

How to get my dream body?!

BEATRIX SERAFINA H | Free guide for beginners



Table of Contents

CALORIES [PAGE 1](#)

MACROS [PAGE 2](#)

PROGRESSIVE OVERLOAD [PAGE 3](#)

IMPORTANT TIPS [PAGE 4](#)

QUICK NOTES [PAGE 5](#)

calories

WHEN WE TALK ABOUT CALORIES IN A DIET, MOST PEOPLE WITH WRONG MINDSETS WILL THINK THAT "THE LESS CALORIES WE EAT, THE MORE FAT WE WILL LOSE". WHICH INFACIT, IT'S NOT A STRONG STATEMENT TO BE CONFIRMED AS TRUE.

1. How low is low?

Eating below BMR (basal metabolic rate)

when you eat below BMR (which each person has different BMR, but the average is about 1200kcal), your body can't function properly because that's the MINIMAL calories your body needs. If you eat below your MINIMAL calories, you won't have any strength/ power for your daily activity, moreover weight lifting.

Eating too little will cause your metabolism to follow and therefore, when you eat just a little bit too much, you could gain weight easily.

2. How high is high?

Eating more calories than your body needs

Usually people does this when they want to bulk where they eat at a calorie surplus.

Calorie surplus

high protein diet for muscle building
add by 100-500 cals

Calorie deficit

high protein, low calorie diet for reducing fat
reduce by 100-500 cals

Calorie maintenance

for maintaining your diet

Reverse diet

*for those who under eats
to reform your metabolism into a better normal one

eating more and more calories per day

- fat gain tolerance: low

for increasing calories after a diet

add **40-60kals / day**

- fat gain tolerance: moderate

for peak physical performance

add **80-120 kals / day**

- fat gain tolerance: high

for a recovery from very low body fat level

add **140-180kals/ day**

NOTES:

eat in a SLIGHT deficit (100-200cals), for muscle building while losing fat

HOW TO COUNT HOW MANY CALORIES WE NEED TO EAT:

- 1 use a BMR calculator (find in google) to count your MINIMUM calories to be consumed
2. use a TDEE calculator to find your calorie maintenance, surplus and deficit.

3 nutrisi utama agar tubuh kita berfungsi

01

protein

the most important nutrient to get your body goals!

- the most filling nutrient
- the nutrient that helps with **muscle building**

needed protein intake based on body fat:

15-20%: 1.1g/ pound

21-30%: 1g/ pound

30-35%: 0.9-1g/ pound

36-40%: 0.7-0.8g/ pound

41 - 51%: 0.5-0.6g/ pound

on average we need to consume **2.2 x body weight (kg)** of protein each day. And it's better to spread the protein equally per meals

IMPORTANT: TOO MUCH PROTEIN CAN CAUSE SERIOUS PROBLEMS (such as kidney failures)

02

carbs

carbs = **energy (glucose)**

simple carbs:

processed carbs (contains artificial sugars)

- cake
- candy
- sugary drinks/ syrups

complex carbs:

whole carbs (contains natural sugar)

- banana/ fruits
- whole grain products (oats, quinoa, pasta, bread)
- starchy veggies (potatoes, corns)

IMPORTANT: TOO MUCH CARBS CAN CAUSE HIGH BLOOD SUGAR LEVELS meaning our body carries more insulin, which as a result saves extra glucose as fat. This can cause DIABETES

fat = **energy (after broken into fatty acids)**

03

fat

healthy fat: (unsaturated fat)

- avocado
- olive oils
- peanut butter / nuts

bad fat: (high saturated fat)

- butter
- packaged snacks
- commercially baked pastries

IMPORTANT: TOO MUCH FAT CAN CAUSE HEART DISEASE

progressive overload

WHAT IS IT?

Making the training harder over time by either increasing set, weight, frequency of workout, reps, number of exercise, intensity, or the decrease of rest time.

WHY WE DO IT?

There are lots of goals expected from progressive overload which the two most common ones are:

- increase in muscle size (hypertrophy)
- increase in strength

ADAPTATIONS

→ if we keep on staying with the same stimulus, we won't adapt and improve, n will maintain same level of adaptation

hypertrophy adaptation:

Achieved: through a phenomenon called myofibrillar hypertrophy (increase in the number of myofibrils which is the smallest form of contractile tissue in the muscle)

increased number of myofibrillar = bigger muscle tissues = bigger muscle

- goal = max stress

strength adaptation:

how much load we can lift, for 1RM

main adaptation that plays a role to be stronger:

- hypertrophy

increase muscle size = strength gains (more muscle mass)

- neural adaptations

more muscle = more force produced by muscle mass we have

- goal = lift most amount of weight



HOW TO DO IT?

1. types of exercises

- hypertrophy: no mandatory exercise should be performed
- strength: train specific exercise u wanna become stronger at (to max neural adaptation)

2. reps and load

- hypertrophy: 6-25 rep – taken close to failure
- strength: 1-5 rep – lift heavy, lower rep

3. volume (total number of sets performed per muscle group)

- hypertrophy: more volume = more muscle growth
- strength: volume doesn't really matter

4. interset rest

- hypertrophy: no significant impact on muscle growth (1-3min between sets)
- strength: longer rest to max neural efficiency – full recovery (3-6 min, free weight compound lift)

important tips

BASED ON MY EXPERIENCE

1. Don't restrict yourself
just eat in a balanced and mindful portion and you'll be fine

2. No "cheat days"
when you have "cheat days", you'll be tempted to eat more and more because your mind will ask you to eat a lot today and then start again tomorrow. THAT'S NOT GOING TO WORK.

Just eat in a balanced diet, meaning you could have some chocolates because in a considerable amount, those won't do anything to you

3. Gains is made in the kitchen
It doesn't matter how much you workout, or how heavy you lift if you don't eat your protein/ have a good relationship with food.

4. Be patient
One day won't do anything, one month won't do much, but one year would if you stay consistent.

5. Focus on your form
form is important to prevent injuries. Not only that, with bad form, you won't get gains because it's as if you aren't doing anything to your body since you don't target the correct body part.

quick notes

LOSING WEIGHT WHILE BUILDING MUSCLE

1. Slight calorie deficit (100–200kal)
2. Eat your protein
3. Train each muscle 2x a week

ACTION PLAN

1. Set up your nutrient
2. Make a workout plan that suits you
3. Take progress pictures

progress doesn't only measures from scale but could be from: waist measurement, getting stronger in the gym, muscle measurement increase, clothes fit better

**"people choose poor food choices
which makes it hard to loose fat"**

100 KCAL



100 KCAL





This free guide was made based on experience and my knowledge gained from my own research and studies. No experts contributed.