FLOW

PERFORMANCE

GBC / ACCUMULATION TRAINING BRIEF

WELCOME

After a successful strength cycle which saw the crew achieving some amazing lifts, it's now time to get those strong bodies ready for summer. We're talking abs on display, toned bums and jacked arms!

So how do we plan on achieving this? In this guide we are going to talk about:

- Everything you need to know about the new program - what it is, what you can expect to see each day and why it's effective!
- All things nutrition - what and how you should be eating to maximise your results this cycle
- The not to be forgotten extras - NEAT, stress management and sleep, what you should be doing outside of the gym to ensure you are getting the best results possible.

So let's get stuck in!

FLOW PERFORMANCE

WHAT IS GERMAN BODY COMPOSITION TRAINING?

The style of programming we are going to be following over the coming 8 weeks is called German Body Composition Training, or GBC for short!

GBC programming is one of THE most effective ways to program for fat loss and building muscle.

So what exactly is involved? In our previous cycle, our reps were low so that we could focus on maximum output (aka lifting heavy ass weights), however a GBC program will see our reps increase and intensity reduce slightly.

Why use higher reps?

Using higher reps work stimulates muscle damage which causes muscle growth, this process of growing and repairing muscle is a metabolically taxing process (which is great if you want to drop body fat). The more lean muscle we have, the higher fat burning capabilities our body has. Another great benefit of using this training methodology is that it pushes us into our aerobic threshold whilst training, which means our body is utilising fat for fuel, so it's a no brainer that this is exactly the kind of training we want heading into summer!

WHAT IS GERMAN BODY COMPOSITION TRAINING?

GBC programs use super setting with short rest periods, pairing an upper body exercise with a lower body exercise to induce “blood shunting”.

What is blood shunting? Simple, as you use your lower body for one exercise all the blood is rushed to the area to support the muscle fibers and muscle contraction. As you switch to the upper body exercise the cardiovascular system has to redistribute the blood to your upper body which increases the strain on the cardiovascular system.

This leads to an increase in heart rate and thus a greater total caloric burn throughout the session. This also means that muscle damage increases due to a lack of recovery from set to set. (Which = great muscle growth capacity if you structure your nutrition to support it)

The program is designed to set you up for success, all you need to do (besides showing up) is nail a few things outside of the gym to ensure you are getting the most out of this program!

NUTRITION FOR FATLOSS

Let's start off with looking at your nutrition. As the saying goes, you can't out train a bad diet, so it would be wise to be sitting in a caloric deficit in order to see the best results!

What is a caloric deficit? Let's take a look at energy balance! Energy balance refers to energy in (the food and liquids we consume) versus energy out (the energy we expend daily through metabolism and activity).

If energy is greater than energy out, we come into a caloric surplus, which is a good option to take when your goals are to gain muscle or strength!

However, if you are trying to shed some extra fat, then you need to be eating in a caloric deficit.

PYRAMID OF NUTRITIONAL PRIORITIES

NUTRITION FOR FATLOSS

The biggest thing you need to remember is that nutrition is all about consistency. The more consistent you are, the faster you'll get the results you're chasing.

A COUPLE KEY THINGS TO REMEMBER.

The basics provide 80% of the results. Don't skip them!

As we climb the nutritional pyramid it's important to remember that the higher you climb the smaller the returns you'll see.

To work out how many calories you should be eating to sit in a deficit, start by using this TDEE (Total Daily Energy Expenditure) Calculator to estimate your BMR.

One of the most accurate ways to work out your calories is to track your intake for an entire week through apps like MyFitnessPal to establish what we call your maintenance calories. This is essentially the number of calories you consume to neither gain or lose weight, but to maintain.

FLOW PERFORMANCE

CALCULATING CALORIES

To work out how many calories you should be eating to sit in a deficit, start by using this TDEE (Total Daily Energy Expenditure) Calculator to estimate your BMR.

One of the most accurate ways to work out your calories is to track your intake for an entire week through apps like MyFitnessPal to establish what we call your maintenance calories. This is essentially the number of calories you're consuming to neither gain or lose weight, but to maintain.

Once you've done this you'll be able to see your weekly average of calories by adding the total number of calories consumed on each day divided by 7.

To sit in a deficit, you would look at taking 10 to 20% of your total daily calories away.

For example, if I found my weekly average intake to be 2500 calories per day, I would then subtract 250 from this number and wind up eating 2250 calories per day to ensure I am sitting in a 10% calorie deficit.

QUALITY BEFORE QUANTITY

As we are reducing the number of calories we consume, we should be paying attention to the quality of the food we consume.

This is where the 80/20 rule comes into play. Essentially, 80% of the foods you eat per day should come from whole, clean, unprocessed sources. By making sure we keep our intake as ‘clean’ as possible, you’ll find you’re able to eat a lot more food than if you were to be consuming a pizza every day, thus keeping you fuller and satisfied for longer!

From there, we can allow 20% of our intake to come from what we like to call ‘soul food’, like chocolate or ice cream! By allowing yourself these foods and not labelling them as ‘bad’, you won’t feel restricted or tempted to blow out your calories. Everything can be enjoyed in moderation!

When you’re hungry, add more vegetables! There’s minimal calories, heaps of micronutrients and you’ll feel fuller for longer.

FLOW PERFORMANCE

CALCULATING PROTEIN NEEDS

Protein is the building block for our muscles. A quick way to work out how many grams of protein you should be consuming each day is to multiply your bodyweight (in kilograms) by two. So, if you weigh 70kg: 70 x 2 = 140g of protein.

Eating sufficient protein is important in regards to muscle reparation and building, so set that target and hit it!

This is particularly important when trying to lose fat as you don't want the weight you lose to come from your muscles, so give your body the best chance at retaining the muscle you've worked hard for in the gym!

Protein has also been proven to have a higher satiety, which means you feel fuller for longer. This comes in handy when sitting in a calorie deficit!

FATS

Fats are important for hormone regulation in the body, so don't shy away from including healthy fats in your diet!

Once you've worked out how many calories you will be eating, you can work out how to split up your macros and find a balance that works for you! Protein and carbs have 4 calories per gram, whereas fat has 9 calories per gram, so once you have worked out how many calories will be going towards your protein, you can really split up the remaining between fats and carbs based on personal preference!

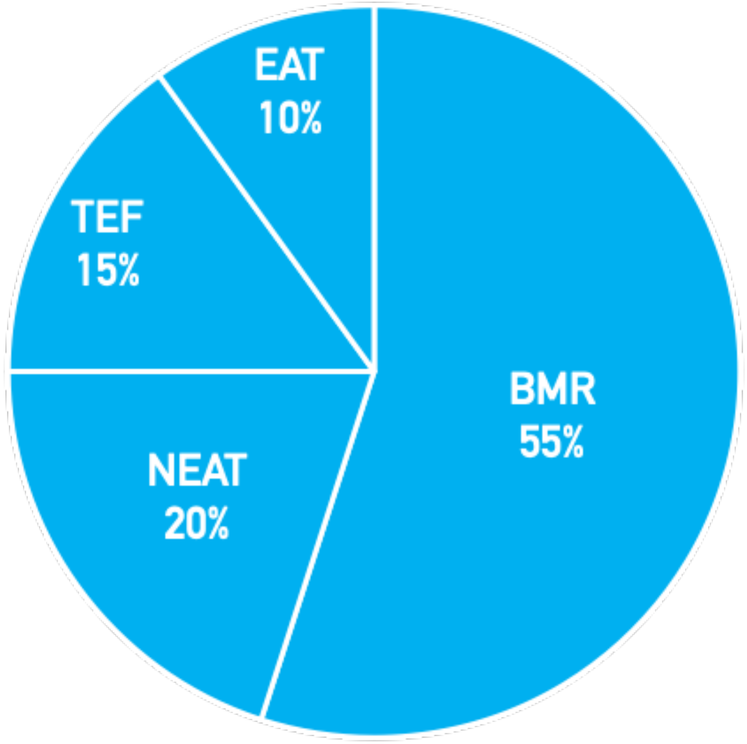
We recommend eating 1g of fat per kilogram of bodyweight whilst in a deficit in order to safeguard your hormone production. Therefore if I weigh 70kg, I would be aiming for 70g of healthy fats per day.

CARBOHYDRATES & FIBER

Finally, we have carbohydrates. A highly controversial macronutrient that used to have a bad rep, carbohydrates are what our body and brain uses for fuel, so consuming a decent amount of carbohydrates (particularly before a workout) will keep you feeling energised during your workouts and ensure you have the cognitive ability required for day to day functioning.

Now we understand our macronutrients, it's important we don't forget about our fibre and micronutrients as well! Ensuring we get two cups of vegetables or salad at each meal is imperative to our fat loss goals. By filling your plate up with fibrous vegetables, you're not only finding a low calorie way to fill yourself up, but you're providing your body with the essential vitamins and minerals it needs to function and assist with the fat loss process. See the rainbow, eat the rainbow! Variety is key.

We now know what we need to be doing to nail our nutrition, so let's take a look at other factors that will help you get the most out of the next 8 weeks!



COMPONENTS OF METABOLISM

NEAT

Unless you've been living under a rock, you would have seen people talking about "getting their steps in" and reaching for that 10K step goal each day. But why? How can something like walking a certain amount of steps per day be beneficial when we already go to the gym?

It all comes down to something we refer to as NEAT. NEAT stands for Non-Exercise Activity Thermogenesis and basically refers to the component of our metabolism that expends energy through, you guessed it, all non-exercise related activity. This includes standing, walking, twitching, basically any movement you do that's not exercise at the gym.

As we sit in a calorie deficit and start to lose weight, our body becomes efficient and adapts to the decrease in energy that we consume by altering how much energy we expend and does so by down regulating NEAT. This is why it's important to set a step target and stick to it every single day to counteract this adaptation occurring in our bodies. Anywhere from 10,000-12,000 steps per day is where you want to be aiming for!

Start looking at ways you can increase your NEAT each day. When you go to the shops, park further away from the entrance. Take the stairs wherever possible. Perhaps include evening walks along the coast to unwind after a long day.
If you're somebody who works in an office, this might mean waking up a bit earlier in the morning to fit a walk in, maybe taking your lunch break outside and getting some movement in then. However you do it, try and prioritise your steps and daily movement outside of the gym!

STRESS

Something that can really hinder our results and best efforts is stress. How you do (or do not) manage your stress will greatly impede upon the potential progress you can be making.
So let's have a look at what exactly stress is and why we should make a point of managing it.

Stress refers to a change in our physiological state in response to what our bodies deem to be a dangerous situation. Our body is regulated by the Autonomic Nervous System (or ANS), whose job it is to keep us balanced between being in a state of calm and in a state of stress.

There are two branches to our ANS:

The Parasympathetic State, which is when we are calm. Better known as our 'rest and digest' response, this is where we recover and grow as our body is able to process and digest the nutrients from our food, which is optimal when looking at fat loss.

We then have the Sympathetic State, or our 'fight or flight' response. This state is triggered when we are stressed. Now, not all stress is bad, what IS bad is how long our bodies sit in a heightened state of stress for. It is important for our bodies to be 'stressed' whilst we workout, as we want to disrupt homeostasis in order to adapt and grow muscle. However, it is important that we are able to return into a parasympathetic state immediately afterwards so we can rest and recover.

STRESS

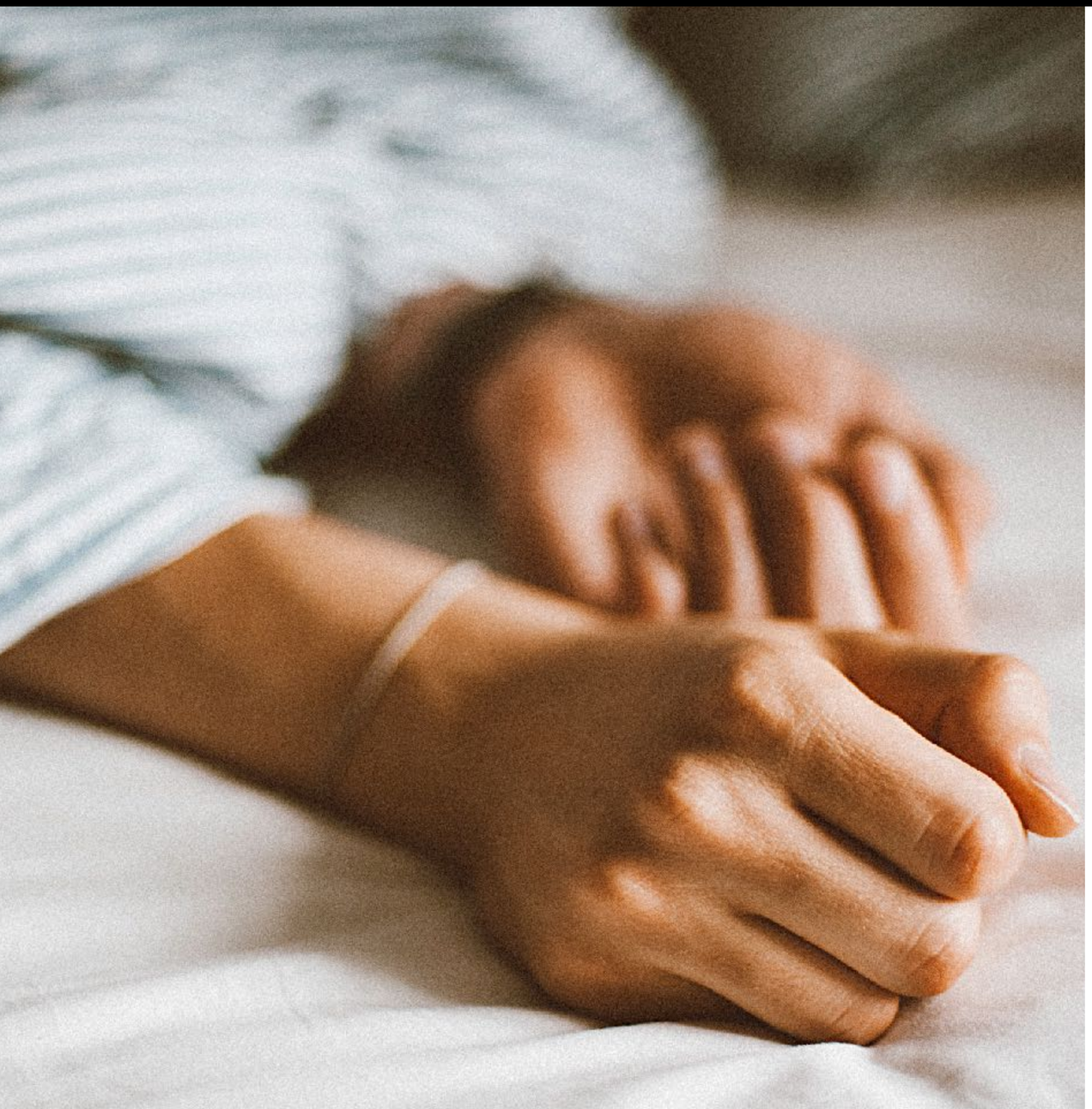
Stress also has a huge effect on our sleep, which is definitely something a lot of people struggle with, yet is one of the most important components in seeing results.

When we are stressed, our body struggles to methylate, which basically is a key process in assisting us in making neurotransmitters. Neurotransmitters help us with drive, motivation, and so much more.

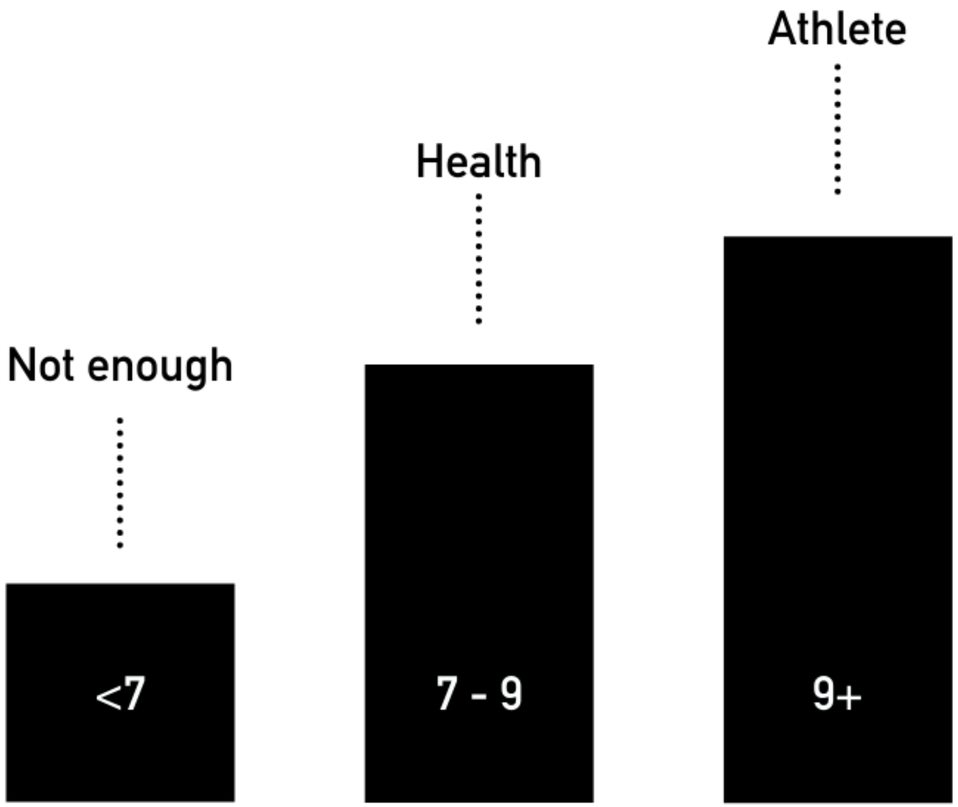
Our primary ‘happy’ neurotransmitter is serotonin. When serotonin is low, we feel down. It is also a precursor to one of our primary sleep hormones, melatonin. When melatonin is compromised, this leads to poor sleep. Now, this is where things can get messy for us when trying to lose fat.

When we are exposed to poor sleep, our hunger hormone ghrelin is increased, and to add an extra punch, our satiety and fullness hormone leptin is decreased. Basically, when we don’t stay on top of our sleep, we wind up being far more susceptible to making poor food choices and we may not even be aware of it!

FLOW PERFORMANCE



HOW MUCH SLEEP?



FLOW PERFORMANCE

LIFESTYLE

A few ways to ensure you're keeping that melatonin production healthy can be as simple as getting 15 minutes of sunlight each day. If you're somebody who sits behind a computer screen for most of the day or perhaps you play video games or watch television at night, investing in some blue light blocking glasses can really make a difference!

Stress does not have to refer to something physical, but can be very emotional too. Take the time to check in with yourself, do some meditation or breathwork regularly, particularly if you are in a fast paced work environment. Do something each day that's just for you. Maybe it's stretching daily or practicing yoga, perhaps reading a book before bed. By keeping your stress in check, you'll not only help fast track your results, but you'll be improving your overall quality of life as well!

QUANTIFYING RECOVERY

So, we know what we need to be doing to see some amazing results, let's talk about ways that we can track our progress! Before you start, it would be a good idea to take some progress photos, then proceed to take photos every week going forward. Take a photo from the front, side and back. Try and take your photos at the same time of day and in the same clothes as possible in order to accurately document your progress!

If you are somebody who is driven by numbers, you could also consider having your skinfolds taken before you commence and every 1-2 weeks going forward. Ask one of your friendly Flow coaches to set this up for you! Again, you will want to try and have these measured at the same time of day each week in order to stay as accurate and consistent with results as possible.

Where to from here?

We've given you the tools to make sure you truly get the best results possible across the next 8 weeks, now it's up to you to use them!

FLOW
PERFORMANCE

THANK YOU FOR TAKING THE TIME TO READ THE GUIDE

We hope you've found this information helpful and that you are ready to smash some goals over the coming weeks!

Let us know if there's anything else you'd like to know more about, we can't wait to see you all exceed your own expectations and feel the strongest you ever have before!

WWW.FLOWPERFORMANCE.COM.AU