

”LEARN TO EARN YOUR HEALTH & FITNESS GOALS

WORKOUT 101 RESULTS

LIFE2FITNESS.IN

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Fitness and Health E-Book

Achieving Your Fitness and Health Goals with www.life2fitness.in

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Fitness and bodybuilding Barrier

There are lots of people confused about the fitness and body building health concern you will ask lots of people around you about the muscle building tips and what you get to know is illogical advice and opinions .

(Different mouths different words, right!)

So, if you have the courage to be into the fitness because as being youth I completely understand the scenario I know sometimes money, family, job, friends, failure, no results etc, will try to stop you but you don't have to give up and start asking your-self this is why you started ,now you are where people think off they will but they make excuses, you actually crossed that line now you are into the middle of achieving your goals.

Our body is the wonderful creation by the god so don't waste its beauty by eating dirt just try and make more beautiful. There are lots of things which can't be covered in a single e-book so let's know about the fitness facts now and start this journey.

So, now educating your self is very important because half knowledge is dangerous. Start with facts of bodybuilding fitness and the common keywords.

There are lots of fact about our body one of them is the our body can't absorb the carbs after the 6 pm. If you are skinny try to eat all carbs in day time for better absorption.

Science and functioning of the Body

There are some basic terms which people don't know about and don't care about

.

But its important to understand that to know about the body functioning.

ENERGY

It's the power need to work certain motion and action.

This is produced by the fuel, food, electricity.

For example a car needs fuel to run engine in the same manner

Our body is the car and our food is the fuel.

TISSUE:

It is formed by smallest unit which is cell(large number of cells)

Which make a tissue, a material apart of muscle.

That are similar in form and function.

MUSCLE:

Muscles are combination of tissues which ultimately form the the muscles ,they are attached to the bones. Which give a movement and produce the action or movement.

FAT:

Fat is oily and greasy flash into our body part which can stored in belly, thigs, chest etc. It makes our skin because its under our skin give us thick skin.

Some fats are

Important nutrients for the body to use in building cells .

Example: Butter and olive oil are fats.

There are Good fat and bad fat you go to this link it to read about them in depth. VISIT (WWW.LIFE2FITNESS.IN)

1. Good fat

1. Bad fat

CARBOHYDRATE:

They are the essential component for the energy and for the muscle building for the body. It consists of 2 elements carbon and hydrates which are carbon and water in simple form and you these are the main sources of the body. 70% our body is made of water right!

For example:-

Bread, beans, milk, popcorn, potatoes, cookies, spaghetti, soft drinks, corn, sugar etc.

HEALTH/SUPPLEMENTS

HEALTH:

A person's health is the general condition of his/her body or mind, especially in regards to strength and energy as well as the presence or lack of disease. Health is the state of being well; free of any illnesses.

Example: He had a good health but now days he is not well.

SUPPLEMENT:

If you understand the word it means completing the deficiency by adding quantity of any food or any substance
To complete something we add or consume the substance.

DIETARY SUPPLEMENT:

A dietary (or nutritional) supplement is a product or a substance taken to fulfill the deficiency of nutrients that are enough for the body to complete from the food or body for the person pr to complete and fulfill from the diet.

Example: protein, amino acids, carbohydrate, fish oils etc.

VITAMINS AND MINERALS

The importance of vitamins and minerals is unknown to many. People will rush to the store to buy the latest super-advanced, muscle-maximizing powder that contains a "proprietary blend" of fancy sounding anabolic blah-blah compounds, but few of them will pick up a multi-vitamin.

- Our body needs vitamins and minerals to carry out the sophisticated functions it performs every day.
- This is a basic need, like protein, carbohydrates, fats, and water. You want a continual supply of vitamins and minerals in your body, supporting every growth and repair process that occurs.

- Ideally, we'd get all of the vitamins and minerals we need from the food we eat.
- Thus, we need to supplement our food with vitamin and mineral pills/tabs. The easiest way to get all of the essential vitamins and minerals is a good multi-vitamin product.

BODY MASS INDEX (BMI):

1. The Body Mass Index (BMI) is a scale that uses a system of numbers for estimating about how much a person should weigh depending on how tall he or she is.
2. When the BMI is used for evaluating an individual, it is very often inaccurate because of different body types, like having a thin frame, a lot of muscle tissue, or being very tall.

Example: Using the BMI number system, below 18.5 is underweight, 18.5 to 25 is normal, and above 25 is overweight.

BODY FAT PERCENTAGE:

- Our body fat percentage is a measurement of the amt. of fat that we have in our body expressed as a percentage of your total bodyweight.
- This is a more actual measurement of fat than the BMI.
- Note: The amount of fat your body needs to accomplish basic body functions for living is about 2-4% body fat in men and 10-12% in women.

DEHYDRATION:

When enough water is not supplied/provided into our body and our body unable to function well because our body is made of 70-75% water.

when we do workout or certain activity or improper health then it lost water by sweating, activity, urine etc.

And when we don't have enough water in our body start getting weak and tired or even worse for the organs to work.

Science of Muscle Growth

Growing muscle is not an easy game it will take time ,but the muscle growth is depend all on your activity inside and outside of your gym.

If you will train and eat well then you will get the results in the time.

No matter what your body type is.You can grow and will grow.

Muscle grow when they forced to

- A muscle is grow when we lifts weight in such a form that our movements break our muscles and cause substantial micro-tearing.
- But if the body isn't supplied with sufficient nutrition or rest, muscle growth can't occur.

Muscles Grow *Outside* the Gym

- Working out for long hours, too many sets can cause micro tears than body can repair properly within the time period.
- If you wait too few days before training a muscle group again, you're overloading a muscle that hasn't fully repaired from the last training session, and you can actually lose strength and muscle size
- If you allow your muscles enough recuperation time (and eat correctly), however, you will experience maximum strength and size gains.
- The sleep plays an important and vita role in the gaining the muscles. When our body is in sleep produces more growth hormone,it's a anabolic substance naturally produced by the body for the muscle growth.

General advice is to get a proper sleep each night that you wake up feeling rested and aren't tired throughout the day.

For most people, this means 8– 12 hours of sleep each night.

Muscles Grow with Proper Nutrition

- Properly feeding the body is very important its everything to grow our body, nutrition and diet determines 70% of how your physic and health will be(good, bad ,great).
- May be you can do the best workout in the world but if your diet is not up to the mark you won't grow.
- We will know about the basics but don't know about the quantity and routine.

FAT LOSE

Daily weight fluctuation = Energy Intake — Energy expenditure

1st way to lose fat is that:

Eat less than you expands:

To keep losing weight, you must consume less energy than your body expends for as long as it takes.

- When you provide more calories than its burn off, it stores fat., it stores fat(unless your metabolism is very fast, in which case you may not store fat but won't lose it either).
- When you give your body less calories than it burns throughout the day, it must make up for that deficit by burning its own energy stores (fat), leading to the ultimate goal, fat loss.

2.Do Cardio to Burn more Fat:

- **The** cardio ultimately don't do fat loss but its help to increase the calories burning rate and speed up the metabolic rate.
- It will help in the burning rate and before you can only cut your calories so much before you start to lose strength and muscle mass.

3.Divide your meals in different and small meals

Most of you heard about this meals splitting and eating in small meals right! if not I will tell you why and what happen with that:

By increasing meal frequency is that it increases metabolism when we put Constantly food into our body then it has to be break down by the body which is ultimately increase the speed of metabolism.

- Because when people ate only 2 – 3 meals per day, they found it very hard to control their calories due to hunger, which led to overeating.
- By eating 4 – 6 meals per day, however, people found it much easier to stick to their diet plans because they never felt famished.
- So, while some people have figured out how to make 2 – 3 large meals per day work in terms of
- fat loss and muscle growth, I've found that method of dieting significantly harder to stick to than 4 – 6 smaller meals per day.

Exercises to grow bigger

WARM UP :

- The exercise start with the correct warm up if your warm is good then your workout will going to be good because
- By warm up we make sure blood into the muscle group with we are training and informing the muscle for the heavy weights. so if you want to grow them go heavy as possible for 3-5 reps of that set.

First Set:

- In your first warm-up set, you want to do 12 reps with about 50% of your “heavy set weight” and then you rest for 1minute.
- Don’t rush this set, but don’t take it too slowly either. It will feel very light and easy.
- So, if you did 3 sets of 5 with 100KG on the bench last week, you would start your warm-up at 50KG and do 12 reps, followed by 1 minute of rest.

Second Set:

In your second set, you use the same weight as the first and do 10 reps this time at a little faster pace.

Then rest for 1 minute.

Third Set:

Your third set is 4 reps with about 70% of your heavy weight, and it should be done at a moderate pace. It should still feel light and easy. This set and the following one are to acclimate your muscles with the heavy weights that are about to come.

Once again, you follow this with a 1-minute rest.

With a heavy weight of 100KG,

Fourth Set:

The fourth set is the final warm-up set, and it's very simple: 1 rep with about 90% of your heavyweight.

This will fully blast your muscle, then rest 2–3 minutes before starting your next sets.

This would be about 110-120 kg.

This is the rule of doing every exercise of going and increasing the limits.

Jump to the Next Exercise:

Now you can start Incline bench / Dumbbell Press.

Same for the next exercises as I have given in the workout routine.

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TRAINING ROUTINE

This routine calls for 5 days of weightlifting, 1 day cardio as you'd like to do based on

your goals and what you now know, and 1 day of rest from the weights. (no exercise Sunday).

However, do it. You'll make the most gains that way.

For example, here's what I do:

Mon-fri: lifting weights

Sat – : Cardio

Sun- Complete rest

This is the my routine yours can be different if you need customize workout /diet plan contact me on www.life2fitness.in

This are the common and famous routine works for most, but you could also do the following to get a nice results on yourself you can change the sets number according to your strength :-

DAY 1: Chest and Abs

Flat Bench Press – Warm-up sets and then 3 working sets (4 – 6 reps per set)

Incline Bench Press – 3 working sets (4 – 6 reps per set)

Weighted Dip – 3 working sets (4 – 6 reps per set)

Cable Crunch – 3 sets (enough weight to allow 10 – 12 reps per set)

Leg Raise (no weight, as many as you can do) – 3 sets

Air Bikes-bicycles (no weight, as many as you can do) – 3 sets

DAY 2: Back

Barbell Dead lift -Warm-up sets and then 2 working sets

One-Arm Dumbbell Row– 3 working sets

Bent-Over Barbell Row– 2-3 working sets

Front Lat Pull down– 3 working sets

Close-Grip Pull down– 2-3 working sets

Seated Cable Row (wide- and close-grip) – 3 working sets

DAY 3: Shoulders

Seated Barbell Military Press – Warm-up sets and then 3 working sets

Side Lateral Raise – 3 working sets

Bent-Over Rear Delt Raise – 3 working sets

Barbell Shrugs – 3 working sets

DAY 4: Arms (biceps and triceps)

Dumbbell Curl – Warm-up sets and then 3 working sets

Triceps Pushdown – Warm-up sets and then 3 working sets

Barbell Curl – 3 working sets

E-Z Bar Curl– 3 working sets

Seated Triceps Press – 3 working sets

Hammer Curl – 3 working sets

DAY 5:Legs

Barbell Squat– Warm-up sets and then 3 working sets

Leg Press - 3 working sets

Romanian Dead lift - 3 working sets

Leg Extension - 3 working sets

Leg Curl 3 working sets -3 working sets

Calf Raise (standing or seated) - 3 working sets

DAY 6:Cardio and Abs

Cardio treadmill running 10-15 min

Rope skipping 200-300

Free workout 10-15 min

Abs:-

Cable Crunch/Crunch -3 working sets

Leg Raise -3 working sets

Abs Roller -3 working sets

Decline Crunch -3 working sets

Hanging Leg Raise -3 working sets

DAY 7:No workout

(happy or not ;))

IF YOU HAVE ANY QUIERIES YOU CAN CONTACT ON WEBSITE OR IN COMMENTS OR SOCIAL MEDIA PLATFORMS I WILL REPLY IN SHORT TIME PERIOD.

THANK YOU

Tell me in the comments of my blogs section

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