



THE RICFIT PROGRAM PREVIEW

—
Feel Good, Look Good,
Move Well, Perform
Even Better!

WELCOME TO THE RICFIT PHASE 1

BEGINNER PROGRAM



Your Pillars:
I. Football
II. Mindset
III. Movement
IV. Nutrition
V. Recovery

Created, Written & Designed by RicFit (*Eric Friedlander*):

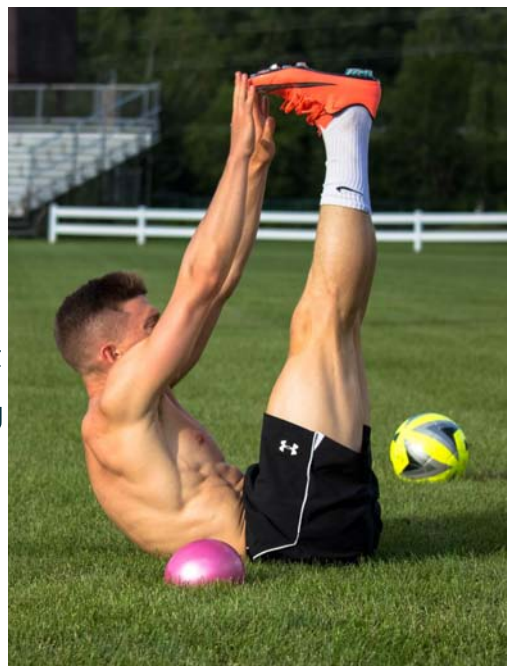
- Pro Soccer Player
- EXOs Performance Specialist
- DBC Certified Trainer
- National Academy of Sports Medicine Certified Personal Trainer
- Precision Nutrition Coach



(If you don't want to read this; there is no need to, skip down to the workout if you'd like!)
Though, I do think it's super important that you understand my own journey!

YOUR COACH: ERIC FRIEDLANDER

Eric played many sports as a child and teenager, but at age 13, he began to focus mainly on soccer after being told by a coach from England that he had a lot of potential in the game. Since he was 5 years old, his dream had always been to be a Professional Soccer Player.



Eric was one of the best players in the state of New York when he was 13-15 years old. Unfortunately, during his middle school years, he got "caught" up in the middle school scene of trying to be "cool," which led him to hanging out with the wrong people,. This led him to stop playing the beautiful game for 2 years.

He eventually got back into the game at around age 15, but began to realize how far he had fallen behind.

After finding out the hard way, Eric realized how much "catching up" he had to do if he wanted to reach his goal of playing soccer professionally one day.

He realized how much harder it would be after "falling behind," but he had believed that anything was possible if you put your mind to it, and you give your all-out effort into **perfecting every detail** of the process along the way.

Eric came from a place where soccer was of much lower importance compared to baseball, basketball and football. Therefore, he had to do tons of research on his own to find out how to become the best player he could possibly be.



After playing a couple of years at the USSF Development Academy level, Eric had thought the best route to play Professional Soccer was the traditional "American" way of going through college, doing well, and then hopefully making it to the pro ranks from there, so this is what he tried to do!

Eric began playing College Soccer at the University at Buffalo while pursuing a career in dentistry.

After his first year, and having "*the time of his life (socially)*," he realized that this wasn't the right place and the right environment to be if he wanted to flourish as a soccer player and a person.

Eric's had been told by his friends' father constantly "**You can be a dentist, doctor, or lawyer at any age, but you can't be a soccer player at any age.**"

Eric thought about this concept repeatedly, and realized how true it really is.

You can always go back to school or work a "desk job," but you can't be young forever.

You can't be a footballer and chase the dream of being a professional at any age.

You can only do it when you're young, fit, and you don't have the many responsibilities that come with being an adult (family, etc.)

So, Eric took it into his own hands and knew it was up to him if he really wanted to do this thing. He began researching and networking for opportunities to play professionally.

He found about an opportunity in Germany, and **without hesitation, he quickly made the jump overseas.** He knew, if he really wanted this, he really had to **SACRIFICE EVERYTHING!**

Long story short, after making that decision, he hasn't looked back (and yes, he has plowed through many obstacles & gone through many tough times, but he just keeps going, and he won't stop until he gets to where he wants to get too!)

He has since spent 3 years in Germany, a year in a half in Sweden, and is currently pursuing a professional contract in Israel for this 2019 season.

THE BIRTH OF RICFIT



Even though Eric would/still generally trains twice per day, 5-6 days per week, he felt that he had a lot of time on his hands, and he wanted to do some additional work to **help others reach their dreams.**

Through training on his own, and making himself better. Eric truly knew how the true power of individual training. Eric isn't super talented or gifted in any way.

He has gotten to where he is now through a **relentless work ethic and a relentless will to make himself a tiny bit better every single day. He is truly obsessed with becoming better as a player and a person every single day.**

He has a **growth mindset** and believes that any person can do whatever he/she wants as long as they are willing to put into the **time and effort to doing it every single day.**

Eric got into the gym and extra training at around 15 years old, he had always been questioned about his diet & workout regimen from his friends, family, and anyone else who saw his results.

He would constantly help anyone who asked by making programs for them and answering their questions for free because **he truly enjoys seeing people happier, healthier and performing better!**

About 2 years ago, he began thinking to himself: **"How can I help more people?"** That is the moment that he decided to take part on the path to become a Certified Personal Trainer.

On June 12th , 2017, Eric received his Certification from **NASM (National Academy of Sports Medicine)**, one of the most widely recognized certifications for like-minded individuals in the industry.

The next month, he started his business "RicFit LLC."



Since he is abroad, and constantly moving around with the ever-changing dynamic of soccer, he decided the best way to help the most people is to have an online-based business, where he can stay in contact with his clients through the use of technology.

Through this method, he charges a **monthly-subscription fee** (with a required 6-month commitment) for gym programming, load management, nutrition, recovery, and 1-on-1 consulting to get his clients to where they want to be, to help them **CRUSH** their goals.

He is their **own personal coach**. He is the CEO of their body. They don't need to do any thinking. They just need to do the DOING!
They have **100% access to him at any time**.

This allows him to work with clients individually and give them a **specific program based on their goals and needs as an athlete and a person**.

He has been very satisfied with how it is going, and he believes that all of his clients have been more than satisfied as well.



Check out some of the results and testimonials that he has gotten with his clients in a short amount of time:

Paolo Bucci:
26 Years Old

Day 1
165 lbs.
10% Body Fat

Day 60
160 lbs.
6% Body Fat



CLIENT RESULTS



Joe Pelletier:
Dallas, Texas
22 Years Old

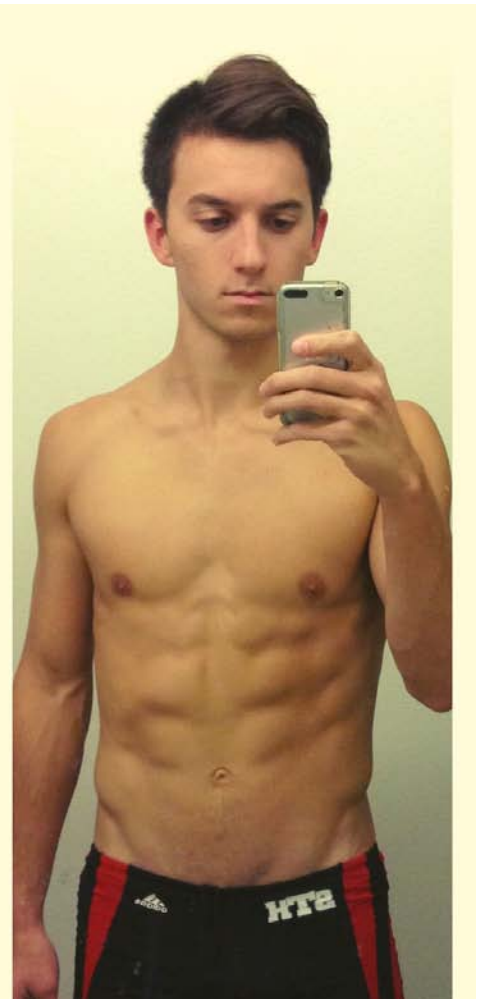
Day 1
155 lbs.
12% Body Fat



Day 60



Day 90
165 lbs.
6-7% Body Fat



Arian Najmi:

Orange County, California

22 Years Old

Day 1

165 lbs.

14% Body Fat

Day 90

147 lbs.

10% Body Fat



RicFit really enjoys making all of his current and past clients very happy and hopes to continue to do so!

Eric prides himself as being a life-long learner. He believes you can learn something new every single day.

He also knows the more he learns; the better of a player he will be, and the better of a coach he will be for his clients.

He knows that whatever he learns, he can apply to the field, and apply to his clients' training programs.

He also strongly believes: **to be the best, you need to learn from the best!**

After NASM, Eric received an **EXOs Performance Specialist** certification, as well as a certificate from all **3 phases of the EXOs Internship Program**.

**EXOs is one of the biggest sports performance companies' in the world. They have trained the likes of: The German National Team, Everton FC, Flamengo, LA Galaxy and Sporting Kansas City.*



Eric has also received a **DBC Level 1 Certification**. A company based out of Miami, Florida who he states to be "the best gym and best trainers in the world." They train the likes of: LeBron James, Dwayne Wade, Mario Chalmers, many NFL Players, and many MLS Players.

He has also received a certification as a **Nutrition Coach from Precision Nutrition**. *A highly regarded Nutrition company that helps coaches' help their clients create better lives for themselves.*



In-Person Training:

Eric also trains clients in-person in a gym, on a field or wherever he can find space, as he specializes in both gym, and bodyweight functional soccer training.

Though, this is very limited as he thinks **he can help the most people online.**

Why He Created This Program:

After having received many inquiries each week from guys and girls, he realized many people couldn't afford the 1-on-1 personal coaching.

He decided to make this program as it is a **"more affordable product"** so people can still benefit from his type of training & philosophy.

He still strongly believes that individualized programming is the best way to go, BUT, if you can't afford an individual program, this program done consistently at 100% intensity, and when done with intention will work very well for you, and give you the results you desire!

A Big Thanks & A Warm Welcome:

First of all, I would like to thank you so much for purchasing my program, and I can't wait to see your massive results!

Congratulations on taking a very important step along the way to becoming the best footballer you can possibly be.

By purchasing this program, you can and should consider yourself different than many other footballers out there.

Many footballers want to be bigger, stronger, faster, quicker, and better on the ball, but when they have to put in the work, they don't want to do it. They want to sit on the couch and wait until it falls into their lap. Unfortunately, that's not how it works. But fortunately for you, you know, and I know, that you can get to where you want to get to if you **WORK!**

Opportunity doesn't fall into anybody's lap. **The harder you work, the luckier you will get!**

You need to work very hard and prepare yourself in every aspect in the game. So, when the opportunity comes (because it will), you are ready to go!

This is what I like to call "studying for the test."
When the test comes, **YOU WILL BE READY**. I know that!

With that being said, **NOW is time for the hardest part!**

The ACTION!

Results do not come without **ACTION!**

Becoming a better footballer requires a lot of:

HARD WORK, PERSISTENCE, PATIENCE, PERSEVERANCE & CONSISTENCY!

There will be a lot of hard days, hard sessions, and days where you don't want to train, and you just want to relax. **These are the days that you need to train the most!**

These are the days that will advance you past your competition.

In the 85th minute, when you can still run full sprints, you will think back, and be thankful that you committed yourself to this program.



THE IMPORTANCE OF A PLAN



A plan will help you be consistent and stay on track!

When you see gradual progress week after week; you will know that the work you are putting in is paying off!

The days where you don't feel like training; you will know that you have a plan, you have a blueprint, and the plan has **your back as long as you respect it!**

Without a plan; it is very easy to say, "Oh, I will just train tomorrow."

Tomorrow ends up being 2 days, 3 days, 4 days, which leads to 1 week..

You see where I'm getting at.

It all adds up!

This plan will give you:

PURPOSE AND DIRECTION!

Patience:

One of the most important things is to take this program Step-by-Step!

Results will not happen overnight. Changes and results happen when you do the little things each day to make yourself better.

Make sure NOT to rush the process!

Anything that is worth having certainly doesn't come easy!

If it did, it wouldn't be worthwhile.

The most important thing is enjoying the **JOURNEY** and not rushing towards the **DESTINATION.**

Why are we starting with bodyweight training?

Besides the numerous benefits of bodyweight training, which I will further discuss below, I thought it was very important to create a program for soccer players to be able to do **anywhere, anytime, and any place, without having to rely on anyone, or any equipment.**

If you have a training program that you can understand and do yourself, you won't have to: rely on a gym partner, rely on the gym being open, the gym having the equipment you need, etc, etc.

You will be able to reach your goals much quicker due to the **CONSISTENCY** of your ability to train!

There are many excuses that you can make, and believe me, there are a ton of legitimate excuses, I **UNDERSTAND, but we want to limit those as much as possible! We want to have a solution, not an excuse!**

Travel & Excuses:

As a soccer player, you are always traveling, and always on the road.

I have been in situations where I go to the gym, and it's closed due to a holiday, or my gym partner can't come to train with me.

What if the hotel doesn't have a gym, or there isn't a gym nearby?

The usual gym tries to get you to sign up for a 3, 6, or 12-month package.

What if you just want to train for one day, or one week?

If you don't have a gym, will you just resort to the excuse: "I will take off this week; it won't hurt me.

The problem is that those weeks add up really quickly!

I want to make this program as **simple & effective as possible**, and for you guys & girls to benefit from this program as much as you can. I want to make training easy, and I don't want you to be stressed about your training.

What You Will Need:

1. Your own body
2. An excellent work ethic
3. A little bit of space
4. Jump Rope or "Imaginary Jump Rope"
5. Mini Bands (Optional)
6. Tabata Pro App (Optional). \$2.99 but well worth it! (Be warned, i am not affiliated whatsoever with them. The app is just an excellent timer.



Bodyweight Training Benefits:

1. Enables you to work out anywhere, any place, any time, without having to rely on anyone! YOU ARE IN CONTROL!
2. Lower your body fat.
3. Build muscle.
4. Easy Progressions and Regressions.
5. Challenge your cardiovascular system.
6. Increase your range of motion.
7. Increase muscle and joint flexibility and mobility!
8. Can be done in the off-season or in-season.

9. Won't leave you tired for training
10. Will strengthen your core through compound movements.
11. Increases movement efficiency
12. Prepares the body for more load (Weights)
13. Increased Body Control
14. Increased Body Awareness
15. Better Posture
16. Less susceptibility to injury

Who Is This Program For?

This program is targeted towards **footballers, but it can be used by anyone to get into great shape.**

The main goal of this performance-training program is to help you **move better.**

The program will help you with your mobility, stability, and functional strength. As a soccer player/ any athlete, we train in the gym to **become better on the field (the main focus), NOT to become better in the gym.**

What About Lifting Weights?

Lifting weights is very important but **you first must master your bodyweight before adding more load.**

The last thing we want to do is add weight onto dysfunctional movement patterns. This won't do anything for you except hurt you.

The main focus is to **move better!** When you can **move better & more efficiently, you will begin to perform, and feel so much better!**

HOW THE PLAN WILL HELP YOU



Through the use of specific mobilization drills important to decrease tightness throughout the entire body, so your muscles and joints can go through their full range of motion.

As you increase your mobility, functional strength and improve your posture, you will automatically become: faster, quicker, stronger, and more explosive.

Essentially, we are looking to build you ultimate foundation.

We will focus heavily on your core, balance, coordination, and improve the quality of your movement.

Injury Prevention:

Ultimately, we are looking prevent your worst enemy, **INJURY!**

If you are injury-free, you will be able to train more, train better, and most importantly:

YOU WILL BE ON THE FIELD, NOT ON THE SIDELINES!

The ultimate goal of this program is for you to **perform YOUR best on game day!**

Many traditional programs prescribed to soccer players are coming from an Olympic lifting or Bodybuilding Standpoint or from an American Football or Hockey Coach. These sports are all different.

Your program should come from someone who is in the industry and has been around the football environment and has experience within it.

The soccer world is very different in terms of physical preparation and maintenance throughout the season.

LET'S DO THIS TOGETHER!



If a soccer player wanted to get bigger, stronger, and faster, the natural approach has always been to ask the biggest and strongest guys in the gym for advice on how to do so. This approach is a good way to gain size and muscle, but definitely not the right way to translate those strength and size gains to the field.

This soccer-specific workout will help you translate your gains to the field.

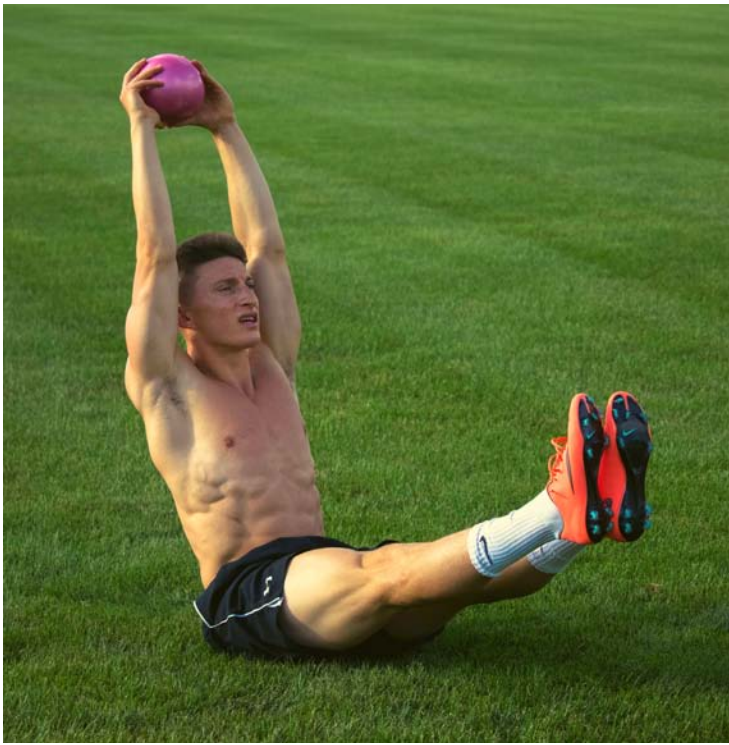


Instead of us working together 1-on-1, this program will guide you along the way to doing everything yourself and developing your body and taking your game and your fitness to the next level.

I am always available by email: efriedlander94@gmail.com , or on Instagram Direct Message @ric.fit.

This program is absolutely perfect for you to do in the off-season or during the season.

But, the most important thing to take out of this is to **listen to your body**. Make sure you are giving 110% each session, and if you are sore, take the day off, to **REST AND RELAX**.



The Structure of the Workout:

Structured into 3 parts

-Each Exercise is shown for you through my personal Vimeo Player

-Make sure you pay close attentions to the Cueing/ Coaching Instructions

Warmup:

-Bike, Treadmill or Dynamic Warmup (page 26) (your choice).

Part 1:

-Movement Preparation.

-Stretching & Mobility specific to the session.

-This will help you big time with your overall movement, body control, muscle tightness, and how fluid you are with your movement.

Part 2:

-Circuit Style Session.

-Try to take **NO REST** between any of the exercises. This is designed to get your heart rate up as high as possible so we improve your aerobic endurance during the circuit.

-This will help you big time with movement quality, strength, stability, and your strength endurance.

-Please pay attention to every little detail.

-Make sure to rest the prescribed time at the end of each round. Use it wisely ;)

Part 3:

-Finisher specifically tailored to **light up your core.**

Progression:

-Training is all about progressing and improving every single day.

-Every slight improvement adds up to big time improvement in the long run!

-Every 2 weeks; your aim should be to **progress slightly.**

-If you don't feel like you need or deserve the progression; don't progress yourself. There is no rush!

-The intensity of the exercise (time/reps) will increase every 2 weeks because the time or reps have increased.

-Make sure the **technique & quality** of the exercise stays the same!

-IMPORTANT: DO NOT progress too quickly!

-Progress takes time!

-Be Patient!



WORKOUT 1 PART 1



Part 1:

Specific Movement Warmup (1-2 sets)



1. World's Greatest Stretch

Reps: 5 reps each leg

Cueing: Hug your knee to your chest.

- Slowly bring it down a couple feet in front of you.
- Bring the opposite hand to the foot.
- Twist both ways.
- Try to straighten your front leg as much as possible. (3-5x)
- REPEAT

Video: <https://vimeo.com/280929938/7fe2ec440b>



2. Down Dog/Cobra

Reps: 5 Total Flows

Cueing: Begin on your hands and knees.

-Press the floor away from you as you lift through your pelvis. As you lengthen your spine, lift your sit bones up toward the ceiling. Now press down equally through your heels and the palms of your hands.

-Pedal your feet if you have tight calves

Flow into the Cobra

-Place your hands under your shoulders with your fingers pointing toward the top of the mat. Hug your elbows in to the sides of your body.

-Press down through the tops of your feet and your pubic bone. Spread your toes.

-Inhale as you gently lift your head and chest off the floor.

-Draw your shoulders back and your heart forward, but do not crunch your neck. Keep your shoulders dropped away from your ears.

Video: <https://vimeo.com/281432634/94a45da0f7>

3. Hamstring Lengthen

Reps: 15 reps per side, 2 second HOLD at the top.

Cueing: Hold your leg right underneath your knee. Leg should be about 90 degrees, or even pulled back a bit further towards your chest.

-Begin by lengthening with your hamstring and calf, and flex your quad to get a relaxation within the hamstring.

-Hold 2 seconds at the top, and repeat.

Video: <https://vimeo.com/252208079/d83558cb5c>



4. Balance

-3 Positions: Foot forward, Foot to the side, Foot backwards
(airplane)

Time: 10 Second HOLD at Each Position

Cueing: Keep knee slightly bent, quads and glutes turned on, obliques tight, and core sucked in.

Video: <https://vimeo.com/291273309/3a6c57c6ed>

5. Explosive Bodyweight Squat

Reps: 12

Cueing: Squat into a position you can jump out of.

-Keep the core tight.

-Use the arms for momentum.

-Think of preparing for a jump!

-Try to be explosive and rhythmic in your approach.

Video: <https://vimeo.com/323416545/44516942f0>

6. Frontal Plank

Time: 15 Seconds

Cueing: Squeezing as hard as you can! Every muscle in your body.

-Think of trying to bring your elbows to your feet, and your feet to your elbows.

Video: <https://vimeo.com/230896796/69b11b2144>

NO REST- REPEAT ONCE OR TWICE MORE

WORKOUT 1 PART 2



Part 2:

Working Sets: 3 sets total



1. Wall Sit

Cueing: Lean with your whole back on the wall.

- Go into a squat position.
- Legs should be at a 90 degree angle, like you are sitting in a chair.
- Arms diagonally out next to you.
- Palms Facing Away from the wall.
- Press against the wall with the back of your palms to create resistance
- Open Chest wide, and look forward!

TIME:

Weeks 1 & 2: 1 Minute

Weeks 3 & 4:

Weeks 5 & 6:

Weeks 7 & 8:

Video:

<https://vimeo.com/281756023/a699a2d631>.





2. Pushups

Cueing: Plank position on your hands, with your hands slightly wider than shoulder width apart.

- Keep your entire body in a straight line, and look down with your eyes, keeping that neck neutral.
- Flex your feet and drive your heels as much as possible towards the ground.
- Activate your core by squeezing your glutes as much as possible.
- Suck the belly button into your spine to engage the core.
- Inhale and go slowly down.
- As you are in the down position bring the shoulder blades together.
- Touch your chest to the floor, exhale and explode up!
- This is a moving plank.

Reps:

Weeks 1 & 2: 15 Pushups

Weeks 3 & 4:

Weeks 5 & 6:

Weeks 7 & 8"

Video: <https://vimeo.com/281067175/5a8d4f3d5d>



3: One Leg Straight Up Core

Cueing: One Leg hovering just above the floor (couple inches) each side

-Contract the core, hip flexors and quads as hard as you can, keep your head looking up at all times.

-Keep the glutes on the leg hovering above the ground turned on.

Time: (Time for Each Leg)

Weeks 1 & 2: 30 Seconds

Weeks 3 & 4:

Weeks 5 & 6:

Weeks 7 & 8:

Video: <https://vimeo.com/228217759/3d0f4085ac>

4. Jump Rope

Cueing: Keep the core as tight as possible.

-Move from your wrists, and bounce on your toes, try to be as light as possible.

-Knees are slightly bent.

Time:

Weeks 1 & 2: 1 Minute, 30 Seconds

Weeks 3 & 4:

Weeks 5 & 6:

Weeks 7 & 8:

Video: <https://vimeo.com/281411633/ce4b1add23>



5. Bilateral Glute Bridge

Cueing: Lie on the floor, face up, and allow your head, arms and back to be relaxed.

-Bend at the legs.

-At this point, you need to squeeze your butt as hard as you can, and slowly lift up vertebrae for vertebrae, raising your hips to make your body a neutral line.

-Hold in this position while keeping your low back and core engaged at all times.

Reps:

Weeks 1 & 2: 15 Reps

Weeks 3 & 4:

Weeks 5 & 6:

Weeks 7 & 8:

Video: <https://vimeo.com/252203804/3dbb8a21c3>

6. Dynamic Back Rows

Reps:

Weeks 1 & 2: 20 Reps

Weeks 3 & 4:

Weeks 5 & 6:

Weeks 7 & 8:

Video: <https://vimeo.com/281053773/86dc80e3bb>

***COMPLETE THE WHOLE CIRCUIT: REST 1 MINUTE. REPEAT TWICE
MORE***

Keep in mind: You want to be as fresh as possible for each circuit to perform each exercise with proper technique and intensity. Don't RUSH your rest time, plus, you'll probably need it ;)

WORKOUT 1 PART 3



Core finisher is done after you finish the entire 3 rounds of the circuit.



Part 3: Core Finisher (2 sets)

WORKOUT 1 PART 3



1. Leg Lifts

Cueing: Lie down on floor, and point your fully stretched out legs up into the air.

- Head is up, and looking towards the sky.
- Support head with hands.
- Lower your stretched legs toward the floor using a slow movement, and then back up.
- Don't let legs touch the ground. Legs Straight & Engaged!
- Feet Flexed!
- No arch in the back!

Reps:

Weeks 1 & 2: 15 Reps

Weeks 3 & 4:

Weeks 5 & 6:

Weeks 7 & 8:

Video: <https://vimeo.com/256020353/d2de3f9bca>

2. Side Plank

Cueing: Make sure you're on the edge of your foot, keep your body and head in a straight line throughout.

- Squeezing as hard as you can, especially the glutes, quads, and obliques, make sure the glute that the leg you are on is FIRED on.
- Try to picture bringing your elbow to your foot, and foot to your elbow. Look to split the ground.
- SQUEEZE AS HARD AS YOU CAN!

Time:

Weeks 1 & 2: 45 Seconds

Weeks 3 & 4:

Weeks 5 & 6:

Weeks 7 & 8:

Video: <https://vimeo.com/256019956/c5adda41ae>



3. Bird Dog Crunches

Cueing: Kneel on the ground in table top position.

- Hands directly over shoulders, knees directly under the hips.
- Get into a nice base position; press into the ground, this will activate the core.
- Keep your feet flexed the whole time, stretching them out.
- Stretch your right leg straight back, keeping it in with the other hip, don't allow a hip hike. You should feel the GLUTES turn on
- Now, stretch your left arm at a 90-degree angle.
- Pull the elbow back, opening up the chest and shoulders, while activating the back.
- Once you have found your balance, and feel aligned- move dynamically, crunching your head into your knee.

Reps: (1 rep is 1 rep guyyyyy) Each Side

Weeks 1 & 2: 12 Reps

Weeks 3 & 4:

Weeks 5 & 6:

Weeks 7 & 8:

Video: <https://vimeo.com/253437525>



Recovery Workout 1:

This should be done on days off from the workout or if you are too sore to train.

Make sure to warm up before this session for 10 minutes to get your muscles warm so you can get a really good stretch

2 Sets of Each Exercise

1. Active Prayer Stretch

Reps: 20 Total

-Get an exercise mat and put your feet just outside of the mat, toes facing slightly outward.

-Make sure your knee is tracking over the toes at all times.

-In the first position, Put your arms in prayer position, using your elbows to press the knees out (stretching the adductor region) for 4-5 seconds.

-In the second position, you are pushing your knees out with your elbows, but at the same time, pushing them against the elbows to create tension in the groin, strengthening and activating the muscle for 4-5 seconds.

-Try to maintain a straight, neutral back at all times, and try to keep the heels on the ground. Look to sink your butt low, but not too low.

Video: <https://vimeo.com/259876708/bee4c7f42c>

2. Prayer Single Leg Pushes

Reps: 10 Each Leg

-Make sure you have done a 5-10 minute sufficient warmup. Also, I recommend foam rolling the adductor region to break up any scar tissue and adhesions.

-Get into a squat position (as low as you can).

-Turn your upper body slightly so your opposite arm is inside your opposite groin.

-Push out the other knee using your hand; you should feel that adductor slightly opening up. A good stretch, with NO SHARP PAIN.

-Make sure to keep the whole foot on the ground and don't let the heel come up whatsoever.

Video: <https://vimeo.com/259877444/3df201d26d>

-Nutrition is another huge aspect that should be thought out and incorporated when doing this program.

-Whether you are doing this in-season or off-season, you need to be thinking of food as fuel, and putting the right things in your body to perform at your best and get the most out of your training.

-Let me ask you, would you put cheap fuel in your Ferrari? I'm sure you wouldn't so stay away from the processed foods and focus on whole foods!

-When you eat- think of food as medicine, and making your body feel better, recover faster, and build up your tissue (muscle).

Consistency over Rigidity!

Incorporate nutrition into your life- don't let nutrition dictate your life.

