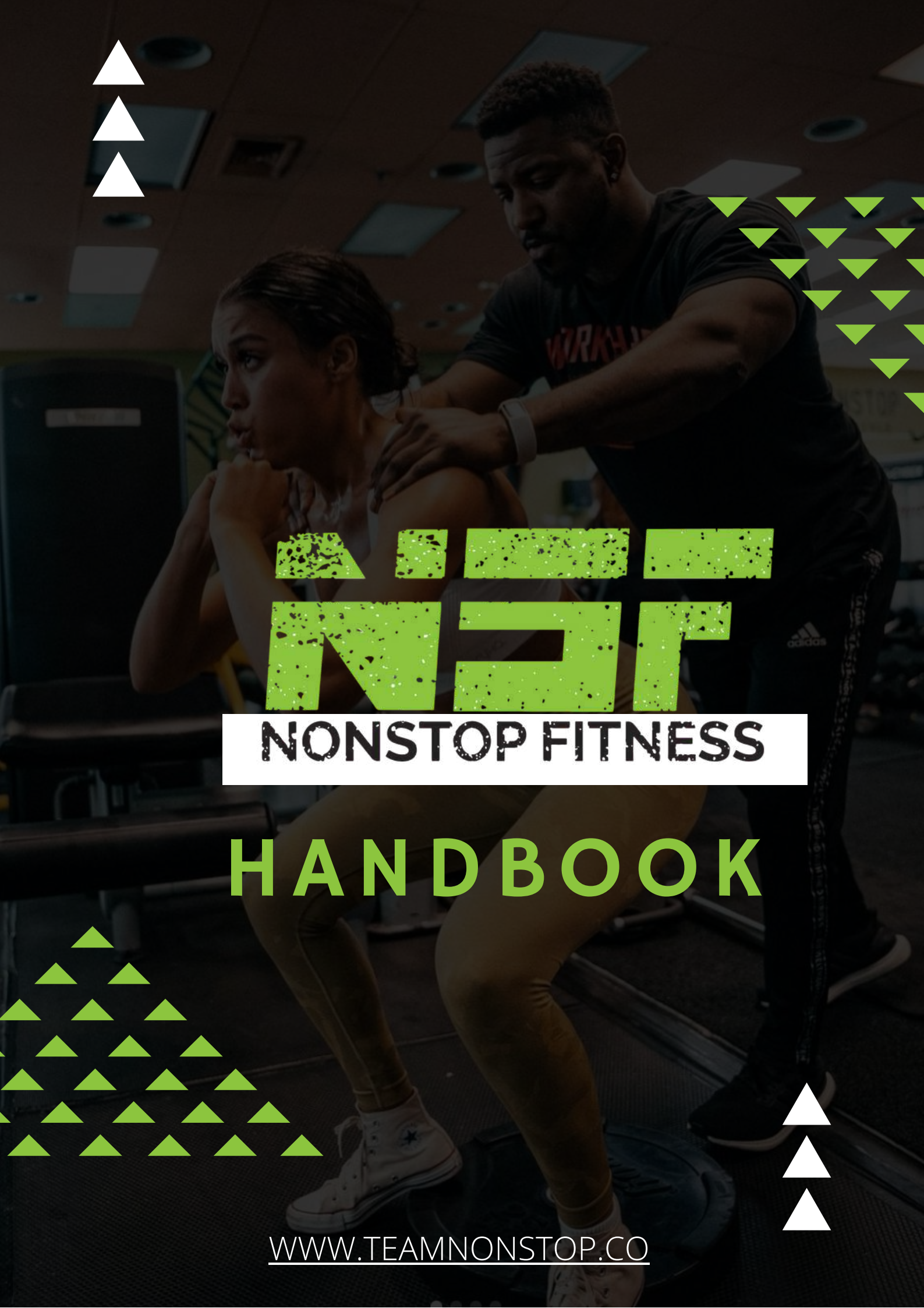


NONSTOP FITNESS

HANDBOOK

WWW.TEAMNONSTOP.CO

A MESSAGE FROM
THE OWNER

WE ARE THE COOLEST GYM AND FITNESS



Welcome to the team!

I would like to personally welcome you to the Team NonStop Fitness family. If you are reading this, you have taken the first step into a culture that demands excellence in all aspects. Pressure creates diamonds! This team is built upon a relentless pursuit of quality. Outside of physique outcomes, our coaches are constantly seeking out innovative and scientific approaches to maximizing athlete health as well as physical and mental output.

There will be no turning back from the positive habits you will cultivate through your journey with us. We are here to provide you with a high level of effort, time, and communication on our end but your success will depend on a reciprocation of this energy.

Let's get to work!!

Owner & Head Coach
David Milligan

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MEET YOUR COACH

Owner & Head Coach
David Milligan



nonstop_dmilligan

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GENERAL INFORMATION:



- Trust the process- to create the desired results, your progress will take patience and consistent effort over long periods of time.
- Open line of communication- in order to make proper adjustments to programming and trouble-shoot issues that may arise, thorough and honest feedback is required. If your coach doesn't have an accurate representation of what is going on, you will not receive accurate programming/protocols. If you are struggling DO NOT hesitate to reach out. You have 24/7 access to communications with your coach.
- Training effort- Our coaching staff has spent many years specializing in the weight training aspect of this process. We will demand high levels of effort and execution on the gym floor.
- Timely check-in- due to Athlete volume and quality of service, it is paramount that check-ins are thorough and turned in at the requested times. You will not be chased down if it isn't turned in.
- All aspects of the program are adhered to- this will include but is not limited to: nutrition, supplementation, water/sodium intake, cardio/activity, and biofeedback recordings.

GENERAL INFORMATION:



- You will be sent a separate spreadsheet document. This document does not need to be filled out and is simply a platform for updates and adjustments that your coach will make to your program over time. Please note that this spreadsheet has tabs at the bottom with different sections of your programming. It is ideal for the document to be viewed on a desktop computer or tablet.
- Please allow up to 48 hours response time from me on any platform. Please check your "junk" mail or reach out if you have not heard back within a 48 hour period as a technical issue has likely occurred.
- If you are a competitor wishing for your coach to be present at your show or backstage, you may be subject to financial responsibility for travel and entry expenses.
- We encourage you to tag @NonStop Fitnesscoaching and your coach as well as use hashtag #TeamNonStop Fitness on your fitness related Instagram posts and bio's. This allows us to create a larger positive impact!
- Some supplements, items, and services may be recommended to be specific brands. Discount codes for these will be provided on your program to help you save money that may be better spent elsewhere.

CHECK-IN AND COMMUNICATION GUIDELINES:



- Check-In questionnaire and check-in pictures are to be turned in together via a single email. Check-in training videos are to be turned in via WhatsApp.

- Recorded daily weights are required with each check-in. Weights should be recorded on a digital body weight scale every morning after first use of the restroom and without clothing on.

- At Least 3 video recordings of various exercises from the prior week are required to be turned on check-in days via WhatsApp. This is especially important for exercises you feel that you are struggling on.

LIFESTYLE

Check-in pictures are required (full body). These pictures are to be taken upon waking and fasted (before eating or drinking anything). In order to make the correct program changes, you must allow your coach to view you at your worst and best. Please send pictures in the same manner you sent the initial intake pictures. Use the best lighting possible with no shadows. If finding proper lighting becomes difficult, standing next to a window or going outside is recommended. Either have someone take these photos, use a self-timer, or record a video and screenshot the poses. No selfies will be accepted.

COMPETITORS:



- FOR IN-SEASON BODYBUILDING COMPETITORS: You must adhere 100% to the program. This includes diet, supplementation, training, cardio, water intake, etc. A strike system is in place for failed adherence:
    - 1st Strike: We will explore ways to create a more sustainable program and to address possible outside factors impairing your ability to execute the plan. We will also discuss your commitment to the planned contest.
    - 2nd Strike: You will be subject to rescheduling your planned contest to a later date in the season.
    - 3rd Strike: You will be subject to sitting out of the current competitive season.

- Fasted blood glucose (FBG) is to be recorded at least 3 times per week upon waking. Please drink at least 16oz of water and do not consume anything else before performing this recording. You can order relatively affordable glucose monitors on Amazon or a local drug store.

- Resting heart rate is to be recorded at random times at least 3 times per week. There are various ways to perform this recording. If you have any questions please reach out to your coach.

COMPETITORS:



- Male Athletes: record blood pressure in a fasted state at least 3 times per week. Please make sure your blood pressure monitor cuff is an appropriate size for your arm and do this in a calm environment.

- Check-in pictures are required (full body). These pictures are to be taken upon waking and fasted (before eating or drinking anything). In order to make the correct program changes, you must allow your coach to view you at your worst and best. Please send pictures of all mandatory poses for your respective division. If you are in a division with more than 6 mandatories, only include 2 front poses, 2 side poses, and 2 back poses. Use the best lighting possible with no shadows. If finding proper lighting becomes difficult, standing next to a window or going outside is recommended. Either have someone take these photos, use a self-timer, or record a video and screenshot the poses. No selfies will be accepted.

NUTRITION:



- Move your "pre workout" and "post workout" meals according to your training schedule. If you are unsure of what this means please reach out. The "pre workout" meal should be consumed 90-120 minutes prior to training. On rest days, simply follow the meals in order.
- Space your meals 2.5-5 hours as needed.
- All meats and vegetables are to be measured uncooked. Rice and potatoes are to be measured after they have been cooked. Oats and cream of rice are to be measured dry. Oils are not to be cooked with (drizzle oil onto already cooked food).
- Please try to space meals at least 2.5-3 hours apart. Make sure you are chewing your food thoroughly and eating in a calm environment.
- Zero-calorie condiments, seasonings, and drinks are acceptable in tight moderation.
- Salt is your friend, lightly and consistently salt your food with Iodized salt. Specific measurements may be put on your plan.

NUTRITION:



- All drinks consumed count towards daily fluid intake.
- IIFYM/Flexible Dieting: You are allowed to fall over/under 10g of your daily protein and carb allowances; over/under 5g of your daily fat and fiber allowance. Track foods accurately using MyFitnessPal or other comparable apps. These smartphone applications offer a wide range of searchable foods, restaurant menus, and a barcode scanner. Use a food scale while cooking at home for accuracy. EVERYTHING ingested that contains calories must be measured and tracked.
- It is paramount that the supplementation on your program is consumed. The supplement protocol provided is designed to be synergistic and in alignment with your goals and lab work.

TRAINING:



- Your split may contain “A” and “B” days. The structure of these training days may differ or be the same. The exercise selection however should vary. This allows for movement variability to prevent injury.

- “Working” sets are to be taken to true failure with form intact. If form breaks down before you reach your end rep range, you are using too heavy of a load and need to shut the set down and reduce the weight. You should go into these sets with a “gun to the head mentality” with laser focus and intensity.

    - The first working set programmed on a given exercise (top set) should be the heaviest weight. The following working sets on the same exercise should be performed with “back down” weight.

    - Rest periods on the plan for working sets are not set in stone. By the time you do your next working set you should be fully recovered from the last one. If your performance for the next working set is diminished, the rest period is too short. This can take a few minutes depending on the exercise.

TRAINING:



- If an exercise for a working set is “Single Arm”,”Single Leg”, or “Unilateral”, this means one side is completed before the other. Take a 8-10 second rest between each side to catch your breath.

- Working sets need to be tracked in a log. This can be done using a notebook or a note in your smartphone. Record the weight used and the number of reps achieved as well as notes that may help you during the next session. You should be chasing for incremental progressions each session (one more rep, 2.5lbs more, better form, etc).

- “Pump” sets are to be performed with continuous but controlled reps with submaximal loads. These sets should burn and get a lot of blood flow to the desired muscle tissue

- “Warmup Sets” should be a progression up to the weight used for the working sets and descending reps as load is increased. Rep ranges should not cause fatigue or “burn”.

TRAINING:



- "Tempo" indicates the pace at which an exercise is performed. This can look something like (4-3-2-1). Each number represents the seconds spent in a portion of the exercise. The first Number indicates the eccentric (or negative) portion of the movement. The second number indicates the time spent in between the eccentric and concentric portion of the movement (ex: the bottom position of a squat). The third number indicates the concentric (or positive) portion of the movement. The fourth and final number indicates the time spent in the short or "squeezed" position (ex: the top portion of a squat).

- Consecutive letters represent supersets. There are no rest periods between these exercises. (Ex: A1, A2, A3)

- If you are confused on exercise execution, you can use youtube for general reference or ask your coach for further instruction. Please include any exercises you're unsure of in the video recordings required with check-ins for evaluation.

- You can move rest days around within your training rotation as needed based on schedule.

CARDIO:



- When using cardio equipment, do not lean body weight onto hand railing. Lightly hold on only to maintain balance.
- A total daily step count may be added to your plan. Use a device with step tracking capabilities to track and hit these numbers.
- **The amount of steps you take throughout the day is referred to as "NEAT" or "Non-exercise activity thermogenesis." NEAT is a great way to burn some extra calories just going about your normal daily activities. Getting in more steps after a big meal is also a great way to aid in digestion.**

RECOVERY AND STRESS MANAGEMENT:



- Sleep wake patterns need to be as consistent as possible. Ideally waking up and going to bed about the same time each day or as close as possible. This will start regulating the secretion of adrenal and circadian hormones. Unless you absolutely cannot because of schedule reasons, I would suggest being in bed sometime between 9pm-12am. If you are used to staying up much later then you will want to slowly move yourself back about 30 minutes at a time every few days.
- Minimize exposure to bright lights before bed. Blue-light blocking glasses are encouraged near bed time.
- Must stay below 200mg caffeine per day.
- Chew food thoroughly and eat in calm environments.
- DO NOT exceed activity levels or exercise more than your coach has programmed. Everything is designed with sustainability in mind.
- Rest days are meant for REST. Keep activity and stress to a minimum.
- If you are sick, do not train or do cardio. Stick to nutritional programming to the best of your abilities and alert your coach.

CLOSING MESSAGE



We are incredibly privileged and grateful you have chosen us to take you on this journey. This is not only a team but a family. We will have your back at all times and will do everything in our power to support you and provide the tools needed for success.

This handbook is intended to help simplify things that are complex, streamline your execution, and reduce potential overthinking. We hope that it has provided valuable information that you will be able to carry with you for a lifetime.

Do not hesitate to ask questions or use any of these documents for continuous reference over the course of your journey ahead.
On behalf of every single person on Team NonStop Fitness, WELCOME!

NONSTOP FITNESS