

FlashyFit Perfect Fit B Team

 flashyfit.com/perfectfit/bteam

Phases

Stabilization

Strength Endurance

Hypertrophy

Begin with Phase 1 – Stabilization. This phase focuses on increasing your body's ability to stabilize and balance itself. Resistance/weight training can be a little intimidating and challenging at first so take it slow. Give different exercise cards a try and initially stick with those that are easiest for you. You don't need to complete 12 reps the first day. Do what you can, adding 1 rep each day. Track the number of reps and weights used on the back of your exercise card. Remember to warm up and cool down before and after every workout using the **Warm Up** and **Cool Down** cards. Work with Phase 1 exercise cards for 4 weeks then move to Phase 2 – Strength Endurance.

Phase 2 - Strength Endurance focuses on increasing your muscle size and strength while continuing to increase your stabilization. Again, some exercises may be challenging. Persevere - you CAN do this! Start slow adding 1 rep every day until you can complete the desired number of reps. Work in Phase 2 exercise cards for 4 weeks then move to Phase 3 - Hypertrophy.

Phase 3 – Hypertrophy is all about continuing to building up some of those new found muscles. If you don't feel quite ready for this phase return to Phase 1 – Stabilization 4 weeks then re-evaluate.

Cardio

Begin Cardio – Stage 1 by reading the exercise cards carefully as they contain lots of important information.

Choose a cardio activity you enjoy like walking or cycling. If you have access to an elliptical, rower or other cardio equipment that is a great option too.

Your cardio workout should be a maximum of 20 minutes per day.

To prevent boredom switch up your activities daily or weekly.

Tip: Spending hours walking, running or on some kind of cardio equipment will not result in the most weight loss. Invest your time in Phases 1 and 2 as you will lose more weight in those workouts than in cardio.

Nutrition

It takes more than exercise to change your body composition. Here's how it breaks down:

- food/nutrition impacts your body composition 70-80%
- exercise 10-20%
- genetics the remainder

Nutrition can get complicated so let's keep it simple. Start eating whole foods which means food that have been processed or refined as little as possible and do not contain any additives or artificial substances. Drink at least 9 glasses of water per day. Eat 5-6 smaller meals throughout the day instead of 3 large meals.

Each mini-meal breakdown as follows:

Protein

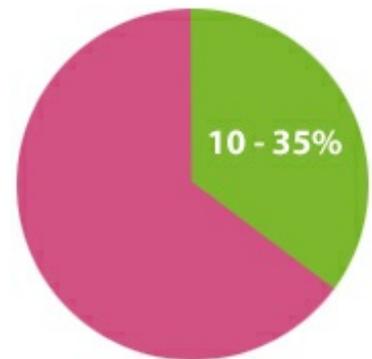
% of Meal

10-35%

(35% if striving for weight loss)

Best Sources

- Eggs
- Cottage Cheese
- Greek Yogurt
- Fish
- Turkey
- Chicken
- Red Meat



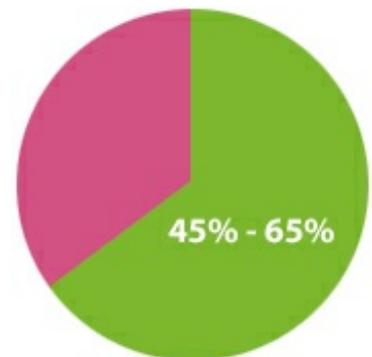
Carbohydrate

% of Meal

45-65%

Best Sources

- Vegetables
- Legumes
- Grains
- Fruit - 2 servings of fruit per day as it contains a lot of natural sugar which can still add unwanted weight



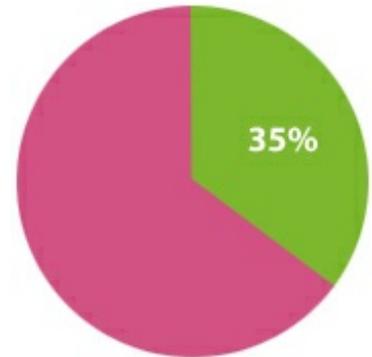
Good Fat

% of Meal

35%

Best Sources

- Nuts (unroasted, unsalted)
- Avocados
- Coconut Oil
- Olive Oil
- Flax Seed Oil
- Raw Butter
- Raw Cheese



Food Journal

Keep a food journal and write down everything you eat and drink for the first month. Record everything from a handful of nuts to the number of glasses of water you drink. Be honest. You want a true picture of what is working and what is not. You'll be surprised at the end of the day at what you actually ate versus what you intended to eat. A food journal helps you to continue to modify your eating one day at a time.

Proper Eating

Starving yourself and not eating is a disaster waiting to happen. Your body needs fuel. The more good fuel you provide it, the more your metabolism will increase and burn calories. Remember, this is not a diet but a lifestyle change.