



# FITNESS FOR BEGINNER

EBook to create a healthy lifestyle

Coach MV45

A man with a beard and dark hair is leaning forward in a gym setting. He is wearing a black tank top and black shorts. A thick, braided rope lies on the floor in the foreground. In the background, there is a window with a grid pattern and a poster that says "Body Systems".

# Fitness for Beginner

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# Hello There!

Welcome to your journey towards a healthier, stronger, and more confident you! Whether you're taking your very first step into the world of fitness or revisiting it after some time away, this eBook is crafted especially for you.

Starting a fitness journey can be both exciting and a bit overwhelming. With countless resources available, it can be challenging to know where to start or what to believe. That's why I've created this guide: to provide you with clear, practical, and reliable information that will help you build a solid foundation for your fitness journey.

Are you ready to take the first step towards a healthier lifestyle? Let's embark on this journey together and discover the incredible benefits of fitness. Your path to a fitter, healthier, and happier life you here!



A man with a beard and short hair, wearing a black tank top and black shorts, is standing in a gym. He is holding a barbell with both hands, positioned in front of his chest. The background shows a brick wall with several black medicine balls hanging on a rack. The floor is green.

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# Nutrition Facts and Meal Prep

Understanding nutrition is crucial for anyone embarking on a fitness journey. Proper nutrition not only fuels your workouts but also aids in recovery and overall health. Here are some essential nutrition facts to help you get started:

## Protein

- Role: Essential for muscle repair and growth.
- Sources: Lean meats, fish, eggs, dairy, legumes, nuts, and seeds.
- Daily Intake: Aim for 1.5 – 2.2 grams per kilogram of body weight.

## Carbohydrates

- Role: Main source of energy, especially during workouts.
- Types:
  - Simple Carbs: Quick energy, found in fruits and dairy.
  - Complex Carbs: Sustained energy, found in whole grains, vegetables, and legumes.

- Fiber: Important for digestion and satiety, found in fruits, vegetables, and whole grains.
- Daily Intake: 45–65% of total daily calories.

## Fats

- Role: Energy storage, hormone production, and absorption of vitamins.
- Types:
  - Saturated Fats: Found in animal products, should be limited.
  - Unsaturated Fats: Found in plant oils, nuts, seeds, and fish, are beneficial for health.
  - Trans Fats: Found in processed foods, should be avoided.
- Daily Intake: 20–35% of total daily calories, focusing on unsaturated fats.

## Hydration

- Importance: Vital for all bodily functions and performance.
- Recommendation: Drink at least 2 –3 liter of water a day, more if active.

By focusing on these fundamental nutrition principles, beginners can effectively support their gym workouts and overall fitness goals.





Meal prepping is an excellent strategy for beginners to stay on track with their fitness goals. It ensures you have nutritious meals ready, saves time, reduces stress, and helps you maintain a balanced diet.

### Getting Started with Meal Prep

1. Plan Your Meals: Decide on your meals and snacks for the week, focusing on balanced nutrition.
2. Make a Shopping List: Write down all the ingredients you need and stick to the list.
3. Choose a Prep Day: Pick a convenient day, like Sunday, to prepare your meals for the week.

### Meal Ideas for Beginners

- Breakfast: Overnight oats, egg muffins, Greek yogurt with granola.
- Lunch: Grilled chicken salad, quinoa bowls, turkey wraps.
- Dinner: Stir-fry tofu with vegetables, baked salmon with sweet potatoes, lean beef chili.
- Snacks: Hummus and veggie sticks, protein bars, mixed nuts, fruit slices.

Start with simple steps, and you'll find meal prepping becomes an easy and effective part of your fitness routine.







# Rest and Recovery

## **Importance of Rest and Recovery**

Rest and recovery are crucial components of any fitness routine, especially for beginners. They help prevent injury, improve performance, and allow your body to adapt and grow stronger.

## **Types of Rest and Recovery**

The primary benefit of rest and recovery is muscle repair and growth. During workouts, muscles experience tiny tears; rest allows these muscles to repair and grow stronger. Additionally, adequate rest reduces the risk of overuse injuries, which are common when the body is not given sufficient time to heal between workouts. Improved performance is another key benefit, as well-rested muscles are more capable of performing at their best, preventing the fatigue that can hinder progress. Beyond the physical, rest is also crucial for mental health, reducing stress and helping to maintain motivation.

*"If you don't find the time,  
if you don't do the work  
you don't get the result."*





## **Tips for Effective Rest and Recovery**

Listening to your body is crucial. Pay attention to signs of fatigue or pain and take extra rest if needed. Incorporating regular stretching can improve flexibility and reduce muscle tension. Using recovery tools like foam rollers, massage balls, and compression garments can aid in muscle recovery. Staying consistent with your sleep schedule and maintaining a balanced diet rich in proteins, carbohydrates, and healthy fats will support overall recovery.

Remember, rest and recovery are not breaks from your fitness journey—they are integral parts of it, ensuring your body remains strong, healthy, and ready for new challenges.





# Workout Schedule

## **Workout Schedule for Fitness Beginners: A Comprehensive Guide**

Starting a fitness journey can be exciting yet overwhelming for beginners. Establishing a structured workout schedule is crucial for building consistency, preventing injury, and making steady progress. A well-rounded routine should include a mix of cardio, strength training, and flexibility exercises, ensuring a balanced approach to overall fitness.

### **Building Your Workout Schedule**

For beginners, it's essential to start slowly and gradually increase the intensity of your workouts. A good starting point is committing to at least one to two days of exercise per week, allowing for adequate rest and recovery days. This schedule ensures that your body adapts to the new demands, reducing the risk of overtraining and injuries. The following schedule is just an example. You could also take individual exercises from this example.



## Key Tips for Beginners

- **Warm-Up and Cool Down:** Always start your workout with a 5-10 minute warm-up to prepare your muscles and end with a cool-down to promote recovery and flexibility.
- **Listen to Your Body:** Pay attention to how your body feels. It's normal to experience some soreness, but sharp pain might indicate an injury.
- **Stay Hydrated and Nourished:** Drink plenty of water throughout the day and fuel your body with a balanced diet rich in proteins, carbohydrates, and healthy fats.
- **Track Your Progress:** Keep a workout journal to monitor your progress, set goals, and stay motivated.





**Sun.**

30 minutes of moderate-intensity cardio such as brisk walking, cycling, or jogging. Cardio exercises improve heart health, increase endurance, and aid in weight management.

**Mon.**

Focus on exercises that target the upper body, such as push-ups, dumbbell presses, rows, and bicep curls. Perform 3 sets of 10-12 repetitions for each exercise, with a rest period of 1-2 minutes between sets.

**Tues.**

Engage in light activities like walking, yoga, or stretching. Active recovery helps to alleviate muscle soreness and keeps the body moving without the strain of intense exercise.

**Wed.**

Concentrate on lower body exercises like squats, lunges, deadlifts, and calf raises. Similar to upper body workouts, perform 3 sets of 10-12 repetitions for each exercise.

**Thurs.**

Another 30-minute session of moderate-intensity cardio. You can mix up activities to keep it interesting, such as swimming or a dance class.

**Fri.**

Combine exercises that target both the upper and lower body, such as burpees, kettlebell swings, and plank variations. Aim for a balanced workout that challenges multiple muscle groups.

**Sat.**

Take a complete rest day to allow your muscles to recover and rebuild. Rest days are crucial for preventing burnout and ensuring long-term adherence to your fitness routine





# Checklist

- ☐ 2 Grams of Protein per KG
- ☐ Drinking at least 2-3 liter water
- ☐ Get enough sleep at least 7-9 hours
- ☐ Eat your Vegetables and Fruits
- ☐ Stay consistent and trust the process
- ☐ Track your Food



*"You may not be there yet,  
but you are closer than  
you were yesterday."*





**Keep in touch:**



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