



SIMPLEFITPROGRAM PRESENTS

THE SIMPLE FIT PROGRAM.

A fitness and nutritional guide aimed
to motivate others to reach their
physique goals!

**CREATED BY:
A REGISTERED NURSE WORKING
FULL TIME IN A LOCAL HOSPITAL.**

The intention is to provide free
educational content on fitness,
nutrition and a workout guide. Free of
gimmicks and product advertisements.



INTRODUCTION

My name is Sep, and I have been on a mission to build a great physique for many years. Throughout my journey, many people have asked me how I was able to transform my body from being underweight to much more muscular, and I've never been able to provide a comprehensive answer until now. My intention is to pass on knowledge to others who are striving for the same goal as I was, and empower them to live a healthier life.

Unfortunately, there are endless gimmicky products and misinformation out there that promise hopeful people unrealistic results and steal their money in the process. I am here to share evidence-based advice backed by legitimate research articles and experience that has enabled me to achieve the physique I have today.

The objective of this program is to advance novice weightlifters to intermediate ones. We will focus both on strength enhancement as well as muscular development. While many might believe this is not optimal, I believe a balance between both is ideal for building the best physique that is sustainable in day-to-day life. This program is built upon years of practical experience and is supported by scholarly research.



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SOCIAL MEDIA:

Be sure to visit my YouTube channel, where I explain many of the contents of this e-book in a video format. I have workout videos and recipes of meals that I eat on a regular basis. I upload a new video every week. Be sure to check it out to not miss any updates or content!

○ Click on the following links:

▪ <http://bit.ly/2kRBdTk>

▪ <https://www.youtube.com/channel/UCtOxFAM00wkCg2HUb-TFCyg>

I also have an active instagram that I post content on every day!

Click on the following link to view my profile:

○ <https://www.instagram.com/simplefitnurse/>



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THE 6'S

Before you begin this program, there are 6 key points that you must understand in order for you to obtain a great physique.

1. **Consistency.** Consistency is vital in any training program-Set up a schedule for yourself and commit to it for the long-term.
2. **Discipline.** Do not skip sets or reps and strive to do your best with every single movement.
3. **Intensity.** Focus on your workout. Don't get caught up in the social or comparison aspects of going to the gym. Train hard and with passion in order to achieve great results.
4. **Mind-muscle Connection.** When you are curling a dumbbell, make sure you are consciously flexing your bicep as you lift the weight for maximum muscle stimulation. This is known as mind-muscle connection or muscle activation, and I encourage you to do this with every muscle group you are training.¹
5. **Confidence.** Believe in yourself and good things will come. Do not compare yourself to others; there will always be those that are both stronger and weaker than you. Body image comparison is one of the major risk factors in nonadherence to an exercise program.²
6. **Motivation.** Motivation play a key role in being able to stick to an exercise regiment. Surrounding yourself with people that encourage exercise participation is an important factor in getting through this training program. ²

References:

1. Calatayud, J., Vinstrup, J., Jakobsen, M. D., Sundstrup, E., Brandt, M., Jay, K., ... & Andersen, L. L. (2016). Importance of mind-muscle connection during progressive resistance training. *European journal of applied physiology*, 116(3), 527-533.

2. Pridgeon, L., & Grogan, S. (2012). Understanding exercise adherence and dropout: an interpretative phenomenological analysis of men and women's accounts of gym attendance and non-attendance. *Qualitative research in sport, Exercise and Health*, 4(3), 382-399.



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WHAT'S NEEDED?

Requirements:

1. A stopwatch or a timer, perhaps on your cell phone
2. Gym membership or dumbbells with a bench press
3. Time: 1 hour
4. Weight scale

What's needed Continued:

- Reading gym text:
 - 3 x 6 – 8 means 3 sets of 6 to 8 reps.
- Between each set there is a 1 – 2 minute break.
- When the reps mean 6 – 8, that means choose a weight that you can complete 8 reps on the first set and 6 reps on the last set. It should be a pyramid to lower reps with each set if the weight is heavy enough. If you can do 8 reps on each set with no problem, then increase the weight.



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WHAT ARE YOUR GOALS?

This is a very important section of the training program. Before reading the exercises section and following a schedule, it is important to decide what your physique goals are. Generally speaking, if your goal is to gain weight, then consuming more healthy foods than your base nutritional intake (called a caloric surplus) is recommended, and alternatively if your goal is to lose weight then you need to establish a caloric deficit. Identifying what your goals are is an important factor in feeling confident, motivated and determined in the gym.



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WEIGHT SCALES:

Utilizing a weight scale is definitely important in order to track your progress, especially if you are attempting to gain weight. It can be a great tool for individuals who are looking to gain muscle mass and achieve a “bigger” body in general. However it can be very misleading for people trying to lose weight.



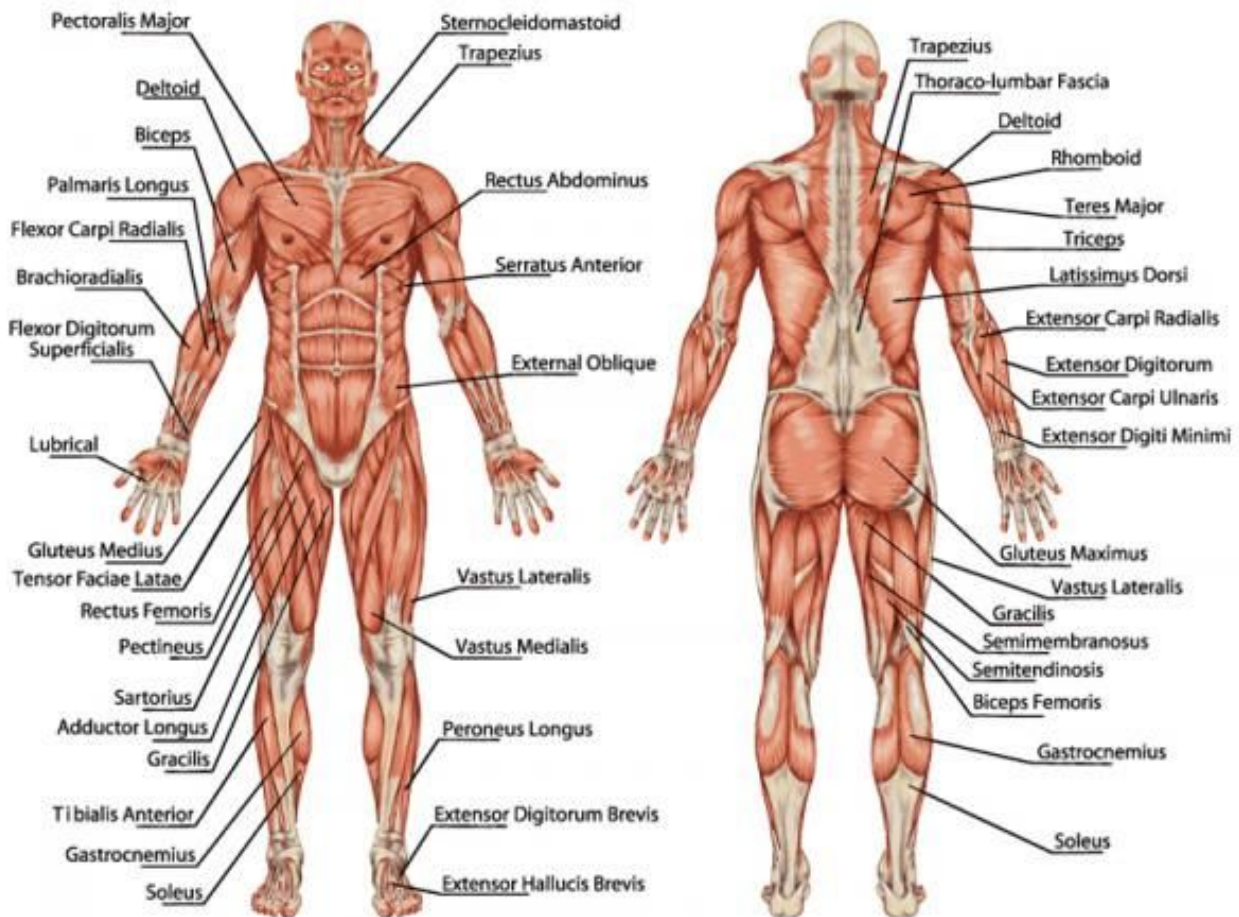
As you can see from these figures, fat and muscle mass have different volumes in the body. This means that when you are working hard to lose fat and gain muscle, the scale may not change significantly if at all. Many people fail to recognize this and are often deterred from continuing a training program due to relying heavily on the weight scale numbers.



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MUSCLES OF THE BODY:

This is an important picture to understand. The goal of a workout regiment is to grow your muscles to make you stronger. Without a basic understanding of how muscle-building works and which muscles are activated, you will have a less effective workout as you won't be able to visualize which areas need to be contracted with each repetition.



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HOW MUSCLES ARE MADE:

Your brain sends a signal to motor neurons in your body when you pick up a weight. When they receive this message, they fire a signal causing muscles to contract and relax which pull on the bone on your arm and generate the needed movement. The bigger the challenge becomes, the bigger the brain signal grows and the more motor neurons are fired to achieve that task. If the challenge of the tasks becomes too great for you to easily achieve, your body naturally gets into a position, or compensates, that creates the most amount of force; for example your posture changes, you plant your feet and you move your hips back.

Each time you expose your muscle to stress they undergo microscopic damage, which is a good thing. In response the injured cells undergo an inflammatory response carries out by components called cytokines. These cytokines activate the immune system to repair the injured muscle cell. This is how your muscle builds and grows. The greater the stress on the muscle tissue, the more cytokines your body needs to repair muscle tissue. Based on your genes, the rate at which your body repairs your muscle may be different.



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WARM UP:

Warming up is a technique used to primarily raise your body temperature and lubricate your joints and muscles in preparation for the workout. Specific warm up movements have been proven to be the most effective way to prevent injury and enhance your weightlifting performance.¹ Therefore, each gym session starts with one interval of HIIT (high-intensity interval training) and before training every muscle group there is a specific warm-up routine that is aimed at activating each and every muscle segment. The only exception is if you are trying to gain weight. If your goal is to gain weight, you should start with light cardio instead of the HIIT program. I have explained my routine in detail on the next page..

Benefits of a warm-up include:

1. Increase in muscle blood flow enhancing the performance of that trained muscle group.¹
2. Reduced likelihood of sports-related musculoskeletal injuries.¹
3. Stretching increases muscle length which increases speed and force of muscle contractions.²
4. Increases speed of nerve transmissions to that muscle group; allowing for better control in movements.²
5. Stretching improves flexibility and reduces injury.²

References:

1. Shellock, F. G., & Prentice, W. E. (1985). Warming-up and stretching for improved physical performance and prevention of sports-related injuries. *Sports medicine*, 2(4), 267-278.

2. Woods, K., Bishop, P., & Jones, E. (2007). Warm-up and stretching in the prevention of muscular injury. *Sports Medicine*, 37(12), 1089-1099.



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WARM UP ROUTINE:

Stretching Routine:

Leg Day:

What to do:

1. Move to a squat rack:
 - 5 body weight squats
 - Immediately after perform these static stretches:
 - Kneeling glute mobilization
 - <https://www.youtube.com/watch?v=3O2acf8oRVA>
 - Hamstring stretches
2. Remember to work your way up to your working weight. Slowly increase the weight until you reach your working weight for squat.

Chest/Shoulder/Back day:

- Before performing any weightlifting movements, it is important to grab a light dumbbell or a free weight and use that to warm up.
 - What to do:
 - Arm rotations: Grab a 5lb free weight and slowly windmill your arm as if doing the back/front crawl in the pool. Do each arm separately. You should do 20 – 30 circular motions in each direction per arm.



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WARM UP ROUTINE:

- Elbow Extensions: Grab the same free weight. Have your arm tight against your body pointing straight down. Make a 90 degree angle with your arm. Your forearm should be facing straight out wards. You should hold the free weight with your hand. Once your arm is at a 90 degree angle, while holding the free weight with your hand, extend your arm out wards (to the right/left depending on which arm you are doing) trying to keep your elbow tight to your body.
- Do a few reps of lateral and front raises with a free weight to warm up the deltoids further.

Warming up Routine Continued:

- For every exercise, ESPECIALLY the first one of the day, work your way up slowly to your working weight.
- For example, if I use 70lb dumbbells for my chest press, I would start by using 35lb and then 50lb and then finally starting my working set of 70lb.
- I do about 5 – 8 reps of warm up of each weight before I start doing my working weight.
 - Example:
 - 5 – 8 reps using 35lb
 - 5 – 8 reps using 50lb
 - Start my working set of 70lb.
- It also depends on what you are working and how you feel. If you need more warm up sets, then listen to your body. Doing more warm up sets reduces risks of injury it will never hurt to do more.



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HIGHT INTENSITY INTERVAL TRAINING (HIIT):

Before each and every workout, I do a circuit of HIIT. This prepares my body to lift weights and is very effective in burning calories.

Walk for 2 minutes at low speed. (Speed: Z) (Warm up)

Increase speed for 1 minute. (Speed: X)

Increase speed faster for 2 minutes (Speed: Y)

Lower speed to X for 1 minute (Speed: X)

Increase speed faster for 2 minutes (Speed: Y)

Lower speed to X for 1 minute (Speed X)

Increase speed faster for 2 minute (Speed: Y)

Lower speed to X for 1 minute. (Speed: X)

Lower speed to Z for 1 minute. (Speed: Z) (Cool down)

Total time elapsed: ~13 minutes

By the end of the cardio session you should be sweating and ready to move onto weight lifting. However, you shouldn't be sweating profusely, rather a light sweat so that your body is warmed up for some weight lifting.



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TRAINING PROGRAM:

- There are many training programs that are effective in promoting muscle development. However the goal of this program is promote both strength and muscle development. Ideally, if your goal is to just build strength you would want to do lower repetitions but more sets; however if your goal is to build more muscle then higher repetitions has been shown to be more effective. What has worked for me has been to do a mid range of reps focusing on gaining muscle and strength. Since this program is designed to be sustainable, simple and effective, I have broken down muscle groups into different days of the week (some call this a “split”).

The exercise regiment consists of 2 days on and 1 day off. For example:

Monday – Shoulders & Biceps & Abs
Tuesday – Legs
Wednesday – Rest
Thursday – Chest & Triceps
Friday – Back & Biceps & Abs
Saturday – Rest
Sunday – Shoulders & Biceps & Abs



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SHOULDERS, BICEPS & ABS:

3 sets	HIIT cardio exercise
1 set	Warm up routine
2 sets of 15 reps.	Light weight dumbbell shoulder press
5 sets of 15 reps.	Dumbbell shoulder press
3 sets of 15 reps.	Dumbbell lateral raises
3 sets of 15 reps.	Dumbbell front raises
3 sets of 15 reps.	Dumbbell rear delt fly's
3 sets of 15 reps	Dumbbell shrugs
3 sets of 6 reps	Heavy dumbbell bicep curls
3 sets of 15 reps	Dumbbell reverse curls
3 sets 15 reps	Side dumbbell curls
Ab routine x 2	Weighted crunches x 12 reps Plank for 30 – 45 secs 45 sec break Weighted oblique twists Leg lifts

**YouTube video demonstrating
the complete workout routine:
https://youtu.be/lwsjBXYL_6I**



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LEGS:

3 sets	HIIT cardio exercise
1 set	Warm up stretches
1 set of 15 reps	Bodyweight squats
2 sets of 15 reps.	Light weight dumbbell goblet squats
5 sets of 15 reps.	Dumbbell goblet squat
3 sets of 15 reps.	Weighted leg alternating lunges
3 sets of 15 reps.	Weighted front squats
2 sets of 15 reps.	Single leg deadlift
2 sets of 15 reps.	Dumbbell balance lunge
4 sets of 15 reps.	Dumbbell calf raises

**YouTube video demonstrating
the complete workout routine:**
<https://youtu.be/wmiDUyyPCbM>



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CHEST AND TRICEPS:

3 sets	HIIT cardio exercise
1 set	Warm up routine
2 sets of 15 reps.	Light weight dumbbell chest press
5 sets of 15 reps.	Flat dumbbell chest press
3 sets of 15 reps.	Incline dumbbell chest press
3 sets of 15 reps.	Incline dumbbell chest press variation
3 sets of 15 reps.	Dumbbell chest fly's
5 sets of 15 reps.	Single arm dumbbell tricep kickbacks
3 sets of 15 reps.	Seated dumbbell tricep push ups
3 sets of 15 reps.	Standing tricep push ups

YouTube video demonstrating the complete workout routine:
<https://youtu.be/Rbe-XKkYhAM>



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BACK, BICEPS & ABS:

3 sets	HIIT cardio exercise
1 set	Warm up routine
2 sets of 15 reps.	Light weight dumbbell deadlifts
5 sets of 15 reps.	Dumbbell deadlifts
3 sets of 15 reps.	Bent-over rows
3 sets of 15 reps	Rear delt fly's
3 sets of 15 reps.	Wide rows
3 sets of 15 reps.	Bicep curls
3 sets fo 15 reps.	Side curls
3 sets of 15 reps.	Hammer curls
Ab routine x 2	Ab rolls Weighted oblique twists Leg lifts

**YouTube video demonstrating
the complete workout routine:
<https://youtu.be/-QHdJsa8Rk8>**



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MOTIVATION:

It can be challenging to find motivation to go to the gym after work. However I have found some techniques that have enabled me to go, despite my whole body telling me not to due to fatigue.

1. Motivational videos. There are days where I cannot imagine going to the gym after work. However watching motivational videos always gives me that extra push I need to pace me there. Here are a few I watch regularly:

- <https://www.youtube.com/watch?v=28U0m-66LI4>
- <https://www.youtube.com/watch?v=DJIJVd2KfGc>
- <https://www.youtube.com/watch?v=l3zF1jr4usM>

2. Just put yourself there. Many times I feel too fatigued to exercise, but when I place myself and start doing the exercises, I almost forget that feeling of fatigue. I am not sure how to quite explain it but, being in the gym environment itself motivates me to complete my workout. Therefore I try to push myself to simply place myself at the gym and disregard my fatigue and soreness. Every time I have done this, not only have I had a great workout but I have also felt much better.

3. Progress Pictures. I take progress pictures every few weeks. Every time I feel that I can't workout, I look at these pictures and think about how far I have come. How much money and time I have invested and to give up would just waste it all. Self-reflecting and looking back at my progress has helped me push through my fatigue.



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NUTRITION:

Nutrition plays a pivotal role in providing effective results in any training program. Nutrition plays a key role in promoting protein-synthesis, a major component of muscles. Without adequate nutrition, the results you strive to achieve will almost be unattainable. Therefore I have provided a short summary of what is important incorporate to achieve successful physique results.

Many training programs will recommend utilizing food scales, counting your caloric intake, and adjusting your intake based on a formula. Although this is an effective way to reliably monitor your progress, I do not believe it is sustainable. Instead, what I recommend is to consciously understand what food groups you are having in every meal. Each meal primarily consists of carbohydrates, protein and fats. For a person looking to achieve great fitness results, it is important to eat more protein, less carbohydrates and less fats. Therefore in every meal I look at what I am eating and try to incorporate this principle.

The picture to the right depicts a healthy food composition for an individual. However for someone who is trying to achieve great fitness results, this is not ideal. In a recent journal, it is found that higher-protein diets have been shown to promote muscle mass and reduce the digestion of muscle when losing weight.¹ Therefore, I try to have an increased portion of lean protein in every meal.



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NUTRITION:

However for someone who is trying to achieve great fitness results, this is not ideal. In a recent journal, it is found that higher-protein diets have been shown to promote muscle mass and reduce the digestion of muscle when losing weight.¹ Therefore, I try to have an increased portion of lean protein in every meal. I do not necessarily care about other macro-nutrients and the portions of each, I try to ensure that I get my protein for the day and make sure that I do not have excessive amounts of carbohydrates and fats. In the next section I will talk about what I have in my fridge and what has worked for me to achieve great results in a cheap and sustainable way.

References:

1. Devries, M. C., & Phillips, S. M. (2015). Supplemental protein in support of muscle mass and health: advantage whey. *Journal of food science*, 80(S1), A8-A15.



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MEAL PLAN:

What's Needed:

- Whey Isolate Protein Powder. (Anything works, doesn't matter just make sure it is isolate, not complex). There is also a lot of speculation on the brand, it does not matter, I usually try and go for ones that are the cheapest and have the highest protein to scoop ratio. Costco usually does a great job in providing cheap and high quality protein powder.
- Eggs and egg whites. This is essential as it adds protein to every meal. It doesn't have much of a taste; therefore adding into your rice in meals makes it easy to get a boost of protein a regular diet doesn't have.
- Greek yogurt. This has great enzymes that help with digestion but also give you the added boost of protein that also comes with close to little carbohydrates and fats. I usually have this as a side while eating foods.
- Lentils/Chickpeas: These are a great add-on similar to eggs. This will add an extra boost of protein in your diet.

Here is an idea of what my typical diet looks like in a day:

Breakfast:	Lunch and Dinner:	Snacks:
1. Eggs and egg whites on a piece of toast. 2. Toast with peanut butter and a protein shake. 3. Protein pancake	1. Chicken with rice, vegetables, egg whites and yogurt. 2. Yam/White potatoe with eggs.	1. Protein bars 2. Fruits—orange/apples/grapes/bananas. 3. Vegetables with humus 4. Cottage cheese with fruits/protein powder.



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TIMING OF FOOD:

There is a lot of discussion throughout the web about the timing of meals and how it may effect your results. For example, a common myth is that going to the gym on an empty stomach promotes fat loss; however many studies prove that this is not true.¹ Performing exercises on low consumption of food decreases the intensity at which you workout, which is actually the opposite of what you want to be doing. You want to perform at the highest intensity possible in order to promote muscle growth in your body.

Furthermore timing of meals is typically irrelevant to fitness goals. The only scientifically proven relevant fact about consumption of meals is post-workout and pre-workout. Consuming high protein meal after your workout has been proven to be the most effective way to recover your muscles. Pre-workout high sugar and carbohydrate foods such as a banana has been shown to provide the necessary glucose to your muscles that your body needs. In combination, these provide the ideal environment for both your muscles to be worked and recovered.

References:

1. Schoenfeld, B. (2011). Does cardio after an overnight fast maximize fat loss?. *Strength & Conditioning Journal*, 33(1), 23-25.



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HELP TIPS AND FACTS:

1. Bulk and Cut Theory:

- This theory is utilized throughout many programs. The idea is that you gain a lot of weight by consuming a lot of healthy foods while continuously working out to optimize growth. Although this method of bodybuilding is effective, it is not optimal. The goal of this program is to make realistic modifications that are sustainable. Consuming food to gain weight and losing weight continuously can be very challenging to sustain. As a result I do not recommend it; however there are people who have achieved great results doing so.

2. Delayed-Onset Muscle Soreness (DOMS).

- Definition: exercise-induced muscle soreness. Symptom onset is approximately 24 hours after the athlete completes the workout.¹
- Prevention of DOMS is not really possible as it is a response to muscle stimulation and activity.¹
- Three items that have been shown to minimize the effects of DOMS are supplements, assistive devices and stretching.
 - Taking protein supplements following a muscle-damaging workout has also been shown to be effective in reducing DOMS.¹ However in a more recent article, foam rolling is also suggested to reduce muscle tenderness and fatigue.²



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HELPFUL TIPS AND FACTS:

- Symptom management through NSAIDs is effective for reducing the pain perception.¹ (NSAIDs meaning acetaminophen, ibuprofen and in some cases naproxen). Always consult with your care provider before taking any medications regularly.
3. If you are trying to lose weight, make sure you incorporate cardio before or after your workout (preferably after so you can utilize your energy on lifting the weights.)
 4. If you are trying to gain weight, do not do HIIT. Instead, just do light cardio to warm your body up before the workout.
 5. A go-to snack before working out is a banana, which provides you with carbohydrates and sugars that will optimize your workouts.

References:

1. Lewis, P. B., Ruby, D., & Bush-Joseph, C. A. (2012). Muscle soreness and delayed-onset muscle soreness. *Clinics in sports medicine*, 31(2), 255-262.
2. Pearcy, G. E., Bradbury-Squires, D. J., Kawamoto, J. E., Drinkwater, E. J., Behm, D. G., & Button, D. C. (2015). Foam rolling for delayed-onset muscle soreness and recovery of dynamic performance measures. *Journal of athletic training*, 50(1), 5-13.



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