

Welcome to KyraWilliamsFitness

Official Training Manual

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Welcome to Kyra Williams Fitness!!!

Welcome to Commit2Fit Coaching and online personal training with Kyra Williams Fitness. Let me be the first to congratulate you on taking your first step to creating your **best body**, and **best life ever**.

I truly appreciate you allowing me to be your guide through your fitness journey and I want you to know that I am here for you, and will help you as much as possible to see that you reach your goals.

You need to know that you are capable of literally, anything you set your mind to. With that being said, I recommend starting every single day with an intention of what you want from that day.

Perhaps your intention is to make sure you eat all 5 servings of veggies throughout the day. Perhaps your intention is to give your all on HIIT sprints.

Then come back to this intention as frequently as you need, throughout the day. Remember, you are capable of anything, and if you believe you can do it with ease, it WILL be easy.

Progress pics and Email Check Ins

Taking progress pictures every four weeks is **required**. I will email you to remind you, but please send them when prompted.

These should be:

- front/ back/ side
- in a bikini or sports bra/ boy shorts (same ones each time)
- taken at the same time of the day
- during the same time of your cycle each month
- taken in the same lighting
- with the same, plain background
- in the exact, same position
- with no distractions, such as jewelry, etc
- in the same shoes/ barefoot
- make sure they are full body and you are clearly visible



Progress pics are my favorite way to see changes. A scale doesn't necessarily reflect changes, plus it can vary so much depending on your hormones, times of day, what you ate, etc.

Progress pics do not lie. You can see real changes in your body. So when I request them, **SEND THEM.**

Part of my job is holding you accountable. I have no idea if you are doing the workouts, how you are eating, what is going on in your life, etc unless you check in with me. When I request check in's via email, **WRITE BACK.**

There is a formula here - I ask each of these questions for a reason, please do not leave anything blank or give me a synopsis without answering the questions. This is how I help you.

It is my duty to respond as quickly as possible, so I expect your responses within 48-72 hours from when they are sent.

You can also ask **PERSONAL** questions here as well regarding your plan/ your responses via this check in so let me know what you're wondering!

These will never be shared without your permission!

Your training plan

Now that your goals are set it's time to construct a training plan. I understand that some days are busier than others, but you absolutely must set boundaries. If you train at 12pm every day, you cannot let anything get in your way of your training session. **Set that boundary for yourself.**

However, if you know some days are just going to be better than others, make sure you set aside those crazy busy days as rest days. You must take one day totally off each week.

If you follow the workouts exactly by the calendar on the website, you will see:

Monday- upper ST (light, speed strength) + quick conditioning
Tuesday- lower ST (heavy)
Wednesday- longer conditioning + core and/ or mobility
Thursday- upper ST (heavy)
Friday- lower ST (light, speed strength) + quick conditioning
Saturday- longer conditioning + core and/ or mobility
Sunday- rest

On ST (strength training) sessions you will see - SPECIFIC WARM UPS -

Do these mindfully, with intention to prepare yourself for deeper work, to prevent injury and to be able to lift heavy.

Approximately 8 minutes.

PRIMARY LIFT -

You're going to see variations of squats, deadlifts, bench and overhead press here. If you train with a barbell, we are going to test your 1/3/5 rep maxes. WRITE THESE DOWN as we are going to use percentages. If you are training with dumbbells, you will always go by the rate of perceived exertion given in the description, but you should write down the weights you use on heavy days. Take plenty of rest between sets on these days. At least 2 minutes.

On the light/ dynamic days you will see a low percentage of your max lift or rate of perceived exertion (RPE) of 5-6. This should be light but you should move fast and dynamic. This is going to help build the speed so you don't get caught under something heavy. Make sure you really focus on good form and proper execution to build the neuromuscular pathways (muscle memory.) You have very short rest times.

Approximately 20-25 minutes.

ACCESSORY WORK -

Accessory work will come in supersets and circuits. Use as heavy weight possible for the number of reps. So if you are doing 3 sets of 8 dumbbell chest press, then you need to go heavy. If on the first set you used 15 pound dumbbells and you know that you could have done more reps, then use heavier dumbbells on your next set.

Approximately 20 minutes.

QUICK CONDITIONING -

This comes on upper days. You're gonna get your heart rate up. This should take about 5 minutes.

Approximately 5 minutes.

LONG CONDITIONING -

This will come Wednesday and Saturday. Expect these to be about 20 minutes at most.

Approximately 15-20 minutes.

CORE/ MOBILITY -

This is on Wednesday and Saturday too and will also serve as a warm up. Expect to see movements that will open your body but also challenge your posterior chain and midline. Things like bridges, hip openers, tabletop shoulder extensions, bird dogs, planks... this will take about 10 min and should leave you feeling good. This is also amazing injury prevention.

Approximately 8-10 minutes.

STATIC STRETCHES -

There will be 3-5 minutes of deep breathing stretches post workout to help your body recover for the rest of the day and days ahead.

Approximately 5 minutes.

An upper body ST day should take about 58 minutes, a lower body ST day should take about 58 minutes, and a conditioning day should take about 33 minutes.

I've never EXPECTED people to do six days a week. You can but it isn't expected.

If you want to do 3 days, prioritize one lower day, one upper day, and one conditioning day, in that order.

If you want to do 4 days, prioritize one lower day, one upper day, one conditioning day, one lower day, in that order.

If you want to do 5 days, prioritize one lower day, one upper day, one conditioning day, one lower day, one upper day, in that order.

Or just log in, do today's workout and you'll be fine.

OTHER NOTES -

If performing all of the exercises for the prescribed amount of times is too much, work your way up to the prescribed amount of reps/ times through each circuit. Keep doing the exercises with low weight until you can get through all of the rounds.

When you are doing the conditioning workouts keep in mind that these are your cardio. This means you are to take very little rest at all. Many of the exercises in these workouts are plyometric and dynamic movements so they are supposed to elicit a high heart rate. There are designated times to take rest, as mentioned in the individual workouts.

If you are training for a marathon, triathlon or some other type of endurance event then I recommend emailing me and I can help customize your plan.

If you have another commitment like a spin class or a bootcamp that you love, please, keep doing the things you love. Substitute them for one of the conditioning workouts on Wednesday or Saturday. I want you to ENJOY working out and doing what you love.

Accessing the workouts

There are three ways to access the workouts.

Your workouts will come via email every Sunday at 12am Eastern. These are in PDF format.

The workouts are also on the SugarWod app. Here's how you access them:

1. Download the app called SUGARWOD
2. Create your username/ password
3. Once you are logged into the app, go to MORE in the bottom right hand corner
4. Select YOUR PRIMARY GYM
5. Change your primary gym to Kyra Williams Fitness
6. It will probably log you out then allow you to log back in and when you do.. voila! Your workouts should be loaded!

The workouts are also on the site at <https://kyrawilliamsfitness.com/workoutcalendar/> but you must be logged into the site to access that page. From there you can sync them with your google/ ical.

Equipment

Keep in mind you need minimal equipment to get started. You may find the more you train, the more you want. Here's what you will need to begin:

Stability ball - <http://amzn.to/VCh2OW>

Pair of 5# dumbbells - <https://amzn.to/3CQISpg>

Pair of 10# dumbbells - <https://amzn.to/3sjDi8V>

Pair of 15# dumbbells - <https://amzn.to/3sk5kRJ>

Pair of 20# dumbbells - <https://amzn.to/3jYbD9H>

Jump rope - <https://amzn.to/3iNFJgQ>

Resistance bands - <https://amzn.to/3jXY9ef>

Mini band loops - <https://amzn.to/37N0Rxo>

Things to consider:

Medicine ball - <https://amzn.to/3spN7C7>

Set of light kettlebells - <https://amzn.to/3iQ5GfR>

Heavier kettlebell - <https://amzn.to/3CSH2CX>

Handle to transform db's to kb - <https://amzn.to/3xQNve6>

Squat rack/ power rack - <https://amzn.to/3xLkC2U>
Barbell - <https://amzn.to/37OY0Uy>
Bumper plates - <https://amzn.to/3CPMmXZ>
Plyometric box - <https://amzn.to/3yQOQD1>
Barbell clips - <https://amzn.to/3snA5VC>
Heavier dumbbells - <https://amzn.to/3m8Ukpg>
Adjustable weight bench - <https://amzn.to/3xVsl9c>
Rowing machine - <https://amzn.to/3kfsRzJ>
Fan bike - <https://amzn.to/3CTHm4H>
Doorway pull up bar - <https://amzn.to/3xLguQw>
TRX suspension system - <https://amzn.to/3iQ3vsB>

Listen to your body

If you have serious DOMS (delayed onset muscle soreness) from something you did on Tuesday and your thighs are so sore you want to cry, take a day off! You could always switch things up in your schedule too.

To help ease soreness I always recommend the following:

- Always warm up before your workouts. If you need 5-10 minutes of light cardio to get your blood pumping and muscles warm, take it.
- Do the warm ups recommended. These will help your muscles fire and get your blood flowing in all the right spots.
- Foam roll. Some folks like to foam roll before a workout to get some of the lactic acid out of the muscles. Some folks like to foam roll, especially after a heavy lifting sesh. Some like to foam roll randomly throughout the day. I'm a huge fan of all three. And if you have knots, a baseball can really get in there for some trigger point therapy. I got this one from amazon: <http://amzn.to/UBCqFu>
- Post workout stretch. This is where you can hold all those stretches for a long time. You will also be way more flexible after a workout, so enjoy how good it feels.
- Get up a move around. If you have been working out hard, you will probably feel stiff and sore until your body adjusts. If you are too sore to manage a workout, go for a walk. That and foam rolling will allow the lactic acid to come out of your muscles so that the soreness will subside quickly.

If you are feeling a constant pain or a possible injury, please stop doing what it is that aggravates you. Speak to a doctor or a sports medicine specialist to find the best way to get you back to one piece as quickly as possible.

Nutrition

First, let me begin by telling you I am a huge proponent of eating ONLY clean, unprocessed, WHOLE foods with lots of nutritional value. If you think about it, we cannot eat thousands of calories a day. Many folks are on a lower calorie budget. So we need to get as many vitamins and nutrients as possible within our budget. If you choose to follow a vegetarian, vegan, paleo, primal, clean, etc diet I am down with that. If you want to eat organic, grass fed foods- awesome! If you don't, that is fine too. Just eat whole, real foods. If it has an ingredient list, it's suspect. If you can't pronounce or don't know what the ingredients are, limit that food.

First it is important to know how many calories a day you burn. It's usually more than you realize. So go here:

<http://kyrawilliamsfitness.com/how-many-calories-do-i-burn-in-a-day/>

to get your BMR. Ascertain your BMR that does NOT include your activity level _____

Ascertain your BMR that does include your activity level _____.

Keep in mind that these will change as you get older, as your life changes, your activity level changes and as you lose weight.

Now that you know what you burn each day, you know that if you eat less than that you will lose weight, and if you eat more, you will gain weight. So now what I want you to do is take your BMR of all seven days and get the average _____.

Let's say your average BMR is 2200 calories.

One pound equals 3500 calories, two pounds equal 7000 calories.

Fat Loss

Let's say you want to lose one pound a week. You have to consume 500 less calories a day, which means if your average BMR is 2100, you will need to consume 1700 calories a day. I do not recommend going under 1500 calories a day, I also do not recommend creating more than a 500 - 700 calorie deficit each day. I know you want it gone fast, but you will do far better by keeping a slow, steady, sustainable meal plan.

Muscle Gain

So let's say you want to put on muscle, no fat. Slow and steady needs to be your mantra. I have yet to meet a woman who has managed to put on one pound of muscle a week, and no fat, so you can't just reverse that 500 calories a day rule, and eat an excess each day and expect to only gain muscle. Personally, I like to eat exactly how many calories a day I burn, so for example, 2200 calories a day, perhaps a few more. Your focus is really going to be on lifting as heavy as possible, and doing minimal steady state cardio.

Now that we have determined how many calories you need, it's important to realize that meal plans should not come one size fits all. That is why I don't have generic meal

plans on the site. You can learn more about that here: <http://kyrawilliamsfitness.com/10-reasons-you-should-hire-a-coach-for-a-meal-plan/>

As for treats, cheats and “sometimes” foods, I want you to incorporate them into your diet. If you only focus on restriction, then this experience is going to be far less pleasant and you will be more likely to binge, fall off the wagon, etc.

I recommend having one full out cheat meal a week. This can include any food you want. Keep in mind, it is a meal, not a feast. After this meal, reset, and go back to usual. I also recommend allowing yourself some kind of treat whenever you deem necessary. For me, a treat is a Paleo dessert or some bacon. It’s not going to offset me or make me crave sugar for the rest of the day, it’s just something I really want and don’t want to get sad because I can’t have these things, kind of treat. Like I said, this isn’t about restriction, it’s about enjoying healthy foods in abundance and treats in moderation.

When you change the amount of calories or kinds of food you are eating, keep in mind that there will be an adjustment period. I recommend changing your calories up or down, only by 100 - 200 calories each day so your body doesn’t go into shock.

Custom meal plan

If you are looking for help with setting up a meal plan based on your goals and needs, please log in to the site, then go to <https://kyrawilliamsfitness.com/signup/> and choose the nutrition package. If you have already done that and are looking for the next steps those should be in your inbox. You may also want to check spam for an email from me kyra@kyrawilliamsfitness.com or just go straight to kyrawilliamsfitness.com/getstarted to download your intake form and email that to me.

The nutrition program is a one time fee of \$85, and it will be just for you, based on your goals and needs. You will have 30 days upon receipt of your plan to request updates or changes, and as long as you are a member of my site you can always email me if you have questions!

Water

It is recommended women drink 8 cups of water a day, or a half gallon. However, for every 10 - 20 minutes of exercise you do, you need to add on another cup of water. I like to drink 1 gallon a day. If you aren’t close to that, then add 1 extra cup each day until you make it to that gallon. You don’t want to be floating all day with an extra 5 cups of water that you aren’t used to. Let your body adjust slowly.

Supplements

Here are a list of supplements I use and recommend in the order of which I feel as though they are important:

Fish Oil - Get a quality fish oil such as Nordic Naturals. This is the one I use because it's the most bang for your buck: <http://amzn.to/VAURJw>

Protein powder - this is great for post workout to digest quickly to speed up recovery, and good to use in pinch, when whole foods can't be consumed. These are my favs:

Whey - <https://amzn.to/34ymsHF>

Egg white - <https://amzn.to/3loELWz>

Vegan blend - <https://amzn.to/3ln6ZBo>

Apple cider vinegar - Great for your digestive system <https://amzn.to/3jDgFXQ>

Probiotics - Promotes gut health and helps your digestive system. The NOW brand is my favorite - <http://amzn.to/Z0zGrH>

Multi-vitamin - So you are certain you are getting all of your nutrients each day - <https://amzn.to/3iOyhSp>

Branch Chain Amino Acids - Help decrease recovery time and help build muscle faster. I like this brand for no artificial sweeteners - <https://amzn.to/3g9ZE7M>

If you can't spend all of your money on supplements, don't worry. They aren't going to make or break you, they are just "extras!"

Lastly, here's a \$10 coupon code to use on vitacost.com for all of these products:

[https://www.vitacostrewards.com//referrals/webReferralUpdate.pg?](https://www.vitacostrewards.com//referrals/webReferralUpdate.pg?EmailId=659000185709&ReferralId=659000185697)

[EmailId=659000185709&ReferralId=659000185697](https://www.vitacostrewards.com//referrals/webReferralUpdate.pg?EmailId=659000185709&ReferralId=659000185697)

Miscellaneous

For more inquiries, please check out the member FAQ section of the site, as your answers will probably be found there.

If you would like to change your billing, credit card information, etc, all of that can be handled via Paypal.com.

If you are unable to log into the site or are having any kind of technical difficulties please email kyra@KyraWilliamsFitness.com

For more technical info, please refer to the Top 6 Tech Habits PDF.

Disclaimer

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Disclaimer: You must get your physician's approval before making any changes to your diet and/or exercise program including every step discussed in this program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to taking any advice from this program/manual or if you have any medical condition or injury that contraindicates physical activity or supplementation. This advice is intended for healthy individuals 18 years and older only. The information in this program is meant to supplement, not replace, proper exercise training and nutrition along with the approval of your physician. All forms of exercise and nutrition pose some inherent risks. The author advises all readers to take full responsibility for their safety and know their limits and seek expert guidance for performing all of the exercises contained within this program. The exercises and dietary recommendations in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program or making any changes. If you are taking any medication, you must talk to your physician before starting any exercise program, including any recommendations in this program. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. Do not perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, if you have had any injuries, may have an injury, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use any information in this program, please follow your doctor's orders. This information is intended for informational use only. Kyra Williams, GISG Fitness LLC, doing business as Kyra Williams Fitness will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.

In addition, make sure you use equipment that is properly maintained and safe. You must also have the exercises taught to you by a certified personal trainer or strength coach and have a spotter with you during exercises.