

SECTION C – Live Like You’re A Professional

Module 14: The Complete Weight Loss & Weight Gain Guide (Easy To Understand)

It’s impossible to perform at your best if you don’t have your weight under control. We want to be lean and light, yet strong and powerful.

Obtaining and maintaining an ideal body weight will:

- Improve speed and quickness
- Increase stamina and breathing efficiency
- Reduce the chance of injury
- Eliminate unnecessary stress on the body
- Improve overall athletic performance
- Boost self-esteem and confidence

How do we know if we should loss weight?

Question: *do you have clearly defined abs?*

This is a good indication of if you need to lose weight or not:

Over 15% -> Need to Lose

13 – 15% -> Getting Better

11 – 12% -> This is Good

8 – 10% -> Amazing

How do we know if we should gain weight?

Question: *do you really want to gain weight?*

In most situations, we don’t necessarily want to gain weight. Becoming bigger and heavier doesn’t usually make you better at soccer. However, we do want to build muscle and strength.

*Do you want to gain weight (mass)?
Or do you actually want to build muscle? get stronger?*

You can be bigger, stronger, and look better at a lighter weight, if you are lean and have muscle on your body.

How are we going to lose burn fat?

1) Reduce Calories

If we want to burn fat, we must consume fewer calories than our body burns.

You can attempt to burn fat by increasing exercise but the amount of calories you burn through exercise is actually quite small, in relation to the amount of calories you can effortlessly eat.

2) Reduce Time Eating Window

Increase the amount of time where you don't eat food during the day.

This is referred to as intermittent fasting. When you refrain from eating, your insulin levels drop - which puts you into a fat burning state. Every time you eat your insulin levels will increase and you will burn less fat.

Obviously you still need calories and nutrients, especially if you're training and playing. However, you can consume those calories in a shorter time window during the day and still maintain muscle and energy.

4) Hack Insulin Levels

You can use certain tricks to control insulin levels:

- i) Drinking apple cider vinegar & lime with meals
- ii) Cinnamon, acid, and vinegar on food
- iii) Strength training before meals
- iv) Walking after meals

3) Don't Eat Directly After Exercise

The hormonal effect of exercise forces your body to burn more fat (reduce insulin) post-exercise. This effect will be diminished if you consume food immediately after training because eating will increase insulin levels (especially high carbohydrate & protein rich meals).

You can take advantage of this hormonal effect by not eating directly after your workouts to get more of the fat burning benefit.

How are we going to build muscle?

1) Stimulate Muscle Growth

If you're consuming excessive calories but not stimulating your muscles to grow, you will gain fat (not muscle). Gaining weight is not beneficial if it isn't converted into muscle.

Train to stimulate muscle growth with progressive strength training.

2) Increase Calories (and Protein)

To gain muscle efficiently you should eat in a caloric surplus = consuming more calories than your body burns. This will ensure your body has all the nutrients it needs to recover from your training and rebuild broken down muscle tissue.

3) Increase Meal Frequency

When insulin levels are low the body is in a fat burning state. When insulin levels are high, the body is in a muscle building state.

By increasing the frequency of your meals, you're insulin levels will remain higher throughout the day, which will promote muscle growth and weight gain.

4) Eat Directly After Exercise

To build as much muscle as possible, consume a source of carbohydrates and protein immediately after exercise.

This will pump depleted glycogen back into the muscle. It will also start the recovery process of broken down muscle tissue faster.

How should we obtain our ideal weight?

1) Determine Your Ideal Weight

What do you believe your ideal weight for performing your absolute best in soccer would be?

At which weight would you feel light and explosive?

2) Monitor Progress Daily

Each day monitor your weight (step on the scale).

*Are you moving closer to that goal?
Or are you moving further away?*

Depending on your results, make adjustments to your nutrition, training, and meal frequency based on the recommendations above.

3) Focus on Nutrition

If you're struggling to lose weight or gain weight, it usually comes down to your nutrition.

Take a closer look at the foods that you're eating. They are the answer to your success or struggle.

4) Be Patient

Most people give up with their weight loss / weight gain goals because they don't see immediate results.

People don't put on 20 lbs in 2 days
and they are not going to take it off in 2 days either.

Make small progress towards your goals each day and realize it takes time to change your body composition. Be patient.



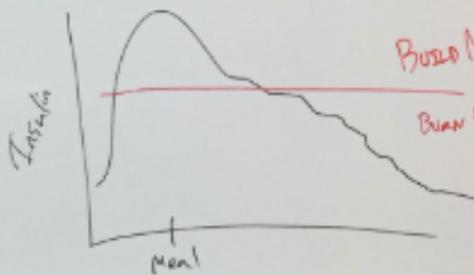
WEIGHT CONTROL

- 1 Determine *
- 2 Monitor # Patience
- 3 Nutrition

SHOULD I LOSE WEIGHT?

- 15%+ → Need to Lose
- 13-15% → Getting Better
- 11-12% → This is Good
- 8-10% → Amazing!

- CALORIES
- TIMING
- FASTING
- FREQUENCY



SHOULD I GAIN WEIGHT?

GAIN WEIGHT VS BUILD MUSCLE ✓
GET STRONGER ✓

