

# BODY RECOMPOSITION GUIDE

**MISSION: GAIN MUSCLE + LOSE BODY FAT**

## 3 THINGS TO DO:

### CALORIES

**EAT IN A SLIGHT DEFICIT COMPARED TO MAINTENANCE CALORIES - HOW MUCH WILL VARY BY PERSON BUT AROUND 10% CALORIES IS AN AVERAGE AMOUNT**

### PROTEIN

**EAT SUFFICIENT PROTEIN (0.73 X BODYWEIGHT OR MORE) BECAUSE IT'S THE MOST SATIATING, HAS THE HIGHEST THERMIC EFFECT, AND IS SAFE TO HAVE A LOT OF**

### EXERCISE

**STRENGTH TRAIN REGULARLY USING PROGRESSIVE OVERLOAD, TRULY CHALLENGING YOURSELF, AND USING PROPER TECHNIQUE. ONCE THIS IS ACCOMPLISHED, ADJUST VOLUME TO WHAT IS IDEAL FOR YOU.**

WHO IT'S EASIEST FOR:

**EASIEST FOR NEWBIE LIFTERS, IF YOU'VE HAD TIME OFF FROM LIFTING, ARE YOU'RE OBESE**

### EXTRA TIPS:

- GET AT LEAST 7HR GOOD SLEEP EACH NIGHT
- PRACTICE STRESS MANAGEMENT DAILY TO KEEP CORTISOL LEVELS LOW
- TIME PROTEIN & CARB INTAKE AROUND 1 HOUR PRE AND POST-WORKOUT
- CONSIDER TAKING CREATINE (3-5G/DAY)