



THE COMMANDMENTS

Presented by Cam Ward

Daily Routine:



Daily routine is something you must nail in order to insure adequate progress.

Good daily routine allows for better recovery and performance, allowing you to excel further in bodybuilding and life.

Routine can and should revolve around sleep, training, work, meal timing, and any other daily tasks you must perform.

Sleep & tips to improve sleep:

Poor sleep will affect performance, sex drive, appetite, and overall well being.

Blue light glasses if working on screens after dark.

Turn off phone 1hr before bed.

Finish strenuous tasks 90min prior to bed.

Practice getting up and outside for sunlights exposure first thing in the morning.
(will help set circadian rhythm)

Practice 5min of nasal breathing when you get in bed to help relax.

Hot bath/shower before bed.

Reading or journaling before bed with low light.

Cool down room temp and turn on fan.

Finish last meal 60min prior to bed.

Finish water intake 2hrs prior to bed. Can have sips with meals.

Ensure electrolytes are balanced.

If desired get a sleep tracker (Apple Watch, FitBit, Oura Ring).

Stay away from alcohol and stimulants 5hrs prior to bed.

Start a good sleep hygiene routine.

Goal Setting:

Set short term and long term goals.

Set daily goals and start your day off by knocking one out to set a winning mentality for the day.

Shift Workers;



At FTP I want to ensure all demographics of clients are able to be successful.

Day Leading Up to Night Shift

Sleep in as long as possible (but do not throw off daily routine).

Avoid caffeine first thing in the morning for possibility of an afternoon nap before night shift.

During Night Shift

Stay Active! Even if its a sedentary position get up once an hour and walk around for 5-10min.

If having caffeine have it early on in your shift to not disrupt sleep later on.

Limit light exposure on your way home. Wear blue light glasses if need be.

Between Night Shifts

Use an eye mask if having to sleep during daylight hours.

Use a sleep aid such as melatonin.

Get to sleep as soon as possible.

Darken room to recreate night time.

Resetting Post Night Shift

Allow for 2hr nap post shift.

Get outside upon wake and get some sunlight.

Nutrition

Keep nutrition the same as normal keeping typical daytime eating routine.

Keep meal timings 2-3hrs apart.

Training

Limit training in a fatigued state (manage training volume with coach if need be).

Nutrition:



Meal Timing and Digestion

Not everyone has the same lifestyle and schedule work out what fits your life best to help you stay on track and tick the daily boxes.

3 x 10min walks daily after meals will help digestion and help keep food moving through the digestive tract. Especially in the off-season.

On training days it is vital and pre and post workout meals stay as pre and post meals. Have other meals as they suit best. Avoid combining meals.

Eat pre workout meal 60-90min prior to training.

Post workout meal should be consumed within 90min post training.

Eat all meals in a relaxed state with resting HR to ensure proper assimilation.

Do not eat directly after a stressful task.

Eat slowly and chew your meals properly. Digestion starts in the mouth.

Drink water around meals not with them (sips pre during and after are fine).

Hydration, Water, and Salt Intake

Hydration is not just water, it is the balance between water, sodium, and potassium.

All will have instructions for salt 2-3.5g per meal potentially. Use pink himalayan or celtic sea salt.

Salt in particular aids in thyroid function and replenishes what is lost during exercise.

Salt and water intake will depend on body size.

Females should have at least 3.5L of water a day and men should have at least 5L.

Food Guidelines:

***Competitive Clients - this is for the offseason!**

During prep nothing extra will be added unless specifically stated by coach.

DO NOT MAKE FOOD BORING - use different cooking methods, air frying, boiling, roasting, grilling. Add herbs and low sodium/sugar seasonings.

Cook using a spray avocado oil and wipe away excess before cooking.

Use reduced sugar sauces.

Use reduced sugar condiments.

Can use stevia sweetener if desired.

Off Plan Eating:



*Competitive Clients

NO off plan meals during prep unless specifically stated by coach.

FOOD IS NOT THE DEVIL - one off plan meal will not destroy your progress.

Try to macro or calorie match the meal you are replacing.

If you overeat pull back some on some of your other meals for the day.

Training:

Progressive Overload

In order to grow and for performance and strength to increase your body will be forced to adapt to the tension put on the muscle that is greater than anything put on it previously.

Key word there is TENSION. As bodybuilders or physique athletes we use tension to target a muscle not weight or load.

If you fail to provide your muscle with enough of the right stimulus it will not grow it is that simple.

6 Key Points to Progressive Overload

Perfect execution before increasing resistance.

Regulate Tempo.

Increase Reps.

Increase Volume.

Increase Training Frequency.

Vary rest times between sets.

Log Book:

Must invest in a log book to track lifts prior to starting coaching!

A log book allows for detailed tracking over time to assure we are moving training in the right direction.

What to Log?

Weight

Reps and Tempo

Execution (1-10)

Machine Set Up (Seat Position, Handle Position, Etc..)

Warm Up Sets:



Bring heart rate up to working level to ensure blood flow to targeted tissues.
(5min brisk walk on treadmill).

All working sets should be maximum effort to failure.

Example: (Squat)

20lbs x 12

40lbs x 8

80lbs x 5

150lbs x 3

200lbs x 2

Example for compound work.

For isolation work 1-2 sets to feel the muscle & get it activated should be enough.

Tempo

3:1:2:1

For a squat example this is 3s down, 1s pause in the hole, 2s on the way up, and 1s reset at top.

NEVER USE MOMENTUM! Momentum Kills Gains!

We want to make the lightest load as hard as possible.

Tempo will help create mind to muscle connection and decrease risk of injury

Recovery Considerations:

Sports Massage

SLEEP!

Chiropractic Work

Hot Baths with Epsom Salt

Morning cardio/steps (Active Recovery)

Mobility Work on Rest Days

Stretching on Rest Days

All Gas, No Brakes

