



BODY COMP BASICS

HOW OUR CLIENTS LOSE THEIR FIRST 5-10KG

2022 // PIONEER PERFORMANCE



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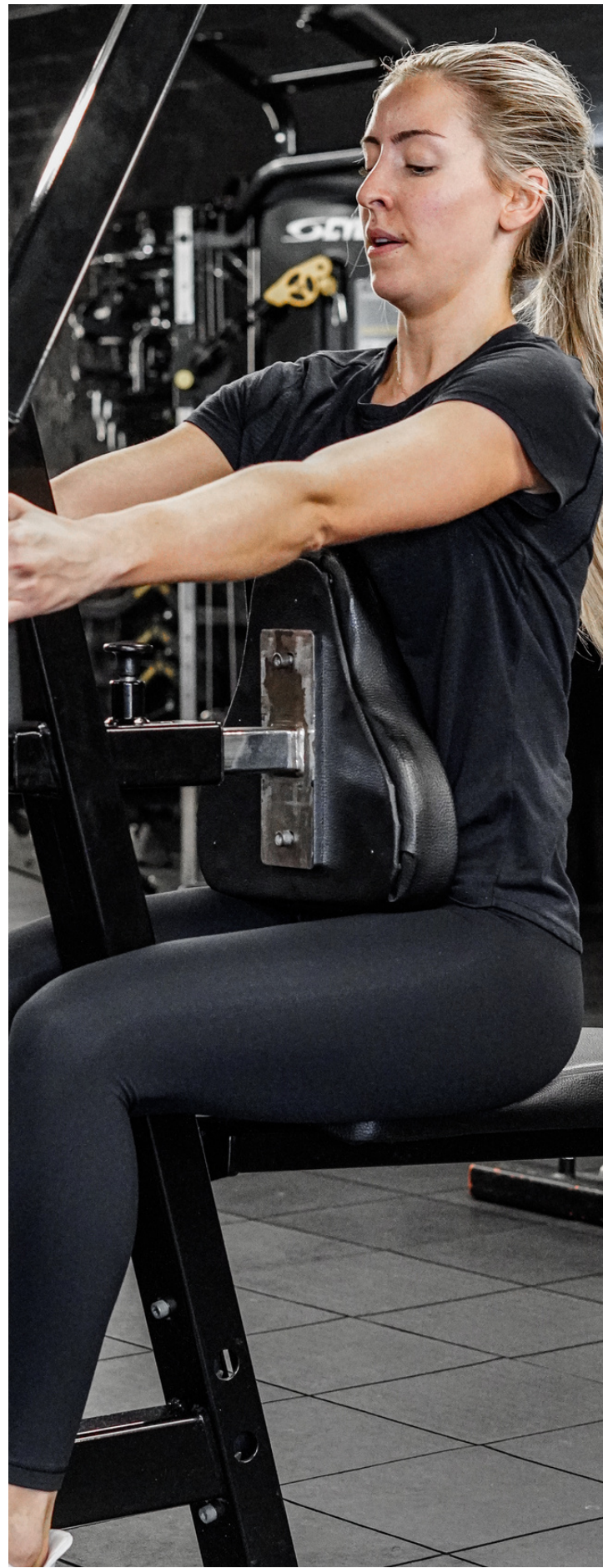
FOREWORD

If you want to change your body composition, rest-assured, we've got you covered.

At Pioneer Performance we specialise in helping clients achieve their muscle gain, fat loss & weight loss goals. The aim of this guide is to give you an insight into how we go about doing this and help you get the ball rolling with your own results.

Outlined, are some key elements of our service that help our clients achieve their first 5kg-10kg, including goal setting, training and nutrition.

If you have any questions after reading through and would like to learn more, please do not hesitate to contact us using the links provided. A member of our team will be in touch to respond to anything you may need.



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A black and white photograph of a gym interior. In the foreground, there is a weight bench. To the left, a cable machine is visible. In the background, another piece of gym equipment is partially seen. A large, green, hand-drawn outline of a brain is superimposed over the center of the image, containing the word MINDSET in white capital letters.

MINDSET

MINDSET

Changing the way you think will drastically improve the process of achieving any goal. Your mindset forms the foundation off of which other ingredients such as training, nutrition and lifestyle stand.

Improving your mindset will be a continual work in progress, but the idea is that if you're in the right headspace, everything else will run a lot more smoothly.

GOAL SETTING

If you want to change your body composition, this means you either need to lose fat or build muscle.

A mistake we often see is people try to do both of these at once. Although this is very possible if you're particularly new to training, in most cases if you aim for both, you'll achieve neither.

Therefore, it makes sense to carry out separate dedicated phases of fat loss and muscle gain.

This presents the question of which one to do first. For the most part, becoming leaner first will make the process of building muscle more efficient later. So in this instance, let's focus on fat loss.

(If you have been training for less than 1 year, & your goal is to both, don't dismay, read onwards where we cover with within the training section).



WHAT'S YOUR WHY?

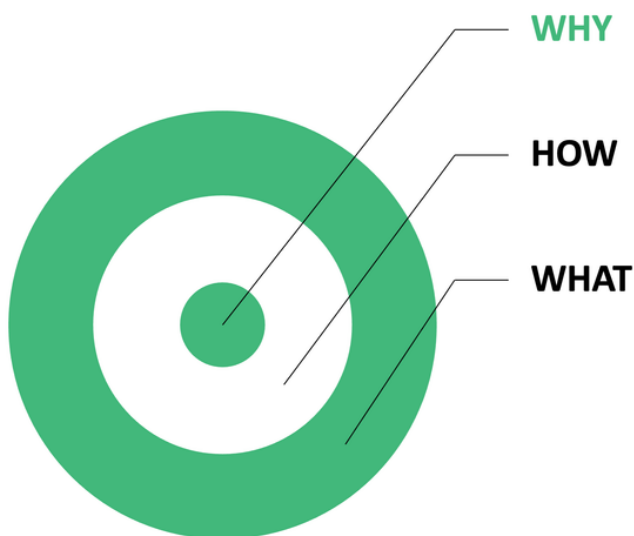
Nailing down your Why is a pivotal aspect of goal setting and a strong determinant of success.

What's the underpinning reason behind your body composition goal? What does it mean to you? Does it speak to your values? How is it going to improve your quality of life? Is this one of your top priorities?

This needs to be personal and powerful to have an impact on achieving the results you're after. Be as specific as possible.

If you don't have your Why at the forefront of your mind, the How and the What can become a lot more challenging.

Is it to improve your confidence? Be more physically capable to support you family? For the health and longevity benefits? To improve your perceived body image? There is no right or wrong answer, it just needs to resonate and have a real purposeful meaning.





REVERSE ENGINEERING

Reverse engineering your goals is a powerful exercise we use with new clients to build out the path ahead.

To start with, Identify where are you **NOW** and where do you **WANT** to be.

Now that we have your goal, we can begin to work backwards from that end point with **WHAT** you need to do.

With both an outcome goal and starting point identified, you can begin to implement daily / weekly process goals, which enable you to gain more clarity on how your journey will pan out.

It also creates a sense of urgency around completing the day to day tasks needed to continuously make progress towards your goals as scheduled relative to the time frame you've set out.

Outcome Goal = Destination

Process Goal = Direction

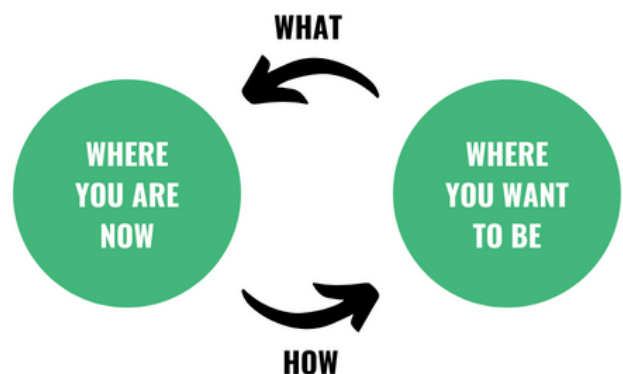
Example:

Now: 80kg

Want: 70-75kg

What: -0.5-1kg/week x 10 Weeks

How: Progressive Calorie Deficit



TRAINING

TRAINING

RESISTANCE TRAINING

The primary goal of training when looking to change your body composition is preserving or building muscle mass, not to burn calories.

This is what will give you that "toned" or defined look and shape. Keeping as much muscle tissue as possible, whilst losing body fat.

If you aim to lose as much weight as possible without resistance training you're more likely to lose muscle as well as fat.

Therefore, resistance training in conjunction with an adequate protein intake, remains a constant regardless of whether you're in a fat loss or muscle gain phase. The distinction between the two is eating to a calorie surplus or in a deficit.

KEY PRINCIPLES

PROGRESSIVE OVERLOAD

In order for our body to change and adapt, we must gradually expose it to a level of stress (resistance training) it's not accustomed to. This means every time we train, we're trying to improve on our efforts of the previous time we done that session.

This can come in a lot of different forms, not just by increasing the load, but also the repetitions performed with the same load or by improving the technique or range of motion.

Now, this doesn't mean more is better. It's about gradual stimulation, not annihilation. We don't want to induce an unnecessary amount of fatigue for no extra benefit.

We adapt whilst we rest and recover in between training sessions, not during them. There is no need to spend hours in the gym. Get in, perform some effective sets on the target muscles and get out.





EFFORT VS EXECUTION

Getting the balance between effort and execution is challenging, but well worth it in the long run.

We want to perform each and every set with enough intensity to reach failure within a given rep range (E.g. 10-15). That is, only having around 0-3 reps left in the tank.

Without intensity, the exercise won't have enough of a stimulus to drive the muscle to adapt and get stronger.

Likewise, each set should be performed with excellent technique. Stable, slow and controlled motion with the purpose of achieving an intense contraction.

How you execute an exercise will determine which muscles are placed under tension. Exercise execution also forms the basis of healthy and well-functioning joints to promote training longevity.

Minor technique breakdowns are likely to occur when you're really pushing yourself, but as long as there is a high degree of concentration aimed at keeping this to a minimum, you're good to go.

If you're too far down either end of the spectrum, you may be leaving results on the table. Mastering how to apply the best of both will yield the greatest results.

EXECUTION

EFFORT



ACCOMMODATION

It is true that your body will eventually become familiar with the exercises you've been using. However, this is over the course of months and years, not days and weeks.

There is no need to constantly change up your sessions each time you go to the gym and jump from program to program.

The goal is to stick at the same programme for at least a few months and "wring the towel" out of each exercise you've selected to get every last drop of progression you can out of them. Only then, if you've hit a plateau should you consider a change.

It's striking a balance of variation. Too little and your progress will eventually stagnate, too much and you won't be able to progress on each exercise because there is a lack of structure.

Without structure, you can't guarantee results. Hard work is useless without direction, so having a consistent programme to follow will allow you to reach your goal much more efficiently.



**RANDOM
ACTIONS**

=

**RANDOM
RESULTS**



EXAMPLE PROGRAMME

SESSION A				SESSION B			
LOWER PUSH / UPPER PULL				LOWER PULL / UPPER PUSH			
EXERCISE	SETS	REPS	REST	EXERCISE	SETS	REPS	REST
1A LEG EXTENSION	3	10-15	0	1A HAMSTRING CURL	3	10-15	0
1B SEATED ROW	3	10-12	90s	1B DB CHEST PRESS	3	10-12	90s
2A LEG PRESS	3	10-15	0	2A RDL	3	6-10	0
2B PULLDOWN	3	10-12	120s	2B SHOULDER PRESS	3	10-12	120s
3A SPLIT SQUAT	2	10-15	0	3A ADDUCTOR	2	10-15	0
3B REVERSE FLY	2	10-15	90s	3B ABDUCTOR	2	10-15	60s
4A CALF RAISE	2	15-20	0	4A LATERAL RAISE	2	10-15	0
4B BICEP CURL	2	10-15	60s	4B TRICEP EXTENSION	2	10-15	60s



TRAINING SPLIT

The above training programme is an example of how you can split up and structure training different muscle groups multiple times a week, while factoring in adequate recovery between each session.

Strategically pairing compatible lower and upper body exercises in the same session allows you to use your time effectively without hindering performance.

Aim to train 3 times a week, alternating between session A and B for 10 weeks.

TRACKING PROGRESS

Log each session in a note pad, on your phone or even create yourself a spreadsheet. This will allow you to see how much load you lifted for how many repetitions on each set, so when it comes to the next session, you have some numbers to try and improve upon.

This also provides you with the opportunity to make notes on anything you noticed during that session to add context and learn through experience.



ENERGY EXPENDITURE

As mentioned, the aim of a training session is not to burn calories. If we look at the components of energy expenditure, our planned exercise (EAT – Exercise Activity Thermogenesis) typically accounts for a mere 5% of our total daily energy expenditure (TDEE).

TDEE – Total Daily Energy Expenditure

REE – Resting Energy Expenditure

NREE – Non-Resting Energy Expenditure

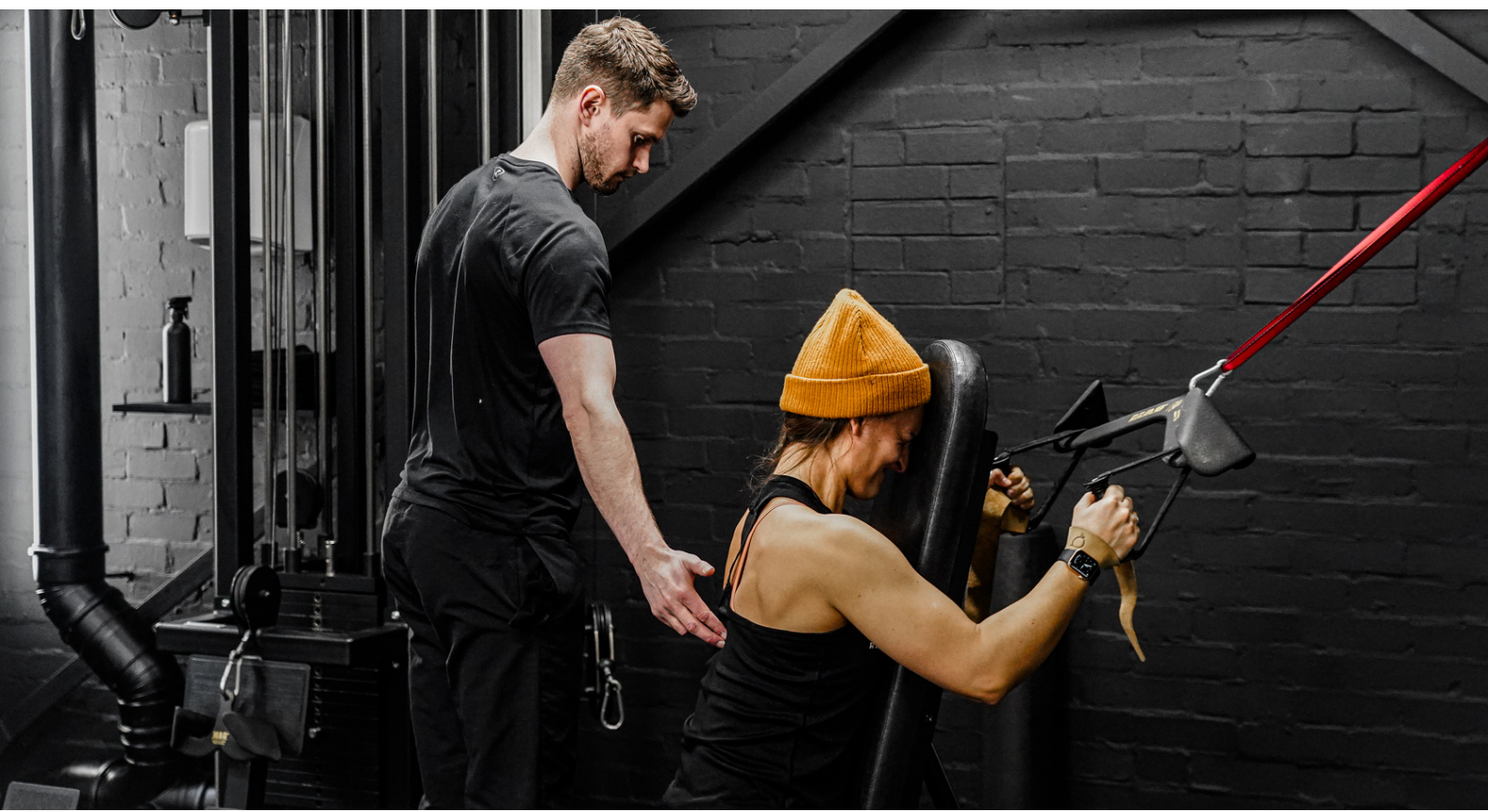
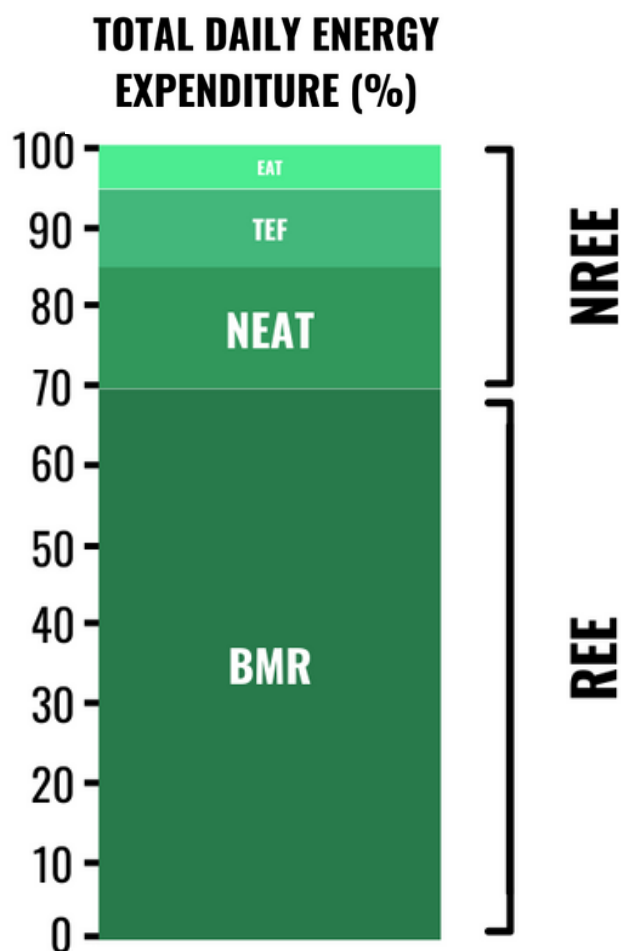
BMR – Basal Metabolic Rate

NEAT – Non-Exercise Activity Thermogenesis

TEF – Thermic Effect of Food

EAT – Exercise Activity Thermogenesis

Utilising our activity outside of the gym (Non-Exercise Activity Thermogenesis (NEAT)) is a far more effective way of increasing energy expenditure.





NEAT / STEPS

Think of this as the amount physical activity you get in throughout the day, it could be walking, cleaning or gardening. This typically accounts for around 15% of your total daily energy expenditure.

The simplest and most tangible way of quantifying this, is tracking your daily step count.



The number of steps you are able to get in, will of course be relative to things like your occupation and other life commitments.

We suggest you track your steps for a week, take an average and start there. Progressively increasing your activity to ensure you remain in a calorie deficit in conjunction to tracking your food intake.

As a ball park figure, a good starting point would be between **5000-10,000/Day.**



CARDIO

Of course, cardiovascular exercise has profound health benefits, but it's only in the later stages of a fat loss phase that it will be introduced/increased as a means of additional energy expenditure.

In this instance, we suggest carrying out **1-2 x 30-minute low intensity steady state (continuous) cardio sessions/week** and progress from there accordingly.

This could be tagged onto the end of your resistance training sessions, or be completed separately. Log and tick off these sessions just as you would with your resistance training.





NUTRITION

NUTRITION

If training develops the shape of your body, your nutrition will dictate how much of that shape you can see. That is, the less body fat you have, the more muscle definition you can see.

Nutrition can be a confusing and contentious topic as there is a lot of misinformation and varying opinions out there! So once again, let's stick to the basics - they work!

QUALITY & QUANTITY

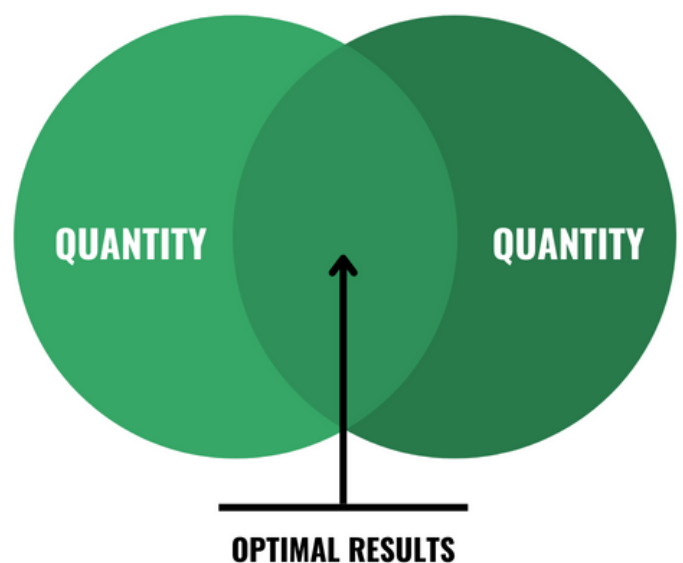
Broadly speaking, you can simplify nutrition by breaking it down into the quality and quantity of what you eat.

Food quality is representative of its nutrient density. Does it provide the nourishment your body needs in order to be healthy? Protein, fats, carbohydrates, vitamins, minerals, fibre and water content. Whereas, food quantity is the amount of calories within a given food you've consumed.

Now, it is technically possible to achieve fat loss or muscle gain simply by tracking your intake and not necessarily worrying about what it is you're eating, however, this is far from ideal with regards to your health.

Likewise, you can still over or under eat "healthy" food if you're not tracking how much of it you're consuming.

For the best results, the idea is to strive to improve both food quality and quantity simultaneously. In addition, sticking to food you know you enjoy will help with adherence!



ENERGY BALANCE / CALORIES

As we're aiming for fat loss we need to be in a calorie deficit. Consuming less calories than you burn so that your body has to use its own energy reserves.

In order to know whether you're in a calorie deficit, we first need to identify your maintenance calories. This can be determined by the following equation, then see how your body weight (BW) responds tracking and consuming this daily.

Male:

- $BW \text{ kg} \times 24 \times 1.2\text{-}1.7$ (Activity Multiplier)

Female:

- $BW \text{ kg} \times 22 \times 1.3\text{-}1.7$ (Activity Multiplier)

Below is a table summarising the activity multiplier. Simply select the number which most accurately reflects your activity levels day to day. If unsure, we would suggest underestimating.

AMOUNT	MULTIPLIER
SEDENTARY	1.2
LOW ACTIVITY	1.375
MORDERATELY ACTIVE	1.5
VERY ACTIVE	1.7

Track your weight daily, first thing in the morning after a visit to the bathroom. This will provide the most accurate and consistent indication of any real changes.

Collecting this data on a daily basis allows you to see how your weight fluctuates day to day and take a weekly average.

Although weight loss may not necessarily be the goal itself, it's a useful metric that tells us if we're moving in the right direction with regards to fat loss. Remember, the number on the scales just represents your relationship with gravity, not your body composition or self worth!

Once you have this baseline number, depending on how fast you want the rate of loss to occur, you can reduce your calories accordingly. A typical suggestion would be around 500 calories a day.

If all other variables are accounted for, meaning your activity and training are consistent, but your weight isn't coming down, reduce your calories by a further 100-200.

Example:

Maintenance Calories: 2500

Initial Target / Calorie Deficit: 2000

Weight Plateau: Reduce to 1800



PROTEIN

Protein is perhaps the most important out of the three macronutrients. In addition to resistance training, protein helps build or at least preserve muscle tissue.

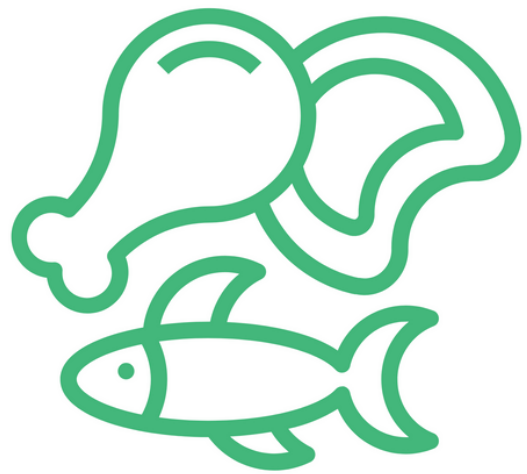
Consuming a daily target of 2g/kg of body weight will optimise building / preserving muscle. Each gram of protein equates to 4 calories. So for example, an 80kg individual would need to consume 160g of protein a day, equating to around 640 calories.

With regards to which sources of protein are best, ideally, you'd be looking to eat animal-based proteins such as meat, poultry, fish, eggs and whey protein due to the more advantageous amino acid profile and amount required.

It is still possible to get adequate protein in from plant-based options. However, you would need to consume a lot more of these foods to achieve the same amount of protein.

Consuming lean (low fat) sources of protein such as white fish and poultry will not only help you hit your protein target, but also keep calories low.

Protein is also very satiating, meaning it will keep you feel fuller for longer, an integral part of managing hunger and appetite levels during a fat loss phase.





SUMMARY

SUMMARY

MINDSET

What's your Why?	Reverse engineer your outcome goal
Commit to a 10 week fat loss phase	Rate of Loss -0.5-1kg / Week

TRAINING

3 x Resistance Training Sessions / Week	Alternate Between Session A & B
2 x 30 Minute Cardio Sessions / Week	5000-10,000 Steps / Day

NUTRITION

Calculate your maintenance calories	Consume 2g/kg/Day of Protein
Calorie Deficit of 500 / Day	Decrease calories as BW stagnates



CLOSING WORDS

We would love to know how you get on following the recommendations outlined in this guide, so please contact us to let us know how you get on.

If you have any questions on anything in this guide please don't hesitate to ask.

In the meantime why don't you check out our Instagram or Facebook page to keep up to date with everything happening at Pioneer Performance.

[If you feel like you need more support, click here to get in touch to arrange a free consultation with one of our team.](#)

Thank you and we hope to hear from you soon.



[Click here to read about Eddie's journey](#)



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