



Beginner's Transformation Guide

Your Complete Blueprint for Building a Strong, Lean & Healthy Foundation

WELCOME TO YOUR TRANSFORMATION JOURNEY

Starting a fitness journey can feel overwhelming. There's a lot of noise online; confusing workouts, extreme diets and countless opinions. The truth? You don't need perfection, you just need a plan.

This guide gives you **everything you need to start strong** — simple training advice, clear nutrition strategies and the most effective beginner-friendly supplements.

In this guide, you'll get:

- A realistic, beginner proof training framework
- A no-BS guide to nutrition fundamentals
- The supplements that actually work
- Dosing + timing recommendations
- Strategies to stay consistent & motivated

Whether your goal is to lose fat, build muscle, or simply feel better, this is the foundation that gets real results.

NUTRITION – BUILD YOUR BASE

Your First Priority: Master the Basics

Don't overthink it. You don't need to count every gram or weigh every meal. Instead, **build a repeatable routine** that includes:

- **Protein at every meal** (e.g. chicken, eggs, whey, tofu)
- **Slow-digesting carbs** (e.g. oats, rice, potatoes)
- **Healthy fats** (e.g. nuts, olive oil, avocado)
- **Plenty of water** (aim for 2.5–3L/day)

Do I Need to Track Calories?

Optional but helpful. If you're serious about results, use an app like MyFitnessPal to estimate your intake for a few weeks. You'll learn a lot.

Fat loss: Eat slightly below maintenance

Muscle gain: Eat slightly above maintenance

Maintenance: Stay consistent with balanced meals

Sample Daily Meal Structure:

- **Breakfast:** Eggs + wholemeal toast + fruit
- **Snack:** Protein shake + banana
- **Lunch:** Chicken rice bowl with vegetables
- **Snack:** Greek yogurt + almonds
- **Dinner:** Lean mince chilli + rice or sweet potato

Coach's Tip: You don't fail from one meal. Focus on your weekly average, not daily perfection.

TRAINING – WHAT ACTUALLY WORKS FOR BEGINNERS

Focus on Full-Body Training

As a beginner, you don't need split routines. You'll get the best results training **full-body 3x per week** (e.g. Mon/Wed/Fri).

Each session should include:

1. **Push Movement** (e.g. push-ups, bench press)
2. **Pull Movement** (e.g. rows, assisted pull-ups)
3. **Leg Exercise** (e.g. goblet squats, lunges)
4. **Core Work** (e.g. planks, leg raises)
5. **Conditioning Finisher** (e.g. short bike intervals)

Weekly Training Example:

- **Monday:** Full-body workout (45 mins)
- **Tuesday:** Active walk or rest
- **Wednesday:** Full-body workout
- **Thursday:** Rest
- **Friday:** Full-body workout
- **Weekend:** Stay active (steps, cycle, stretch)

Don't try to be fancy. Consistency with the basics beats inconsistency with the “perfect” plan.

Focus on:

- **Form over weight**
 - **Progressive overload** (gradually increase reps or weight)
 - **Rest & recovery** (don't skip sleep!)
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SUPPLEMENTS – WHAT’S ACTUALLY WORTH TAKING

Supplements are not magic, but **they can support your results** if used properly alongside your training and nutrition.

Core Beginner Stack:

1. Whey Protein

- Helps meet your daily protein target without cooking another meal
- Great post-workout or as a snack
- **Dose:** 1 scoop (20–25g protein), post-workout or mid-morning

2. Creatine Monohydrate

- Increases strength, endurance, and muscle fullness
- One of the most studied & proven supplements
- **Dose:** 5g daily (any time, consistency matters more than timing)

3. Daily Multivitamin

- Fills in micronutrient gaps (especially useful for beginners)
- Look for one with B vitamins, D3, zinc, and magnesium
- **Dose:** 1 tablet with food (usually breakfast)

Optional Extras:

- **Omega-3s** (if you don’t eat oily fish)
- **Electrolytes** (for hydration and energy on training days)
- **L-Carnitine** (for fat metabolism, optional in fat loss stacks)

Coach’s Tip: Pick a stack that makes your life easier, not harder.
Convenience = consistency.

BUILDING HABITS THAT STICK

Sleep: The Real Recovery Supplement

You grow and recover when you sleep not while training.
Aim for 7–9 hours of quality sleep per night.

Tips to improve sleep:

- Avoid screens 60 minutes before bed
- Go to sleep & wake up at the same time daily
- Use magnesium or herbal teas if needed

Track Progress (Without Obsessing)

You don't need to weigh yourself daily. Instead:

- Take **weekly progress photos**
- Track **key lifts and reps** in your workouts
- Monitor **how you feel**, how your clothes fit, and your energy levels

Stay Motivated (When Life Gets Busy)

- Set short, realistic goals (e.g. "Train 3x/week for 4 weeks")
- Focus on effort, not outcome
- Accept setbacks, progress isn't linear

Final Words from Your Coach

Starting is the hardest part and you've already done that. Now it's time to build momentum.

You don't need to be perfect. You don't need to spend hours in the gym. You just need a consistent, well-structured plan... and this is it.

Show up. Do the work. Keep going.

We're here to help every step of the way.
Check out our product stack recommendations and join the
transformation.

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