



HLP HOME TRAINING CHEATSHEET

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1. Home Training Cheat Sheet

Thanks for downloading the HLP Home Training Cheat Sheet.

Obviously, the health and fitness industry has changed a little as of late. With gyms shutting and people being forced to train from home, the dynamics have changed completely. Yes, there are hundreds of so-called coaches and trainers on the internet throwing up workouts left right and centre, but where do you begin and who do you trust? We must remember that fitness is like anything else in life, whereby if we want to be successful, we must formulate a plan and a system that helps us to achieve a desired outcome.

If we do not have a plan our structure, then our gains will quickly diminish. Similar to our blood glucose levels after eating some jelly babies, we will be on a high one second and crash the next. Do not fall a victim to doing random workouts that won't help you towards your goals, and may actually end up injuring you.

With all that in mind we have put together this cheat sheet to help you get the most out of your training during lockdown.

1. What do I want to achieve?

- In order to get results, we must know what results look like to us. What is it I am trying to achieve? Am I an athlete who wants to work on improving my speed and agility or is my goal simply to lose some weight and improve posture? One of the problems with the internet is that there is too much information available and without the right guidance people without a background or education in physical training will jump on the first workouts they see.

- Have a clear picture in your head of what it is that you want to feel, look and perform like. How much quicker do you want to be? How much weight do you want to lose? How many push ups do you want to be able to complete?

- Once you have some real targets in your head you can begin to reverse engineer the process and build a fitness training program that will work for you.





2. What resources and time do I have available?

- When formulating a training plan it is important to ask yourself how much time can you readily commit, when are realistic times for you to train and how long for per session?
- Rather than training for 10 hours one week and 1 hour the next, the best route you can take is being realistic from the start and setting out clear guidelines of when you can train on a weekly basis.
- Obviously this might change slightly from week to week and you can adapt, but in totality you want to build a good solid foundation to go off. For example,
 - Every morning and evening 10minutes of mobility
 - Monday, Wednesday and Friday = Full Body Strength for 45minutes at 6pm
 - Tuesday & Thursday = Run or Cycle for 30mins followed by 30mins of yoga/pilates
 - Saturday = HIIT session
- The reason it is so important to build a foundational structure is because as humans we are creatures of habit. We are more likely to stick with something if we have built a routine.

3. What are my current strength & weaknesses?



- When building a program it is important to ask yourself what is it that I am good at and what do I need to work on. We can do this from both a physical, nutrition and lifestyle standpoint.

- **Physical:** I may have really good strength, but my flexibility is poor. Well in order to continue to improve strength, power and overall quality of living it may be important to put more flexibility work into your routine. Alternatively, it may be the other way around, you may have great flexibility but poor strength. In which case, you may want to put extra focus on strength training in to your routine.

- **Nutrition:** How is my nutrition game? Am I giving myself the best opportunity to perform at my best and recover as fast as possible? Am I eating foods that will strengthen my immune system and prevent injury? Nutrition is a key component of optimising health and fitness and often the component that lets people down. One of your strengths may be that you enjoy cooking, but one of your weaknesses may be that you have poor

discipline when at the supermarket and buy foods that you know you shouldn't. You can set yourself a challenge to resist the bad foods and reward yourself when you do.

- **Lifestyle:** Again lifestyle is another critical component of optimising our health and fitness. If we are too stressed out possibly working long hours in a job we don't enjoy and not giving ourselves enough time to focus on our own health this definitely won't help our health. Other considerations may include how much sleep you are getting, how much alcohol you are consuming, whether you are giving any time to meditating etc.

4. What style of training is best for me?

- Another critical question we need to ask ourselves when building a health and fitness regime that will take us on the route, we want to go on to achieve our end goal. If our goal is weight loss, then we don't want to be training like a powerlifter and leaving 4 minutes rest between sets. However, we will want to include strength training in our program as it will improve muscle definition and increase resting metabolism. If I have suffered from knee injuries in the past, then I do not want to be doing high-intensity workouts that include lots of jumping.
- There are thousands of different training methods and protocols, but they will usually fit into one of these categories including:
 - Strength Training (Calisthenics, Power Lifting, Olympic Weightlifting etc)
 - Flexibility Training (Yoga, Dynamic Stretching, PNF stretching, ballistic etc)
 - Anaerobic Power (HIIT, Maximal sprints – bike or running etc)
 - Anaerobic Endurance (HIIT with longer work periods, Tabata, Metabolic Resistance)
 - Cardiovascular Endurance (low intensity steady state – run, swim, cycle, row, circuits etc)
- For most people a combination of the above would suit best, however anaerobic power and more higher intensity exercise are at the top of the pyramid, you have to build a functional base of fitness first and earn the right to do these.
- Focus first on creating a good level of bodyweight strength and quality movement patterns.

5. How often should I be training?

- This question can and should be open ended because there are so many factors that will impact upon the answer.
- In essence you should be doing some form of training every single day, because training is movement and movement is training. What I mean is that every single day of our lives we should be at the very minimum: walking, stretching, moving.
- The best form of recovery is active recovery which includes low intensity cardiovascular activity, yoga and stretching type activities.
- Try to create at least 30 minutes every single day to do some form of exercise, whether that is 15 minutes of running when you wake up and 15 minutes of stretching before bed.



We hope that you found the information in our cheat sheet useful, I have been helping hundreds of people to optimise their health and fitness over the past 10 years and am dedicated to helping thousands more.

If you would like more guidance with your health and fitness then you can get in contact for a consultation call by emailing nathanbell@higherlevelperformance.co.uk