

*"The secret of getting ahead is getting started." Mark Twain*

## GETTING STARTED - WHAT YOU WILL NEED

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These items are non-negotiable - listed in order of importance. You will need them to execute the program effectively.

### 1. MYFITNESSPAL APP



This app is critical for tracking your daily caloric intake so you can create a caloric deficit. While setting up your profile, you will enter your goal body weight and deadline for achieving your goal body weight. The app will determine your daily caloric intake. With over six million foods in its food library, it is one of the best food trackers available. It is easy to use, and the more you use it, the easier it will get.

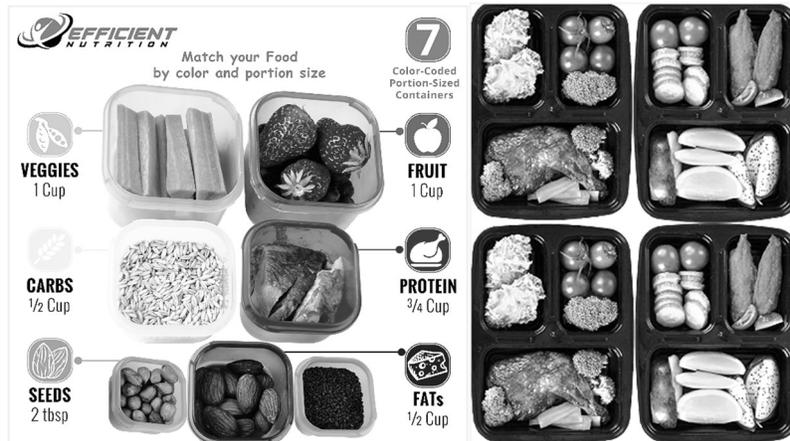
One of the best features of this app is macronutrients display by the percentage of caloric intake. Handy information to ensure you are hitting your targets. The more you track, the more likely you are to reach your goals, and the more you do it, the easier it gets!

### 2. FOOD SCALE & MEASURING CUPS



These are critical tools for accurately weighing and measuring your food to determine your daily caloric intake. When I am putting leftovers away in meal containers for lunch at work, I always measure the food and put a post-it on the container, so I know exactly how much food is inside. The more exact you are, the better your results will be.

### 3. PORTION CONTROL & MEAL CONTAINERS



Portion control containers will make it easier to control portion sizes and total calories consumed each day. You can batch cook or cook extra food and store them in your freezer in individual meal containers for future healthy meals ready to go. These meals can be taken to work and eaten during lunch or eaten for dinner when you are too exhausted to cook.

### 4. GYM MEMBERSHIP OR HOME GYM



#### MINIMUM HOME GYM REQUIREMENTS

- Adjustable bench
- Adjustable Dumbbells
- Pull-up Bar
- Stability Ball
- Kettlebell (18 lbs. for women, 35 lbs. for men)
- Jump Rope
- Resistance Bands

A gym membership is ideal, but you can do well training at home if that is not possible. If you can work out at a gym, that is the way to go. That said, having a small home gym can prevent you from missing workouts when you cannot get to the gym. You can save 50 to 75% off retail on lightly used fitness equipment at garage sales, on Craig's List, or use apps like Letgo, but be careful. I suggest you exercise extreme caution when meeting a stranger to exchange money for merchandise. Let people know where you are going, try to meet in a neutral location with security cameras when possible, and bring a large friend or two with you to *help* pick up the item.

At a minimum, you will need an adjustable bench and adjustable dumbbells with enough weight to challenge your muscles. If you do not have quick adjusting dumbbells like PowerBlocks, I recommend you have one heavy pair and one light pair of dumbbells, to minimize the time spent adjusting your weights from set to set. If you have space, a power rack and an Olympic barbell set would be great additions.

A power rack allows you to perform heavy compound lifts in complete safety. They usually have an integrated pull-up bar, and some have a dip station attachment. If you do not purchase a power rack, a dip pull-up station allows you to perform two of the best exercises for building upper body strength. If I could only perform four exercises, they would be squats, deadlifts, pull-ups, and dips. A trap bar is another great piece of equipment for a home gym. Using a trap bar allows you to place more emphasis on your legs than a conventional deadlift.<sup>1</sup> You do not need machines to do cardio. If you have a limited budget, prioritize strength training equipment. A pair of running shoes is all you need to perform cardio. You can find a lot of ideas for No Equipment Cardio Workouts on YouTube.



### ADDITIONAL HOME GYM EQUIPMENT

1. Power Rack
2. Olympic Barbell Set
3. Dip – Pull-up Power Tower
4. Dip/Pull-up Belt/Weighted Vest/Backpack (to add resistance to dips and pull-ups)
5. Trap Bar
6. Fractional Plates (8) ½ lbs. plates
7. Leg Extension Leg/Curl Attachment for the Adjustable Bench
8. Spin Bike/Elliptical/Treadmill/Rowing Machine/Recumbent Bike
9. Heavy Bag or Wave Master XXL bag with Gloves
10. Kettlebell for cardio training (I recommend 15-18 lbs. for women, 30-35 lbs. for men)
11. Jump Rope

## 5. BLUETOOTH SCALE



I recommend any scale that will work with the MyFitnessPal app. These scales do not have to be expensive. I was able to find the first generation [Fitbit Aria](#) for less than \$50. Since this device will sink with the MyFitnessPal app, your weekly average body weight will be calculated for you. The easier you make it to track, the better. And the app will create a digital record.

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<sup>i</sup> Ali Eaves, "Should You Use a Trap Bar For Deadlifts?" Men's Health, August 19, 2016.