



Bdy365

4 WEEK TRAINING PLAN

REAL PEOPLE. REAL RESULTS.

BDY365.CO.UK

CONTENTS

- 03** Welcome
- 05** Training Plan Instructions
- 07** Training Schedules
- 08** Week 1
- 10** Week 2
- 12** Week 3
- 15** Week 4
- 18** Food Plan
- 19–20** Food Summary & Example
- 21** Calories
- 24** Check Ins



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WELCOME

This training plan contains all the info you need to follow in order to make a substantial change to your body composition in a short amount of time.

It details an entire progressive 4-week training plan as well as a full nutrition plan that you can stick to for the duration of the 4-weeks, and also shows you how to calculate your calorie intake plus protein target should you need (or want) more of a flexible dieting option, with a comprehensive overview of how you can eat better and smarter for a stronger, leaner body.

As a dedicated Personal Trainer, I simplify weight loss and encourage confidence building.

I thrive on making fitness straight-forward in a confusing industry. No excuses, no shortcuts. Just real results.

Passionate about empowering you to lose weight, tone up, and embrace your confidence journey.

I despise fitness industry myths and trainers who preach them. Let's cut through the noise together and focus on what truly works.

I'm not just a coach; I'm your partner in sustainable fitness.
I believe in the transformative power of being active, whether it's through weight training, outdoor adventures, or diving into your favourite sports.

Join me on this fitness adventure where we defy industry norms, crush goals, and revel in the joy of feeling fantastic in your own skin.

Ready to rewrite your fitness story? Let's get started!

Natasha

- Fitness Coach Bdy365 -



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DISCLAIMER / LIABILITY

When following this plan, you are doing so responsibly with your own guidance and take full responsibility for the effects on your body which you may encounter along the way.

Any form of exercise program can cause injuries and as with any exercise program, you assume certain risks to your health and safety.

It is possible that you may become injured doing the exercises in this program, especially if they are done with poor form. If you choose to participate in these risks, you do so of your own free will and accord, knowingly and voluntarily assuming all risks associated with such exercise activities.

You must consult your doctor before beginning this plan and consult your doctor/physical therapist immediately in the event of illness or injury and follow their direct advice regarding the continuation of the plan.

You agree to use this plan at your own risk and Bdy365 is not responsible for any injuries or health problems you may experience or even death as a result of using this plan.

TERMS OF USE

By downloading this plan you agree to not share the document or any data with any third parties.



TRAINING PLAN INSTRUCTIONS

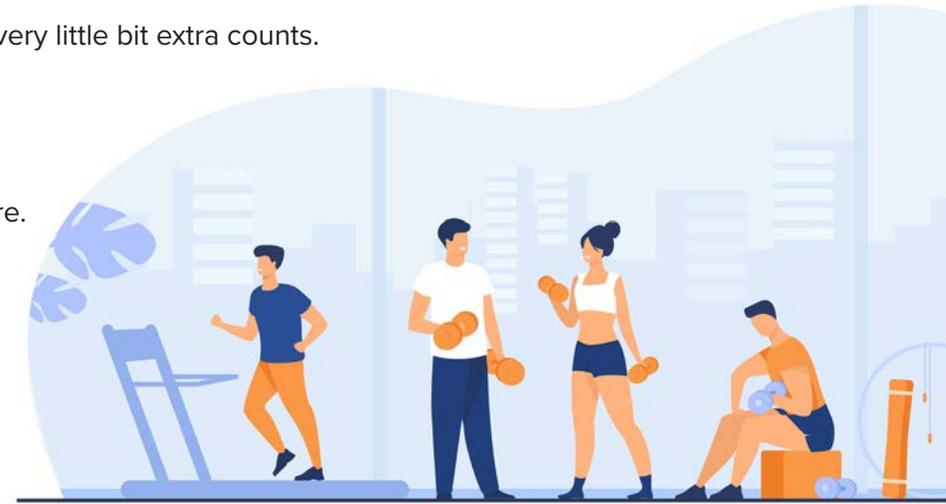
The first 4 week microcycle is an 'intensification' phase to get you as strong as possible as quickly as possible. The workouts are built around low reps with heavy weights. The goal is to lift as heavy as possible with correct form.

Beginning with a strength-based workout you are training your muscles and nervous system to cope with stress. This will enable you to handle more weight for more reps later on during your training where the focus shifts towards pure hypertrophy or muscle building.

There are two workouts here: This is a tough start, but when done correctly you'll have a strong foundation from which to start packing on muscle which is an absolute essential in order for fat loss and getting a 'toned' physique.

Our training goals are:

- Increase repetitions on each exercise and each set by +1 each week.
- Aim to increase the weight used each session. Every little bit extra counts.
- Use Tempo 4010 – see *Page 06*.
- The last sets should be to failure or close to failure.
- Daily Step Goal – 10,000 =70,000 per week.



TEMPO BREAKDOWN

Every REP we do consists of four phases and each number refers to the number of seconds to complete each phase.



ECCENTRIC
Lowering



ISOMETRIC
Pause at the bottom



CONCENTRIC
Lifting



ISOMETRIC
Pause at the top

ECCENTRIC PHASE

The part of the movement where you lower the weight, e.g. the sitting down into a squat.

CONCENTRIC PHASE

The part of the movement where you lift the weight, e.g. the standing up from the squat.

ISOMETRIC PHASE

The transition period that separates successive eccentric and concentric phase, e.g. pausing at the top and bottom positions of the squat.



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TRAINING SCHEDULE

WEEK 1

MONDAY	Workout 1 – Lower body
TUESDAY	–
WEDNESDAY	Workout 2 – Upper body
THURSDAY	–
FRIDAY	Workout 3 – Full body
SATURDAY	–
SUNDAY	Workout 4 – Conditioning

WEEK 2

MONDAY	Workout 1 – Lower body + 10 sets of intervals
TUESDAY	–
WEDNESDAY	Workout 2 – Upper body
THURSDAY	–
FRIDAY	Workout 3 – Full body
SATURDAY	–
SUNDAY	Workout 4 – Conditioning + Abs

WEEK 3

MONDAY	Workout 1 – Lower body + 10 sets of intervals
TUESDAY	–
WEDNESDAY	Workout 2 – Upper body + Abs
THURSDAY	–
FRIDAY	Workout 3 – Full body
SATURDAY	–
SUNDAY	Workout 4 – Conditioning + Abs

WEEK 4

MONDAY	Workout 1 – Lower body + 10 sets of intervals
TUESDAY	–
WEDNESDAY	Workout 2 – Upper body + Abs
THURSDAY	–
FRIDAY	Workout 3 – Full body
SATURDAY	–
SUNDAY	Workout 4 – Conditioning + Abs



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TRAINING SCHEDULE: WEEK 1

WORKOUT 1 : MONDAY LOWER BODY

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Assisted Bulgarian Split Squats	3	8	4010	60 sec
B1	KAS Hip Thrust	3	8	2010	60 sec
C1	Seated Hamstring Curls	3	8	4010	60 sec
D1	Leg Press	3	8	4010	60 sec
E1	Leg Extensions	3	8	4010	60 sec
F1	Lunges	3	8	4010	60 sec

WORKOUT 2 : WEDNESDAY UPPER BODY

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Smith Machine Incline Press	3	8	4010	60 sec
B1	DB one-arm row	3	8	4010	60 sec
C1	Narrow Grip Pulldowns	3	8	4010	60 sec
D1	DB Shoulder Press	3	8	4010	60 sec
E1	Seated Row	3	8	4010	60 sec
F1	Tricep Dips	3	8	4010	60 sec
G1	Bicep Curls	3	8	4010	60 sec



TRAINING SCHEDULE: WEEK 1

WORKOUT 3 : FRIDAY FULL BODY

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Smith Machine Box Squat	3	8	4010	60 sec
B1	Lat Pull down	3	8	2010	60 sec
C1	Smith Machine Reverse Lunge	3	8	4010	60 sec
D1	Prone Row	3	8	4010	60 sec
E1	Leg Press *	3	8	4010	60 sec
F1	Face Pull	3	8	4010	60 sec

WORKOUT 4 : SUNDAY CONDITIONING

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Deadbugs	2	20	4010	60 sec
B1	Side Plank	2	10 per side	4010	60 sec
C1	Incline Treadmill Walk – Incline 13 Speed 5 – 20 Minutes				
D1	Stairmaster – 10 Minutes				
E1	Elliptical – 10 Minutes				



TRAINING SCHEDULE: WEEK 2

WORKOUT 1 : MONDAY LOWER BODY

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Assisted Bulgarian Split Squats	4	9	4010	60 sec
B1	KAS Hip Thrust	3	9	2010	60 sec
C1	Seated Hamstring Curls	3	9	4010	60 sec
D1	Leg Press	3	9	4010	60 sec
E1	Leg Extensions	3	9	4010	60 sec
F1	Lunges	10	10 each leg	4010	60 sec

WORKOUT 2 : WEDNESDAY UPPER BODY

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Smith Machine Incline Press	3	9	4010	60 sec
B1	DB one-arm row	3	9	4010	60 sec
C1	Narrow Grip Pulldowns	3	9	4010	60 sec
D1	DB Shoulder Press	3	9	4010	60 sec
E1	Seated Row	3	9	4010	60 sec
F1	Tricep Dips	3	9	4010	60 sec
G1	Bicep Curls	3	9	4010	60 sec



TRAINING SCHEDULE: WEEK 2

WORKOUT 3 : FRIDAY FULL BODY

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Smith Machine Box Squat	3	9	4010	60 sec
B1	Lat Pull down	3	9	2010	60 sec
C1	Smith Machine Reverse Lunge	3	9	4010	60 sec
D1	Prone Row	3	9	4010	60 sec
E1	Leg Press *	3	9	4010	60 sec
F1	Face Pull	3	9	4010	60 sec

WORKOUT 4 : SUNDAY CONDITIONING

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Deadbugs	2	20	4010	60 sec
B1	Side Plank	2	10 per side	4010	60 sec
C1	Incline Treadmill Walk – Incline 13 Speed 5 – 20 Minutes				
D1	Stairmaster – 10 Minutes				
E1	Elliptical – 10 Minutes				



TRAINING SCHEDULE: WEEK 3

WORKOUT 1 : MONDAY LOWER BODY

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Assisted Bulgarian Split Squats	4	10	4010	60 sec
B1	KAS Hip Thrust	3	10	2010	60 sec
C1	Seated Hamstring Curls	3	10	4010	60 sec
D1	Leg Press	3	10	4010	60 sec
E1	Leg Extensions	3	10	4010	60 sec
F1	Lunges	3	10 each leg	4010	60 sec
G1	Prowler Walking Push	10	2 lengths	-	60 sec



TRAINING SCHEDULE: WEEK 3

WORKOUT 2 : WEDNESDAY UPPER BODY + ABS

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Smith Machine Incline Press	3	10	4010	60 sec
A2	DB one-arm row	3	10	4010	60 sec
B1	Narrow Grip Pulldowns	3	10	4010	60 sec
B2	DB Shoulder Press	3	10	4010	60 sec
C1	Seated Row	3	10	4010	60 sec
D1	Tricep Dips	3	10	4010	60 sec
D2	Bicep Curls	3	10	4010	60 sec
E1	Decline Crunch	2	10	4010	0 sec
E2	Plank	2	30 Sec	-	30 sec



TRAINING SCHEDULE: WEEK 3

WORKOUT 3 : FRIDAY FULL BODY

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Smith Machine Box Squat	3	10	4010	60 sec
B1	Lat Pull down	3	10	2010	60 sec
C1	Smith Machine Reverse Lunge	3	10	4010	60 sec
D1	Prone Row	3	10	4010	60 sec
E1	Leg Press *	3	10	4010	60 sec
F1	Face Pull	3	10	4010	60 sec

WORKOUT 4 : SUNDAY CONDITIONING

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Deadbugs	3	20	4010	60 sec
B1	Side Plank	3	10 per side	4010	60 sec
C1	Incline Treadmill Walk – Incline 13 Speed 5 – 20 Minutes				
D1	Stairmaster – 10 Minutes				
E1	Elliptical – 10 Minutes				



TRAINING SCHEDULE: WEEK 4

WORKOUT 1 : MONDAY LOWER BODY

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Assisted Bulgarian Split Squats	4	12	4010	60 sec
B1	KAS Hip Thrust	3	12	2014	60 sec
C1	Seated Hamstring Curls	3	12	4010	60 sec
D1	Leg Press	3	12	4010	60 sec
E1	Leg Extensions	3	12	4010	60 sec
F1	Lunges	3	12 each leg	4010	60 sec
G1	Prowler Walking Push	10	2 lengths	-	60 sec



TRAINING SCHEDULE: WEEK 4

WORKOUT 2 : WEDNESDAY UPPER BODY + ABS

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Smith Machine Incline Press	3	12	4010	60 sec
A2	DB one-arm row	3	12	4010	60 sec
B1	Narrow Grip Pulldowns	3	12	4010	60 sec
B2	DB Shoulder Press	3	12	4010	60 sec
C1	Seated Row	3	12	4010	60 sec
D1	Tricep Dips	3	12	4010	60 sec
D2	Bicep Curls	3	12	4010	60 sec
E1	Decline Crunch	3	12	4010	0 sec
E2	Plank	3	30 sec	-	30 sec



TRAINING SCHEDULE: WEEK 4

WORKOUT 3 : FRIDAY FULL BODY

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Smith Machine Box Squat	3	12	4010	60 sec
B1	Lat Pull down	3	12	2010	60 sec
C1	Smith Machine Reverse Lunge	3	12	4010	60 sec
D1	Prone Row	3	12	4010	60 sec
E1	Leg Press *	3	12	4010	60 sec
F1	Face Pull	3	12	4010	60 sec

WORKOUT 4 : SUNDAY CONDITIONING

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Deadbugs	4	20	4010	60 sec
B1	Side Plank	4	10 per side	4010	60 sec
C1	Incline Treadmill Walk – Incline 13 Speed 5 – 20 Minutes				
D1	Stairmaster – 15 Minutes				
E1	Elliptical – 10 Minutes				



FOOD PLAN

The most important aspect of your nutrition is sticking to your calorie goal. This is your number one priority over anything else.

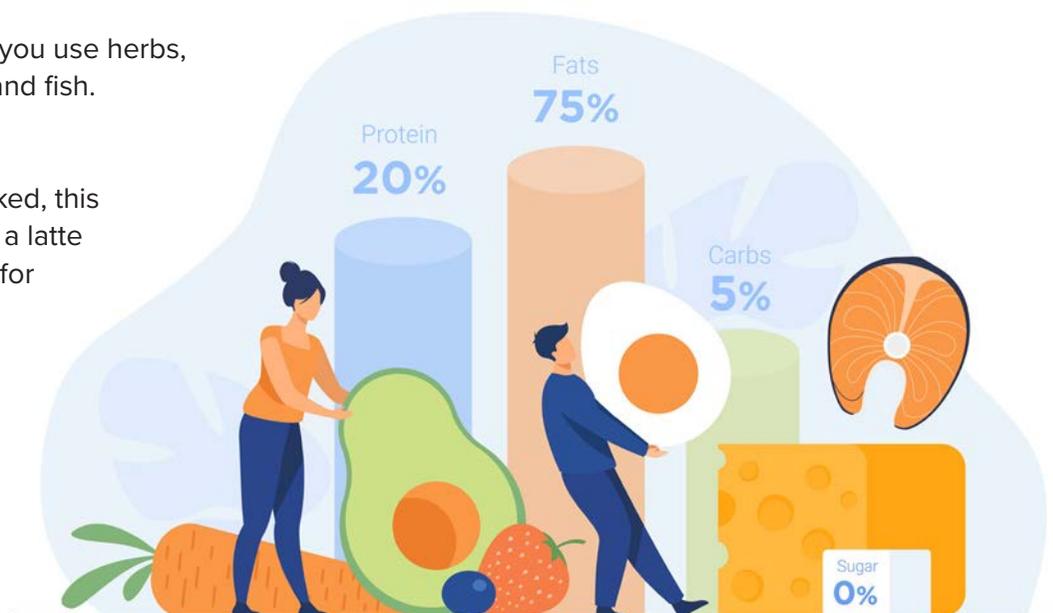
Remember, weekly calories are always more important than your daily calories - if you go slightly over on your calories one day, simply pull back and adjust the day after.

After you have hit your daily calorie goal, the second most important thing is to hit your protein goal for the day.

Vary your fruit and vegetables as much as possible.

For flavour and enjoyment make sure you use herbs, spices and seasoning on your meats and fish.

Remember every calorie must be tracked, this includes liquid calories so, if you have a latte or glass of wine, you need to account for the calories and make an adjustment.



FOOD PLAN



MEAT, FISH AND POULTRY

A total of x3 servings per day spread over main meals, approximately 125g raw amounts to 1 serving.

EXAMPLES: Tuna, salmon, mackerel, chicken, turkey, beef steak or mince, any lean exotic meats, or x2 whole eggs.



VEGETABLE AND FRUIT PORTIONS

Approx. 125g of vegetables per main meal (or approx. x2 large handfuls), plus x2 fruit portions.

EXAMPLES: Broccoli, Brussels sprouts, cabbage, cauliflower, celery, cucumber, aubergine, green beans, kale, lettuce, leeks, mushrooms, cress, onions, pumpkin, spring onions, butternut squash, peas, spinach, tomatoes, courgette, strawberries, blueberries, blackberries, orange, kiwi, apple.



STARCHY CARBS

2-3 servings of starchy carbs per day of approx. 150–200g (or half cup or a cupped hand) is equal to one serving.

EXAMPLES: Warburton Thins or rye bread, or a half cup of rice, quinoa, organic oats or muesli, sweet potato, white potato.



FATS

x2 servings of fats per meal, approx. 20g nuts, 2 tbsp of nut butter, 2 tbsp of extra virgin olive oil, coconut oil or a 1/4 of avocado is equal to one serving.

NOTE: NO FATS TO BE INCLUDED IN POST WORKOUT MEAL

EXAMPLES: Avocado, olive oil, coconut oil, all varieties of nuts (providing no allergies), nut butters.

FOOD SUMMARY

MEAL 1	Protein, Carb, Fruit, Fat
SNACK	Carb, Fruit
MEAL 2	Protein, Carb, Vegetables
SNACK	Protein
MEAL 3	Protein, Carb, Vegetables
SNACK	Protein



EXAMPLE FOOD PLAN

You can't out-train a bad diet. It may be an old fitness cliché but it stands true. Even if you follow every single workout to the letter, you won't end up with the aesthetic shape you are after.

Eating naturally from the land would allow you to not go too far wrong if you didn't want to count calories' if it once swam, ran, flew or grew in the ground you can eat it. Favour high protein meals and build the rest around it.

Alternatively you can workout your needed calorie intake and protein intake and track this through MyfitnessPal; (we have free MFP Guides; should you need further support).

Here is also an example meal plan you can follow.

		PROTEIN (g)	CARBS (g)	FAT (g)	KCAL
Breakfast	NOTES:				
Arla Protein Yogurt		20	13	0.5	136.5
50g Blueberries		0.4	7.3	0.2	32
		20.4	20.3	0.7	168.5
Snacks	NOTES:				
1 piece of fruit (Any)	<i>Vary the fruit as much as possible</i>	1.3	23	0.4	100.8
Total 90 bar	<i>This can be any</i>	1.3	23	0.4	100.8
Lunch	NOTES:				
Chicken breast 175g		45.5		1.5	195.5
Mission deli wholemeal wrap		5	25.5	5	167
Handful of baby spinach 30g		0.7	1.1	0.1	7.9
		51.2	26.6	6.6	370.4
Mid Afternoon Snack	NOTES:				
Fulful Protein Bar	<i>Any Flavour</i>	15	11	7	153
		15	11	7	153
Dinner	NOTES:				
Chicken Heck Sausages x5		31.8	2.3	5.8	188
Sweet Potato cut into fries		4	40	0.6	181.4
150g Mixed Vegetables		1.8	10	0.3	49.9
		37.6	52.3	6.7	419.3
	TOTAL MACROS:	125.5	133.2	21.4	1212



HOW TO FIND YOUR CALORIES

MEN $24.2 \times \text{Weight (in kg)}$

WOMEN: $22 \times \text{Weight (in kg)}$

This equals your BMR. To then estimate the energy needed take the BMR and multiply it by an activity factor that is most similar to your current exercise routine, lifestyle and Job.

Sedentary = $\text{BMR} \times 1.2$ (little to no exercise, desk job).

Lightly Active = $\text{BMR} \times 1.375$ (light exercise/ sports 1-3 days a week).

Moderately Active = $\text{BMR} \times 1.725$ (Hard exercise, sports 6 days a week).

Then reduce 10-20% off this total number to create your deficit.

These numbers are fairly generalised and therefore can have significant margins of error; therefore, an estimated calorie deficit shouldn't take precedence of real world changes in body mass or composition or other health margins.

NOTES

It's important to us to maximize your chances of success in achieving your goals. Please read the following, we have outlined the necessary steps that you should take in order to limit the factors which often cause people to make slower progress.



MANAGE YOUR CALORIES



PREPARE THOROUGHLY AND BE PRECISE

Purchase your meat, vegetables and carbs in advance. Weigh them into the appropriate sized portions and place them into plastic sandwich bags ready for freezing or refrigeration.

This is vital if fat loss is your goal; macro nutrient calculations need to be precise. Buy a good set of digital scales to ensure accuracy. If you are miscalculating your food intake, your progression will be significantly slower.



STAY HYDRATED

Dehydration by just 10% has been shown to significantly decrease both physical and cognitive performance by up to 70%. If you are dehydrated, your body will be unable to process toxins released when losing fats. This can cause severe damage to you physiologically. Not to mention that staying fully hydrated will improve your strength, stamina, shape and tone, significantly speed up fat loss as well as improving skin, hair and eye health.

Excessive stimulant intake can cause adrenal fatigue or symptoms indicating as such. If this occurs, your progress will be slow and extremely difficult.

Please limit the use of caffeine and drinks such as Red Bull and or Monster.



DON'T NEGLECT YOUR GREENS AND PRESCRIBED FIBRE INTAKE

Natural foods have detoxifying properties, they're full of enzymes and essential vitamins that your body cannot do without. Your greens and other prescribed foods will have a neutralising effect on toxins and will help remove the waste products which come as a part of a high protein diet. Remain alkaline and you will remain healthy and lose fat.



CONTROLLING APPETITE

There is a good chance that during low-calorie dieting, that you may find yourself extremely hungry.

Here are a few tips on how to reduce the distraction of hunger:

- Eat solely organic, nutrient-dense foods
- Make soups out of your vegetables
- Drink carbonated water
- Brush your teeth when hungry
- Never go shopping hungry
- Go for a walk



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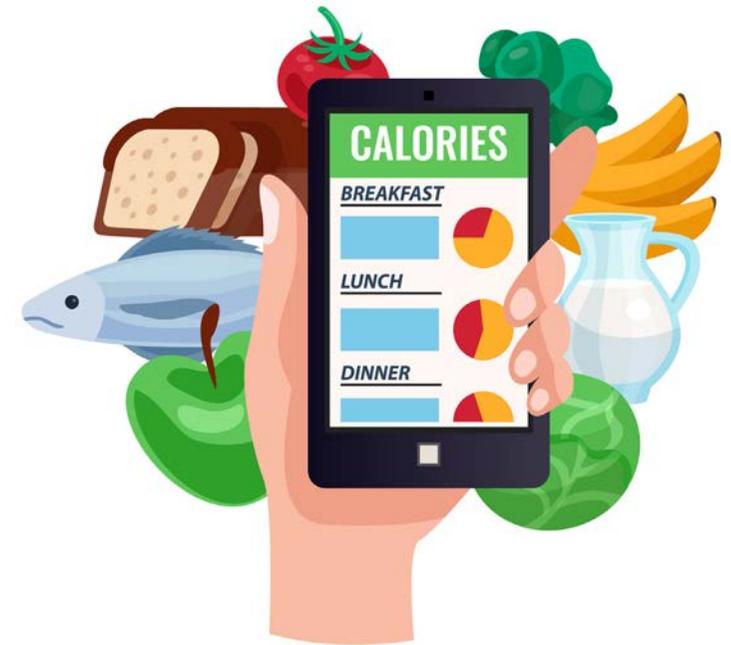
MANAGE YOUR CALORIES



PREPARE, PREPARE, PREPARE

Never leave the house without your whole day's meals pre-prepared. Never get caught short or you increase the risk of failing or slowing your progress.

Prep your food, place it in tupperware and take it with you wherever you go. If you decide to eat out make sure you make allowances for it and switch across to MyFitnessPal to track your macros and calorie intake as best as possible.



CHECK INS AND MEASURING PROGRESS

Our check-ins will allow me to help you progress in your fitness journey. They provide us both with an opportunity to reassess your goals and overcome any issues that you may be experiencing. Our weekly check-ins will be a critical factor in benchmarking your progress, whilst keeping a clear focus on your goals. It's essential these are not missed.

PROGRESS PICTURES

Not all tracking points are number-based. Progress photos are my favourite tool to track body composition results (which scales and measurements may not reflect).

Below is a guide on how to take your progress photos You can upload your photos to your check in form or you can PM them to me.

Use the following steps when taking your progress photos:

- Use a natural plain background
- Wear the same/similar clothing
- Daylight or bright lighting
- Full body shot taken from head to toe
- Both front, back and side photos are required

This is a pinnacle point in your journey, these images are a tool we can use to measure progress and something we can look back on with progress and admiration to our commitment and hard work; please don't skip this step.





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Please get in touch for more advice and
tag us on your journey!

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www.bdy365.co.uk

1:1 PERSONAL TRAINING
ONLINE PERSONAL TRAINING

Amersham, Buckinghamshire

