

To start this program in the most effective way possible, we put together a list of nine steps to take at the very beginning.

#### STEP 1: Read The Program In Its Entirely And Watch All Videos.

This is so important that it's the very first step. You will have the majority of your questions answered just by going through the entire program. The program is entirely laid out for you. You just have to follow it.

(And with this new updated Version 2.0 of the WSP, we've refined the layout and organization, after taking years of feedback into consideration. As of now, it's completely thorough enough for you to follow and implement as effectively as possible.)

#### STEP 2: Get Organized.

This takes work especially in the beginning. You need to get focused and have a plan. Use the calorie calculator provided in the program to set your proper caloric intake and macronutrient split. Don't leave out any details. You want a solid plan in place.

#### STEP 3: Get A Good Food Scale.

Weighing your foods is much more accurate than using tablespoons and cups especially with calorically dense foods like oils and butters. There are many options to choose from. You want one that weighs in ounces, milliliters and in grams. A "good" scale is \$20-\$30. Amazon or Walmart will have them.

#### STEP 4: Use A Calorie & Macro Calculator.

This is a good macro/calorie calculator.

First, use the Nutrition section in the program to find your target daily calorie intake. Start by entering this number in the calculator, and select the macro percentage you want (again, refer to the Nutrition Section for recommendations here). The amount of macronutrients you need will be calculated for you. This will be what you follow.

#### STEP 5: Download The "MyFitnessPal" App.

MyFitnessPal is one of the best (free) calorie/tracking apps out there, and is available for both Android and iPhone. This app will be used to enter all of the foods you like to eat and will track your calories, protein, carbs and fats (macronutrients).

Start to enter foods that you like into the app. You are going to have to play around with foods and quantities to get things correct in the beginning. **YOU DO NOT HAVE TO BE EXACT ON THE NUMBERS.**

Note: I recommend watching the tutorials so you know exactly how to plug in everything. It's super simple to use after you learn how to use it though.

Now, I don't mean you can eat half of what you need or double your calories... But if you need 2,000 calories daily and you are at 2,030 - don't panic! It's okay. Same with protein, carbs and fats. If you need 150 grams of protein and you are at 145, it's okay. Try to stay within 5% plus or minus for daily caloric intake and within 10% plus or minus of each macronutrient daily.

Just don't go 200-300 calories over (or under) your needs. This can add up over a weekly period and may adversely affect progress. Also don't eat half of your macros. Try to be as consistent as possible.

## STEP 6: Be Present.

Part of this program that is very important is setting and achieving a goal.

You have to ask yourself:

"Why am I doing this?"

"What is the end goal that I want to achieve?"

"What will motivate me?"

This is something that you and you alone need to come up with. We can give you all the tools in the world but if you lack a goal, motivation, drive, focus and discipline none of these tools will work for you.

So what I suggest is that you sit down and put down on paper what you want to get out of this and why. Some questions to ask yourself are as follows:

Is it for health reasons?

Is it for just having a lean, fit better looking body?

Is it for your family?

Is it something that you have been chasing for years and years and you finally want to get right?

Is it to prove to yourself that you can do it?

So find out what it is that is going to drive you to get to a leaner, healthier and fit physique.

## Motivation and Discipline

Motivation is great but it can only go so far. What you have to become is discipline. Not only too stick what you're doing but make sure that you turn this into something that is part of your life and your lifestyle. Make this a daily routine and create the discipline to follow through. Not just something that you want quick and then fall off the wagon.

## Presence

What does "be present" mean?

It means live in the now. Don't dwell on the past and rehash the mistakes you may have made in your life prior to now. Also don't try and predict the future. You have no idea what it holds. None of us do.

I heard a quote once and it has stuck with me: "The past is history and the future is a mystery". This is absolutely spot on!

You must learn to be present in your fitness journey and in all aspects of your life. This is extremely important for keeping your focus and that ever so important discipline needed for success!

So think about what you want to get out of this like I said and write it down. And keep that around as a reminder just in case you start to go off the path.

## STEP 7: Get A Gym Membership.

If you are just staring out and don't have a gym membership, find a good gym nearby that has a good variation of exercise equipment and free weights. This will be important to hit your key lifts in the workout routines.

## STEP 8: Start The Workouts

If you are new to weight lifting then I suggest you learn the proper form and execution of all the exercises on the program that you have selected. This is very important. Good form is needed to make sure you do not injure yourself and get the optimal benefits from each of them. Follow the phases and put in 110% in each lifting session.

If you're unfamiliar with any exercises, refer to the Exercise Tutorial Vault, which is free to anyone following a Kinobody Program (you included).

## STEP 9: Track Your Progress.

You should track your lifts in the gym and also track body weight and body measurements. To track your lifts you can use an app like the Strong app or the Stacked app. These both work great on your phone.

You can of course use a good old pen and paper as well - whatever works best for you. You will want steady strength at minimum, or strength gain (which is optimal).

When tracking changes in your body composition I suggest you take all your measurements: neck, shoulders, chest, arms, BELLY, thighs and calves. Monitor them monthly and the belly every 2 weeks. Take pics weekly and compare. These are better indications of bf loss and muscle growth than the scale. Scale weight is inconsistent and can fluctuate often. Still weigh yourself but do NOT rely solely on it for signs of progress.

## The Next Step

Okay, that's it! The only thing left to do is to start the program!

If you need anything, we're here to help...

I look forward to seeing your transformation!