

The background of the cover is a photograph of an outdoor gym. Several people are visible: some are standing, some are using stationary bikes, and some are using treadmills. In the foreground, a row of dumbbells is laid out on the ground. The gym is located in front of a dark blue building with various signs and posters. The overall scene is brightly lit, suggesting a sunny day.

FLOW

PERFORMANCE

MEMBERS MANUAL

TABLE OF CONTENTS.

- 01. WELCOME
- 02. INTRODUCTION & LOGISTICS
- 03. BASIC LIFESTYLE GUIDELINES
- 04. HOW TO SPEAK “GYM”
- 05. WARM UPS & COOL DOWNS
- 06. ACTIVE RECOVERY



Welcome and thank you for becoming a part of our squad. You've chosen Flow Performance because you demand more from your health, fitness and mind. Our mission is to deliver the highest quality individualised programming to ensure you never stop evolving and improving.

Our coaches are dedicated to helping guide you through good times and challenging times so that you stay true to your goals and who you're becoming.

TO BEGIN WITH, WE SUGGEST YOU

- ✓ Read the manual thoroughly
- ✓ Reach out to your coach if you have any questions or don't understand anything
- ✓ Share your journey with others on social media: #FlowPerformance

A thick, dark diagonal line runs from the bottom left towards the top right, with a thin white line following its path.

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INTRODUCTION & LOGISTICS

It is crucial that throughout this journey you work closely with your coach and that your relationship is based on quality communication.

As a new member we wish to emphasise that we believe individual program design isn't just writing an exercise program for you.

It's coaching.

We're here to guide you through the development of new lifestyle habits, changes in mindset so we achieve the the goals we set out to achieve.

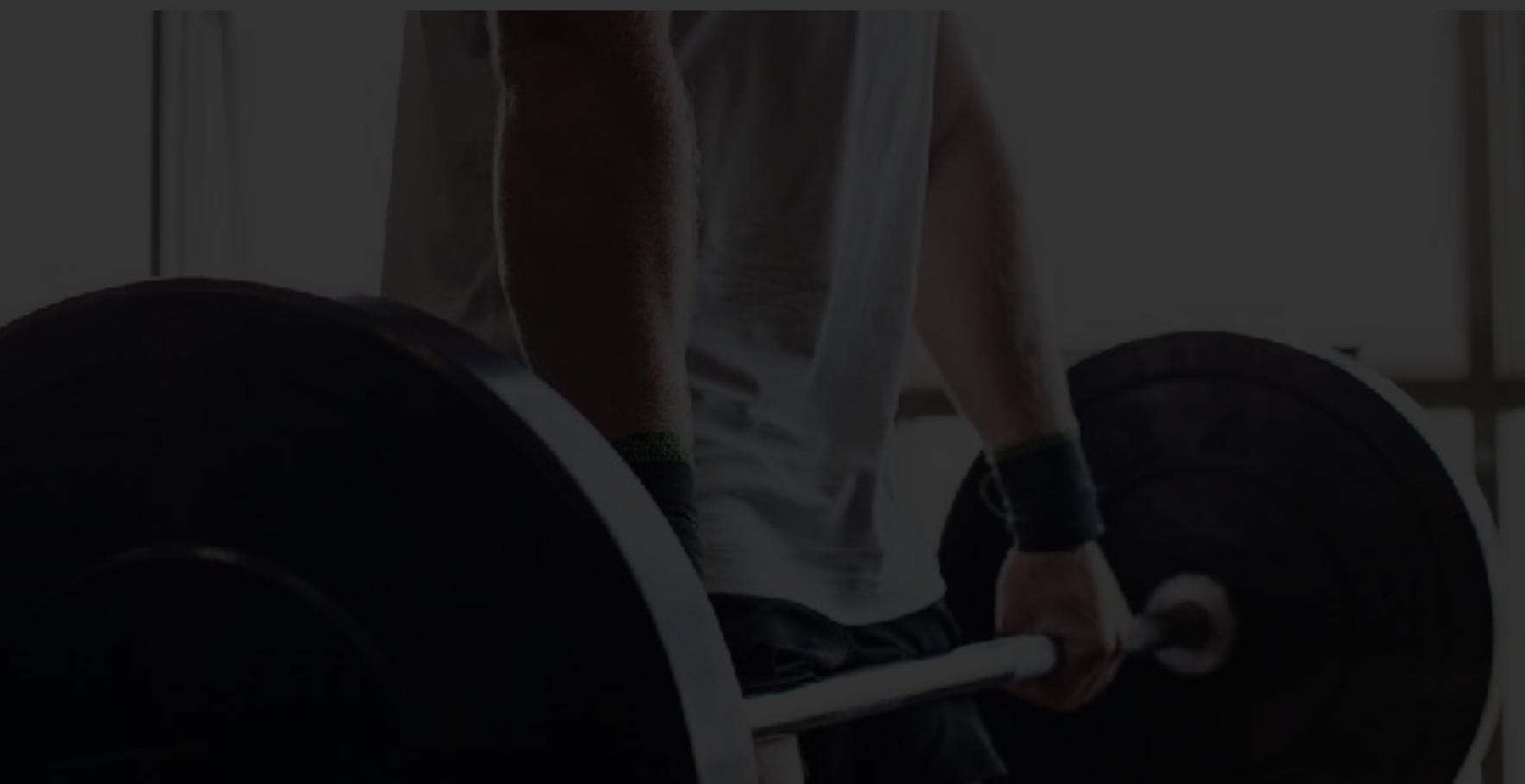
Results are a combination of work and rest. When these are both optimised we see our clients improve at enormous rate.



Your individualised program will come through the app TrainHeroic. Here you can track and record your results, watch videos of given movements and track your overall progression.



Each month you'll jump on a call to chat to your coach so you can discuss how your training, lifestyle and nutrition went over the last month. This will help you stay connected to the bigger picture and hone in on your goals.



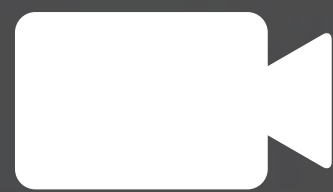
You have access to to the private members group on facebook. Here you can interact with other members and post videos for feedback.



**ENTER AND TRACK EVERY
PART OF YOUR WORKOUT**



BE OPEN TO FEEDBACK



**SEND VIDEOS TO YOUR
COACH FOR ANALYSIS**



**REFLECT OFTEN ABOUT YOUR
PROGRESS AND WHAT CAN BE
IMPROVED UPON**

BASIC HEALTH & LIFESTYLE GUIDELINES

At Flow Performance, we truly believe that to get the best results in the gym your training needs to be balanced with all the things out of the gym. These basic health & lifestyle guidelines drive recovery and you further towards the results you're after. These guidelines when followed will often dictate your results.

These guidelines are much like a house that sits on stilts, the stilts are seen as our lifestyle guidelines. If these foundational practices are not in place and sturdy the house will collapse. The stronger and more consistent our foundation (lifestyle guidelines) the higher we are able to build.

These basic guidelines are the things that create health. Without health it is very unlikely that you will ever achieve your peak and if you do, it will only be a matter of time before you become injured or sick.

This is where Lifestyle Guidelines come into the picture.

These guidelines are the basic elements that make up health inside and outside of the gym.

1

The day is made up of night and day, apply work and rest accordingly. "Don't burn the candle at both ends" You need balance in your work life, gym training and recovery. Without a balance you'll end up burnt out or injured. This should be optimised to ensure you grow and develop as a human being.

2

Your energy pattern is directly correlated to the sun & moon. Your circadian rhythm is specifically linked to the sun and moon throughout the day. As the sun rises our energy levels increase throughout the day until it reaches the peak. Our energy then begins to reduce as the sun sets leaving us feeling sleepy and ready to sleep.

3

This can get thrown out when we don't get enough sun throughout the day. This can lead to your energy levels being disrupted or even a little sad. Set aside 20 minutes a day to get some sun and top up on the D (Vitamin D).

4

Proper digestion, hydration and moving blood are essential for optimal function. Humans are physical beings, we're designed to move constantly, hydrate and digest food properly. Water, movement and taking the time to chew food should all be part of anyone's day.

BASIC HEALTH & LIFESTYLE GUIDELINES

5

Hydration is the key to success

Water makes up approximately 60+% of the human body if this drifts even 1% in the wrong way it can severely disrupt our functionality and health. Water is used to flush toxins from the body, regulate body temperature and aid in the metabolism of fat. You should be drinking at bare minimum your weight x 0.33 litres daily.

6

Go to bed at the same time and wake up at the same time

As we talked about earlier our body is driven by rhythms and our bodies thrives on routine. Go to bed at the same time each night and wake up at the same time. This will help to optimise your health, recovery and performance.

7

Food is an investment

Food is digested over 36+ hours. Sit down, breathe and chew your food properly. Aim to chew your food 20+ times before swallowing. This will allow for better digestion and absorption of the good stuff.

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SETS X REPS

We always write the sets first and then the number of reps

(E.G., 4 X 10 = 4 SETS OF 10 REPS)

BUILDING VS ACROSS

Building - Increase load each set. Your first set should not be a warm up set.

Across - Do the same weight for every set.

TEMPO

Tempo refers to the overall speed of the movement and how each phase should be done.

4111

4 = ECCENTRIC

1= PAUSE at the bottom of the movement

2= Contraction how fast you move on the upwards phase

1= PAUSE

4111 = 4 seconds on the way down, 1 second pause at the bottom, 2 seconds on the way up, 1 second pause at the top.

X = as fast as possible

MORE GYM TALK

AHAFA = As heavy as form allows. This means using the heaviest weight you can manage while maintaining good form and completing the total numb of sets and reps.

AMRAP = As many reps and rounds as possible in a given time period.

For movement quality = This is designed for you to move with the intent of keeping the movement quality as high as possible and not focussing on speed.

WHAT HAPPENS IF COACH HASN'T PRESCRIBED WEIGHTS?

Match your movement to the tempo prescribed while maintaining the highest quality of movement.

RPE

RPE = Rate of perceived exertion. This is a simple way of explaining the intensity that is required in the movement. (1 being “extremely easy you could walk for hours”) to (10 being as fast as possible and only could maintain the work rate for 20 or so seconds)

1

Very Easy “You could walk for days non stop”

2

Fairy Light Exertion - Walking at a leisurely pace

3

Light Exertion - You are moving, this is the pace you would move at if you were walking before a run.

4

Moderately Easy - You are moving, your breathing is a little heavier and you’re starting to break a sweat

5

Moderate to somewhat hard - Your heart is pumping faster and you're breathing hard. You can still converse.

6

Moderately Hard - You’re breathing even harder and you can only speak every few breaths.

7

Hard exertion - Rapid breathing and not wanting to talk

8

Very Hard - You’re breathing hard and can not speak - “Hello darkness, my old friend”

9

Very Very Hard - There’s no way you can speak and you’re unable to hold this pace for much longer

10

Extremely Hard - “You’ve sent it”. You’re going 100% and there’s no going back, there’s nothing left in the tank.

4

Light Weight can be used for mobility / recovery

5

Used for warm ups & prep

6

Weight that can be used for speed and velocity training. + /- 8 reps. You finish this set with 5-6 reps in reserve.

7

Often this weight can be moved with power, but still facilitates strength. You finish this set with 3-4 reps in reserve - “Ain’t nothin’ but a peanut”

8

Heavy weight / tough weight you finish this set with 2 reps in reserve

9

Tough set the bar speed is slower and you finish the set with 1 rep in reserve - “LIGHTWEIGHT BABY!!!”

10

Maximum effort. a 1RM effort - “That’s a heavy ass weight”

AEROBIC TRAINING

Aerobic training is designed to be sustainable and repeatable. When doing aerobic training we program based of a system called “MAP” – Maximal Aerobic Power. We use different levels of MAP to indicate the pace and gear that you should be using to completed the intended training piece.

The key to MAP work is measuring your work. When the intervals are done correctly the intervals are repeatable from set to set and the scores are similar. This shows that you are working aerobically and sustainable. We class mastery as holding the fastest pace possible but being able to repeat it.

AEROBIC TRAINING

Anaerobic training should be remembered as painful. It's a specific style work that is specific to every single person dependant on their goals and sport of choice.

Anaerboic training should UNSUSTAINABLE. This will mean that from set to set there should be a reduction in work capacity.

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THANK YOU FOR TAKING THE TIME TO READ THE GUIDE

We hope you found this information useful and we wish you the
best on your new journey

Thank you for choosing Flow Performance

WWW.FLOWPERFORMANCE.COM.AU

