

new**FIT**plan 2024



Description

newFITplan is a hands-on workshop where a client and the coach customize a feasible workout plan. Ideal for intermediate clients or the DIY enthusiast that wishes to get a broader understanding on fat loss and workout planning.

Create

- a workout schedule
- a fat loss expenditure plan
- an exercise catalog for the next 6 weeks
- a food catalog for the next 6 weeks

Learn how

- to plan consumption of proper macronutrient proportions
- supplements may boost your performance.
- to sequence your exercises for an optimized workout
- to implement several progression methods for continuous gains

Your Exercise Catalog

Learn how to create a list of staple exercises per each muscle group. This list of exercises can be stored electronically into the EfitX app where you can multi-select items you wish to perform on any workout day. The list also includes “Wild-Card” exercises to accommodate those busy gym days when your favorite equipment is not available.

Your Food Catalog

Eating out at restaurants and tracking your calories is a cumbersome task! The solution is meal prep ! Learn how to select healthy foods and create your own food catalog. Also learn how to create mix-match combos to enhance your meal experience.

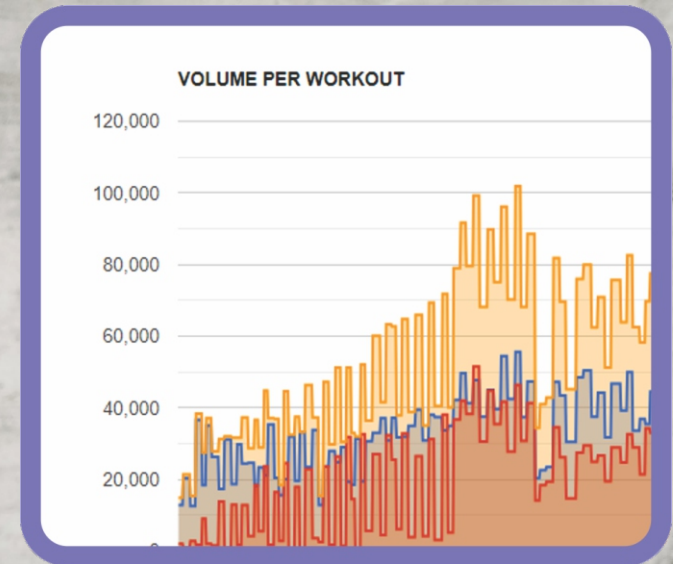


PROGRAMMING

Beginner	General	Maximal	Power
10 - 12	10 - 12	3 - 8	1 - 5
2	3 - 4	4 - 6	5 - 10
75 - 90 sec	75 - 90 sec	90 - 120 sec	120 - 180
70%	80%	80 - 90%	90 - 105%

Whether your goal is to lose fat, gain muscle or improve sports performance, it's important to create the appropriate sequence of exercises. Also your specific goal determines the amount of reps, sets and rest intervals between sets.

PROGRESSIONS



For optimal strength gains, you should include a progression EVERY next session you perform that muscle group. Learn whether you should add more weight to your load, add reps or sets. Learn what alternatives methods to take to change-up your routine so you don't hit a plateau.

HOW DOES YOUR BODY EXPEND CALORIES?

OSPM by EFITX



RMR

Your **Resting Metabolic Rate** is determined by the calories you expend when you are sleeping or extremely sedentary. This is the minimum amount of calories your body expends to keep vital organs functioning to live.



BMR

Your **Basal Metabolic Rate** is the amount of calories you expend based on your basic lifestyle. Getting up to walk, shower, eat and work are all factored into your BMR. This measurement only holds merit if you have a repetitive daily lifestyle.



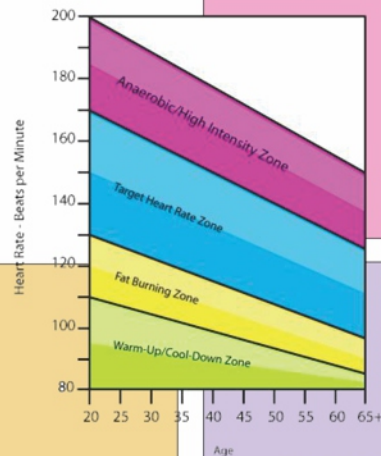
MAL

Metabolic Activity Level is a new type of measurement created in the **OSPM** Program. This is the estimated amount of calories accounted for random and sporadic physical activities throughout the week such as doing laundry or cleaning around the house.



AEROBIC

When you perform rhythmic exercise such as brisk walks, running, group class or specific sports, your heart rate usually sustains a moderate level. This is when you are in an **aerobic** zone.



ANAEROBIC

Anaerobic is when you perform short bursts of energy thus your heart rate is fluctuating up and down. Oxygen is difficult to maintain above 85% of your maximum heart rate for long periods. Weight Training is anaerobic.



EPOC

Excess Post-Exercise Oxygen Consumption are the "Afterburn" calories. After exercise, especially proper anaerobic exercise, your body will use more oxygen up to 96 hours. This escalated heart rate and lung capacity is due to the process of restoring muscle tissue and cellular repair.

UNDERSTANDING EXPENDITURE IS THE KEY TO FAT LOSS

- What is your target heart rate?
- How to maximize the afterburn effect of "EPOC" ?
- What is your BMR?
- How many calories do you expend per workout?
- Do you have a deficit of significant calories for the week?



VFIT COACH

Meet your Course Instructor

Vfit Coach (John Destacamento) is a well experienced Personal Trainer, Physique Competitor Coach, Powerlifting Coach, and “Olympic” Weightlifting Coach. He has been a fitness specialist for over 34 years and has accumulated over 39,000 hours of personal training experience. He is also a Web Developer and Founder of **Efitx**.



new**FIT**plan

Course 1: Getting Started

Course 2: Exercise HowTo's

Course 3: Advance Training Techniques

PRICES PER EACH 2 HOUR COURSE

In person (South Bay Area)

- \$85 (per person)
- Duration: 2 hours

Video Conferencing (global)

- \$75 (per person)
- Duration: 2 hours

Large Group (corporate or gym visit)

- \$65 (per person, up to 8 participants, 2 sessions, 4 per session)
- Durations: two 2-hour sessions

PREREQUISITES

Clients watch the Vfit Coach video series entitled "24 Fitness Tips for 2024." Optional: "BRAVE" video series. Coach performs an assessment with each client, in person or online. This fitness assessment includes 6 movements, completion of a medical history and fitness profile.

This workshop does not include HOWTO's. There will be a separate workshop offering HOWTO's which includes exclusive video access..

ALTERNATIVE VENUE

Mountain View Public Library
Mountain View, CA.

Workshops of up to 4 participants can be held in a conference room at the Mountain View Public Library. Subject to room availability. For Courses 1 or 3 only.



REGISTER

web: <https://efitx.com/newfitplan.php> OR send email to John at efitxapp@gmail.com

