

THE CAPITAL STRENGTH Transformation Blueprint



**New Year. New You.
No More Excuses.**

Your New Beginning

Every year millions of people vow to change their lives and achieve a new year's resolution. Are you one of them?

Unfortunately, most people fail to achieve any significant change because they can't stick to a plan or do the wrong things.

Do you want to be one of the few who makes a lasting change and transforms your life? If so, listen up!

Everybody says they want to be better. To do more. To fulfill their potential. The problem is this: most people don't have the effective strategies to reach success.

Sometimes it takes hitting rock bottom before seeing light. Hopefully you can catch yourself before the fall and start doing what it takes to become better. There's no better time than now, so let's get started!

First: What are your goals? Who do you want to be? Knowing what you want is important.

Picture the best version of yourself. See in your mind what you look like. How confident are you? How does it feel to possess the energy to live the life you desire?

Now, realize this: This will be you, if you commit to doing what it takes and putting in the work!

We all have the ability to forge a better version of ourselves. All it takes is determined and consistent effort. You've been doing it all your life: learning new skills, adapting to situations, and growing more mature. Now to achieve an even higher level of success and performance you must continue to work harder and smarter.

This is your road map to starting your transformation. This guide will help set the foundational habits and activities required to transform your mind and body. Now it's up to you to put it into practice! Let's get started...

The 10 Rules That You Must Follow to Transform Your Body

1) Challenge Yourself. Doing something new will always feel difficult at first. Understanding that difficulty is part of the path will mentally prepare you. Get comfortable being uncomfortable.

2) Establish Your Limits and Listen To Your Body. Definition of 'limits': Point at which, if you continue what you're doing you will sustain injury. 'Injury' is a condition persisting beyond approximately 2 weeks that hinders physical performance. Don't ruin your transformation by hurting yourself!

Proper technique and smart workouts are here: do not underestimate their value no matter how tempting it may be to take it too far.

3) Tone Down The Ego. Don't let your ego get you injured. For Example, frequently performing bench press maximal effort reps. These offer little gain compared to the amount of stress they put on your body. Another example: Performing exercises improperly and not asking for help even though something doesn't feel right.

4) Get Enough Sleep. *At least 7 hours.* This will optimize your recovery. Your gains come outside of the gym, after you've rested up. Neglect sleep and you'll start spinning your wheels.

5) Align Nutrition With Goals. Growing muscle and losing body fat require distinctly different nutrition strategies. It is best to pick your goal and eat for it. When gaining muscle, you want to eat enough but not excessively. That is how you gain too much body fat if your goal is to put on size.

When losing fat, you want to eat in a deficit that fits your timeframe goal, but not so little that your performance suffers and you lose excess muscle. Adequate protein intake becomes critical here. Aim for 1 gram per pound of body weight.

6) Proper Technique is More Important Than Number of Reps or the Weight You're Lifting.

Incorrect technique is both dangerous and wasteful. If you put your body in compromising positions with bad form and add some weight to the equation, it's only a matter of time before you're injured.

Performing exercises improperly removes much of the benefit because you're not activating the muscle through a sufficient range of motion nor in the manner for which it was designed. In other words, you won't get stronger and better despite how much weight you think you're using.

Keep in mind: Perfect is the enemy of good enough. Don't neglect progression to keep everything perfect.

7) If You're New, Focus On Consistency. Figure out what you enjoy doing and use it to keep yourself dedicated. Doing something you dread on a regular basis can hurt your motivation. The last thing you want is to encourage inconsistency.

If you hate spin class for cardio, do some sled drags or car pushes. If you love kettlebell swings, do them! Make your workouts more than a chore, and something you look forward to.

Keep in mind: Don't neglect your weaknesses. Often what you hate, is what you suck at. Working on it can be the hidden key to progress and breaking through plateaus.

8) THERE ARE NO SHORTCUTS. The only secret sauce is hard work, consistency, and intelligent training. Big results take time!

9) Be Yourself. If you want to look at yourself in the mirror while you work out, do it. Own it. Wear a tank top. Wear a Batman suit. Who cares. The sooner you realize that the happiest way to live is with as much truth to yourself as possible, the happier you will be. But, don't judge others in the gym: we all are here to improve.

10) Be Realistic. As you progress, you'll be faced with moments where you either make the necessary sacrifices or not. If you decide not to, don't beat yourself up. Know what's important to you and have no regrets about it. If fitness is important to you, in a way that will certainly make your life better, know you may eventually have to sacrifice multiple nights of drinking, binge working, and other stressful things that are causing cumulative damage and holding you back.

The Basics of Nutrition

Goal Based Eating

Nutrition is as complicated as you want to make it. The best plan is one you can stick to and simpler is usually better.

A basic nutrition framework that makes long term results possible is Goal Based Eating. Put simply, this means actively selecting meals that are aligned with your desired outcomes.

Trying to lose weight? Fried foods and big macs probably won't fit. Want to gain muscle? You need a required minimum of protein intake. A great rule of thumb is to focus on plenty of high quality meats and vegetables. With just enough starches to support the intensity of your training and lifestyle

Goal: Weight Loss and Fat Loss

The most common transformation goal usually involves losing body fat. Everyone wants to be leaner. Having 6-pack abs and visible, toned muscle is the popular hallmark of health.

How do we optimize our nutrition for fat loss? It's simple. You really only need to do 2 things:

- 1. Create a calorie deficit in regards to your metabolic energy balance.*
- 2. Ensure adequate protein intake to prevent muscle loss.*

No matter what supplements you take or fad diet you find on the internet, it is practically impossible to lose significant body fat without creating a caloric deficit.

To create the deficit you can reduce your intake of calories, and/or you can increase your rate of energy expenditure. In other words: Eat less and move more. Even better, and faster, if you do both. Simple, yet profound.

If you are already in shape and have built a solid foundation, your goal now may be to have 6 pack abs. For men, the abdominal muscles become significantly visible at around 12% body fat levels. With regards to women, abs become visible around the 17% body fat mark.

Are ripped 6 pack abs healthy? Not necessarily. It strokes the ego and signals a dedication to the fitness lifestyle, but you can absolutely be healthy without visible abs.

Goal: Muscle Gain

Another common transformation goal is building muscle. This works best if you are already lean. Mainly because it's easier to put on more lean muscle if your body fat is already low.

How do we optimize our nutrition for muscle gain?

- 1. Create a calorie surplus in regards to your metabolic energy balance.*
- 2. Ensure adequate protein intake to promote muscle gain.*

Building muscle is a much slower process than burning fat. If you have 50 pounds of fat to lose you could accomplish that within a year if you worked hard at it. If you wanted to build 50 pounds of muscle it is simply unrealistic to accomplish in a year, maybe even two or three years.

To create a caloric surplus you must increase the amount of food you are consuming over your maintenance caloric level. It is important to mention that it is necessary that you are strength training

multiple times a week. A calorie surplus without strength training will only result in fat gain. Muscle growth is the result of an adaptation to your strength training. Give your body a reason to build muscle by keeping these workouts intense and progressively harder.

You should be gaining weight slowly on a weekly basis. Since it's going to take time to build a significant amount of muscle tissue, it is very important that you are patient in this process. Often times people become impatient and feel that if they eat at an even higher caloric surplus that they will build muscle faster. This will result in excess fat gain. If you have the goal of being muscular and lean this is inefficient way to the body you desire.

Be sure to follow the strength training section of this guide closely and put those extra calories to good use!

Practical Recommendations

Calories:

Muscle Gain Goal: 15-18 x Body Weight in Calories per Day

Fat Loss: 10-12 x Body Weight in Calories per Day

If no change in body weight after 10 days, adjust calories up or down by 10% by adding or removing carbohydrates.

Protein consumption PER DAY: 0.75-1 gram/pound of body weight.

Healthy fats: Healthy fats like from avocado and almonds, not from donuts and french fries. Your body was built to use the former, not the latter.

Lean sources of protein: This gives you the building blocks you need without too much extra fat. Examples are: Less-marbled cuts of meat, chicken breasts, ground turkey.

Drink More Water:

Aim for $\frac{1}{2}$ x Body Weight in Ounces of water daily. Example: Body weight of 180 pounds = $180/2 = 90$ ounces of water per day

Completely changing your diet can be a big challenge! The key is to eat things that are congruent with your goals and possible for you to stick with. Generally, It's ok to substitute certain food items, as long as they fit the nutritional framework of your diet. A good rule of thumb: stick with meats and vegetables with minimal processed food!

The meals below are some sample recipes of breakfast, lunch, and dinner...

Breakfast

<p><u>Low Carbohydrate</u> (Fat Destroying) Club Omelette</p> <p>RECIPE MAKES 1 SERVING</p> <ul style="list-style-type: none"> • 1 slice turkey bacon, cooked • 2oz turkey or chicken breast • ½ small tomato, diced • 1 scallion, sliced • 4 egg whites • 1 egg • 1oz low fat cheddar • Pinch of sea salt • Pinch of black pepper <p>- Per Serving - CALORIES: 236 PROTEIN : 36g CARBS : 5g FAT : 8g</p>	<ol style="list-style-type: none"> 1. Have your turkey bacon cooked and crumble it up. Cut the turkey or chicken into small squares and have the tomato and scallion sliced and at hand. 2. Beat eggs and pour in a skillet over medium heat. 3. Once the eggs are set in the pan, add the bacon, tomato, scallion and turkey while it's still cooking. 4. Add cheddar, salt, pepper, fold, and serve once it's cooked.
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<p><u>Moderate Carbohydrate</u> (Gettin' Stronger) Blueberry Protein Pancakes</p> <p>RECIPE MAKES 1 SERVING (4 TO 6 PANCAKES)</p> <ul style="list-style-type: none"> • 6 egg whites • ½ cup oatmeal (dry) • Vanilla extract • Pinch of cinnamon powder • Pinch of stevia • Blueberries (fresh or frozen) • ¼ teaspoon baking soda • Cooking spray <p>-Per Serving - CALORIES: 228 PROTEIN : 28g CARBS : 29g FAT : 0g</p>	<ol style="list-style-type: none"> 1. First, heat a frying pan until hot and then reduce to medium temperature. 2. After mixing together all the ingredients in a blender, spray some pam (or other cooking spray), drop by spoonful onto the pan. 3. When bubbles start to form, place evenly on pancake about 1 tablespoon blueberries. 4. Let them set in before flipping the pancake. 5. Makes about 4-6 pancakes depending on the size.
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Lunch

<p><u>Low Carbohydrate</u></p> <p>Turkey (I Ain' No) Loaf Muffins</p> <p>RECIPE MAKES 8 SERVINGS (8 MUFFINS)</p> <ul style="list-style-type: none"> • 2 lbs of ground turkey • 1 diced onion • ¾ cup oatmeal • 1 whole egg • 1 teaspoon dry parsley • ¼ cup of low fat parmesan • ¼ cup low fat milk • ½ teaspoon of garlic powder • 1 teaspoon of oregano • Salt and pepper <p>-Per Serving - CALORIES: 183 PROTEIN : 33g CARBS : 6g FAT : 3g</p>	<ol style="list-style-type: none"> 1. Preheat oven to 375 degrees 2. Mix everything together in a big bowl. 3. Put the mix in a muffin pan (should fill about 8 spots in the pan) coated with a bit of cooking spray. 4. Bake for about 30 minutes.
<p><u>Moderate Carbohydrate</u></p> <p>"Fried" Chicken Tenders (Darn Delicious)</p> <p>RECIPE MAKES 4 SERVINGS (16 FINGERS)</p> <ul style="list-style-type: none"> • 4 cooked chicken breasts (4oz each) • 2 egg whites • 1 teaspoon coconut oil • ½ cup bran buds • ½ cup oatmeal • 1 teaspoon onion powder • Salt and pepper <p>- Per Serving - CALORIES: 215 PROTEIN : 30g CARBS : 17g FAT : 3g</p>	<ol style="list-style-type: none"> 1. Preheat oven to 375. Prepare baking sheet by coating with coconut oil. Cut chicken breasts into 4 equal strips (you should have 16 strips total). Set aside. Grind oatmeal and bran buds in a food processor (or blender). Next, combine all dry ingredients in a large container with a tightly fitting lid. Shake well. This is your coating mixture. 2. Add egg whites in a medium bowl. Dip each strip in the egg whites. Then dip each strip (finger) in the coating mixture. Make sure each piece is well coated. 3. Place on the baking sheet. When all of your chicken has been coated and your baking sheet is full, place in the oven and bake for 10 minutes or until golden. Then turn the fingers and bake for an additional 5-6 minutes.

Dinner

<p><u>Low Carbohydrate</u> Basil (make you a) Beef (cake)</p> <p>RECIPE MAKES 1 SERVING</p> <ul style="list-style-type: none"> • 4oz lean red meat of your choice, cut in strips • 1 tablespoon macadamia oil • 1 scallion • 1 teaspoon dried basil • 1 tablespoon soy sauce • Pepper <p>Per Serving - CALORIES: 237 PROTEIN : 30g CARBS : 0g FAT : 13g</p>	<ol style="list-style-type: none"> 1. Thinly slice the meat across the grain. 2. Put the oil in a wok or skillet over high heat. 3. When it's hot, add the beef and stir-fry for a minute or two. 4. Add the scallions and stir-fry for another 3 to 4 minutes or until all the pink is gone from the beef. 5. Add the basil, soy sauce, and pepper to taste. 6. Toss with the beef, cooking just another minute or so.
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<p><u>Moderate Carbohydrate</u> Whole Wheat (It's a Treat) Vegetarian Lasagna</p> <p>RECIPE MAKES 10 SERVINGS</p> <ul style="list-style-type: none"> • 1 pack whole wheat lasagne noodles, cooked slightly (al dente) • 3 cups raw spinach • ½ cup low fat parmesan cheese • 3 eggs • 3 cups low-fat cottage cheese • 3 cups healthy tomato pasta sauce • 3 cups low-fat mozzarella <p>Per Serving - CALORIES: 372 PROTEIN : 33g CARBS : 33g FAT : 12g</p>	<ol style="list-style-type: none"> 1. Pre-heat oven to 325. In medium mixing bowl, beat eggs; add cottage cheese and Parmesan cheese. Spray a glass baking dish with non-stick cooking spray. 2. Put one layer of slightly cooked lasagna noodles flat across the bottom of the baking dish. Add ½ the leaf spinach, pressing down lightly and evenly over noodles. Top with another layer of lasagna noodles. Top this layer of noodles with the cottage cheese mixture; add the remaining spinach. Then add the last of the lasagna noodles laid evenly on top of spinach. Spread pasta sauce evenly over the top; sprinkle with mozzarella cheese. Press down lightly. 3. Cover baking dish with foil, using foil sprayed with cooking spray and keeping foil off the center of the lasagna. Secure sides tightly over baking dish. 4. Bake about 1 hour 15 minutes in oven. To lightly brown the top, remove foil for a few minutes at the end of baking time. 5. Allow to sit for 10 to 15 minutes before serving.
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Again, these are just select samples from our cookbook because we can't fit nearly all of them here. There is a world out there that we just love sharing because we know how wonderful recipes like these can impact your life. Give us a buzz and we'll give you plenty more!

Building Your Workouts

Strength Training --- Cardiovascular Training --- Mobility Training

Strength Training:

Strength training should be the foundation for almost all fitness goals, especially if you want to improve your body composition. Whether your goal is to lose weight and look good naked or to be able to squat 600 pounds, strength training is required for optimal results!

Your strength training should incorporate the full body and focus on movements rather than muscle groups. Here are the exercises that will make up the majority of your program.

Horizontal Pressing: Barbell Bench Press, Dumbbell Bench Press, Push-ups

Horizontal Pulling: Barbell Rows, Dumbbell Rows, Seated Cable Rows, Face pulls, Prone T's, Pullaparts

Vertical Pressing: Barbell Overhead Press, Dumbbell Overhead Press

Vertical Pulling: Pull-ups, Chin-ups, Pulldowns

Hip Dominant: Deadlifts, Single Leg Romanian Deadlifts, Hip Bridges

Knee Dominant: Squats, Split Squats, Step-ups, Lunges

Core: Planks, Pallof Press, Farmer's Walk

I can see you saying, 'But there aren't a whole lot of exercises here, won't I need more?!' Focus on these and *I PROMISE* you'll have everything you need. Effective workouts are simple. As long as you progressively get stronger in each exercises and they are executed with good form, you will get the results you want.

Cardiovascular Training:

There are three types of cardiovascular work you will incorporate as part of your cardiovascular training. These methods include:

1. High Intensity Intervals
2. Fat Loss Finishers
3. Low Intensity Long Duration

Each form is a tool to help you reach your goals. The fat loss finisher and high intensity intervals, will be the most efficient forms of cardiovascular work to promote fat loss. Low intensity longer duration cardio is most useful in assisting your recovery between workouts, burning a few additional calories, and is helpful for your overall health.

High Intensity Intervals:

These workouts include any form of high intensity cardio (sprinting, sled pushing, etc.) performed for a specific time period, usually no longer than 20-30 seconds, with specific rest intervals. Here are a couple examples of a high intensity interval workout:

1. Sled Push 30 seconds, rest 90 seconds, repeat 6 times
2. Hill Sprint 50 yards, walk back down the hill slowly, repeat 6 times

Fat Loss Finishers:

These workouts are used to finish up a strength training workout. They can last anywhere from 5-20 minutes and are extremely intense. The goal of the workouts is to create the biggest metabolic disturbance possible in order to increase your metabolic rate for the next 24+ hours. Here are 5 fat loss finishers:

Fat Loss Finisher 1

10-9-8-7-6-5-4-3-2-1

Repetition format: Perform 10 repetitions of each exercise consecutively. Rest a moment and catch your breath, then 9 repetitions of each exercise, and so on until you just have 1 repetition of each in your final set!

Squat

Burpee

Mountain climber (each leg)

Toe Touch

Fat Loss Finisher 2

Perform 3 rounds of the first group of 3 exercises with 1-2 minutes between sets. Then do the same with the second group of 3 exercises.

3 Rounds

20-30 second sprint

10 Push-ups

10 Warrior Sit-ups

3 Rounds

20-30 second sprint

10 TRX Rows

10 Bicep Curls

Fat Loss Finisher 3

Complete all exercises with the same dumbbells. Don't put them down until all exercises are completed in the set. Complete 5 sets of 10 reps each exercises. Rest 90 seconds between sets.

Bent over row
Romanian Deadlift
Bicep Curl
Sumo Deadlift High Pull
Squat
Push Press

Fat Loss Finisher 4

Complete the exercises every minute on the minute for 15 minutes.

20 Yard Sled Push
5 Squat and Press

Fat Loss Finisher 5

20 Minutes complete as many rounds as possible.

10 Goblet Squats
10 Slamball
10 Pushups
10 KB Swing
10 TRX Row
10 TRX Face Pull

Low Intensity Long Duration:

Low intensity long duration cardiovascular work is great for your health and having a well developed aerobic system will help you recover during and between your workouts. That being said, many people perform excessive amounts of long duration cardio with the goal to lose fat. This is inefficient and is not the purpose of this form of conditioning. Here are some good ways you can implement longer duration cardio:

1. Walk your dog for 30 minutes
2. Perform a 30-60 minute workout consisting of body weight and mobility exercises that are easy and keep your heart rate moderately elevated.

Mobility Training:

The areas that get the worst/tightest in most people are the hamstrings, hip flexors, lats, calves and pecs. In general, focus on keeping these loose through self myofascial release (massage) and static stretching and not only will you feel much better, but you will perform much better in your exercises.

Your Fitness Template

For a full 4 week program see the back section of the book. It is formatted to make it easy to print out and use on our own!

Here is an example of how to structure your workouts in a given week time frame. This is just one of many excellent ways to vary your workouts. Just make sure your workouts are built in a way that maximizes your workout efficiency and keeps you on track to your goals!

3 Strength workouts, 3 fat loss finishers, 1-2 high intensity intervals

Monday: Full body strength & fat loss finisher

Tuesday: High intensity intervals

Wednesday: Full body strength & fat loss finisher

Thursday: Off day

Friday: Full body strength & fat loss finisher

Saturday: Off day or high intensity intervals

Sunday: Off day or low intensity cardio day

Wrapping Up...

This is the blueprint from which your fitness transformation future will grow. Have faith in the program, and that it will take you where you want to go. Remember consistency, determination, and hard work are the keys to success in fitness and life!

If you have questions, feel free to reach out to us at info@capitalstrength.com and we'll be happy to get you on track!

You have the opportunity to create the life you want. We all need help sometimes, and the worst thing you can do for yourself is not seek the help when you need it. We're all in this together, so let's get working towards the reality we've always dreamed of, whatever that may be!

The Team at Capital Strength and Conditioning



Every week perform 3 strength workouts and 2 fat loss workouts. Here is an example of how you could effectively space the workouts during the week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout A Fat Loss Finisher	High Intensity Intervals	Workout B Fat Loss Finisher	OFF or Low Intensity	Workout C Fat Loss Finisher	High Intensity Intervals	OFF or Low Intensity