

INTRODUCTORY HANDBOOK AND INSTRUCTIONS

Hi, and welcome to Wilton's Fitness and Performance

I first want to thank you for choosing me as your coach. I'm excited to embark with you on this stage of your health and fitness journey. As your trainer and coach will do everything I can to ensure that you succeed.

Not only do I want you to be proud of your accomplishments as we proceed, but I want you to enjoy the process. While remote coaching is a relatively new concept, I know that you'll enjoy it.

Before we begin, I'd like you to please read through this short information package. In it is important information about your program and how to execute it in the coming months. I've laid out what I'll be sending you and when you can expect to receive it in addition to guidelines for support.

Included in this package is also information on how the workouts are going to be presented to you and an explanation of all variables. Lastly, there is a waiver and some documents attached that need to be filled out in full before we begin.

Thank you again for choosing me to help you on your health and fitness journey. I'm here for you every step of the way.

Dedicated to your Health and Fitness
Wilton McCallum, CSCS

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In order to give you the direction, accountability, and support that you need there are a few elements to this program that I need to explain. I'll briefly describe them here.

SET UP THE APP

Once you receive the link to the app you will need to download it and set your private password. Please enter your any personal information into the app platform. The information you enter serves as a basic baseline in developing your exercise program. By establishing the baseline, I can begin to monitor and measure your progress. I may require additional information as I development of your program.

ADD YOUR PHOTO

Please add (load) a headshot picture so I will know what you look like.

You will need to take photos from four different angles. We will be comparing these photo to monitor your progress. Wear swimwear or athletic clothing when you take your photographs. Your clothes should fit the contour of your body. Stand against a white wall or a plain background. Stand naturally. Don't suck in or push out your stomach. Relax, do not pose. Please wear the same clothing or same type of clothing each time you take your pictures. Please ensure the picture has been time stamped by the camera or during the time it is processed.

MEASUREMENTS

Enter your measurements. Measurement can be taken with a standard measuring tape obtained from a local department store from the sewing or craft department.

ASSESSMENTS

Complete the assessment as described to the attached document. Please follow all instructions given on assessments closely. Your assessment, will allow me to design a more effective and safe program for you. More on this later.

WORKOUT INSTRUCTIONS

Your workout will be delivered to your mobile device via the app. It can be printed out and taken along with you to the gym. You can access video clips of me demonstrating the exercises thru the app and in the order the program was written. Changes made on either mode will automatically sync across devices.

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EATING GUIDELINES

All programs come with basic nutritional guidelines. I want you to be successful with your program and nutrition is a major part of the scheme. Nutritional guidelines will be delivered to you via the app or by email in the form of an attachment.

E-MAIL SUPPORT

This program includes email support. **Send your questions to me thru the Email portal on the app.** Questions will be answered on Monday through Thursday. Although I usually respond to your questions on the same day I receive them, please allow a 24-48-hour response time. Questions received after Friday evening may not get answered until the following Monday. But, I will do my best to answer them as they are received.

ACCOUNTABILITY & PROGRESS REPORTS

Throughout this journey I will be using various measuring tools that are designed to help you stay on track and keep you progressing. The tools chosen will depend upon the level of coaching and accountability you need. Some of these tools include exercise logs, food journals, weekly or bi-weekly checklists. **PLEASE COMPLETE THESE FORMS IN A TIMELY MANNER TO INSURE CONTINUED ACCOUNTABILITY and PROGRESSION** throughout your program.

Release/Foam Rolling

This is how you should start off every workout unless otherwise noted.. Soft tissue work via a foam roller helps loosen up, or *release*, stiff, short, or adhered muscle groups. It helps to restore optimal mobility. Each listed muscle group should be worked for at least 20 seconds, and as long as 40 seconds if you're really stiff.

And in addition to foam rolling on your training days, feel free to roll out on off days as well. Not only does it feel great, it can also expedite recovery.

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Corrective Exercise Movements

If you have gross movement difficulties or muscle imbalances you will be given a protocol to help correct these. This protocol can be done on a day other than your workout day. It can also be incorporated into your workout.

Warmup

Always warm up before you start your workout. I mainly use three types of warmup.

Total body warmup: A example of a total body warmup is using a rowing or skiing machine or an elliptical machine.

Specific warm up: It is especially important to warm up the specific muscle groups you are going to be using this can be as simple as performing a warm-up set of high repetitions and they like resistance for each exercise

Dynamic Warm Up: Dynamic mobility exercises are superior to old school static stretching when performed pre-workout. Not only do they improve tissue length in the short-term (like static stretching), but also, they're also active in nature. This is very important, as active stretching increases nervous system involvement and forces the body to not only produce movement but also *stabilize and control it* as well.

When performing dynamic exercises, really focus on the nuances of the movements – something as simple as a supine straight leg raise requires some focus the first time around! Dynamic mobility is geared to improve mobility in specific areas while also getting your body *ready* to train hard.

Strength Training

There are several key components to the strength-training portion, so I'm going to lay them all out for you here. But first, exercise execution.

Exercises

If the program you purchased does not have the app include and is a document: Press and hold Ctrl on your keyboard, while holding it down press place the cursor arrow over the exercise and press the enter key on the key board. The movement video will

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open in another screen so you can see how the exercise/movement is done.

Set – The number of repetitions performed without stopping.

Repetition(s) or Rep(s) – One movement or performance of a single exercise.

Tempo

You may or may not see this element in your work out but, I will explain it anyway.

Tempo is the speed at which you'll perform each repetition. The first number is the eccentric or lowering portion of the lift. The second number is the midpoint or pause during the lift. The third number is the concentric or lifting portion of the lift.

For a squat I may use a 311 tempo. In this case, it would look like this:

- 3 – 3 seconds to lower the weight (descending or eccentric phase of the movement)
- 1 – 1-second pause/hold at the midpoint
- 1 – 1 second to lift the weight back to the top position (ascending/standing back up or the concentric phase of the movement).

For exercises that *start* with the lifting portion (like a chin-up) this can be confusing, but the tempo still works the same. If you use a 301 tempo, it would go like this:

- 3 – 3 seconds to lower yourself from the top
- 1 – 1 second pause at maximal contraction/midpoint
- 1 – 1 second to “lift” yourself to the top

Rest Periods

How long to rest between a set(s) or exercises. Time between sets do mean something. Please follow the rest intervals listed on your workout. These periods allow the muscle or body to recover to produce the desired effect (your goal). These times have been heavily researched through scientific research. You can wear a watch with a second hand or timer function and keep track.

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Program Design Appearance

I use various element to design your program based on your goals. You will most likely encounter some of the element of program listed below.

I get many questions about the setup of the programs that include number and letter abbreviations, such as 1a, 1b, etc. In the case of letters, perform a set of 1a, rest for the allotted time, and then perform a set of 1b. Continue in this fashion until you've completed all your sets. These are commonly called supersets, tri-sets, or compound sets.

Straight Sets – Performing an exercise for the number repetitions listed. Resting for a period of time, then repeating the same exercise for a set number of sets listed. Straight sets are often written as 3 x 8 or 3 x 10-12. The first example means “perform 3 individual sets of 8 repetitions of an exercise or movement. You will rest after each individual set. Example two: “perform 3 individual sets of 10 to 12 repetitions of an exercise or movement. You will rest after each individual set.

Superset - A superset is composed of two exercise. Exercises listed in the superset will written as 1a and 1b. And will appear in your program written as:

1a Squat
1b Row

A tri-set is three exercises (tri)performed one after the other. Exercises listed in the tri-set will written as 1a, 1b, and 1c. And will appear in your program written as:

1a. Squat
1b. Leg curls
1c. Kettlebell swings

Any rest included between the sets will be noted.

Giant Set: Giant sets are constructed same as a superset and tri-set, but it can be more than three exercises.

Circuit Training- Individual performs the exercises in a circuit (one exercise after the other) then repeat the same group of exercised for additional sets as called for.

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POSTURE AND FORM AND VISUALIZATION

Important

Use **proper posture** maintaining proper posture will greatly reduce chances of injury and maximize exercise benefit. While standing, always keep your feet shoulder-width apart unless otherwise suggested. Do not lock your knees; it puts an unnecessary strain on them. Stand tall keeping your back flat and straight. Your core should be tight. Lower abdominals should be pulled in (See torso stabilization below). Make sure not to twist, arch your back, or swing the weight in order to complete an exercise. In general, when you can no longer keep your form...stop the exercise.

Torso stabilization: Refers to the use of abdominal and back muscles (called your anatomical girdle) to provide reinforcement and protection of the spine during lifting, sport or any other the vigorous activity. This acts as a natural lifting belt.

Stabilization is achieved through contraction of your anatomical girdle musculature (i.e. the transversus abdominis, internal/external obliques and the deep spinal muscles).

To achieve torso stabilization (or to engage your anatomical girdle) Suck in your stomach while exhaling. Next, as you feel your muscles contracting, stop and lock them in into this contracted state while you breathe normally and perform the exercise. This may seem difficult at first but it gets easier with practice and provides you an excellent spinal support and protection during your exercise.

Use **proper form**. Focus on the proper motion of the exercise as shown in the videos and references, while concentrating and **VISUALIZING** the specific muscle being worked.

Again, do not sacrifice proper form or posture to do heavy lifting or perform repetitions. Our goal is get results, not impress other or yourself.

EXERCISE INTENSITY

Exercise intensity fatigue-IMPORTANT. Try to fatigue your muscles within the

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repetition range given. You are at fatigue when you can't possibly do another rep. without sacrificing form. You may have a burning sensation in the muscles being worked. NOT PAIN

Range of motion (ROM). Moving through a complete range of motion ROM allows the muscle to stretch before contraction and increase the numbers of fibers being recruited. This produces maximal contraction. By working the full range of motion, flexibility would be maintained or even increased.

Notes on Gym Etiquette

If you will be working out in the gym (especially first timers). Because I won't be with you in the gym, I feel that it is important to ensure that you follow the unwritten rules. You might notice others breaking these "laws of the iron" but I want you to get as comfortable in the gym as possible as quickly as possible. Here are eight important rules and behavior to consider throughout your workout.

1. **Respect the no-lift zone**

Do not lift a weight within 5 feet of the dumbbell rack. It doesn't matter if you're doing shoulder press, split squat, biceps curls, or goblet squats or anything else. This area needs to free on gym goers can move freely.

When you pick up your weights and take 5 giant steps back.

3. After you use benches and other equipment etc. **PLEASE WIPE YOUR SWEAT** before you leave. Many gyms now day have policy pertaining to the sanitation of the equipment

4. **PUT THE WEIGHTS BACK (RE-RACK THE WEIGHTS)**. This is a biggie. Put the weight back after you finish with your set. Dumbbells and weight plates. Other may not be as strong as you. Again, **PLEASE** put the weights and other equipment back.

3. Keep your mats out of the way. Don't set up a mat in-between two benches in the free weight zone and do crunches unless you want a weight dropped on your head...just kidding, but, it can happen.

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Even if the gym is empty set up your mat out of the way. Either stick to the “ab zone” or place your mat in a corner out of the way. Please be considerate of others.

4. Avoid walk in front of the mirror while someone is in the middle of a set. If somebody is in the middle of their set, please take the long way around if you have to. If you can't take the long way around, wait for them to finish their set before walking in front.

5. BE RESPECTFUL (PERIOD).

6. Whether you are working out in a gym or at home BE SAFE. If you need a spotter, ask someone for help. Use your judgement when choosing a spotter. If no spotter is available.... change to another exercise or come back another day. Better safe than sorry.

7. Don't hog the equipment. Do your sets and move on. If it doesn't affect the integrity of your routine, you can also allow exercisers to work in with you.

8. DON'T HOLD UP EQUIPMENT. IF YOU NEED TO TEXT SOMEONE....PLEASE GET OFF OF THE WEIGHT MACHINES OR FREE UP THE DUMBBELLS, BARBELLS ETC.

Okay, my Friend....that it for now.

THANKS FOR YOUR ATTENTION TO THESE MATTERS.

“Let's Do This”