



3 KEY FACTORS TO **TRANSFORMATION**

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NEXT



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ABOUT THE GYM

NEXT Fit Clubs is a hybrid facility that has combined a performance based atmosphere with a commercial gym. Top level coaches make this facility what it is. Whether is it Small Group Training, 1:1 Personal Training, or Online coaching, our trainers deliver results. We will soon be offering a 12-Week Body Recomp Program to anyone who is ready to take charge and is serious about drastically changing their body composition. In this short eBook, our Director of Online Content and Education, Kevin Papis, will go through the basics of our methods to changing our clients bodies and lives.

ABOUT THE AUTHOR

With nearly a decade in the fitness industry, Kevin is the Director of Online Content and Education at Next Fit Clubs. He is a personal trainer and performance nutrition coach certified by the Clean Health Fitness Institute out of Sydney, Australia. CHFI is one of the world's leading fitness industry educators and has produced not only world class trainers, coaches, and nutritionists but competitors as well. Kevin has also attended workshops where he has honed his craft under prominent industry gurus such as Former World's Strongest Man Bill Kazmaier, Christian Thibaudeau, John Meadows, Matt Wenning, and Dr. Stu McGill.

INTRODUCTION

Have you ever looked at a picture of a 12 week transformation and thought to yourself, "That's impossible!" or "Those results aren't real." How about, "Nobody can achieve that type of dramatic change in such a short period of time."

Well I've got news for you. Those results ARE real! By following a systematic approach to their lifestyle, nutrition and training, everyday people like YOU are getting those results. They have a goal of a total body transformation, and a pathway to get there! With help from successful coaches you too can have that blueprint for success!

Get the idea of 'I could never look like that' out of your head. You absolutely can! It will take both physical and mental toughness to achieve but if you are willing to put in the effort, the end result will be there. I've coached numerous everyday people, who looked me straight in the face on Day 1 and said, "I don't think I can do this!". That is the benefit of having a Transformation Coach! All you need to do is follow the plan! Get in the right mindset! There is no difference between the people I have coached to amazing transformations, and yourself!

They also have hectic schedules, kids at home, and see working out as a chore! It's time for you to say, "I'm going all in." Make the change today to better yourself both physically and mentally. I guarantee by the end of your journey you'll be thanking yourself. Not only will you look better, you'll FEEL better about yourself.

At the end of the day, that's all we want in life, right? We just want to feel good and be happy.



**ALL YOU NEED TO DO
IS FOLLOW THE PLAN!**

THE 3 KEY FACTORS

**LIFESTYLE
NUTRITION
TRAINING**

We believe there are 3 main factors to a successful transformation. We go over them in order of importance, but keep in mind that all 3 are crucial for a transformation.

Without the "Fitness Lifestyle" it will be very difficult to adhere to the Nutrition and Training. You must first get your mind in a place when you are dedicated to making big changes. This means adjusting your daily habits, sleep schedule and stress management.

Nutrition is going to be the next big factor. "You can't outwork a bad diet" is a quote most of us have heard. Nutrition is often neglected, or poorly executed, and will lead to many frustrated gym goers. Getting your Nutrition correct for YOU, is going to be that missing link in a successful transformation. Training is the last factor in recomping your body. This is the fun one, but again, many are going about this the wrong way. Some people say, "Work Smart, Not Hard". We say "Work Smart AND Hard!" Without structure and progressive overload, you may see very few results from working out. Let's dive deeper into what the Fitness Lifestyle entails.



THE FITNESS LIFESTYLE

You must make lifestyle changes in order to produce a successful transformation. If you expect to maintain the look you will achieve in our 12-Week Program, these new habits must become long term lifestyle changes.

If you are reading this, chances are you regularly go to the gym and probably TRY to eat healthy.

So what's holding you back from reaching that next level physique that some guys or gals in the gym have? You work out next to them daily. They workout just as hard as you, rest the same amount in between sets, lift the same amount of weights, and probably even nod their heads to the same music. So what gives? What are they doing that is producing outstanding results while you are stuck just spinning your wheels?

The answer is they maintain their fitness lifestyle once they leave the gym as well. Just walking in the doors, lifting a few weights and walking on a treadmill, isn't going to cut it. Sure, you can tag yourself on facebook and take that IG selfie in the gym mirror to let everyone know on social media that you are a fitness fanatic, but that's where the facade ends.

YOUR BODY TELLS THE REAL STORY.

The difference between you and that person next to you walking around with 6 packs abs is that they walk the walk. They eat, live, and breath the fitness lifestyle. Taking control of your lifestyle will help you make the lasting changes necessary to reaching your overall goals.

The Fitness Lifestyle can be broken down into many parts, but we are going to focus on 2. Stress and Sleep. We have too much of one and not enough of the other.

STRESS

Now, it's simply impossible to completely eliminate stress, but if we understand how stress works, we can make a better effort in order to help manage it. Stress is primarily a physical response and is necessary for our survival! When stressed, the body goes into 'fight or flight' mode otherwise known as a Sympathetic State, where our bodies believe they are under attack. When this happens our body releases hormones and chemicals into our body, one of which is cortisol. Chronically elevated levels of cortisol have been linked to an increase in body fat, breakdown of muscle, impairing thyroid production, and possibly lead to mood disorders.

We want stress during our workouts, but after that we need to take any and all steps to manage other stress in our lives. My goal here is not to be your therapist, but to give you some tools that may help you cope with the daily stressors a bit better. After all, we tend to just numb ourselves in front of screens after a hard days work. This does nothing for stress management and actually causes more stress to the body!!!

There are quite a few ways you can help combat elevated **stress** levels in your daily life. These include:

BREATHING TECHNIQUES

5-10 minutes throughout the day or before bed (Headspace or Calm apps work)

JOURNALING

One of my early mentors had me do this. "The first step to healing is feeling. And if it rhymes it's true"

YOGA

We offer it at the gym or try it at home

TAKING DAILY WALKS

More therapeutic than you think and can help with calorie burning as well

READING

Nothing too crazy before bed, we want to relax the mind not stimulate it

MASSAGES

Mostly therapeutic, but can have great benefits for releasing tight muscles with the right practitioner

MEDITATION

Headspace or Calm apps work

LAUGHING WITH FRIENDS

Seriously, go play with your friends!

LISTENING TO SOOTHING MUSIC

Yoga relaxation radio on Pandora is solid!

CUDDLING YOUR PETS

If you don't have one then cuddle your partner!

We don't recommend you try every single one of these, but take a look and see what you could **easily implement TODAY** that would help you put your mind and body at ease.

SLEEP

Most people do not get enough sleep or do not get good quality sleep. Why is getting proper sleep so important?! Well, recovery is one of the main factors. It doesn't matter how hard you workout if you aren't recovering from it!

Muscle building and fat burning are both greatly reduced when sleep deprivation occurs. This happens even after 1 night of inadequate sleep. Growth Hormone is naturally released when we sleep, which will aid in muscle recovery and regeneration. When we get poor quality or not enough sleep, we miss out on that recovery and our cortisol (Stress Hormone) levels rise. Inadequate sleep can also affect our hunger hormone, ghrelin. If ghrelin levels are elevated, we will want to eat more!

Sticking to a nutrition plan while unnecessarily hungry makes this whole process insanely hard.

Find out if you have good sleep by answering the following questions:

Are you falling asleep within 5 minutes of going to bed?

Are you staying asleep throughout the entire night?

Are you able to easily get out of bed while feeling energized?

The answer to all these should be **YES**, but most of the time they are not. There are a few ways to ensure we get a good night's sleep. These include minimizing your stress, using sleep supplements, and creating a bedtime routine. The last may be the most often overlooked but also may be the easiest to put into practice.

A bedtime routine should consist of attempting to go to sleep (and arising) at the same time every night. Optimal times would be between 9:00-10:00 pm. We know this may be difficult for a variety of reasons, but binge watching Netflix is not a valid excuse. Turn off all your electronics. That means no tv/laptop/cellphone. It may be hard to get to sleep this early so just move your bedtime 15 minutes earlier every week until it is appropriate.

If you are still finding it difficult to fall asleep, consider playing some white noise in the background. I find it easier to fall asleep with the sounds of thunderstorms playing on my cell phone from the next room over. Here is also where you can use the Headspace or Calm apps to have some guided breathing to put you into a deep sleep.

Finally, consider sleep supplementation in the form of magnesium, Inositol, or my favorite, melatonin. Melatonin is a key sleep hormone and proper supplementation can help get our sleep biorhythm back on track. Before using these supplements you should talk to one of our coaches to get proper dosage and timing. Too much or too little could have no effect or the wrong effect. I.e. too much magnesium will have you running to the bathroom!

OTHER LIFESTYLE FACTORS

Sleep and Stress are two main lifestyle factors that most coaches don't pay attention to and this is why I wanted to cover them first. It is important to remember that this isn't a race. You don't have to change your whole life in 12 weeks, but you do need to make enough changes to stick to the plan. This may mean eating out less and cooking more food at home. It could mean saying no to drinks after work, or going and having some club soda and lime. It means putting your body, your health, and your goals as a priority.

This leads into our next factor, nutrition.



NUTRITION

When it comes to nutrition we have our own pyramid here at Next. **CALORIES ARE KING.** We need the correct energy balance in order to lose or gain weight. For the sake of this guide we will focus on weight loss.



CALORIES

First we need to find out your Total Daily Energy Expenditure (TDEE) is. This will tell us how many calories we need to consume in order to maintain our current weight.

Your TDEE is comprised of your Basal Metabolic Rate, which is the amount of calories burned at rest, your activity level, your Non-Exercise Activity Thermogenesis (NEAT), and the thermic effect of food.

The easiest way to do this is to visit <https://tdeecalculator.net/>, punch in a few numbers and let them do the work.

Once you find out what your TDEE is, we need to create a calorie deficit. We will start with a 30% deficit for fat loss clients. Let's say your TDEE is 2000cals. 30% of this would be 1400. This would be your calorie goal, per day.

FAT LOSS CANNOT BE ACHIEVED WITHOUT A CALORIC DEFICIT

Our goal with a transformation is fat loss, not just weight loss. The two are very different. You may lose weight on the scale as well but in order to attain the beach body that we want, we will need to get lean, very lean. Your body fat percentage will need to be in the mid to low teens at minimum, if not lower. We won't get to those body fat levels without formulating a game plan and we must be in a caloric deficit.

FOOD LOG

Is keeping a food log that important? Short answer, Yes! It's very important for multiple reasons. One being that it keeps us honest with ourselves about the foods that we are eating and actually leads us to make smarter decisions when it comes down to what we put into our body. An obvious benefit is that we aren't just guessing how much food we are putting into our bodies. Some people may not realize that they are overeating until they actually see their total number of calories consumed. It is also important for us to see the macro breakdown of our calories, which will be important when it comes down to body recomposition. We want to lose fat and maintain or build as much muscle as possible for body recomposition, and having the correct macro breakdown will allow us to do this.

An easy way to track your calories is by using a food log.

HERE ARE A FEW FAVORITE FOOD LOGGING APPS:



myfitnesspal



fatsecret



myfooddiary

MACROS

CARBS

ENERGY: 4 CALORIES PER GRAM
FUNCTIONS: PROVIDE ENERGY, FACILITATE FAT METABOLISM, PREVENT PROTEIN BREAKDOWN

PROTEIN

ENERGY: 4 CALORIES PER GRAM
FUNCTIONS: PROVIDE ENERGY, BUILD AND REPAIR TISSUE, USED AS ENZYMES TO FACILITATE BODY REACTIONS

FAT

ENERGY: 9 CALORIES PER GRAM
FUNCTIONS: PROVIDE ENERGY, ABSORB VITAMINS, REGULATE BODY TEMPERATURE, PROVIDE ESSENTIAL FATTY ACIDS

What are macros? Macros, short for macronutrients, are what make up the caloric content of food. They fall into three categories, protein, carbohydrates, and fats. The caloric combination of macros is what makes up your calorie total.

Each macro has its own calorie (energy) amount assigned to it. Proteins and Carbs are 4 calories per gram. Fats are 9 calories per gram.



If you ate 100 grams of protein, 100 grams of carbs, and 50 grams of fat, what would your calorie total be? The correct answer would be 1250 calories. Protein $4 \times 100 = 400$ / Carbs $4 \times 100 = 400$ / Fats $9 \times 50 = 450$ / $400 + 400 + 450 = 1250$. Okay, got it? Some of this can get confusing but hang in there!

You will see recommendations for weight loss that look like this: 30% protein 40% carbs and 30% fats. While this may work sometimes, it may not be the best for you. Your macro breakdown will largely be dependent on what type of diet you choose to follow. I tend to vary my macros a bit differently when I'm doing meal plans for clients, and these will change depending on what phase of the recomp we are currently in, but let's just use these general percentages as an example.

Let's go back to our 1400 total calories. To find out the amount of protein we should be consuming we need to find out 30% of 1400 which is 420 ($1400 \times .30 = 420$). This means 420 calories should come from protein and since every 4 calories is 1 gram, we now divide 420 by 4 and get 105 which is our total grams for the day. We'd do the same for carbs ($1400 \times .40 = 560 \div 4 = 140$ grams) and also fats ($1400 \times .30 = 420 \div 9 = 46$ grams). So for our 1400 calorie day, we should aim to consume 105 grams of protein, 140 grams of carbs, and 46 grams of fat.

Now remember, these are just basic recommendations, not necessarily what we use at NexT when doing body recomp for clients. Your macros will depend on what type of diet you can adhere best to. Your friend may tell you that Keto, or Vegan or Atkins is best, but if you can't adhere to the diet then it won't work! This is why macros are important. We can customize them to make sure you feel the absolute best while dieting!

Hitting your macros using foods like Pizza, potato chips, and french fries simply will not give you enough micronutrients. You will need to eat foods that provide a big pack for their punch, when it comes to vitamins and minerals. Because real foods are less calorie dense than junk foods, you will often feel more full while dieting! This is an added benefit of eating whole unprocessed foods. This does require more prep from you though!

MEAL PREP

Being prepared is a recipe for success when it comes to anything in life, and that includes our nutrition. Meal prepping is a great way to make sure we stay on track with our diet. It's also a great way to help regulate portion control. Knowing that we have our meals prepared for the week will also allow us to mentally win the week. This helps keep us motivated to train hard and not veer off our diet. And don't allow one small slip up to ruin your entire week. Recognize that you made a mistake and get right back on track. The less mistakes we make, the more successful we will be and meal prepping helps us avoid these nutritional mishaps.

BELOW IS A LIST OF RECOMMENDED FOODS.

There are certainly more, but try to stay away from processed foods and fake health foods like protein bars.

PROTEIN

Chicken
Fish
Beef
Turkey
Pork
Shrimp
Eggs/Egg Whites
Venison
Protein Powders

CARBS

Brown Rice
Beans
Rice Cakes
Sweet Potato
Whole Wheat Pasta
Quinoa
Oatmeal
Gluten Free Cereal
Whole Wheat Tortilla

FRUITS

Apple
Berries
Cherries
Grapefruit
Melons
Peach
Pear
Orange/Tangerine
Pineapples

FATS

Almonds
MCT Oil
Nut Butter
Avocados
Cashews
Olive Oil
Walnuts
Flax Seeds
Pistachios
Butter
Coconut Oil
CLA

VEGGIES

Broccoli
Asparagus
Lettuce
Cabbage
Cauliflower
Spinach
Green Beans
Brussel Sprouts
Kale
Snow Peas
Cucumber
Beets
Zucchini
Carrot
Watercress
Tomatoes
Collard Greens
Sprouts
Bok Choy
Onion
Artichoke
Celery
Arugula
Peppers



Taking all that we just went over into consideration, you should be able to find your TDEE, put yourself in a deficit, and plan out your macros. Use a food log to make sure you are hitting everything as planned and focus on eating as much food from the above chart as possible. Doing this alone will result in some serious fat loss.

Now it's time to dive into Strength Training.



WHY STRENGTH TRAINING?

During a body recomp, our clients will often build muscle while simultaneously losing body fat. This is our goal! This is also why we can't look at just the scale as a measurement of progress. We have to track using pictures, measurements, body fat and the scale as well.

Acquiring a good amount of lean muscle is what will result in having that rock hard, chiseled physique that can only be attained through a combination of nutrition and strength training. Cardio alone will not give us this look at all. Don't believe me? Go to the gym and look on the cardio equipment. You know who the people are that come in and just do cardio everyday and leave. Look at their body type then look at the person on the gym floor who's physique you aspire to look like. That person is probably out on the gym floor lifting weights right now. This isn't to say that cardio doesn't have its place, its most certainly does, but if you are ever limited on time, strength training should always take priority over cardio if your overall goal is body recomposition.

And why are you currently doing long bouts of cardio? What if I told you that you could burn calories through strength training all while building lean muscle, and better yet, still burn calories from your workout even after your session is over. This is what is known as the afterburn effect, or EPOC (Excess Post Oxygen Consumption) and intense bouts of resistance training lead to this. Studies have shown that the afterburn effect can last almost up to 40 hours, as opposed to conventional cardio where you stop burning excessive amounts of calories the second you step off your treadmill or elliptical.

Ok, so we have gone over why you need to be doing strength training and prioritizing it over cardio, so now lets go over some of the reasons your current plan hasn't been working.

N.E.A.T.

Non-Exercise Activity Thermogenesis

Most people often overlook one of the most basic ways to get leaner. MOVE MORE! Increasing our daily NEAT levels will help us increase the amount of calories we burn throughout the day. This is just involuntary movement that occurs during the day. Tapping your foot or talking with your hands are some easy examples. NEAT goes down when we diet so sometimes we need to make conscious attempts to increase it.

When I meet with a client for the first time with fat loss as the goal in mind, I often ask them, can you give me a list of reasons why you believe that you've put on excess fat or weight? Sedentary, or non active jobs, are one of the most often listed excuses as to why someone will tell you they have gained weight. "Well, I sit around at work all day" So lets do something about that! Let's start by moving a bit more. 10,000 steps a day can help burn anywhere from 300 to 600 calories depending on the person. Fitbits, pedometers, even your smartphone are all excellent tools to help us make sure our NEAT levels stay elevated. Remember that NEAT levels drop when dieting so we need to make sure we get our steps in to remain in a calorie deficit.

A lot of people have the wrong idea with strength training and weights in general. Women in particular are often scared of getting too big or too bulky when beginning to lift weights. Not lifting weights because you are afraid of gaining too much muscle is like not driving your car because you fear becoming a Nascar driver. It simply won't happen!

IF YOU ARE EVER LIMITED ON TIME,
STRENGTH TRAINING SHOULD ALWAYS TAKE PRIORITY OVER CARDIO

YOUR PROGRAM FACTORS

How long have you been doing the same training regimen?

I have met people that have literally had the same training regimen for YEARS! Your body can adapt to the stress from that workout and you will plateau quickly! Our goal is to breakdown and destroy our muscle fibers during training so when we are recovering, our bodies can repair and create new muscle fibers. This allows us to have stronger and bigger muscles. Our bodies are very adaptable, so, once it gets use to the amount of stress being put on the muscle, it will reduce the amount of damage being done to the fibers. We become more efficient at those movements and they become less effective. The less damage, the less new muscle fibers grow. Which mean less overall lean muscle being built.

There are numerous ways to prevent your body from adapting to your training, with the most common being the use of periodization in your training program. Periodization is phasing your program by altering aspects such as sets, reps, tempo, rest, and exercise selection. Varying these elements will lead to consistent muscle breakdown by adding new stressors to the muscle fibers during workouts. This aids in continuing the cycle of new muscle growth. The use of periodization will also prevent us from reaching strength plateaus which in the end will also hinder us from building more muscle.

Sets and Reps can be manipulated easily in the beginning to create enough change for strength and muscle gains. A simple 12 Week cycle could look like this:

This is called Linear Periodization and is the most basic form of periodization. For beginners and even intermediate gym goers, this method has worked for me time and time again. During the different phases, exercise selection, tempo and rest will also change to avoid adapting to the program.

WEEKS 1-3 3x12-15

WEEKS 4-6 4x10-12

WEEKS 7-9 5x8-10

WEEKS 10-12 6x8-10

TEMPO

Tempo is laid out as a four-digit number. Each number correlates with a specific portion of the movement and represents the number of seconds you will spend in this phase. Let's use the tempo 4210 during a squat for example.

4 This first number will represent the lowering, or eccentric, phase of the lift. This is when you are bringing your butt down towards the floor. 4 seconds to descend.

2 This is the bottom portion of the lift, representing a 2 second pause once you reach the bottom of the squat.

1 Represents the lifting, or concentric, portion of the lift. So for the squat it is when you are coming out of the bottom position, driving your heels through the floor and attempting to return to the standing position.

0 This final number is the shortened position. For the squat you will be all the way standing up. 0 would mean that you do not rest and go right back into a 4 second eccentric.

Tempo is another variable that we can use to make sure we are constantly breaking down our muscles fibers as well as creating that mind muscle connection that you often here experienced lifters talking about. The mind muscle connection is essentially feeling the muscle do the work.

Often times we see people in the gym just attempting to move as much weight as possible, which generally creates not only a breakdown in form, but will cause your body to recruit other muscles to help with the lift. If we are doing a lat pulldown, we want to make sure we are moving the weights with our lats.

Tempo, which is a timing prescription for each portion of the lift allows you to specifically slow down the eccentric or lowering phase of each rep, or pause during the stretched or shortened position or be explosive during the concentric portion. There is much research to back up that most muscle breakdown occurs in the eccentric phase of a lift. Look around the gym the next time you are in. You will see that most people don't pay much attention to how slow or controlled they lower the weights. Essentially, they are missing out on a ton of muscle breakdown and their workout is far less effective.

Another issue we see all the time in the gym is most people simply aren't working hard enough! The intensity of the workout determines its effectiveness. If I program 3 sets of 12-15 reps and by the end of the last set you feel like you could have done more, then the intensity was wrong. There wasn't enough weight on the bar essentially. I see people going through the motions. Remember that we need to create enough damage to our muscles to require a need for adaptation. I.e. muscle growth.

This is where having a coach helps immensely. If you were to talk to any of the clients at Next, every single one would say they get pushed harder with their coach. There is nothing like being pushed beyond where you are comfortable. Outside of that comfort zone is where change occurs. It's where results occur.

OUTSIDE OF THAT COMFORT ZONE IS WHERE CHANGE OCCURS. IT'S WHERE RESULTS OCCUR.



CONCLUSION

By this point you may be thinking, okay well now I know more about what to do and not to do, but how do I put it all together? We have created a 12 Week Body Recomp Program. If you are looking to seriously change your body, this is for you. It includes everything we just went over, but custom built for you!

12 WEEK BODY RECOMP PROGRAM

- Work with a proven transformation coach to get to your desired body composition goal
- Choose from 2 or 3 times a week with your coach
- Custom training programming in 3-4 week blocks for the duration of your package *These will be specific to your goals and abilities and are periodized so you see continuous results*
- Custom Nutrition Programming based on the results of your InBody Scan
- Changes are made every 2-3 weeks depending on compliance as well as your training phase
- Unlimited Email/Text contact for follow up questions on non-training days
- InBody Scans for duration of the package

Can't make it to our gym to train one on one with our elite coaches?

We can guide you through a transformation via our online training at Next Fit Clubs. Not only will you still receive our 12 week strength training program, custom meal plans, 24/7 access to me but you will also receive weekly one on one facetime/skype mentoring. Allow us to help you put these principles that we learned from this book into practice and get you the total body transformation you've always wanted to achieve.

To learn more about our online training programs contact me via our Next Fit Clubs website, facebook, or instagram.



<http://www.nextfitclubs.com>



<http://www.facebook.com/nextfitclubs>



<http://www.instagram.com/nextfitclubs>

I hope you take some of these lessons you may have learned and implement them into your workout protocol your next session or training phase that you enter. Use the nutrition tips that I gave you to help shed some excess body fat you've put on and get back down to that pants or dress size that you desire. Take those lifestyle tips, live more stress free and sleep better at night. Every person that I have ever coached has put these practices into place and, in conjunction with a proper training program, have achieved unbelievable body transformations. Transformations that have not only changed the way they eat, sleep, and train, but also the way they feel. More energy, more confidence, more self worth. Transformations that have made people question if they were really achievable in such a short period of time. Guess what, they are! There is no difference in the people that I have coached to amazing body transformations and yourself. Put in the effort and the results will speak for themselves. Putting all these practices into your lifestyle, nutrition, and training, are the 3 keys to your body transformation.

-Kevin Papics (Author) & the Next Fit Clubs Team



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