

**RESULTZ GYM**

Happiest Gym on Earth!

**WELCOME  
PACK**

[www.resultzgy.com.au](http://www.resultzgy.com.au)

**OUR  
VISION**

**TO BE THE  
HAPPIEST  
GYM ON  
EARTH.**



## **OUR MISSION**

**INSPIRE AND EDUCATE  
OUR COMMUNITY TO  
ACHIEVE OPTIMAL HEALTH  
AND WELLNESS**

## **OUR COMMITMENTS**

**HAVE FUN**

**GIVE 100%**

**CELEBRATE PERSONAL  
ACHIEVEMENTS**

**RESPECT FOR ALL**

**SURPRISE YOURSELF**

# WELCOME TO RESULTZ GYM

## A SHORT MESSAGE FROM THE OWNER OF RESULTZ GYM, MAT SKATE

### **Congratulations on making a commitment to a healthier life!**

I appreciate that it can be difficult to create a healthier and fitter lifestyle on your own. Resultz Gym provides an inclusive and supportive gym environment to ensure that our gym community is able to bridge the gap between the health and fitness goals that you set out to achieve.

I believe that providing a supportive environment and positive culture is a key element and is our point of difference at Resultz Gym. My goal is to continually develop our vision, mission, and commitments to our community

There is nothing more exciting than seeing people enthusiastically working at improving their health. Resultz Gym is able to provide services that will be with you every step of the way and guarantees support, structure and accountability on this terrific journey.

Resultz Gym provides exceptional service and support far beyond PT sessions. Regardless of what membership you hold, our staff are there to support you and assist you with your health and fitness journey to the best of our ability.

The set up I have created at Resultz Gym is unlike many other commercial gyms. On the Resultz Gym website [www.resultzgy.com.au](http://www.resultzgy.com.au) you will find information on the services we offer including Boot Camp, Strength Club, and nutrition programs. The fitness professionals that train clients from Resultz Gym conduct their own businesses independently from our gym. This means that you, our gym community have a range of options if you choose to look at using the services of one of the fitness professionals at Resultz Gym. We all provide health and fitness services but in our own unique way. Feel free to approach any of the fitness professionals at Resultz Gym to ensure that you give yourself the best possible opportunity to continually improve your health and fitness. All of the personal trainers have their profile pictures and information in the foyer and their business Bio's can be found at [www.resultzgy.com.au/trainers](http://www.resultzgy.com.au/trainers)



Here are some of my tips to ensure you make the most out of your membership;

- **Like, and subscribe to our Resultz Gym Facebook page, YouTube channel and Instagram.** This is our main means of communication with our community and I would also encourage you to use this platform as a forum for any questions you may have that will assist you with your training.
- If you're not sure about how to use any of the equipment, find a time where you can come in during staffed hours (Wednesday night is a great time after hours) and our staff will be more than happy to run you through any equipment and check out your technique if required.
- If you decide to take advantage of any of the services offered at Resultz Gym from any of the fitness professionals ensure you are fully informed on realistic expectations. All our fitness professionals are very experienced and always have our clients' best interests in mind.
- **Be consistent...** Plan your week ahead and commit to a certain number of sessions per week (a minimum of 2 is a good start). I know sometimes life gets in the way and if you have a bad day, or even a bad week where you are unable to train, don't let it drag you down. Get back into a routine as quick as possible
- **Struggling with accountability?** Perhaps contact me and take advantage of a free week of our Boot Camp training. Our Boot Camp community is an amazing place to train and many of our members have created amazing friendships over the years. We will certainly keep you accountable.
- **Ask questions...** As I've alluded to above if you have any concerns or would like some advice please ask. The best forum is our Facebook page and the chances are there will be other members that have the same question. This is your membership and your community so take full advantage of it. My door is always open.
- **Mix up your training.** Cardio, weights, and high intensity training such as the weekly AMRAP will all provide a different outcome. Get clear on the outcome you wish to achieve and focus on the training that will bring you closer to your outcome.

Finally, Resultz Gym **GUARANTEES Resultz** with all the services we offer!

I can honestly put my hand on my heart and say that we have never worked with anyone that did not become fitter, stronger, or healthier as a result of participating in the services we offer... There is one small caveat on this and that is you do need to show up to training. Resultz Gym has total confidence in its training systems and we guarantee improvements in your health.

Thank you for stepping up and making the commitment to Resultz Gym. We are looking forward to a great relationship and great resultz together.

To your success,

**Mat Skate**

*Founder and Owner*

*Resultz Gym*

# MY HEALTH & FITNESS GOALS

Exercise is no different from the other areas of your life in that it demands clear goals. Without clear goals you will find that your exercise is aimless in periods, sporadic and lacking in purpose.

One of the major problems with goal setting is that the goals are vague in their details. Vague goal setting will result in vague results.

So how do you set a goal that gives it the best possible chance of being achieved?

**It needs the following 5 guidelines:**

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## 1. BE AS SPECIFIC AS POSSIBLE

Use future paced language that has definite language and excites you.

*Don't use:* 'I want to lose 10 kg'.

*Instead use:* 'It is now (choose a specific date that you WILL attained your goal) and I am looking down at the scales and I am absolutely ecstatic that I have lost 10 kg'.

## 2. ENSURE YOUR GOALS ARE MEASURABLE

Ensure your goal has a metric attached to it so the success can be measured.

For example, instead of saying 'I want to be fit'. A better goal would be 'I will be running 10 km by 30th Dec 2018'. This is something that you can specifically measure.

## 3. SET ADJUSTABLE GOALS

There may be times where injuries or illness stall your progress so you need to have adjustable goals. If you are aiming to run a marathon but have been inhibited by an injury then adjusting that goal to a half marathon would be a great alternative. Too often people give up on their goals when they face challenges.

## 4. BE REALISTIC WITH YOUR GOALS

Ensure the goals are challenging but physically possible to achieve. There must be a balance between having the goal set at a point that is too easy to achieve and having it set at a point that is unrealistic.

## 5. HAVE DEFINITE TIMES FOR WHEN YOU WANT TO ACHIEVE YOUR GOALS

Again, be as specific with your timeframes as possible. This will also apply to your objectives that you will set on your way to achieving that big goal.

The final and most important part of goal setting is the review process. Your goals need to be reviewed and you need to visualise the success of your goals regularly.

## PLEASE LIST 3 KEY GOALS:

1.

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2.

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3.

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## QUESTIONS TO ASSIST YOUR GOALS

These questions will assist you to develop and become congruent with your goals. Be as specific as possible. Use as much visual, auditory, and kinaesthetic (VAK) language as possible.

**Visual:** Any external or internal visions or sights.

**Auditory:** any associated sounds (this can include internal language)

**Kinaesthetic:** Any feelings associated

1. What specifically do you want?
2. Why do you want this?
3. How will you feel when you have it?
4. What will this outcome get for you or allow you to do?
5. Is this only for you?
6. How much time will this goal take to achieve?



# NUTRITION & HEALTHY HABITS

Long-term sustainability with your nutritional habits is the key that will enable you to maintain results long after leaving Resultz Gym.

The problem people face with short weight loss challenges and diets is that often they are unsustainable and unrealistic to maintain long-term.

This has the potential to create habits around the yo-yo diet affect which is not a healthy approach to longevity. We want you to build healthy habits that you will keep for life. So, we want you to absolutely commit to just TWO healthy habits every month. One nutrition and one exercise.

Sounds simple doesn't it....

**That's because it is** 😊

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# FOCUSING ON LESS ALLOWS YOU TO ACHIEVE MORE

The great thing is the compound impact of this approach. In 6 months, you would have established 12 amazing habits. 6 nutritional and 6 exercise related. This will have a profound impact on your health.

It is important to refer to your committed habits regularly. That is why we want you to write them down below and read them daily:

MONTH	NUTRITION HABIT	EXERCISE HABIT
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

# SOME NUTRITION TIPS TO GET YOU STARTED

Your nutrition is a key factor to how you look, feel, and recover after exercise.

Let me ask you a question. If you owned a formula 1 racing car and you wanted this car to perform to its optimal best would you put run-of-the-mill fuel in it from the servo?

I'll assume you answered no!

It is the same with our own body. If you want to be in optimal condition then it makes sense to fuel yourself with foods that provide you with the correct vitamins, minerals and macronutrient breakdown. If you are serious about understanding and learning the exact science behind nutrition that will assist in creating a leaner body composition then enquire about our nutrition program.

Firstly, let me start by breaking down the 3 major macronutrients that are beneficial in every single meal you consume.



## PROTEINS

Our body is made up of protein, is so it makes sense that we should consume it daily.

Every time we feed we should be consuming a good quality protein such as lean meat, fish, or dairy. How much will depend on your weight. For example someone that weighs 70 kg should be looking at around 33 g of protein per meal. If you're 100 kg, around 47 g of protein per meal and if you weigh 120 kg you should be looking at around 56 g of protein per meal.

The human physiology is very complex and the amount everyone requires may vary due to lifestyle choices and other issues. The foods listed are not an exhaustive list and all contain 25 g of protein and are a good quality protein source;



GRAMS PER FOOD	FOOD
117	Beefsteak, fillet (or sirloin) raw, lean
111	Chicken breast meat raw no skin or bone
125	Beef minced, 90% fat free, raw (includes pork and lamb mince as well)
111	Smoked salmon
85	Turkey breast meat
240	Egg whites raw
116	Kangaroo meat raw
93	Tuna tinned in spring water
116	Lamb lean meat
780 mL	Milk dairy (full fat) also contains 28 g of fat
420	Natural yoghurts (check nutrition label as brands differ) also contains 36 g carbohydrates
200	Cottage cheese low-fat

## CARBOHYDRATES

Carbohydrates is the macronutrient that will determine whether you attain a sixpack.... If you want one of course. The type of carbohydrates you consume will have a dramatic impact on your energy levels and influence your blood hormone responses which create or kill the right metabolic environment.

All carbohydrates originate from plant foods. One of the simplest ways I can identify the 2 major differences between carbohydrates is those carbohydrates still in their original form such as fruits, vegetables, and legumes which can be classified as low energy and will provide you a slow release energy benefit whilst carbohydrates that are highly processed can be classified as high energy. Unfortunately, those high energy carbohydrates have been processed to a stage where much of the nutrition is almost non-existent and these foods often instigate a high insulin and blood sugar response and therefore make it more difficult for the body to utilise fat as fuel. There are certain times that these carbohydrates are important and I will cover that a little further on.

It is important to remember that carbohydrates are the most efficient macronutrient to provide energy for you to move and carry out day to day tasks. Adopting a very low or NO carbohydrate diet can be counter-productive long-term and should be avoided. My advice is to eat rainbows. Eating fresh produce as your carbohydrates that is in season should provide you with enough nutrition and energy and make you super healthy.

I like to classify carbohydrates in a low or high category and I will tell you why. Most foods are labelled with high or low GI (glycaemic index). High GI foods are generally processed and will increase blood sugar and insulin levels a lot more rapidly than low GI foods which will accommodate a slow releasing energy. It can be very confusing at times as you will still find some food choices, even ice cream with a low GI rating.

### How can that be you may ask?

This is where glycaemic Load (GL) comes in. Glycaemic Load is a ranking system for carbohydrate rich food that measures the amount of carbohydrates in a single serve of food. Classifying carbohydrates as high and low energy takes into consideration both GI and GL. This is a great link from Huffington Post on explaining GI and GL.

*“Glycaemic Load and glycaemic index: what’s the difference and why does it matter”*  
– By Riva Greenberg

**[https://www.huffingtonpost.com/riva-greenberg/gl-and-gi\\_b\\_863126.html](https://www.huffingtonpost.com/riva-greenberg/gl-and-gi_b_863126.html)**



The below chart represents high and low energy carbohydrate choices. The high energy selections are best taken whilst in your exercise window (includes just before you train) when the body needs to increase blood sugar for recovery and a more efficient energy hit. All low energy choices should be eaten any time with a meal;

High energy carbohydrates are certainly not the devil. There is a time and a place to consume these and that is prior to training and within the next 3 hours after a high intensity or weight training session (this is often referred to as your metabolic window). This greatly assists with muscle protein synthesis (MPS) and replaces the blood glucose that you have lost whilst training.

LOW ENERGY CARBOHYDRATES	HIGH ENERGY CARBOHYDRATES
<p>Most fruits and vegetables (bananas being the exception chickpeas and tinned bean mixes</p>	<p>Pasta, Bread, Cereals Flour, Rice White potatoes Soft drinks, Alcohol and Energy Drinks Bananas (great energy hit prior to training) Basically anything in a packet that is processed</p>

## FATS

Most people have heard about saturated and unsaturated fats. To keep it simple, saturated fats are those that solidify at a certain temperature (animal fat is a perfect example).

Many people keep clear of saturated fats however they are important if you are mindful of how much you consume. The fats I will be presenting here are Omega 3 and are responsible for efficient transportation of nutrition into cells and waste products out of cells. This macronutrient also assists to decrease the inflammation in tissues to promote better fat metabolism.... Great for those people who often train high intensity with a lot of impact such as running and agility based sports. Omega 3 fats is best consumed with meals. These are lipids and will assist the digestive process.

Most people don't eat anywhere near enough Omega 3 fat in their diet. For me personally I try and eat a range of different fats and oils ranging from oily fish such as salmon and sardines to flax oil or flax meal (crushed linseeds) sprinkled over my salads, and the simplest way to ingest is fish oil capsules. As an example, I will have up to 12 fish oil capsules per day (1000 mg) if I am unable to get any other Omega 3 source.

## FIBRE

Fibre was explained to me many years ago in terms that I could quite easily understand.

When posed with the question;

*"What do you do if you have a blocked sink and you don't have a plunger?"*

The answer.... Draino. That almost corrosive chemical that will clear out your pipes quicker than anything else around. Well, fibre is the body's draino and will ensure that your pipes (digestive system) remain clean and healthy.

Although not a macronutrient, fibre is an essential ingredient to assist the general day to day maintenance of your body and in particular a healthy digestive tract. As little as 20 g per day can reduce your risk of heart disease and many of the national recommendations from various countries such as the US and Australia range from 30 to 38 g a day for men and 25 g a day for women.

Here is an interesting fact for you. More than 95% of Australians are not getting enough vegetables which are high in fibre. Even worse and a little disturbing, we are doing our children a disservice as they are worse off than us.... This, according to our national nutrition and physical activity survey (NNPAS) based on Australian dietary guidelines.

Our body requires exercise to keep in shape right? So too does our digestive system and the best exercise is plant based fibre. Start munching down on more fruit, legumes and veggies on a daily basis. There is a lot more healthy nutrition in real food.



For a comprehensive chart of the amount of fibre in food check out this link from diabetes advocates.

<http://resultzgy.com.au/media/fibre/>

# MEAL CONSTRUCTION AND FREQUENCY

Many people make the mistake of not eating regularly enough.

There is a lot of bro-science out there on the Wide World Web that will suggest fasting every 3rd or 4th day will allow your digestive system to recover. Or that eating two meals per day will help you lose weight..... And the list goes on. Don't even get me started on detoxification diets or meal replacement diets. Yes, chances are you will lose some weight and you will also destroy the metabolic environment that is associated with building muscle growth and becoming fitter and stronger. These are generally short-term fixes and unsustainable long-term.

Ideally, you want to be consuming food to support your health, metabolism and muscle repair that is required after training. The more regularly that you consume food the higher your metabolism and therefore the more efficient you become at utilising fat as fuel..... Even when you are sleeping. Not to mention the general health benefits and increased energy levels of consuming food on a more regular basis throughout the day.

Every opportunity you have to consume a healthy meal will allow you to burn fat, build muscle and accelerate recovery from exercise.

*“But doesn't eating more meals mean more food and calories?”*

It means eating smaller meals more often and I will let you in on a little secret. Not all your meals need to be solid. I often have 2 liquid meals per day.... That's right, my meal is thrown in my bullet blender and turned into what resembles a thick shake. On occasions I need to consume with a spoon! This is still a meal that has all 3 macronutrients present that I require. Easy to digest and a great way to get in my 5 or 6 meals per day.

For those that skip breakfast or lunch you will notice a huge difference if you start to eat smaller meals and more frequently throughout the day. If you currently have 3 meals then aim for 4. Once you get to 4 and are comfortable for some time perhaps throw in a liquid meal and see how 5 meals per day works out for you. Meal frequency is always testing and adjusting to see what works best for you. The science suggests that 6 meals per day is optimal to create a fantastic metabolism. Small modifications over time is certainly a great way to establish healthier eating habits.



## PROFESSIONAL TIP

Meal frequency takes priority above all else. When in doubt about meal size make them smaller and do your best to get your meal construction correct.



# MEAL EXAMPLES

Below are some examples of meals. I normally don't like to define specific meals as breakfast, lunch, and dinner.

We have been brought up to believe that most breakfasts normally consist of cereal or toast (which by the way is not an ideal way to start your day with high energy carbohydrates.... Almost as bad as skipping breakfast). I would prefer to consume steak and vegetables for my first meal of the day before going for a bowl of Weet-Bix if I had the chance! I can guarantee you that if you approach this with the mindset of all of your meals having a mix of the 3 macronutrients mentioned above it won't take you too long to notice and feel a difference.

## BREAKFAST

### Omelette

- 2-3 Eggs (if concerned about the saturated fat in any yolks then use egg whites)
- Mixture of low energy carbohydrates eg: mushrooms, capsicum, onion, zucchini or tomato
- Fish oil capsules (Omega 3)  
Consumed separately

This is a quick meal that can be prepared in advance from the night before if you are time poor. One egg will give you around 7 g of protein so I normally will add around 30 to 50 g of cooked chicken breast and have this with my vegetables and 2 eggs. This gives me the required amount of protein for the meal. In addition, for me personally, I simply quickly fry up whatever vegetables I am using and then crack a couple of eggs in and mix around until the egg cooks around the vegetables. Season with salt and pepper.



WATCH

The below YouTube link will show you a great breakfast recipe for those time poor individuals. Want to know how to prepare a whole week of pre-prepared breakfasts. Great for those people who are on the go.

<http://resultzgy.com.au/media/breakfast/>

## LUNCH AND DINNER

Lean meats that are found above in the protein chart can be cooked any way that you wish. Vegetables or salads will give you your carbohydrate fix.

Remember, if you have trained before dinner this is a good opportunity to consume any high energy carbohydrates. An example of this may be beef stirfry with rice. If you didn't train, substitute the rice with some extra vegetables instead.

Very rarely do I follow a recipe that I look up online to the letter. Sometimes I will substitute the high energy carbohydrates such as rice or noodles with a low energy alternative to make the meal healthier (although some meals you can't do without the noodles and I often substitute pasta with bean noodles). My advice would be to use recipes as a guide only and be prepared to modify to suit your palate.

Morning and afternoon tea? What should I have during this time and should I be following the same guidelines that meal construction mentioned above?

Absolutely, and if you struggle to get all 3 macronutrients in morning and afternoon tea whilst actively attempting to increase your meal frequency then I would suggest a liquid meal for these two times during the day.



# SOME FOODS AND BEVERAGES TO AVOID OR MODERATE

- Most processed foods (void of nutrition and high in calories)
- Nuts - a certain amount is okay daily (1/2 a handful). Most nuts are high in calories and fat (not all fat is bad BTW).
- Processed meats such as sausages, and processed chicken nuggets
- Sweet biscuits and chocolate biscuits
- Milk chocolate (70% + cacao in dark chocolate is actually good for you. 1-2 squares per day)
- Alcohol - high in calories and inhibits the fat burning process
- Potato chips
- Sauces that are full of sugar/salt
- Soft drinks and cordials

You are probably starting to get the idea about nutrition after reading through the last 4 pages. The information above only scratches the surface compared to what we cover in our nutrition program. The bullet points above may be some of your favourite treats and I'm not suggesting for one moment that you go cold turkey and totally cut them out of your diet. It is about replacing those not so good choices with better choices over time to create more empowering nutritional habits. Once you start to see yourself take shape and have more energy throughout the day it makes it very difficult to go back to your old eating habits.



# SUPPLEMENTATION GUIDE

At no stage do I believe that a supplementation regime should replace a good quality healthy diet. As the name suggests, supplements may be necessary to assist you to recover more efficiently pre, post, and during exercise.

There is a huge amount of literature online on supplements. The supplement industry is a multi-billion-dollar machine and it can be quite challenging to sort through the products that are a bit suspicious to those supplements that will give you a high quality product at a reasonable price.

**The following is a very basic breakdown on the most commonly used supplements that are used to assist in muscle repair and general health.**

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## PROTEIN POWDER

Protein powder is the most commonly used supplement to assist in muscle recovery and growth.

Ladies, it is not going to make you big and bulky..... It may assist in improving your strength and creating a leaner physique over time.

High quality Whey proteins - 80% + is what to look for and you should be looking at an ingredients list that is very minimal. Protein powders are fast absorbing as opposed to food sources and will assist Muscle Protein Synthesis (MPS) more rapidly. The most common protein powders are Whey Concentrate and Whey Isolate. The isolate is often more expensive and is a faster absorbing protein.

Protein powder is best taken pre-and post-workout for optimal results and is also a good protein source in your liquid meals.

### **How much should I take?**

Research suggests for improved performance between 20 to 120 g per day. Your weight and goals may influence dosage.



**HIGH QUALITY WHEY PROTEINS**

**80%<sup>+</sup>**



### **PROFESSIONAL TIP**

Look for a protein that has a minimum of 25 g per 30 g scoop. That's when you know you have a good quality product.

## CREATINE MONOHYDRATE

Creatine is a naturally occurring compound found in the brain, liver and kidneys. 95% of creatine stores are found in skeletal muscle.

This supplement is safe and has had extensive research. Benefits include greater workout capacity, endurance and brain function....

Yep it has the potential to make you smarter!

Creatine supplements are synthesised from plant materials such as corn.

### What does it do?

The supplement will increase muscle creatine stores which in turn improves energy production within muscle cells. Your muscles work more efficiently and energy transfer is more efficient which means less fatigue.... Great for those last few reps! It also assists at the genetic level to switch on genes responsible for strength gains.

Creatine is best taken pre-and post-workout. The sessions should be intense such as weights session or a high intensity circuit based session. Very little gains would be achieved taking creatine for endurance training. The recommended dosage is 2 to 5 g per serve.

Before considering supplementation with creatine I highly recommend that you read the article on creatine cycling that is in the folder in the foyer of the gym. All of these amazing nutrition articles are research based.



**95%**  
OF CREATINE STORES ARE  
FOUND IN SKELETAL MUSCLE.



### PROFESSIONAL TIP

When supplementing with creatine, the muscles involved the most will take the majority of creatine absorbed. For example, if you wanted to focus on getting bigger shoulders but avoiding big legs, use creatine on the days you are working shoulders.

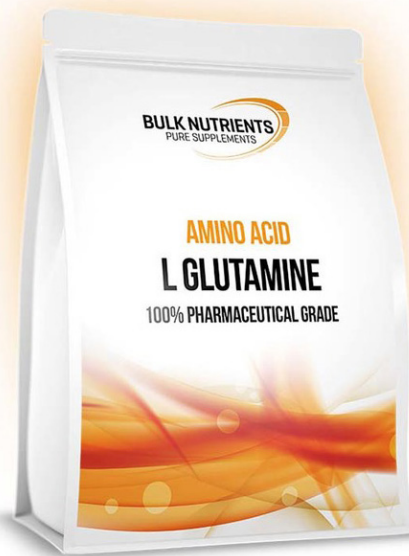
## L-GLUTAMINE

L-Glutamine is the primary fuel of the immune system.

When we train, especially at an intense level much of our energy is taken repairing muscle tissue and getting the body back into balance as quick as possible. During these times, we can be more susceptible to illness due to a lower immune system so it is important to have a healthy diet and focus on your post workout nutrition. This supplement in particular is great for those susceptible to illness when increasing their training load.

Regardless of your nutrition if your gut health is poor your body will lack the ability to absorb the nutrition required from your food. Glutamine supplementation optimises the health of your entire digestive system from ingestion to excretion. It assists in your ability to absorb vital nutrients and also assists keeping your liver in great condition for health and longevity.

Recommended dosage is around 6-10g of glutamine after exercise.





## OMEGA 3 (FAT)

When it comes to essential fat, Omega 3 is certainly one to increase for most of the population.

Marine-based Omega 3 contains EPA and DHA whilst plant based Omega 3 (flaxseed/linseed) contains LA (linolenic acid).

Omega 3 is responsible for efficient transportation of nutrition into cells and waste products out of cells. It decreases inflammation in tissues to promote better fat metabolism and assists to produce energy and cellular regeneration. EPA (Marine-based Omega 3) is the only nutrient shown in research to downgrade the major pathway of muscle loss in humans. So keep in mind when you are choosing your fish oil tablets to choose those with the highest possible EPA as it has a powerful anti-catabolic effect that works directly at the molecular level to preserve your hard earned muscle mass. EPA has even been used with success in cancer patients to preserve lean body mass.

Omega 3 is best taken with meals. Being a fat/lipid, they will assist in the digestive process.

### **How much should you take?**

To receive any benefits, you must ensure to increase your dose. Most people should be looking at around 2g daily. This does not constitute 2 x 1000 mg fish oil tablets per day. You will need to do the maths and find out how much EPA each fish oil capsules contains and then attempt to get as close to 2g on a daily basis. If I'm not eating any oily fish such as sardines or Salmon I will have up to 12 x 1000 mg fish oil Capsules per day.



## CARBOHYDRATE SUPPLEMENTS AND SPORTS DRINKS

When looking for a carbohydrate supplement, look for a high GI or high energy carb that will absorb quickly. Carbohydrates are our best source of energy so it makes sense to load up our muscles with glycogen stores prior to training and at the completion of training when our glycogen stores are depleted.

Supplements such as maltodextrin and dextrose are very affordable and a lot lower in calories and many sports drinks that also boast a high carbohydrate hit. Essentially, you are looking for a sugar hit without an excessive amount of calories.

Just 3 maximum effort sets in the gym can deplete muscle glycogen stores by 60%. Ideally you want to prime your muscle glycogen supply before and after training. A carbohydrate supplement taken with pre-and post-protein has been shown to assist with muscle protein synthesis (MPS). Research also suggests that carbohydrate consumption close to exercise does not impair the fat metabolism process post exercise.

### What does carbohydrate supplementation do?

Supplementing with carbohydrates will reduce muscle glycogen depletion so you will have longer lasting energy. It promotes recovery and more efficient muscle glycogen accumulation. In addition, it will delay fatigue and increase your work capacity both during and in your next workout. I mentioned above in the nutrition section that your carbohydrate manipulation will mean the difference between a six-pack and no six-pack. Pre-and post-training is one of those times where we break those rules because we want to get the most out of our training session and recovery is imperative that we supplement with carbohydrates.

The research based recommendations suggests that 20g and up to 100g taken close to the bout of exercise is shown to promote a performance enhancing effect. The longer and more intense the exercise is, the more carbohydrates you may require.



### PROFESSIONAL TIP

Before you start with any supplementation regime, it is important that you do your due diligence and research to ensure that you look for those products that will complement your training and assist you to get closer to your health and fitness goals. There is a lot of rubbish out there in the supplement industry. This is a multibillion dollar industry and many companies are absolutely unscrupulous selling low quality products.

I would recommend **Bulk Nutrients** for their affordability and quality of supplement. In addition, if you add **RESULTZGYM** in the discount code on checkout you will get a **\$5 discount**. [www.bulknutrients.com.au](http://www.bulknutrients.com.au)

# EXERCISE BASICS

The type of training that you conduct is a direct result of your fitness, health, and body composition (nutrition also highly influences your outcome). Depending on what your goals are should determine the type of training that you conduct. The great thing about exercise is that regardless of the type you participate in, you will always receive benefits.

**Some of which include;**

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# 1. IMPROVED MENTAL HEALTH

Chemicals and neurotransmitters such as endorphins are released which are your “feel good chemicals”

# 2. DECREASED DISEASE RISK

Physical activity helps to decrease the risk of serious health diseases such as cardiovascular disease and high blood pressure. In addition exercise improves lung and heart function..... To be honest it improves all organ function.

# 3. INCREASED ENERGY

The more you move and exercise the better you will function for everyday activities. This one is a no-brainer, think of somebody you know that does not exercise whatsoever and they probably often complain about a lack of energy!

# 4. WEIGHT CONTROL

Exercise assists in burning calories and toning muscle (depending on the type of exercise).

I'm going to break down **3 types of training** for you with some specific examples and benefits of each;



## ENDURANCE/ CARDIOVASCULAR TRAINING



## HIGH INTENSITY INTERVAL TRAINING (HIIT)



## RESISTANCE/ WEIGHTS TRAINING

# ENDURANCE/CARDIOVASCULAR TRAINING

## WHAT IS IT?

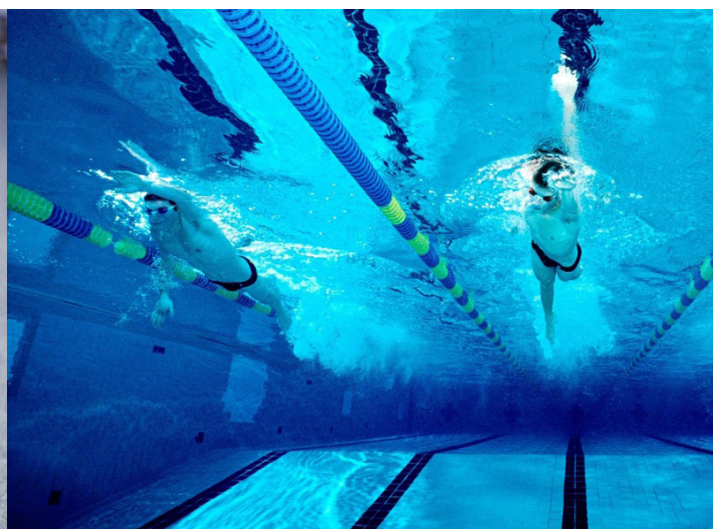
Endurance training requires oxygen and is often referred to as LSD (no I'm not talking about the drug) Long Slow Distance especially in running terms. This type of training is low intensity and you should remain relatively comfortable exercising with your heart rate between 50% - 70% of your maximum (this will depend on your fitness level). This type of training is continuous and involves no rest and should be a minimum of around 20 min.

## THE BENEFITS OF ENDURANCE TRAINING ARE;

- Improved cardiovascular health (stronger heart and lungs)
- Improved blood circulation which is responsible for transporting nutrients to organs and muscles of the body.
- Improved flexibility. Moving and exercise assists with your Muscular Range of Motion (ROM)

## TYPES OF ENDURANCE TRAINING;

- Long slow distance running
- Cycling
- Swimming
- X-Trainer



Example of a 40 min endurance training session in the gym;

EXERCISE	DURATION	SETS	INTENSITY
Treadmill	5 min	2	Low-Medium
X-Trainer	5 min	2	Low-Medium
Rower	5 min	2	Low-Medium
Spin Bike	5 min	2	Low-Medium

Spend 5 min on each exercise and rotate through 2 rounds.

The main tip to remember is that endurance training is continuous and do not go too hard. When training endurance you still should be able to carry out a light conversation.

For those relatively new to exercise it is important to build up an efficient endurance base to carry out day to day tasks and activities. As you get more efficient, it may be time to add either extra time or intensity to your sessions.

#### **Warm up/cool down considerations for endurance training.**

For general low intensity endurance training a light warm up is suggested. If we look at the Endurance training session above you may even consider incorporating the warm up into the session. Joint mobility exercises and light Range of Movement (ROM) Stretching.



**WATCH**

Check out the Video playlist on YouTube.

<http://resultzgy.com.au/media/warmupcooldown/>

# HIIT TRAINING

## WHAT IS IT?

High intensity interval training is intense bouts of exercise for shorter periods alternating with short rest periods. As the name suggests, recovery periods must be implemented in this form of training otherwise you will simply burnout.

The amount of time your exercise periods go for will depend on your fitness level. Generally it is around 20-60 sec work ratio with as little as 5 seconds of recovery time. The outcome and exercises will influence your work ratio and recovery ratio. HIIT sessions due to the intensity will reap great benefits with as little as 10 min quality training and generally due to the intensity should not go beyond 25 min.

## THE BENEFITS OF HIIT:

- Great fat burning potential with the increased intensity. Studies show that 15 min burns more calories than jogging on a treadmill for one hour.... You must work hard though
- Improved fitness and strength
- Generally an improvement in agility, balance, and coordination.
- A noticeable improvement in fitness is a lot easier measured with this form of training as opposed to endurance training only.

## TYPES OF HIIT:

- HIIT circuits
- Boot Camp
- Resultz Gym weekly AMRAP

For an example of HIIT sessions simply follow this link and you will come across 60+ Resultz Gym 20 min AMRAP sessions to choose from. All sessions can be completed in the functional training room at Resultz Gym.

[www.facebook.com/pg/Resultz/videos](https://www.facebook.com/pg/Resultz/videos) or <http://resultzgy.com.au/youtube/>

For those who have completed some of the AMRAP's before you may be asking yourself... Where is the rest in the sessions? The rest for a 20 min AMRAP is how long it takes you to transition from one exercise to the next. A great way to get fitter and stronger because the more you do the more efficient you will become at this form of training. Before you know it you will be running from one exercise to the next and turning into a HIIT machine take it from me, these sessions are some of the hardest that I do and if you have not been exposed to this type of training before I would encourage you to make gradual improvements over time.

## WARM UP/COOL DOWN CONSIDERATIONS FOR HIIT TRAINING

A short endurance warmup of a few minutes is recommended prior to commencing some joint mobility and functional movements. It is important to increase blood flow and generally warm up the muscles and increase joint mobility prior to doing any specific work with the functional movements. Once completed I follow a pretty specific routine that ensures all of my muscles and joints are prepared for the high intensity session that I have in mind. To check out a short warmup video prior to participating in any HIIT check out the video on our YouTube channel

<http://resultzgy.com.au/media/warmupcooldown/>



### PROFESSIONAL TIP

When starting, follow the below sequence when choosing exercises. This will allow more specific recovery on those muscles used between exercises;

- Upper body exercise
- Abdominal exercise
- Lower body exercise

For an advanced session, consider doing 2- 3 exercises in the same muscle group area before moving on to the next muscle group.

Below is an example of 2 x 20 min HIIT sessions using the same exercises in a different sequence. The first one is a more basic session whilst the second one will be more difficult.

EASIER		HARDER	
EXERCISE	REPETITIONS	EXERCISE	REPETITIONS
Pull ups/TRX	10	Pull ups/TRX	10
Abdominal crunch	20	Push-ups	20
Squats	15	Abdominal crunch	15
Push-ups	10	Abdominal cycles	10
Abdominal cycles	20	Squats	20
Walking lunge	15	Walking lunge	15

Complete exercises continuously until 20 min has elapsed. The harder session will be more challenging because you are not allowing for as much recovery on that specific muscle group ie: having to do 2 sets of exercises before moving on to the next muscle group as opposed to one set. This is a very basic example and there is no limit to HIIT ideas that will reap fantastic benefits.

Another variable is to conduct a pyramid type session where you start with low repetitions and build up to high repetitions then back down. An example would be to do the same exercises in order and each round complete the following repetitions 2-4-6-8-10-8-6-4-2. If you want to challenge yourself start at 2 and work your way up to 20 repetitions..... That one will burn.



# RESISTANCE TRAINING

## WHAT IS IT?

Resistance training has a huge amount of variables and can be modified to suit the outcome that you desire. Some forms of resistance training include;

- Strength training - focus being on building a solid strength base
- Hypertrophy training - focus being on building bigger muscles
- Power training - focus being on improving speed of movement under load

Power training is a more advanced application and is generally a sought after training modality for athletes or those participating in sports that require a high energy output in short bouts. An example would be a rugby player.

Strength and hypertrophy training are relatively similar and I will break it down a little more for you now. It is important to understand that any good strength training program should follow the general principle of consistent overload.

## WHAT IS OVERLOAD?

With proper lifting form, muscles should adapt and grow when they are forced to overcome resistance they have not experienced before. In weight training, the principal of overload is your ability to consistently increase your load on your lifts over time.

As an example, our members that participate in our Semi-Private Strength Club program achieve some fantastic outcomes with their strength over a 12 week period. Many of our members will double their initial lifting weight on those pinnacle lifts such as dead lifts and squats..... Those new to lifting sometimes even triple the weight..... Seriously, triple their weights! One of the reasons for this is we consistently apply overload on a weekly basis if our strength club members are feeling fine, had enough sleep, are eating well and their technique is on point. Without overload, your body will simply plateau and it makes it extremely difficult to make consistent strength and body composition improvements over time.



### PROFESSIONAL TIP

How much you lift is important, but the way you lift it is even more important!

## THE BENEFITS OF RESISTANCE TRAINING ARE;

- Bigger biceps at the beach for the guys
- Stronger more rounded Booty for the girls.... Had to throw those two in!
- Increased muscle gain (ladies, you will not get big and bulky. But you will get lean and strong)
- Stronger skeletal system. Stronger bones means less susceptible to osteoarthritis and osteoporosis as we age.
- By the time you hit your late 20s if you are not lifting you will start to lose muscle mass. Over your lifespan, the average adult will lose 7 kg of muscle and gain 15 kg of body fat. A structured resistance training program will prevent muscle wastage as we age.
- Increased functional movement which may prevent things such as lower back pain.

Approximately 45% of “healthy” adults 65 years or older exhibit dramatic muscle loss that is like those with clinical illness. What this suggests to me is the older you get, the more important building muscle becomes. It comes down to the use it or lose it philosophy.

## GENERAL RULES FOR RESISTANCE TRAINING;

- Start with compound movements first and leave any isolation exercises to the end
- Keep movements slow and controlled. Around 4 seconds per repetition.
- A minimum of 60 seconds rest and up to 3 min rest is required between sets.
- Repetition range is generally 8-12 reps for specific muscle building and 1-6 reps for strength

One of the variables that is often overlooked is time under tension. How many times have you been to gym and observed someone speeding through 10 repetitions on the bench press.... I know I certainly have and I’m pretty sure that I’ve seen 10 reps completed in under 10 seconds. For the correct stimulus to occur we should be ideally looking at between 30-40 seconds of time under tension (continuous movement under load). Sometimes I forget about counting repetitions and put my timer on for 40 seconds of work and 90 seconds of rest between sets. A good way to feel a good deep burn.

I mentioned compound movements above in the general rules for resistance training. A compound movement is anything that relies on more than one joint to complete that movement whilst an isolation exercise as the name suggests isolate a single joint to work the muscle.

Here are some common exercise examples of each;

COMPOUND EXERCISES	ISOLATION EXERCISES
Dead lift	Bicep curl
Squats	Tricep extension
Bench press	Tricep skull crushers
Shoulder press	Lateral raise (shoulders)
Bent over row	Calf raise
Upright row	Front raise (shoulders)
Split squat	Reverse bicep curl
Lunge walk	
Leg press	
Lat pulldown	
Seated row	
1 arm dumbbell row	

Unless we are training very specifically to increase the strength in a specific area the reason we train compound movements first is to ensure that we can push a heavy load without pre-fatiguing. As an example, our triceps are one of the isolation and supporting muscle groups of the bench press exercise. If we chose to work the triceps independently and then went straight to bench press we would not perform as efficiently in the bench press exercise (triceps are too fatigued to support the bench press movement efficiently). Considering the bench press is going to give you a lot more bang for your buck as far as muscle development goes it makes sense to train compound exercises prior to isolation exercises for the general population.

We have some great single session laminated resistance based programs in the foyer of the gym that may give you some further guidance.

As a massive bonus for our results gym community my goal is to ensure that you guys give yourself the best possible chance of creating some great strength and body composition improvements. It can be challenging to know where to start so I've taken all the guesswork out of the equation for you and created some resistance based programs that should be conducted over a 10 to 12 week period. After that time it is usually a good idea to upgrade to a new program to ensure that your muscles continue to make adaptations.



All of these programs can be found and downloaded on this link:  
[resultzgy.com.au/member-resources](https://resultzgy.com.au/member-resources)

## WARM UP/COOL DOWN CONSIDERATIONS FOR RESISTANCE TRAINING

Warming up for a strength or resistance based session should be very specific to the session you are completing. I don't know how many times I've seen people jump on the treadmill for 5 min and then go and hit the weights. A specific functional warmup including warmup sets will enhance your resistance training experience and prepare the body both physiologically and psychologically far greater than an endurance based warmup.



**WATCH**

Check out the Video playlist on YouTube.

<http://resultzgy.com.au/media/warmupcooldown/>

# OUR SERVICES

**BOOT CAMP  
COMMUNITY**

**STRENGTH CLUB  
COMMUNITY**

**METABOLIC  
NUTRITION ON-LINE**

**FOAM ROLLING/  
STRETCH CLASS**



## BOOT CAMP COMMUNITY

Struggling with accountability and motivation. Joining our Boot Camp community is a fantastic way to kickstart your exercise MOJO.

With a high emphasis on HIIT we find that our members create some fantastic strength and fitness improvements whilst having a load of fun in the process.

### WANT 1 FREE WEEK TO TRY US OUT?

We offer 1 free week to all of our gym member community so you guys can decide whether this service may suit what you are looking for.

We have a fantastic retention rate with our Boot Camp community and we do not over saturate the numbers so get in fast if you want to see if this type of training is for you.

For a complete breakdown of associated costs, locations, and how often we train on a weekly basis check out this link - <http://resultzgyim.com.au/group-training-2/>



## STRENGTH CLUB COMMUNITY

Want to learn how to lift and get strong then Strength Club is for you. Our semi-private premium service is limited to a maximum of 4 people in any given session.

You will learn the principles of lifting to get strong and build a solid strength foundation. How much you lift is important, and the way you lift it is even more important.

The bottom line is, strength training is a skill foreign to most people (even many that currently lift). It needs to be taught correctly, developed, and reinforced.

This program may not be for everybody and an initial interview process is compulsory before new members sign on to this program

For more information on our strength club 12 week program check out this below.

<http://resultzgy.com.au/strength-club>



# METABOLIC NUTRITION ON-LINE

Metabolic nutrition on-line is the perfect solution for individuals who need a tailored nutrition and exercise solution for their health and fitness.

Avoid the face-to-face consultations and train at those times that are convenient for you. Create the body you really want with the consistent support of your MP Certified transformation Specialist.

Experts tell us the Metabolic Nutrition on-line program is the most comprehensive yet easy to follow online transformation coaching program anywhere in the world.

Here is a sample of what your experience;

- Discover your metabolic classification to fast track success
- Get the right type and amount of exercise to speed results
- Develop a tailored nutrition plan perfect for you
- No gimmicks. Real food and quality supplements
- No counting calories
- A sustainable approach with real food easily incorporated into a busy lifestyle

For more information on our Metabolic Nutrition On-line go to:  
<http://resultzgy.com.au/resultz-nutrition/>





## FOAM ROLLING/STRETCH CLASS

Sore muscles or need to work on greater mobility to potentially decrease your chances of injury?

This class is 60 min long and conducted on Tuesdays at 9.15am. Cost is \$10

What we do;

- Joint mobility exercises to stimulate nervous system and create free flowing joint rotations
- Foam rolling of major muscle groups to increase circulation and assist muscle repair
- Proprioceptive Neuromuscular Facilitation (PNF) is a more advanced form of flexibility training that involves both the stretching and contraction of the muscle group being targeted
- Mobility band work involves using resistance bands to switch on those muscles in the hip girdle that often are a common cause of a lack of functional movement (you will need to break a sweat for this one).

Members are encouraged to bring their own foam roller as we only have around 4 spare ones at the gym. Please email Mat if you wish to attend [mat@resultzgy.com.au](mailto:mat@resultzgy.com.au)

