

5 Tips for Starting a Training Program You'll Actually Finish



FLOW 
FITNESS

You want to make fitness a lifestyle but can't

A recent study by Harris Interactive for bodybuilding.com revealed some staggering statistics: 73% of people who set fitness goals give up before reaching them, and 50% quit within six weeks of starting. While there are many reasons behind these statistics, one thing is clear—people are struggling with their fitness programs. So how can you change your program to better meet your lifestyle and goals?

At Flow Fitness, we've helped hundreds of people change the way they live and gain physical independence—from the time-crunched CEO to those turned off by the “gym” culture. Here are the five elements we include in every training program, and suggest to every Flow member during their initial strategy session.

Make these five changes, follow the four-week program at the end and you'll see results: You'll feel better, move smarter and become the person you ALWAYS thought possible!

Sincerely,

Brian Sutton M.Ed, CSCS, CPT, PICP-I

GM, Flow Fitness

1

Be 'Life-Fit' Not 'Ego-Fit'



Every fitness program should start with goal-setting. Unfortunately, many set goals based on something visual they don't like about themselves or want to change. From dropping 20 pounds to "toning" their butts, these are what we call "Ego-Fit" goals — and they are the primary goals of most people we encounter.

So, what's wrong with aiming for Ego-Fitness? For starters:

- Body metrics, such as body composition and weight, are volatile — and many quickly get discouraged when these fluctuate.
- Genetics can't be changed; some people will never get ripped abs, no matter how many crunches they do.
- It neglects real-world applications, such as the strength you need for hiking or playing with your kids.
- It creates a short-term mindset: There are no real consequences for not accomplishing goals, and many of those who do quit training shortly after and lose the results.

Don't just be Ego-Fit — be "Life-Fit." This means changing the way you live. When you set Life-Fit goals, you begin a journey of overcoming life's challenges without the stress of a strict timeline. You find joy in improving at physical tasks, rather than staring critically in the mirror, looking for the perfect lighting for your biceps.

Examples of Life-Fit goals include:

- **Get stronger** to be more efficient with daily tasks and activities.
- **Improve conditioning** for less fatigue after daily tasks and activities.
- **Boost mobility, motor control and body awareness** to reduce chances of injury.
- Address current health and orthopedic issues for **better quality of life and movement.**
- **Reduce the health risks** associated with aging.

When creating your own Life-Fit goals, remember that human beings were designed for **performance, NOT perfection!** When you set Life-Fit goals, you'll approach your training in a whole different way. training

2

Don't Warm Up,
'Prepare and Ponder'



Delete the word “warm-up” from your vocabulary, and that 10-minute jog or stationary cycle along with it. This has limited effects on long-term performance, with no “carry-over” to the movement-based training you SHOULD be doing (more on that later).

Instead of warming up, **prepare your body** for movement by focusing on:

- **Joint mobility**: The degree to which a joint can move before being restricted by surrounding tissues. Generally, the more joint mobility you have, the better—though too much can hurt you, if you don’t have the strength to control it.
- **Muscle activation**: Enhancing your ability to produce muscle contractions to perform a physical task. In other words, this means “waking up” the central nervous system and the sleeping muscles it controls.
- **Joint stability**: The amount of strength or resistance offered by the tissue surrounding a joint. Poor stability leads to poor body control, which leads to injury. It’s that simple!

Each of these components should focus heavily on the areas of the body you use most during your workouts. For example, if your training plan includes squats and lunges, prepare the body by **mobilizing** the ankles and hips, **activating** the glute muscles and **stabilizing** deep-lying core muscles through breathing drills.

And don’t just haphazardly jump into the same pre-set stretches you did back in high school P.E. class. Instead, take a moment to **ponder** how each movement feels, addressing problem areas. Then help these areas recover by stretching, foam-rolling and doing mobility work before you leave the gym.

We incorporate this “prepare and ponder” system into all of our training programs, helping hundreds of members crush their “personal best” with a different approach to warm-ups and cool-downs.

3

Focus on Natural Movement Patterns



We've said it before: Humans were meant to perform. But in today's world of cars, desk jobs and smartphones, we're all moving less. When most people go to the gym, they end up sitting—yet again—on some circuit machine, isolating a muscle in a way that NEVER happens outside of the gym.

At Flow Fitness, we believe physical independence can be gained by incorporating eight critical movements into your fitness routine, and they don't involve machines. That's why we removed over 15 pieces of circuit equipment from our South Lake Union gym and have absolutely none in our Fremont location.

At first, people complained—but once we explained our philosophy, we witnessed members stepping out of their comfort zone and using kettlebells, barbells, TRX trainers and sleds. They quickly realized how these movements translated into daily life and found a new purpose for their training.

Train the Way You Move!

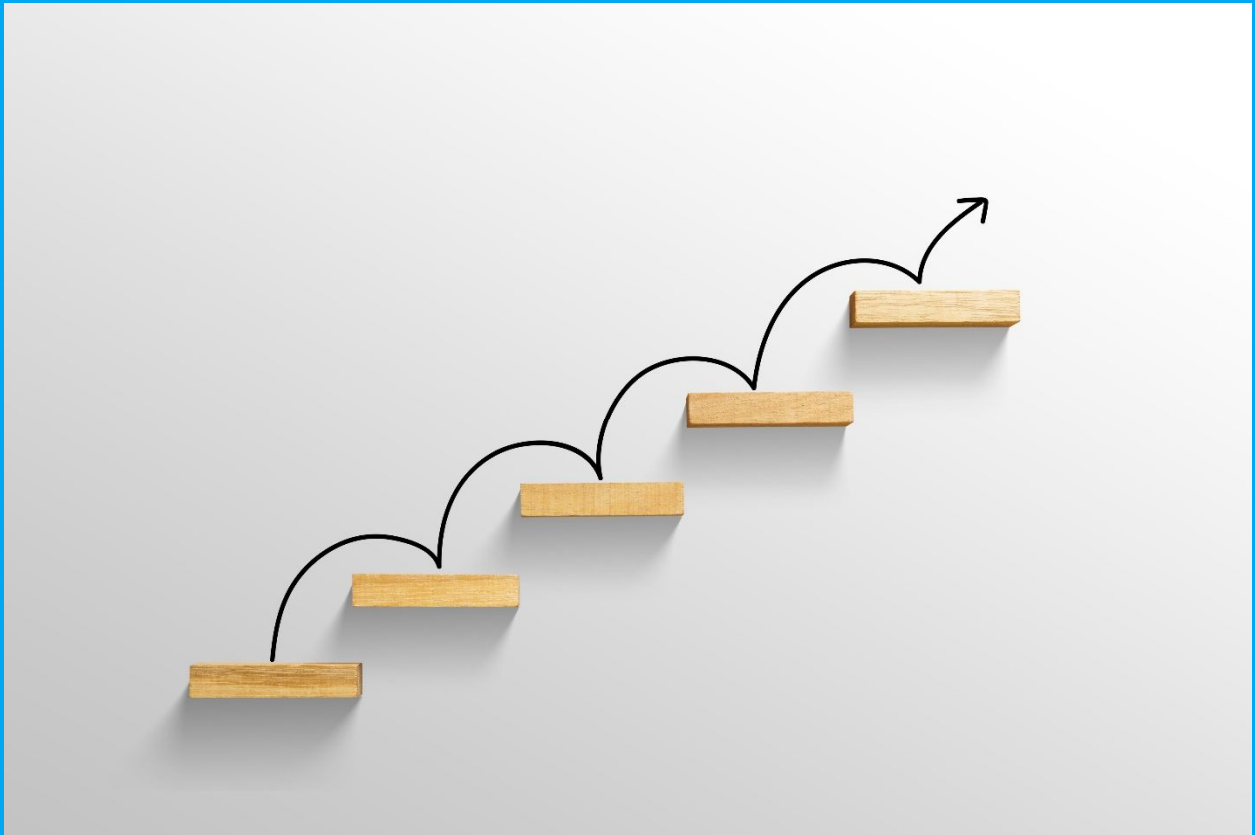
Here are the eight patterns of movement we recommend, and how they translate to the activities humans were built to do:

- 1. Squat:** Picking things up and putting them down.
- 2. Hinge:** Picking more things up and putting them down.
- 3. Push:** Getting things AWAY from you.
- 4. Pull:** Getting things CLOSER to you.
- 5. Carry-** Getting an object from point A to B.
- 6. Throw:** Hitting another object (e.g., hunting).
- 7. Jump/Climb:** Getting something that is out of reach.
- 8. Locomotion:** Avoiding another object (e.g., running, walking, crawling).

There are several hundred variations of each movement—providing a virtually limitless amount of exercises. Every time you train, you should have **no fewer than five** of these movements as part of your program.

4

Constantly Evolve Through Periodization



One of the biggest reasons people never reach their goals is by failing to progress their training plan. Either they get stuck doing the same workout for several months, because at one point “it worked” — or they change their workout every time they train and “confuse” the body into changing. Unfortunately, neither of these approaches work long term, and most people quit after several frustrating weeks of limited progress.

Whether you are new to fitness or a veteran, you need to evolve your training in a way that encourages change, while avoiding overtraining and plateaus. This is accomplished through a concept we call **“periodization”**: **The short- or long-term adjustment of different training variables to achieve a desired effect on human performance.**

There are various methods to periodize training programs, but we recommend “micro-periodization.” This involves, over a four-week period, increasing the workout’s **intensity** (how much weight the person is lifting) and **volume** (the number of sets multiplied by reps), while maintaining similar exercises. Here are the goals of each stage of the program:

- **Week #1: “Learn it.”** Allow the body to acclimate, or re-acclimate, to a specific movement while developing muscular endurance. **Intensity**: Low to moderate. **Volume**: 3-5 sets of 10-20 reps.
- **Week #2: “Know it.”** Exhibit an understanding of how movement affects the body to promote hypertrophy (muscular growth). **Intensity**: Moderate. **Volume**: 3-5 sets of 8-10 reps.
- **Week #3: “Own it.”** Demonstrate increased proficiency of movement and increased functional strength. **Intensity**: Moderate to high. **Volume**: 3-5 sets of 6-8 reps.
- **Week # 4: “Crush it.”** Exhibit above-average movement quality and increase maximal strength through efficient muscle contraction and recruitment. **Intensity**: High to max effort. **Volume**: 3-5 sets of 3-5 reps

When you practice micro-periodization, you’ll consistently get stronger, move better and go faster while avoiding overtraining and soreness.

5

Find Your Yoda



Setting appropriate goals and structuring your program structure will get you close to the finish line — but you'll need to answer one major question to become the person you ALWAYS thought possible:

Who is your Yoda?

A study conducted by the American Society of Training and Development (ASTD) found that respondents had a 65% chance of completing a goal when they committed to someone else, such as a family member or friend. This figure rose to 95% when they made a specific appointment with that person.

That's why we created our accountability programs here at Flow: studio classes, semi-private and 1:1 training programs led by certified professionals. Through these programs, we've helped hundreds of people complete their goals, following the same path you're navigating today. While it can be a daunting task to ask for help or be held responsible by another person, remember — no hero succeeds without help and guidance. Just ask Luke Skywalker!

Discover how you can create a successful training program for yourself that you will stick with.

Our 30-Day Experience program incorporates all 5 of the crucial components listed here into one comprehensive program that will set you up for success.

**Change the way you live so you can do
what you want,
when you want,
for as long as you want!**

Click below to learn more about our 30-day Experience Program and start changing the way you feel!

[Learn More](#)

FLOW FITNESS STRENGTH CAMP

" Motivation is what gets you started. Habit is what keeps you going"

Name : _____	WEEK 1- "LEARN IT"					WEEK 2 -"KNOW IT"					WEEK 3- "OWN IT"					WEEK 4 - "CRUSH IT"				
Training Plan-Workout # 1	Todays Date :					Todays Date :					Todays Date :					Todays Date :				
<u>Preparation</u>																				
M1) Squat to Stand x 8 reps																				
M2) Single Leg Lowers x 8 reps ea.																				
M3) Cook Hip Lift x 8 reps ea.																				
M4) Bent Over Band Lat Pulldown (:04) x 8 reps																				
BLOCK A - 3-5 Sets	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>
A1) BB Sumo DeadLift - Wk1: 3x12, Wk2: 4x8,Wk3: 5x5 Wk4: 5x3	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
A2) Push ups x 12-15 reps	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
A3) Box Jumps x 8 Reps	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
BLOCK B - 3-5 Sets	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>
B1) Front Squat - Wk1: 3x12, Wk2: 4x8,Wk3: 5x5 Wk4: 5x3	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
B2) DB Renedage Row - Wk1: 3x12, Wk2: 4x8,Wk3: 5x5 Wk4: 5x5	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
B3) Rotational Wall Throw x 8 resp ea.	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
BLOCK C - 2-3 Sets																				
C1) Bear Crawls x 50 steps																				
C2) Farmer's Carry x 50 steps																				
Training Plan - Workout # 2	Todays Date :					Todays Date :					Todays Date :					Todays Date :				
<u>Preparation</u>																				
M1) Band Pulldowns x 8 reps																				
M2) Reverse Lunge w/ OH Reach x 8 reps ea.																				
M3) Shoulder Circles x 8 reps ea.																				
M4) Reach, Roll, Lift x 8 reps ea.																				
BLOCK A - Upper Body 5 Sets	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>
A1) DB Military Press - Wk 1:3x12, Wk2:4x8,Wk3: 5x5 Wk4: 5 x5	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
A2) BB Glute Bridge- Wk1: 3x12, Wk2: 4x8,Wk3: 5x5 Wk4: 5x5	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
A3) 1/2 Kneeling Pallof Press Hold x 5 breaths ea. Side	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
BLOCK B - Lower Body 5 Sets	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>
B1) Deficit Reverse Lunges- Wk 1:3x12, Wk2:4x8,Wk3: 5x5 Wk4: 5 x5	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
B2) SA DB Row x 12 reps ea.- Wk 1:3x12, Wk2:4x8,Wk3: 5x5 Wk4: 5 x5	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
B3) Front Plank x 8 Breathes	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
BLOCK C - 2-3 sets																				
C1) Inchworms x 5																				
C2) Strongman Carry x 50 steps																				

PLEASE RECORD ALL WEIGHTS USED FOR EA. EXERCISE. IF YOU DON'T WRITE IT DOWN , IT DIDN'T HAPPEN !!!!!