

THE AESTHETIC ATHLETE



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YOU ARE POWERFUL .



Welcome to the Aesthetic Athlete, I created this program to give people more clarity within their health and fitness. Throughout the e-book there are four main topics: mindset, exercise and nutrition. We dive a little deeper within the understanding of these topics, but I have showcased them in a way for you to understand with imagery and explanation.

This is not a process to be rushed, you need to understand your mind and body, to actually know thyself is very empowering. Transformation comes from acceptance of where you are now, then it is within your power to make a change.

This piece of work is here to inspire you to take action towards your health and fitness goals. I sincerely hope you create a positive transformation where you can feel healthy, confident, powerful and energised.

For any questions go to
www.adams-fitness.com

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Qualified:
Level 3 Personal Trainer
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DISCLAIMER:

Always consult your physician or health care professional before performing any exercise or making any changes to your current diet. By using the program outlined in this e-book, you agree you are doing so at your own risk and the author shall not be held accountable for any physical injury or any health-related issues.

This e-book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention. In the following pages, you will be given the best up to date knowledge in the health and fitness industry.

While every effort has been made to ensure that the content of this e-book is as technically accurate and as sound as possible, neither the author nor the publishers can accept any responsibility for any injury or loss sustained as a result of the use of this material. You will have some feelings of exertion during each activity session and may become hot and uncomfortable at times.



Less Input Maximum Output

Follow the Pareto principle, which is to focus on the 20% that will generate most of the results, you do not need to be focusing on all the unnecessary parts of your health and fitness journey, this only wastes time and builds frustration.

The main thing you want to do for any program is focus on the main action that will generate the most results, that is exercise/movement, then secondary nutrition etc.

You don't need to learn every single thing, like Bruce Lee said discard what is useless and add what is uniquely your own. You don't need expensive equipment, you don't need to be putting so many hours into it, you just have to be doing the right things that count.

The less effort, the faster and more powerful you will be – Bruce Lee



Goals

Goal setting is one of the most important factors as it will keep you on track of the larger process, without a goal how are going to direct your actions and energy?

Every action should be directed towards something constructive. You could even make it weekly, monthly and yearly goals. All you have to do is make a table or even write it down and pin it up on your wall this will remind you each day.

Dont forget about your goals!

1 Short Term

2 Medium Term

3 Long Term



Environment

Every garden needs the right foods to flourish such as light, soil, and water. Your environment plays a key role in how you promote your habits.

Set up the right environment on this health and fitness journey, so that when you wake up there is a bottle of water to drink, when you step outside there is a space for you to exercise, when you read your diary there is a session planned or when you get up your trainers are waiting for you at the front door.

These little things are promoting or reminding you to grow physically and mentally.

Optimise your health and fitness through your environment, it plays such a key role. The environment and organism are inseparable.



TRAINING TYPES



LOAD

Loading the body is important to drive the physiological changes within the body. We load in various ways through weight training, body weight training and any weight bearing activity.

RECOVER

Recovery is vital to promote growth within the body, our body does not grow during stress and impact, but during your rest.

Maximise your recovery with various methods.

ADAPT

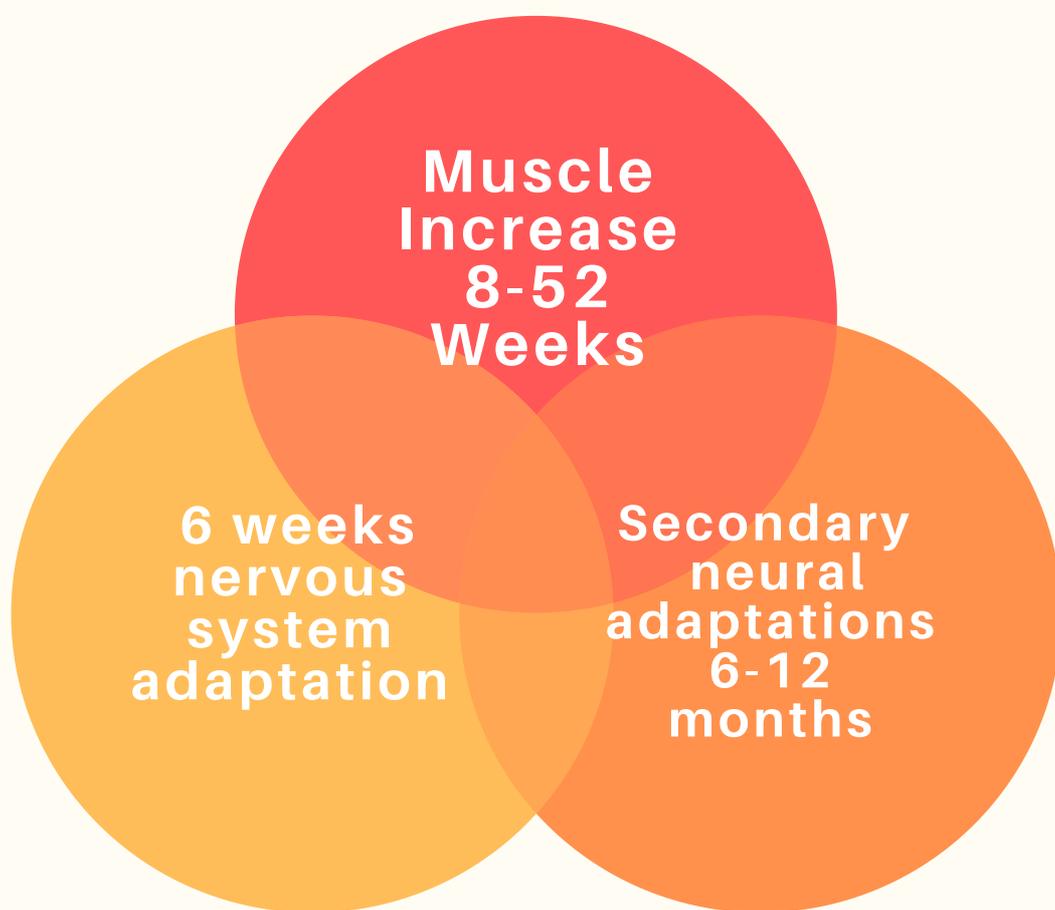
You will adapt naturally within the body through the healing process, but mental adaptation you will need practice through discipline and fluidity.

Adapt your training to whatever the time and challenge that's in front of you.



EXERCISE KNOWLEDGE



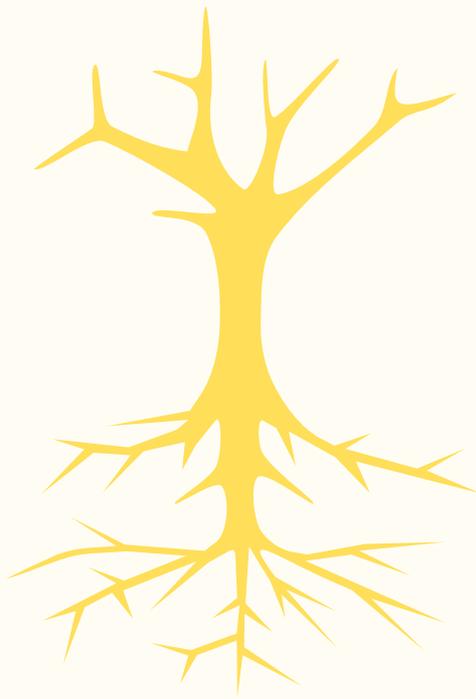


Adaptation

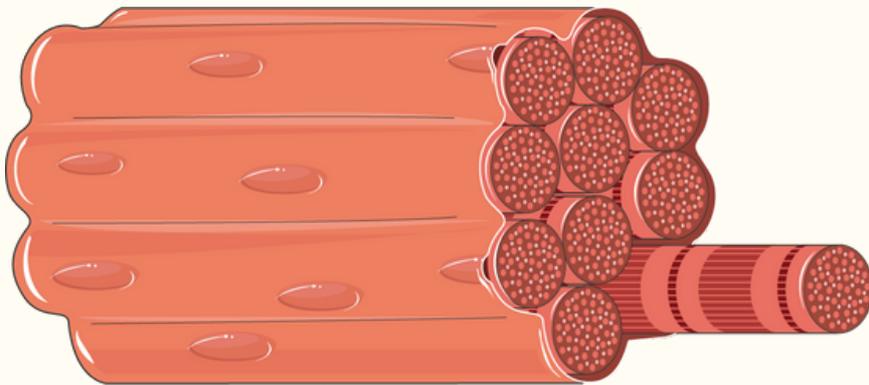
You will notice adaptations within the body within the first 6 weeks. The adaptation at 6 weeks is most likely to be neural adaptations (Nervous system).

Beyond that around the 8–52 weeks you will then start to see muscular growth within the body.

The adaptations will be more noticeable on a beginner in comparison to someone who has already been training regularly.



First: The nervous system is always learning, constantly rewiring, and taking on information.



Second: The muscles are controlled by the nervous system, therefore they adapt accordingly to the information provided.

WHOLE BODY

01

SQUATS

02

DEADLIFTS

03

BENCH PRESS

04

ROWS

05

PULL UPS OR LAT PULLDOWN

06

SHOULDER PRESS

07

CORE (ANY CORE EXERCISES)

COMPOUND MOVEMENTS

Barbell Squat

Targets:

Thighs & Hips

How to:

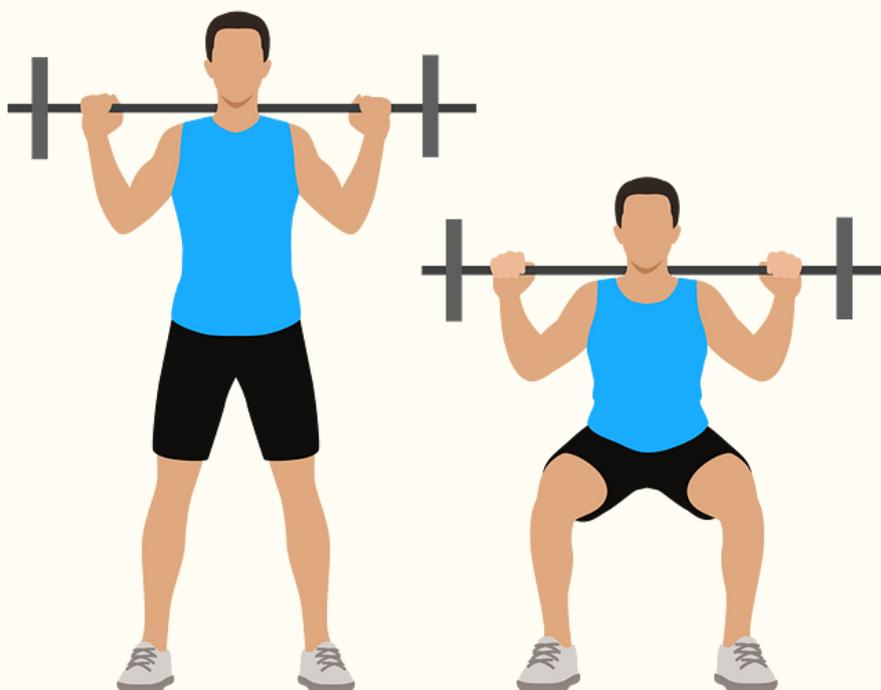
Start Phase: Start in the neutral position with your feet shoulder width apart. Slight bend in the knees.

Lowering phase: Breathe in, bend the knees, keeping the load on the thighs and hips and then sit back into your hips. Aim to keep your chest throughout the movement.

Drive phase: Drive your feet into the ground, breathe out and extend the hips and legs to stand up.

Tips:

- Avoid overextending the back on the lowering phase
- You shouldn't feel any tension on the lower back
- Aim to keep your knees out on the way down and back up to engage the hip muscles



MOBILITY MOVES

Overhead Squat

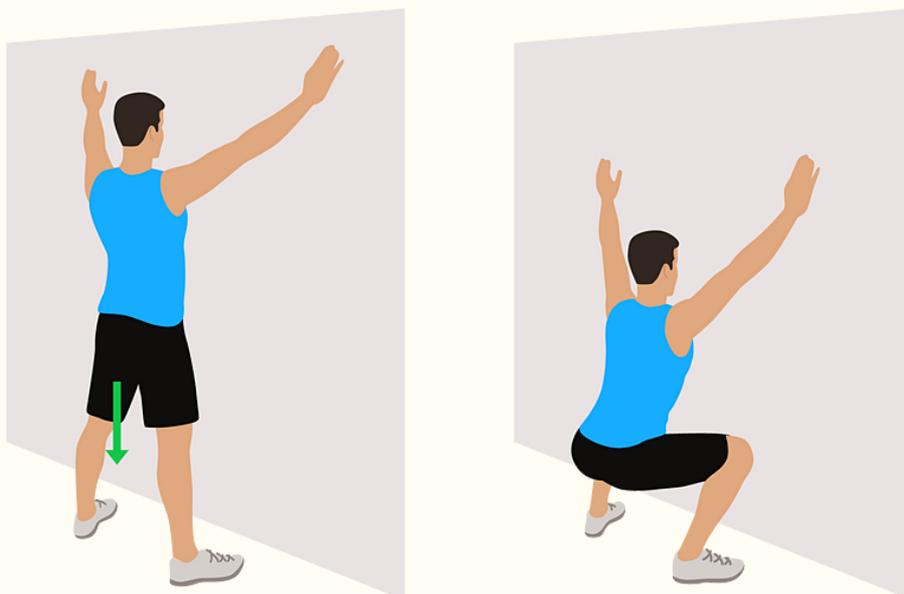
Targets: Hip Mobility (Essentially whole body)

How To:

- Stand close to the wall, leaving a gap of around 12 inches, move further if you have less mobility and move closer if you have good mobility
- Start with feet shoulder width apart with your arms up and out like star fish
- Drop into a squat, by bending the ankle, knees and hips. Keeping contact with the wall with the hands.
- Go to your lowest point before you start losing shape and control of the overhead squat

Tip:

- If you have tight hamstrings or tight lower legs then use a plate to raise your heels to allow you to have more depth
- Aim to open the knees out as you go down to give you greater depth and shape





NUTRITION

**LET FOOD BE THY MEDICINE
AND MEDICINE BE THY FOOD.**

– HIPPOCRATES





Macronutrients

Proteins are the building blocks for muscles, proteins are broken down to their molecular level called amino acids. These amino acids help muscles grow and recover this is why it is important to eat enough protein throughout the day. Muscles are made up of 20% protein and the rest is water, wherever protein goes water follows.

Fats are essential for human function and vitamin absorption. Essential fats improve insulin sensitivity, making them more responsive and by allowing the nutrients that insulin transports to enter the cell more easily. This helps muscles grow and uses more body fat as energy.

Complex carbohydrates such as porridge or pasta are our main sources of energy, which get converted into sugar (glucose) at a slower rate in comparison to simple carbohydrates such as honey. These nutrients are important to sustain energy balance throughout the day.



Fat Loss

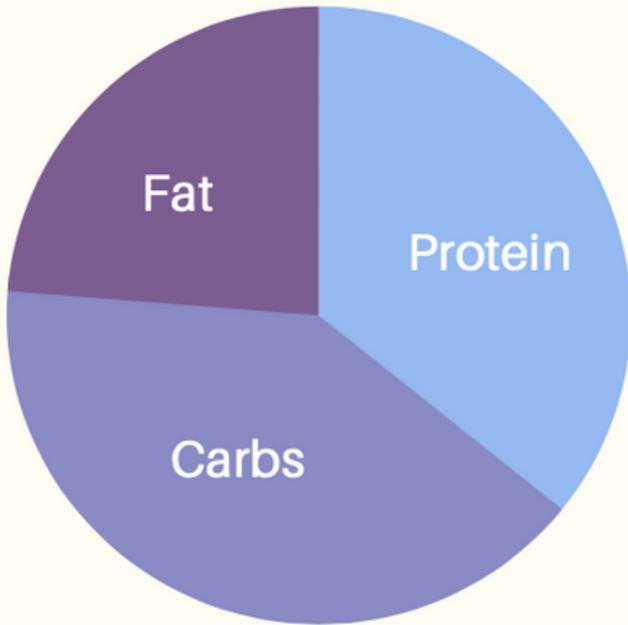
Training for an hour a day only contributes to 5% of the day, within the week if you are training 5 times a week that it is only 3% that training contributes to the week. We need to expand the perspective and realise all the other stuff that you do to contribute to weight loss not just training alone.

Our body burns more calories at rest than it does during a training session, this is because outside the training window we are counting the calories over a longer period. Therefore, counting calories during a workout isn't really that important—don't sweat the small stuff .

Of course, training will increase metabolism due to exercise post oxygen consumption and recovery of tissues but, training alone is only a small factor of the bigger whole.

Achieving fat loss or weight loss can only occur when you have a caloric deficit. Training the body is to get stronger, and when eating that is to supply the body with nutrients and energy. If we have an over consumption of calories then we will gain weight and generally this weight is stored as fat. There are methods to target which tissues we supply primarily and this is explained below.

MEAL GUIDE BREAKDOWN



BALANCE

- Balanced Protein
- Balanced Carbohydrate

This meal plan fits in the more balanced diet spectrum, a balance of carbs and fats, which is good for maintenance and fuelling workouts.

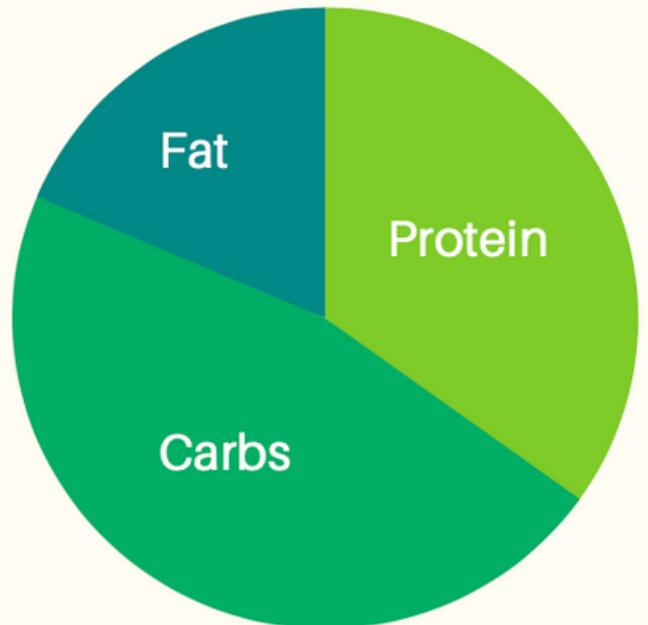
The calories may not be enough for the meal guide above, so you can add snacks or another meal to make sure you are getting enough calories.

BUILD

- High Protein
- High Carbohydrate

This guideline intake is generally for those who want to bulk up and put on muscle mass, it is better to bulk up on healthy and whole foods.

these number are just estimates, but to give you an example this is what it would look like.



BURN

- High Protein
- Low Carbohydrates

This guideline intake is generally for those who want to shift fat, but maintain muscle mass, this is a struggle to maintain for too long as performance and energy levels can be hindered.

These number are just estimates, but to give you an example this is what it would look like.



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