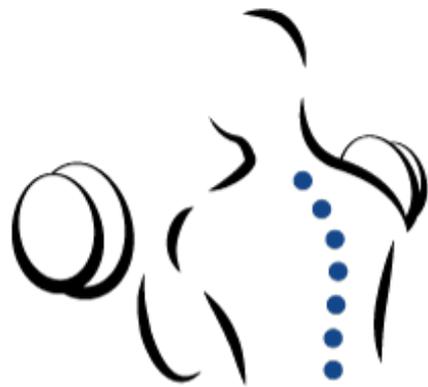


Online LEAN Welcome Pack



JC Fitness Coaching
Training with Intent

Fat Loss Strength Mobility

Online LEAN Training

Medical Disclaimer

Please note:

The recommendations in this guide and any other document provided by me are not medical guidelines but are for educational purposes only. You must consult your doctor prior to starting this or any other exercise programme or if you have any medical condition or injury that can possibly worsen with physical activity.

Any exercises and dietary tips in this pack are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed to you by your doctor, physical therapist or dietician.

Any exercise poses inherent risks and you are advised to take full responsibility for your own safety and know your limits at all times.

If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You are strongly advised to have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional changes with your doctor or a registered dietician. If your doctor or registered dietician does not recommend any of the changes or exercises, this will overrule any advice from your personal trainer.

Please inform your personal trainer immediately in these instances.

IMPORTANT NOTES REGARDING TRAINING AT HOME / OUTSIDE / BY YOURSELF:

- 1) Please ensure the activity can be safely performed whether it is at home, outside or by yourself
- 2) Please check that your surroundings are clear and that you keep any distractions, such as pets, away during the session
- 3) Please be aware that my coaching is a means of general guidance and motivation. It is your responsibility to be aware of your own capabilities and do what you are comfortable with. Please seek medical advice if there is any doubt
- 4) Please remember to always keep yourself hydrated during your exercise



Online LEAN Training

Welcome!

I first want to thank you for choosing me as your coach. I'm excited to embark on this stage of your fitness journey with you and will do everything I can to ensure that you succeed.

Not only do I want you to be proud of your accomplishment as we proceed, but I want you to enjoy the process.

While remote coaching is a relatively new concept, I know that you'll enjoy it.

Before we begin, I'd like you to please read through this short information package. In it is all of the information about your program and what you're about to get in the coming months. I've laid out what I'll be sending you in addition to guidelines for support.

Included in this package is also information on how the workouts are going to be presented to you along with additional information.

Thank you again for choosing me to help you on your health and fitness journey. I'm here for you every step of the way.

Your Coach,

Jon



www.JonCoulson.co.uk

Online LEAN Training

Referral Reward Scheme

Before you get into the main part of the guide, I wanted to let you know about the Referral Scheme I offer.

I look forward to working with you and know you will achieve excellent results. I also believe in helping people who are willing to help me.

One of the best ways I grow my business is by word of mouth referrals and for you recommending people to me, I would like to offer you the following as a thank you:

- 1) If you recommend someone to me who signs up for a programme design, I will give you £10 per person.
- 2) If you recommend someone to me who signs up for a personal training package, I will give you £50 per person.

Just remember to tell them to let me know they were referred by you!



Online LEAN Training

How The Program Works

In order to give you the direction, accountability and support you need, there are a couple of different facets to this program. I'll describe them here:

How the Workouts are Delivered:

Workouts are created in the online portal which you can access. It is your responsibility to fill out details such as reps, sets, rest, and weights used as you go along.

I would personally recommend downloading the workouts as a PDF, printing them off and taking to the gym to write on, rather than trying to update the portal during your workout.

When you are at the end of week 4 of the program, you need to make sure the workouts are fully updated and provide feedback about what worked well and what didn't. I will then use this information to build your next workouts.

The exercises listed in the workouts can all be found in the 'Exercise Guides' section of the online portal. This contains videos and descriptions of the exercises for you to follow.

If you are completely unsure then I would recommend filming yourself completing an exercise, upload it to youtube and send me to link along with details of the issue in your next coaching check in.



Online LEAN Training

How The Program Works

Email:

The following guidelines, whilst may feel strict, are there to help me provide the best possible service to you by ensuring clear communication

- Email correspondence will primarily be from my email account: Jon@JonCoulson.co.uk
- It is recommended that you add this address to your email "safe list"
- You can email me once a week
- You can email whenever you would like but only once a week
- I answer emails on a Friday and you should expect a response by the next day (unless otherwise notified in advance)
- You are welcome to ask me as many questions as you like in that email, however:
 - Every question needs to be in bullet point form
 - Every point can be no more than three sentences
 - Each point is one question
- The only exception to this rule is if you need to contact me in an emergency regarding anything. In that case you are welcome to email as soon as possible. If so, please mark the subject as "Urgent" or "Important"



Online LEAN Training

How The Program Works

Coaching Check In

There are three types of coaching check in I use with clients:

- Weekly
- Monthly
- Troubleshooting Scorecard

The check ins will usually be done by email and I would ask for the responses to be sent on the Friday of the week they are due. It's ok to send it later than this but it means I might not see it straight away.

More details of each check in can be found here:

<https://youtu.be/cnRqfFz1sM4>



Online LEAN Training

Nutritional Coaching

As part of my coaching services, I have provided you with a number of nutritional resources to help you achieve your goals quicker and make lasting changes.

Details of what is available to you is in this video:

<https://youtu.be/SvMbmNFNeHI>

The Precision Nutrition Custom Manual

I have created the following video to outline the whole process for you. If you get stuck let me know.

<https://youtu.be/R8PxYOMD9OY>

STEP 1: Google Form

Please go to this link and complete the questionnaire and then press submit.

<https://forms.gle/qJhdJyAL2nrQjhzt6>

I will aim to have the guide with you within 1 business day.

STEP 2: Adding and Sorting Your Food Preferences

Once you have received your custom nutrition PDF, you will find sections detailing how to eat based on your hand size, how to adjust these based on progress and it will also provide you with food ideas based on: Eat More; Eat Some; Eat Less



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Online LEAN Training

Nutritional Coaching

These are split across the macronutrient groups protein, carbohydrates and fats and forms the basis of how you should aim to eat based on the goals you told me about.

The guide, however, isn't perfect and you may like certain foods that aren't listed. It's important to include foods that you like in your way of eating as this helps you to stick to the plans. So this is what I recommend you do:

- a) Take a sheet of paper or open a document and separate it into three sections in line with the guide - Eat More, Eat Some, Eat Less
- b) List as many foods in each category that apply to you that you can think of
- c) This step is optional as it might be a lot of work to figure out initially. If this step seems too much for you to begin with, you are welcome to skip it.

Next to each food, decide whether it is mainly a protein, carb or fat type of food.

It's possible you won't know where each one fits and that's ok, this is a guide to help you - Go to the file section in the Facebook private client group (<https://www.facebook.com/groups/1162787897092965/files/>) and download the file called "Food Lists" and use this to help.

If you are completely stuck, message me and we'll determine which group to put it in

- d) Next, look through the Precision Nutrition PDF in the 'Eat More' and 'Eat Some' categories and add these to your lists.
- e) The Eat More and Eat Some Foods should now form the basis of your shopping lists and what to eat for the majority of the time, keeping within the recommended hand portion sizes.



Online LEAN Training

Nutritional Coaching

STEP 3: Adjusting

a) Your food shopping lists and meal plans should mainly be formed in the previous step.

However, it is more than ok for this list to change over time as you are human. So don't feel you are stuck with those choices for the rest of your life! Amend these lists as your food preferences change over time.

b) Your custom nutrition guide details how to adjust your calories based on your progress and I am also here to provide guidance for you.

It is important to remember that the initial calculations provide you with a base plan to get started. As most calorie calculators are best-guesses there may need to be some adjustments as we progress.

STEP 4: Troubleshooting

It's likely that you will run into difficulties from time to time, we all do! If you are finding yourself stuck or unsure, what I recommend is this:

a) List out all the issues you have right now

b) Order the list in terms of what you would like to tackle first

c) Send to me and we can get to work on coaching you through these and finding solutions.



Online LEAN Training

Online Training Portal

The online portal is web-based and it is where your workouts will be uploaded (for online clients only).

Once uploaded, it will be your responsibility to keep the templates updated with the weights, sets, reps and / or times so we can both keep track of your progress.

The portal also serves other functions as well:

- Measurements Tracker
- In depth Check In form
- Nutrition and Mindset Manuals
- Exercise Guides

I will cover each section in this video including how I would like you to fill out the workout templates:

<https://youtu.be/oT2SGlcDtGM>

It is important to note that the initial emails may go into your "Other" folder or your "Junk" folder so please keep an eye out for this!



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Online LEAN Training

Program Break In

With any new workouts, some of the exercises may be familiar, some may be tweaks on existing exercises and some may be totally new exercises. There will likely be a learning curve with some of the exercises but if you follow the descriptions and practice them, they will get easier.

In order to reduce the amount of soreness from the workouts, I would recommend 2 sets of each exercise for the first 2 weeks then progress to 3+ sets after this.

How to progress (this is key, please read!)

Where it states a rep range such as 6 – 8, 8 – 12 or 12 – 15, this means select a weight you can just about handle for the lowest number of reps.

There may be some initial trial and error to find the right weight, and that's ok!

The next week, select the same weight and aim to complete 1 - 2 additional repetitions. If the weight feels very easy, complete more repetitions.

Repeat this each week until you are able to complete the highest number of reps given.

Once you can do the highest reps, increase the weight and aim for the lowest number of reps given. For Example if you can handle 20kg for 12 reps (adjust the weight based on your ability):

Week 1 = 12 reps with 20kg

Week 2 = 13 reps with 20kg

Week 3 = 14 reps with 20kg

Week 4 = 15 reps with 20kg

Week 5 = 12 reps with 24kg



Online LEAN Training

Program Break In

If you do not wish to continually increase the weights or reach a limit as to how much weight you can handle for an exercise then another progression to challenge yourself is with rest periods.

Reducing the rest periods means you are doing more work in less time which is more metabolically demanding.

I would recommend reducing the rest periods by 5 seconds each week until you reach a point where you would not want to reduce them further.

Important: I would not recommend reducing rest periods and increasing weights at the same time as this can be too much for the body to handle.

If you have exercises that are to be held for time then record the time on your workout templates

If you have timed exercises where you are to complete as many reps as possible in the time frame, record how many repetitions were completed on the workout template.

Use the workout templates to record reps, sets, weights and rest times for each exercise. This is important as it allows you to monitor your progress over the weeks and also acts as a reminder to what you did in the previous workout so you don't have to try and remember it all.



Online LEAN Training

Training

What to bring to the workout:

- Bottle of water
- Towel
- Suitable workout clothes
- Any equipment to be used

What to expect – DOMS

It is not unusual to experience Delayed Onset Muscle Soreness (DOMS). This is perfectly normal and should last 1 – 2 days.

You don't need to experience DOMS after every workout and it's important to understand you can have great workouts and not feel very sore from them afterwards.

Here is a quick guide on the good vs bad pain so you can tell the difference:

Pain (bad)

- Pinpointed
- Sharp
- Persists longer than 72hrs
- Occurs in a joint (not always pain as soreness can feel like it's coming from a joint as well)

Soreness (ok)

- Tender to touch
- Not pinpointed
- Lasts less than 72hrs
- Occurs as a result of unaccustomed exercise so proper linear progressions programs should see a decrease in soreness over time



Online LEAN Training

Gym Etiquette Basics

Many people feel uncomfortable at the gym as it's a new environment and it's easy to feel unsure of yourself to start with. Here are a few helpful tips to consider during your workouts:

1. The no-lift zone. Avoid lifting weights within 5 feet of the dumbbell rack, it doesn't matter if you're doing shoulder presses, split squats, bicep curls or anything else. Other people need access to the dumbbells so it's inconsiderate to be in the way. It is also a safety factor as you could accidentally hit someone with a weight as they try to pass.
2. Put your weights and any equipment away after you have used them. Whether it is a dumbbell, kettlebell, stability ball, medball etc, put them back on the proper racks in the proper place.
3. Avoid walking in front of someone else in the middle of a set. If someone is checking themselves out training in front of a mirror, try not to cross their vision if at all possible. Ideally wait for them to finish their set before walking in front of them if at all possible.
4. Keep mats out of the way. For safety purposes, if the free weights area is busy, setting up a mat between the benches to do floor work can be dangerous. No one wants a dumbbell being dropped on them.
5. Wipe down your benches and equipment after use. No one wants to go onto a sweaty bench after you've used it. Use your towel and wipe it down.



Online LEAN Training

Tips For Success

Maintain contact with me:

- Your program is customised according to your needs / lifestyle, schedule etc. Maintaining contact and providing feedback is important to determine how your program will be designed. For example: which exercises were challenging, too easy, hurt etc
- Keep me posted of any travel plans etc so I can make adjustments accordingly and help you stay on track
- I am here to help you and to ensure your success to the best of my abilities. In order to do so, I need you to be open and honest with me, even if you go off course or not happy with your eating. I'm not here to judge you, only to help you.
- If you're still sore / fatigued / exhausted 48 hours after your workouts, notify me too so your workouts can be adjusted.

You must hold yourself accountable:

- I'm here to hold you accountable and to help you reach your goals but ultimately YOU are responsible for completing any workouts you do on your own, challenging yourself to work on the healthy habits and behaviours and work with me to help with nutritional ideas
- Set measureable goals and write them down before starting your program. We will have discussed these so it is important you write them down and keep them somewhere to remind you



Online LEAN Training

Tips For Success

Misc Tips:

- **Nutrition** - It is often said that abs are made in the kitchen and that you can't out train a poor diet. Both of these are true. You will have plenty of tools and my coaching help at hand to guide you.
- **Consistency** - You have to turn up and put the time and effort in. If you are not consistent in your exercising, you will not make the changes.
- **Recovery** - You will be working hard and need to make sure you are recovering well from your workouts. Make sure you are getting enough sleep (7 - 9 hours) and managing stress levels.
- **Progression** - In the Program Break In section, I outline some simple progressions. You do need to be progressing to see results.

Just for example, if you need to do 8 reps. Pick a weight that isn't so heavy you're bombing out on the 4th rep but not so light that on rep 12 you're still going strong! Another way to look at it - if you're only using 5kg for an exercise in which you could easily be using 20kg, what benefit are you really getting from that 5kg?

- **Patience** - You're not going to put your all into the first workout on day 1 and see results by day 2. It takes time and a combination of the above points to start seeing results. By all means take your weight and some measurements to see if you are making progress but think medium to long term here.



Online LEAN Training

Tips For Success

Remember that progress comes in many forms, it is not always about the scales!

- **Weight:** Record your starting weight on the measurement tracker
- **Inches:** Record your measurements on the measurement tracker. Try to ensure you measure in the same spot every time. For example measuring your leg near the knee will be very different from measuring your leg near the top
- **Visual Tracking:** Take pictures from the front / side / back and notice how your clothes fit differently. I would encourage you to take regular progress pics so you can see the changes.
- **Commitment / Accountability:** Consistently doing the right thing - showing up to workouts, doing any home workouts, fitness challenges, healthy habits and behaviours.
- **Strength:** Record the weight used, reps and sets for every workout. As you are able to lift more and more weights, you can visually see your progress over time.
- **Other Metrics:** You can also track factors such as fitness tests, daily energy levels, ease and ability to carry out daily tasks - whatever makes it relevant to you to see if you are making progress

Also remember that progress can take a while and doesn't always follow a straight line.

There will be periods of frustration when things aren't moving as quickly as you might like but don't let that put you off.

If you work hard, put in the effort and follow the guidelines, you will make great progress and achieve your goals!

