

THE EVOLVED

MINDSET & PERFORMANCE 30 DAY UPGRADE

PROGRAM GUIDE



STRENGTH



ELITE FITNESS



UNBEATABLE MINDSET



CHALLENGE

BUILD THE FOUNDATIONS OF UNSHAKEABLE PERFORMANCE

Are you lacking ability or blocking ability?



The Evolved personal training signature series



Daily Freedoms

Commit to these daily freedoms & build consistency with your routines

- () Start your day the same every day
- () Cold shower
- () Challenge your body
- () Watch read or listen to something that inspires, or educates you for 10 min a day - Choose from the list below or find your own
- () Eat like a warrior not a slave

YOUR TRAINING

During the 30 Performance & mindset upgrade you will be asked to train 3-6 days per week.

Your training is a mixture of real world strength exercises & elite level conditioning methods.

The goal of this program is to not smash yourself to bits on every workout. It takes a lot of discipline and self awareness to know when to put the foot down and when to back off.

Training will sometimes feel hard and sometimes feel easy.

We have programmed one moderate intensity day followed by one hard day followed by a recovery day. To get the most out of the program aim to hit as many days as possible with the easy recovery days being as important as the hard and moderate days.

You don't need to go beast mode in the gym every day to progress. Take your time get the basics right and then step up a gear when your body is ready.

We will also be taking into account recovery, sleep & nutrition during this program.

If all of these are on point or you have been training with us for a while. Put your head down and give this program every you have and reap the rewards of setting yourself up over the next 30 days.



NUTRITION ENERGY BALANCE & MACROS

Nutrition is at the centre of your performance. It will affect your mindset, fitness, recovery and pretty much every aspect of your life. During The Upgrade you will have a meal plan to follow work as close as possible to it and work closely with your coach to make tweaks as needed.

Fuelling your body with enough energy to fuel and recover from training & your day. To figure this out we need to find your energy balance.

Some good starting points to find your energy balance are your bodyweight x2.2 then x15.

Using my fitness pal calculate your protien needs first 2 grams per kilo of your body weight. then your minimum fat requirements 1-1.1x your bodyweight and then the rest in carbs.

You can also work with your coach using the neurotyping systems to work out a macro balance that will suit you.

Compliance and tracking is the key to success with your nutrition.

What ever your result is on your weekly check ins is valuble data to show what you need to do with your nutrition to get the result you are after.

You are not the results of your measurements, use the logical side of your data to make this simple process less emotional.

Apps & resources that we recommend

My fitness pal

<https://tdeecalculator.net/> - calculate your total daily energy needs

Or RP Diet app for full diet coaching

King, Warrior or slave? -<https://youtu.be/1D-yDnLXlo8>



WEEKLY CHECK INS & TRACKING

Each week we collect data to ensure you are not only getting the best results with your training. But that we are also positively impacting your health.

These are our weekly Biofeedback measures we like to track

CO2 tolerance test -

HRV -

Resting heart rate -

Energy 1-10

Appetite 1-10

Focus 1-10

Training / work performance 1-10

Nutrition compliance yes or no

N.E.A.T Yes or No

If you are working on body composition we do a weekly check in on these measurements all measurements should be taken first thing in the morning straight after you go to the toilet on awakening

Weight

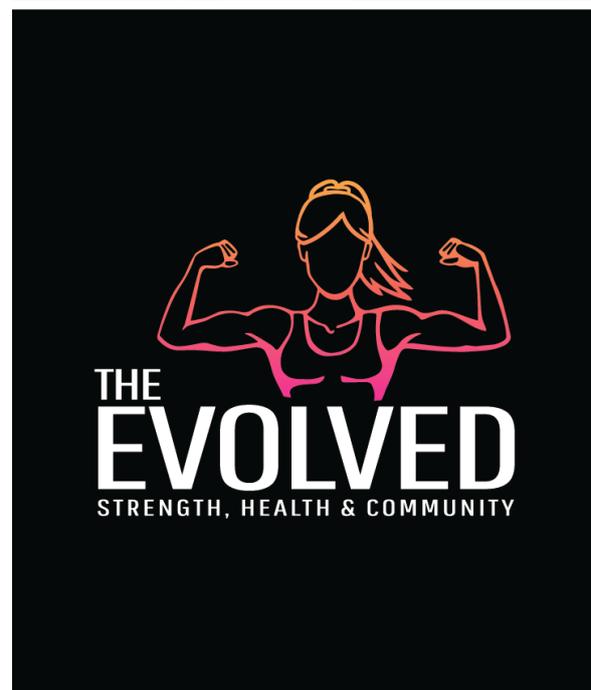
Girth measurements

Body composition scan or a photo taken in the same light, clothing and position.

Send your results to your coach to help you make adjustments and break down your results with you.

Weekly check ins are one of our best tools when making strength and body composition changes.

Be consistent, check in and then work on the process that will get you the result you are after.





Feed your mind



BOOKS

- Cant hurt me - David Goggins
- Extreme ownership - Jocko willink
- Breaking the habit of being you - Dr joe dispenza
- Atomic Habits - James clear
- Awaken the giant withiin - Tony Robbins

PODCASTS

- Joe rogan - Evander Holyfield
- Anything with David Goggins
- Tony Robbins podcast
- Aubrey Marcus Podcast
- High Performance Habits
- Mike Tyson - Hot Boxin
- Paul Check Livin 4d
- Quote of the day podcast
- The Unbeatable mind podcast

