

Q&B

WOMENS ACADEMY

TRAINING | NUTRITION | COACHING

**PHYSIQUE TRANSFORMATION
PHASES EXPLAINED**

PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

THE ENERGY BALANCE EQUATION

IT ALL COMES DOWN TO...

Calories In

vs

Calories Out



PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

THE BREAKDOWN...

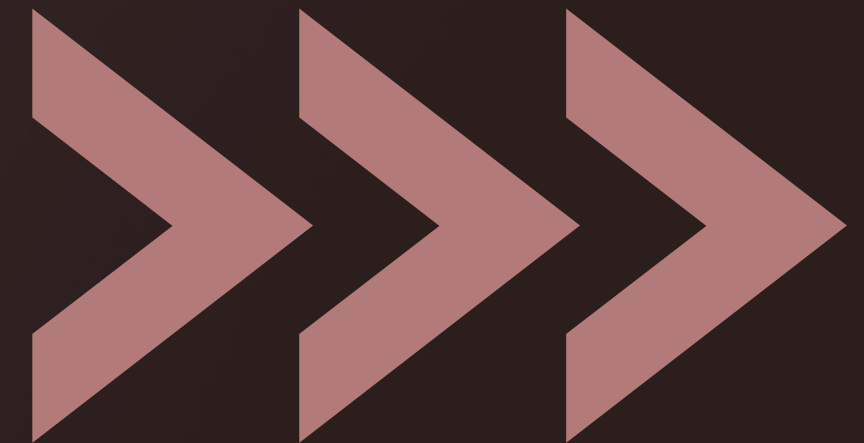
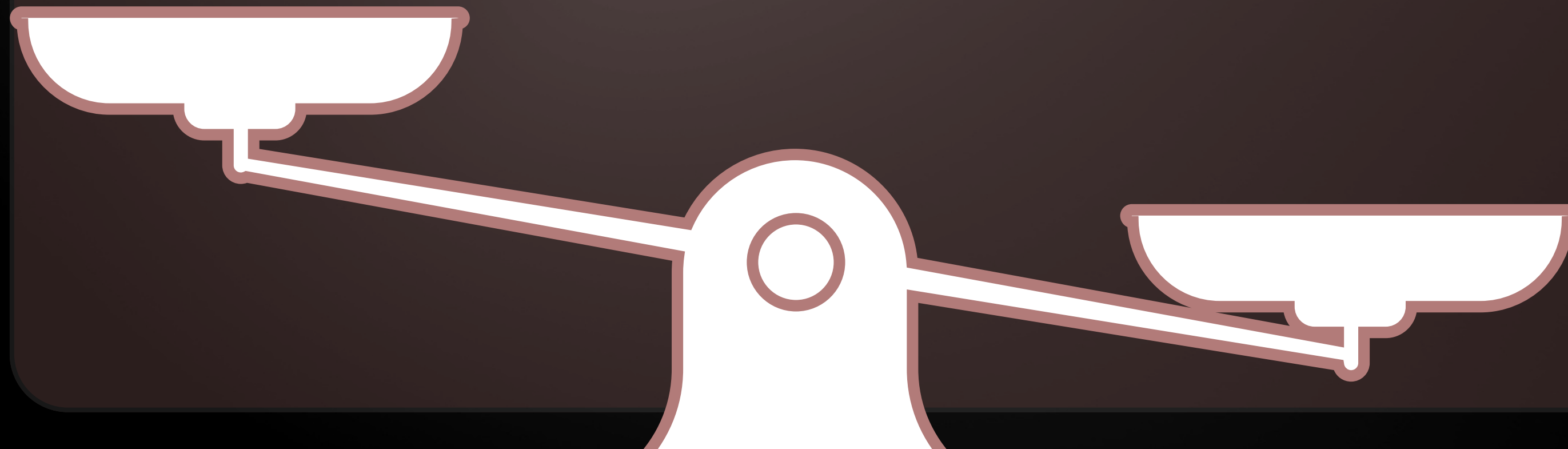
Calories In

Protein
Carbs
Fats
Alcohol

VS

Calories Out

B.M.R
N.E.A.T
E.A.T
T.E.F



PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

THE BREAKDOWN...

Calories In

Protein



Carbs



Fats



Alcohol



Calories Out

B.M.R - BASAL METABOLIC RATE

N.E.A.T - NON EXERCISE ACTIVITY THERMOGENESIS

E.A.T - EXERCISE ACTIVITY THERMOGENESIS

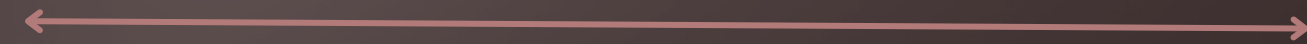
T.E.F - THERMIC EFFECT OF FEEDING



PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

THE BREAKDOWN...

Calories EQUATE to Energy



Maintenance Calories

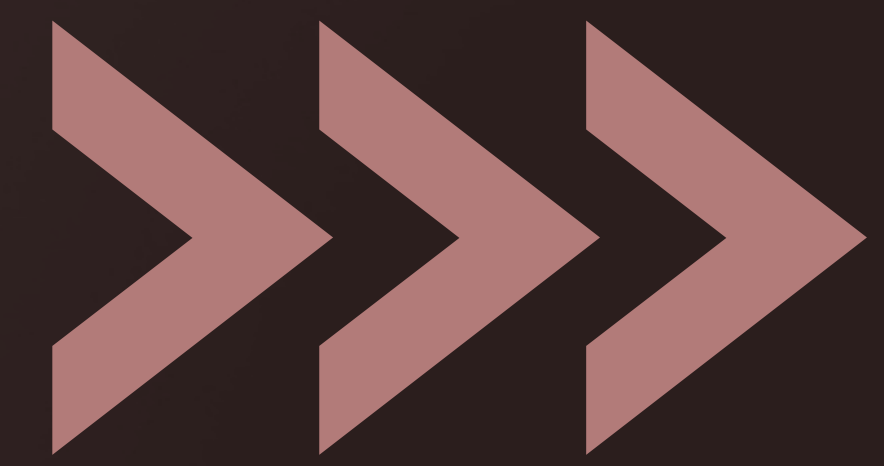
Calories In is equal to Calories Out, intaking the same amount of calories that you expend.

Surplus Calories

Calories In is Greater than Calories Out. This will lead to fat storage and weight gain, but it is also crucial to allow 'non essential' processes to take place in the body A.K.A Growth & Repair.

Deficit Calories

Calories in is Lesser than Calories Out. This will lead to fat stores being broken down & used as energy to 'fill the gap' in the deficit. Weight loss and fat loss is expected.



PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

Estimated Timeline:



PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

REBUILDING METABOLISM

ROUTINE → ESTABLISH BASELINE CALORIES

FEEL ENERGISED → PROVIDE MICRO-NUTRIENTS THAT THE BODY NEEDS

ESTABLISH TECHNIQUE → SET FOUNDATION FOR TRAINING INTENSITY

PRIME THE BODY → EXECUTE PLAN CONSISTENCY



PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

Estimated Timeline:

Weeks 1-4

Phase 1: Rebuild Metabolism

Over the years of working with 100's of clients, a period of reversing food up, feeding the body what it needs & re-building the metabolism has proved crucial for long term success.

Weeks 5-12

Phase 2: Body Recomposition

We will then spend a short period of time dropping a lot of body fat. This style will see visual results very quick and efficiently setting you up for phase 3 in an ideal fashion.

Weeks 13-24

Phase 3: ...

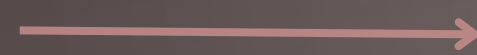
Phase 4: ...



PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

ACHIEVING A BODY RECOMPOSITION

REDUCE
BODY FAT



GOING INTO A LARGE SHORT TERM CALORIC DEFICIT

PUSH
EXPENDITURE UP



INCREASE IN STEPS AND CARDIO

TRAINING
EXECUTION



ESTABLISH SUSTAINABLE VOLUME AND INTENSITY

PHYSICAL
CHANGES



EXECUTE PLAN CONSISTENCY



PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

Estimated Timeline:

Weeks 1-4

Weeks 5-12

Weeks 13-24

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Phase 2: Body Recomposition

We will then spend a short period of time dropping a lot of body fat. This style will see visual results very quick and efficiently setting you up for phase 3 in an ideal fashion.

Phase 3: Health, Muscle and Strength

This phase focuses on turning your weaknesses into strengths. Building & strengthening muscle, whilst improving your health & CV fitness. This is key to drastically change the shape of your body.

Phase 4: ...



PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

A SUCCESSFUL HEALTH, MUSCLE AND STRENGTH PHASE

CALORIC SURPLUS



PUSH UP INTO A CALORIC SURPLUS

PUSH ON PERFORMANCE



PRIORITISING REST AND RECOVERY, PUSHING ON NUMBERS

MUSCLE FULLNESS



OPTIMISING THE TRAINING WINDOW

MUSCLE GROWTH



EXECUTE PLAN CONSISTENCY



PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

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Weeks 13-24

Phase 3: Health, Muscle and Strength

This phase focuses on turning your weaknesses into strengths. Building & strengthening muscle, whilst improving your health & CV fitness. This is key to drastically change the shape of your body.

Phase 4: Fat loss phase

At this point, the foundation for long term success is built. Now we strip back the unwanted body fat and reveal all of your hard work! You will finally achieve the results you have always wanted!!!

PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

A SUCCESSFUL FAT LOSS PHASE

CALORIC
DEFICIT



PUSH DOWN INTO A CALORIC DEFICIT VIA NUTRITION AND EXPENDITURE

HOLD ONTO
MUSCLE MASS



OPTIMISING REST, RECOVERY AND PERFORMANCE

VISUAL
CHANGES



CONSISTENT EXECUTION OF THE PLAN



PHYSIQUE TRANSFORMATION PHASES : EXPLAINED

HOW TO MAKE IT SUSTAINABLE

SO THE GOAL HAS BEEN ACHIEVED... BUT DID YOU KNOW THAT 80% OF PEOPLE WHO LOSE A LARGE AMOUNT OF BODY FAT, FAIL TO SUSTAIN IT WITHIN 12 MONTHS.

THIS IS WHY EDUCATION AROUND MAINTAINING A PHYSIQUE IS EXTREMELY IMPORTANT.

MAINTENANCE
CALORIES

→ ESTABLISH MAINTENANCE CALORIES BY...

REVERSING UP IN
CALORIES

→ REVERSE DIETING TO FIND A MAINTENANCE INTAKE

FINDING A
NORMALITY

→ SET REALISTIC NUTRITION TARGETS THAT YOU CAN UPKEEP

KEEP THE
LONG TERM RESULT

→ EXECUTE PLAN CONSISTENCY





WOMENS ACADEMY
TRAINING | NUTRITION | COACHING

PHYSIQUE TRANSFORMATION PHASES EXPLAINED
