



ONLINE COACHING

INFORMATION GUIDE

LET'S GET TO WORK!

Hello, and welcome to your Information Guide! Here I will explain everything involved within your Online Coaching Plan and how we together are going to achieve the best results possible!

Soon you will be receiving your Workout Plans and Nutrition Guide - I **will explain where you will find these shortly**. Both have been specifically designed for YOU and your goals and, by following these as closely as possible, you will achieve the best results.

Please remember - these are designed to push you out of your comfort zone! After all, this is what it takes to become the best version of you!

You will follow the Workout Plans for the time listed, with an aim to gradually progress the weights throughout. This will ensure you're gaining strength and achieving better results as we move through your plans. I need you to track your lifts using the sheet that will be provided also.

Before we get started, **please take the time to read through this guide fully**. This will help to ensure that you understand the Lean With Luke process - and then you'll be ready to go!

Thank you for joining the Lean with Luke Team!

- Luke 👉



TRUECOACH APP



As part of your Online Coaching Package, you will now have access to an exclusive coaching app called 'Truecoach'. This is where we are going to track and monitor pretty much everything. You will be sent an email to set up your account. Once you have done this, download the app from the app store and log in using your email and password.

We will be using the TrueCoach app for:

Viewing & Tracking your workouts

All of your custom workouts will be available for you to see on the app, as well as video demonstration performed by me for each exercise to ensure you execute the technique perfectly. You will also be able to input the weights you've used and any comments that you wanted to add too.

Entering your progress photos and metrics

On your account you will have places to input your progress photos, weight, steps, measurements and more. These are all tracked alongside a visual graph so we can see exactly how things are going.

Seeing your Nutrition plan and other documents

You will track your food with myfitnesspal but this syncs with the app too. Documents that might come in handy will also be in the app such as: App video walkthrough, myfitnesspal video walkthrough and more.

Check-ins each week

This is where you will Check-in with me each week to catch-up and monitor your progress. Simply complete the form provided and I will respond with video feedback within 48 hours.

TRUECOACH APP



CHECK IN EVERY WEEK ON A SUNDAY.

CHECK IN IS DOWN TO YOU.

I will not chase for check ins. Please make a note in your calendar if you need to that every Sunday you will need to check in. Here I get to see how you're getting on with the guide and also to find out what is challenging you and give you help!

This is also where you will upload your progress images so I can see what changes there are, and what adjustments may need to be made.

Once you submit your check in, I will give you video feedback with all the tips and advice you need to progress, please allow 1-3 days for this feedback.

If your check in is going to be late, please let me know so I can plan feedback accordingly! All check ins are done within the app and will be listed the same as a workout with all the questions to need to answer!

Feedback is key! And will really help you on your coaching journey, so please make sure you stick to this!

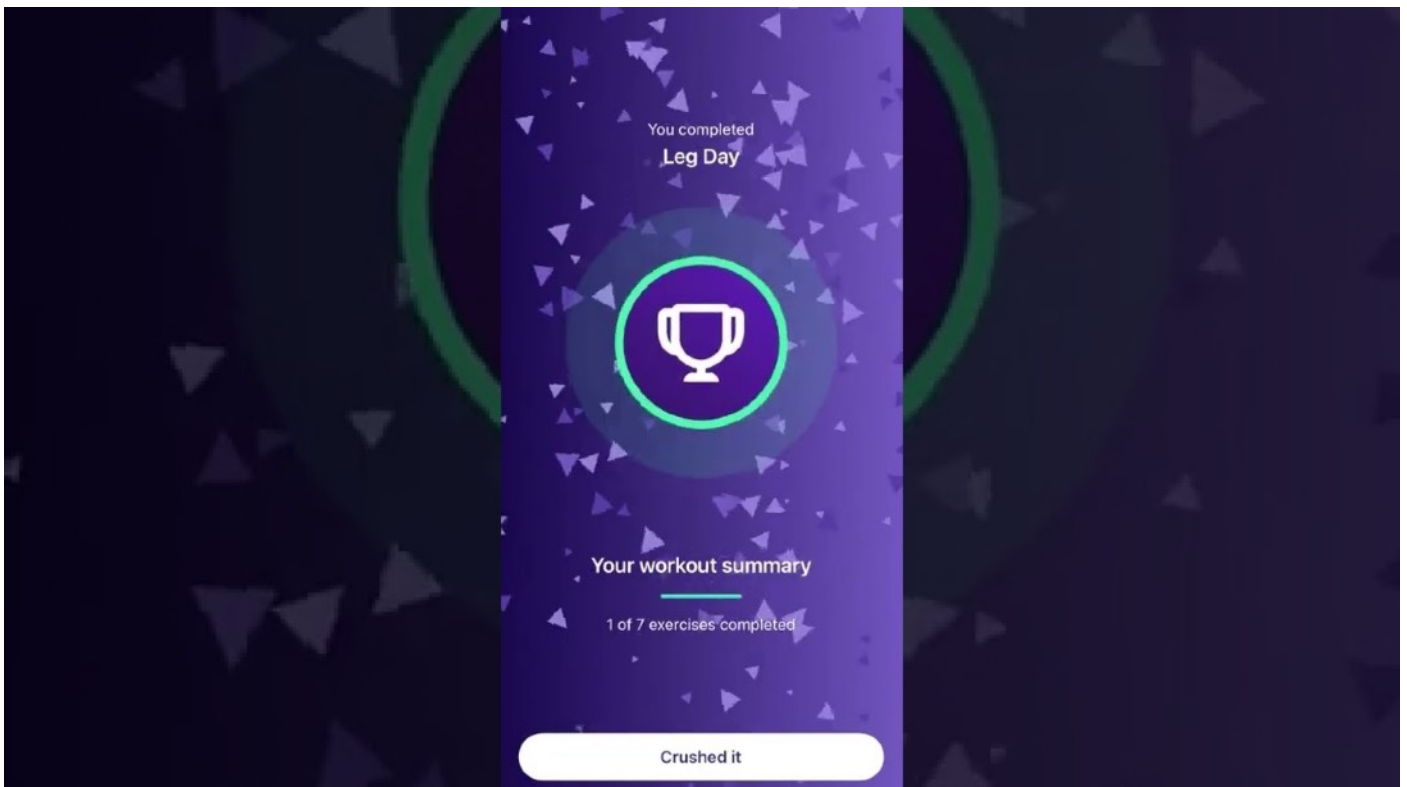
TRUECOACH APP



Please watch the video below so you have an idea of how the app looks, and functions so you're more farmer with it once you're on!

Video Link:

<https://youtu.be/37k02vyHlhc>



WORKOUT WEIGHT SELECTION

When using the Truecoach app, you'll see there is no weight listed on each workout. This is because its pretty impossible for me to judge what weight you should be using online.

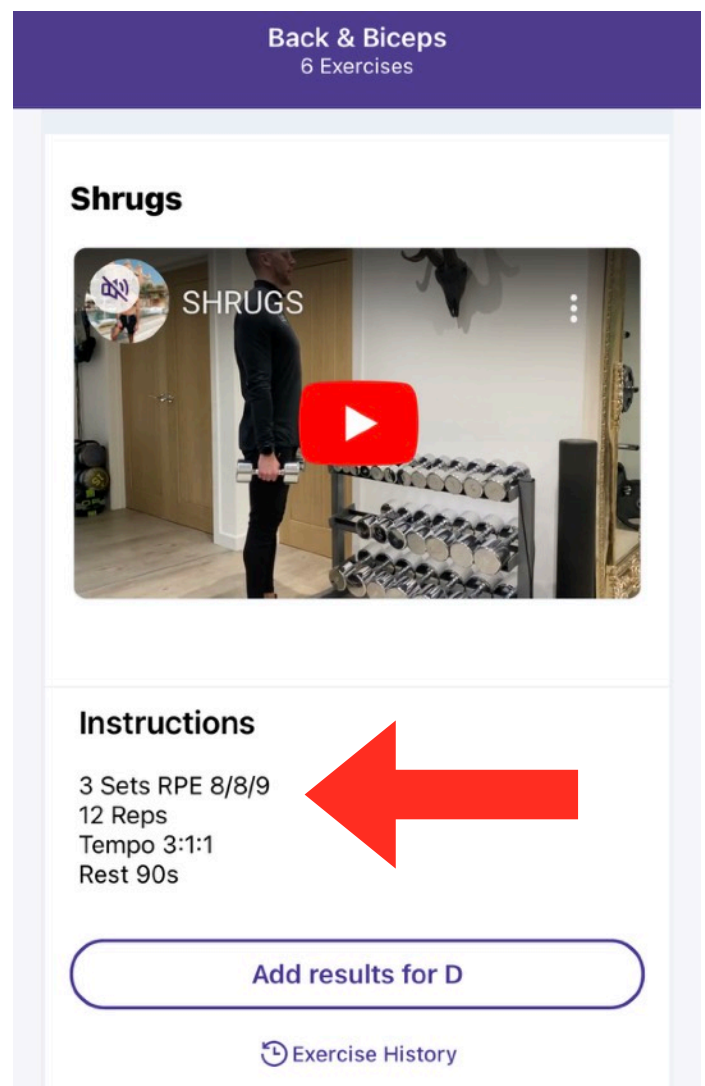
So for safety, I would like you to use the guidelines below in order to correctly select the right weight:

You will see on the image what your workout will look like on the app, you'll see (*arrowed*) the letters **RPE** followed by **3 numbers (one for each set)**

RPE stands for: **Rate of Perceived Exertion** it's a way of measuring physical activity intensity level, and is basically a difficulty indicator from 1-10.

So if I put 8 - this is an 8/10 difficulty, so whatever weight gets you to this level of intensity is the correct weight on this exercise.

You might use a weight too light, or to too heavy and have to re adjust but that is fine. Another good rule of thumb is to use a weight that makes you struggle somewhat on the last 2 reps on an exercise.



SETS, REPS, REST AND TEMPO

When using the Truecoach app, you'll also see there is your sets, reps, rest and tempo listed too. So what are these?

Reps

This is an abbreviation of the word repetitions. Reps are the number of complete movements of an exercise you should perform; i.e. 10 reps of squats.

Sets

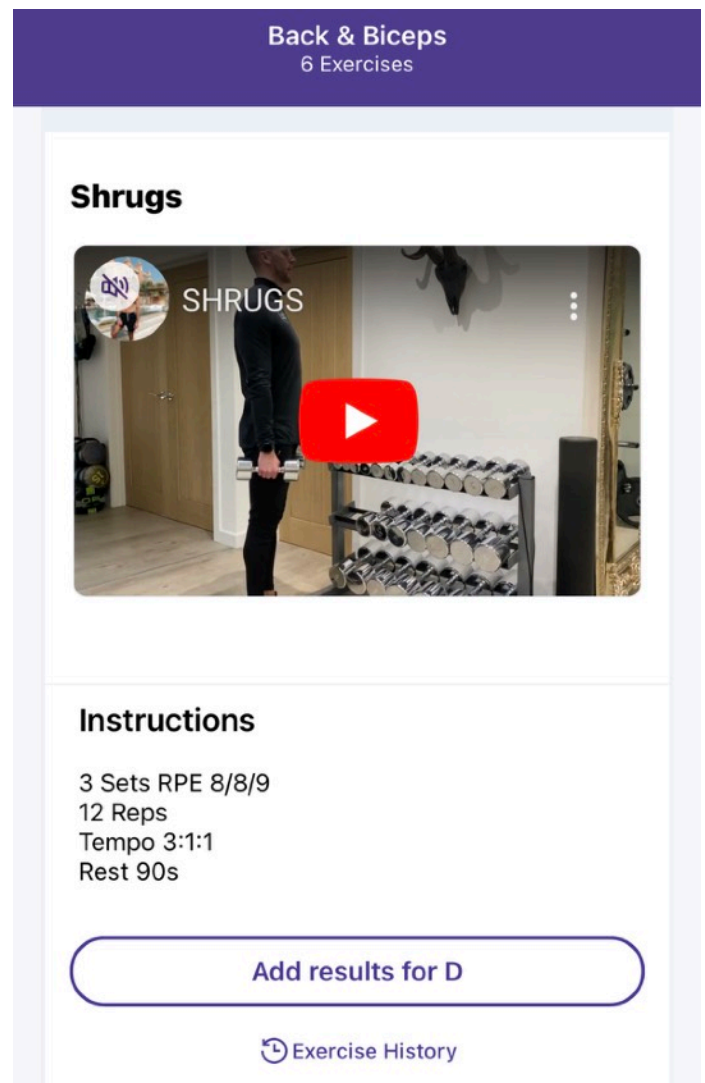
This refers to the number of times you should complete the designated amount of reps for each exercise.

Tempo

This refers to the pace you should perform each rep. It represents each part of a lifting phase. For example a tempo of 2:1:1 for squats would be: 2 seconds going downwards: 1 second holding the weight and 1 second pushing the weight back up.

Rest

The amount of time you rest between sets.



The screenshot shows the Truecoach app interface for the 'Shrugs' exercise. At the top, a purple header reads 'Back & Biceps' and '6 Exercises'. Below this, the exercise name 'Shrugs' is displayed. A video thumbnail shows a person performing shrugs with a red play button overlay. The video title 'SHRUGS' is visible in the top right of the thumbnail. Below the video, the 'Instructions' section lists: '3 Sets RPE 8/8/9', '12 Reps', 'Tempo 3:1:1', and 'Rest 90s'. At the bottom, there is a button labeled 'Add results for D' and a link for 'Exercise History'.

HOW I MONITOR YOUR PROGRESS

PLEASE MAKE SURE YOU FOLLOW THESE!

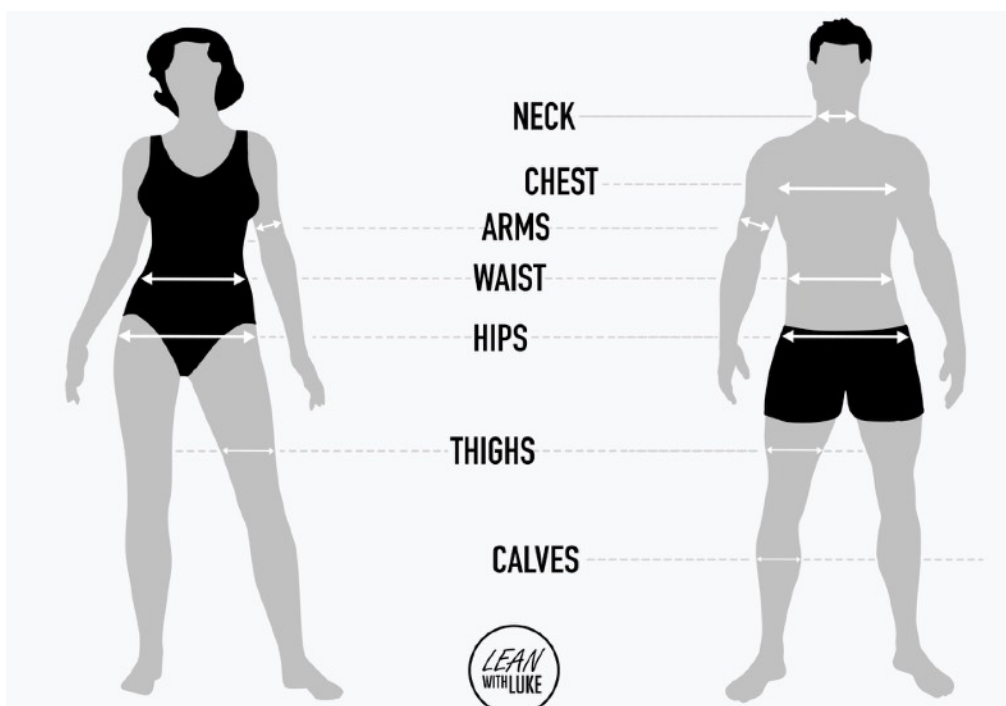
1. WEIGH YOURSELF DAILY

Weigh yourself every morning, in the same place at same time. This is so we can see any fluctuations in correlation to your day as a whole. Weight alone isn't always the best indication of progress. So don't worry, we will have various types of data to see how close we are getting to your goals. This will be logged on the tracker sheet.



2. TAKE MEASUREMENTS EACH WEEK

Measurements are a very effective way to measure progress that sometimes we cannot see! The sites that need to be measured will be on the 'metrics' tab of your TrueCoach app. Please update these each week so we can see any movement or increase. This will be logged on TrueCoach.



HOW I MONITOR YOUR PROGRESS

PLEASE MAKE SURE YOU FOLLOW THESE!

3. TAKE A PROGRESS PHOTO EVERY WEEK!

Please take a Front, Side and Back photo in the same place with good lighting and a plain background if possible.



You will need to upload these on the TrueCoach app as part of your check-in form. Please wear some tighter fitted clothing so we can see changes in your body shape - don't try to hide areas like hips or stomach. Use the photo shown below as a rough idea of what I'm looking for with these images.



HOW I MONITOR YOUR PROGRESS

4. FILL OUT YOUR WEIGHTS USED AND REPS ACHIEVED

Each exercise will be shown like so on the right. You have a box below the exercise where you will input the weight you used, the reps you achieved, and any notes you need to add.

This is so we can see if your strength is improving. If you found a particular movement easy or difficult, write a short note as shown. We can use this data ensure you're continuously progressing through your plans.

If your exercise / program doesn't require weights or reps, simply put the relevant info in the box so I can see if you failed to hit the time / amount stated or not.

There is also an option to add an image or video of what you're using or if you want to show me your technique to watch too. Allow it to fully upload before moving away from that page (circled)

11:21 4G 85

Hammer Curl Cable

Instructions

3 Sets
12 Reps
Tempo 3:1:1
Rest 90s

Your result

Set 1 - 10kg - 15 reps
Set 2 - 15kg - 15 reps
Set 3 - 15kg - 15 reps

Try heavier next time!

Add photo or video

Mark this activity complete?

Update results for E2

Workouts Messages Account

HOW I MONITOR YOUR PROGRESS

5. FILL OUT YOUR TRACKER SHEET DAILY!

This tracking sheet is so we both can see how you are progressing each day and each week. This will give us a way to stay complaint to the plan, and also track if things are are going well, and where improvements can be made as we move through your plan.

The info needed on the tracker is simple: *Weight, Workout, Steps, Calories, Protein and if you ate out on that day.* Thats it! By doing this, we don't miss a thing - and is there to ensure that you are getting results, and if you're not... then we can use this to figure out why.

You will have access to this tracking sheet via Google Drive which is explained on the coming pages.

LEAN WITH LUKE - PERSONAL TRAINING TRACKING SHEET									
Date	Day	Weight	Type	Steps	Calories	Protein	Meals out?	Notes	TARGETS + AVERAGES
	M	60		111111	2110	175			WEEK 1 TARGETS & AVERAGES
	T								Weights Cardio Target Steps Target Calories Min Protein
	W								3 1 10,000 2100 170
	T								Avg weight % change Avg Steps Avg Calories Avg Protein
	F	58							58.00 - 111111 2110 175.0
	S								
	S								
	M	58		8000	2100	169			WEEK 2 TARGETS & AVERAGES
	T								Weights Cardio Target Steps Target Calories Min Protein
	W								3 1 10,000 2100 170
	T								Avg weight % change Avg Steps Avg Calories Avg Protein
	F								57.50 -1.50 8000 2100 169.0
	S	57							
	S								
	M	56		10000	2100	170			WEEK 3 TARGETS & AVERAGES
	T								Weights Cardio Target Steps Target Calories Min Protein
	W								3 1 10,000 2100 170
	T								Avg weight % change Avg Steps Avg Calories Avg Protein
	F								55.50 -2.00 10000 2100 170.0
	S	55							
	S								
	M	54		10000	2100	170			WEEK 4 TARGETS & AVERAGES
	T								Weights Cardio Target Steps Target Calories Min Protein
	W								3 1 10,000 2100 170
	T								Avg weight % change Avg Steps Avg Calories Avg Protein
	F								53.50 -2.00 10000 2100 170.0
	S	53							
	S								

VIDEO WALKTHROUGH

Please watch the video below!

This video is a walkthrough on how to use the Google Drive app, how you will find and view your files, and also how to input your stats and data into the Tracker Sheets that are provided to you.

https://youtu.be/_SXm0DoGx0Y



Google Drive



Google Sheets

DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program as well as making any nutritional changes in order to determine if it is right for your needs. This Workout Guide by Lean With Luke offers health, fitness information and is designed for educational purposes only. By participating in this plan, you are agreeing to the terms and conditions

You should not rely on the following material and all subsequent information as a substitute or replacement for professional medical advice, diagnosis, treatment, or rehabilitation. Luke Teuma / Lean with Luke is not liable for any injury prior to; or whilst using this plan. The use of any information provided, distributed, and promoted are to be used solely at your own risk. Don't perform any exercise without proper instruction.

All exercise poses possible risk of injury, depending upon your underlying medical condition. I advise everyone to take full responsibility for their safety and know their limits. Do not take risks beyond your level of experience, expertise, training and fitness level. Don't perform any exercise unless you have been shown the proper technique by a certified fitness professional (personal trainer or certified strength and conditioning specialist).

Any supplements featured within the guides are optional and must be taken in strict accordance with manufactures recommendations.

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