

# Ian's story



Month 1  
Jason has stayed focused in all of his sessions and training with me. We have worked on improving his technique with certain exercises to ensure Jason is getting the most out of each exercise. Our main focus has been good form whilst performing compound lifts (squats, deadlifts, bench press etc). We have also taken time to assess Jason's nutrition by changing the foods he eats, timings of meals and portion sizes. This is to ensure Jason gets the

*“We have also taken time to assess Jason's nutrition by changing the foods he eats, timings of meals and portion sizes. This is to ensure Jason gets the lean athletic look he aims for”*

lean athletic look he aims for. It is a pleasure to work with Jason as his attitude is extremely positive towards training and reaching his goals.

### Jason's story...

Ian has shown me some new training routines which I have been responding to. I understand the importance of being

consistent in my training and diet to achieve the desired results. My diet has been switched to a carb flexing type diet, where my carbohydrates are higher on training days, with limited fats and high natural fats on rest days with limited carbs. This particular diet has taken about two weeks to adjust to. The only low points I have experienced in my training so far is times that I have not eaten the correct amount of carbohydrates for my training session, which has resulted in a loss of energy levels and led to a bad workout. The high points have been watching my body composition change in such a short space of time, this has been a big help in keeping me on track and motivated with my training.

### Any body changes?

Over the past month we have seen Jason's posture improve by working on the weaker/neglected muscle groups. We have seen fat loss around his stomach area and also seen muscle definition in his arms, shoulders and legs.

### Additional workouts outside Grey Fitness

- Cycling on weekends
- Faster runs

### Next month's aims?

Jason is already showing a gain in muscle mass and loss of body fat, our focus for next month will be developing Jason's chest and core muscles.

### Key to staying focussed?

We have been monitoring Jason's body composition regularly to keep him motivated and also having regular catch up's about what Jason is finding difficult and what he is enjoying.

## COMPARISON OF STATS

Month 1:	Month 2:
<b>Weight</b> 63.7kg	<b>Weight</b> 63kg
<b>Fat</b> 13.9%	<b>Fat</b> 10.4%
<b>Muscle</b> 42.5%	<b>Muscle</b> 44.5%
<b>Visceral Fat</b> 7	<b>Visceral Fat</b> 6
<b>BMI</b> 23.4	<b>BMI</b> 23.1



## FOOD SWAPS

- Bread **SWAPPED FOR** nuts and seeds
- Breakfast cereals **SWAPPED FOR** porridge oats
- White pasta and rice **SWAPPED FOR** brown pasta, rice and quinoa
- Cooking with olive oil **SWAPPED FOR** cooking with coconut oil

## GET IN TOUCH

Grey Fitness  
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