

5 Essential Training Principles

What follows is a synopsis of the *absolutes* that one needs to get fit and healthy for life. When performed consistently in conjunction with the 5 Keys to Nutrition, success becomes automatic. Together they yield incredible, predictable, and sustainable results.

1. Get a Minimum of 4-5 hours of exercise weekly

- Half of your time should be spent doing high intensity work, such as weight training, functional strength circuits, and H.I.I.T cardio
- The other half should be spent doing moderate intensity exercise in the form of steady state cardio, such as light jogging, brisk walking or other sports activities

2. Of your high intensity workouts, perform a minimum of two functional strength workouts and one weight training session per week

- These sessions should be performed with minimal rest, or as directed in your program
- The duration of each session should be between 20 and 60 minutes

3. Do not eat too close to a workout

- Leave at least 1.5 hours between your last meal and your training session. Leaving this amount of time will allow your body to utilize fat stores as fuel throughout your workout.
- Of course, if you are uncomfortably hungry or have an underlying health issue, this rule is flexible. Ask your coaches if you are uncertain.

4. Always refuel immediately after exercise

- This is especially important after intense training. The meals following your workout are essential for repairing and rebuilding muscle tissue.
- Failing to do so nullifies any potential benefits or desired outcomes of your exercise routine.

5. Develop Commitment

- At the beginning of the week, plan when your training will occur and book that time for yourself. Respect this time as you would any other scheduled appointment.
- Look at any responsibilities or events that could potentially interrupt your workout schedule and plan around them.
- Realize that being *committed* is the only way you will allocate the time, energy and focus required for your new practices on a consistent basis. Incorporating your new lifestyle requires more than just being interested or doing it when you can fit it in.
- Your coaches have designed the most efficient programs and strategies currently available anywhere. This will help to make the integration process painless, seamless, and conducive to long-term success.

Engage the process, get interested, ask questions, and success will flow by design!