



**COMPLETE**

**FFTW**

**FITNESS**

**PROGRAM**



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## *About the Author*

My background is probably completely different from what you would expect. I have studied business, finance, mathematics and computer science for the major part of my life and only recently decided to shift my focus to fitness.

In 2018, I decided to go on a creative break and do something different in 2019. I was finally free from the 9-to-5 burden and tried to figure out what to do with my life. There was just one thing that was of as much importance to me as freedom: Finally getting in shape and getting lean. I have never been extremely overweight to a level you would consider seriously unhealthy, but I also have never had a six-pack and a perfect beach body I could be proud of.

Since I don't like just scraping the surface of any topic, I decided to dive into fitness and nutrition, especially strength training, as it has the best benefits for long-term health. I started reading a lot about strength and conditioning. I registered for a recognized strength training certification. I bought a 220-cm Olympia barbell. I bought a power rack. I got on a diet to lose fat and get lean.

It was awesome, it was fun, and most importantly, it worked.

So, there we are. I decided to go on the journey, not alone, and pass on my knowledge. I created **FitnessForTheWorld.com** with the goal of providing high-quality information, advice, insights, resources, and inspiration about strength training, conditioning, and nutrition.



# *Introduction*

Thank you very much for buying this little guide. I have tried my best to provide you with guidelines that will be valuable for a very long period, so you will be able to achieve significant progress if you are consistent in your actions and show up for every session. This fitness guide will provide you with the necessary workout program information, nutrition guidelines, as well as a few words about discipline. For without it no worthwhile goal in this world has ever been reached. If you follow the instructions in this book, you will see results within the first 2 weeks of training. Those results will keep you motivated until you reach your personal training goal.

## **We will cover the following topics:**

**Strength Training:** Resistance training has a profound positive effect on most areas of our life. It will increase your energy and can dramatically boost your confidence in everyday life. You will not only look better and healthier but people will look up to you and ask you for training advice. There is also a high likelihood that you will live longer and happier. Once you start, you will realize that a regular workout schedule is one of the most satisfying things you can do in life.

**Nutrition & Health:** I sincerely encourage anyone to acquire a basic understanding of nutrition. Diet plays a significant role in our lives and is of fundamental importance, not only for strength training and transforming our physique but for overall health. No matter your goal, whether it is building lean muscle mass, losing fat, improving your skin or anything else, without proper nutrition, you will likely not achieve your goal. You are what you eat.

**Motivation:** What comes first? Progress or motivation? I argue that those things go hand in hand. Progress will result in high motivation and motivation will help you to progress toward your goals. It is essential though to establish routines in our increasingly distracting world. Routines will eliminate unnecessary decisions and help us to stay focused on the things that are relevant. Routines will lead to consistent progress toward our goals, which will trigger positive emotions that motivate us again in return.



## *You Need to Know Why*

***Fitness gives us power way beyond our general goal of looking better.***

Why should you put time and effort into working out? It is important to answer this question in order to trigger your initial motivation.

The good news is that it is probably the easiest question to answer in this little book. And in case you have already read my little eBook on "Why I Train and You Should too," you might be already motivated.

Our favored lifestyle today—the so-called sedentary lifestyle, which means sitting on the couch or desk or somewhere else all day long—leads to negative health consequences. Most of us are quite aware of this.

It is just difficult to change. We are constantly bombarded with unhealthy food choices. The big corporations do a very good job of selling things we do not need or are even bad for us.

Working an honest job in a 9-to-5 work environment and permanently sitting at our desk while having the occasional coffee break will do the rest.

In addition, humans lose naturally around 10 pounds of muscle mass every year, starting from the age of 25.

If you don't encounter this naturally occurring process, you will run into health problems sooner or later.

## **Health Benefits of Resistance Training:**

- **Lower abdominal fat**
- **Better cardiovascular health**
- **Controlled blood sugar levels**
- **Reduced cancer risk**
- **Lowered injury risks**
- **Strengthened mental health**
- **Improved flexibility and mobility**
- **Elevated body image**
- **Osteoporosis prevention and management**
- **Boosted brain health**
- **A longer lifespan**

This list should already be enough to convince you, but I realized something else since I started to work out regularly.

Maybe you have seen a fitness trainer. They usually tend to be very motivated, social and outgoing. They are simply full of energy and vigor.

Why is resistance training so powerful for motivation?

We humans favor events over processes—at least that's what we think. But events are like a drug. It will bring significant short-term satisfaction. However, the artificially elevated mood we experienced will soon return to the base level and we end up where we started. No goal to work for, no purpose, and dissatisfaction slowly creeps into our lives.

Happiness comes from knowing where we want to go, not from achieving it. Once the final goal has been achieved, we usually float around without a purpose. A physical improvement goal can keep us busy and focused for quite a while. Even better, we can witness gradual improvements over time. It is an ongoing process, which brings satisfaction and happiness.



## *Ignore the Noise*

Fitness advice out there is very fragmented and everyone seems to have the perfect training plan. A lot of fitness programs are so rigorous that it is very demotivating—actually impossible—for beginners to follow these routines. Others just do not make any sense if you want to see visible results. Most beginners in the gym end up doing isolation exercises for the biceps while being an ectomorph (a very skinny person with high metabolism) or do a 30-minute cardio session directly before strength training (to warm up!). Try not to take training advice from general newspapers or insurance company advertisements. Not really sure why the latter is not able to give us useful advice, but I guess it is sometimes better not to question certain things.

Staying fit is actually quite simple. Not easy, but simple.

Let's get started.



# *The Basics of Strength Training*

We need to get the terminology straight, so let's quickly cover the basics of resistance training. These are the things you should know before you go to the gym.

**Repetitions:** You have to choose the right weight. My recommendation is to train in the 8-12 repetition range as a complete beginner. After a couple of weeks, you can use heavier weights for 4-6 repetitions as well, but avoid training heavy from the first day. You need to learn the correct exercise technique first. You will also be able to control the motion better if you start a little lighter, which will help to avoid injury. It is important to choose a weight that fatigues the muscle at the last repetition. Just stopping at 12 and being happy about it is the wrong approach. The correct approach goes like this:

1. **Choose a weight**
2. **Do the exercise till you fatigue**
3. **Count the repetitions**
4. **Adjust the weight accordingly**

**Do Multiple Sets Of An Exercise:** Simply do 3-4 sets of each exercise. You can increase the sets per exercise in case you want to increase the overall volume of your routine.

**Control the Motion:** If you have chosen the correct weight in the first place, this will be easy. One of the many mistakes a beginner makes is lifting too heavy directly from the start. This will automatically result in incorrect form as you are not able to control the weight with the muscle group you actually want to train. This results in arching your upper body either extremely forward or backward to help with the movement. Try to avoid that, not only because of injury. You will probably be fine, but it simply looks ridiculous if you try to lift a weight you are obviously not strong enough for. There is nothing cool about lifting heavy. Correct technique and form distinguish the beginner from the experienced lifter.

**Rest Periods:** You obviously need to take a short rest between sets for your muscle to recover. Do not be too strict about the rest period itself. Simply wait for 1-2 minutes before your next set. If the workout puts a strong demand on your cardiovascular system, simply wait till your breath returns to normal and you feel like doing the next set. If you train for strength and only use 5 repetitions per set, you should wait a little longer between each set. Usually around 3-5 minutes.

**Rest Day:** Always wait at least 48 hours before repeating a workout. If it is really the first time you did the workout or if you returned after a long break, this will probably take longer. That's why the standard recommendation for beginners is to always train only 2-3 times per week instead of isolating each body part to go for a full-body workout during each session. The more your muscles get used to the training the less rest days are generally necessary.

**Progressive Overload:** This means that you have to increase the weight over time. Simply do a little more on each workout day. It is not necessary to increase the weight every time. You could increase repetitions. Increase the amounts of sets or minimize rest periods between sets. For simplicity, I would, nevertheless, recommend that you stick to your routine and just focus on weight increase.

**Compound Exercises:** This part is my favorite. It does not really matter if you are a beginner or a more advanced lifter. During your training, you should always focus more on multi-joint exercises that work several muscle groups at once. Do not focus on isolation movements, especially in the beginning. Since you will not listen to me anyway, do me a favor and do the biceps curl always at the end of the workout and use a long barbell.

Great! We have just covered the basics.

# *Start Easy, But Make Sure to Progress to Free Weights*

Start with bodyweight exercises and continue with machines until you are confident enough to hit the barbell!

You are obviously interested in a clear workout routine. However, the thing with fixed routines is that your timetable is often not predictable and your body often reacts differently. Also, the exercise equipment provided in smaller gyms does change often based on your location or might be occupied due to high demand. For those reasons it is wise to understand the basics of resistance training so that you have the ability to adjust your workout slightly in case, you need to.

- **Bodyweight Exercises:** It is OK to start with Bodyweight Exercises if you are new to resistance training. You might not even have a gym membership yet, so starting easy is better than not starting at all. Also, it will prepare your muscle groups for the heavier exercises. You will have an easier time in the gym if you started with bodyweight home routines before going all in! And don't be fooled. The advanced home workout which I will show you below is more difficult than you probably expect.
- **Weightlifting Machines:** Commercial gyms sell the idea that training machines are the way to go when it comes to training. Everyone seems to be in love with them nowadays. It is true; those machines have certain advantages. They are easy to use, it is very difficult to get injured, and you can easily train your full body with them in one training session. This is a good place to start if you already have access to a gym but have no training experience.
- **Free Weights:** Once you get used to your regular gym session, try to implement free-weight exercises. Use either a long barbell or short dumbbells. This is up to you. I personally prefer barbells. To promote major changes in your body, the focus of your workout should be on compound movements—multi-joint and functional exercises that involve several muscle groups.

Once you get more experienced, you will see that it makes sense to integrate all the mentioned training options above. You might start out with heavy free-weight compound exercises. Then you move over to the machines and continue the training there. This makes sense as you get more fatigued, and it is very difficult to get injured at a machine. If you still have energy left, you can finish off by doing light bodyweight exercises.

Ok, let's finally dive into the workouts now!



## *FFTW Home Workout*

The main excuses people give for not staying fit are: (1) gyms are too expensive, and (2) gym workouts take too much time.

So, in case you have been procrastinating on your fitness journey and those are your major excuses for not staying fit, this section is for you. It is also for you in case you simply do not want to register with a gym and think that home workouts are perfectly fine to reach your goals.

And let me tell you. For many goals, this is often the case. You will be astonished at how much is possible at home with a little creativity. Luckily, you can perform almost any exercise you want at the comfort of your own home. If you take your home workout sessions serious, you will achieve similar results as beginner gym goers. And you can do this by using only your own body. Considering the time and money you will save, that's quite a bit. Money and time have never been valid excuses for not working out. You are heavy enough to use yourself as a barbell.

So, let's dive into it.

The first and most important rule for home workouts is that you need to train till exhaustion. This is essential. You lack the weight for some exercises and you have to make it up by reducing your rest periods and increasing the repetitions. Challenge yourself and your body during every workout. Don't use a "home workout" as an excuse not to work as hard.

A beginner should train 3 times a week with one day break. If you feel that you could easily do more increase the training sessions until you have reached daily.

I always like to keep it simple, but effective. The following program will focus on training the whole body within one training session. It can be done in your home, and should only take 20-30 minutes. Don't be afraid to modify it to match your current fitness level.

You can repeat this workout on a daily basis depending on your fitness level and time.

## Home Exercises:

### Chest:

- **Push-up:** One of the easiest and most effective chest, front Deltoid, and triceps workouts out there. Simple and effective. This is a must. It also prepares you perfectly for more demanding bench-press workouts in the gym. You can increase the weight on your back with a filled backpack or a weight jacket on Amazon.
- **Bent Knee Push-up:** If you seriously cannot do a couple of normal push-ups, you can do a bent knee push-up to make the exercises easier. Start with this if necessary, but make sure you develop the strength to do the standard variation.

### Shoulders:

- **Shoulder press:** In case you have dumbbells at home, perfect. Otherwise, just use a chair or something with an appropriate weight to get this workout done.
- **Lateral Raise:** This is the best move for visible shoulder development. It will help you to develop shoulder width and mass. Perfect for the sought-after V-shape.
- **Handstand Push-up:** Very difficult exercise, especially with weak shoulders. Once you are able to do a few handstand push-ups, you can train your shoulders at home easily without a gym. Just keep increasing the repetitions. It is very unlikely that you will go beyond the 15 repetitions range.

Again, in case you have dumbbells or any other weight that might help you do shoulder exercises, use it. Especially the lateral raise is one of the best shoulder-width builders out there.

### Back:

- **Pull-up:** The best back exercise out there. Look around your house. Maybe you can find a place where this exercise is possible. Another solution would be a pull-up bar of any kind. And in case you did not know, the Pull-ups and, of course, Chin-ups are perfect arm builders.

- **Inverted Row:** make sure you figure out how to do this exercise at home. It is not so easy to train the back, but this exercise can be done under a table or with chairs and a broomstick. Only doing push-ups and inverted rows will seriously develop your upper body without additional effort. So make sure to include this one in your program.

### Core:

- **Crunches:** Famous and easy exercises, which will train your abdominal muscles (abs).
- **(Front) Plank:** This exercise is very healthy and trains the complete core muscles.
- **Star Plank:** My personal favorite core exercise. Nothing is needed and it seriously develops your core.

### Lower Body:

- **Body-weight-Squat:** This is the most basic leg exercise. You are probably familiar with it. You can do it as it is or use one of its variations.
- **One-Leg Squat:** This exercise is awesome to simulate a heavy squat similar to what you might be able to do in the gym. It is probably too difficult for you. If you can do a couple of one-leg squats with one leg in the air, you are very well trained already.
- **Glute Bridge:** Perfect exercise to start working out your butt. You can increase the intensity by lifting one leg off the floor.

### High Intensity-Interval Training:

- **Jumping jacks:** Easy and effective. Use them if you want to lose weight or simply increase your heart rate.
- **Squat Jumps:** Awesome exercise. Use it to increase the intensity of normal body-weight squats. Squat jumps are also very useful to bring up your heart rate to burn fat. A nice exercise to include in a High-Intensity-Interval-Training (HIIT) Workout.

**Pro Tip:** Get some dumbbells for your home workout. They are quite cheap and extremely useful. You can use them as additional weight during leg exercises. You can work out your shoulders, your chest, your back and obviously your arms. The use of dumbbells is only limited by your imagination. Make sure you buy an adjustable weight dumbbell set and you are set for every possible workout situation.

## The Workout

**Warm up:** Try to warm up a couple of minutes before you start the workout. You can run in place, do some punches and kicks and twist and swing your arms and legs to get them moving.

### FFTW Home Workout

#### Workout 1: Beginner

| Exercise          | Sets | Reps    |
|-------------------|------|---------|
| Body-Weight-Squat | 1    | 20      |
| Glute Bridge      | 1    | 20 Sec  |
| Push-Ups          | 1-3  | failure |
| Shoulder Press    | 1-3  | failure |
| Inverted Row      | 1-3  | failure |
| Crunches          | 1    | failure |
| Plank             | 1    | 20 Sec  |
| Jumping Jacks     | 1    | 30      |

#### Workout 2: Advanced

| Exercise          | Sets | Reps    |
|-------------------|------|---------|
| Body-Weight-Squat | 1    | 20      |
| One-Leg Squat     | 1    | failure |
| Glute Bridge      | 1    | 40 Sec  |
| Handstand Push-up | 1-3  | failure |
| Push-Ups          | 1-3  | failure |
| Pull-Ups          | 1-3  | failure |
| Crunches          | 1    | failure |
| Star Plank        | 1    | failure |
| Squat Jumps       | 1    | failure |
| Jumping Jacks     | 1    | 30      |

**Remark:** Don't be afraid to modify this workout to match your current fitness level.



## *FFTW Foundation Workout*

This workout plan requires gym access or an Olympic barbell, plus weights and a power rack in your basement. In case you are interested in building your own home gym, have a look at my **"Recommended Products"** home gym section.

The foundation program is not an easy routine as the name might suggest. Strength Training and building a muscular body is hard work and requires patience. The foundation routine is a proven and time-effective program, where you train the full body 3 times a week with at least 1-day rest between your workout days. If you already have lifting experience, this program will not fail you either.

You may probably think now: "Wait, everyone tells me I should train a different muscle group every day."

Yeah, I know. This is the common advice you will get almost everywhere. But if you are interested in fast progress, do not listen to this advice and avoid engaging in a split routine if you just started training.

The main reason why beginners should train the whole body three times a week is simple.

You are too weak to sustain a heavy split program for one hour. How do you want to train only the chest for 60 minutes straight? You can try it if you want to. You will

soon realize that you will be extremely exhausted after only 10 minutes of proper chest training. There are absolutely no reasons for a beginner to train one muscle group for 60 minutes at a time.

It is very simple as a beginner to destroy the muscle in order to trigger an adaptation response, so do train as many muscle groups as possible during every session. You will see that 3 sets of only one or two exercises will deliver muscle soreness during the next couple of days. This is the best way to get fast results in the beginning. I would also suggest not to isolate the arms in the beginning. If you do the correct push and pull compound exercises, you will automatically train your arms during every workout.

**Remark:** One word about the Squats or leg press. You can do this exercise at the beginning or at the end of the workout. This is totally up to you. Starting Strength and most programs for athletes focus on a complete body development with an extreme focus on legs. While I agree that this makes sense in case you want to become an athlete, it is not helpful for a V-Taper and developing a model-like physique. I have always started with upper-body exercises, as I consider them more important than the lower body exercises. I would recommend you start with the muscle group that you deem most important to your physical appearance. A program is always a good idea, but we as humans tend to change our minds even during a workout session and might skip the last exercise for one reason or another. So, try to approach your training in the order of importance so that you can always do the exercises that are most important to you.

**The Foundation Workout has two phases. Start with phase one if you are a beginner. If you have already lifting experience it will not hurt to jump to phase 2 directly. Also, I would recommend you to start out with the strength routine first. Muscle mass will follow automatically as your strength increases. If you train in a repetition range of 4-6 you will get stronger faster than using the hypertrophy range of 8-12.**



## FFTW Foundation Workout - Phase 1

| Workout 1      |      | Hypertrophy | Strength |
|----------------|------|-------------|----------|
| Exercise       | Sets | Reps        | Reps     |
| Overhead Press | 3    | 10          | 5        |
| Bend-Over Row  | 3    | 10          | 5        |
| Squat          | 3    | 10          | 5        |

  

| Workout 2   |      |      |      |
|-------------|------|------|------|
| Exercise    | Sets | Reps | Reps |
| Deadlift    | 3    | 10   | 5    |
| Bench Press | 3    | 10   | 5    |
| Squat       | 3    | 10   | 5    |

## FFTW Foundation Workout - Phase 2

| Workout 1     |      | Hypertrophy | Strength |
|---------------|------|-------------|----------|
| Exercise      | Sets | Reps        | Reps     |
| Press         | 3    | 10          | 5        |
| Bend-Over Row | 3    | 10          | 5        |
| Dips          | 3    | failure     | failure  |
| Squat         | 3    | 10          | 5        |

  

| Workout 2   |      |         |         |
|-------------|------|---------|---------|
| Exercise    | Sets | Reps    | Reps    |
| Deadlift    | 3    | 10      | 5       |
| Bench Press | 3    | 10      | 5       |
| Pull-Ups    | 3    | failure | failure |
| Squat       | 3    | 10      | 5       |

**You basically alternate those two workouts every time with one rest day in between and three workout sessions every week.**

## The weekly version looks like this:

| FFTW Foundation Workout - Phase 1 |                |                |
|-----------------------------------|----------------|----------------|
| Week 1                            |                |                |
| Monday                            | Wednesday      | Friday         |
| Overhead Press                    | Deadlift       | Overhead Press |
| Bend-Over Row                     | Bench Press    | Bend-Over Row  |
| Squat                             | Squat          | Squat          |
| Week 2                            |                |                |
| Monday                            | Wednesday      | Friday         |
| Deadlift                          | Overhead Press | Deadlift       |
| Bench Press                       | Bend-Over Row  | Bench Press    |
| Squat                             | Squat          | Squat          |
| FFTW Foundation Workout - Phase 2 |                |                |
| Week 1                            |                |                |
| Monday                            | Wednesday      | Friday         |
| Overhead Press                    | Deadlift       | Overhead Press |
| Bend-Over Row                     | Bench Press    | Bend-Over Row  |
| Dips                              | Pull-Ups       | Dips           |
| Squat                             | Squat          | Squat          |
| Week 2                            |                |                |
| Monday                            | Wednesday      | Friday         |
| Deadlift                          | Overhead Press | Deadlift       |
| Bench Press                       | Bend-Over Row  | Bench Press    |
| Pull-Ups                          | Dips           | Pull-Ups       |
| Squat                             | Squat          | Squat          |

Phase 2 can be maintained for quite a long period of time. As long as you apply progressive overload on a consistent basis, you will see really nice changes over time.

**Remark:** Don't be afraid to modify this workout to match your current fitness level.



## *FFTW Advanced Workout*

So, the next workout is a split routine. If you are sure you want to train like that, this part is for you. The split routine is a pure mass-building program, which incorporates repetitions within the hypertrophy range. If you did the foundation workout before, you should have been able to build a solid foundation of strength. Now it is time to focus on pure mass development.

Do 3 Sets of each exercise and choose a weight that results in failure between 8 and 12 repetitions. For body-weight exercises where this is not possible (Dips, Pull-ups), always go till failure.

## FFTW Mass Workout

### Workout 1: Chest & Back

| Exercise             | Sets | Reps    |
|----------------------|------|---------|
| Bench Press          | 3    | 10      |
| Inclined Bench Press | 3    | 10      |
| Dips                 | 3    | failure |
| Bend-Over Row        | 3    | 10      |
| Pull-ups             | 3    | failure |

### Workout 2: Shoulders & Arms

| Exercise               | Sets | Reps |
|------------------------|------|------|
| Overhead-Press         | 3    | 10   |
| Upright Rows           | 3    | 10   |
| Lateral Raises         | 3    | 10   |
| Triceps Push-Down      | 3    | 10   |
| Standing Barbell Curls | 3    | 10   |

### Workout 3: Legs

| Exercise    | Sets | Reps |
|-------------|------|------|
| Squats      | 3    | 10   |
| Lunges      | 3    | 10   |
| Leg Curls   | 3    | 10   |
| Calf Raises | 3    | 10   |

**The weekly version looks like this:**

| FFTW Mass Workout |                  |
|-------------------|------------------|
| Monday            | Chest & Back     |
| Tuesday           | Shoulders & Arms |
| Wednesday         | Legs             |
| Thursday          | Chest & Back     |
| Friday            | Shoulders & Arms |
| Saturday          | Legs             |
| Sunday            | Rest             |

**Remark:** I have excluded the abs, but you can train them every day or not at all; this is up to you. Compounds will train your core all the time anyway, which will result in a six-pack if you have low body fat percentage. If you feel like doing crunches at the end of your workout, just go ahead. It will not hurt. In case you feel not perfect during a workout and skip one exercise, this will not really hurt your progress. But try to do at least 4 exercises during every workout. And as always, don't be afraid to modify the workout slightly to match your current fitness level.



## *Nutrition Guidelines*

Every serious mass building or weight loss goal starts in the kitchen. You can have the best workout plan in the world, but if your diet is not balanced and you keep eating junk food all day long—like everybody else—you will not achieve your goals. If you refuse to learn the basics of nutrition, you will stay skinny, fat, or skinny-fat forever.

**Avoid Junk Food:** It does not matter whether you want to build muscle, lose fat, or stay healthy in general. The first thing you need to consider is nutrient density within your diet. Eat nutrient-dense foods that contain a lot of fiber, minerals, and vitamins. These things are not just good for bodybuilding but are also good for your general health. Stay away from processed foods as much as possible. The refining process will destroy even healthy foods to a certain extent and make them more or less useless. Yes, you are correct. The majority of available food out there is probably processed. It requires a little effort to figure out how to avoid processed food consistently.

**Perfect Your Proteins:** Proteins are the most critical component in your fitness diet, especially for mass gains, but also for losing fat. I would recommend building your diet around your protein intake. Try to consume around 1.5 to 2.0 grams of proteins per kilogram of body weight if you do resistance training on a regular basis. *Good protein sources are Chicken, Beef, Tuna, Salmon, Whole Eggs, Egg Whites, Cottage Cheese, etc.*

**Complex Carbohydrates:** If you take the right amount of protein, you have to work on your energy requirements. Carbohydrates are mainly responsible for fast energy supply during the day. Always make sure to consume enough carbohydrates during your training. *Good carbohydrate sources are Oats, Full-Corn Pasta, Full-Corn Bread, White & Brown Rice, (Sweet) Potatoes, etc.*

**Healthy Fats:** Fats are the second major source of energy. Fats contain a lot more calories per gram and hence can provide the most energy out of all macronutrients, which is the reason why our body tends to store fat for the future as it will provide the most energy possible. The main sources of healthy fats are mainly vegetables, nuts, seeds, and fish. Adjust your diet based on that information. It is not very difficult to do so actually. *Good healthy fat sources are Nuts (Almonds), Olive Oil, Fatty Fish (Salmon, Mackerel), etc.*

**Vitamins & Minerals:** Simply try to add different types of vegetables to your diet. They are usually very high in fiber, have many vitamins and minerals, and almost no calories. *Good sources are Broccoli (the king!), Spinach, Kale, and Bell Pepper.* Fruits are awesome as well, but be a little careful with them if you are on a fat-loss program. Fruits contain a healthy amount of calories. If you want to gain size and stay healthy, go ahead! *Good sources are Bananas, Pineapple, Oranges, Raspberries, Blueberries, etc.*





## *Supplements*

One remark about supplements before we start. Do not rely purely on supplements. Make sure you have an adequate and well-balanced diet. Use supplements only to fill nutritional gaps and for specific training goals. If you are a total beginner, I would advise you to avoid taking any supplements at all. You will have enough gains anyway.

I know you want to hear something useful about supplements, so I will shut up and stop the lecturing for now.

Let's start.

Are supplements necessary? No, it is also not necessary to take the car to the next supermarket; nevertheless, we take it. Why is that? Because it is helpful and makes our life easier. Supplements are not harmful and will help you a little bit on your challenging journey toward a perfect physique. The most important supplements I would recommend are these:

- **Whey Protein Isolate:** I think a high-quality whey isolate is the single best supplement you can use to boost your training progress. If you can afford it, take it. It tastes good and has a positive effect on your overall diet.
- **BCAAs:** Branch Chain Amino Acids (BCAAs) are the most relevant amino acids for muscle synthesis and muscle growth. This supplement can be taken pre-exercise or post-exercise to enhance muscle protein synthesis. It is also good to take a few BCAAs before your morning cardio to prevent muscle breakdown.
- **Creatine:** Creatine is a very useful supplement that can increase your strength and muscle mass gains. It is mostly used to bulk up, but it can also be taken during a cut to give you strength during a state of completed glycogen/energy stores.
- **Fat-Burning Supplements:** Usually consists of L-Carnitine, CLA, and some caffeine (e.g. green tea). A typical supplement for a diet. It will help your body to use more fat as fuel during exercise and hence will speed up the fat burning process. It does not have any effect while you are sitting on the couch.

Do not be afraid of supplements. If used correctly, they can be a very helpful addition to your fitness goals.

**Check out this [article](#) for advice on concrete supplements.**

# *A Few Words of Advice in the End*

*"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." Arnold Schwarzenegger*

**Work on Your Discipline:** No worthwhile goal on this planet has ever been achieved without discipline. Without persistent focus and effort over time toward your goal, you will simply never achieve it. You might have already realized that your failure to achieve a certain goal is not due to lack of intelligence, knowledge or ability, but mainly because you are not consistent (every day) and do not do the things that are necessary.

**Listen to Your Body:** This part is very short, but nonetheless, it is of significant importance. Do not listen blindly to anybody out there. Apply logic and listen to your body. If you do not feel good during or after the training because of too much stress, consider changing your routine. Strength training, when done correctly, will improve your mood and confidence after every session, and training in that positive zone will help you to stay motivated in the long run.

**Be Consistent And Create a Habit:** The basics have been covered. The only issue is that the most difficult part is sticking to a certain routine over time. You have to make a commitment. Without commitment, you will gradually start skipping training sessions and return to your standard routine.

Motivation is good to start but difficult to maintain, so try to commit to a routine and build this routine into a Habit.

Transforming your body requires dedication, effort, and consistency over a period of time. It is a process. We as humans favor events over processes. This attitude can be observed in almost any area in our lives. But things that are worthwhile—things we can be proud of—require consistent effort over time. The event, an awesome physique, a Master's degree, being rich, etc. are the outcome of a process. If you do not put in the work, you will not reach the goal you were aiming for.

All beginning is difficult, but once you have started and kicked down the first domino, it will become easier over time. The longer you do something on a consistent basis, the more likely you will develop a habit of doing that. A good habit is the most powerful thing we can achieve. You do not have to force yourself anymore every day. You just do it. It has become a part of your normal routine. Try to commit to your training for as long as possible. Try to form a habit and you will work out and stay healthy for the rest of your life.

# *1-on-1 Online Coaching*

Commitment is usually the most difficult part to master while getting in shape.

Let me help you to stay on track. A little external motivation can be immensely powerful.

In my 1-on-1 online coaching program, I help several men and women just like you achieve lasting body transformations that they once never thought possible.

You'll work directly with me. We can build upon the Workout Routines in this book or I will design a tailored fitness plan entirely around your goals, your preferences, and your specific circumstances.

But you won't just be getting a fitness plan - you'll also be getting a fitness accountability partner to help you see it through.

I will be there to personally guide you, motivate you, and keep you on track until you reach your goals.

There is never a perfect moment to make a change, so stop looking for one.

But there is this moment, and I hope that you'll take it.

**Get the 1-on-1 Online Coaching Session here.**

# *Useful resources*

We all have started out with enthusiasm on our journey toward the perfect physique. But, sooner or later, we often realize - even though training gives us satisfaction and has a positive impact on our mood - it can also be exhausting sometimes.

This is especially true if other things demand our focus and attention. I have put together a list of the best "things" to help you.

After receiving several questions about what supplements to take or what fitness books to read, I decided to create a whole page about the best fitness products out there.

It has a lot of useful stuff, which could help you progress toward your goals, so make sure to have a look.

[Have a look at the Recommended Products Page here.](#)

I will gradually update this page and add new products, which I think can help you to reach your fitness goals faster and easier.

## *Thanks for Reading my eBook*

Thank you for reading my eBook. I hope it helps you to reach your fitness goals a little faster. If so, drop a line to [mail@fitnessfortheworld.com](mailto:mail@fitnessfortheworld.com) and let me know how it's going. I look forward to hearing from you.

## FFTW Foundation Workout - Phase 1

### Workout 1

| Exercise       | Sets | Hypertrophy | Strength |
|----------------|------|-------------|----------|
|                |      | Reps        | Reps     |
| Overhead Press | 3    | 10          | 5        |
| Bend-Over Row  | 3    | 10          | 5        |
| Squat          | 3    | 10          | 5        |

### Workout 2

| Exercise    | Sets | Reps | Reps |
|-------------|------|------|------|
| Deadlift    | 3    | 10   | 5    |
| Bench Press | 3    | 10   | 5    |
| Squat       | 3    | 10   | 5    |

## FFTW Foundation Workout - Phase 2

### Workout 1

| Exercise      | Sets | Hypertrophy | Strength |
|---------------|------|-------------|----------|
|               |      | Reps        | Reps     |
| Press         | 3    | 10          | 5        |
| Bend-Over Row | 3    | 10          | 5        |
| Dips          | 3    | failure     | failure  |
| Squat         | 3    | 10          | 5        |

### Workout 2

| Exercise    | Sets | Reps    | Reps    |
|-------------|------|---------|---------|
| Deadlift    | 3    | 10      | 5       |
| Bench Press | 3    | 10      | 5       |
| Pull-Ups    | 3    | failure | failure |
| Squat       | 3    | 10      | 5       |

## FFTW Foundation Workout - Phase 1

### Week 1

#### Monday

Overhead Press  
Bend-Over Row  
Squat

#### Wednesday

Deadlift  
Bench Press  
Squat

#### Friday

Overhead Press  
Bend-Over Row  
Squat

### Week 2

#### Monday

Deadlift  
Bench Press  
Squat

#### Wednesday

Overhead Press  
Bend-Over Row  
Squat

#### Friday

Deadlift  
Bench Press  
Squat

## FFTW Foundation Workout - Phase 2

### Week 1

#### Monday

Overhead Press  
Bend-Over Row  
Dips  
Squat

#### Wednesday

Deadlift  
Bench Press  
Pull-Ups  
Squat

#### Friday

Overhead Press  
Bend-Over Row  
Dips  
Squat

### Week 2

#### Monday

Deadlift  
Bench Press  
Pull-Ups  
Squat

#### Wednesday

Overhead Press  
Bend-Over Row  
Dips  
Squat

#### Friday

Deadlift  
Bench Press  
Pull-Ups  
Squat

## FFTW Mass Workout

### Workout 1: Chest & Back

| Exercise             | Sets | Reps    |
|----------------------|------|---------|
| Bench Press          | 3    | 10      |
| Inclined Bench Press | 3    | 10      |
| Dips                 | 3    | failure |
| Bend-Over Row        | 3    | 10      |
| Pull-ups             | 3    | failure |

### Workout 2: Shoulders & Arms

| Exercise               | Sets | Reps |
|------------------------|------|------|
| Overhead-Press         | 3    | 10   |
| Upright Rows           | 3    | 10   |
| Lateral Raises         | 3    | 10   |
| Triceps Push-Down      | 3    | 10   |
| Standing Barbell Curls | 3    | 10   |

### Workout 3: Legs

| Exercise    | Sets | Reps |
|-------------|------|------|
| Squats      | 3    | 10   |
| Lunges      | 3    | 10   |
| Leg Curls   | 3    | 10   |
| Calf Raises | 3    | 10   |

## FFTW Mass Workout

|           |                  |
|-----------|------------------|
| Monday    | Chest & Back     |
| Tuesday   | Shoulders & Arms |
| Wednesday | Legs             |
| Thursday  | Chest & Back     |
| Friday    | Shoulders & Arms |
| Saturday  | Legs             |
| Sunday    | Rest             |

## FFTW Home Workout

### Workout 1: Beginner

| Exercise          | Sets | Reps    |
|-------------------|------|---------|
| Body-Weight-Squat | 1    | 20      |
| Glute Bridge      | 1    | 20 Sec  |
| Push-Ups          | 1-3  | failure |
| Shoulder Press    | 1-3  | failure |
| Inverted Row      | 1-3  | failure |
| Crunches          | 1    | failure |
| Plank             | 1    | 20 Sec  |
| Jumping Jacks     | 1    | 30      |

### Workout 2: Advanced

| Exercise          | Sets | Reps    |
|-------------------|------|---------|
| Body-Weight-Squat | 1    | 20      |
| One-Leg Squat     | 1    | failure |
| Glute Bridge      | 1    | 40 Sec  |
| Handstand Push-up | 1-3  | failure |
| Push-Ups          | 1-3  | failure |
| Pull-Ups          | 1-3  | failure |
| Crunches          | 1    | failure |
| Star Plank        | 1    | failure |
| Squat Jumps       | 1    | failure |
| Jumping Jacks     | 1    | 30      |