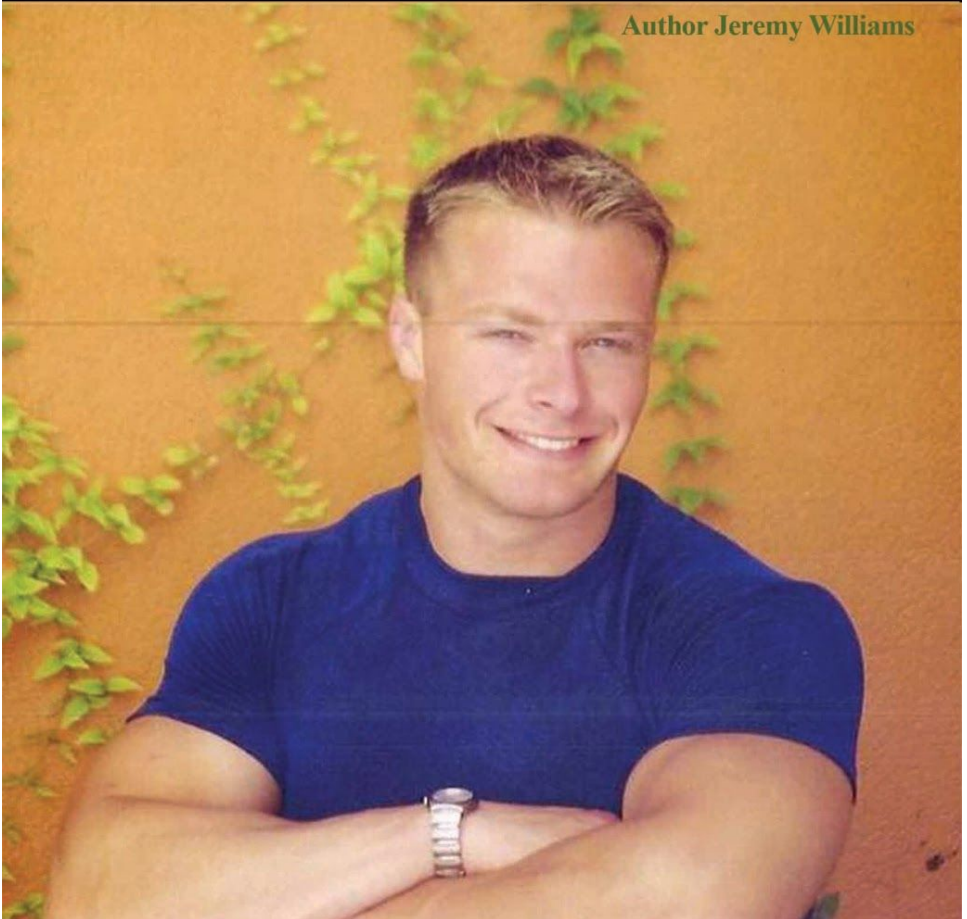


Balancing: Health, Fitness & Lifestyle

Author Jeremy Williams



Balancing: Health, Fitness & Lifestyle

Nutrition and Training Program

3 SETS TO SUCCESS

Jeremy Williams Exercise Program

Hollywood Corn Diet ;

Jeremy Williams Nutrition Program

NW Fit Club - Get Fit with Jeremy Williams

Jeremy Williams Personal & Group Fitness Coaching network

“Getting Back on Point” - 8 wk total transformation

Group coaching through personal coaching

NW Fit Club

Williams Program

"Hollywood Corn Diet"

The Book on Getting In Shape

Jeremy Williams Quick Start Guidelines

The Quick Start Guidelines give you enough info and goals to start making some positive changes. Start implementing these guidelines now. As you take in more information and learn more you will adopt new changes and make adjustments where necessary. For now master the basics and implement the Quick Start Guidelines. Chances are you are not succeeding in all of these 8 basic goals. It is likely that to initiate some major changes in your physical appearance and performance you do not need to implement an extreme training or complex nutrition program. Most of the people I have come across that seeking improvement, from the stay at home mom desiring the youthful body of her past to the advanced competitive bodybuilder, have similar habits hindering their success. They fail to consistently succeed at these Basic Guidelines the majority of the time. Study these 8 Quick Start Guidelines and reflect back on your current lifestyle. Think about your average day, not your best day, not your worst day but the way your training and nutrition is the majority of the time. Reflect back and look at your past week as a whole. How consistent were you at succeeding in the guidelines? Could you do better more often? Yes! Now find a way to do it! Make the decision and start now! Its go time! Get on point

Quick Start Guidelines:

1. Stop eating and drinking the obvious bad things
2. Eat within 90 min of waking
3. Eat every 2 – 3 hour
4. Do not go to bed starving. (Eat within 90 min of going to bed)
5. Every meal needs a protein & carbohydrate source. Strive to eat a vegetable with each meal as well.
6. Drink a Glass of water with every meal, and during exercise.
7. Do Cardio at least 3 times per week
8. Weight train at least 3 times per week

In reviewing these guidelines many new questions may come up for you. You may think you need to have the answer to a few more questions per guideline to properly start out on the right foot. If this is the case, you are not giving yourself enough credit. You are smart enough to get started within these 8 parameters. There is so much information out there on nutrition and training that it seems to overwhelm people and they tend to overcomplicate everything. So many people over complicate it to the point that they never start. It is very likely that the answer to your question will come later in this program when necessary. I will provide you with information and goals in a systematic orderly fashion strategically designed to build upon the principles and skills that you previously will have learned and mastered. Strive to make each day and week better than the last.

Williams Basic Food Tier Guidelines

Food Source Examples - What to eat - How much to eat

Protein

Goal per serving generally 20 - 60 grams of protein per meal.

Strive for Tier 1 sources for quickest results

Tier 1 (Best) Protein examples

Meat of any kind:

Beef, 4-8 oz	Buffalo 4-8 oz
Chicken 4-8 oz	Turkey 4-8 oz
Pork 4-8 oz	Seafood (clam, crab, shrimp, ect) 4-8 oz
Fish (any kind) 4-8 oz	Eggs 2-6
Protein Powder (1-2 scoops or 20-60 grams of protein)	

Tier 2 protein examples

Cottage Cheese	Almonds, Legumes, ect
High Protein Yogurt	Protein bar
Meal replacement drink.	Milk

Carbohydrate

Goal per serving generally 20 - 60 grams of carbohydrates per meal.

Strive for Tier 1 sources for quickest results

Tier 1 (Best) Carbohydrate examples

Sweet Potato	Quinoa
Yams	Lentils
Oatmeal (plain whole, slow cook)	
Beans (red, black, kidney, pinto, refried, ect)	

Tier 2 Carbohydrate examples

White potato	Rice
Red Potato	Yellow or Gold potato

Tier 3 Carbohydrate examples

Most Fruit	Milk
Pasta	Yogurts

Tier 4 Carbohydrate examples

Breads (Bread, muffins, bagels, ect)
Crackers (Saltines, Ritz)

Strive to eat a large variety of vegetables throughout the day, with as many meals as possible.

Strive to eat Tier 1 Protein and Carbohydrate sources in each meal for quickest results.

3 SETS TO SUCCESS

Jeremy Williams Exercise Program

Williams Program Basic Weight Training Guidelines

1. Train each body part once a week to with intensity (to failure).
2. 3-6 sets per body part
3. 1-3 sets per exercise
4. 1-6 exercises per bodypart
5. Train each set to failure
6. Train with good form
7. Do not do movements that hurt do to a pre-existing injury

Bodypart workout template example

Warm up set 20-40 reps

Exercise # 1

1-2 sets

12-20 reps

Exercise # 2

1-2 sets

8-12 reps

Exercise # 3

1-2 sets

3-8 reps

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Quads Calves	Chest Abs	Back (Upper & lower)	Hams Calves	Shoulders (Delts & Traps)	Biceps Forearms	Triceps abs

Mon (Quads & Calves)

Squats

Standing calf raises

Tue (Chest & Abs)

Bench press

Wed (Back)

Bent over rows

Thu (Hamstrings & Calves)

Straight leg deadlifts

Standing calf raises

Fri (Shoulders (Delts & Traps)

Side lateral raises

Front lateral raises

Rear lateral raises

Shrugs

Sat (Biceps & Forearms)

Curls

Wrist curls

Reverse grip wrist curls

Sun (Triceps)

Overhead tricep extensions

Examples of weekly body part groupings

7 days/week program option

Day 1 Quads, Calves

Day 2 Chest

Day 3 Back

Day 4 Hams, Calves

Day 5 Shoulders

Day 6 Biceps

Day 7 triceps

6 days/week program option

1 Day off per week. You may adjust where your "Off day falls depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest

Day 3 Back

Day 4 Shoulders (deltoid, trapezius)

Day 5 Biceps

Day 6 Triceps

5 days/week program option

2 Days off per week. You may adjust where your "Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest

Day 3 Back

Day 4 Shoulders (deltoid, trapezius)

Day 5 Biceps, Triceps

4 days/week program option

3 Days off per week. You may adjust where your "Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest, Triceps

Day 3 Back, Biceps

Day 4 Shoulders (deltoid, trapezius)

4 days/week program option

3 Days off per week. You may adjust where your "Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest, Shoulders (deltoid, trapezius)

Day 3 Back

Day 4 Biceps, Triceps

4 days/week program option

3 Days off per week. You may adjust where your "Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest

Day 3 Back, Biceps

Day 4 Triceps, Shoulders (deltoid, trapezius)

3 days/week program option

4Days off per week. You may adjust where your "Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest, Triceps, Shoulders (deltoid, trapezius)

Day 3 Back, Biceps

The Following is an example of an Elite daily meal plan following the Guidelines of the “Hollywood C.O.R.N” Diet. Keep in mind the portion sizes listed below are an example of the quantities for a male such as myself. You may cut the portions back if you are a female. Depending on what your daily intake is when you start it will likely be hard to get in the quantity of food listed below. If that is the case, start out with smaller meals and be sure to get in protein, carbs, and veggies. Balance is the key.

Example below is my new personal Meal Plan Goal, Following the “Hollywood C.O.R.N” Diet Guidelines:

Large glass water with fresh lemon or lime

Thermo Alert by Altered Image Supplements

Stamina Elite by Altered Image Supplements

A.M Workout and or Cardio

6am

Protein shake

50 grams of low carb protein powder **S.O.F Series Protein Blend** powder from Altered Image Supplements

1/2 cup oats

1/2 cup fresh or frozen fruit

1 serving Greek yogurt

1 cup tea with fresh cut lemon and 2 tbs Apple cider vinegar 1 tbsp coconut oil, aloe vera gel, cactus leaf

9am

4-6 whole eggs or 8-12 whites (onion, garlic, peppers, mushrooms) and any other fresh herbs are a bonus

Oatmeal (1/2 cup when measured dry) add cinnamon, and 1 tbsp almond butter

1/2 grapefruit

Noon

6-8oz meat

6oz sweet potato/yam with cinnamon or Apple pie spice or any other spice you may like

1 cup veggies or large salad with Apple cider vinegar/olive oil

6-8oz meat

1/2 cup beans (examples; pinto, kidney, red ,black)

Large salad with Apple cider vinegar and olive oil

1/2 avocado or hand full of almonds

Pre workout meal

6-8oz meat

1/2 cup beans (examples; pinto, kidney, red ,black)

1/2 cup veggies

1 piece fruit

P.M Workout and or Cardio

6-8 oz meat

6 oz potato (examples; white, reds, yellow/gold)

1/2 cup veggies or Large salad with assorted veggies and

1 serving cheese

6-8 oz meat

1/2 cup beans (examples; pinto, kidney, red ,black)

1 cup veggies or Large salad with Apple cider vinegar and olive oil

Assessment tools							
Date							
A.M weight							
P.M weight							
Tape measurement							
Calf							
Thigh							
Hips							
Waist							
Chest							
Shoulders							
Neck							
Arms							
Forearms							
Caliper skin fold measurement							
Inner calf							
Thigh							
Inner thigh							
Ab horizontal							
Ab vertical							
Oblique							

low back							
Subscapula							
Bicep							
Tricep							
Pec							
Total							
Bodyfat % if calculated							

Date							
Resting heart rate A.M							
Blood Pressure A.M							
Progress pictures reminder							
Energy level							
Sense of well being							
Mental clarity							
Strength							
Drive							
Cravings							
Hydration							

Getting in all meals								
Cheating on extra junk								
Weight training (days/wk)								
Cardio (days/wk)								
Cardiovascular endurance 100 meter 400 meter 1600meter 5k								
Flexibility / Stretching								
Meditation								

Notes - Look back on the week. Give a short explanation expanding on any needed from above, so proper goals can be set. What did you do right? What did you do wrong? What did you learn?

Date	

Training Journal

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			

Focussed Meditation	Yes / No	Comments
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Training Journal

Date	Time	Body Weight	Bodyparts
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Full Body Warm Up -	Yes / No	Comments
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Pre Workout Stretch -	Yes / No	Comments
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Exercise	Weight	Reps	Comments
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Post Workout Body Part specific stretch / massage	Yes / No	Comments
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Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	

Post Cardio/Workout Total body Stretch/massage	Yes / No	Comments
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Exercise	Weight	Reps	Comments
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Exercise	Weight	Reps	Comments
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Focussed Meditation Yes / NoComments

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Post Cardio/Workout Total body Stretch/massage	Yes / No	Comments
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Post Cardio/Workout Total body Stretch/massage	Yes / No	Comments
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Focussed Meditation	Yes / No	Comments
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Exercise	Weight	Reps	Comments
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Post Workout Body Part specific stretch / massage	Yes / No	Comments
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Cardio / Activity	Yes / No	Time/Duration	Comments
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Post Cardio/Workout Total body Stretch/massage	Yes / No	Comments
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Focused Meditation	Yes / No	Comments
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Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	

Post Cardio/Workout Total body Stretch/massage	Yes / No	Comments
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Total daily water	Bed Time
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