



TRAINING ROUTINE & NUTRITION CHEATSHEET

Created by LiftLearnGrow.com

INTRODUCTION

Thanks for downloading the Lift Learn Grow training routine and nutrition cheatsheet. Start making progress right away using the information found below.

SET UP

The routine consists of two workouts, workout A and workout B, to be performed 3 times a week on an alternating basis.

WEEK ONE	WEEK TWO	WEEK THREE
Monday – Workout A	Monday – Workout B	Monday – Workout A
Wednesday – Workout B	Wednesday – Workout A	Wednesday – Workout B
Friday – Workout A	Friday – Workout B	Friday – Workout A

STARTING WEIGHTS

Pick your exact starting weights is very tricky so aim for a weight which you can complete the required numbers of reps with whilst still having 1 or 2 reps left in the tank. If in doubt start slightly lighter as opposed to slightly heavier.

WARM UP

To warm up perform 4 sets with one minute rest between each set and then 3 minutes between your last warm up set and your first working set. Each warm up set will have you working with a percentage of your starting weight.

For workout A you will warm up for incline bench only as after performing this first exercise you will be sufficiently warm to complete the others. For workout B you will warm up chin ups and lunges.

SET ONE	SET TWO	SET THREE	SET FOUR
8 reps w/ bar	5 reps w/ 50%	3 reps w/ 70%	1 rep w/ 90%

WORKOUT DETAIL

WORKOUT A

EXERCISE	REPS	SETS	REST TIME
Incline bench	4 – 6	3	3
Shoulder press	6 – 8	3	3
Weighted dips	8 – 10	3	2
Skull crushers	8	3	2
Lateral raise	12	4	1
Hanging leg raise	10	4	1

WORKOUT B

EXERCISE	REPS	SETS	REST TIME
Weighted chin up	4 - 6	3	3
Bent over row	6 – 8	3	3
Split lunge	8 – 10	3	2
Barbell bicep curl	8	3	2
Reverse flyes	12	4	1
Ab roll outs	10	4	1

PROGRESSION

When working out you want to make sure you are progressing overtime in order to continue seeing positive changes in your body.

There are a few ways to do this but the method I prefer is to increase the weight lifted once you hit the recommended number of reps.

So for example if you are lifting 70kg on your incline bench press and get 6 reps in your first set, 5 in the second and 4 in the last you will stay with 70kg until you can get 6 reps in all 3 sets. Once you can do that you will increase the weight by 2.5kg and start the process again.

CARDIO RECOMMENDATIONS

It's possible to lose weight without cardio but if you want to do cardio then I recommend a combination of the following on non-lifting days when possible.

- Walking
- Sports sessions
- Sprints or other interval training protocols

Aside from assisting with weight loss when used correctly I also recommend you do some cardio for the general health benefits it brings.

CALCULATE YOUR CALORIES

Your total daily calories will vary depending on your goal, using the calculations below you can work out how many calories you will need for fat loss, maintenance or muscle building.

- Fat loss = bodyweight in lbs x 12
- Maintenance = bodyweight in lbs x 14
- Muscle building = bodyweight in lbs x 16

Note: each calculation is an estimate and may not be the exact amount you need. You want to track your weight daily and take a weekly average to see if you're on track. You may need to make adjustments as you go.

DETERMINE YOUR MACROS

Once you know your total daily calories based on your goal you need to work out your macronutrient gram allowance. Provided below is a recommended starting point. If you are building muscle shoot for the lower end of the protein allowance and if you are losing fat go for the higher end to help preserve muscle mass.

- Protein = 0.8 – 1g per lb of bodyweight
- Fat = 30% of daily calorie intake
- Carbs = remainder of daily calorie intake

RECOMMEND RATES OF WEIGHT CHANGE

The rate at which you can loss or gain weight without either losing muscle mass or gaining lots of fat will vary depending on a variety of factors but for most people with over 1-2 years' experience weightlifting the beneath are good figures to shoot for.

- Fat loss = 1 – 2 lbs loss per week
- Maintenance = minimal weight change
- Muscle building = 0.5 – 1 lbs gain per week

TAKEAWAY POINT

This cheatsheet was created to give you a training routine you can use right away and tools you use to calculate your calorie and macronutrient needs.

I hope you have found this useful and I'll be back soon with more great content.