



PEAKOF FIT

GUIDE TO GETTING STARTED



WELCOME TO THE METHODOLOGICAL GUIDE PROVIDED WITH YOUR FITNESS PACK!

In this guide we will give you precise instructions in order to make the most of our programs and not waste time in your development.

We hope you enjoy following them as much as we enjoy designing them.

Take the time to read everything and don't hesitate to come back to it. if necessary. It is important to follow carefully if you want to get the most out of your programs.

Thank you for your trust.

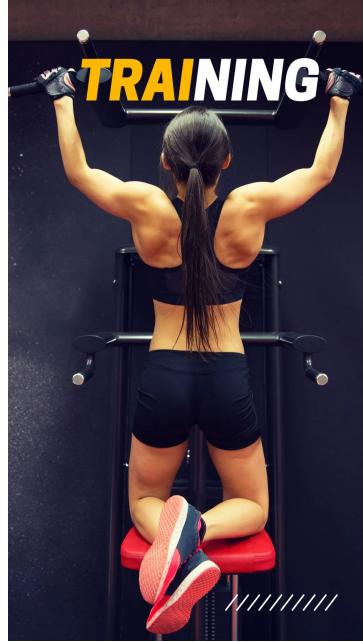
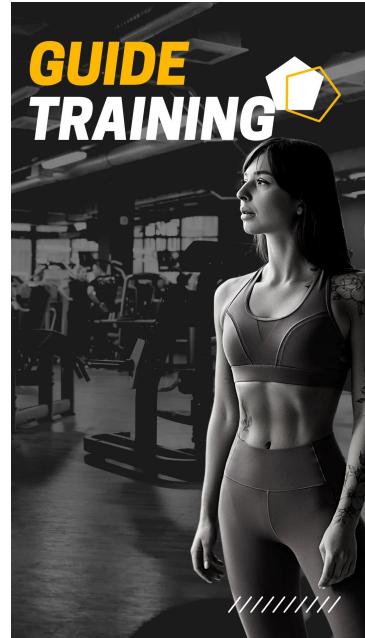


THE DIFFERENT SECTIONS OF THE PACK:

GUIDE : the current guide to understanding how to use the pack. Essential to get off to a good start.

TRAINING: all training sessions classified by objective and achievement (gym, home gym, etc.).

NUTRITION : a guide to understanding the basics and sample meal plans.



TRAINING SECTION:

This is where you can find all the training programs classified by objectives and achievement. Once you're here, you need to start by choosing your goal.

WEIGHT GAIN : intended for people wishing gain volume and muscle mass, as well as increase in body weight. Be careful, mass gain must remain nutritionally perfect, it is not a question of stuffing yourself in any way but of eating enough by choosing simple and healthy foods! You have to be as involved as for a dry.

DRY AND DEFINITION: To Lose mainly fat mass gain definition. Be careful, drying must be gradual and done regularly, without putting yourself in danger. Be patient and involved if you decide to take the plunge.

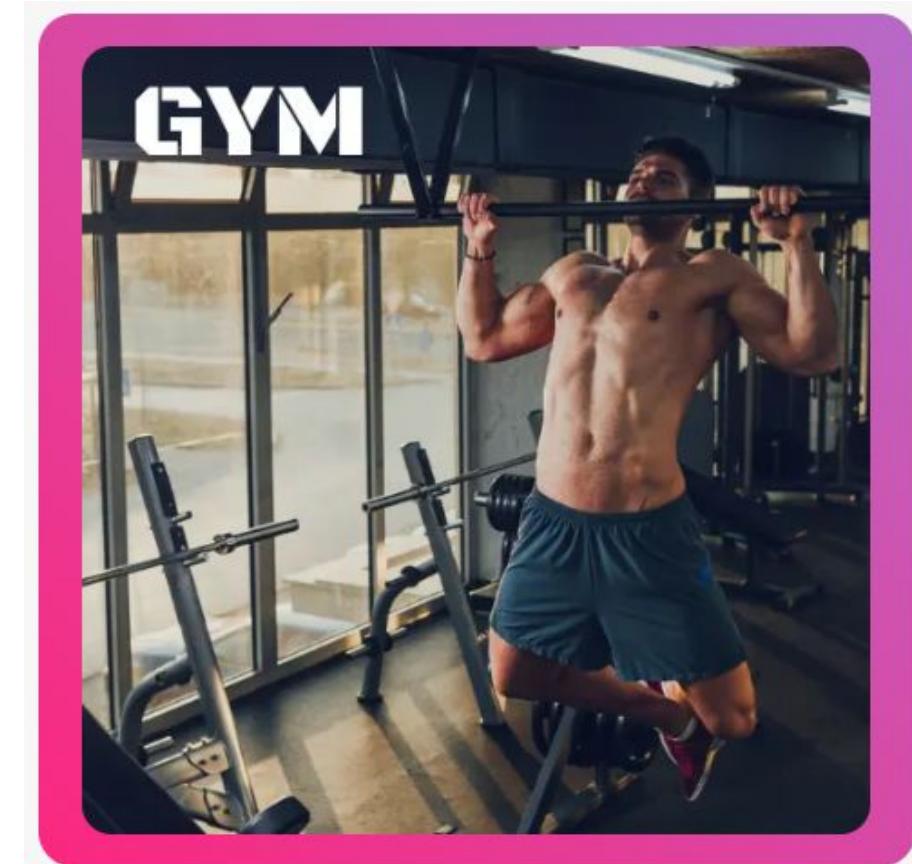


PROGRAMS IN THE GYM :

Number of mass gain programs: 10

Number of dry and definition programs: 10

These programs must be practiced in the **gym**. They understand the use of machines, bars and dumbbells. A program must be carried out for a minimum of **6 weeks** before being renewed. However, 6 weeks is the minimum period, as long as the program gives sensations and results, there is no point in changing it. A minimum of **24 hours of rest** is recommended between each session. When starting a new program, the body and nervous system must learn and adapt, so take the time to carefully perform all exercises with great involvement and rigor. For example, at the start if you don't know an exercise, you will have to learn it, repeat it. The more you do it, the more you will be able to do the exercise without thinking about it. This is where it gets interesting (it's called unconscious competence) because you are 100% involved in the intensity. The programs are normally difficult, there is a lot of volume. Therefore, if you find that it is still too hard for you, reduce the number of series per exercise (for example if there are 5 series, do 3) the first month until you are able to go further.



PLAYING PROGRAMS IN THE GYM :

Each program is divided into several sessions.

These sessions must be spread over a week.

You can follow the order of the program sessions, this is the one we recommend. We advise you to always take at least 24 hours of rest between two sessions.

If it's a big session, for example the thighs, you can take 48 hours of rest to give your body time to recover.

When a program only has two sessions, you can repeat them once each during the week to arrive at 4 sessions in total.



The diagram illustrates the structure of a gym program. At the top, labels point to specific parts of the program table:

- Muscle group**: Points to the 'Muscles' column in the first session.
- Exercise**: Points to the 'Exercise' column in the first session.
- Program number**: Points to the title 'Program 2: Weight Gain'.
- Objective**: Points to the title 'Program 2: Weight Gain'.
- Rehearsals**: Points to the 'Rehearsals' column in the first session.
- Series**: Points to the 'Series' column in the first session.
- Recovery**: Points to the 'Rest' column in the second session.

Program 2: Weight Gain

Program 2: Weight Gain					
Session 1					
Muscles	Exercise	Rehearsals	Series	Rest	
Quadriceps	Front Squat	12	5	2'	
Quadriceps	Leg Extension	30	5	45"	
Triceps	High Supination Pulley	8	5	1'15"	
Triceps	High Rope Pulley	8	5	1'	
Triceps	Pulley Neck Rope	12	5	1'	
Session 2					
Muscles	Exercise	Rehearsals	Series	Rest	
Dorsal	Rowing Bar Wide Grip	6	6	2'	
Dorsal	Horizontal Draw	10	6	2'	
Dorsal	Vertical Draw	10	6	2'	
Dorsal	Pull-ups Tight Grip	20	4	1'	
Hamstrings	Straight-Legged Deadlift	8	6	2'	
Hamstrings	Squat Sumo Dumbbells	12	6	2'	

TO START AN EXERCISE VIDEO :

All programs are offered with videos of performing the exercises.

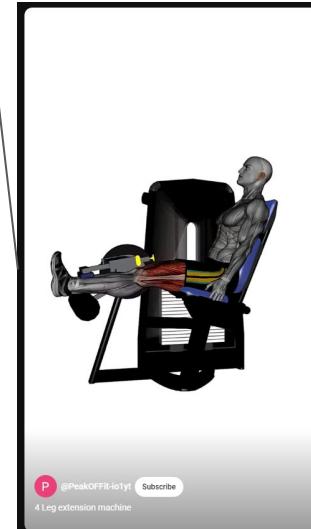
To start a video it's very simple, if you have your program directly on your phone or computer, just click on the name of the exercise the execution of which you wish to see to be immediately redirected to the video.

If you prefer to print your programs and have the videos separately, you will find in your pack

VIDEO PLAYLIST section in the different categories. This playlist brings together all the exercises used in the programs. Then you just have to find the one of your choice.

Program 2: Weight Gain					
Session 1					
Muscles	Exercise	Rehearsals	Series	Rest	
Quadriceps	Front Squat	12	5	2'	
Quadriceps	Leg Extension	30	5	45"	
Triceps	High Supination Pulley	8	5	1'15"	
Triceps	High Rope Pulley	8	5	1'	
Triceps	Pulley Neck Ropes	12	5	1'	

Session 2					
Muscles	Exercise	Rehearsals	Series	Rest	
Dorsal	Rowing Bar Wide Grip	6	6	2'	
Dorsal	Horizontal Draw	10	6	2'	
Dorsal	Vertical Draw	10	6	2'	
Dorsal	Pull-ups Tight Grip	20	4	1'	
Hamstrings	Straight-Legged Deadlift	8	6	2'	
Hamstrings	Squat Sumo Dumbbells	12	6	2'	



PROGRAMS WITHOUT HARDWARE :

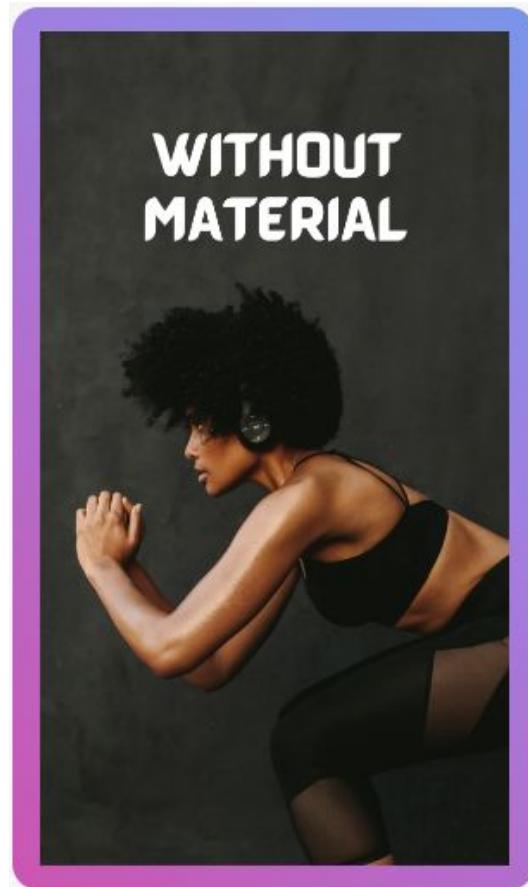
Number of mass gain programs: 6

Number of dry and definition programs: 10

These programs must be practiced without any equipment, body weight only. However, the use of a towel or water bottles is recommended. A program lasts 4 weeks minimum (unlike other programs where the minimum is 6 weeks). A minimum of 24 hours of rest is recommended between each session.

For programs of type CIRCUIT (sequence of all exercises without rest time), one circuit counts as a complete program. For example, if you choose circuit 1, you will reproduce it at least twice a week for at least 4 weeks before moving on to Circuit 2. For optimal use, we recommend making the circuit minimum three times (beginner) and maximum five times a week (Advanced level). For programs that are not circuits, it will be the same, a program works the entire body and must be reproduced over a minimum of 2 sessions per week (3 times being the recommended minimum).

To gain mass, we recommend working slowly and with voluntary contraction (voluntarily contracting the muscle during exercise in order to increase the intensity). However, if you are already trained and your desire is to gain a lot of muscle, we suggest investing at least in a pair of 15kg dumbbells, a pull-up bar and a bench, the body weight being able to reach a certain limit if one is already experienced. If you are starting out, the progression level is wide and you have time.



READING PROGRAMS WITHOUT DRY HARDWARE AND DEFINITION :

These programs are very intensive! If you can't finish them, start by reducing the number of repetitions and lengthen the recovery times. If it's too difficult removes one or two series of circuits.

The programs are in circuit form (all exercises must be chained together with no recovery time as a single block).

A circuit must be followed on average three times per week. With a MINIMUM day of rest between each. You must work as much as possible on the sensation and don't rush through the movements. Exercises marked TOWEL or SERVIETTE can be performed with an elastic band.

To start an exercise video, it's the same as shown before in the guide :
All programs are offered with videos of performing the exercises.

To start a video it's very simple, if you have your program directly on your phone or computer, just click on the name of the exercise the execution of which you wish to see to be immediately redirected to the video.



PROGRAMS ELASTIC TUBES :

Number of mass gain programs: 3

Number of dry and definition programs: 3

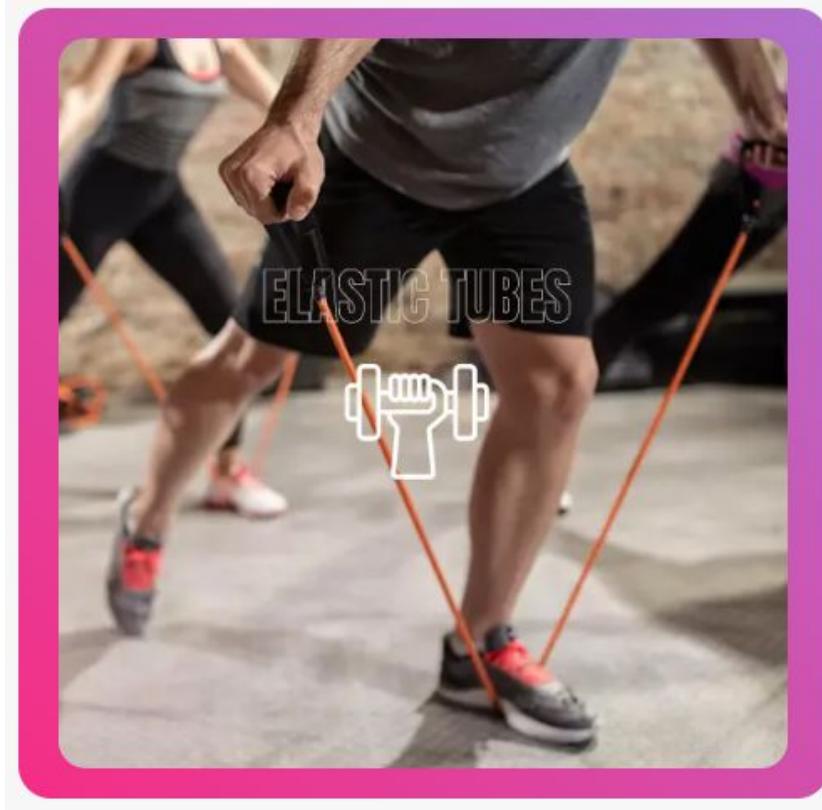
These programs must be practiced at elastic tubes and body weight. A program lasts 6 weeks minimum before being renewed.

A minimum of 24 hours of rest is recommended between each session. The programs include specific techniques(double contraction, rest-pause), remember to watch the execution video to understand how to do it.

FREQUENTLY ASKED QUESTION: CAN I REALLY GAIN MUSCLE WITH ELASTICS?

Elastics will never be equivalent to loads such as bars, discs, weights, dumbbells or machines. However, it is entirely possible to progress. As with body weight, it is important to perform the exercises slowly(when dynamic is not specified) while voluntarily contracting the muscle who works. In addition, the addition of specific intensification techniques makes it possible to compensate for the low load, as weight is not the only progression variable.

We will obviously always prefer free weights, however, don't worry, with involvement it will be entirely possible for you to progress and transform yourself into elastic tubes.



READING PROGRAMS WITH ELASTIC TUBES

SERIES :

Each program is divided into several sessions. These sessions must be spread over a week. You can follow the order of the program sessions, this is the one we recommend. We advise you to always take at least 24 hours of rest between two sessions.

If it's a big session, for example the thighs, you can take 48 hours of rest to give your body time to recover.

The elastic tube programs include specific techniques that we will see on the next page.

Intensity regulator :

The programs allow you to adjust the intensity yourself. You will see that for each exercise, 3 levels are offered, segmented according to the number of repetitions(or time by series),number of series or recovery time.

The diagram illustrates the structure of a training program, specifically 'Training Program 1 - Elastic Tubes', divided into two sessions: Session 1 (Quadriceps, Ischios) and Session 2 (Pecs, Triceps). The program is organized into rows for exercises, with columns for Reps, Sets, Rest, and Technical details. Annotations with arrows point to specific elements: 'Exercise' points to the first column, 'Muscle group' points to the first row of Session 1, 'Program number' points to the title, 'Material' points to the 'Rest' column, 'Rehearsals' points to the 'Rest' column of Session 1, 'Series' points to the 'Sets' column, 'Recovery' points to the 'Rest' column of Session 2, and 'Technical' points to the 'Technical' column. Below the table, arrows point to '8 repetitions' (under Reps), '3 series' (under Sets), and '1.5 minutes of recovery' (under Rest).

Training Program 1 - Elastic Tubes				
Session 1 - Quadriceps, Ischios				
Exercise	Reps	Sets	Rest	Technical
Squat	8, 10, 12	3, 4, 6	1'30", 1'15"	Tension Continue 2/2
Superset: Squat Jump	8, 10, 12	3, 4, 6	1'30", 1'15"	Tension Continue 1/1
Front Lunges	8, 10, 12	3, 4, 6	1'30", 1'15"	Tension Continue 2/2
Superset: Hamstring Curl	8, 10, 12	3, 4, 6	1'30", 1'15"	Tension Continue 2/2
Superman Sheathing	8, 10, 12	3, 4, 6	1'30", 1'15"	Tension Continue 2/2
Calves Standing on Step	8, 10, 12	3, 4, 6	45"	Tension Continue 2/2
Session 2 - Pecs, Triceps				
Exercise	Reps	Sets	Rest	Technical
Press	8, 10, 12	3, 4, 6	1'30", 1'15"	Tension Continue 2/2
Superset: Pumps	8, 10, 12	3, 4, 6	1'30", 1'15"	Tension Continue 2/2
Military Press	8, 10, 12	3, 4, 6	1'30", 1'15"	Tension Continue 2/2
Superset: Lateral Elevations	8, 10, 12	3, 4, 6	1'30", 1'15"	Tension Continue 2/2

8 repetitions 3 series 1.5 minutes of recovery

Adjust the intensity

INTENSIFICATION TECHNIQUES:

These techniques are used to give more intensity and to compensate for the lack of load of the elastic tubes (obviously they are not specific to elastics but used regularly in other formats). Here is an overview of these techniques:

DOUBLE CONTRACTION: consists of carrying out a first quarter repetition before coming back and starting again with a full repetition. The goal is to increase the time under tension of the muscle.

CONTINUOUS VOLTAGE 1/1: dynamic rhythm including 1 second for each phase of the movement.

CONTINUOUS VOLTAGE 2/2: classical rhythm including 2 seconds for each phase of the movement (concentric and eccentric). 2/2 meaning: two seconds per phase.

CONTINUOUS VOLTAGE 3/3: slow pace including 3 seconds for each phase of the movement.

Muscle group	Exercise	Program number		Material	Rehearsals	Series	Recovery	Technical						
		Reps	Sets											
Training Program 1- Elastic Tubes														
Session 1 - Quadriceps, ischios														
	<u>Squat</u>	8, 10, 12	3, 4, 6		1'30", 1'15"			Tension Continue 2/2						
	<u>Superset: Squat Jump</u>	8, 10, 12	3, 4, 6		1'30", 1'15"			Tension Continue 1/1						
	<u>Front Lunges</u>	8, 10, 12	3, 4, 6		1'30", 1'15"			Tension Continue 2/2						
	<u>Superset: Hamstring Curl</u>	8, 10, 12	3, 4, 6		1'30", 1'15"			Tension Continue 2/2						
	<u>Superman Sheathing</u>	8, 10, 12	3, 4, 6		1'30", 1'15"			Tension Continue 2/2						
	<u>Calves Standing on Step</u>	8, 10, 12	3, 4, 6		45"			Tension Continue 2/2						
Session 2 - Pecs, Triceps														
	<u>Exercise</u>	<u>Reps</u>	<u>Sets</u>		<u>Rest</u>			<u>Technical</u>						
	<u>Press</u>	8, 10, 12	3, 4, 6		1'30", 1'15"			Tension Continue 2/2						
	<u>Superset: Pumps</u>	8, 10, 12	3, 4, 6		1'30", 1'15"			Tension Continue 2/2						
	<u>Military Press</u>	8, 10, 12	3, 4, 6		1'30", 1'15"			Tension Continue 2/2						
	<u>Superset: Lateral Elevations</u>	8, 10, 12	3, 4, 6		1'30", 1'15"			Tension Continue 2/2						

Technical intensification

IMPORTANT NOTICES :

Each program must be practiced for a minimum of 6 weeks. However, we recommend eight weeks for best results. This delay varies, if you notice that you are not comfortable with a program, change it.

Conversely, if you see that a program gives you excellent sensations and results, you can continue it for six months as long as it works.

The essential rule is above all to feel good, to feel that the program is speaking to our body and that we are seeing results.

Some members have been working with the same program for several months. Others need to test everything to find what works for them.

The difficulty of the programs does not increase according to the numbers. So you can start from the first to the last.

But you can also follow them in another order, depending on your preferences.

The programs are mostly dense and difficult. It is voluntary. If you can't finish the exercises or find it too hard, remove one or two sets per exercise while you progress.



NUTRITION SECTION :

This is where you can find content that can help you build a weight loss or weight gain diet plan.

NUTRITION GUIDE: The first thing to do when arriving in the nutrition section is to read the guide. He will explain to you how you can build a food plan step by step.

Read it carefully.

CALCULATION OF CALORIES: In this section you will find a calorie calculator which will allow you to define your needs according to your objective and your profile.

TABLE TO BE COMPLETED: a nutrition table that you just have to fill out.

Please note, for greater comfort, it is best to open the table from a computer or install the free Google Sheet app on your smartphone.

FOOD EQUIVALENCE: a table which suggests knowing the food equivalences in order to be able to vary.

EXAMPLES OF DIETS: examples of diets and recipes by calorie bracket to inspire you. You will therefore find a typical diet by calorie bracket as well as recipes by calorie brackets as well. Of course, these are examples which should only serve to inspire you and not personalized instructions to follow.



REST AND SUPPLEMENTATION :

You need to sleep well and not be stressed because it burns a lot of calories and produces a lot of cortisol, which will limit your progress.

Your rest must be important in order to speed up your muscle recovery.

Fibers grow AT REST! We advise you to do a lot of relaxation, to avoid nervous situations and stress as much as possible. Overall, stay cool.

Also take a short nap early in the afternoon if possible.

If you want to take supplements, opt for a quality protein (isolate or Hydrolyzed type) to take after your session and as a snack.

However, it is entirely possible to do with 100% solid food; supplements are only an aid, not an end in themselves.



REMINDER OF IMPORTANT CONCEPT :

- 1- Choose a program.
- 2- Follow it diligently for 6 to 8 weeks.
- 3- Every three months, use the anti-stagnation program. Follow it for four weeks then take 7 to 10 days off. Then go back to a standard program.
- 4- All sessions of a program must be completed within seven days.
- 5- The exercises must be carried out with impeccable execution and great involvement.
- 6- Evaluate your calorie needs and reduce or increase by 200 calories every 10 days depending on your goal.
- 7- Drink plenty of water and rest, avoid stress and get as much sleep as possible.
- 8- Supplement your diet with a quality protein such as isolate or hydrolysis to take after your session and as a snack.
- 9- Everything can be done with solid food.
- 10- Believe in yourself and your dreams.

