

THE QUICKSTART GUIDE



TEAM **B** **O** **D** **Y** PROJECT[®]

QUICKSTART GUIDE

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www.teambodyproject.com

INTRODUCTION TO TEAM BODY PROJECT

You now have access to over 200+ workouts, multiple workout plans, educational books and a vast range of resources to use in pursuit of incredible results.

We provide the most complete health plan in the world, but there is no need to feel overwhelmed.

This guide will help you:

- A. Choose an exercise plan
- B. Get set up for success
- C. Make small changes to your diet and lifestyle that will improve results

With the Quickstart Guide you can be confident you will:

- Lose fat and retain muscle mass
- Get fit and tone your muscles
- Improve most health markers
- Reduce chance of disease



STEP 1: THE FITNESS TEST (OPTIONAL)

Before you start following a Team Body Project program we recommend finding your starting point using our fitness test that assesses various aspects of fitness:

1. Upper body strength – press up (moderated or full)
2. Lower body strength – squat and ski sit
3. Core strength – plank (moderated or full) and sit up
4. Cardio fitness – burpee (moderated or full)

This fitness score should be seen as a **guide only**. Given the limited amount of exercises, it is not definitive.

Why is the fitness test important?

1. Most people are stronger in certain areas. This test will enable them to highlight areas for development.
2. The fitness test provides you with a benchmark to track your progress. As you move through our programs it's exciting to track how far you've come.
3. Taking the fitness test will allow us to suggest the most suitable Team Body Project workout program for **you**.

Take the fitness test now before returning to this module.

[CLICK HERE FOR FITNESS TEST](#)

What happens after the fitness test?

Once the fitness test is complete we will recommend a workout plan based on your score. Guidelines on suitable fitness test scores are in this module for all exercise plans.

Opting out of the fitness test

You may decide that you don't feel ready for the fitness test or you are already confident in your own ability. If you feel that you are a complete beginner, or have been out of a regular exercise for a while, you can select the 'Real Start' program which is the lowest impact plan. If you already know that you are either a 'starter', 'intermediate' or 'advanced' exerciser, you can begin your journey with either the 'Trainee', 'Apprentice', or 'Graduate' plans respectively.

STEP 2: CHOOSE A WORKOUT PROGRAM

Once you have chosen a workout program, or if you have already chosen a workout program, you are ready for the next step.

STEP 3: INCREASE NEAT

Non-Exercise Activity Thermogenesis (NEAT) is activity beyond your focused exercise and natural metabolism. It's a combination of your normal daily activity, your posture and your general movement – anything that uses energy beyond deliberate exercise and your baseline metabolic rate (BMR).

Ignoring NEAT has a far greater impact on your metabolism than anything else.

- Buy a tracker
- Make good choices
- Be active

Moderate versus Low NEAT over 12 weeks

| | Person 1: Moderate NEAT | Person 2: Low NEAT |
|---------------------------|--------------------------------------|--------------------------------------|
| NEAT | +500 kcal per day | +250 kcal per day |
| Calorie intake | 1,500 kcal | 1,500 kcal |
| Exercise | 30 minutes = 250 kcal | 30 minutes = 250 kcal |
| Weekly difference | 1,750 kcal more burned than Person 2 | 1,750 kcal less burned than Person 1 |
| 12 week weight difference | Lost 6 lb more than person 2* | Lost 6 lb less than person 1* |

*assuming 3,500 kcal = 1 lb in bodyweight

Deciding on NEAT

The main way we control NEAT is by tracking our steps. The majority of phones have free apps to use or you can buy an activity tracker.

NEAT table

Low NEAT: Less than < 5,000 steps per day
 Moderate NEAT: 5,000 – 10,000 steps per day
 Higher NEAT: More than > 10,000 steps per day

STEP 4: TAKE MEASUREMENTS

If you want to know that what you are doing is working, you'll need to take measurements to check against.

As a general rule of thumb you can take:

- Weight weekly
- Measurements bi-weekly
- A photograph monthly

Weight

We suggest against weighing every day as it can fluctuate with water retention and cause unnecessary concern. We recommend weighing weekly as it gives you the opportunity to 'steer the ship' if the results aren't what you were expecting.

Calibrating scales

Find something heavy that is a fixed weight like a dumbbell (over 7 lb / 3 kg).

- Before you weigh yourself, first weigh an object to ensure the scales have not changed the calibration point
- Check the weight of the object a couple of times
- Recheck the weight of the object every week before you weigh yourself to check calibration

Creating similar conditions before weight is taken

1. Eat your last meal of the day as early as possible on the evening before. Make this the same time you eat your final meal every evening before weighing and measuring
2. Weigh yourself AFTER any bathroom toilet habits and BEFORE any drinks or foods in the morning at the same time
3. Weigh yourself completely naked or with underwear only

This time of the week, EVERY week is the ONLY time you weigh yourself – after eating at the same time the night before and following the same protocol in the morning.

A note on single measurements

Never take the number on the scales on any given week too seriously and certainly don't panic and make drastic changes one way or another. Whether you've lost 4 lb (1.8 kg) or gained 1 lb (0.45 kg) in a single week is not necessarily indicative of your overall direction. If you consistently don't lose weight or consistently gain weight, that is when you should respond.

Taking measurements

You should take your measurements every two weeks and if you're going to do it, you should have a decent measuring tape that you can use easily. Take measurements after you have weighed yourself. Always tighten the tape to a snug fit.

| | |
|-------------------|--|
| Shoulder: | Measure at the widest point of the shoulders. Measure after a normal rather than forced exhalation. |
| Chest: | Measure across the nipple line. Measure after a normal rather than forced exhalation. |
| Upper arm: | Measure at the halfway point between elbow and top of shoulder with an unflexed arm. Measure to this point if you have to. |
| Waist: | Measure across the belly button. Relax and measure after a normal exhalation. |
| Hips: | Measure at the widest point. |
| Thigh: | Measure halfway between the knee and the thigh crease. |

Taking a photograph

Take a full body photograph:

- Directly front on
- Directly back to camera
- Facing to one side

Take all future photographs in the same room under the same lighting conditions. If you retake your photos every month you should see a significant difference in your image and it is a very visual way of tracking your progress over a period of time.

STEP 5: GETTING EQUIPPED

For workouts:

- Dumbbells (see *Buying the correct weights* on the following page)
- Exercise mat
- Water bottle
- Towel
- Comfortable exercise clothes
- Suitable training shoes (for most people 'cross trainers' are the best option for home workouts)

For measuring:

- Calibrated scales
- Measuring tape

For nutrition:

- Containers for prepared food
 - A good blender or juicer
 - Protein shaker for shakes and smoothies
 - Non-stick frying pan
-

Buying the correct weights

Beginner female dumbbell set

Unless you can afford it or already own them, there is little point in purchasing weights that are 1 kg or less. You will soon grow out of them and can use water bottles or other household items instead.

Note: 1 kg = 2.2 lb

1. **First set (light).** Your starting 'light' weight should be around 2 kg (4-5 lb).
(**Note:** if you are using 1 kg for 'light' this will become your medium weight.)
2. **Second set (medium).** Having a 'medium' weight of around 3-4 kg (6-9 lb) would be hugely beneficial
3. **Third set (heavy).** After a time, you may feel like exercises such as squat variations are proving too easy with 3-4 kg weights and at this point we would recommend purchasing an additional set of dumbbells of 5-6 kg (10-14 lb).

Beginner male dumbbell set

1. **First set (light).** Your starting 'light' weight should be around 3 kg (6-7 lb).
(**Note:** if you are using 1 kg for 'light' this can become your 'medium' weight.)
2. **Second set (medium).** Having a 'medium' weight of around 4-5 kg (8-12 lb) would be hugely beneficial.
3. **Third set (heavy).** After a time, you will feel like exercises such as squat variations are proving too easy with 4-5 kg weights and at this point we would recommend purchasing an additional set of dumbbells of 7-8 kg (14-20 lb).

Note: These are rough guidelines only and you should adjust according to your own strength and capabilities.

STEP 6: IMPLEMENT THE 10 RULES OF NUTRITION, EXERCISE AND MINDSET

Ten nutrition BASICS

The ten basic principles outlined below can be applied to successfully achieve results.

1. Eat protein

Most people don't eat enough protein, but protein is the building blocks of the human body. Without it we can't repair or build new muscles.

TASK

Make 25% + of each meal protein based.

2. Eat healthy fats with every meal.

Healthy fats are vital for your immune system and your emotional and physical health.

TASK

Make 25% + of each meal fats based.

3. Eat healthy carbs with every meal.

Carbs aren't bad. They support performance, energy and repair.

TASK

Make 25% + of each meal carbohydrates based.

4. Load up with vegetables.

Vegetables fuel the digestive tract, making you feel full while being packed with vitamins and minerals.

TASK

Make between a quarter and half of your plate vegetables with every meal.

5. Drink enough water.

Think you're hungry? You may be thirsty. Drink plenty of water and keep hunger at bay whilst supporting just about every process in the body.

TASK

Drink between 1 and 3 litres of water every day - adjusting for exercise, climate and overall body weight.

6. Eat slowly.

If you eat slowly you will eat less, enjoy the food more and utilise more of the nutrients.

TASK

Put your cutlery down between each mouthful and enjoy your food. Don't pick up your cutlery again until you have finished your mouthful.

7. Consider quantity.

Calorie balance drives fat and weight loss.

TASK

You can track calories, practise portion control or eat intuitively, but you must consider quantity to lose weight.

8. PLAN to break the above rules.

When it comes to weight loss, good enough is better than perfect. This creates long-term sustainability. You can't eat healthy ALL the time.

TASK

Decide when you are going to relax and break the rules. Provided you eat healthily more than 70% of the time, you will get results.

9. Control your environment.

A healthy environment makes eating healthily much easier.

TASK

Prepare your meals in advance. Have healthy snacks, water and supplements available and ready. Clear out your cupboards.

10. Food is only food

Food is all crucial for our healthy and living a good life. No food is good or bad, it is only food.

TASK

Remind yourself that food is not the solution to or cause of our problems. It is food that can be enjoyed and helps us live a healthy, happy life.

Follow these 10 rules alongside a regular exercise routine and lifelong results are guaranteed to be yours.

ACTION

Implement these rules into your health plan as much as you can.

Ten Exercise BASICS

Use the following basic rules to get the most from your exercise:

1. **Exercise for more than 150 minutes per week** to place your body in 'fat burning, muscle repairing mode' (around 20 minutes a day).
2. **Exercise for no more than 450 minutes per week** unless you have performance specific goals (around 60 minutes a day).
3. **Include a mix of resistance, cardio, mobilization and active recovery** for best results.
4. **Have at least one rest day** (total or active) per week.
5. **Have a 'lighter' exercise week every 6-8 weeks** to maximize long-term progress.
6. **Increase personal intensity** on days you have the energy.
7. **It's fine to 'go through the motions'** on days you feel tired.
8. **Know which muscles you are using** at all times.
9. **Consciously apply tension to the muscles you are working.**
10. **Just press play.** When in doubt – just do it!

ACTION

Implement these rules into your health plan as much as you can.

Ten Compliance BASICS

The most important factor behind your success is getting it done. A good health plan that can be followed all of the time is infinitely better than a 'perfect' plan that you struggle to follow half the time.

1. Just do it. THE motto at Team Body Project.

Raining? Do it anyway. Feel bad? Do it anyway. Feel tired? Do it anyway.

Nobody regretted a workout. Ever. Nobody regretted a healthy meal. Ever.

2. Choose discipline. (Motivation is a dirty word here..)

If you think motivation will help you reach your goals - you won't reach your goals. Only discipline can help you achieve your goals.

Choose to be disciplined and see your plan through.

3. Let 'mistakes' go.

You will make 'mistakes'. You will eat the wrong foods and miss workouts.

Provided you let it go and move on it won't have ANY impact on your results.

4. Focus on building habits.

Habits drive everything, from drinking water and daily exercise to that Soy Latte you drink every day on the way to work.

Regular habits are the game changers.

5. Plan 'unhealthy' meals.

You can't eat 'healthy' all the time. You decide when you do and when you don't. Be in charge of your choices, healthy and less healthy.

6. Plan rest periods and downtimes.

You can't exercise at the limit all the time. Decide when you will put your feet up for a few days in advance.

7. Expect peaks and troughs in your results.

There will be weeks when you don't lose weight. There will be weeks when you gain a little weight. It is inevitable. If it happens a couple of weeks in a row make some changes.

8. Draw a line in the sand.

Every day is a new day. Bring your successes, and learn from your mistakes - don't bring them with you.

9. Be prepared.

If you want to eat healthy and exercise, you have to be prepared. Prepare snacks, prepare meals and prepare your day.

10. Just do it. Did I say that already?

If all else fails. Just. Do. It. This philosophy works!

You'll feel better and ready to go again if you just do it!

ACTION

Implement these rules into your health plan as much as you can.

Summary

To implement a comprehensive and effective Quickstart:

- Take the fitness test (optional)
- Select a workout plan
- Focus on achieving higher NEAT
- Take measurements to track against
- Get equipped
- Implement the nutrition basics
- Implement the exercise basics
- Implement the compliance basics
- Join the community (optional)