

The Complete Fitness & Macro Guide

WELCOME



This is going to be an intensive & challenging 7 days where you will learn the ins & outs of how to reinvent your metabolism, increase confidence, gain strength, and lose body fat.

So, might you need this challenge?

- If you're here, you're likely experiencing one (or a few) of the following things:
- Stress, bloat, and anxiousness during this busy season
- Feeling like you need to be working/doing ALL of the time.
- Unknowing how to integrate realistic action steps to work towards your fitness goals while being a busy bee
- Having to constantly choose between career growth and fitness
- Struggling to lose body fat/gain muscle while creating a life you love
- Struggling with gut health & constant bloat
- Struggling with skin health/breakouts
- Low energy levels/fatigue even with sleeping enough
- Trouble sleeping/not sleeping through the night/trouble waking up in the morning
- Lack of proper recovery/gaining muscle tissue
- Lacking sustainable habits to reach your goals while maintaining a driven work ethic
- Hit a plateau and feel super frustrated even though you're eating clean and training
- Has tried other challenges and programs and feel like they just can't find what they ACTUALLY need to lose body fat
- Feel like their genetics aren't in their favor
- Negative self-talk/limiting beliefs and feeling like you're holding yourself back
- Not seeing changes even after months of hard work



THE GOOD NEWS:

We have seen this a million times before, and we are here to educate and support you through the step-by-step process to improve your metabolic health and finally achieve the internal health & physique you've always wanted.



Fat Loss FAQ's

DO I HAVE TO DO CARDIO RIGHT AFTER MY WORKOUTS?

No, you can do cardio in the morning and lifting at night, or you can do cardio later in the day, or you can even do cardio on your rest days. We will tell you how much cardio you need to complete each week, but when you do that cardio is up to you as long as you get it done!

WHAT'S BETTER, BCAA'S OR EAA'S?

Research tells us that BCAA's and EAA's are not necessary supplements to take. You'll get the most bang for your buck by focusing on quality protein intake!

DO I HAVE TO DRINK PROTEIN POWDER/EAT PROTEIN BARS?

No! You can always get all the protein you need daily from food. Protein powders and bars are just hacks that make protein counts easier to hit.

DO I HAVE TO DO MY CARDIO FASTED IF I WANT TO LOSE WEIGHT?

Heck no. If you like training/doing cardio fasted and feel strong that way, get it. If you like a meal/snack before, get that too. Typically, our clients feel more energized with food in their systems prior to training.

SHOULD I BE SORE AFTER EVERY WORKOUT?

You likely will be (haha) but this depends on a number of factors. People in a calorie deficit will likely be more sore than calorie surplus peeps. If you train to absolute failure with as much weight as you can push, you will be sore.

WHAT ARE OUR THOUGHTS ON SUPPLEMENTS?

Certain supplements are amazing, and make enormous differences in health and progress. If you have a question about a particular supplement, ask! Remember, supplements are meant to help and support protocol adherence, not replace it. No supplement can offset not adhering to your protocols, so before you start exploring this option, check with your coach to confirm you are hitting your nutrition, sleep, water intake, and workout protocols consistently enough to start adding in supplement help!

SHOULD I BE LIFTING LIGHT WEIGHT WITH HIGH REPS TO LOSE FAT AND TONE?

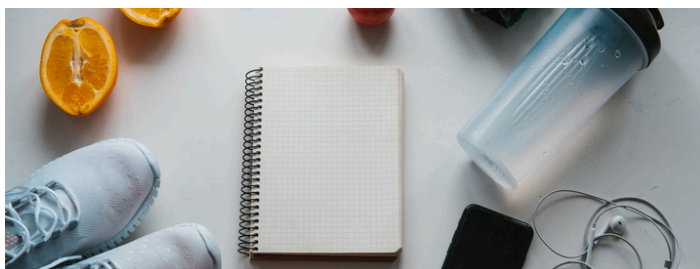
No. Lifting weights with the intent of using heavier weights each time is the goal. The demand put on your muscles to force them to adapt and grow. Specifically, it will improve muscle strength, endurance, and size. If 10lb dumbbells are really challenging at first, but after 3 weeks they're feeling easy—IT'S TIME TO GRAB THE 15lb'ers! Weight lifting should never feel light or easy. People hate plateauing, but they also usually hate pushing themselves to the point of discomfort. If you feel like you're plateauing or your workouts are getting too easy, it's because you're not using enough weight. Push yourself!!!

Fitness Terminology

- Plate: A flat, set-weight object that is loaded onto certain machines or barbells to achieve
- desired resistance for exercise
- DB: Dumbbell
- BB: Barbell
- KB: Kettle Bell
- Band: Resistance Band
- Loop Band: A resistance band in the shape of a closed-loop circle meant to (most
- commonly) be placed around the ankles or thighs for lower body exercises. These CAN
- also be used for certain upper body workouts.
- Handle Band: Resistance bands that are straight lines with grip handles on both ends; can
- be used for full body workouts
- SL: Single Leg
- DL: Deadlifts
- RDL: Romanian Deadlift

Food related terms!

- Macro: Macronutrient, or the nutrients required in large amounts in the human diet:
- carbohydrates, fats, and proteins
- Calorie: A unit of energy we use for foods that actually means the amount of energy
- required to raise the temperature of 1 gram of water by 1 degree Celsius
- Basal Metabolic Rate (BMR): The rate at which the body uses energy at rest for basic
- functioning like breathing, keeping warm, pumping blood, etc.
- TDEE: Total daily energy expenditure. The total number of calories you burn in a day.
- NEAT: Non-Exercise Activity Thermogenesis. A fancy way for saying the calories you burn in
- your daily life outside of exercise
- Calorie Deficit: Consuming fewer calories daily than your TDEE to achieve a negative
- energy balance
- Calorie Surplus: Consuming more calories daily than your TDEE to achieve a positive
- energy balance
- Cutting: Manipulating macros to achieve a negative energy balance and burn fat/lose
- weight
- Bulking: Manipulating macros to achieve a positive energy balance and build muscle/gain
- weight
- Maintenance: Manipulating macros to achieve a neutral energy balance daily and
- maintain current weight
- Body Recomposition: Manipulating macros to achieve an increase in muscle and a
- decrease in fat sometimes in the absence of significant changes in overall body weight
- g: gram
- tbsp: Tablespoon
- tsp: Teaspoon
- oz.: Ounce



What's a Macro?

Macro counting is tracking your daily food intake in terms of grams of protein, carbohydrates and fats. Utilizing macro counting instead of calorie counting is a better way to ensure that one is eating in a way that supports their fitness and body composition goals.

There are 3 macronutrients:

Each macro is used a little differently by the body, and understanding how each one supports your daily health and fitness needs is key:

- Carbs are your preferred source of quick energy, and excess carbs can be stored in your muscles for fuel or as body fat.
- Fat is your source of long-term energy, used as immediate fuel or stored as body fat.
- Protein is the builder macro, used to build and maintain a majority of the cells throughout your body, including your DNA, bones, and muscle mass - any excess protein can be used as energy or stored as body fat.

**1g of protein =
4 calories**

**1g of carbs =
4 calories**

**1g of fat =
9 calories**

**1g of alcohol =
7 calories**

Factor that influence macros:

- Active or sedentary job
- Age
- Body Fat Percentage
- Body Weight
- Height
- Lean Muscle Mass
- Activity Level: intensity of workouts, types of workouts, infrequency, etc.
- Gender
- Goals
- Genetics/hormones/any health conditions influencing this

Every body and metabolism are different, so baseline macros are continuously assessed and changed depending on the body's response.



What Should My Macros Be?

Your “macros” are your caloric intake from macronutrients (protein, carbs and fat). In most cases, these foods should be eaten in a ratio of 45-65% carbs, 20 to 35% proteins, and 20 -35% fats. The balance between those macros will be determined by your goals of fat loss, muscle gain, or a combination of both.

However, there’s no one-size-fits-all macro split for cutting. Your body type, metabolism, history of dieting, training routine style (weight training, cardio, group fitness, etc.) all impact your ideal percentages and grams of each macros at a given time. Bear in mind that you won’t use one macronutrient ratio forever. It may change if and when your body weight or body fat fluctuates, or if you run into any plateaus.

**125 protein
65g fat
146g carbs**

=1673 calories

**120g protein
50g fat
205g carbs**

=1750 calories

**130g protein
55g fats
134g carbs**

=1552 calories

To start your macro tracking journey, use the percentages above to create a macro split that feels good for you! Then use the following steps to adjust them as necessary for your progress!

- Measure your weight every day and take the weekly average as your starting weight
- Track daily macro intake.
- After at least 2 weeks’ notice the results.
- If you lose fat but maintain muscle mass over several weeks it’s a sign of good macro-management. In that case, try to learn what happened and how you can improve your ratios for future meals and workouts.
- If you’re not losing enough fat, then consider reducing calories or increasing exercise until results are seen.
- Maintaining the same workout routine without seeing improvement could also be due to poor recovery from workouts (recovery is known as hypertrophy) so make sure sleep, diet, and supplementation are adequate before changing your macros.
- Give it time; don’t change ratios more than once every 2 weeks.
- Once you get in touch with the best ratio, then consider increasing calories by 5%, because it’s quite difficult to maintain a caloric deficit over long periods.

How To Build An Effective Workout

An effective workout has the ability to **build muscle**, **burn fat**, and improve performance based on everything from its sets and **reps**, exercise order and, ultimately, how it challenges over weeks and months. So before you do another random workout, read on and follow these steps to design your ideal workout routine.

- Plan a muscle group to target each day
- Plan 2 active warmup sets
- Aim for 5-7 exercises per workout
- Aim for 3-5 working sets per exercise
- Perform 1-2 main (compound) exercises first
- Rest 2 minutes between sets for heavy lifts
- Then 3-5 accessory exercises after
- Rest 60-90s for accessory lifts
- Use a combination of barbells, dumbbells, and machines for movements
- Perform a 5-10 minute low intensity cool down after

Check out the example workout schedules below!

3 DAY:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest	Full body	Rest	Full body	Rest	Full body	Rest
Rest	Full body	Rest	Full body	Rest	Full body	Rest
Rest	Full body	Rest	Full body	Rest	Full body	Rest
Rest	Full body	Rest	Full body	Rest	Full body	Rest

4 DAY: (V1)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest	Upper body	Lower body	Rest	Upper body	Lower body	Rest
Rest	Upper body	Lower body	Rest	Upper body	Lower body	Rest
Rest	Upper body	Lower body	Rest	Upper body	Lower body	Rest
Rest	Upper body	Lower body	Rest	Upper body	Lower body	Rest

5 DAY: (V2)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Full body	Upper body	Lower body	Rest	Met con	Full body	Rest
Full body	Upper body	Lower body	Rest	Met con	Full body	Rest
Full body	Upper body	Lower body	Rest	Met con	Full body	Rest
Full body	Upper body	Lower body	Rest	Met con	Full body	Rest

Cardio

HIIT

vs

LISS

- Alternates between short bursts of intense effort and recovery periods.
- Burns more calories in a shorter amount of time (higher calorie burn per minute).
- Increases EPOC (Excess Post-Exercise Oxygen Consumption), leading to additional calorie burn after the workout.
- Builds cardiovascular fitness and anaerobic endurance quickly.
- May lead to faster fat loss and muscle retention.
- More demanding on the body, requiring longer recovery time.
- Ideal for those with limited time or looking for efficiency.

- Performed at a steady, moderate intensity (e.g., walking, jogging, or cycling at a consistent pace).
- Burns fewer calories per minute but can be sustained for longer durations.
- Gentle on the body, making it easier to recover and suitable for all fitness levels.
- Improves aerobic endurance and promotes consistent fat-burning during the activity.
- Less intimidating and easier to incorporate into daily routines.
- Ideal for beginners or those prioritizing low-impact exercise.

Key Takeaway:

HIIT is great for maximizing results in less time, while LISS is more sustainable and lower stress on the body. Both can be effective depending on your goals, fitness level, and recovery capacity!

Whether at home or in the gym can be used to build mass, lose weight/burn fat, and/or for body recomposition. What happens to your physique when doing this training will be influenced largely by nutrition, and also the cardio you pair with it.

Core Training

I recommend training your core 1-3x per week. Each day select one of the following circuits below to perform, and be sure to choose plank work at least twice a week.

3x
25 Flutter Kicks
25 Bicycle Kicks
20 Push Through Crunches

3x
16 Dead Bugs
45s Forearm Plank

3x
25 Bicycle Kicks
20 Toe Touches
20 Plank Jacks

3x
25 Seated Knee Tucks on Bench

3x
15 V-Ups
20 Crunches

3x
20 Hand Plank with Shoulder
Taps
20 Mountain Climbers

3x
45s-1m Forearm or Hand Plank

3x
20 Sit-Ups (can be weighted
for an extra challenge)

3x
15 Pike Ups

3x
45s-1m Forearm or Hand
Plank

3x
30 Rainbow Planks

3x
1m Left Side Plank
1m Right Side Plank
1m Reverse Plank

3x
20 DB Twists
20 Oblique Reaches
10 Lying Leg Raises

3x
20 DB Twists
20 Oblique Reaches
10 Lying Leg Raises



Tips on Recovery

Recovery Tips

- Sleep at LEAST 7 hours per night (DO NOT UNDERESTIMATE THE POWER OF SLEEP). Without
- proper sleep, even the best workouts and nutrition regimens can have stunted progress.
- Drink plenty of water (12+c per day, depending on body weight)
- Stretch
- Foam Roll
- Hit your daily protein macros every day!!! Your body cannot store amino acids. Hitting your protein yesterday does nothing to help you today. You need a constant, ample supply
- of protein to function and perform optimally
- Hit your calories every day! Severe calorie deficits do not equal optimal results. They
- equal fatigue, stress, increased cortisol, dizziness, hunger, lethargy, emotional lability, shitty lifts, poor performance, propensities to binge and yo-yo diet and if used long term- a slowed metabolism.
- Consider supplements during training to aid in MPS (muscle protein synthesis) and abate catabolic effects of exercise. Ask us what we think would be beneficial to you!
- Eat before you workout, and eat within 1 hour of working out. If you train in the evenings, be sure to eat a fueling dinner before going to bed!
- Get massages if you can, and/or consider chiropractic or rolfing work
- Take epsom salt baths 1-2 or more times per week
- Allow minimum 48 hours for recovery in between training days for the same muscle groups
- Take rest days if you need them. Listen to your body if/when it's telling you "no" lol
- When this happens, you will know it.

Minimize Stress:

- Mindfulness
- Meditation
- Gratitude practice daily
- Aromatherapy
- Sleep hygiene
- Avoid using >300mg caffeine daily
- Ashwagandha, and/or other cortisol balancing supplements, etc.



ARE YOU READY...

TO TAKE THE GUESSWORK OUT OF YOUR FITNESS JOURNEY?

We understand there are a lot of variables to get right when it comes to your fitness journey. If you're trying to figure out how to put this all together for you, feel free to apply for coaching by clicking below! We're more than happy to help you build that game plan to your results!



Apply for Coaching
Here!



NEW TO FULFILLED FITNESS AND NOT SURE WHO TO FOLLOW?

Here are some handles from our amazing coaches! They post workouts, form tips, meal prep ideas, and all kinds of other cool stuff to help you get ideas to amplify your fitness journey!

 [@jennwallfitness](#)



Jennifer Wall

CEO/Head Coach for team Fulfilled Fitness

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Emily Logwood

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