

STARTING STRONG

A Beginner's Guide to Fitness, Nutrition and Movement



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Thank you for downloading this e-book!

I created this simple e-book as an easy-to-follow guide for beginners embarking on their fitness journey.

Feel free to share this e-book with your friends and family. I hope it can help inspire the change you're looking for.





Wishing you all the best!

Aymarn Anuar

CPT | CHPC | CNC



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GOAL SETTING

Step 1: Set Your Goals!

Goals are important because they serve as a guide for your fitness journey. **SMART** goal setting involves identifying **Specific**, **Measurable**, **Achievable**, **Relevant**, and **Time-Bound** objectives. It provides clear direction, measurable progress, realistic expectations, accountability, and motivation, ensuring consistent and focused effort toward achieving your fitness goals.

Types of Goal Setting

Long-Term Goals: 1 year or more. **Example:** "I will increase my squat to 100 kg in 12 months by training 4 times a week and adding weight every session."

Medium-Term Goals: Monthly. **Example:** "I will lose 2 kg this month by following a balanced diet and exercising 4 times a week."

Short-Term Goals: Daily or Weekly. **Example:** "I will complete a 30-minute full-body workout 4 times this week."



SMART GOALS

S
SPECIFIC

WHAT DO I WANT TO ACHIEVE AND WHO IS INVOLVED?

M
MEASURABLE

HOW WILL I TRACK PROGRESS AND MEASURE SUCCESS?

A
ACHIEVABLE

IS THIS GOAL REALISTIC AND WITHIN REACH?

R
RELEVANT

DOES THIS GOAL ALIGN WITH MY OBJECTIVES AND PRIORITIES?

T
TIME-BOUND

WHAT IS THE DEADLINE OR TIMEFRAME FOR ACHIEVING THIS GOAL?

SMART goal setting template

"You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, belief, confidence, and trust in yourself and those around you, there are no limits." — Michael Phelps (23-Time Olympic Gold Medalist)



NUTRITION

Macronutrients are the three main types of nutrients that provide energy for our bodies: **carbohydrates**, **proteins**, and **fats**. A balanced diet includes all three macronutrients to support your fitness and health goals.

Carbohydrates: The main source of energy.
Example: rice, bread, and fruits.

Proteins: Help build and repair muscles.
Example: chicken, eggs, and beans.

Fats: Important for overall health and hormone production. **Example:** avocados, nuts, and olive oil.

How Much You Need to Eat and What You Should Eat

Keep in mind that everyone has different goals. It is important to understand these simple rules when deciding how much to eat:

To lose weight: You need to eat fewer calories than your daily calorie requirements (**Calorie Deficit**).

To gain weight: You need to eat more than your daily calorie requirements (**Calorie Surplus**).

To maintain weight: You need to meet your daily calorie requirements (**Calorie Maintenance**).

If you are a regular gym-goer and trying to lose weight, a high-protein diet is advisable. If you are currently following a training program for a marathon, prioritize your carbohydrate and fat intake. Remember, no single diet fits all!



Urine color is a simple and effective way to monitor your hydration status. Here's a general guide to understanding urine color:

Take Note **IMPORTANT!**

Carbohydrates: 4 cal/gram
Protein: 4 cal/gram
Fats: 9 cal/gram


Total Daily Energy Expenditure (TDEE) Formula (TDEE represents the total amount of calories needed)

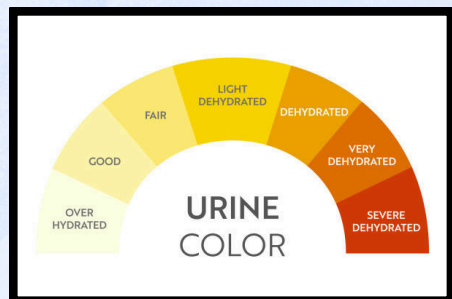
$$\underline{TDEE = (BMR \times TEA) + TEF}$$

BMR (Basal Metabolic Rate) = Weight in lbs x 10

TEA (Thermic Effect of Activity) = BMR x Activity level (**refer to SAFs table**)

TEF (Thermic Effect of Food) = 10% of BMR

 Standard Activity Factors (SAFs)	
Sedentary x 1.2	<ul style="list-style-type: none">• Little to no exercise.• Work a desk-based job and spend your spare time indoors.
Light x 1.375	<ul style="list-style-type: none">• Light exercise 1-3 days per week.• Job where you spend time on your feet for most of the day.
Moderate x 1.55	<ul style="list-style-type: none">• Moderate exercise 3-5 days per week.• Include jogging, cycling, swimming.
Very x 1.725	<ul style="list-style-type: none">• Moderate-to-vigorous exercise or sports 6-7 days per week.• Includes running or sports.
Extra x 1.9	<ul style="list-style-type: none">• Vigorous training two times a day• Have job requiring hard physical labor.



Disclaimer: This is just a basic guideline. Please consult a Registered Dietitian (RD) or a Certified Nutritionist for personalized advice.

FUNCTIONAL MOVEMENT PATTERNS

Functional movement patterns are basic movements our bodies perform in daily life, such as **squatting**, **bending**, **lifting**, and **walking**. These movements help improve strength, balance, and coordination while reducing the risk of injury. By incorporating them into your workouts, you can train multiple muscle groups, improve mobility, and create a complete and efficient routine that enhances both fitness and daily activities.



7 Functional Movement Patterns

Squat: Bodyweight Squat, Barbell Squat

Hinge: Good Morning Stretch, Deadlift

Lunge: Walking Lunges, Bulgarian Split Squat

Push (Vertical & Horizontal): Shoulder Press, Bench Press

Pull (Vertical & Horizontal): Pull-ups, Bent Over Row

Rotation (Rotation & Anti-Rotation): Russian Twist, Cable Woodchoppers

Gait: Walking, Running

Disclaimer: Everyone's fitness journey is unique, and what works for one person may not work for another. For personalized advice and a plan tailored to your needs, consult a Certified Personal Trainer (PT) or fitness professional.

PROGRAM DESIGN

Your training frequency and how you structure your workouts each week will depend on your lifestyle, personal preferences, and fitness goals. That said, you can use this as a helpful reference:

2-Day Split

Monday: Full-body
Tuesday: Rest
Wednesday: Aerobic
Thursday: Full-body
Friday: Rest
Saturday: Aerobic
Sunday: Rest

3-Day Split

Monday: Push
Tuesday: Rest/Aerobic
Wednesday: Pull
Thursday: Rest/Aerobic
Friday: Legs
Saturday: Rest
Sunday: Rest

Disclaimer: It can be more, but it is not advisable for beginners. Focus on overall lifestyle (diet, rest, aerobic training, steps).

Program Design Variables

Program design variables are the key factors used to create effective workout plans tailored to specific goals like **Endurance**, **Hypertrophy**, or **Strength**. These include **reps**, **sets**, **rest**, **load**, **tempo** and **rest time**, allowing for personalized and goal-oriented training.

Goal	Reps	Sets	Load (% 1RM)	Tempo	Rest
Endurance	12+	2-3	50-70%	Slow	0-90sec
Hypertrophy	6-12	3-5	75-85%	Moderate	0-60sec
Strength	1-5	4-6	85-100%	Fast	3-5min



It's normal to feel lost when starting your fitness journey. Whether it's **goal setting**, **nutrition**, **movement**, or **program design**, I'm here to help you every step of the way. Reach out anytime, and let's get started on building a plan that works for you!



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Thank you for your time. Wishing you all the best!