

Gym Planning



While there are many paths to achieving fat loss and muscle growth, years of science and research have taught us that resistance training is the most efficient approach.

Does that mean you need to enroll in a gym?

For Stage I: No. If this is your starting point then fat loss becomes mission critical and HIIT cardio is the go-to solution. Maintaining muscle can take a bit of a backseat because these are body fat percentages that tip into obesity. The wonderful thing about cardio though is that it can be done anywhere. The stationary and spin bikes work fine in a gym, so do outdoor sprints in your neighborhood or jump roping at home. In fact, a bike for indoor HIIT and sprints for outdoor HIIT are the only 2 cardio types I use for HIIT and it has rewarded me in spades.

For Stages II and III: Yes...but whether it's the weight room at your job, the gym at school, a local YMCA, LA Fitness or a high-end sports club, there is *usually* a place somewhere nearby that carries weights. Some of these locations may not house all of the equipment in your program, so when "shopping" for a place to work out regularly, do the following:

1. Familiarize Yourself With the Different Types of Weight Training Exercises in Your Program

Beginning with Stage II, there are 7 main muscle groups you will train:

- 1 Chest
- 2 Triceps
- 3 Back
- 4 Biceps
- 5 Shoulders
- 6 Legs
- 7 Core

There are hundreds of different exercises you can use to target these muscle groups, many of which you can find [on my website](#), but to simplify the process for you I have chosen the ones that are proven to be the most effective. There is no point flooding your fitness journey with all these fancy or inconvenient exercises just to confuse you. Sometimes the most "impressive" ones you see on Social Media look cooler than they actually work. You have a lifetime to try new things! For now, I have chosen the many exercises that yield

the greatest amount of return (more muscle and less fat) with the least amount of risk for injury.

Go through these exercises and use them to “shop” for a gym that has most of what you need. I’ll be updating this program in the near future with workouts you can do that are similar in case there is equipment missing from your gym.

2. Before You Workout

1. Bring a water/hydration bottle you can refill.
2. Weightlifting gloves are optional, but they can improve your grip and prevent calluses.
3. Towards the end of Stage 2 and definitely by Stage 3, your workouts will get more intense and slightly longer. Have snacks handy like granola bars, fruit, rice cakes or anything convenient from the Approved Foods List if you know you’re likely to get so hungry before your workout is over that it will affect your performance.
4. Have a padlock of sorts handy so that you can keep your belongings safe in the locker room/bathroom if you need to keep them there.
5. Most importantly...HAVE FUN!!



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