

GUIDE • 20 PAGES

# Zero to Fitness Queen

How to lose **1kg per week** while toning your body.

*From zero. No fluff.*

## WELCOME

# Hi, I'm Leon.

I wrote this guide to take you from **absolute zero** — or up a level, if you already train — with useful science and practical tools for your training, nutrition and behaviour.

I don't want to waste your time. Read at your pace, come back when you need it, and tick off the checklist in each chapter.

*Keep it simple. Your brain says thanks.*



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*Training, food and rest. Which matters most? All three.*

## 01 • WHY WORKING OUT

# Why work out

We all want more energy, less disease and more years of life **with quality**. Working out has become one of the most prescribed medicines lately, because it changes your health fast.

In the book **Outlive**, Peter Attia covers how muscle mass and being active relate to longevity and a lower chance of heart disease, metabolic dysfunction, sarcopenia and neurodegenerative disease.

Here I cover **resistance training and cardio** — things you can do at home or in the gym closest to you.

## YOUR MOTIVE FOR ACTION

Think for a second: **what was the trigger** that got you interested in exercise, nutrition and fitness?

That's your motive. Not a euphoric moment: it's what builds **discipline and consistency**. Keep it in mind — we come back to it at the end.

## 02 • HOW TO WORK OUT

# S.P.B.A

**4 core principles** for every exercise, every set, every rep: **S**tabilization, **P**osture, **B**racing and **A**ttention.

## 01 • STABILIZATION

## The mother of strength

Stabilization is every spot where you can **anchor your body**. In a squat: feet on the floor, back on the bar, hands holding it. The more anchor points, the more strength you send to the target muscle.

On a machine chest press, without your back on the seat the load pushes you back.

**Every part of your body that you can touch somewhere, touch it.**

Hand floating in a kickback? Put it on your hip or the pulley.



## 02 • HOW TO WORK OUT



## 02 • POSTURE

# Your body becomes the anchor

In exercises like the squat you can't anchor more than feet, back and hands. So how do we get more stability? **By creating anchoring from the inside.**

- 1 **Chest up:** shoulder blades squeeze together.
- 2 **Hips back:** your lower back activates.

Result: **neutral spine**, optimal to generate power and protect your structure.

Careful: don't push your chest sky-high and your hips full throttle. If you're not used to it, it's uncomfortable and can even cause back pain.

02 • HOW TO WORK OUT

03 • BRACING

# Breathe. Brace. Lift.

Marcia was the typical girl afraid of weights — even 10kg was scary at first. On hip thrust day she was about to lift 80kg, around 20kg above her own body weight. The plates alone shook her confidence. I told her:

**“Thumbs on the sides of your belly. Breathe in all the air, pushing your thumbs away, hold it and squeeze your abdominals as if you were about to sneeze.”**

- 1 **Breathe in** until you push your thumbs out
- 2 **Squeeze** your abs like you're about to sneeze
- 3 **Hold** it until the rep is complete

The result: **12 reps** with a barbell heavier than her own body weight, good technique, moderate effort.

It's the lifting belt you already have inside you: the thoraco-pelvic cylinder. Use it on every rep, from the lightest weight to the heaviest of the set.

02 • HOW TO WORK OUT

04 • ATTENTION

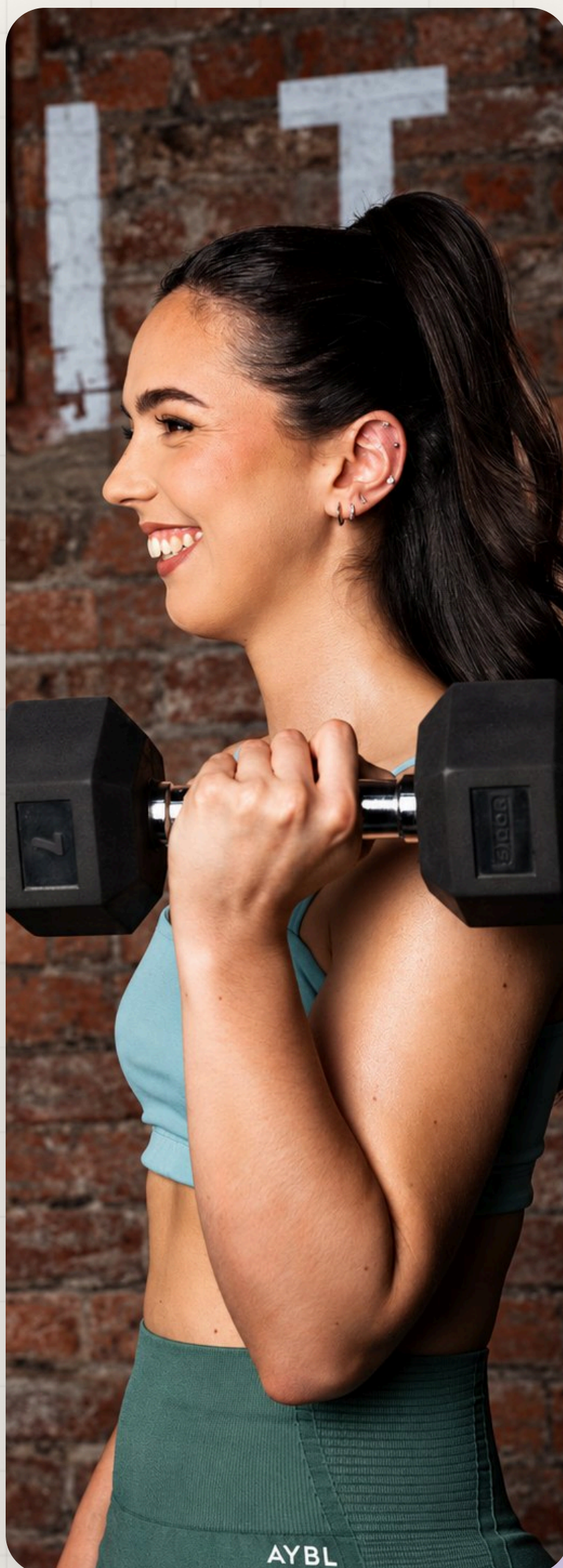
# Phone in your pocket.

Training is a learning process: you're teaching your nervous system a new movement while progressively overloading it. In school, would you learn anything without paying attention?

Would you prefer surgery by a doctor who answers Instagram mid-operation, or one who is **fully concentrated**?

During the set there is **no multi-tasking**. Focus on the target muscle — if it starts to burn, put your attention there. That sharpens your learning curve and the exercise itself.

*And in the gym, mind your business.*



AYBL

## 03 • CARDIO

# Do your cardio.

*Resistance training gets you to HD. Cardio gets you to 4K.*

Cardio is great for heart health and a strong ally for fat loss. Many people reach their goal with it alone, but at some point you'll need resistance training to **fix posture and tone up** the “flat” look of losing weight with cardio only.

Start both together: **the sooner you add resistance training, the faster you get there**, especially for fat loss.

## OPTIONS • INTENSITY

Vigorous walking *light*Running *mod-high*Treadmill *light-high*Climbmill *high*Bike *light-high*Seated bike *light-mod*Rower *mod-high*Ski-erg *mod-high*Crosstrainer *mod-high*Jumping rope *mod-high*

**Which cardio is the best for you?** The one you stick with the most. Pick one and do it **5–7 times a week**.

## 03 • CARDIO

# What intensity?

**FAT LOSS**

Keep your heart at **110–130 BPM** for the whole session. It varies by modality and by you.

**VO2 MAX • HIIT**

**6–10 shots** of 1–2 min at 140–160 BPM, with 1–3 min moderate recovery. 1–3 times a week.

**PICK BY THE TIME YOU HAVE****I have time and want to lose fat as fast as possible**

**40–60 min every day** · 110–130 BPM · treadmill, bike, climbmill, rower and/or crosstrainer

**I have some time · 3–5 times a week**

**30–40 min** · 110–130 BPM · walking, treadmill, bike, climbmill, rower and/or crosstrainer

**I'm really busy**

**20–30 min** · 120–130 BPM · climbmill, treadmill, running, rower or crosstrainer

**or** HIIT: 6–10 shots of 1–2 min at 140–160 BPM with a 1–2 min active interval

*The simpler it is, the faster your brain builds the habit.*

## 04 • WHEN TO WORK OUT

# Don't train on your mood.

Working out on your mood of the day is setting yourself up to fail. At the start, your body **doesn't want to**: leave your comfortable house, face bad weather, inflict pain and stress. Absolutely NO.

So be rational: **plan the days and times** and use the pain of your motive for action to get you moving. Your routine is mostly predictable — work, school run, that night out with friends. Put everything in **Google Calendar**.

If you rely on memory alone, you've already disappointed someone (like your PT) — or someone did that to you.

*Who has the calendar in order, wins.*



05 • WHAT TO EAT

# The 80/20 rule

Eating is emotional; for your biology it's about energy. Can you eat everything and reach your dream shape? It's possible — but you might not have the control. And jumping into low carb head on makes you lean, but also **stressed and tired**.

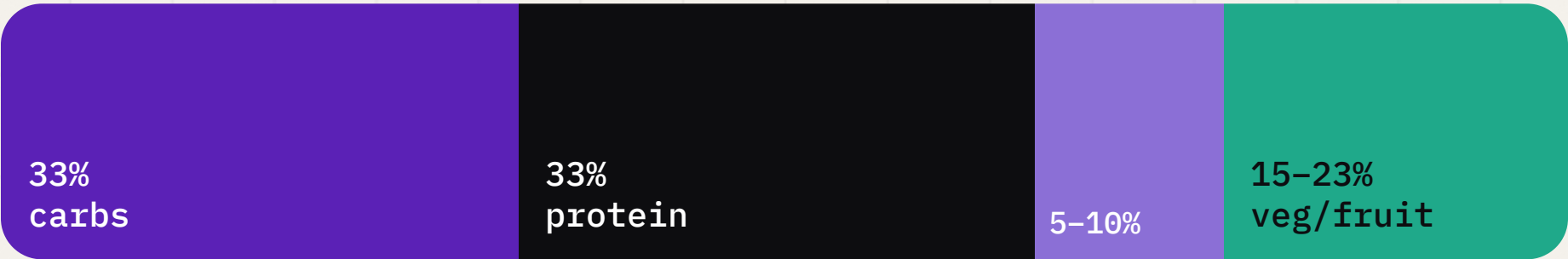
80%

Mostly **clean** meals, low in sugar and fat.

20%

**The way you want.** With 5 meals a day, one can be the thing you can't live without.

IN EVERY 80% MEAL



■ 5-10% fats

■ 15-23% vegetables / fruit

The outcome: great results in a short time and **long-term adherence** — which is what matters most.

## 05 • WHAT TO EAT

# Carbs, protein and fat

## CARBOHYDRATES • MAIN ENERGY SOURCE

Main sources: **rice, potatoes, oats, pasta, bread, plantains and cassava.**

## PROTEIN • THE BUILDING MATERIAL

Bones, skin, hair, nails, hormones, muscles and immune support.

Preferred for weight loss / toning up:

**Chicken breast, 5% minced beef, pork shoulder, fish fillets (tilapia or salmon), tuna, eggs, soya powder, pea powder and whey protein.**

Not everything that says “high protein” has enough amino acids. Use the sources above to hit your protein goal.

## FATS • SECOND ENERGY SOURCE

They insulate your body and help build neuronal pathways.

### Healthy

Avocado, olive oil, nuts, seeds,  
fatty fish (salmon, mackerel)

### To limit

Butter, cheese, processed snacks,  
fast food

*Right sources, goal hit.*

## 05 • WHAT TO EAT

# Eat your **fruit**. And veg.

A handful in every single meal. E.g. fruit at breakfast, vegetables at lunch. Don't act like a child — eat them.

## DRINK WATER

Water is 70% of our body. Reference: **50 ml per kg** of body weight. At 70kg that's **3.5 L** a day.

## SIGNS OF DEHYDRATION

Dry mouth · dizziness · fatigue · dark urine · muscle cramps · headaches

Electrolytes (sodium, potassium, magnesium) count too: coconut water, sports drinks and bananas.

## NUTRITION CHECKLIST

- ☐ Use the 80/20 rule to stay consistent
- ☐ Split each meal: 33% carbs, 33% protein, 5–10% fats, 15–23% veg/fruit
- ☐ Drink 50 ml of water per kg (70kg = 3.5 L)



## 06 • REST

# Why rest

We spend around  $\frac{1}{3}$  **of our life sleeping**. If this behaviour was selected over millions of years, it has a good reason.

We sleep to **recharge our brains, repair the body and regulate emotions**. Sleep badly and you get cognitive impairments that make your journey much harder.

## ESPECIALLY AT THE BEGINNING

Without rest, your pre-frontal cortex doesn't calculate properly **why going to the gym** matters on a day you're not feeling your best.

If you have anxiety, depression or other psychological barriers, sleeping right is a gold-standard method to ease those effects.

*Sleeping well is part of the training.*

## 06 • REST

# How to rest well

Your sleep hygiene routine:

- 1 No stimulants like caffeine **10 hours** before bed
- 2 Last meal **3 hours** before bed
- 3 No strong lights; phone in warm-light mode
- 4 No action films or anything that triggers you before sleep
- 5 Relaxing activities, like reading
- 6 No social media close to bedtime
- 7 Consistent schedule: sleep and wake up at the same time
- 8 **IMPORTANT:** NATURAL light in the morning — even if it's cloudy

*Sleep well, train better.*

## 07 • PROGRESS

# Track your progress

I know how uncomfortable it is to look at your own body in pictures — I've been there as a beginner and avoided it at any cost. But that's **exactly where** we're working.

Every week: **body weight + a check-in picture**. Your memory is affected by your emotions; pictures aren't. See how your body bloats without enough water or with too much sugar — and what it looks like without retention after a week of eating well.

And take **measurements**: the more ways you can see progress, the easier it is to stay motivated.

If you attach your progress only to a scale, you're setting your journey up to fail.



## 08 • MOTIVATION

# How to **never** stop again

Training, nutrition and rest: the **3 pillars**. Do them for one week and nothing happens. Do them for **52 weeks** and a big difference happens. And it's an unfair practice: if you stop, everything goes back to zero.

BACK TO YOUR MOTIVE FOR ACTION. WRITE A STATEMENT LIKE:

“I want to have better self-esteem and be proud of the way I look.”

“I want to feel comfortable and confident in my clothes.”

“I want to be healthy to work and provide for my family.”

It's **not** “I want to lose 10kg in 3 months” — because the end is already built in. The real source is an **intrinsic dissatisfaction**: you know how it feels to feel bad about where you are. That becomes your source of action.

## 08 • MOTIVATION



Motivation is **not a euphoric feeling** that fires now and again. Don't believe people who say it isn't important: without a clear motive for action, you won't do anything.

My biggest motive is not feeling bad about my self-esteem and confidence. It's the **fear of feeling that pain again** that makes me never stop. For my mental health. Not my figure.

## CHECKLIST • NEVER STOP AGAIN

- ☐ I'm clear on the psychological pain I want to avoid (I wrote my statement)
- ☐ I'm clear on the health issues I want to avoid
- ☐ I engage in fitness by watching videos and following pages that make me feel part of it

NEXT STEP

# Still unsure? Let's look at your routine.

If you're still unsure about nutrition, quantities or food choices, book a **free 15-minute audit** with me: we'll look at where you are and what you need to do to hit your goal.

**Message me on WhatsApp: 07918 710974**

Instagram @leonramospt · This guide is educational and does not replace medical advice.