

THE ULTIMATE *Pre-Training* GUIDE



WWW.TIGHTENUP.COM.AU



WELCOME

Thank you for downloading your copy of
The Ultimate Pre-Training Guide!

The fact you're reading this shows that you're serious about getting fit and achieved results.

We created this guide to show you steps that you can take starting RIGHT NOW to help make your fitness journey a success, whether you're just on a beginner level or have been training for years.

Plus, you'll discover how a healthy lifestyle contributes to your routine — and how it will contribute to a healthy lifestyle.



You'll find it all laid out over the next few pages... with simple actions that work together to take your fitness to the next level.

At TIGHTEN UP, we aim to build a future of healthy Professionals, Business Owners and Entrepreneurs through customised strength strategies while delivering outstanding customer service every time.

We hope this guide helps you not only reach your goals, but shows you just how much you are truly capable of!

Committed to your success,

JEWELZ

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STEP 1

HAVE A GOAL

Before we get to the specifics of your training, it is critically important to have a “why” — or a reason why you are doing it in the first place.

This reason can begin with a little voice inside you that whispers (or maybe yells!) about a new challenge it wants to take on ...

A challenge that gets you **EXCITED** about what’s ahead!

Or it can be quieter, like a desire to have more energy during the day, sleep better, or even simply feel better.

FACT

Many people set new fitness goals because they want to lose weight, improve their health, build some muscle, or get better at sports.



And those can be GREAT goals — as long as they truly motivate you and have meaning. But sometimes those goals can actually leave you feeling discouraged, frustrated, and like giving up.

That's because those goals:

- **Aren't under your direct control** (like losing desired amount of weight or gaining extra kgs of muscle). So many factors can impact the rate at which your body changes that it's often a non-linear process. If you focus solely on your body metrics, it can end up be frustrating.
- **Focus on a perceived flaw that robs you of your confidence.** This could be because it has to do with something you dislike about your body.
- **Aren't realistic.** This involves "crash" weight-loss plans or a punishing workout schedule.



STEP 1: HAVE A GOAL



There's a newer, better way to set goals in 2022.

- Choose actions you have direct control over: i.e., a certain # of workouts a week, eating x# servings of vegetables a day, etc.
- Focus on boosting something that adds value to your days: strength, energy, improved stamina, confidence, etc.
- Work toward measurable results in your fitness: running a 5K, being able to lift a certain amount of weight, or improving your flexibility.

If this is an area you struggle with, we can help! Set up a goal-setting session with us by emailing jewelz@tightenup.com.au and we'll walk through our time-tested process with you.



CHECK OUT OUR *Amazing* CLIENTS



Valerie

Gained confidence.
Improved sleep.
More energy.
More active and happy.
Went clothes shopping.
Lost 19.2kg.



Bek

Gained confidence.
Feels strong and alive.
Changed my life.
"Strong is Sexy"
From a size 16 to 10.
Lost 10kg.



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STEP 2

HAVE A PLAN

Hitting the studio or your home gym and doing a bunch of random exercises a few days a week won't help you reach goals.

BUT ... having a plan that maps out a direct path from where you are NOW to where you WANT to BE is the fastest, most reliable route. Especially if it's a plan that takes into account your schedule, resources, and unique needs, likes, and dislikes.

Having a plan also empowers you in a surprising way.

A plan gets rid of “decision fatigue.”

STEP 2: HAVE A PLAN

Research shows that after a long day of making decisions, it becomes harder and harder to make good choices — even about your exercises.

Not just **WHAT** to do during your training sessions, but also whether to exercise at all!

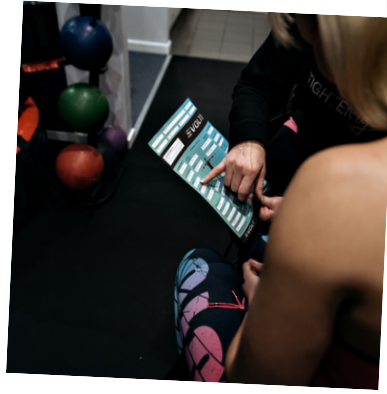
When you have a plan in place, it's so much easier to follow through with your commitment to yourself and get it done — which leads to one of the most important factors in your results:

Consistency with your training routine

Having a plan is where working with an experienced coach can be a gamechanger.

Not only will a coach help you set goals, but they'll also help you map out a results-getting plan that works with your lifestyle.





OUR CLIENTS GET RESULTS. [LEARN MORE HERE](#)

PLAIN AND SIMPLE.

UNLIMITED SMALL GROUP *and then some!*

- ✓ Fitting into old clothes – and brand-new ones too
- ✓ Increased confidence
- ✓ More energy
- ✓ And that's just the start of it!

*Our **UNLIMITED SMALL GROUP TRAINING** works because our **PROGRAM** is focused on our “time-tested custom coaching protocol”*

- ✓ A Proven Plan – no more guesswork!
- ✓ A Qualified and Experienced Team for Support
- ✓ Coaching to help you reach your Goals
- ✓ Accountability



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STEP 3

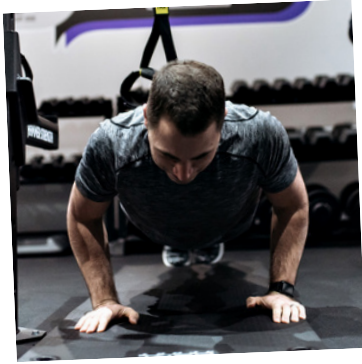
SET YOUR FOUNDATION

This step is all about your daily habits and lifestyle.

Do your day-to-day habits *help* your body function optimally... or do they make its job more challenging?

This matters because what you do before your training — the week before, the day before, and even the hours before — has a tremendous impact on how you feel during your workout, your performance, and even your risk of injury.

STEP 3: SET YOUR FOUNDATION



ARE YOU

- Well rested
- Well hydrated
- Well nourished
- Mentally ready to go

OR...

- Tired
- Hungry
- Stressed out
- Hungover
- Bloated and sluggish from eating ultra-processed junk food



It boils down to this:

*The better care you take of your body,
the better your training will be,
the easier your workout will feel,
the faster you'll recover, and even more
importantly, the better results you'll get!*

Some healthy basics to aim for:

- 7-8 hours of quality sleep every night
- Drinking enough prior to exercise to be well hydrated, and also during.
- A balanced whole-foods-based diet that meets your body's nutritional needs.

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STEP 4

MASTER YOUR MINDSET

Many people tell me they believe they lack the discipline to exercise.

That isn't true!

They've just never been taught that motivation is like a muscle – it takes some effort to develop and get stronger.

Here are some ways to build motivation into your mindset:

- Surround yourself with positive, like-minded people
- Join an online group focused on fitness (our **Facebook group** is a great place to start)
- Watch motivational movies or videos on a regular basis
- Read (or listen to) motivational self-development books
- Work with a coach who can help you uncover your inner motivation



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STEP 5

FUEL YOUR BODY

One of the top questions Coaches get asked is what and when to eat before a training session.

In a nutshell, to get the most out of your training, eat a regular meal (protein, carbs, and healthy fats) about 2-3 hours before you exercise.

Things to know:

Carbs (in the form of glycogen) are your muscles' main source of energy during short and high-intensity workouts.

Protein also plays a key role because it aids performance, muscle growth, and recovery... not to mention overall strength and lean body mass improvements.

Fat is your body's main source of fuel in longer and lower-intensity workouts.

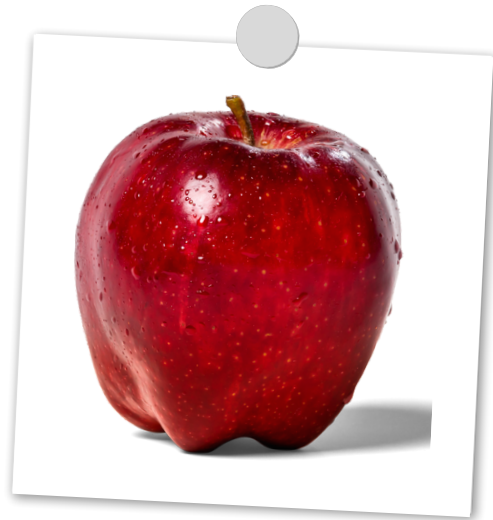


STEP 5: FUEL YOUR TRAINING

If you don't eat a meal 2-3 hours before your training, have a snack containing easily digestible protein and carbs 45-60 minutes beforehand.

Some ideas:

- Greek yogurt
- A banana or apple
- A small bowl of oatmeal
- A small wrap with turkey deli meat
- Protein and fruit smoothie



What about fasted cardio?

"Fasted" cardio refers to doing cardio workouts first thing in the morning, without eating breakfast first. This remains a hot topic, and the research on its effectiveness is mixed.

Some research shows that fasted cardio might lead to more fat loss, while other studies show it can lead to shorter, less effective workouts and muscle loss.

If the idea of doing fasted cardio appeals to you and you've never tried it before, start out slowly to give your body a chance to adapt – and be sure to listen to your body's cues.





A surprising pre-workout fuel: Caffeine!

Studies show caffeine — whether through a cup of coffee or tea — can boost your performance if you drink it about 90 minutes before training.

Note: you can still get some benefit if you drink it even 15 minutes before you exercise.

Here are a few ways it can help:

- More energy
- Better performance, strength, and power
- Boosted fat-burning

Exactly how much caffeine to drink depends on your tolerance. More is not better.

For ultimate benefit, research shows that drinking 2–6 mg per kg of body weight can help your results.

TIP: An average cup of coffee contains about 100 mg of caffeine.



REMEMBER

This is an "extra" for your training performance and not a necessity. If it doesn't agree with you or it gives you the jitters, you can definitely get in a great session without it!

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STEP 6

SET AN INTENTION

You've got a goal and a plan, your body is ready to work, and you're fueled. It's finally time to train!

BUT ... there's ONE MORE THING that can add real power and resolve to your sessions:

An intention.

Having an intention is different from your overall goals because it relates solely to the training session you're about to tackle.

What do you plan to get out of this SPECIFIC session?



STEP 6: SET AN INTENTION



Creating an intention gives you a sense of purpose that can improve your performance. You can set your intention before your session or during your warm-up.

Here are some ideas for intentions:

- ✓ Sweating off a stressful day
- ✓ Improving your sleep later
- ✓ Boosting your energy
- ✓ Working on your squat/push-up/you-name-it technique
- ✓ Improving your strength or flexibility
- ✓ Preparing for a specific event (like a 5K)
- ✓ Just getting it done (some workouts are like that!)





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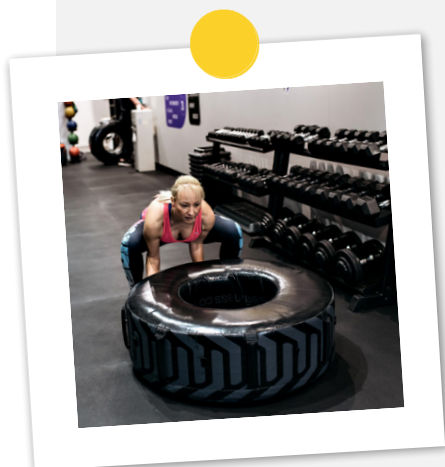
STEP 7

GET MOVING

When you're in a rush, it can be tempting to skip your warm-up.

Don't skip your warmup!

Your warm-up isn't separate from your training routine. It's actually an integral part of your training because it boosts both your performance and safety.



Reasons to never skip your warm-up:

- ✓ It takes only a few minutes,
- ✓ It helps get blood flowing to your muscles,
- ✓ It can loosen areas of tightness so you can use better technique during your workout, and
- ✓ It prepares your body for the more intense work you're going to be doing – not only improving your performance but lowering your risk of injury.

As a general rule of thumb, the more intense your training will be, the more time you should spend warming up.

For example, a sprint workout requires a longer warm-up than a moderate jog.

Likewise, a high-rep weight session requires a shorter warm-up than a heavy session with fewer repetitions of each lift.



Warmup Step #1

Foam Roll — Rolling your tight muscles over a foam roller can help reduce your tightness and get the blood flowing to those areas, allowing for a better range of motion during your workout.

Typical areas of tightness include:

- Hips
- Glutes
- Thighs
- Upper back
- Chest/shoulders



Warmup Step #2

Skip the static (long-hold) stretches during your warmup and focus on **DYNAMIC**, or active, stretches instead.

This form of stretching simulates the movements you'll be doing in your workout.

This could include:

- Bodyweight squats
- Push-ups
- Arm & leg swings
- Lunges
- Overhead band pull-aparts
- Brisk walking or jogging
- Jumping jacks
- Jump rope
- The same strength training exercises you'll be doing your workout ... BUT with minimal resistance (i.e., very light biceps curls, chest presses, etc.)

Gradually increase your range of motion, intensity, or speed as you transition into your training phase.

A person wearing a grey t-shirt and black leggings is holding a pink kettlebell with a black handle. The background is a blurred gym setting with various exercise machines. The image is split diagonally by a grey line, with the text on the white upper-left portion and the person on the black lower-right portion.

YOUR PRE-TRAINING *Checklist* ✓

- ✓ Have a goal
- ✓ Create a plan
- ✓ Set a solid foundation, physically and mentally
- ✓ Fuel up
- ✓ Set an intention
- ✓ Foam roll
- ✓ Dynamic stretches

PREPARE FOR Success

We hope the information in this guide helps you get the most out of your training sessions, before, during, and afterward!



At TIGHTEN UP, our mission is to "help our clients feel fit, healthy and strong – and have fun every step of the way!"

As a special thank you for downloading this eBook, we have a gift for you below. We'd love to be part of your fitness/wellness journey.

Jewelz

TIGHTEN UP

➡ UNLIMITED SMALL GROUP DEAL! ⬅

What you get:

- 2 weeks unlimited Small Group Training sessions
- Strategy and Goal Setting Session
- Myzone MZ-1 Heart Rate monitor
- Postural and Movement Assessment
- Body Composition Scan
- Beginner Exercise Guide and Programs
- Simple & Easy Recipes eBook
- Habit Checklist & Mini Guide eBook
- Support from your Coach and Crew Priceless!

Ready? Call me on 0418 263 786 or email: jewelz@tightenup.com.au with "learn more!"