

Beginner's Guide for Getting Started

By: Luciano Capitano

There are **a lot** of fitness and nutrition programs out there. Most of them will get you results. In fact, virtually **all of them** will get you results.

There's a problem, though. Most people aren't following *the program* **consistently**. Like, **4 to 6 months** consistently.

Why is that?

Well, I think it's mostly because **most** free programs out there aren't created for each individual person.

Writing a fitness program that can be easily followed for a long time that can work perfectly for **everyone** is impossible.

(But I think I can get pretty close.)

The vast majority of people looking for a fitness program to follow are doing it **mainly** for two reasons:

- **To lose weight**
- **To look more defined**
- To be stronger
- To feel better
- To make their ex jealous
- To be able to keep up with their kids
- To live longer

*Whatever **your** reason is, **it will lead to losing weight and looking more defined.***

Here's the deal...

We're in this together. By the time you've finished reading, you're going to have your **perfect start**. But first, send me an email at (Luciano.Capitano.Coach@gmail.com) with the subject line **[It's time]** with a short letter **to yourself** on what **you** are going to accomplish within the next 4 to 6 months.

This email will serve as an "entry" to changes (small, and big ones) that you're going to make in your life.

I'll be writing back and checking in on you!

Now that you've sent the email (*if you haven't... What are you waiting for? Do it right now!*) you're ready to see the program.

A lot of people advertise extremely intricate fitness and nutrition programs to make themselves **stand out**. The truth is, your fitness program doesn't need to be fancy. *It shouldn't be.*

It should be easy as pie. Easily followable.

Adaptable to fit your current lifestyle as it differs day to day.

Wouldn't you agree?

Now that we're both on the same page, **let's get started.**

Step 1: Move all of your highly palatable snacks to the top shelf.

The idea here is to create **friction** before bad habits are even allowed to occur. This may seem like a small change that won't do anything, but you'd be surprised at how many times within the next 4 to 6 months you'll end up unintentionally passing up on cravings just by simply moving them out of sight!

Immediately after moving the snacks up on the highest shelf, put all of your healthy foods in easily accessible spots in your kitchen. **Do not move on to step 2 until both of these tasks have been completed.**

Step 2: Email me (Luciano.Capitano.Coach@gmail.com) with the subject line [Step 1, done!]

Seriously, do it. Remember what I said... We're in this together!

Step 3: Track your protein intake for one week.

When losing weight, an increase in hunger levels is **totally normal**. But, we all know when that happens, binging starts. Stress, boredom, and a number of other factors also lead to binge eating, but I think we can agree that when you're full, you're far less likely to snack. Protein is by far the most filling type of food out there. And that's one of the main reasons why it's so important to keep protein intake high.

Q: How much protein should I eat?

*A: First, track your protein by using this app called "[Mike's Macros](#)." It's 100% free on the app store and **will change your life**. Remember, you've already committed by sending that initial email. Download the app and let's go!*

Track your protein intake for one week. Don't worry about carbs, fats, or total calories, yet. After one week, look back and check how much protein you eat on average. It's likely that you're far from getting close to 100 grams. If you aren't, **there's your protein goal. 100 grams per day.** Until you can consistently eat 100 grams of protein per day, carbs, fats, and total calories are irrelevant. Remember, we're keeping this simple!

Start there. 100 grams of protein per day is your number.

Step 4: Send another email (Luciano.Capitano.Coach@gmail.com) with the subject line [I've downloaded the app!]

*I've said it before and I'll say it again... tracking your intake is the **key** to knowing how to change the way you look. Is tracking for everyone? Certainly not for your whole life. But, for a few months out of your whole life? **Yes.** You're going to learn so much about nutrition simply by tracking your intake, and it's a skill that you'll use throughout your whole life.*

Step 5: Take a "before" picture & weigh yourself.

*I understand that you might not like taking pictures of yourself, especially if you wish to look different. However, you need to have a **starting point**. Something to **look back at and compare to!** Same goes for the scale.*

Step 6: Start your workout program.

I'm going to give you a workout program that has the potential to:

- Build muscle/definition
- Build strength
- Increase your metabolism
- Boost your confidence

It's a very basic program. Which nowadays, seems pointless. But, trust me. You're going to see results if you follow it!

Day 1: Full Body (Upper Body and Lower Body) - **Lower Body Focused!**

Day 2: 30 minutes cardio

Day 3: Full Body (Upper Body and Lower Body) - **Upper Body Focused!**

Day 4: 30 minutes cardio

Day 5: Full Body (Upper Body and Lower Body)

Day 6: 30 minutes cardio

Day 7: 30 minutes cardio

Your weekly routine will look like this:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Body (Upper Body and Lower Body) - Lower Body Focused!	30 minutes cardio	Full Body (Upper Body and Lower Body) - Upper Body Focused!	30 minutes cardio	Full Body (Upper Body and Lower Body)	30 minutes cardio	30 minutes cardio

*Side note: You can 100% flex the days week to week. If you can't get Monday workouts in, simply switch the Day 1 workout to Tuesdays and so forth! **There are no rules!***

Keepin' it Simple!

Here are your workouts! And here is my [free exercise database](#) which I have form videos for each exercise in the program!

Monday / Day 1:

Workout Set 1

Directions: Perform exercise A1 with 2 minutes rest in between each set.

Exercise	Sets	Reps
A1) Leg Press	3 hard sets	8

Workout Set 2

Directions: Perform exercises B1 and B2 in order with 30 seconds rest after B1 and 2 minutes rest after B2.

Exercise	Sets	Reps
B1) Dumbbell Romanian Deadlift	3 hard sets	10
B2) Shoulder Press Machine	3 hard sets	10

Workout Set 3

Directions: Perform exercises C1 and C2 in order with 30 seconds rest after C1 and 90 seconds rest after C2.

Exercise	Sets	Reps
C1) Lat Pulldown	3 hard sets	12
C2) Seated Hamstring Curl	3 hard sets	12

Workout Set 4

Directions: Perform exercises D1 and D2 in order with no rest after D1 and 90 seconds rest after D2.

Exercise	Sets	Reps
D1) Leg Extension	3 hard sets	12 to 15
D2) Standing Dumbbell Hammer Curl	3 hard sets	12 to 15

Tuesday / Day 2:

Exercise	Examples	Time
Steady State Cardio	Stairmaster, treadmill, dog walking, cycling, elliptical	30 minutes at moderate intensity

Wednesday / Day 3:

Workout Set 1

Directions: Perform exercise A1 with 2 minutes rest in between each set.

Exercise	Sets	Reps
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A1) Chest Press Machine	3 hard sets	8
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Workout Set 2

Directions: Perform exercises B1 and B2 in order with 30 seconds rest after B1 and 2 minutes rest after B2.

Exercise	Sets	Reps
B1) Mid Row Machine	3 hard sets	10
B2) Dumbbell Front Squat	3 hard sets	10

Workout Set 3

Directions: Perform exercises C1 and C2 in order with 30 seconds rest after C1 and 1 minute rest after C2.

Exercise	Sets	Reps
C1) Half Kneeling Single Arm Lat Pulldown	3 hard sets	10 each arm
C2) Standing Dumbbell Side Lateral Raises	3 hard sets	12

Workout Set 4

Directions: Perform exercises D1 and D2 in order with no rest after D1 and 1 minute rest after D2.

Exercise	Sets	Reps
D1) Walking Lunges	2 hard sets	8 each leg
D2) Plank	2	1 minute

Thursday / Day 4:

Exercise	Examples	Time
Steady State Cardio	Stairmaster, treadmill, dog walking, cycling, elliptical	30 minutes at moderate intensity

Friday / Day 5:

Workout Set 1

Directions: Perform exercises A1 and A2 in order with no rest after A1 and 2 minutes rest after A2.

Exercise	Sets	Reps
A1) Trap Bar Deadlift	3 hard sets	8 to 10
A2) Angle Wall Slides	3	10

Workout Set 2

Directions: Perform exercises B1 and B2 in order with 1 minute rest after B1 and 2 minutes rest after B2.

Exercise	Sets	Reps
B1) Flat Dumbbell Bench Press	3 hard sets	10
B2) Reverse Lunge	3 hard sets	8 each leg

Workout Set 3

Directions: Perform exercises C1 and C2 in order with 30 seconds rest after C1 and 1 minute rest after C2.

Exercise	Sets	Reps
C1) Triceps Rope Pushdown	3 hard sets	12
C2) Seated Dumbbell Biceps Curls	3 hard sets	12

Workout Set 4

Directions: Perform exercises D1 and D2 in order with no rest after D1 and 30 seconds rest after D2.

Exercise	Sets	Reps
D1) Russian Twist	2	20
D2) Crunches	2	20

Saturday / Day 6:

Exercise	Examples	Time
Steady State Cardio	Stairmaster, treadmill, dog walking, cycling, elliptical	30 minutes at moderate intensity

Sunday / Day 7:

Exercise	Examples	Time
Steady State Cardio	Stairmaster, treadmill, dog walking, cycling, elliptical	30 minutes at moderate intensity

If you need help with form, open up the [free exercise database](#) or shoot me an email (Luciano.Capitano.Coach@gmail.com) with the subject line [Form Help!] along with a video of you performing the exercise. I'll do my best to make corrections, if necessary.

Step 7: Follow the plan and keep in touch with me.

Now that you have a nutrition starting point and a great workout program, it's now all about your **execution. *Doing the damn thing!***

Do me a favor, if this has helped you in any way, pass this along the way by sharing with a friend or family member that could find value in it!

And... As a small plug for myself:

*I'm accepting new in person and online clients for a more personal approach to fitness/nutrition coaching. To apply for either program, just visit [this link](#) and fill out the application form! As of late 2022, I'm offering **2 days of free in person training** along with **20% off your first month of training.***

Hope to talk soon!

- Luciano