Back2Basics

Fitness Challenge

Hey there, fitness enthusiast!

I'm here to let you in on a little secret, both about what the fitness industry is up to in the past years and... About what YOU can do to counter that!

Once we do that, I'll also give you a challenge.

A challenge to improve your levels of physical and mental fitness, by doing nothing else but... Sticking to what's truly effective - The basics!



In this short e-book, I'll expose some brutal truths, and I'll tell you what's truly effective for achieving your dream physique.

Ready to put your brain & body to work? Let's get to it!



THE MODERN FITNESS INDUSTRY

Let's be real - We see it all the time! The modern-day fitness industry is constantly trying to reinvent the wheel.

It's like the basic principles of training & nutrition are hidden in a closet, only for new, seemingly "promising" solutions for common problems to be lifted on a pedestal.

We see those in the forms of...





Supplements!

Fat burners, carb blockers, revolutionary new ingredients - We see this all the time.

Whether it is about fat loss or muscle gaining, we're bombarded with polished advertisements of new, seemingly backed products every year.

But let's be honest - most of those are just gimmicks, polished in a way that will make you believe there is a shortcut to fitness. It's almost as if you can take a magical pill and disregard the importance of consistently putting in the work in the gym and the kitchen...

Diet Plans, Oh Diet Plans

The next common thing we see thrown in our faces by the modern fitness industry is a bunch of promising diet plans. Much like supplements, specific approaches to dieting are marketed as a "revolutionary new solution".

And let us tell you this - Keto, vegan, carnivore, intermittent fasting, paleo, or any other approach to nutrition can generate results if it goes by the basic principles of **calories in vs. calories out.**

ANY fad diet can produce results, but it can't interfere with the basic laws of thermodynamics. (duh!)

Training Regimens

"Did YOU know that every one of us has a different body & metabolism type and according to THAT you can have the perfect fitness regi…." STOP right there.

The third and perhaps most prominent, polished scam in the fitness industry is the one with training regimens based on "body types" and what not…



Let's Rewind…

Alright, with all of the above-said, we implied that fitness has turned into a game of "who will reinvent the wheel first". However, the harsh truth is that you don't really need any of those fancy products, diets, or training regimens.

What you MUST do, for the goal of being your best self physically, is… Follow the never-changing, everlasting, fundamental principles of training!

What are those principles, you may ask? Let's have a look.



And well, while there may be some truth to this, the facts are facts - Any training regimen & diet plan must abide by the BASIC PRINCIPLES of fitness, in order to work.

There is no way around those.





TRAINING PRINCIPLES

Alright, so what are these ‘training principles’ that we talk about and hype up so much?

Well, they are the invisible wall that no fad training regimen can get around.

Think of those as the things that outline the way your body functions - Regardless of who you are, what your ‘body type’ is, etc.

So what are the MOST important training principles to go by? Let’s have a look.

Intense Training

First and foremost, if you’re in the game of fitness for the goal of creating meaningful changes to your health, biochemistry, and how you look naked, you’ll have to acknowledge this - Your workouts MUST be challenging.

Each and every set must take you close to failure.

This is the real stimulus that will give your body a reason to get better on every level - Hormonal, muscular, cardiovascular, etc. etc.

Key Point: Take each set within 2-3 reps away from failure. Make it challenging!

Progressive Overload

Besides the fact that your workouts must be challenging in the first place, they must also be PROGRESSIVELY more and more challenging.

In your training, you will notice that what was once impossible to push/pull for more than 5 repetitions eventually becomes easy for 10.



1. Increasing working weight
2. Increasing the number of reps
3. Increasing the number of sets
4. Increasing training frequency
5. Increasing time under tension
6. Decreasing rest times between sets



Note that these should not be done at the cost of proper exercise execution, which brings us to the third fundamental training principle

Key Point: As you go through your training sessions, progressively increase the demand upon the musculature. Create a new stimulus!

This is nothing but your body adapting! To progress further, you must demand more from the body in one way or another - This is referred to as the principle of "progressive overload (PO)"

PO can be realized in a couple of ways:





Progressive Overload

Oftentimes, in attempts to progressively overload, trainees start jerking the much heavier weights with improper exercise form and even inertial swinging movements (cheating). However, during every set, one must make sure that the muscle is always working and not jerking!

Pay attention to both phases of the movement- The phase where your muscles contract and the phase where they relax. You can induce tension on both of these phases and create a stimulus for the development of the musculature on a variety of levels (strength, balance, size, etc.)

Key Point: Don't cheat on your exercises! Aim for a good contraction and a controlled relaxation on the way down, on every single rep!

SUMMARY

Alright, so, to sum this up - in any training session, you must make every set challenging (progressively) AND make sure that your muscles are taking in all the tension from the resistance created by the weight.

Cool! Now let's have a look at the Back2Basics training regimen, shall we?

THE CHALLENGE - BACK2BASICS TRAINING REGIMEN

The Back2Basics training regimen doesn't rely on fancy exercises, supersets, drop sets, or anything else that you've probably been bombarded with on polished social media fitness ads.

Instead, it relies on a couple of things:



1. Compound movements (exercises that engage multiple muscle groups)
2. Challenging sets, taken close to failure
3. Significantly longer rest times



"Okay wait, what? Significantly LONGER rest times? What do you mean?! I thought I was supposed to superset two exercises and then rest 30 seconds..."

Yeah, no.

Because intensity is strenuous by nature, it requires more rest times between sets!

By resting more, you will ensure that your performance is sustained from set to set and that will ultimately give you a greater **total training volume & training intensity.**



Think of it this way - If you do 1 set of 10 repetitions with 100 kg, that would be a volume of 1000 kg (100 kg lifted 10 times).

If you only take a 1-minute rest before your next set, you'll probably be able to do about eight reps on the second set (100 kg lifted 8 times = 800 kg).

In both sets, you lift a total of 1800 kg... HOWEVER if you rest 2-3 minutes, you'd probably be able to sustain those ten reps on the upcoming sets, so again, that means greater total volume, thus greater total stimulus!



Now let's have a look at the training regimen.

NOTE: Do a thorough warm-up before going heavy on any of the exercises! Get your heart pumping and mobilize your musculature.

Exercise	Sets	Reps	Rest times
Barbell Squat	Beginners - 3 Intermediate/Advanced - Up to 5	6+ Close to failure	~3 mins
Barbell Bench Press	Beginners - 3 Intermediate/Advanced - Up to 5	6+ Close to failure	~3 mins
Barbell Deadlift	Beginners - 2-3 Intermediate/advanced - Up to 5	5, heavy weight	3 mins
Barbell Overhead Press	Beginners - 2-3 Intermediate/advanced - 4-5	8-10, close to failure	3 mins

TRAINING GOALS

The challenge is to take this training regimen and apply the 3 basic principles we talked about.

1. Make it intense.
2. Progressively overload
3. Keep constant tension and good form!

As a beginner, your goal should be to do 6-10 challenging working sets per week on each exercise.

As an intermediate/advanced trainee, your goal is to do 10-15+ quality, challenging working sets per week on each exercise.

NOTE: You should leave 48-96 hours of rest between each separate session to recover fully!

GROCERY SHOPPING CHEAT-SHEET

Besides leaving enough time for rest between the separate workouts, you will also need loads of quality food to give the body everything it needs for proper recovery.

So, hey, on your off days, take this grocery cheat sheet and get some quality food in your system!

Nutrient	Omnivore Food Sources	Plant-Based
Protein	1. Grass-Fed Beef (Meat & Organs) 2. Wild-caught fish/seafood 3. Pasture-raised chicken/eggs 4. Dairy Products	1. Lentils 2. Beans 3. Other legumes 4. Nuts 5. Tofu 6. Tempeh
Fats	1. Fatty fish (salmon) 2. Fatty beef (ribeye/top sirloin) 3. Avocados 4. Nuts 5. Olive oil 6. Olives 7. Coconut 8. Cocoa powder	1. Avocados 2. Nuts 3. Olive oil 4. Olives 5. Cocoa powder 6. Coconut
Carbs	1. Sweet potatoes 2. Regular potatoes 3. Fruits 4. Starchy vegetables 5. Brown rice	**First 3 from the protein column + the 5 foods listed in the omnivore carbs column!**

Nutrition Tips

1. Consume a balanced amount of all three macronutrients across all meals, and avoid skipping carbohydrates if you want to perform at your best in each workout! Carbs are the king of high-intensity training.

2. Don't eat right before a workout - Eat a modest, high-protein meal 2-3 hours before a workout! This will allow you to have plenty of energy for your workout without interfering with the heavy phases of digestion.

3. Don't be shy of eating plenty at night! Nighttime is the recovery time, and that's exactly when you should have a king-sized meal! Just make sure not to overeat right before going to bed.



FINAL THOUGHTS

Regardless of your level of training, sticking to the basics is always a viable option in the context of improving your body.

We invite you to take this seemingly beginner routine and ramp up the intensity, overload & tension!

Whether you are a beginner, intermediate, or even an advanced trainee, such full-body workouts can be vastly effective if used correctly.

Here's a summary of this challenge!

- Focus on compound movements.
- Make your sets challenging!
- Progressively overload workout to workout.
- Keep the tension on the muscles, don't cheat!
- Rest longer between sets to sustain performance!

Ready to get back to the roots? Let's go!

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