

FIT FOR LIFE

***A beginner's
guide to
smart
fitness &
sustainable
progress***

Whynot Fit

INTRODUCTION

Starting a fitness journey can be overwhelming, but it does not have to be.

Whether your goal is to lose fat, build muscle, or improve overall health, understanding the fundamentals will set you up for long-term success.

This guide will provide you with essential knowledge on mobility, stretching, progressive overload, structuring workouts, and heart rate calculation for fat loss.

By the end, you will have a clear roadmap to begin your journey and stay consistent.

WHERE TO START?

Set realistic goals

Define clear, achievable goals based on your current fitness level and lifestyle. Use the SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goal-setting framework to stay on track.

Assess your current fitness level

Identify strengths and weaknesses by tracking metrics such as endurance, strength levels, flexibility, and body composition.

Build a sustainable plan

Choose a workout routine that fits your schedule and keeps you motivated. Consistency is key, so find activities you enjoy and can commit to long-term.

HOW TO STRUCTURE A SMART TRAINING PLAN

**Balancing strength, cardio,
and recovery**

A well-rounded programme includes resistance training for muscle growth, cardiovascular work for endurance, and recovery strategies to prevent burnout.

How often to train

3-4 sessions per week
focusing on full-body or
upper/lower splits.

Customising your plan

Adapt training frequency,
intensity, and volume based
on personal preferences,
available time, and recovery
capacity.



MOBILITY VS STRETCHING

When it comes to improving movement quality and preventing injuries, both mobility and stretching play crucial roles.

However, they are often misunderstood or used interchangeably. Understanding the difference will help you incorporate the right techniques into your training for better performance and recovery.

In general, mobility involves active movements to enhance joint function, while stretching focuses on lengthening muscles and relieving tension.

THE IMPORTANCE OF MOBILITY EXERCISES BEFORE TRAINING

What is mobility?

Mobility refers to the ability of your joints to move freely through their full range of motion. It differs from flexibility, which is the passive ability to stretch muscles.

Why it matters

Proper mobility reduces injury risk, enhances performance, and improves movement efficiency. Without good mobility, movements such as squats, deadlifts, and overhead presses can be compromised, leading to poor form and potential injuries.

Effective mobility drills

Hip circles, shoulder rotations, dynamic lunges, cat-cow stretch.

THE IMPORTANCE OF STRETCHING AFTER TRAINING

What is stretching?

Stretching is the practice of lengthening muscles to improve flexibility and reduce tension.

Why it matters?

It enhances muscle recovery, prevents injuries, and improves range of motion.

Effective stretching drills

Hamstring stretch, chest opener, child's pose.



THE IMPORTANCE OF PROGRESSIVE OVERLOAD

What is progressive overload?

It is the principle of gradually increasing the demands placed on the muscles to stimulate growth and strength.

Why it's essential?

- Prevents plateaus and ensures continuous improvement in strength and endurance.
- Strengthens muscles, tendons, and joints, reducing the risk of injury.
- Boosts metabolism by increasing muscle mass, which enhances fat burning.

How to apply progressive overload

- Increase weights gradually: Add small increments of weight over time.
- Add more repetitions or sets: Progressively increase training volume.
- Improve exercise execution and intensity: Focus on form, time under tension, and controlled movements.

HOW TO CALCULATE YOUR HEART RATE FOR FAT LOSS

Understanding heart rate zones:

- Zone 1 (50-60% of max HR): Very light intensity, ideal for warm-ups and recovery sessions.
- Zone 2 (60-70% of max HR): Light intensity, optimal for fat oxidation and endurance.
- Zone 3 (70-80% of max HR): Moderate intensity, improving cardiovascular fitness.
- Zone 4 (80-90% of max HR): High intensity, increasing anaerobic capacity.
- Zone 5 (90-100% of max HR): Maximum effort, used for sprints and short bursts.

How to calculate your ideal fat-burning BPM:

- Formula: $(220 - \text{your age}) \times 60-70\%$
- Example: A 30-year-old should aim for a heart rate between 114-133 BPM to maximise fat burning.

BONUS: TRAINING PLAN FOR BEGINNERS

3-Day Beginner Plan:

- **Day 1**

Full Body Strength: Squats, Push-ups, Rows, Plank, Glute Bridges.

- **Day 2**

Cardio & Core: Brisk Walking, Bicycle Crunches, Russian Twists, Hanging Leg Raises.

- **Day 3**

Full Body Strength: Deadlifts, Shoulder Press, Lunges, Resistance Band Pull-Aparts.

FINAL TIPS & NEXT STEPS

Stay consistent

Progress takes time; focus on small, sustainable improvements rather than quick fixes.

Track your progress

Keep a journal of workouts, weights lifted, and how you feel to monitor improvements.

Stay accountable

Join a fitness community, hire a coach, or train with a friend to maintain motivation.

Follow us

Stay connected for more tips, workouts, and expert advice on reaching your fitness goals!



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PROGRAMME TAILORED
TO YOUR NEEDS, WITH A
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