

THE ROAD TO SUCCESS

BY DABBS FITNESS



THERE'S A DIFFERENCE BETWEEN EXERCISE AND TRAINING

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YOUR TRAINING IS ONLY AS GOOD AS YOUR RECOVERY

When you train, you put your body under stress. Your body re-builds during the recovery process to an improved version of what you were before.





TRAINING

THERE IS A DIFFERENCE BETWEEN TRAINING AND EXERCISE

TRUST THE PROCESS

THE BEST RESULTS ARE THE ONES THAT LAST

The keys to training are consistency, intensity, and quality.

At Dabbs Fitness we have seen that clients who have played sports at a good level are often able to achieve better results. This is because they are used to training consistently, are able to push themselves further, and also have more focus and discipline. You should train smart and listen to your body. However, your training hour must be an hour of complete focus and concentration. Some days you won't feel like training, but you have to get out there and do it.

A woman in athletic wear is shown in profile, performing a sit-up on a gym floor. She is wearing a dark, textured sports bra and black leggings. Her hands are behind her head, and she is looking towards the right. The background is a blurred gym setting.

TRAINING VS EXERCISE

*THERE IS A DIFFERENCE
BETWEEN TRAINING AND
EXERCISE.*

The difference between training and exercise is one of the core values in our philosophy. Most people exercise - with Dabbs Fitness, you TRAIN.

Exercise is what the doctor recommends for you. Exercise helps you burn calories, makes you sweat, and is good for you. Exercise is when you go to the gym every week, don't particularly know what you're doing, jump on a cardio machine for 20 minutes, then do a few press ups and sit ups. Exercise is going on the same 5km jogging route every Sunday for 5 years, and never particularly improving your time. Or not improving your bench press/squat 1 rep max in the past few years despite regularly performing these lifts. Exercise doesn't show progress. Exercise is Random. Exercise doesn't have an end goal.

Training occurs, however, when you go to the gym with a target, and a progressive plan in mind. You build on your work from week to week, year to year, and you create long term benefits for yourself, such as strength gains, conditioning improvements, and general health and fitness improvements.

**AT DABBS FITNESS
YOU DON'T JUST
EXERCISE**

- YOU TRAIN



BENEFITS OF STRENGTH TRAINING

Strength training seems to be one of the more misunderstood aspects of fitness. Many of our clients have negative preconceptions. This is in part due to the association with body building, and the bodybuilding culture in many gyms. Strength training is invaluable for both males and females. People who only associate strength training with aesthetic results, are really missing the bigger picture, and are neglecting most of the actual benefits. Strength underpins most athletic qualities, including sprinting, jumping, and change of direction. Strength is also one of the largest factors in injury prevention and is important for good posture.

But what do we mean by 'strength training?' Strength training, like conditioning training, encompasses a large range of training principles and methods, and goes far beyond the simple bench press or squat.

Strength is relative. Strength doesn't have to mean bench pressing 100kgs or looking like Arnie (although in some cases, it can). Strength for many youth or female athletes, may be simply performing a full press up, with no external weight. We can manipulate other factors, like utilising just one limb instead of two, such as a split squat.

We can also manipulate tempo, using explosive jumps at bodyweight, or by slowing the exercise down to create more time under tension.

Lastly, if aesthetic results are your goal – great. Strength training can help you look better. One of the most important factors alongside this is nutrition. Provided you aren't in a large calorie surplus – you won't build much muscle. However, if muscle gain is your target, you can use our nutritional guidelines alongside our program to maximise this. If you just want to become more toned, healthier and have more energy - then a calorie balance is what we would recommend.

BENEFITS

- **Hormonal benefits such as increased testosterone**
- **Aesthetic/toning/building muscle**
- **Postural**
- **Strengthens bones and helps with bone diseases such as osteoporosis**
- **Decreased injury risk**
- **Increased athletic performance**

One of the glaring cracks in most people's training programme is their conditioning. Conditioning refers to far more than just cardio. Conditioning includes longer cardio runs or cycles, however it also includes your Tabata HIIT intervals, sprint training, as well as your hill sprints, and longer 1km intervals. It also benefits your strength program, and plays an important role in your recovery after training, and even your rate of recovery during your session between sets of squats, for example.



THE IMPORTANCE OF CONDITIONING - DO NOT NEGLECT IT

"A MEASURE OF HOW WELL AN ATHLETE IS ABLE TO MEET THE ENERGY PRODUCTION DEMANDS OF THEIR SPORT."

Strength and conditioning are very interlinked and finding the right balance between the two is vital in helping you achieve your fitness targets. There are multiple energy systems which contribute more or less to various styles of conditioning. However, in a similar way to your strength training program, the initial focus in all of our programs is to first focus on building a solid base of aerobic conditioning, on which you are able to improve in later phases.

Many people strength train but neglect their conditioning. Many people also do plenty of cardio, but also neglect other forms of conditioning, such as the fartlek (fast/slow) methods, and more explosive conditioning methods. All Dabbs Fitness programs will incorporate many different methods of conditioning, which will complement all forms of your training and general wellbeing. Each phase is planned so that the conditioning sessions, and strength sessions complement one another.





YOUR PROGRAM

HOW YOUR PROGRAM IS BUILT

PHASES AND PERIODISATION

Your program is built in a periodised fashion with monthly phases. Each training phase has a focus on a specific element of training, which are represented by exercise selection, set and rep schemes. This follows the evidence based literature of periodisation and will ensure continuity and progression throughout your program.

LOG LOAD, REPS, AND SETS

Your program will specify how many reps and sets you should aim for. The program will also state what percentage of maximum load you should aim for. You must keep logging your load, reps, and sets, for the Bridge Athletic software to analyse your progress and calculate your load going forward.

TEMPTED TO GO OFF PROGRAM?

There will be days where you may feel like going "off program". You may be tempted to finish your session with some extra bicep curls or perform an extra abs circuit on your day off. We encourage you to follow your program, however we also want you to have your own ideas, and make your own informed training decisions.

TO TRAIN OR NOT TO TRAIN

We have a finite amount of energy every day, which we can assign to different tasks. Some weeks you will have more energy for training, and can thus train harder. Other weeks, such as a time of stress at work, you will have less energy for training. These weeks, you may have to train with less intensity.

SPORTS AS WELL AS TRAINING

Sports helps you become more dynamic, functional, and can be one of the best ways to work on your conditioning. Our training methods complement sport well and this combination will lead to a well rounded athlete. If you play sports regularly, then you may want to adjust your training days accordingly, to suit your schedule.



NUTRITION

FUEL FOR YOUR BODY

FOOD IS HEALTH

NECESSARY FOR PROGRESS

Your diet is often the most important factor in achieving aesthetic results with your training. A good training program is mutually exclusive to your energy balance. There are many examples of athletes who are in great shape, but carry some extra necessary weight such as power lifters and NFL players. You must be in a calorie deficit to lose weight and a calorie surplus to maximise muscle growth.

FIVE COLOURS ON YOUR PLATE

AIM FOR VARIETY

MORE COLOURS MEAN MORE NUTRIENTS

When you prepare your meals, you should always aim for a variety of colours on your plate. A variety of colours will provide you with the necessary vitamins, minerals, and nutrients to support your training, boost your immune system, and maintain a healthy lifestyle. Benefits go far beyond training and may include improved bone health, better hair, skin, nails and better hormonal balance to name just a few.

Aim for three or more colours with every meal. The new recommendation is suggesting that you aim to consume 30 different types of fruit and vegetables every week.



THE DIFFERENT MACRONUTRIENTS



PROTEIN

Protein is the most important macronutrient for muscle growth, and developing strength and power. Protein builds and recovers muscles after training. Protein also assists in many body-functions such as producing hormones, making red blood cells, and immune system functions.

PROEITIN SOURCES: fish, meat, eggs, lentils, beans, protein powders...

CARBOHYDRATES

Carbohydrates are the fuel for the body. This is vital in sustaining a longer duration of exercise and is the primary fuel source for aerobic exercise. Complex carbs in particular such as whole grains tend to be more nutritionally dense, and have higher fiber content.

CARBOHYDRATE SOURCES: oats, potatoes, quinoa, beans, pasta, rice, vegetables, fruit...

FATS

Fats help protect the body and are crucial for the health of the joints. Fats are also a source of slow releasing energy, which helps with stabilising energy levels and regulating blood sugar levels.

FAT SOURCES: fish, nuts, avocado, oils, natrual yoghurt...

NUTRIENT DENSE WHOLE FOODS

Whole foods can be characterised as foods you can eat the way they are found in nature.

Nutrient density can be evaluated by comparing the nutrient content of a food or drink to the number of calories it contains. You want to get as many nutrients as possible per calorie. Sticking to the whole foods is the best way to achieve this.

Anything that has grown on a tree or straight out of the ground is good for you and will have good nutrient density. Stay close to earth and try to avoid processed or refined foods. Start looking at the ingredient list at the back of the package - any unrecognisable, hard to pronounce items tend to be bad for you.

Eating mainly whole foods can be more of a cost if you are used to buying processed commercial foods. We recommend subscribing to a fruit and vegetable box which will give you local, seasonal food for a better price. This will also introduce you to vegetables or fruits you wouldn't buy yourself.



HYDRATION IS KEY



Adequate hydration impacts mental and physical performance. The optimal amount of water to drink depends on a number of environmental factors, and your exercise level. If it's warm, and you are sweating and training a lot, then it is clear that on those days you need to prioritise hydration more than on colder days, or where you don't train. A good method of knowing if you are adequately hydrated, is that you should never get to the point of feeling thirsty, and your urine should ideally be a clearer colour.



Remaining hydrated isn't just crucial for training, and physical performance. Being dehydrated will impact your general energy levels and may lead to lower concentration, which will impact general efficiency.

Hydration helps get rid of your body's waste, and also plays a role in body temperature regulation, as well as helping protect joints and sensitive tissues. Rehydration during and after training is particularly important, and should always be prioritised.



PREPARE



**PLAN YOUR MEALS TO
AVOID MAKING POOR
FOOD CHOICES WHEN
YOU ARE TIRED,
HUNGRY, OR DON'T
HAVE TIME TO COOK.**



TIME YOUR MEALS



The next thing you need to look into is the timing of your meals and the purpose of your meal. For best performance and outcome, plan your meals around your training. If you have a training session later in the day, ensure you are appropriately fuelled, and consume some form of carbohydrate beforehand, to have adequate energy for the session.

BEFORE TRAINING *more carbohydrates*

Carbohydrates are the body's fuel source. Training must be fuelled for optimal results. Fasted cardio can be effective if you're performing low intensity cardio. However, higher intensity training such as weight training, interval training, or circuits require carbohydrates. Evidence has shown that high intensity training without carbohydrates can create excess inflammation in the body.

AFTER TRAINING *more proteins*

During a training session you break down your muscles. The time period after your session is just as important as your training. This is the time when your muscles recover and grow stronger. For muscle recovery, you need to prioritise your protein intake - especially directly after the training session, when your cells are more receptive to nutrients.

REST DAYS *less carbohydrates*

There is a misconception that carbohydrates are bad for you. This is not true. In fact, we recommend most clients who have a weight loss goal to start their morning with oats. However, you need to eat more carbohydrates on days when you are going to train. Therefore, you will not have as many carbohydrates on days you don't train. Keep in mind - vegetables and fruits are both carbs, and are very important for your nutrient intake.

WITHOUT THE RIGHT DIET YOU WON'T GET THE SAME RESULTS

RECOVERY

YOUR TRAINING IS ONLY AS GOOD AS YOUR RECOVERY

RECOVERY IS KEY

STRESS+REST=GROWTH

When you train you put your body under stress. It is during recovery that your body recovers to a progressed version of what you were before. Don't underestimate how important your recovery is! Both physical and mental recovery is important for weight loss, muscle growth, and of course general wellbeing.

YOUR TRAINING IS ONLY AS GOOD AS YOUR RECOVERY

RECOVERY



SLEEP
RELAXATION
STIMULATION
NUTRITION

Training makes you weaker, but your recovery makes you stronger. Training breaks down your muscles and it is during the recovery that they grow back stronger. There are two main different forms of recovery methods, relaxation methods and stimulation methods. Both methods work, and the correct method of recovery depends on a multitude of training, and lifestyle factors that must be taken into account.

STIMULATION METHODS

Stimulation methods of recovery may include cold therapy such as ice baths, sauna, contrast therapies, soft tissue manipulation/trigger pointing, and active recovery methods such as long slow duration cardio. These methods may be optimally used mid season, or mid-week, when you want a small recovery stimulus, but you don't want to relax your system too much if you have a big gym session, or sports match in the next few days.



RELAXATION METHODS

Relaxation methods for recovery may include massage, yoga/meditation, breathing drills, hot water therapies such as Jacuzzi, or a hot bath, or deep water swimming and floating. These methods are much 'softer' and may be optimal to perform if you have a lighter training schedule planned for the next few days, or even if you have a couple of days off from training. These methods may not be optimal too close to a hard training session, or event such as a football or tennis game. In these cases stimulation methods may be optimal.



RECOVERY METHODS



THE MOST IMPORTANT RECOVERY

VALUE YOUR SLEEP

Research shows us that sleep is by far our most important recovery tool. It is the best way to reset our brain and body health every day. Less than 8 hours of sleep per night, has been shown to reduce performance levels and also increase risk of injury. Sleeping 6 or less hours per night, is associated with a 40% increased risk of cancer.

Inadequate sleep has been shown to reduce ones ability to physically perform. Strength, power and aerobic capacity have been shown to be impaired with a decrease in sleep. Lack of sleep also has metabolic impairments (important for weight loss). It can also increase hunger and appetite, and has an effect on decision making in the brain, making poor food choices more likely to occur.

Good sleep after training will accelerate the processes of physical recovery for aspects such as reducing inflammation, stimulating muscle repair, and also helping restock cellular energy in the form of glucose ad glycogen. Sleep must be prioritised for enhancing recovery, and also in anyone with weight loss, or muscle gain targets.

SLEEP IS VITAL FOR

- Weight-loss
- Muscle recovery
- Memory
- Emotional stability
- Performance
- Concentration
- Immune system

TOP TIPS FOR BETTER SLEEP

1. Stick to a sleep schedule. Routine is key
2. Don't exercise too close to bedtime
3. Avoid alcoholic drinks before bed
4. Avoid large meals late at night
5. Don't take naps after 3pm
6. Dark, cool, and gadget free bedroom
7. Get enough sunlight exposure in the day

BALANCE

TRAINING AND LIFE

FIND THE BALANCE

TRAIN FOR LIFE

Despite all of the advice we are providing, balance in your life is key. We all have stress from work, family, etc. Training should be a release from this and is to be enjoyed. Our intention is not to create further stress in your life, based on guilt around diet or training. Enjoy life. Have drinks. Go out with friends. Smash your training sessions. Train for life.

SUSTAINABILITY

YOU WANT A PLAN YOU CAN STICK TO



Fitness is a journey that should be enjoyed. We have found that by approaching fitness from a performance perspective, health and aesthetic will happen naturally. This helps create a better and more sustainable attitude towards diet and training. Trust the process. Set long-term goals. Think about where you want to be in six months, three years, five years. Don't think about an eight-week transformation - think about transforming your life.

You wouldn't take a short-sighted approach with your career, or any other aspect of your life, so why would you look at, perhaps the most priceless part of your life - your health, in such a short-sighted way? Training should not be seen as a chore. Enjoy your training and try to ensure that your training fits in with your lifestyle. The best results are the ones that last. This is why at Dabbs Fitness we **train for life.**

TRAIN FOR LIFE





TAILORED TRAINING GYM | LONDON

We offer tailored training with complementing classes in our Marylebone gym. We can also program you for outside the gym.

REMOTE TAILORED TRAINING

Follow your tailored program from anywhere on your phone, laptop, and tablet.

TRAINING PROGRAMS FOR EVERYONE

We sell training programs that you can follow from anywhere. You get educational information through our portal.