

A muscular man with extensive tattoos on his arms is sitting on a concrete wall. He is shirtless, showing his well-defined abdominal muscles. He is flexing his right arm and has his left arm extended upwards. He is wearing dark pants and white sneakers with red stripes. The background is a clear blue sky with some greenery at the bottom.

SimpleFitness

***A comprehensive guide to find happiness
through physical and mental fitness.***

DISCLAIMER:

Always consult your physician or health care professional before performing any exercise or making any changes to your current diet.

By using the program outlined in this book, you agree you are doing so at your own risk and the author shall not be held accountable for any physical injury or any health related issues. This Book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

Author's note:

This is not a fitness plan where you find different workouts and meal plans, neither is it a self help book. This book is intended to be a simple and comprehensive guide to getting fit and finding happiness. You won't find 'the secret' of how to get ripped and be successful, however you will learn the basics of how to get in shape and build a stronger emotional self, that will lead you into a life of fulfillment.

I do not live my life under the status quo, I live my life under "The scientific method";

- Ask a question.
- Form a hypothesis.
- Plan an experiment.
- Test the experiment.
- Conclusion and results.

This means I won't believe something is good or bad, based on what I have heard. I will gather information, then try it myself, then make my own conclusion. This has allowed me to live fearlessly and freely, and to grow without boundaries.

My advice; Seek experiences, good and bad. Good will bring you joy, bad will bring you growth. If you live a life trying to avoid pain you won't live fully.

MOTO:

"A better self leads to a better world"



| Contents |

01 Intro to fitness

01.1 What is Fitness?

02 Maximize your physical fitness

02.1 Your physical body

02.2 Muscle building tips

02.3 Nutrition & dietary tips

03 Maximize your mental fitness

03.1 Your spiritual body

03.2 Tools to achieve mental fitness.

04 Find true happiness through fitness

04.1 Keys to happiness

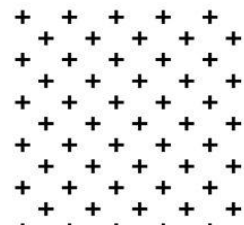
04.2 Energy Transfer Therapy

04.3 Final thoughts



01 | Intro to Fitness |

Fitness is more than getting in shape and looking good. It is a lifestyle. It is to be driven by change and to be willing to better yourself. Work hard to achieve balance.





01.1 | What is Fitness?

Google definition of Fitness:

fitness

/ˈfɪtnəs/

1. the condition of being physically fit and healthy.
"disease and lack of fitness are closely related"
2. the quality of being suitable to fulfil a particular role or task.
"the medical board assessed his fitness for active service"

Fitness is the condition of being physically fit and healthy and involves attributes that include, but are not limited to mental acuity, cardiorespiratory endurance, muscular strength, muscular endurance, body composition, and flexibility.

While there is a standard definition for fitness, each individual can have their own personal understanding of what fitness means. To some individuals, being fit means the ability to complete a marathon or lift a lot of weight. To another, it could mean walking around the block without becoming short of breath. Your definition of fitness will be influenced by your interests, physical abilities, and goals. No matter what the definition, it is important for every individual to keep their personal definition of fitness within a healthy framework.

This means you should have realistic expectations and maintain balance and moderation in all aspects of life. Set small, attainable goals and avoid giving too much power to the numerical measurements of fitness. This can help your journey to fitness seem much less daunting and much more enjoyable.

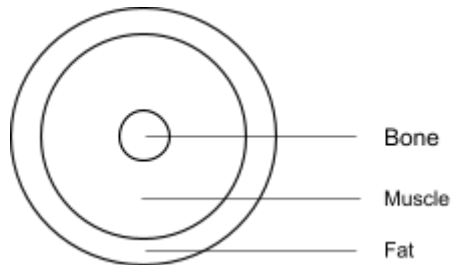


02 | Maximize your physical fitness |

Lean, strong, athletic, functional and healthy.

02.1 | Your physical body

Understand how your body works. Basic representation of your body structure:



(a) Average woman: 30kg muscle mass

(a) Average man: 40kg muscle mass

Your muscles & brain use calories during the day to keep the body running. In average we use;

(b) Adult woman: 2.000 Kcal / day

(b) Adult man: 2.500 Kcal / day

So we can establish the following rule:

$(b / a) = 1 \text{ kg of muscle use } 62,5 \text{ calories / day}$

The general rule is that you need to use 7.000 (Kcal) calories to burn 1 kg of fat.

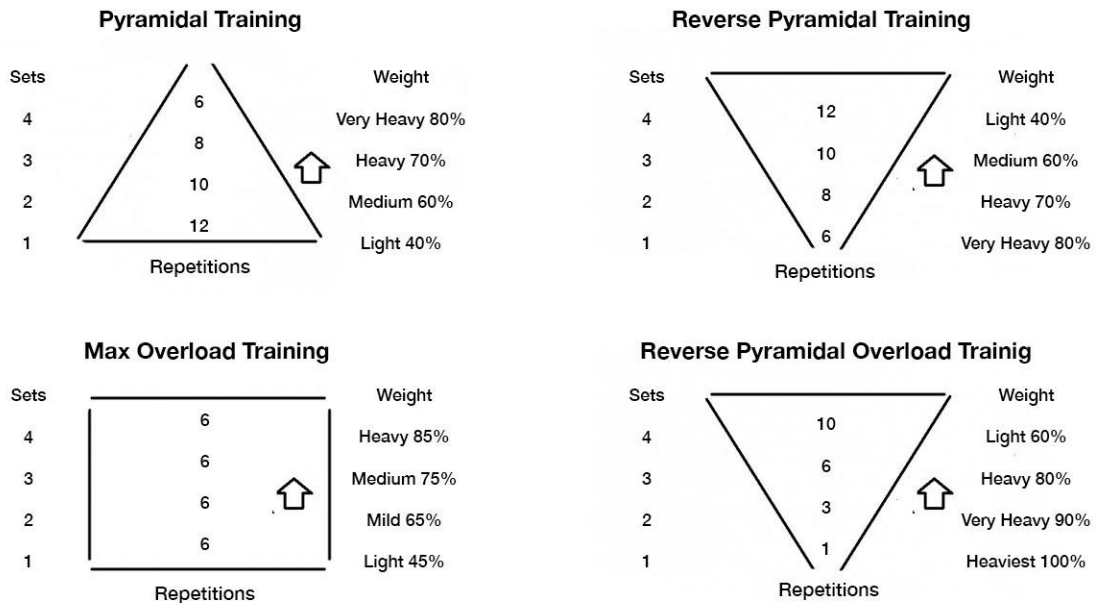
Understanding this simple numbers, you can have the following takeaways:

- You can estimate how many hours/days/years it will take you to burn the excess of fat.
- Cardio will burn fat, but you will gain that fat again when you eat. So your shape will always be seasonal in relation to your diet.
- In order to burn fat and be able to continue eating well, without restrictions, I recommend building more muscle mass.



02.2 | Muscle building tips

Types of training:

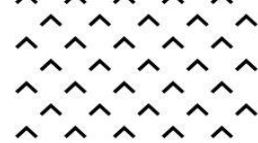


1. Novice training
2. Volume training
3. Endurance training
4. Strength training

Percentage based training repetitions:

12	10	8	5	3	2	1RM*
70%	75%	80%	85%	90%	95%	100%

*1RM: 1 Rep Max. The maximal weight an individual can lift for only one repetition with correct technique.



Time, Goal, Energy.

You need to build a workout plan based on three things; TIME, GOAL and ENERGY.

Time.

Progress takes TIME. The more time you put into your program the faster you will achieve your goal.

3 days a week for => Maintenance
5 days a week for => Slow progress
7 days a week for => Fast progress

Goal.

Your starting point and your GOAL will determine how much TIME you will need to put into your workout plan.

If your goal is to run a marathon, you will probably need to run 2-3 times a week for at least 6 months before your race.

If your goal is to be an Ironman finisher you would probably need around 25 hours a week of combined training (Swim, run, bike) for 9-12 months.

Energy.

The amount of ENERGY you have is limited and that is why each training is different. How much sleep, water and food you have had during the last 24 hours will affect your training.

That being said; You need to carefully design your program in relation to your GOAL, how much TIME you are willing to put into it and how much ENERGY you have.



Training schedule samples:

If you have a busy lifestyle, and let's say you only have 3-5 hours a week to train, you need to prioritize what you will be spending that time on;

Muscle building priority list for men:

1. Arms
2. Chest
3. Back
4. Legs
5. Cardio
6. Abs

Muscle building priority list for women:

1. Booty
2. Legs
3. Upperbody
4. Cardio
5. Abs

Workout schedule sample for men:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chest	Arms	Legs	Shoulders	Arms	Rest day	Back

Workout schedule sample for women:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chest & Shoulder	Legs & Booty	Rest day	Back & Arms	Legs & Booty	Rest day	Cardio & Abs

02.3 | Nutritional and Dietary tips

Body fat

Have you ever heard the saying; “abs are made in the kitchen”.. Well it is true. You can do 1000 crunches every day, if your diet is not on track, your abs will never show. It is all about your body fat %.

- Around 15%bf you will start to notice some abs
- Around 10%bf your abs will be visible without flexing
- At 5%bf you are shredded and competition ready

Goal for man: Around 50% muscle mass and 10% body fat.

Goal for woman: Around 35% muscle mass and 15% body fat.

You will need to work hard on your diet to reach your desired physical form. It will be hard but very rewarding.

Become aware of what you eat and when you eat it. Check the nutritional facts label and occasionally count calories.

Hydration

- 2/3 parts of the human body are made of water, that is between 50-75%. The human brain is composed of 95% water; blood is 82% water; the lungs are nearly 90% water. Water is also the single most critical nutrient for health, growth, and development.
- A 2% drop in body water can cause a small but critical shrinkage of the brain, which can impair neuromuscular coordination, decrease concentration, and slow thinking. Dehydration can also reduce endurance, decrease strength, cause cramping, and slow muscular response.
- Have you ever woken up with a headache and dry mouth, this is because of ‘Night dehydration’. When we sleep we spend many hours without consuming any liquids. It is beneficial to drink a glass of water before and after sleeping.
- It is recommended to drink (3.7 liters) of water a day for men and (2.7 liters) of water a day for women. Additionally it is good to balance this fluids with electrolytes (salts and minerals).

Nutrition

Protein: The building blocks for muscle.

Recommended: 2 g of protein per kilogram of body weight daily. (adjust every month)

Carbohydrates: Fuel for your body.

Recommended: 3-4 g of carbohydrates per kilogram of body weight daily.

Fats: Quality not quantity.

Recommended: 1 g fat per kilogram of body weight daily.

Bulk & cut

It is very difficult to lose fat on caloric surplus*, and it is very difficult to gain muscle in caloric deficit**. That is why trying to build muscle and lose fat at the same time is not easy.

That is why in the fitness community you will often hear the terms 'Bulk' and 'Cut'.

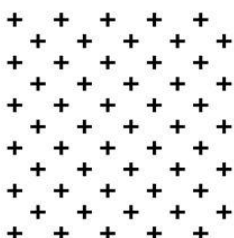
Bulk season refers to those months of the year where the athlete focus is put on gaining weight and muscle mass and Cut season are those months of the year where the athlete would put focus on losing fat and getting lean.

Normally this follows the competition calendar. But for most of us, our goal is to 'Peak' (Reach of best shape) by summer. So you would start your Bulking period from September to January and Cut from January to May.

Bulk → Cut → Peak

*Caloric surplus: A **caloric surplus** is when the amount of **calories** that we consume is higher than the amount of **calories** we burn. In a **caloric surplus**, our body mass increases.

Caloric deficit: A **calorie deficit occurs when the number of **calories** a person consumes in a day is smaller than the number of **calories** they burn. The body needs to burn a certain number of **calories** to perform all its functions each day.





03 | Maximize your mental fitness |

Mental fitness is defined as a state of well-being and having a positive sense of how we feel, think, and act. It means keeping your brain and emotional health in tip-top shape.



03.1 Your spiritual body

Like your physical body your spiritual body can grow and get stronger, and can also scar and heal. This is why it is important to take care of your spiritual body as much as your physical body.

Your spiritual body is a collection of all the thoughts, memories, ideas and emotions you have and continue having daily.

Being mentally fit is a state of well-being and having a positive sense of how we act, think, and feel.

03.2 Tools to achieve mental fitness

The body and mind connection is very strong. Achieving physical fitness is the first step to become mentally fit.

Do what is hard, embrace the pain

The same way we repeatedly lift heavy weights to grow our muscles and become physically fit, we should put ourselves into difficult emotional situations to grow emotionally strong and become mentally fit.

Life is full of good and bad moments. But you can't live trying to avoid the bad moments, because if you do that you may not experience some of the best moments of your life.

You must learn to understand and confront your fears. Be as ready to die as you are ready to live.

Fuel your day with positive energy

Self worth is one of the most important elements to mental fitness. Wording is a very powerful tool when it comes to rewiring your thought process.

Repeat daily: I am strong, I am happy, I am beautiful, I am capable, I am the best.





**POSITIVE
THOUGHTS**

**POSITIVE
ACTIONS**



**POSITIVE
OUTCOMES**



Become goal oriented by setting..

Goals: “Something you are trying to achieve.” I sometimes use objective, target, or even project as a synonym.

Plans: “a detailed proposal for doing or achieving something. An intention or decision about what one is going to do.”

Milestones: “A significant marker that indicates progress toward a goal.” I sometimes use subgoal as a synonym.

Habits: “Something a person does often in the same way.” Habits are not usually an end in themselves; they are a way to achieve a goal. I often use rituals, disciplines, or practices as synonyms.

Tasks: “Actions a person takes that move them toward a goal or milestone.” I often use actions or to-dos as synonyms.

Steps: “a measure or action, especially one of a series taken in order to deal with or achieve a particular thing.”

*“Life isn’t about finding yourself. Life is
about creating yourself”*

-George Bernard Shaw

1

Have a clear vision

If your goal is unclear, then so are your next steps. A clear vision of what you want helps you to see opportunities and possibilities around you. It guides you in figuring out what you want to do and what actions and activities you need to do to accomplish your objective. Vision helps you take inventory of your strengths and weaknesses.

2

Create a plan

Having a **plan** to guide the direction is super important. Once you have a clear vision of what you want you need to make an elaborate and detailed plan of how you are going to achieve it. The more detailed and time bound it is the easier it will be for you to execute.

3

Scheduling

Scheduling is the art of planning your activities so that you can achieve your goals and priorities in the time you have available. When it's done effectively, it helps you: Understand what you can realistically achieve with your time. Make sure you have enough time for essential tasks.

4

Build strong habits

Habits shape your life far more than you probably realize. Habits are the building blocks to make your plans become a reality.

"We first make our habits, and then our habits make us." - John Dryden

5

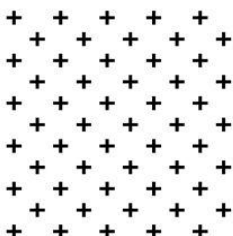
Take action

Taking the first step is as important as building a great plan. The hardest part about taking actions towards change is actually getting started. The more you repeat a new action, the more natural it becomes, but if you never start, it will never become a habit.

6

Be resilient

We all slip up every now and then. The important thing is to get back on track and never stop no matter how hard it gets. Resilience is important because it gives people the strength needed to process and overcome hardship.





04 | Find true happiness through fitness |

Happiness is not material, not a place or a person, it does not come from the outside world, neither it is bound to time and space so it is not temporary. Happiness comes within yourself, it is yourself, it is a state of mind.

True happiness is the absence of the search for happiness, when you get that you are truly happy.

04.2 | Keys to happiness

1

Reach physical fitness

Feeling good and strong is key for self acceptance and self confidence.

2

Do thing for others

Caring for others is fundamental to our happiness.

3

Connect with people

Relationships are the most important overall contributor for happiness.

4

Do what you love

Loving the things you do is what makes for happiness. Don't waste time doing something you are not passionate about.

5

Low expectations

One important reason to manage our expectations and avoid disappointment is to be more in control of our level of happiness.

6

Be open to new things

Keep learning and keep trying new things. Experience brings both joy and growth.

7

Have a clear direction

Knowing where you are going and feeling good about the future is important for our happiness.

8

Be resilient

All of us have times of stress, loss, failure or trauma in our lives. But how we respond to these has a big impact on our well-being.

9

Positive emotion

Positive emotions bring positive outcomes. Stay positive in any situation.

04.3 | Energy transfer

The people in your life make a huge impact in the way you feel and live. It takes only 90 seconds to transfer emotions from person to person.

With some people, you feel an instant connection, while with some others, you want to keep your distance. A happy baby or a cute puppy or cuddly kitten warms your heart, while news stories of violence and destruction leave you with a heavy heart. Have you ever wondered why this happens?

We often refer to ‘vibes’ of a person, whether positive or negative. Even before you talk to a person, you can tell a lot about the person by sensing his/her vibes intuitively. The vibes we are talking about here are the vibrational energy.

“Everything in life is a vibration.”

–Albert Einstein

What is vibrational energy?

The Law of Vibration is one of the fundamental laws of the Universe. Though not as well-known, the Vibrational Law is, in fact, the basis for the more famous Law of Attraction.

The Law of Vibration states that everything in this Universe is made up of pure energy and it is in constant vibration. This is true for the animate and inanimate things in this world.

The Vibrational Law also elaborates on how the transfer of these energy vibrations happens between various things. Mostly this occurs by proximity. However, it is also possible to send energy vibrations through our thoughts and feelings.

More on vibrational energy...

When you are approaching a stranger, often you get a gut feeling about the person – whether you like or dislike him/her. How does this happen without a word being said?

As you come in close range of the person, you sense the person’s vibrational energy and form an idea about the person based on that. A point to remember here is that when you can sense the vibrational energies of others, others too can sense yours.

As the saying goes, “Birds of the same feather flock together”. Meaning, people of similar traits and views bond well and tend to hang out together. This leads us to the next property of the vibrational energy – things of similar energies attract, while those of dissimilar energies repel each other.

This means that your energy frequency vibration determines the people and things you attract into your life. Higher vibration levels lead to good, positive things in life and vice versa. You attract whatever that matches your vibration frequency.

Vibrational frequencies and how to influence them?

When we say everything in this Universe is vibrating, it doesn't mean all things are vibrating at the same frequency. Some are vibrating at a higher frequency; some are at a comparatively lower frequency.

When you meet a person, you don't just sense each other's 'vibes', but also get influenced by them. Or in simple words, energy transfer happens. This energy transfer is not just between humans or just between living beings, it happens between every single thing in this Universe – living or non-living.

The direct interpretation of this is that it is possible to influence our vibrational frequency by keeping the right company or putting ourselves in the right environment.

How to attract someone or something into your life?

Using the Law of Vibration, it is possible to attract people, events, circumstances, and things you wish for into your life. The principle is simple – you become a vibrational match for the person, event, or thing you desire. The rest happens on its own.

So, we come to the next question. How to become a vibrational match for the object of your desire?

This is where the Law of Attraction can help you. It offers an array of tools and techniques to help you raise your vibration for manifestation of your desire. Visualization, Affirmation, Meditation, and Gratitude are some of the tools available to attract your desires.

In addition to these methods, it is possible to raise vibrations by keeping good company. Close association with people of higher vibrational frequencies has a big influence on your vibrational energy.



Here are some suggestions on how to make use of energy transfer to your advantage.

1. Keep negative people at bay

Being around people who are best described as 'toxic' can have a detrimental effect on your energy levels. This is just common sense. With their own negative viewpoints or snide remarks about you or others, they tend to bring down your 'mood' or happiness level. In fact, what is happening here is they are draining your energy levels with their presence.

2. Get close to nature

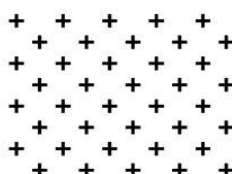
Extensive researches have pointed to the association of nature with heightened energy levels in human beings. Plants are known to absorb energy available in their surroundings to grow, make food, and survive. Humans react similarly. When near things of higher vibration, they absorb energy to raise their own energy levels. It is well-known how nature can help us heal and cheer us up. Nature has a soothing, healing effect on humans that can be easily explained using the transfer of energy between humans and plants.

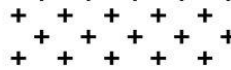
3. Spend quality time with family and friends

They are the ones who offer you unconditional love and accept you for who you are without judgment. Spending some time in such a company can only raise your energy vibrational frequency.

4. Ensure your relationships are high on the vibe

Surrounding yourself with people who lift you up and not drag you down can help keep you in high spirits. Choose to have relationships with people who believe in you, make you feel better about yourself, and be interested in good activities that can raise both your vibrational frequencies. A high love vibration is vital for the success of a relationship.





04.3 Final thoughts

Reaching physical and mental fitness as well as raising your vibrational frequency and thereby your levels of happiness, love, contentment, and positivity can influence people and things you closely interact with. No need to emphasize that this can raise the collective energy vibrations of all around you. By progression, this can spread to the entire Universe.

Instead of hiding behind the feeling of being alone and powerless, you can do a world of good in this Universe by raising its collective vibrational frequency. By becoming stronger and spreading joy, love, goodwill, and contentment, you are not only helping others but also helping yourself lead a productive life.

Raising your vibrational frequency is one of the best things you can do in this Universe. When you lift yourself, you are uplifting others with you.



CREDITS:

Page 1 photography by Alisiv Ceran
Page 5 photography by Jenny K.
Page 8 photography by Esteban
Page 16 photography by Jaime Rossello
Page 22 photography by Alisiv Ceran

Back to be
the Best
Jaime Rossello

