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The Maintenance Manifesto

Learn How to MAINTAIN Your Overall Health, Performance, and Body Composition When Traveling or During Off Weeks

By BJ Gaddour, CSCS, YFS

Congratulations! For the last 3 weeks you have done a phenomenal job of improving your overall health, body composition, and performance. We have all trained hard and diligently followed our nutrition plans and we have the results to show for it!

However, your body can only be pushed so hard for so long before it needs time to recover and regenerate before unwanted chronic overuse injuries present themselves. In addition, you can only follow aggressive fat loss plans for so long before the mental and physical grind begins to wear you down and your results begin to plateau as your body enters survival mode to hold on to as much body fat as possible. This is why it is paramount that we accomplish the following things during the transition week between the various phases of FastFit Boot Camps:

Moving to Maintenance Mode

1.) Physical Rest and Regeneration

- Our bodies must rest and recover to prevent overtraining issues so that we can come back 100% healthy and energized for the next phase of the program
- R.I.C.E (Rest, Ice, Compression, Elevation) for any sore and achy muscles and/or joints
- Focus on maintaining and/or increasing flexibility and tissue health by stretching and foam rolling daily
- Follow the **maintenance manifesto training plan** based on the length of each transition week (e.g. time off from camp)
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2.) Physiological and Psychological Rest and Regeneration

- We must normalize key anabolic hormones, refill muscle glycogen, increase caloric intake, and prevent any diet induced catabolism (losses of lean body mass) so that we can enjoy greater fat loss for the next phase of the program
- We have taken the road less traveled by being flexible eaters with a long-term approach to success and thus we will take a break from our aggressive fat loss nutrition plans and move to our more conservative fat loss/maintenance nutrition plan as outlined in the **nutrition plan**
- Enjoy 1-2 controlled free meals to reward yourself for all of your hard work, but do not overdo it!

3.) Celebrate the Fruits of Your Labor

- Take some time to reflect on how far you have come since you joined this program in terms of improving your overall health, body composition, and performance
- Enjoy your results!

4.) Track your Progress from this Last Phase and/or the Start of the Program

Step#1--- Answer the Following Questions

- How much progress did you make this past phase?
- Did you meet your goal(s)?

Step#2--- Use Outcome-Based Decision Making

If you met or exceeded your goals:

- You are on the right track so keep doing what you are doing

If you fell short of your goals:



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- If compliance was not an issue, plan to speak with a FastFit Boot Camp trainer so that we can monitor and adjust your plans if need be

Step#3--- Re-Assess Your Goals

- Were your goals S.M.A.R.T (Specific, Measurable, Attainable, Realistic, and Trackable)? If not, plan to meet with a Fit Code Boot Camp trainer to re-assess your goals for the next phase of the program
- Use outcome-based decision making to determine if you need to adjust your goals for the next phase of the program:

If you met or exceeded your goals:

- Your goals for the next phase may change based on your progress over this past phase
- If you have reached your ideal bodyweight, clothing size, or “look”, your goal may now be to maintain it, or maybe these results have motivated you to try to take it to the next level?
- If your results were better than you were expecting, maybe we should set more aggressive goals for the next phase of the program?

If you fell short of your goals:

- If your results fell short of what you were expecting, maybe we should set more conservative goals for the next phase of the program?

5.) Take Advantage of Your Free Time

- This is a perfect time to get things done that you otherwise could not during the last phase of the program (e.g. household chores, doctor’s appointment, travel/vacations, quality time with friends and/or family, etc.)



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THANK YOU, THANK YOU, THANK YOU!

We would just like to take the time to thank you from the bottom of our hearts for all of your hard work and dedication to improving your health and fitness... and getting your Fit on!

You will never know how much this means to us and how much this is appreciated. It has been a total team effort from the start and though we provided you with all of the necessary programs to get the results that you were seeking, **YOU DID ALL OF THE WORK!** This has been an incredibly rewarding experience for everyone involved and we cannot wait to get even better results during the next phase of the program!

Get Fit!

Jeff



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The Maintenance Manifesto

a.) Maintenance Training

- Daily Regeneration: Perform 30-60 minutes of corrective stretching and self-massage
- Daily Activity: Perform 30-60 minutes of low to moderate intensity recovery cardio or recreational activity of your choice
- Maintenance Workout(s): Perform the prescribed frequency and length of workouts as outlined below based on the exact number of weeks off:

50-10 Five Exercise Total Body Circuit Training Template

- **5-Minute Warm-up:** Perform 60 seconds of each of the five Mobility/Activation exercises (“Animal moves”)
- **50-10 Interval Five Exercise Total Body Circuit:** You will alternate between 50 seconds of work and 10 seconds of rest for each exercise in the following five-exercise circuit.

For a 5-Minute Workout: Perform this 5-minute circuit 1x total

For a 10-Minute Workout: Perform this 5-minute circuit 2x total

For a 15-Minute Workout: Perform this 5-minute circuit 3x total

For a 20-Minute Workout: Perform this 5-minute circuit 4x total

| Exercise # | Exercise Category | Sample Exercises |
|------------|-------------------|---|
| 1 | Double-Leg | Squats, Deadlifts, and Hip Extension Variations |
| 2 | Push | Push-up, Dip, Chest Press, and Shoulder Press Variations |
| 3 | Single-Leg | Lunge and Single-Leg Squat, Deadlift, Hip Extensions Variations |
| 4 | Pull | Row, Pull-up, and Curl Variations |
| 5 | Core | Front/Side/Back Pillar, Upper/Lower Body Twist, Leg Raise, and Knee-In Variations |



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If you have 1 week off:

Week 1: Perform ONE 10-minute workout this week

If you have 2 weeks off:

Week 1: Perform ONE 10-minute workout this week

Week 2: Perform TWO 15-minute workouts this week

If you have 3 weeks off:

Week 1: Perform ONE 10-minute workout this week

Week 2: Perform TWO 15-minute workouts this week

Week 3: Perform THREE 20-minute workouts this week

- **Your Maintenance Workout Equipment Kit:** All you'll need is your body and one resistance band to get the job done. During maintenance weeks, we highly recommend using mostly body weight based exercises with the exception of some resistance band exercises to get that pulling component in since it is often very difficult to access body weight rows and pull-ups when traveling or at home. Body weight based exercises allow for some much needed rest and de-loading for the muscles and joints, in addition to the fact that they can go through customs when you are vacationing!

- See **BONUS TRAVEL WORKOUTS** for some cool ways to mix things up with your training!

b.) Maintenance Nutrition

- Follow the **RAPID FAT LOSS NUTRITION MADE SIMPLE FOR BUSY PEOPLE** for the optimal maintenance nutrition plan
- Allow for 1-2 free meals per week and be sure to plan and prepare for these meals ahead of time
- Keep taking your daily multi-vitamin for your gender and your essential fatty acid (EFA) or fish oil supplement
- Avoid any trigger foods (e.g. junk food and sweets) that make you insatiable and open the door to excessive caloric intake



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NOTE- Follow **THE TOP 10 TRAVEL FITNESS TIPS** to the best of your ability!!!



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The Top 10 Travel Fitness Tips

By BJ Gaddour, CSCS, YFS

As someone who has struggled with my weight my whole life, I have always found the most difficult times to be when traveling or on vacation. As an emotional/boredom/comfort eater, up until recently I have always let me health and fitness regress when on the road. I guess it's just really easy to tell yourself "screw it. I've been really good, now it's time to kill it and let loose!" At least that's how it's been for me for the longest time. And I know firsthand as a boot camp instructor how many other fitness enthusiasts out there battle the dangers that travel can pose to one's midsection.

I'm not joking with you- I have some really bad memories here. The one that probably sticks in my head the most is when I was 12 and I went to visit my Grandparents in Florida for spring break and I came back 22 lbs heavier in 14 days! I remember how humiliated I was to have to scramble the night before school resumed to go the store to buy all new school clothes because my rotund behind wouldn't fit into any of my old attire.

I know what you're thinking- 22 lbs in 14 days for a 12 year old! Yep, I can pack it in baby, ha. I remember literally eating everything in site and doing nothing but laying on the couch and watching TV and movies- and that's only one of the many body-bulging experiences I have had when traveling. Nothing is worse than bringing back vacation memories in the form of unwanted fat storage in trouble spot areas that makes you feel sluggish, bloated, and unattractive.

In all of my failures, I have truly gained a lot of perspective regarding what it takes to be a lean traveler. So, today I am going to share my top 10 travel fitness tips to help you maintain your overall health, performance, and body composition when away from the structure of home:

1.) Commit to Performing Short 10-20 Minute Maintenance Workouts First Thing In The Morning Each Week

Time is not an excuse. We all have at least 10-20 minutes to crank it before we start our day. Trust me on this- this brief workout first thing in the morning will set the tone for the rest of your day. Besides being your energy pill to attack the day with vigor, this workout can serve as some damage control if you to decide to indulge in some foods that deviate from your nutrition plan. But they key is to do it first thing in the morning because I personally guarantee you that's the only time you can count on getting it done when enjoying the sights and sounds of vacation.



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2.) Use Body Weight and Resistance Band Exercises That You Can Do Anywhere

All you'll need is your body and one resistance band to get the job done. During maintenance weeks for our clients, we highly recommend using mostly body weight based exercises with the exception of some resistance band exercises to get that pulling component in since it is often very difficult to access body weight rows and pull-ups when on the road.

Body weight based exercises allow for some much needed rest and de-loading for the muscles and joints, in addition to the fact that they can go through customs when you are vacationing!

3.) Build Your Own Vacation Workouts for Fun

Let's face it- working out with intensity can get old real fast! So, if you are in it to be fit for the long run, you better find a way to mix things up as often as possible with your workouts to keep yourself motivated.

Travel allows for all of this and more as you can typically access a host of unique training locations and equipment! Maybe hit the beach and alternate between intervals of sprints and body weight strength exercises so that you can burn fat and get some Vitamin D in at the same time. Or hit up the local park and do a playground style workout using benches, monkey bars, etc. Let your mind wander and most importantly have fun deviating from the typical structure of your at home workouts!

4.) Bring Portable Fat-Burning Snacks

This may very well be the most important tip of all. At home, we all choose the foods that are most convenient, affordable, and accessible, which is why meal planning and preparation is so critical to being lean year round. This becomes especially important when traveling because the food choices can often be even worse for your body and being unfamiliar with your surroundings means you can't always lean on the trusty fallback options that you can at home.

Over the years, I have built a list of go-to lean traveler foods that have been absolutely critical to maintaining my fitness and here they are:

- Mixed raw nuts (almonds, cashews, pistachios, pecans, walnuts, etc.)
- String cheese
- Protein Powder and/or Amino Acids
- Organic Deli Meat (unsweetened, low in salt)



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- Fruit and Raw Veggies

Use these fat-burning, muscle-building foods to stay full and leave less room for all of the other junk food options that surround us all on a daily basis.

5.) Perform 30-60 Minutes of Daily Activity

It is very important to avoid letting a vacation become a time of sloth and laziness. Rather, the lean traveler looks to be active whenever possible when on vacation to keep his or her body in check.

Look to walk as much as possible, sign up for local trips and excursions, and engage in some recreational sports with your travel buddies. Almost all of us naturally increase our caloric intake on vacation, so it is critical to intentionally maintain or increase our activity levels to offset the potential weigh gaining hazards that come with travel eating.

6.) Perform Daily Corrective Stretching and Self-Massage

We tend to pay less attention to the small details that keep our bodies safe and pain-free year round when on the road. It is critical to still do some daily flexibility work and foam rolling to keep your muscles, and thus your joints, healthy.

You can always bring a half foam roller, a tennis ball, and/or a rolling pin in your suitcase for all of your self-massage needs. Try to get in at least 5-10 minutes of some combination of rolling and stretching both first thing in the morning and before bed for best results.

7.) Don't Worry About Being Perfect All of the Time

My boot campers train with me for 4-6 weeks at a time with short 1-3 week transition periods throughout the year. In total, they are in full boot camp mode for 37 out of the 52 weeks each year.

What we try to instill in our campers is perfection during those 37 weeks that we are together to allow for the desired flexibility during the 15 weeks that we are not. In other words, our clients move to maintenance mode during off weeks allotting themselves 1-2 free meals per week, performing a few short maintenance workouts each week, and focusing more on improving flexibility and tissue quality.

This works great because typically our scheduled off weeks fall in line with traditional vacation times and/or holidays- times when people want to indulge in life's guilt pleasures and enjoy some much needed rest and relaxation. Bottom



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line, perfection most of the year allows for the desired flexibility at the times when you want it the most!

8.) Plan Your Reward Meals in Advance

Let's not forget that you don't need to be perfect and eat like a saint when on vacation. After all, the occasional indulgences are a part of living the good life- especially those treats that are unique to certain travel hot spots. But, it is key to at least plan and prepare for them. In other words, we have found most people can allot themselves 1-2 free meals per week and still maintain their results.

A free meal, or as some call it a reward meal, is basically a meal that deviates from ideal nutritional guidelines, but in moderation. This means that you eat the same healthy foods that you typically eat plus any other foods you may desire until you are satisfied, but not stuffed!

By planning out your 1 or 2 free meals in advance and eating well at all other non-free meals you will best put yourself in a position to maintain your frame.

9.) Limit Alcohol and Empty Liquid Calories

This is always the hardest tip to sell because of how indispensable alcohol can be for some people who want to have a good time and wind down while traveling. The reality is alcohol not only stops fat burning in its tracks, but it actually promotes fat storage. Alcohol also lowers inhibitions and opens the door to host of junk food cravings that will further set you back.

Plus, many alcoholic drinks contain high calorie sugary mixes that further tip the proverbial scale in the wrong direction so to speak. Consuming 2-3 alcoholic beverages per day could easily result in an extra 500 calories per day that would in theory result in at least one pound of fat gained in a week's time just from booze alone.

In general, limit, if not eliminate, empty liquid calories since they provide no nutritional value. Rather, enjoy whole foods that actually give your body some nutrients and fill you up. If you must, try to limit alcohol consumption to 1 drink at most per day and at best 1-2 drinks (or ideally less) per week while on the road.

10.) Bring Your Supplements

Not to beat a dead horse here, but again, just because you are away from home doesn't mean that you should abandon all of those healthy habits you have worked so hard to establish.



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I always take my daily multi-vitamin and fish oil supplements with me so that I can keep taking them every morning religiously like I always do. I also bring protein powder and/or amino acid formulas so that I always have access to some high quality protein every 2-4 hours to best keep all of my hard earned lean muscle mass. This is especially important when traveling to any locations around the world that do not have as much animal protein (which contains essential amino acids) in their diets.

These 10 travel fitness tips will without a doubt allow you to “travel light” so that you can come back from your trip with souvenirs in some other form than blubber and cellulite ;)

Crank it!

BJ



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Bonus Travel Workouts

The Pump and Run

This is a great outdoor workout for the beach. It combines strength and cardio exercises into one total fitness experience. Plus, the interval format uses longer recovery periods that will in turn allow for more intensive effort during each work set so that you can really crank it and get some serious afterburn and metabolic disruption. Make sure to put on some sun block so that the only burn you end up feeling is muscular ;)

- 5 minute warm-up
- Performing the following **Pump and Run Superset:**

Exercise#1- Pump: Perform 60 s of max reps or a max hold for time for a body weight strength exercise(s) of choice followed by a 60 s active recovery

Exercise#2- Run: Sprint for 60 s followed by a 60 s active recovery*

- Repeat this 4-minute sequence up to 5x for a 20 minute workout
- 5 minute cool-down

*Note- If you have any knee, back, or other joint issues that would make running counterproductive, simply perform stationary running/running place as a lower impact substitute



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Bonus Travel Workouts

The Hotel Bedroom Special

FOR ALL OF THESE EXERCISES, USE YOUR HOTEL ROOM BED

50-10 Five Exercise Total Body Circuit Training Template

- **5-Minute Warm-up:** Perform 10 total reps in a slow, controlled tempo for each exercise in the exact order listed in the prescribed circuit

- **50-10 Interval Five Exercise Total Body Circuit:** You will alternate between 50 seconds of work and 10 seconds of rest for each exercise in the following five-exercise circuit.

For a 5-Minute Workout: Perform this 5-minute circuit 1x total

For a 10-Minute Workout: Perform this 5-minute circuit 2x total

For a 15-Minute Workout: Perform this 5-minute circuit 3x total

For a 20-Minute Workout: Perform this 5-minute circuit 4x total

| Exercise# | Exercise Category | Sample Exercises |
|------------------|--------------------------|--|
| 1 | Double-Leg | Feet Elevated Hip Extensions |
| 2 | Push | Feet Elevated Push-ups |
| 3 | Single-Leg | Rear Foot Elevated Lunges |
| 4 | Pull | Feet Elevated Body Weight Push-up Rows |
| 5 | Core | Feet Elevated Knee-Ins |