

FlashyFit Perfect Fit D Team

 flashyfit.com/perfectfit/dteam

Phases

Stabilization

Strength Endurance

Hypertrophy

Maximal Strength

Power

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. Be sure to use the **SAQ (Speed Agility Quickness)** cards in all Phases.

Begin with Phase 1 – Stabilization. This phase focuses on increasing your body's ability to stabilize and balance itself. Regardless of your fitness level you begin in Phase 1 because stabilization is that important. Use “make it harder” when available, completing at least 12 reps and up to 20 reps per exercise. 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 continue to choose the “make it harder” option where available. Work with Phase 2 exercise cards for 4 weeks then move to Phase 3 – Hypertrophy.

Phase 3 – Hypertrophy is all about continuing to building up your muscles. Work with Phase 3 exercise cards for 4 weeks then move on to Phase 4 – Maximal Strength.

Phase 4 – Maximal Strength is about increasing strength - you probably got that from the title. Work with Phase 4 exercise cards for 4 weeks and then move on to Phase 5 – **Power**.

Phase 5 – Power is used to increase the speed of muscle contraction = power. Work with Phase 5 exercise cards for 4 weeks then return to Phase 1 – Stabilization to begin the cycle again. It is important to return to Phase 1 as it will allow your body to actively rest from the more intense training of Phase 5.

Cardio

Begin Cardio – Stage 3 by reading the exercise cards carefully as they contain lots of important information.

Stage 3

Zones B + C

Work in Cardio – Stage 3 Zones B + C.

Choose a cardio activity you enjoy like running, sprinting, cycling or running stairs.

Your cardio workout should be between 20-45 minutes.

Your cardio workout should be done 2-4 times per week unless you are training for something specific.

Be sure to switch up your activities to prevent boredom.

Nutrition

You already know the importance of good nutrition and how it breaks down:

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

Just as a reminder: drink at least 9 glasses of water per day (and more when you exercise) and try to eat 5-6 smaller meals throughout the day instead of 3 large meals.

Each mini-meal breakdown as follows:

Protein

% of Meal

10-35%

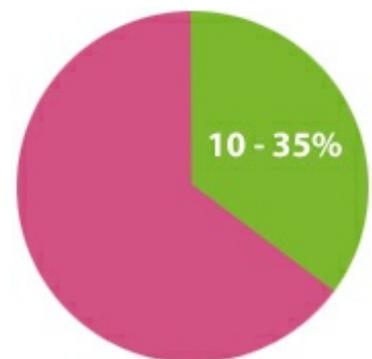
(35% if striving for weight loss)

Best Sources

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

Carbohydrate

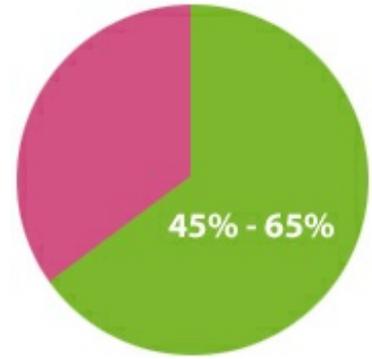
% of Meal



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



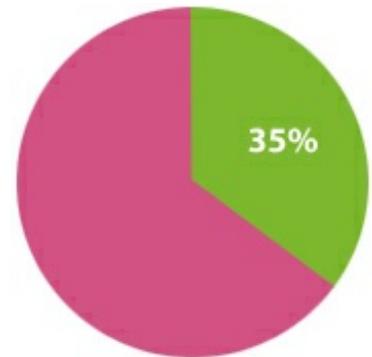
Good Fat

% of Meal

35%

Best Sources

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



Food Journal

If you need a jump start or a kick in the butt, keep a food journal and write down everything you eat and drink for the first month. Be honest. This may also be the time to consider adding a whey protein drink for post-work recovery, reducing body fat and building lean muscle.

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.