

**CUSTOM ORDER: LUCAS**

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# TRAININGS AND NUTRITION GUIDE

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NUTRITION SPECIALIST

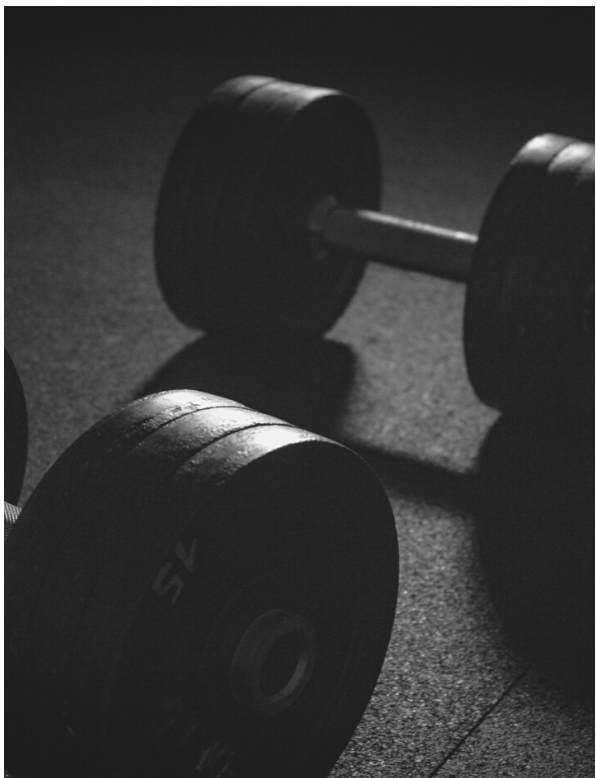




# ПРИВЕТСТВУЮ

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**ВСТУПЛЕНИЕ** балбалабалабала A programme or program is a booklet available for patrons attending a live event such as theatre performances, fêtes, sports events, etc. It is a printed leaflet outlining the parts of the event scheduled to take place, principal performers and background information.



## ПРОФИЛЬ

С 2010 года я представляю интересы своих клиентов не только в тренажерном зале, но и создаю индивидуальные тренировочные планы, консультирую клиентов по вопросам здорового образа жизни, питания и тренировочных привычек.

Неугасающий интерес к спортивным наукам позволил мне приобрести знания в сферах здоровьесберегающей спортивной моторики, нейрофизиологии движений, методики тренировок, биомеханики, скоростно-координационной, выносливой и силовой подготовки, анатомии, физиологии и биохимии человеческого организма.



## ОБРАЗОВАНИЕ

**КУРГАНСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ**  
ПЕДАГОГИЧЕСКИЙ ФАКУЛЬТЕТ, СПЕЦИАЛИЗАЦИЯ:  
РАБОТА С МОЛОДЕЖЬЮ (СПОРТИВНАЯ ПОДГОТОВКА)  
**2006 - 2011**

**EUROPEAN HEALTH AND FITNESS ASSOCIATION**  
DIPLOMA PERSONAL TRAINER EQF 4 LEVEL  
**2015 - 2016**

**ВЕНСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ**  
ФАКУЛЬТЕТ ДИЕТОЛОГИИ  
**2018 - ПО НАСТОЯЩЕЕ ВРЕМЯ**



## PROGRAM SUMMARY

**MAIN GOAL: LEAN WEIGHT GAIN**

**TRAINING LEVEL: BEGINNER**

**PROGRAM DURATION: 12 WEEKS**

**DAYS PER WEEK: 3 DAYS**

**TIME PER WORKOUT: 90 MINS**

**SOURCES: FRÉDÉRIC DELAVIER: "STRENGTH TRAINING ANATOMY" (2005), MUSCLE AND FITNESS MAGAZIN, MUSCLE AND STRENGTH MAGAZIN (ONLINE)**

On the next pages, you will find a workout plan that is designed to help you shred fat, gain lean muscle, and get in shape in 12 weeks.

The core of the program is alternation of two training weeks: the first week is dedicated to high-intensity training, the second one concentrates on the strength development.

Repeat the two-weeks cycle with a gradual increase in your weights.

Rest 1.5 min between the reps during the high-intensity training and up to 3 minutes between the reps during the strength trainings.

All exercises from your program are linked to the videos for a better understanding of the technique. Just click the link.

The goal here is to transform your physique as much as possible over the next 3 months. We strive not only for a better look but for acquiring a decent fitness level and strength.

Be patient and stick to the plan. Get a good rest between the workout days, as well as 7-9 hours of sleep. Follow the recommendations regarding the nutrition and you will be amazed by the changes that await you.

Goodluck!





## RECOMMENDED PRODUCTS



- **Cereals:** buckwheat, oatmeal, spelt, unpolished and wild rice, brown rice, bulgur, quinoa, couscous, pearl barley, barley groats, durum wheat pasta, buckwheat or spelt pasta.



- **Legumes:** beans, lentils, peas, chickpeas, soy, mash.



- **Fresh / frozen vegetables:** avocado, eggplant, bell pepper, broccoli, zucchini, cabbage, onion, carrot, cucumber, pattypan squash, rhubarb, radish, turnip, beetroot, celery, string beans, asparagus, tomatoes, pumpkin, fennel, horseradish, cauliflower, zucchini, mushrooms, seaweed.



- **Fresh / frozen / dried herbs:** basil, parsley, dill, green onions, spinach, sorrel, lettuce (any kind of leafy salads).



- **Fresh / frozen fruits and berries:** apricot, pineapple, orange, pomegranate, grapefruit, pear, kiwi, lime, lemon, mango, mandarin, nectarine, peach, plum, persimmon, apple, watermelon, lingonberry, cherry, melon, blackberry, strawberry, cranberry, currant, gooseberry, raspberry, olives, sea buckthorn, rowan, fig, cherry, blueberry, rose hip.



- **Dried fruits made without added sugar** (careful with those though): dried apricots, raisins, prunes, figs, dates, cranberries, apples.



- **Nuts:** peanuts, cashews, pine nuts, walnuts, coconut, almonds, pecans, pistachios, hazelnuts.

# EXAMPLE OF A MODERATE MENU

2462 KCAL/ PROTEINS 101,66/ FATS 125,25/ CARBOS 209,41

3-4 HOURS BETWEEN MEALS, THE LAST MEAL 2 HOURS BEFORE BEDTIME



## BREAKFAST

Oatmeal 70 g, kcal pfc: 228,8/8,06/4/40,17  
Blueberries, 70 g, kcal pfc: 28,6/0,8/0,4/1,14  
1 pcs protein bread (e.g. from Billa) with 2 table  
spoons of peanut butter, 81 g, kcal pfc:  
333,5/18,7/23,6/5,8



## LUNCH

Wholegrain spaghetti with tomatoes and basil  
150 g, kcal pfc: 532,5/18/3,75/100,5  
Parmesan cheese 30 g, kcal pfc:  
117,6/10,7/7,5/1



## SNACK

Walnuts 50 g, kcal pfc: 328/8,1/30,4/5,6  
Dark chocolate 70% cacao 50 g, kcal pfc:  
260/4/20/16.5  
Kefir 250 ml, kcal pfc: 133/7.2/6.3/10 (could be  
changed to any soya product with similar  
contents)



## DINNER

Vegetable salad (bell pepper, tomato, cucumber,  
avocado, salad, olive oil) 500 g, kcal pfc:  
275/6.2/18/19  
4 eggs (2 whole eggs, 2 whites), kcal pfc:  
179/19/11/1,2  
Grapefruit 1 st. (130 g), kcal pfc: 46/0.9/0.3/8.5