

WELCOME TO ONE SERIES

Your 6-Week Strength, Muscle & Vitality Program

"ONE program. ONE focus. ONE version of you that shows up every week."

— Chris & Edi · Coaches & YouTube Creators

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WHO IS THIS PROGRAM FOR?

ONE Series is a 6-week muscle building and conditioning program with a strong emphasis on core strength and functional movement. It's designed for everyday people — men and women — who want to build real strength, gain muscle, improve their body composition, and feel genuinely vital in daily life. You don't need to be an elite athlete. Whether you're a complete beginner, returning after a break, or a regular gym-goer looking for structure and progression, ONE Series meets you where you are. The workouts are coached by Chris & Edi, who have worked with a wide range of people — and this program reflects that: practical, evidence-based, and built around real life.

YOUR 4 WEEKLY WORKOUTS

MON	WED	THU	SAT
Full Body Strength & Muscle • Heavy compound lifts • Progressive overload • Muscle-building volume • Core strength integrated	Total Lower Body • Squats, hinges, lunges • Glute & hamstring focus • Single-leg strength • Core stability work	Total Upper Body • Push & pull balance • Shoulders, back, chest • Arms & grip strength • Posture-focused movement	Full Body Conditioning / MetCon • High-intensity circuits • Strength-endurance work • Metabolic conditioning • Mental toughness builder

REST & ACTIVE RECOVERY DAYS

Recovery is where your body actually adapts and grows stronger. Three days per week are dedicated to rest and recovery — each with a specific purpose. Tuesday is your active rest day: choose between a Zone 2 cardio session OR a sprint session (see the cardio guide) — never both on the same day. Sunday is a lighter recovery day — mobility, movement or full rest. Friday is your complete rest day. No training, no extras. Just eat well, move minimally, and let your body do its job. And remember: hydration is not just for rest days. Drink 2–3 litres of water every single day — training or not. Dehydration kills performance, slows recovery, and affects sleep quality more than most people realise.

TUESDAY · Active Rest / Sprints	FRIDAY · Full Rest Day	SUNDAY · Mobility & Recovery
• Option A: 20–40 min Zone 2 cardio • Option B: Sprint session (see p.4) • Never both on the same day • Hydrate well — every single day	• Complete rest — you earned this • No cardio, no extras — just recover • Eat well & hit your protein target • Hydrate: 2–3 litres throughout the day	• 10–15 min yoga or mobility flow • Hip & thoracic work — feel good • Breathwork or light meditation • Hydrate & prepare for the week ahead

NUTRITION GUIDE — PART 1

Macronutrients, Goal Setting & How to Eat for Results · By Chris & Edi

Nutrition is the foundation your training is built on. No matter how hard you train in ONE Series, your results will always be limited by how well you fuel and recover. The good news: it doesn't have to be complicated. Chris & Edi follow a simple principle — get the big things right consistently, and the details will follow. All three macronutrients matter. Protein builds and preserves muscle. Carbohydrates fuel your performance. Fats support your hormones, joints and brain. None of them are the enemy.

THE THREE MACRONUTRIENTS

PROTEIN	CARBOHYDRATES	FATS
<i>The #1 priority for muscle building & preservation.</i> Target: 1.6–2.2g per kg bodyweight daily Sources: Chicken, beef, fish, eggs, Greek yogurt, cottage cheese, whey or plant protein Timing: Spread over 3–5 meals through the day Why: Drives muscle protein synthesis — without enough protein, your training is wasted Note: Higher end (2.2g+) when in a calorie deficit	<i>Your primary training fuel. Do not fear them.</i> Target: 3–5g/kg on training days 2–3g/kg on rest days Sources: Oats, rice, potato, fruit, bread, pasta Timing: Around workouts for best performance Why: Glycogen fuels your sets. Low carbs = flat, weak training sessions Note: Cutting carbs too low kills performance	<i>Essential for hormones, joints & brain health.</i> Target: 0.8–1.2g per kg bodyweight daily Sources: Avocado, nuts, olive oil, eggs, oily fish Why: Testosterone & oestrogen depend on dietary fat — don't slash them Females: Especially important — low fat disrupts the menstrual cycle & hormone balance Note: Fat does not make you fat — excess

YOUR DIET, YOUR CHOICE — HOW TO MAKE ANY APPROACH WORK

ONE Series is not prescriptive about which dietary approach you follow. Whether you eat regular balanced meals, practice intermittent fasting, follow a keto or low-carb diet, or anything in between — the framework below will help you optimise your nutrition within your chosen approach. The non-negotiables are protein and total calories. Everything else is preference.

REGULAR / BALANCED DIET	INTERMITTENT FASTING (IF)	KETO / LOW CARB
• Easiest to hit protein targets • 3–5 meals per day works well • Carbs around workouts for fuel • Flexible and sustainable long-term • Easiest approach for beginners	• Compress eating into 6–10hr window • Break fast with a high-protein meal • Still hit total daily protein • May reduce training performance • Not ideal on back-to-back workout days	• Fat-adapted energy can work well • Protein target remains the same • Strength performance may dip early • MetCon sessions harder without carbs • Electrolytes (sodium, Mg, K) critical

SETTING YOUR CALORIES BY GOAL

GOAL: FAT LOSS	GOAL: BODY RECOMPOSITION
CALORIE DEFICIT (300–500 kcal below TDEE) What it is: You eat less than you burn. The aim is to lose body fat while keeping as much muscle as possible. Protein: 2.0–2.4g/kg — go higher in a deficit to preserve muscle Carbs: Moderate — enough to fuel your 4 workouts each week Fats: Keep at 0.8g+/kg minimum — don't slash them Pace: Target 0.5–0.75% of bodyweight lost per week Key: Weigh yourself weekly. If losing too fast, eat more.	MAINTENANCE OR SLIGHT DEFICIT (±200 kcal) What it is: Losing fat AND building muscle simultaneously. Slower than doing one at a time — but very real. Protein: 2.0–2.4g/kg — this is what makes recomp work Carbs: Cycle them — more on training days, less on rest days Fats: Keep steady at 0.8–1.0g/kg throughout Proof: Track your strength — if lifts go up, it's working Note: Best results for beginners and returning lifters

SUPPLEMENT GUIDE

What We Take, What the Science Says & What to Skip · By Chris & Edi

FROM CHRIS & EDI:

Supplements do not replace a balanced diet — full stop. Get your food right first. The supplements below are ones we personally use and are backed by solid evidence.

THE CORE STACK — WHAT WE RECOMMEND FOR EVERYONE

VITAMIN D3 + K2	MAGNESIUM GLYCINATE	OMEGA-3 FISH OIL	CREATINE MONOHYDRATE
Chris & Edi both take this daily.	Chris & Edi both take this daily.	Chris & Edi both take this daily.	Edi takes this. Optional but excellent.
1000–4000 IU D3 with K2 (MK-7) - Supports immune function & bone health - Linked to mood regulation & testosterone - K2 directs calcium to bones, not arteries - Take with a meal containing fat - Especially important in low-sunlight months	300–400mg before bed - Supports deep sleep & muscle recovery - Reduces muscle cramps & soreness - Helps regulate cortisol (stress hormone) - Glycinate form is best absorbed - Critical for females: reduces PMS symptoms	2–3g EPA+DHA combined per day - Reduces exercise-induced inflammation - Supports heart, brain & joint health - Important for hormone health in females - Take with food to avoid fishy burps - Look for triglyceride form for absorption	3–5g daily — no loading phase needed - Most researched supplement in existence - Increases strength & power output - Supports muscle growth & brain function - Safe for long-term use — male & female - Mix with water or add to a shake

PROTEIN POWDER — ONLY WHEN YOU NEED IT

Protein powder is a convenient tool — not a magic supplement. Chris & Edi only recommend using it on days when you genuinely cannot hit your daily protein target through whole food. Whey protein is ideal post-workout due to its fast absorption. Casein works well before bed for slow overnight release. For those who are lactose intolerant or plant-based, a blended plant protein (pea + rice) is a great alternative. Aim for 20–40g per serving and check the label: you want protein powder, not a sugar-loaded meal replacement.

HYDRATION — THE MOST OVERLOOKED PERFORMANCE TOOL

The rule: 2 to 3 litres of water every day. Training day or not. No exceptions.

Even mild dehydration (1 to 2% of body weight) reduces strength output, cognitive function and recovery speed. Most people are chronically under-hydrated and genuinely do not realise it. On training days add an extra 500ml to 1 litre on top of your baseline.

Electrolytes (sodium, potassium, magnesium): only add these if you sweat heavily, train in a hot or sunny climate, or experience dizziness or heart palpitations during exercise. If you feel fine on plain water, plain water is all you need. Do not add electrolytes just because a supplement brand tells you to.

ADDITIONAL CONSIDERATIONS BY GENDER

FOR WOMEN IN ONE SERIES / EDI'S RECOMMENDATIONS

IRON:

Edi takes this. If you menstruate, low iron is very common and shows up as fatigue, poor recovery and low mood. Get a blood test done before supplementing.

ZINC:

Supports immune function, skin and hormonal health. 8 to 11mg daily from food or a supplement. Often low in active women eating in a calorie deficit.

CYCLE AWARENESS:

Your strength and energy naturally shift across your cycle. You will feel stronger in the follicular phase (days 1 to 14). Use that window. In the luteal phase, ease off if your body is asking for it. That is biology, not weakness.

FATS ARE NON-NEGOTIABLE:

Low dietary fat disrupts oestrogen and progesterone. Do not drop fat below 0.8g per kg of bodyweight. This matters for both performance and long-term hormonal health.

FOR MEN IN ONE SERIES / CHRIS'S RECOMMENDATIONS

ZINC:

Critical for testosterone production, immune health and recovery. 11mg daily from food like oysters, red meat or seeds, or a supplement. A very common deficiency in active men eating in a calorie deficit.

VITAMIN D3 + K2:

Already in the core stack and worth emphasising here. Low vitamin D is strongly linked to low testosterone and poor mood in men. Get your levels checked if you can.

CAFFEINE:

3 to 6mg per kg of bodyweight before training improves strength and endurance. Take it 30 to 45 minutes before your session. Nothing after 2pm or it will affect your sleep quality badly.

SLEEP IS THE SUPPLEMENT:

No pill on this page replaces 7 to 9 hours of quality sleep for testosterone, muscle growth and recovery. Make it the first thing you protect, not the last.

CARDIO, CONDITIONING & RECOVERY

Cardio Zones, Sprint Training, Overtraining & Joint Health · By Chris & Edi

ONE Series is a strength and muscle-building program first — but your cardiovascular fitness and recovery capacity matter enormously. The better your aerobic engine, the faster you recover between sets, the better you perform in Saturday's MetCon, and the healthier you are long-term. Below is our approach to cardio: varied, flexible and grounded in evidence.

THREE CARDIO APPROACHES — USE ALL OF THEM

ZONE 2 / LOW INTENSITY	MODERATE INTENSITY	HIGH INTENSITY / MetCon
<i>Easy enough to hold a full conversation.</i> Heart rate: 60 to 70% of max, roughly 120 to 140 bpm Duration: 20 to 45 minutes per session When: Tuesday active rest day Examples: Brisk walk, light jog, cycling, rowing or elliptical at an easy pace Benefits: Fat oxidation, builds your aerobic base, reduces cortisol and helps recovery Note: Valuable, but not the only tool that works	<i>Breathing harder. Can speak in short sentences.</i> Heart rate: 70 to 80% of max, roughly 140 to 160 bpm Duration: 20 to 35 minutes per session When: Sunday optional session Examples: Tempo run, moderate cycling, swimming laps or rowing at a steady pace Benefits: Aerobic and anaerobic crossover, burns more calories, builds real capacity Note: A great option once your aerobic base is solid	<i>Hard to speak. Heart pounding. Uncomfortable.</i> Heart rate: 85 to 95% of max Duration: 15 to 25 minutes of total work When: Saturday session only Format: Circuits, AMRAP, EMOM intervals built into your Saturday workout Benefits: VO2 max, power output, calorie burn and cardiovascular fitness Note: Once per week is plenty within this program

SPRINT TRAINING — ONCE A WEEK ON TUESDAY OR SUNDAY

WHAT ARE SPRINTS & WHY DO THEM?	EXAMPLE SPRINT SESSION (TUESDAY)
Sprint training (also called HIIT sprinting) involves short maximal-effort bursts followed by full recovery. Unlike Zone 2, sprints improve fast-twitch muscle fibre recruitment, increase growth hormone release, and have been shown in research to improve body composition, cardiovascular fitness and metabolic rate — often in less total time than long steady-state cardio. Do sprints on a rest day only — never on lower body or full body lifting days, as this compromises recovery and performance.	Warm-up: 5–8 min easy jog or brisk walk Sprint: 8–10 x 20–30 sec ALL-OUT effort Recovery: 60–90 sec walking between each Options: Flat sprint, hill sprint, bike or rower Total time: ~20–25 minutes including warm-up Frequency: Once per week maximum Avoid: Lower body / full body lifting days

WARNING SIGNS OF OVERTRAINING — KNOW WHEN TO BACK OFF

More training is not always better. If you are consistently pushing hard without adequate recovery, your body will start sending clear signals. Learn to recognise them — ignoring these signs leads to injury, illness and stalled progress.

PERFORMANCE DROPS	SLEEP AND MOOD ISSUES	PHYSICAL SIGNS	HOW TO FIX IT
• Lifts going backwards • Sets feel harder than usual • Energy crashes mid-session • Lost motivation to train	• Cannot fall or stay asleep • Waking up exhausted • Irritable, anxious or low mood • Brain fog through the day	• Persistent muscle soreness • Elevated resting heart rate • Frequent illness or infections • Nagging aches and pains	• Take 3 to 7 days of full rest • Increase your calories, eat more • Prioritise 8 to 9 hours of sleep • Add magnesium and Omega-3

JOINT PAIN DURING OR AFTER TRAINING — WHAT'S HAPPENING

One of the most important things Chris & Edi teach their clients: muscles adapt faster than joints. When you start lifting heavier — especially in the first few weeks of a new program — your muscles will get stronger faster than your tendons, ligaments and cartilage can keep up. This is completely normal and is one of the most common causes of joint discomfort in training. Your connective tissue has a much slower blood supply than muscle tissue, which means it takes longer to strengthen and adapt to load. This is not a reason to stop training — it is a reason to progress intelligently.

If you experience joint pain during ONE Series, the first step is to reduce the load — not eliminate the movement. Drop the weight by 20–30%, focus on perfect form, and allow the connective tissue time to catch up. Add Omega-3 and collagen with Vitamin C around your workouts to support tissue repair. Warm up thoroughly before every session — cold joints under heavy load is where most injuries begin. Sharp, stabbing or persistent pain is a signal to stop and consult a physiotherapist. Dull aching after training is often normal adaptation — manage it, don't ignore it.

WARM UP	PROGRESS SLOWLY	COLLAGEN + VIT C	FORM FIRST
Always. 5–10 min of movement before loading. Cold joints under heavy load = injury waiting to happen.	Add weight gradually. 2.5–5kg per week on compound lifts is plenty for connective tissue health.	5–10g collagen with Vitamin C pre- or post-workout supports tendon & cartilage repair.	Heavy weight with bad form destroys joints. Technique is non-negotiable — always lift with control.

YOUR COMPLETE WEEKLY SCHEDULE AT A GLANCE

MON	WORKOUT	Full Body Strength & Muscle — your heaviest compound session of the week
TUE	ACTIVE REST	20–40 min Zone 2 OR sprint session (see page 4). Never both on same day.
WED	WORKOUT	Total Lower Body — squats, hinges, lunges, glutes. No cardio after this.
THU	WORKOUT	Total Upper Body — push, pull, press. Back to back with Wed is intentional.
FRI	FULL REST	Complete rest. Eat well. Sleep 7–9 hours. Recover hard — you've earned it.
SAT	WORKOUT	Full Body Conditioning / MetCon. Your cardio is built in here. Go hard.
SUN	OPTIONAL REST	Mobility, yoga, gentle walk or full rest. Listen to your body today.

A FINAL WORD FROM CHRIS & EDI

We created ONE Series for people who are done with complexity and ready for real results. Six weeks. Four workouts a week. A clear structure, science-backed nutrition, and a coach in your corner every single session. Whether your goal is to lose fat, build muscle, recomp or simply feel strong and vital — this program works if you do. Show up. Train hard. Eat well. Sleep. Recover. Trust the process. Six weeks from now you will feel the difference. See you every Monday, Wednesday, Thursday and Saturday on YouTube.

Chris & Edi

DISCLAIMER

Chris and Edi are fitness coaches and content creators, not doctors, dietitians or licensed medical professionals. The information in this guide is intended for general educational purposes only and does not constitute medical or nutritional advice. Always consult a qualified healthcare professional before starting any new exercise program, changing your diet, or taking supplements, especially if you have a pre-existing health condition, are pregnant, or are currently under medical supervision. If you experience pain, dizziness, chest discomfort or any unusual symptoms during training, stop immediately and seek medical attention.