

The Physique Lab

Client Handbook



Gain Size

Drop Bodyfat

Tone Up

What is 'The Physique Lab'

The idea to behind 'The Physique Lab' was born about through the challenge thrown to us most recently in the form of COVID-19. With the pandemic limiting us to our homes and one single form of physical activity outdoors per day, this presented a new challenge for the regular trainer/ gymgoer:

- How am I going to gain muscle size while limited to home training? How do I train all my usual muscle groups with no equipment?
- I only have some light dumbbells and bands, but they are not heavy enough to develop strength and gain muscle, what can I do?

Utilising my own training experience, along with over 8 years of professional and 3 years of private coaching, I decided to use myself as a case study. So during this unique situation, I used the time to develop a programme that, using science and research supported principles, helped me maintain my muscles mass while dropping bodyfat, with limited equipment.



"As a regular trainer, I enjoyed lifting weights to gain muscle and look good, but never had the bodyfat levels to really stand out. Having always thought that it was 'just my body type' and 'I will never look like that'. Finally, I decided to really apply myself to my methods and gave it 100% commitment, to see if it was really possible. The results exceeded my expectations."

Tom Turner – Physique Lab Online Coach

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Now I know an important factor to achieving the above was I had access to some a small number of basic 'gym equipment' at home. I have seen lots of adverts during lockdown online of companies with a ripped guy used to advertise some training bands. Or PT's selling 'Get Big at Home' bodyweight programmes. I'm sorry but unless you are just starting out with strength training you can't 'Get Big' doing push ups and band resisted squats at home, you need external load.

So finally, this led to where I am now, writing this handbook for others to benefit from these methods, providing a solution for achieving results with home training by:

- **Developing a training programme that enables you to hit all major muscles groups with limited equipment, at home.**
- **Designing a training programme that utilises science to help elicit the adaptive stress needed to gain muscle, at home.**
- **Team up with a UK leading equipment supplier who can provide you with the essential equipment you need to achieve results, at home.**



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Who is it designed for?

- Anyone who trains for aesthetic reasons, to look **LEAN, TONED, RIPPED**
- Anyone who wants to **GAIN FULL BODY MUSCLE**
- Anyone who wants to **DROP BODYFAT** while maintaining muscle mass
- Anyone who trains for **HEALTH** and wellness reasons
- Anyone experienced in **STRENGTH TRAINING** who want to benefit from accessible training at home



Half the Cost

Half the Time

All the Results

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Invest in Efficiency

When designing the Physique Lab programme, it was important that I had a programme that could not only bring about real RESULTS but was also realistic for the everyday person to take advantage of. Therefore I needed to be able to supply you, the client, with access to equipment to achieve these results within a 'realistic cost'. Now what is a 'realistic cost' you might ask? Let's look at the example below:

What will it cost me?

	<u>Gym</u>		<u>Home</u>	
Membership	£40 pcm	£480	£0	£0
Travel	4 x week @ £5 day	£480	£0	£0
Equipment	None	£0	BASIC Package	£180
PT Online Training Programme	£40 pcm	£480	£40 pcm	£480
Total	£1440		£660	
Maximum saving per year if you purchase the BASIC equipment package at £180 would be £780				

“Save £100’s on your annual commitment to get in shape.”

How do I fit it in?

	<u>Gym</u>		<u>Home</u>	
Time traveling to the Gym	4 x Week – 15 minutes each way	2 Hours	None	0 Hours
Time Training	4 x Week – 60 minutes per session	4 Hours	4 x Week – 45 minutes per session	3 Hours
Total	6 Hours		3 Hours	

“Earn back precious time in your week.”



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Exclusive Equipment Packages

We have teamed up with one of the UK's leading suppliers of performance gym equipment to be able to provide you with exclusive space saving client equipment packages. By investing in a one-off purchase, you will ensure you have access to all you need to make **LONG TERM PROGRESS** in developing muscle **SIZE & TONE**, all from your own home.



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Package Options

BASIC – From £180

- 1 x Pair Manual Occlusion Straps
- 2 x OL DB Handles with 2 x 2.5kg & 2 x 1.25kg plates & clips
- 1 x Pair Hex Rubber Dumbbell - 15kg, 20kg (+£18) or 25kg (+£38)
- 3 x Strength Bands – Extra Light, Light, Medium

PRO - £575

- 1 x Pair Occlusion Cuff with Pump
- 1 x Pair Power Blocks Pro Expandable Stage 1 (4-23kg)
- 3 x Strength Bands – Extra Light, Light, Medium

Upgrade to Pro HEAVY - £825

- Pro Expandable Stage 2 + 3 Kit (24-41kg)

ELITE - £1148

- 1 x Pair AirBands - Arms
- 1 x Pair AirBands - Legs
- 1 x Pair Power Blocks Pro Expandable Stage 1 (4-23kg)
- Pro Expandable Stage 2 + 3 Kit (24-41kg)
- 3 x Strength Bands – Extra Light, Light, Medium

When you sign-up online we will recommend what weight of specific equipment you will need based on ability and experience. You can then choose the quality of package you want to order based on our recommendation. If you wish to discuss in more detail the different level packages, we are happy to elaborate on the difference in the equipment through the range.

The Training Programme

The training programme is where you get to really benefit from PROFESSIONAL online coaching, that is tailored to you. This is no 'one size fits all' off the shelf programme that you typically find a lot of online. This is a framework that is adapted and tailored to you, to ensure you can make LONG TERM PROGRESS with your programme.

Your programme will be designed based on

- Training age
- Ability
- Goals
- Any limitations

Following your initial sign-up we will get to work tailoring the programme to your requirements. Once ready you will be invited to join us online via a training app. Here you will be able to:

- access your programme
- log training data – weights, reps, time
- log physical data – weight, bodyfat, limb girths
- communicate with your coach*
- assess your nutrition plan*

“Accountability is huge in terms of application to both training and nutrition, accountability enables results.”

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Additional Support Bundles

Our additional support bundles are available to enable you to increase the level of support you get online. If you want to maximise your experience and ensure there are no gaps in your journey to achieving long term results, then simply request to add on one of the below bundles:

Weekly Support (+£20 pcm)

- Weekly client check in's to assess progress
- Weekly client feedback
- Any necessary adjustments to programme
- Your personal online coach experience



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Diet Coaching (+£30 pcm)

- Individualised dietary intake template – Based on goals
- Accompanying breakdown of example days – Based on current diet
- Fortnightly adjustments – Based on progress

Time	AM - Hard Session	PM - Moderate Session	Day Off
06:00	Gym - 1 x 'lucosade sport' during. Run ing - 1 x Gel back end of run. Both - 40g whey protein shake - Half before, half		Breakfast
07:00			1 x wholemeal toast, 1 x egg 4x egg white (cr) mixed in 5ml olive oil
08:00	Breakfast (20 mins after gym)	Breakfast	
09:00	4 x weetabix, 400ml milk, 1 x large banana	2 x wholemeal toast, 1 x egg 4x egg white scrambled in 5ml olive oil	
10:00			
11:00	Snack		
12:00	1 x packet breakfast biscuits, 2 x large fruit, 40g whey protein shake		
13:00		Lunch	Lunch
14:00		40g dry weight chicken (approx 80g cooked weight), 20g pesto or olive oil, 50g lean meat, mixed salad	180g chicken breast, Large mixed salad with 10ml olive oil and 60g avocado. 1 x fruit
15:00	Lunch		
16:00	70g dry weight white rice (approx 210g cooked weight), 150g chicken breast, with veg or mixed salad, 60g avocado	Snack	Snack
17:00		2 x fruit, 20g nuts, 30g whey protein	1x fruit, 20g nuts, 180g lean meat OR 40g whey protein
18:00		Gym - 1 x 'lucosade sport' during. Run ing - 1 x Gel back end of run. Both - 40g whey protein shake - Half before, half	
19:00	Dinner	Dinner	
20:00	55g dry weight sport (approx 110g cooked weight), 150g portion of 5% lean mince from 150g made bolognese	250g oven cooked sweet potatoe wedges, 150g lean meat/ fish, lots of veg	180g lean sirloin steak, 60g new potatoes, 3x servings veg
21:00			
22:00	Pre Bed	Snack	Snack
	4 x light rice cake, 40g peanut butter, 300ml milk	300ml milk, 2 x whole meal toast with 30g peanut butter	30g nuts, 40g whey protein shake

Join our growing list of clients who have achieved individual success



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FAQ's

I am fairly new to the gym and training, is this suitable for me?

Yes – this programme is likely very well suited to you as you have lots of room for improvement as you are early into your training years. With our programme you can continue to make strides in adding size and strength and improving your physique, all from home. The online programme comes with videos for all exercises so you can see the proper technique, in addition you will have access to online recourses on how to perform the training.

I am a female and don't want to get big muscles, is this suitable for me?

Yes – lots of female clients are drawn to the word 'tone up', when essentially what you are being sold is no different from any other programme, just typically higher reps to ensure you 'feel the burn'. Our programme utilises simple methods which over time as you develop a small volume of muscle and lose fat, you will have enhanced your overall muscle 'tone'. For female clients we will also be able to add lots of specific Glute and Ab work as this certainly is the trend at the minute, if you wish for that.

How long does it take to see results?

Realistically results are largely dictated by two things - 1) Training and 2) Nutrition. If you follow your plan consistently and be detailed with hitting your intensity prescribed for sessions, along with consistent nutrition to support your training goals, you can expect to see results in 2-4 weeks. You can expect 'transformation' type results in 12-16 weeks.

I don't know what I should be eating, can you help?

Yes – include the diet coaching support bundle with your online training to ensure you get an individualised diet plan with ongoing support.

I consider myself experience in the gym and fairly strong, is this programme simply not going to cut it in terms of the weights I will be using?

Yes and No, this really depends on what you want to achieve from this. We have designed this as untimely a way to enhance physique from home, so if you're an experience strength training but like to look good and want to lean up and keep hitting your trained muscles at home, then yes this will work for you. We have designed the programme template to accommodate 'strong' individuals,

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with for example the PRO Heavy package going up to 2 x 40kg dumbbells, if you are reverse lunging 80kg for reps then your certainly going to have a decent set on legs on you.

Your company is strength and conditioning, is this programme suitable for performance strength and conditioning training?

No. This programme is designed around training for improving your physique and 'looking good', it is certainly not going to increase your back squat 1RM, improve your power clean or make you sprint faster (well actually it may, but not directly). If it is strength and conditioning support online you are after contact us separately to discuss how we can support you.

Extras

Training Programme Language

Rate of Perceived Exertion (RPE) – This is intensity at which the session/ exercise/ set/ interval effort should be performed at. Our scale uses a 1-10 and is available on TrueCoach within the library to refer to for sessions. The more you use it you will become familiar and it will be second nature.

Lift Intensity Prescription – You will typically see an intensity prescribed for a working set of an exercise (this is slightly different to the RPE scale). It will typically utilise 'reps from failure' to prescribe how hard to work for that set. For example, your programme may say the following:
Set 1 - 80% ('-5')

This means perform the exercise within the rep range to a point where you feel like you could do 5 more reps. If you finish that set and could have easily done 5 more reps, you need to up the weight you are using next set. For example:

Set 1 – 10-12 reps @ 80% ('-5')

Weight used 20kg. I did 12 reps with 20kg and felt like I could easily do 5 more.

Next set weight goes up to say 24kg. I did 10 reps and stopped because this time I felt like I could do 5 more if I had to.

For bodyweight you may see it written as:

Push Ups – 4 x -10, -5, -3, 0. This is as you will now be guessing. Set 1 '-10' reps in reserve, Set 2 '-5', Set 3 '-3' and Set 4 '0' or failure. For example, if I can do 50 push ups as a one off max set, Set 1 would be approx. 40 reps, Set 2 would be approx. 45 reps, likely less as fatigue from first set will knock me back a few reps and so on. Always go on 'feel' on the day, do worry too much about your normal max reps.

Tempo – Tempo means the speed of the lift exercise. For example:

3-0-1-0 - For a squat this would mean 3s down, 0s at bottom, 1s to stand up, 0s at top before starting next rep.

2-2-1-1 - For a Push Up this would mean 2s down, 2s hold at bottom, 1s up, 1s pause before starting next rep.

1-0-X-1 – This might be used for a squat jump, 1s down, 0s at bottom, X means move as fast as possible/ explosive, 1s pause before starting next rep.

Occlusion Method – Occlusion training is also know as blood flow restriction training, this is where your cuffs come in. For any exercises to be done using occlusion, first apply your cuff to the limb at prescribed tightness, these are:

Manual Straps – Approx. 7/10 tightness. Tight without being uncomfortable, can slide 2 fingers in behind the band.

Occlusion Pump Straps – Arms TBC, Legs TBC

AlrBands – Arms TBC, Legs TBC

In terms of the reps scheme for occlusion exercises you will typically see it written as:

30/15/15/15+ (20s rest between)

This means do 30 reps, rest 20s, then do 15 reps, rest 20s, 15 reps, rest 20s, 15 reps + final set.

If for example due to fatigue you only manage 30/15/12/9, next time you use the same weight.

If for example you manage 30/15/15/25, you certainly need to increase weight marginally next time.

Use 25 reps for the final set as your cut off, if hitting this you increase the weight next time as mentioned.