

**6
WEEK**

BUILD SERIES



CHRIS & EDI
FITNESS



BUILD SERIES

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WELCOME

Our 6-week BUILD SERIES is ready for you!

Hi there! It's Chris & Edi here and we are so grateful our paths have crossed.

Maybe you've seen our workouts before on YouTube, but if this is our first introduction, we are excited to be working with you through The BUILD SERIES over these next 6 weeks and, hopefully, beyond.

We want you to look at these next 6 weeks as a series of challenges that will unlock your best, strongest self.

Yes, you are going to recomp your body on this program. Yes, you are going to gain muscle. But this is about far more than just gaining muscle or losing fat. This program is about serious self-empowerment. Fitness creates freedom.

When you're strong, healthy, and fit in your body and mind, anything you want in this life becomes easier to achieve. "I got this" is about to become your new mantra.

We are here with you every step of the way, as will the entire community of people all across the country who are doing this program along with you. We're a team that's here to support and encourage each other today, tomorrow and every day.

By joining us, you've already taken the first step on your fitness journey and we couldn't be happier to walk with you on the road to achieving your goals!



TIME
TO
CRUSH
IT!

Chris & Edi



BUILD SERIES

6 week calendar

	MON	TUE	WED	THU	FRI	SAT	SUN
W1	Chest, Shoulders, Triceps	Total Legs	Back, Biceps, Rear Delts	ACTIVE RECOVERY / REST	Glutes, Hamstrings	REST DAY	Upper Body + Core
W2	Quads + Calfs	Chest, Shoulders, Triceps	Posterior Chain	ACTIVE RECOVERY / REST	Full Body	REST DAY	Total Arms
W3	Total Legs	Chest, Shoulders, Triceps	Back, Biceps, Rear Delts	ACTIVE RECOVERY / REST	Glutes, Hamstrings	REST DAY	Upper Body + Core
W4	Quads + Calfs	Chest, Shoulders, Triceps	Posterior Chain	ACTIVE RECOVERY / REST	Full Body	REST DAY	Total Arms
W5	Total Legs	Chest, Shoulders, Triceps	Posterior Chain	ACTIVE RECOVERY / REST	Full Body	REST DAY	Upper Body + Core
W6	Quads + Calfs	Chest, Shoulders, Triceps	Posterior Chain	ACTIVE RECOVERY / REST	Full Body	REST DAY	Total Arms

EQUIPMENT:

- **DUMBBELLS:** heavier and lighter dumbbell sets are recommended, but not mandatory.
You can use kettlebells as a substitution.
- **WORKOUT MAT**
- **PLATES AND/ OR YOGA BLOCKS:** we will use them for the heel, and toe elevation in different exercises. Can use a thick book to elevate as well

RECOMMENDED EQUIPMENT & Training Tips

1

In this program, you will have 5 workouts per week with 1 active rest day, and 1 full rest day. If you cannot work out 5 times a week, that's fine, try to complete as many sessions as you can, but don't feel bad if you need to skip here and there. Just continue where you left off. Go at your own pace. Try not to mix up the days in the calendar, the workouts are designed to make sure your body parts gets enough rest between sessions.

2

How to pick your weights. You know the weight is heavy enough if you struggle to complete the last few reps without compromising your form. The weight is too light if you easily cruise through all of your reps during the given timeframe. Choose the heaviest weight you could use to complete each rep without sacrificing your form.

3

Warm Up & Cooling Down. Warming up before exercise prepares your cardiovascular system for physical activity, by increasing the blood flow to your muscles, and raising the temperature of your body. It also helps to lower the risk of getting injured – when your muscles are adequately warmed up, the movements, stretches, and strain you put on them during your workout are less severe. This also minimizes muscle soreness. Cooling down after your workout aims to gradually bring your heart rate and blood pressure to its normal level – the level it was at prior to exercising.

4

Logging a workout journal is a very simple and most effective way to track the weights you lifted in previous workouts. This way you will know if you are getting stronger. If you continually do the same weights, your body will no longer elicit a response to change, so make sure to raise your weights as you progress.



RECOMMENDED EQUIPMENT & Training Tips

5

Discomfort versus pain. Effort and discomfort go together and that's what most people would call good pain — you generally expect to feel some level of discomfort. If it becomes actual pain during the workout — burning or stabbing or sharp — that's not a good sign and you should stop doing the exercise/workout. While discomfort from feeling fatigued during exercise is normal, acute pain associated with injury or illness is not. So make sure to listen to your body.

6

How to Substitute Exercises. While following our BUILD Program, you may find that a particular exercise isn't working for you and you may need to learn how to substitute exercises in order to make the program more suitable to your personal needs. You may not have the right equipment, the exercise is causing you discomfort, it's too easy, or too difficult, or you have an injury that you need to work around. If this is the case, don't feel like you must give up on the entire workout. You just may need to substitute exercises with something else that's similar to what you CAN do.



Building Muscle

How does it work?

Muscle Hypertrophy is a term for the growth and increase of the size of muscle cells. For muscles to grow, two things have to happen:

- Stimulation
- Repair

After your workout, your body repairs or replaces damaged muscle fibers through a cellular process where it fuses muscle fibers together to form new muscle. Muscle growth occurs whenever the rate of muscle protein synthesis is greater than the rate of muscle protein breakdown. (Anabolic - Catabolic state) This adaptation occurs while you rest. That's why it's so important to recover and rest properly.



We would like to point out the importance of PROTEIN:

The health effects of fat and carbs are controversial. However, almost everyone agrees that protein is important. Most people eat enough protein to prevent deficiency, but some individuals would do better with a much higher protein intake. Numerous studies suggest that a high-protein diet has major benefits for weight loss and metabolic health.

Protein is the building block of your muscles. Therefore, eating adequate amounts of protein helps you maintain your muscle mass and promotes muscle growth when you do strength training. We will talk about macronutrients later in this program.



Building Muscle

Mechanisms of Hypertrophy

This program is designed around the three mechanisms of hypertrophy. We wanted to keep things simple and focus on the basics as this will give you the greatest results. Below are examples of the mechanisms of hypertrophy.



MECHANICAL TENSION



METABOLIC STRESS



MUSCLE DAMAGE

Mechanical Tension - Which equates to muscular force, progressive overload (Lifting heavier weights over time) Skeletal muscle grows bigger and stronger in response to the training stimulus, but for further gains, you need to continue making greater demands on it. If you don't **progressively overload** the muscles by forcing them to do more than they're accustomed to, they have no reason to make further adaptations. The human body will not change unless it's forced to. That's why you can never grow complacent with your training. Once you fall into a comfort zone and the workouts are no longer challenging, you'll plateau.

Metabolic Stress - The pump, keeping the muscles under constant tension for a period of time (Higher reps)

Muscle Damage - Focus on full range of motion movements and slowing down the eccentric phase of the exercise for greater muscle damage)

HOW TO TRACK PROGRESS

Keeping track of your progress is important. By doing it, you will know when to make changes during your program, when you are overtraining or if your diet is on point. There isn't just one method of keeping track of your progress, and you shouldn't just rely on one way. For example, if you just relied on a scale for keeping track of your gains and it says you gained 5 lbs, you might not know if you gained fat or muscle.



**Taking photos from -
FRONT**



**Taking photos from
- SIDE**



**Taking photos from -
BACK**

Keep a log - You won't be able to memorize all the calories you had each meal every day. Either write down what you eat or a better option is to track foods in an APP such as My Fitness Pal

Scale - Don't get too crazy with weighing yourself several times a day. There will be changes in your weight from day to day due to water fluctuation, glycogen levels etc..

We recommend to weigh in once right in the morning and then taking the weekly average of those weigh ins over 7 days to give you a more accurate idea on how your weight is changing.

Photos - Don't forget to take pictures at the beginning of your program and once each week for the duration of your program. Please see guidance above for taking photos. These are just examples of the angles, the best is to be in a bikini to see your changes better.



Photos - Photos never lie. It is a surprisingly good way of seeing if you are making good progress. Since you know what kind of body you want, then you should check the photos of yourself often to see if you are coming close to that goal.

Common Mistakes

to avoid



TRAINING TOO MUCH

Extra long workouts create a lot of fatigue. You will end up sacrificing your technique, which will have a negative impact on your whole workout. You will end up overtraining, and overtraining can ruin your results. Doing too much, for example over 3 hours of intense resistance training will hinder your growth and will be counterproductive.



POOR NUTRITION

Poor Nutrition - no matter how hard you train if your nutrition is not on point. You will not see results. To reach your goal of gaining lean muscle you need to focus on eating nutritious foods. High - protein foods are very important for gaining muscle, but let`s not forget about carbohydrates and fats. Consider eating high - quality carbs in the hours leading up to your workout and after. You will be able to train harder, providing your body with a greater stimulus for your muscles to grow. The mistake many people do is trying to build muscle, train hard and get stronger while consuming way too low calories. This will lead to poor recovery and slow progression.

INADEQUATE RECOVERY

Rest and recovery are critical elements of a successful training program. However, rest and recovery are not the same. Rest is a combination of sleep and time spent not training. How you sleep and rest is very critical. Recovery on the other hand, refers to techniques and actions taken to maximize your body`s repair. Like nutrition, hydration, stretching etc.

A balanced combination of rest and recovery along with proper diet and exercise should be your number 1 goal.



Common Mistakes

to avoid



NOT SLEEPING ENOUGH



Sleep is the most important time to recover. Adequate levels of sleep will provide mental health, hormonal balance and muscular recovery. 7-10 hrs / day should be your goal. Sleep rituals are very important, specially if you have trouble falling asleep, or you wake up several times during the night.

You're probably working on your laptop, checking your phone reading email or catching up on social media late at night. Problem is, the blue light emitted from these devices is going to trick your brain, your melatonin levels are going to drop, because your body thinks its still daytime, and needs to stay awake.

Tip: get off your electronic devices at least 1 hour before you go to bed. Read a book, meditate or do your stretching routine instead. Set your bedroom temperature between 17 - 19 Celsius. Your body prefers cooler temperatures to slow your heart rate down and get to sleep quicker. Try blackout curtains if light from outside comes in to you room. Invest in good mattress, sheets and pillow. You want to create the optimal environment for sleep.



NOT DRINKING ENOUGH WATER

Drinking adequate amounts of water is critical to health, energy, recovery and performance. Try to stick with 2.5 - 3l a day.

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NUTRITION Tips

You can maximize your workouts by fueling your body the right way. This will not only give you more energy during exercise and improve your performance but also help you feel better throughout the day. This 6-week program is very intense, therefore, your nutrition has to be on point.

- Whether you train first thing in the morning or last thing at night, fueling your body with the right nutrition is so important for an effective workout! Many of us tend to focus more on what we eat after our workouts, but a nutritious pre-workout meal is just as important in order to have the best workout possible, thus the best results.
- **What to Eat:** In every meal, you need to consider the three macronutrients: carbohydrates, protein, and fats, and also the quantities in which you are eating them. Let's just make one thing clear, carbs are NOT the enemy. When it comes to dieting, many people tend to limit or cut out carbs completely, however carbs are actually essential for supplying your body with the long-lasting energy it needs for a workout. White bread, white rice, fruit, and sweet potatoes are all fast and easily digestible carbs making them an ideal pre-workout food. However, if you have a sensitive stomach it's best to choose a super small digestible carb such as a banana along with a scoop of protein because there's nothing worse than that horrible heartburn feeling you get if you've eaten too big and too soon before a workout! Fat is a macronutrient that slows digestion, so it's best to keep fat intake to a minimum before working out as we want all the nutrients to be digested as fast as possible, ready to give us the fuel we need for an awesome workout!
- **When to eat:** the sooner you eat before your workout, the smaller and simpler the meal should be. 30 Minutes to an hour pre-workout: eat light meals and foods which contain simple carbohydrates and some protein. 2-3 hours pre-workout: eat larger meals containing a good source of protein (around 25-30g) and complex carbohydrates (around 20-50g). For example, if you like to work out in the morning you could have a small snack such as a banana and protein shake or greek yogurt and fruit, which you would only need around 30 minutes for it to digest. On the other hand, if you tend to work out later in the day after a bigger meal such as (the classic) chicken, rice, and vegetables, eating 2-3 hours beforehand is ideal so that you don't feel too sluggish!



How to figure out YOUR MACROS?

The good news is that figuring out your macros isn't too complicated, and it is done with a number of steps.

Step 1

CALCULATE YOUR BMR

BMR is an acronym for Basal Metabolic Rate and it refers to the number of calories that your body requires to use to perform all the biological and physiological processes.

To calculate your BMR, follow these equations:

WOMEN

$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age}) = \text{BMR}$

MEN

$66 + (6.23 \times \text{weight in pounds}) + 12.7 \times \text{height in inches} - (6.8 \times \text{age}) = \text{BMR}$

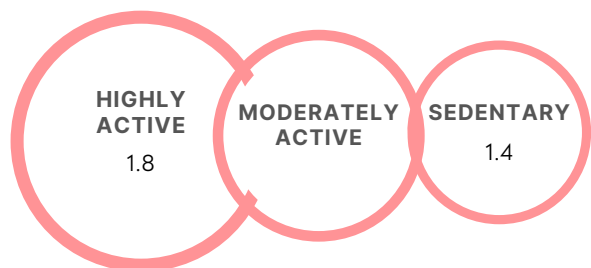
This is the number of calories that your body requires in order to survive. The next step is calculating how many calories your body requires to perform daily activities (TDEE).

Step 2

CALCULATE TDEE

TDEE stands for Total Daily Energy Expenditure and it refers to a number of calories that your body needs in order to perform any daily activities (plus biological and physiological processes). This is also known as your maintenance calories, and it's how many calories you need to maintain your current weight.

To calculate your TDEE, simply multiply your BMR by an activity factor as displayed below:



Step 3

CALCULATE YOUR DAILY CALORIES

If you want to eat healthy and keep the same weight, you can consume the number of calories that you calculated in **Step 2**. However, if you'd like to lose weight, deduct 200-500, and if you'd like to gain muscle, add 200-500 to the **Step 2 calories**.



Step 4

CALCULATE YOUR INTAKE OF PROTEIN

Your protein intake really depends on your goals.

Though it's hard to give exact figures due to conflicting study results, about 0.7–1 gram per pound (1.6–2.2 grams per kg) of body weight seems to be a reasonable estimate.

If you're carrying a lot of body fat, using either your lean mass or goal weight — instead of your total body weight — is a good idea, as it's mostly your lean mass that determines the amount of protein you need.

To figure out the number of calories that is, simply multiply the grams by 4.

Step 5

CALCULATE YOUR INTAKE OF CARBS

Approximately 50-55% of your total daily calories should come from starchy carbohydrates. This means that you need to divide your total daily calories by 2 (50%). Then divide those calories by 4 to obtain the number of grams.

Step 6

CALCULATE YOUR INTAKE OF FATS

Once you have calculated your intake of proteins and carbohydrates, it is time that you deduct those calories from your total daily calories. The remaining calories should be dedicated to healthy fats. This should be approximately 30-33% of the total calories.

To figure out the number of grams, simply divide the remaining calories by 9.



Great Food Choices

FOR PROTEIN



CHICKEN
BREAST

165 kcals | 31g protein



BEEF
FILLET

291 kcals | 26g protein



LAMB
CHOP

305 kcals | 28g protein



TURKEY
BREAST

147 kcals | 30g protein



BISON

238 kcals | 24g protein



CHICKEN
THIGH

214 kcals | 23g protein



CHICKEN
LIVER

167 kcals | 24g protein



PORK
SAUSAGE

325 kcals | 19g protein



TOFU

83 kcals | 10g protein



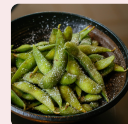
SEITAN

126 kcals | 25g protein



TEMPEH

195 kcals | 20g protein



EDAMAME

121 kcals | 12g protein



SALMON

206 kcals | 22g protein



COD

105 kcals | 23g protein



CANNED
TUNA

128 kcals | 24g protein

**** Calories and grams are displayed per 100g of the product unless stated otherwise.**



Great Food Choices

FOR CARBOHYDRATES & FRUIT



WHITE
RICE
(COOKED)

130 kcals | 28g carbs



BROWN
RICE
(COOKED)

112 kcals | 24g carbs



WHOLE-WHEAT
PASTA
(COOKED)

149 kcals | 30g carbs



COUSCOUS
(COOKED)

112 kcals | 23g carbs



QUINOA
(COOKED)

120 kcals | 21g carbs



SWEET
POTATOES

90 kcals | 21g carbs



WHOLEGRAIN
BREAD (APPROX
1 SLICE)

81 kcals | 14g carbs



POPCORN
(AIR
POPPED)

387 kcals | 77g carbs



APPLE

52 kcals | 14g carbs



ORANGE

49 kcals | 13g carbs



GRAPEFRUIT

42 kcals | 11g carbs



BANANA

89 kcals | 23g carbs



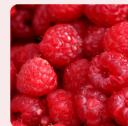
STRAWBERRIES

32 kcals | 7.7g carbs



BLUEBERRIES

57 kcals | 14g carbs



RASPBERRIES

52 kcals | 12g carbs

**** Calories and grams are displayed per 100g of the product unless stated otherwise.**



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Great Food Choices

HEALTHY FATS



AVOCADOES

160 kcals | 15g fats



EGGS

143 kcals | 9.5g fats



ALMONDS

598 kcals | 53g fats



HAZELNUTS

646 kcals | 62g fats



BRAZIL
NUTS

659 kcals | 67g fats



PEANUTS

587 kcals | 50g fats



PISTACHIOS

569 kcals | 46g fats



CASHEWS

574 kcals | 46g fats



CHIA
SEEDS

486 kcals | 31g fats



OLIVE
OIL
1 tsp.

119 kcals | 14g fats



FLAXSEED
OIL
1 tsp.

120 kcals | 14g fats



COCONUT
OIL
1 tsp.

121 kcals | 13g fats

**** Calories and grams are displayed per 100g of the product unless stated otherwise.**





Supplements Guide

Before getting into the supplements guide it is important to understand that all of these are exactly just that "supplements" and are supposed to supplement a good nutrition and training plan. Your nutrition and training are far more important than any supplement so don't get swindled by companies claiming their products "burn fat" or "build muscle" your nutrition and training takes care of these. However not all supplements are bad and many have had studies showing their benefits.

This supplement guide was designed to introduce you to the supplements which have been through the most research studies and have actual science that backs up their claims.

Disclaimer

We are not physicians/doctors. Before using any supplements it is important to consult with your physician first. Do not use supplements that are giving you negative side effects. I do not claim to know everything about all supplements and or supplement companies. I am sharing knowledge from research studies I have read.





Creatine

Creatine is one of the most researched supplements out there. There are many forms of creatine, however none show any extra benefits than plain creatine monohydrate. There are many benefits to supplementing creatine for sport and exercise. One being increased creatine storage (phosphocreatine stores) which promotes a faster regeneration of adenosine triphosphate (ATP) the body's "energy currency" between high intensity exercises.

Research suggests a dosing of 0.1g/kg of bodyweight, however all supplements will have directions and doeses on the labels.

Creatine may cause you to hold on to more water weight, some users have experienced bloating, weight gain and muscle cramps. However effects differ from individual to individual.

WHAT THE RESEARCH SAYS



Improved performance



Improved Energy



Increase Fat Free Mass



Improved High Intensity Training



Increased strength



Improve Endurance

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3407788/>



Caffeine

Caffeine is one of the most powerful ergogenic aids (Performance enhancer). It is usually used prior to exercise and throughout the day. Most energy drinks and pre workouts are loaded with caffeine for this reason.

There has been quite a lot of research done on caffeine and its effects on different exercise modalities, including endurance and strength training.

Personally we have taken pre-workouts drinks 30-45 minutes before exercise and have had many benefits. Make sure to read the label of the pre-workout for caffeine content as they will vary greatly, usually from 100mg up to 500mg. We have found between 150mg-250mg is our sweet spot. Find your own sweet spot, everyone reacts differently and your tolerance builds up over time. Most studies have used doses between 3-6mg per kg of bodyweight.

WHAT THE RESEARCH SAYS

- | | |
|--|---|
| ☒ Improved performance | ☒ Increased power output |
| ☒ Fatigue resistance | ☒ Decreased perception of fatigue |
| ☒ Increased strength | ☒ Improve Endurance |

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6548757/#CR5>



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Whey Protein

Whey protein is a great source of protein. It is not necessary to take to reach your goals, but because of its high bioavailability (absorption into the bloodstream) and high protein content, it is a great source to reach your daily protein intake, which is very important to keeping lean body mass while dieting.

Personally, I recommend whey protein isolate for my clients as there are fewer fillers and it is filtered more and much easier to digest than regular whey protein concentrate, however, it is slightly more expensive for this reason. Both are good so it is up to you, which you prefer.

Exercising individuals typically need in the region of 1.4-1.8+ grams of protein per kilogram

body weight per day. As such, a 75 kg individual would need between 105 and 135 grams of protein per day. Even if you train just 2-3 times per week, your required protein intake will likely need to increase towards the upper end of this range. Additionally, a protein feed before bed is an excellent way to ensure you hit your target intake.

WHAT THE RESEARCH SAYS

- ☒ Stimulates the greatest rise in Muscle Protein Synthesis
- ☒ Result in greater muscle cross-sectional area when combined with chronic resistance training
- ☒ Enhances exercise recovery

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<https://www.ncbi.nlm.nih.gov/pubmed/20565767>



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HYDRATION

Water is essential to life - the body is 50 - 75% water. Adequate hydration is one of the most critical aspects of the diet - drinking enough liquids to keep the body's fluid levels topped up helps ensure that all bodily functions are normal. Hydration requirements are highly individual and are dependent upon sweat rate, sweat sodium content, body weight, body temperature, the intensity of exercise, and ambient environmental temperature. Excessive dehydration seems to impair exercise performance, and responses to dehydration are highly individual.

The goal of optimal hydration for exercising individuals is to prevent 2-3% body mass loss or 2% gain in body mass, both of which may cause hyponatremia (low concentration of sodium in your blood) or hypovolemia (decrease in blood volume)— failure to hydrate before exercise reduces work completed during exercise performance.

FACTS ON FLUIDS

- | | |
|--|--|
| ☒ Move nutrients and waste through your body | ☒ Control your body temperature |
| ☒ Keep your blood pressure normal | ☒ Lower your risk of dehydration and heat stroke |
| ☒ Protect and cushion your joints and organs | ☒ Decreased Muscle Soreness After Training |





disclaimer

The material (including without limitation, advice and recommendation) within this program, other programs, our email newsletter and our website is provided solely as general educational and informational purposes. Use of this program, advice and information contained herein is at the sole choice and risk of the reader.

Always consult your physician or healthcare provider before beginning any nutrition or exercise program. If you choose to use this information without the prior consent of your physician, you are agreeing to accept full responsibility for your decisions and agreeing to hold harmless Chris & Edi Fitness, its agents, employees, contractors, and any affiliated companies from any liability with respect to injury or illness to you or your property arising out of or connected with your use of the information contained within this program, other programs, our email newsletter or our website.

GOT QUESTIONS?

Would love to connect, feel free to reach out to
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Time to Crush It

We wish you all the best in your fitness journey and we truly looking forward to seeing your amazing results! Please tag us in your transformation photos! @edinapecsi and @chrispecsi on Instagram



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