

# The 3-month BODY BLITZ COUNTDOWN

Summer is just around the corner and for the next three months we have joined two exceptional local fitness trainers and their clients on an epic journey to achieve their dream fitness goals for the summer. Sharing the highs to the lows, motivational tips, progress and much more

## PART ONE

### THE TRAINER

Ian Grey is an advanced level 3 personal trainer with a diploma from Premier Training International, who is qualified in kettlebells, TRX, VIPR, circuits, boxing, weight and cardio vascular training. Ian first found his passion for fitness in 2006 beginning with his own physique, when he discovered that fitness had changed his physical appearance, mental attitude and his general health. Once Ian saw the amazing changes fitness had bought to his life, he wanted to share the knowledge with other people and trained to be a PT in 2010.



the gym by introducing a new, varied range of exercises and techniques with the aim of reducing body fat percentage, gaining lean muscle mass and focusing on weaker areas of his body. I will achieve this by using lots of weight workouts as well as circuit and HIIT training. I will keep Jason focused by conducting regular result tracking and creating short term goals to give him the sense of achievement.

### JASON DIARY (Month 1)

#### Obstacles so far in their fitness journey

Whilst Jason's general muscle development is good he still feels that he struggles with developing his chest muscle or getting it to respond.



last set and continuing 2 to 3 times after).

#### Training Level

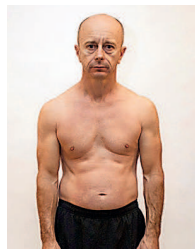
Initially the client will be working to a repetition range of 10 - 12 reps with 65% effort of his 1 rep max (meaning 65% of the maximum weight the client can lift for 1 rep). They will be training four days per week.

#### Tips and advice for anyone starting a new fitness plan

- Setting aside regular training days and being realistic about how many times a week you can train to ensure you are keeping a regular training schedule.
- Nutrition is key and by swapping junk foods with better quality foods including green vegetables, oats, coconut oil, oily fish and nuts and seeds.
- Ensuring you record your body statistics so you are able to track your results.
- Stay focused and motivated by setting realistic short term targets. Ensuring good technique to prevent injuries and get the most out of each exercise.

### THE CLIENT

Jason Clark is 45-year-old company director, who visits the gym three times a week. However, much of his day is spent in meetings or sitting behind a desk which limits his activity levels. His dream goal with Grey Fitness is to work on his weakest area and build a larger chest to complement the rest of his physique. He also wants to retain muscle mass as he ages, because with the reduction of testosterone as we age we also lose muscle percentage which can accelerate the ageing process.



#### What are they looking forward to achieving

Jason is looking forward to finding a chest exercise that he will respond to so he can achieve his desired look.

#### Any fears?

The only fear Jason has is letting Ian down by not focussing enough and not getting the results they both desire.

### WORKOUT SUMMARY

#### Workout Type

A variation of workout types such as HIIT, circuit and weight training. Ian will also use super sets (combining two exercises back to back without having a rest in-between) and drop sets (decreasing weight on the

#### What are your aims for the client?

I want to help my client feel confident in

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