



# THE STARTING FAT-LOSS PROGRAM

*Everything you need to kick-start your fat loss journey  
while improving your health at the same time.*

**START PROGRAM**

**this Sphere**  
• Health & fitness centre

[www.spherefitness.com](http://www.spherefitness.com)



# ACTION PLAN



## WELCOME

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**PRIMARY GOAL: Lose weight, increase strength and feel healthier.**

If you are looking to kick-start your fat loss efforts while improving your health at the same time, then this program is for you.

This program contains the key information and resources that you will need for sustainable and realistic weekly fat loss.

Apply this and stay consistent to it and you will achieve great results.

Below you will find some further details on what to consider during this fat-loss program.

## NUTRITION

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Fat loss is not about boring and bland meal plans. It is about how much you are eating on a consistent basis. Therefore our primary goal is to calculate how many calories you need to consume daily. We also know the importance of how your daily protein, carbohydrate and fat intake are too, so that must be calculated before starting. You will find more info on how to do this soon.

The meal planner below is to provide you a basic structure and an ideal template to follow. Use the suggested meals from it to create great tasting food every day. You don't need to eat every meal suggested on this plan; it's simply a template for you to use to guide your daily decisions and choices.

Make sure you create great tasting, varied and nutritious meals. Don't just eat a plain chicken breast with some boring veg, spice it up and get creative with it all. You know you have got this right when you actually look forward to your meals and enjoy eating.



## In summary:

1. Calculate your personalized calorie and macronutrient intake (see below)
2. Aim to be within 5% of your recommended calorie intake daily
3. Use a food tracker such as [www.MyFitnessPal.com](http://www.MyFitnessPal.com) to record and track accurately

## TRAINING

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Your SFL training program has been created to optimize fat burning from your exercise efforts. This plan is simple yet highly effective, and it's recommended that you stick to it as closely as possible.

Exercise is simply a tool to aid fat loss when following a reduced calorie diet. Weight training is a very effective tool for burning calories and thus body fat, so it is the cornerstone to this program.

You shouldn't be weight training daily, so you will also need to do some further lower intensity exercise on your non-weight training days. The ideal is some walking or cycling.

In this program you will find a training planner, which outlines an ideal template for the suggested workouts. Just like with the nutrition plan this doesn't need to set in stone for your success. It can and likely should be adjusted to suit your routine and schedule.

You can therefore complete this exercise at any time of the day and the only rule to exercising for fat loss is... just get it done!

## LIFESTYLE

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Since this is our Starting Fat Loss program, we have already put into place the most important factors for your success. So for the mean time, simply focus on the above and make those consistent changes to your current routine.

But aiming for 7-8 hours of quality sleep each night and finding some time to unwind or relax daily will greatly improve your health and well-being throughout this program.

## CALCULATE YOUR CALORIE AND MACRONUTRIENT INTAKE

The key factor to ensuring you achieve fat loss on this program is creating a daily calorie deficit i.e. you start eating less than your body needs.

Ideally this deficit should be as small as possible, to ensure your performance and health remains high over the course of this program. It will also reduce cravings and hunger levels.

By taking some time now to use the information and calculator below to determine your ideal starting point, you're creating an effective yet sustainable process over the coming months to your goals.

***Do not skip this step!!***

*It is the critical component to personalizing this program for your exact needs and goals. Please read all of the information on the below website and use the in-built calculator to determine your ideal starting point.*



**CALORIE AND MACRONUTRIENT CALCULATOR:**

>> <http://flexible-diet.co.uk> <<

It's important to track your food intake for 1-3 days prior to changing anything. That's so you can compare your existing calorie and macronutrient intake to your suggested one from the website.

If you are only a few hundred calories away from your recommended intake, then feel free to transition onto your new calculations when you are ready to start.

If you find you are already under eating well below (600+ kcals) the calorie recommendations from this calculation yet are seeing no weekly progress, then you should slowly increase your food intake (by approx. 200 kcals per week) until you reach the desired starting point.

Once you are consistent with your ideal starting daily caloric intake and macronutrient breakdown, you'll likely need to adjust it for ongoing progress.

It typically takes between 2 and 4 weeks to determine whether a nutrition or training routine is working. Consistency during this time is critical.

If changes need to be made, the first point of call is to adjust your daily calories. I'm a fan of only adjusting these by small amounts at a time – reaping the most from the least.

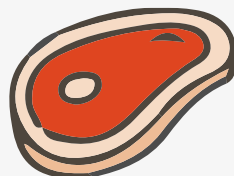
If you require further or faster fat loss, I'd typically recommend reducing overall calories by no more than 200kcal as a time and assessing this every 7-14 days. For sustainable fat-loss, you want to see no more than 1-2 pounds weight loss every week.



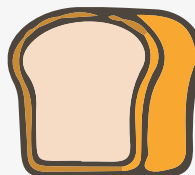
## MY CALCULATED MACRONUTRIENT BREAKDOWN



CALORIES PER DAY WITH MACROS



**PROTEIN**



**CARBOHYDRATES**



**FATS**

# MEAL PLAN



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> (Ideally 30-60 min after waking)	Spinach Shakshuka	Cottage Cheese Fruit Bowl	Vanilla & Coffee Protein Smoothie	Avocado & Basil Tomatoes on Toast	Vanilla & Coffee Protein Smoothie	Cottage Cheese Fruit Bowl	Spinach Shakshuka
<b>LUNCH</b> (Ideally 3-4 hours after breakfast)	Leek & Pea Soup with Basil	Leftover Leek & Pea Soup with Basil	Avocado & Basil Tomatoes on Toast	Leftover Keto Tagliatelle with Pea Sauce & Ham	Warm Salmon & Quinoa Salad	Kale & Tofu Salad with Peanut Butter Dressing	Leftover Kale & Tofu Salad with Peanut Butter Dressing
<b>SNACK</b> (Ideally between lunch and dinner)	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters
<b>WORKOUT NUTRITION</b> (If applicable)	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder
<b>DINNER</b> (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Steamed Italian Meatballs with side of rice & veg <i>+ remaining macros as you see fit</i>	Leftover Steamed Italian Meatballs with side of rice & veg <i>+ remaining macros as you see fit</i>	Keto Tagliatelle with Pea Sauce & Ham <i>+ remaining macros as you see fit</i>	Bean Stew with potatoes <i>+ remaining macros as you see fit</i>	Leftover Bean Stew with potatoes <i>+ remaining macros as you see fit</i>	Meal Out – Enjoy!	Warm Salmon & Quinoa Salad <i>+ remaining macros as you see fit</i>

## BASE SUPPLEMENTS

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### ■ WHEY PROTEIN POWDER – HEALTH, STRENGTH, MASS BUILDER, FAT LOSS

Whey protein makes up to 20% of the protein in milk. Whey is the most effective protein for increasing muscle protein synthesis, the process in muscle cells that results in muscle growth. There are numerous reasons why whey is so effective, such as its high content of branched-chain amino acids (BCAAs) and its ability to boost blood flows to muscles.

**Dosage:** As required but limit to 1-2 servings per day.

### ■ OMEGA 3 FISH OIL - HEALTH, STRENGTH, MASS BUILDER, FAT LOSS

Fish oil contains the essential omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are known to provide a number of health and performance benefits. Not only do these fatty acids appear to reduce the risk of heart disease and stroke, they also provide other health benefits, such as helping to prevent muscle breakdown, enhancing joint healing, improving brain function and achieving greater fat loss.

**Dosage:** 1-3 grams with a main meal per day.

### ■ MULTI –VITAMIN

Supplementing with a multivitamin will help eliminate the possibility of deficiencies that are often produced by reduced dietary variety or calorie intake and increased loss from exercise. Research shows that intense training can deplete essential vitamins and minerals. This can interfere with muscle growth and strength gains.

**Dosage:** Take a multivitamin once or twice daily with meals. Choose brands that provide 100% of the daily value of C, D, E and most of the B-complex vitamins, as well as 100% of zinc, copper and chromium.

## WORKOUT NUTRITION

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Workout drink containing Essential Amino Acids (EAA's) and lactic acid buffers such as beta alanine. Carbohydrates are optional.

**Dosage:** 1 serving per 30-60 minute workout.



# TRAINING PLAN

# TRAINING PLANNER



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TYPE</b>	Weight Training Day 1	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 1	Low intensity exercise e.g. walking/cycling	Weight Training Day 2	Rest Day (Foam rolling/ mobility as needed)
<b>Time &amp; Duration</b>	Anytime – 60 minute	Anytime – 60 minute	Anytime – 30 minutes	Anytime – 60 minutes	Anytime – 30 minutes	Anytime – 60 minutes	Anytime – 60 minutes
<b>WEEK 2</b>							
<b>TYPE</b>	Weight Training Day 1	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 1	Low intensity exercise e.g. walking/cycling	Weight Training Day 2	Rest Day (Foam rolling/ mobility as needed)
<b>Time &amp; Duration</b>	Anytime – 60 minute	Anytime – 60 minute	Anytime – 30 minutes	Anytime – 60 minutes	Anytime – 30 minutes	Anytime – 60 minutes	Anytime – 60 minutes
<b>WEEK 3</b>							
<b>TYPE</b>	Weight Training Day 1	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 1	Low intensity exercise e.g. walking/cycling	Weight Training Day 2	Rest Day (Foam rolling/ mobility as needed)
<b>Time &amp; Duration</b>	Anytime – 60 minute	Anytime – 60 minute	Anytime – 30 minutes	Anytime – 60 minutes	Anytime – 30 minutes	Anytime – 60 minutes	Anytime – 60 minutes
<b>WEEK 4</b>							
<b>TYPE</b>	Weight Training Day 1	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 1	Low intensity exercise e.g. walking/cycling	Weight Training Day 2	Rest Day (Foam rolling/ mobility as needed)
<b>Time &amp; Duration</b>	Anytime – 60 minute	Anytime – 60 minute	Anytime – 30 minutes	Anytime – 60 minutes	Anytime – 30 minutes	Anytime – 60 minutes	Anytime – 60 minutes



## TRAINING PROGRAM



You will find some important information below to ensure you get the best results from following this plan.

**Circuits** – should be completed in sequence when possible.

*E.g. A1 followed by A2 followed by A3 and then rest. Complete this for required number of sets before moving onto B1-B3. If this is not possible (busy gym) simply complete one exercise at a time for desired number of sets and then move on to next exercise.*

**Tempo** – this is the tempo at which you should perform the exercise.

*E.g. Squats with tempo 3201 – 3s down, 2s pause at bottom, 0s up (explosive up), 1s pause at top; Chest press with tempo 3010 – 3s up, 0s at top (no pause), 1s down, 0s at bottom (no pause).*

**Progression Model** – apply this each week to challenge the body.

*E.g. Reduce resting times between each completed circuit by 10 seconds every week (use timer if required). Increase the number of working sets in the final two weeks of program.*

\*if you don't have access to prowler or sled choose a plyometric exercise and do it for 45 secs flat out instead (also ideal for busy gyms with limited space.)

## PROGRESSION MODEL

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Rest Between Circuits	See Plan	-10 sec	-10 sec	-10 sec
Number of Sets (every exercise)	3	3	4	4

# TRAINING PLAN

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## DAY 1

CIRCUIT	EXERCISE	REPS	TEMPO	REPS
A1	Dumbbell Split Squat	8 to 10	4010	0s
A2	Flat Dumbbell Chest Press	10 to 12	3010	0s
A3	Rowing Machine Sprint	45s	n/a	90s
B1	Leg Curl	15 to 20	3010	0s
B2	Lat Pulldown	12 to 15	2022	0s
B3	Sled Drag*	45s	n/a	60s
C1	Calf Rise	15 to 20	3110	0s
C2	Dumbbell Lateral Raise	12 to 15	2020	0s
C3	Burpees	45s	n/a	60s



## DAY 2

CIRCUIT	EXERCISE	REPS	TEMPO	REPS
A1	Barbell Deadlift	8 to 10	4010	0s
A2	Dumbbell Shoulder Press	10 to 12	3010	0s
A3	Sled Drag*	45s	n/a	90s
B1	Dumbbell Squat	15 to 20	2022	0s
B2	Seated Cable Row	12 to 15	2022	0s
B3	Burpees	45s	n/a	60s
C1	Triceps Pushdown	15 to 20	3110	0s
C2	Ab Crunch	20 to 25	2020	0s
C3	Rowing Machine	45s	n/a	60s



## CORE WORKOUT

### A1 MINI CRUNCH

Lie down on your back, draw your navel in, then lift your head & shoulder blades off the ground. Keep your chin tucked down towards your chest. Slide your hands along the ground to your feet. This is a very small movement you should be aiming to produce a large contraction in your abdominals.

*Hold for 5-10 seconds before lowering back down in a controlled manner, then repeat 10 times.*

### B1 SIDE CRUNCHES

Lie face up, your knees together bent 90 degrees. Without moving your upper body, lower your knees to the right so that they're touching the floor. Place your fingers behind your ears. Raise your shoulders toward your hips. Pause for 1 second, then take 2 seconds to lower your upper body.

*Repeat 15 times for each side.*

### C1 BIG KICKS

Start lying on your back, arms at your sides and palms facing down. With legs extended, lift the heels off the floor. Make quick, full range pulses with the legs, while keeping the core engaged.

*Aim to do between 10-20 kicks.*

### D1 LEG DROP

Lie on the floor with your lower back gently pressed down towards the floor. Hold your legs straight above your hips, ensure you are pulling your navel in and down throughout the exercise.

*Count to 10 while slowly lowering both legs to the ground.*

### E1 SIDE CRUNCHES

Lie face up, your knees together bent 90 degrees. Without moving your upper body, lower your knees to the right so that they're touching the floor. Place your fingers behind your ears. Raise your shoulders toward your hips. Pause for 1 second, then take 2 seconds to lower your upper body.

*Repeat 15 times for each side.*

### F1 PLANK

The plank position should be performed face down supported only on the knees or toes and elbows. Elbows should be positioned directly underneath the shoulders, with a long line from your head down to your bottom or heels.

*Hold for 60 seconds.*

**Repeat this whole circuit 3 or 4 times**