from a suicide prevention tactic into a passion, then later a career.



In 2005, I started Change iz Fitness. A company that offers personal training services with the mindset that everyone has the ability to be their change. At Change iz Fitness I help my clients live a fit-healthy life through customized training and nutrition programs tailored to their specific needs.

In this FREE e-book I will give you 6 steps to creating the perfect training program. These are steps I use every time I create a program for a client. They've also been the same steps I've personally used throughout my entire fitness journey.



Create a goal

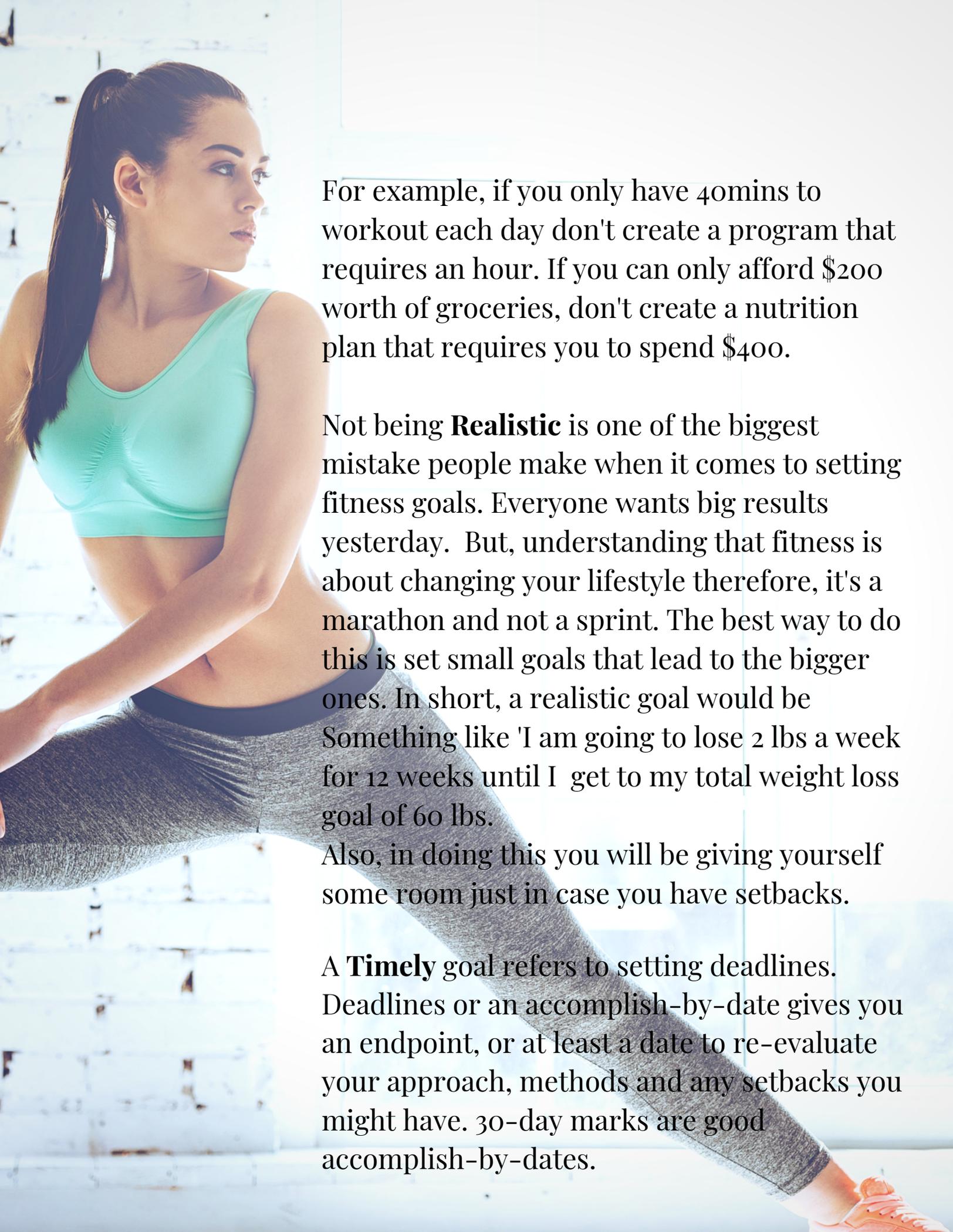
Creating a goal is and should be the first step in your fitness journey. Here's why you want to create a goal. If you don't have a goal then you'll be working out aimlessly. Without a goal there's no destination and without a destination you'll be lost.

Working out without a goal is like getting in your car with the intention of going somewhere, but not knowing where. So, create a goal. But, you can't just have a goal, you need to have a **SMART** goal. One that's **Strategic**, **Measurable**, **Attainable**, **Realistic** and **Timely**.

A **Strategic goal** refers to figuring out what you plan to improve, associating the muscles with that, and then tying it back into the bigger picture goal.

Measurable - for a goal to be measurable it must be something that's sure. For example, saying I will do 10 push-ups a day for 6 days is considered a measurable goal.

Attainable - Attainability is similar to being realistic in the sense that you have to be honest with yourself and about your current situation.



For example, if you only have 40mins to workout each day don't create a program that requires an hour. If you can only afford \$200 worth of groceries, don't create a nutrition plan that requires you to spend \$400.

Not being **Realistic** is one of the biggest mistake people make when it comes to setting fitness goals. Everyone wants big results yesterday. But, understanding that fitness is about changing your lifestyle therefore, it's a marathon and not a sprint. The best way to do this is set small goals that lead to the bigger ones. In short, a realistic goal would be something like 'I am going to lose 2 lbs a week for 12 weeks until I get to my total weight loss goal of 60 lbs.

Also, in doing this you will be giving yourself some room just in case you have setbacks.

A **Timely** goal refers to setting deadlines. Deadlines or an accomplish-by-date gives you an endpoint, or at least a date to re-evaluate your approach, methods and any setbacks you might have. 30-day marks are good accomplish-by-dates.



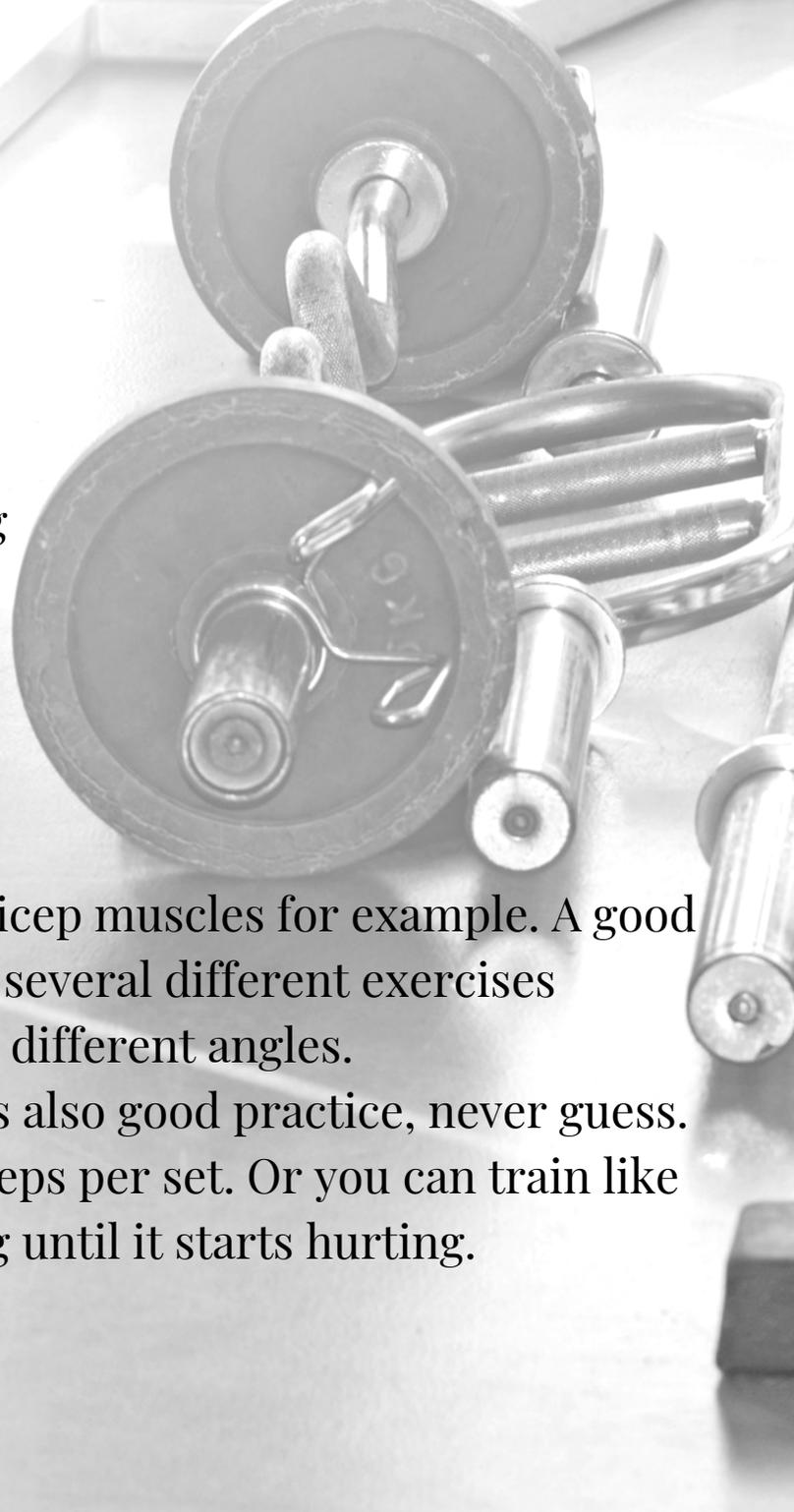
Create a Workout

Creating a workout plan is the next big step in creating the perfect training program.

When it comes to creating a training program you need to be specific. Take the time to learn which exercise work which muscle, and different variations of that exercise.

For better understanding take the bicep muscles for example. A good workout program would consists of several different exercises targeted at working the biceps from different angles.

Having a standard set & rep range is also good practice, never guess. The basic go to is 4 sets, with 12-15 reps per set. Or you can train like the pros do, and don't start counting until it starts hurting.





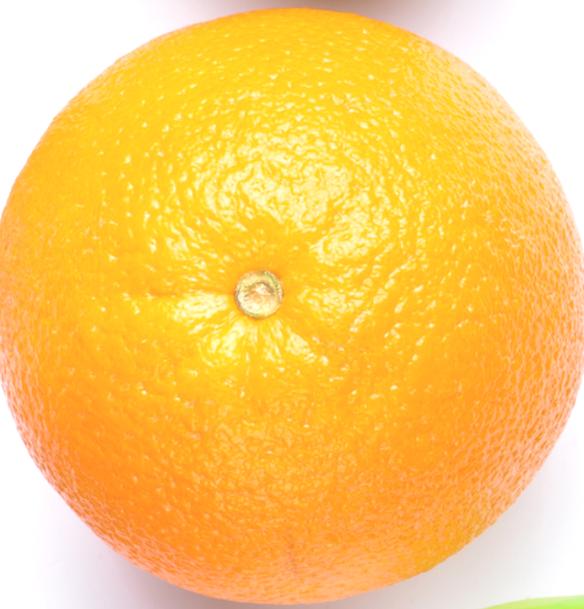
STEP

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Create a Nutrition Plan

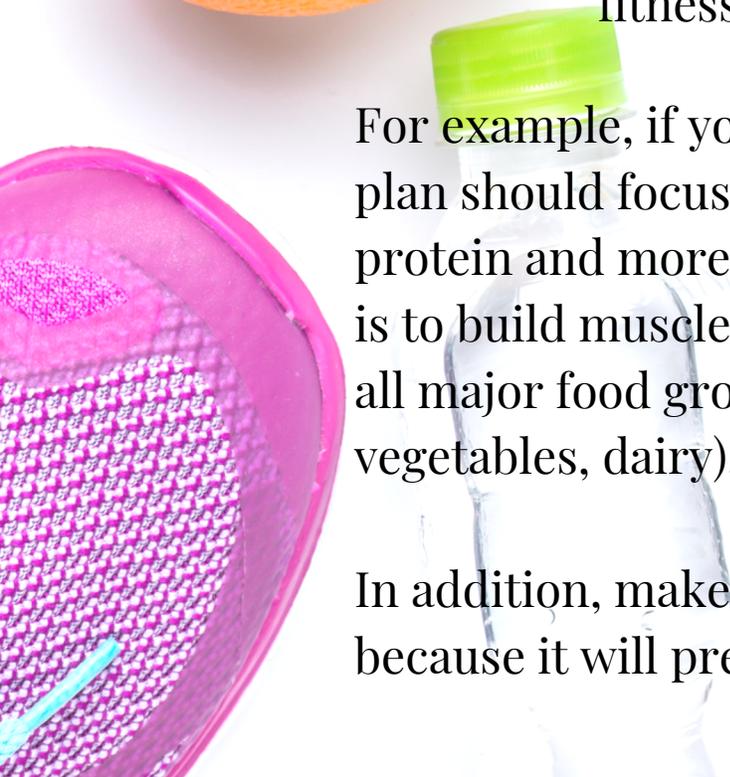


Fitness is 30% gym and 70% kitchen.



Bottom line up front, none of the work you do in the gym will count if you eat like crap.

Creating a nutrition plan is essential in achieving your goal. And whatever you do, don't just follow a diet because it's easy. You must be sure that whatever nutrition plan you create or follow is in line with your fitness goal and the foods you like.



For example, if your goal is to lose weight your nutrition plan should focus on consuming fewer carbs and protein and more fruits and vegetables, and if your goal is to build muscle then the focus should be a balance of all major food groups (Whole grains, protein, fruits, vegetables, dairy).

In addition, make sure you are eating on a schedule, because it will prevent your body from storing fat.

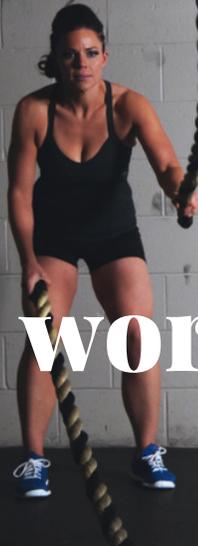


Get Sleep

Sleep is just as important as nutrition. Some people might disagree, but here's the truth. Your body does all the important stuff while you sleep like:

- (1) distributing minerals and nutrients throughout your body to repair muscles and tissues. Also, healing wounds and refreshing body cells.
- (2) detoxing the mind. Processing out old, unfinished thoughts and sorting important ones, then storing them in your memory bank.
- (3) Finally, while you sleep your body transformations itself. Meaning, your muscles grow, repair and recover.

Now, let's talk about how much sleep to get. To be fully functional we need 8-hrs of quality sleep. In the first 4hrs the body repair muscles, tissues etc., and the remaining 4 it improves brain function.



Schedule workouts & Meals

Why should you schedule your workouts and your meals?

Scheduling your workouts makes it easy for it to become a part of your day-to-day life, and in doing this it makes it impossible to forget.

I mean if it's on the calendar then it's a part of the "to-do-list" per se.

I think you'll agree that can be easy to get caught up in daily activities and end up not making a workout.

Also, schedule your meals. Scheduling your meal is a reminder to eat, but more so a prevention from "picking up" something, because, that usually ends up in unhealthy eating.



Have a rest day

The 6th and final step is to have a rest day.

Some people might say there's no such a thing as a rest day, but I'm telling you there is.

Just like how your body recovers when you sleep, it also does when you take a day off from working out.

Having a rest day also gives you time to do other things, like enjoying a day at the beach or catching up on your favorite tv show.

Rest. Your future self will thank you for it.





Change iz Fitness



There you have it, six steps that'll have you training like a pro.

Thank you for signing up for our mailing list and I hope you find this e-book beneficial towards your fitness journey. Again the information shared here is what I use successfully in my business and my personal fitness on a daily basis.

Should you have any questions about Change iz Fitness, it's trainers or any product or services you can visit our website at

www.changeizifitness.com