

BARTŁOMIEJ ORCHOWSKI

FUNDAMENTALS ACTIVITY AND NUTRITION



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INTRODUCTION

Hello!

A warm welcome to Orchowski.Academy!
Foundations of Activity and Nutrition is an e-book that you receive as a guide at the beginning of our journey. It is a mini encyclopaedia of activity and nutrition. Here you have in a nutshell the information that will help you navigate the world of training. Come back to it whenever the need arises.

In this guide, you will find information that I would like you to assimilate before we start our collaboration. The knowledge contained here will accompany you every day, becoming part of your life.

The principles of our cooperation are included here, as well as a guide to the basic principles of training and nutrition.

My sporting experience has given me a thorough understanding of the challenges you may face. That's why this guide is for you - to give you easy access to knowledge.

The idea behind Foundations is to change your life for the better, increasing your comfort and daily well-being through education, i.e. the knowledge contained herein, as well as our daily assistance in organising your training and daily companionship.

COOPERATION

Working with us is a journey that, although challenging, will deliver results beyond your expectations. that is why we need your your full commitment. Firstly, in the knowledge you provide and the skills you will be equipped with step by step.

A great success will be the time when, without any help, you will already be able to make the right conscious decisions throughout the day on your own about your nutrition and physical activity.

We are here to accompany you in changing your habits and prepare you for your goals. Together, we will analyse the path we have set. If necessary, we will modify and adapt it.

If you encounter difficulties, please let me know immediately. Achieving your goal is mainly your job, I as a coach am the guide. I will guide you, but it is you who must do the work. Your success is mainly in your hands.

REPORTING

Progress reporting is a key part of our partnership. **Each week**, whether you have fully completed your training plan, stuck to your diet or encountered health difficulties, I expect a report **on Friday.** Regular reporting allows me to monitor your progress, understand how your body is responding to different conditions, and tailor an action plan to meet your needs.

From our side, report checking will be immediate, expect feedback on Saturday or Monday. We do not work on Sunday. If there is a delay you will be informed on Whats Up. Information will also be publicised on Instagram @orchowskiacademy, so I encourage you to follow to keep up to date with any updates.

Through these regular reports, I can better tailor our activities and help you achieve your goals in the most efficient and customised way possible. We work together for your success, and regularity and open communication are key to our joint achievements.

Reporting in our collaboration will be done through the **Fitebo** app, which will make it easier for us to communicate, track our progress and adjust our training plans. To maximise the potential of the app and ensure the collaboration runs smoothly, you will find reporting instructions below.

1 Reporting deadline

Send reports every **Friday (or Saturday after your workout)** regardless of whether you have managed to fully complete the plan or not. The regularity of reporting allows me to monitor your progress and adjust the plan if necessary.

2 Scope of the report

In the Fitebo app, you will find sections for entering results and observations. Your report should include:

- Workouts: Mark the workouts you have completed and add any comments on difficulties or successes. You can also report on how you felt during your workouts.
- Diet: write how qualitatively you ate this week
- Self-esteem and health: Enter information on well-being, stress or possible health problems.
- Progress: Regularly complete data on weight, body circuits.

3 Reporting process

Send the report via the Fitebo app in the form of an automated form or message. Fill in all the required fields about your diet, workouts and progress. If you have additional comments, the app allows you to add them in the comments section. Try to report regularly, which will help me respond more quickly to your needs.

4 Feedback and responses

I usually review all reports on Friday/Saturday and write back on a first-come, first-served basis. The earlier you send your report, the quicker you will receive a response.

If there are any delays in replies, I will let you know on Whats Up and on Instagram @orchowskiacademy. Watch me to always stay up to date. Send videos to instagram Whats Up.

5. Consultations, questions and concerns

If you have you have questions or problems, or want to arrange a consultations.

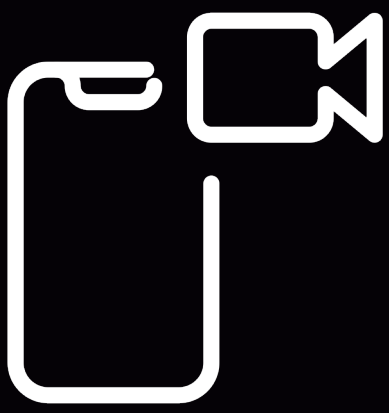
Write on Whats up and arrange a meeting.

RECORDING

As part of our partnership**, I will be asking you to record your exercises regularly, especially at the beginning**, so that we can work on improving **your** technique. Recording will help us catch and eradicate any mistakes that could hinder your progress or lead to injury.

How often to record?

- **At the beginning of the collaboration: Record one series each week of each exercise.** This will enable us to correct mistakes quickly.
- Once you have mastered the technique: When we've eliminated the biggest problems, all you need to do is record the exercises you're having difficulty with, or the ones I ask you to do.
- **New exercises: With each new training plan we start the process** all **over again** - record all new exercises until we make sure the technique is correct.



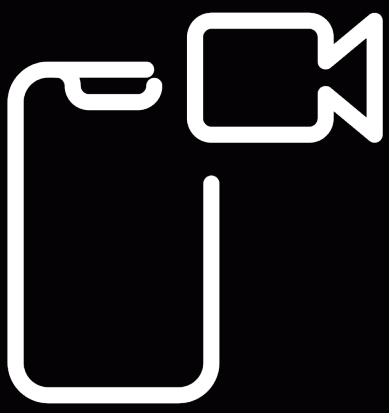
How to record?

- Setting up the phone: you don't need any additional help. Simply position the phone on the ground, leaning against a water bottle for example. Make sure your entire silhouette is visible in the footage.
- Recording angle: ideally record from the side so that we can assess the whole body in motion. For exercises where the barbell obstructs the body (e.g. deadlift, glute bridge, hip thrust), angle the camera - from behind or in front - to avoid obstruction and allow a full view of the technique.

Why is this important?

The recordings will allow me to continuously monitor your technique and make the necessary adjustments. This will help you train safely and effectively, resulting in better results and minimising the risk of injury.

Remember that every recording brings us closer to your goal – the sooner we eliminate mistakes, the sooner you will make progress, we're fighting for.



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TRAINING

TRAINING

The training plan was first analysed and then developed on the basis of the questionnaire and all the information provided. This analysis helps to create the most personalised training plan, taking into account the goals set and health restrictions.

Taking your needs into account: **If you mentioned in the questionnaire about injuries, these were duly taken into account when putting together the plan.** If something relevant was noted in the recordings (e.g. postural problems such as a crooked spine or uneven shoulder blades), exercises were also adapted to support correction and strengthen the relevant body parts.

Key training parameters: **It is important that you read the training description and key parameters,** such as **the** RIR (Reps in Reserve) scale, **carefully**. This scale has a significant impact on your progression, as it will determine how you perform the progression you have set. Make sure you understand how to use it to get the most out of your training.

Order of exercises: **Please, do the exercises in exactly the order that is given in the training plan**. Every order and every break is there for specific reasons. Don't change the order of the exercises, don't shorten the breaks and don't combine exercises, even if you are short on time - this can disrupt the effectiveness of the plan.

Warm-up: Make sure you warm up properly before each workout. Only after the warm-up do you move on to the specific training part. Read more in chapter [WARM-UP]

Questions and feedback: if you have any questions, always ask, preferably via Whats Up, where you will get the quickest answer. In addition, please record some of your exercises and send them to me in reports. This will allow me to assess your technique and, if necessary, help you improve it.
Remember that strict adherence to the programme is key to your progress. Every element of the plan is designed to maximise support for your goals, so it's important to follow all the guidelines.

Abbreviations you may encounter:

- **AMRAP (As Many Rounds as Possible):** To complete as many rounds as possible in a given time.
- **EMOM (Every Minute on the Minute):** Performing a given number of repetitions in a given time.
- **PR (Personal Record):** Best result achieved.
- **TABATA:** Interval training (20 sec work/10 sec break) x number of rounds.
- **RM (Repetition Maximum):** The maximum number of repetitions a person is able to perform in one pull at a given load. 50-75% RM means that the exercise is performed with a load that is between 50% and 75% of the maximum weight a person can lift in one repetition. For example, if 1RM is 100kg, then 50-75% RM is a load between 50kg and 75kg

TERMINOLOGY

1. RPE (Rate of Perceived Exertion)

RPE is an effort scale that you will use to assess the intensity of your exercise. This scale ranges from 1 to 10, where 1 is minimum effort (walking) and 10 is maximum effort (training to your limits). For example, if you are asked to exercise at an RPE level of 8, this means that you still have room for about two extra repetitions after completing the series.

2. RIR (Reps in Reserve)

RIR is the number of repetitions that remain in your reserve before reaching full fatigue. If you are performing squats and feel you could have done two more repetitions, you have an RIR of 2. This scale helps you control the intensity and progression of your training. (INVERSE OF RPE)

3 Exercise tempo

Tempo refers to the time it takes you to perform each phase of a movement. We often write them in a **4-1-1-0** format, where:

First digit (4): time of the eccentric phase (lowering the weight, e.g. in a squat going down).

Second digit (1): pause time at the bottom.

Third figure (1): time of the concentric phase (lifting the weight, e.g. in a squat standing up).

Fourth digit (0): pause time at the top (or lack thereof).

X: In the concentric phase, dynamic movement upwards.

4 Progression

Progression means gradually increasing the difficulty of training to induce muscular adaptation. This can include:

- Increasing the load.
- Adding repetitions or series.
- Reducing the rest time between series.

5. Deload

A deload is a deliberate reduction in training intensity or volume for a given period of time to give the body time to recover and avoid overtraining. It is an important part of a long-term training plan.

6 Main, Accessory and Auxiliary Series

- Core series: These are multi-joint exercises that engage multiple muscle groups simultaneously. These include, for example, squats, deadlifts, barbell presses and pull-ups. Core exercises form the basis of training and are key to building strength and muscle mass.
- Accessory series: these exercises complement the main workout and aim to develop specific muscle areas that may be neglected during the main exercises. Examples include biceps curls, face pulls or Poliquin flys.

The accessory series supports overall muscle development and helps stabilisation and improves technique in the main exercises.

- Rehabilitation/auxiliary series: These are exercises aimed at improving stability, mobility or strengthening stabilising muscles. Supportive exercises support the body to better cope with loads in more complex movements.

6. training volume and intensity

Training volume is the sum of the total work done during a training session. It is measured as the product of the number of sets, repetitions and the load (weight). For example, if you perform 3 series of squats of 10 repetitions with a weight of 50 kg, the training volume is 1500 kg (3 x 10 x 50 kg). Higher volume can stimulate muscle growth, but it should be adjusted according to your fitness level to avoid overtraining. Training intensity refers to the weight you use during exercise, relative to your maximum load (1RM - one rep max, or the maximum weight you can lift in one repetition). Higher intensity means you are exercising closer to your maximum load.

7 Types of training

There are many forms of training from strength training to endurance training or mobility training.

- Strength training: otherwise known as resistance training, the aim is to build strength, but hypertrophy, or increasing muscle mass, also occurs with this type of training.
- Functional training: is based on work to strengthen stabilisation, gaining everyday fitness with better mobilisation of the body.
- Endurance training: is based on conditioning work of the body. Improving pulmonary and cardiac fitness.
- Interval training: is based on intense work usually of short duration with also short breaks. So-called intervals allow you to build fitness, build strength and effectively reduce body fat. Interval training is written about in more detail in the ebook "How to train with a busy schedule". [LINK].
- Crossfit, or strength and power training: is based on an endurance form of training but functional. Usually performed in groups, it involves most of the muscle parts, effectively improving fitness and performance.
- Mobility training works on improving ranges of movement, strengthening muscle flexibility.

8 Supercompensation

Supercompensation is a key mechanism of the body's adaptation to exercise. When you train, your body goes through a phase of fatigue, in which capacity decreases. reaching a higher level of capacity than before training. This is the ideal time to start your next workout because your body is better prepared for the effort. Lack of adequate recovery leads to overtraining, and too much rest can cause the body to return to its original level.

9 Progression of Loads

Load progression is the gradual increase in weight, reps or series, which stimulates muscles to adapt and grow. The key to progression is to gradually increase the difficulty of the workout, allowing you to build strength, muscle mass or endurance. Example: if you started squats with a weight of 50kg, after a few weeks you should increase this weight to 55-60kg to continue your development.

10. Eccentric and Concentric Phase

- Eccentric phase: This is the point at which you lower the weight, e.g. going down in a squat
- Concentric phase: This is the moment when the weight is lifted, such as standing up from a squat.

WARM-UP

A proper warm-up is fundamental to training properly and allows you to achieve more during work whilst minimising the occurrence of injury. It is a form of preparing the body to take on greater loads. At Orchowski.Academy we divide the warm-up into 3 stages according to the RAMP method: Raise, Activate and Mobilise, Potentiate.

Raise

The start of the warm-up is based on raising the body's temperature, respiratory parameters and accelerating circulation. What follows here is the stimulation of joints and muscles to work. An example of this stage of the warm-up could be running for a few minutes, jumping on a skipping rope, working on a rowing machine - getting your heart rate up. It is important that you start with movements that engage the whole body, not just one muscle group.

Activate and Mobillse

Activation and Mobilisation is a key phase of the warm-up that focuses on preparing the joints and muscles for the full range of movement that will be required in the upcoming workout. In this phase, you perform exercises that increase flexibility and fluidity of movement in the joints, especially those that will be worked intensively

'Warm up revisited - the 'ramp' method of optimizing performance preparation' Ian Jeffreys

Activation prepares the muscles for the upcoming session; Mobilisation focuses on the movement patterns that will be used during a given training session. We may also notice one distinctive element in this stage - Stabilisation (stability) is a warm-up stage that focuses on strengthening and stabilising the whole body, with particular emphasis on the deep muscles that are responsible for maintaining a stable posture and controlling movements.

Potentiate

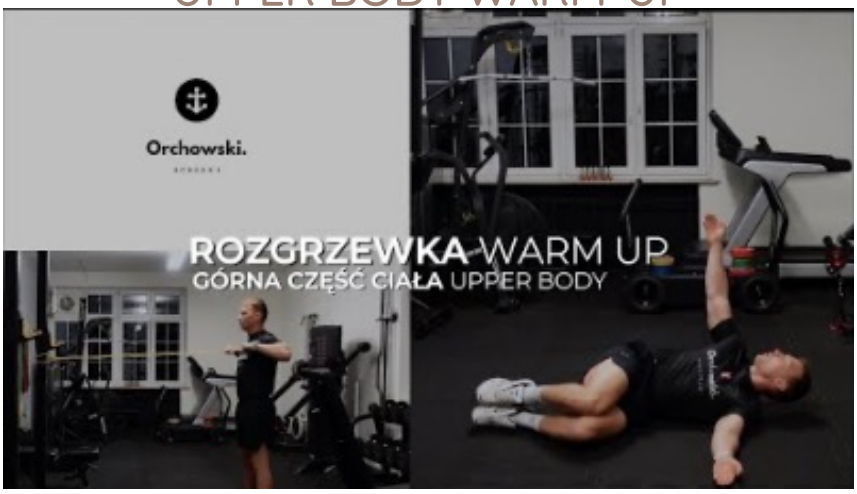
Finally, you stimulate your nervous system by getting into high intensity - exercises such as squat jumps, sprints or dynamic weighted movements prepare your body for the main effort. It is during this phase that you increase your power and dynamics.

On the next page you will access warm-up videos for the upper body, lower body and whole body. Click on the thumbnail images to be redirected.

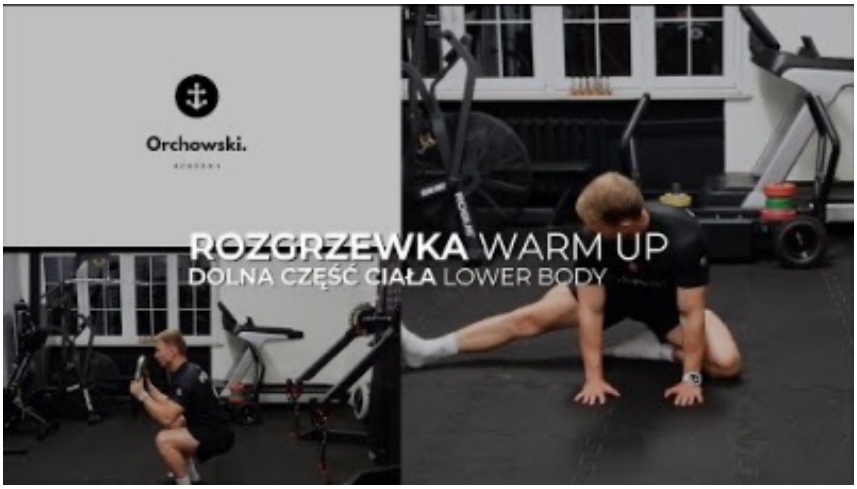
The warm-up series is work to prepare you for the planned effort. With heavy demanding weights up to 5 repetitions you should do about 5 warm-up series. Then move on to working (planned) series, e.g. 5x80kg in the squat. Warm-up series can be conducted: 10x20/8x40/6x50/4x60/3x70/5x80. If there are more repetitions in the series, we can shorten the path of the warm-up series by doing larger jumps: 10x40/8x60/6x70/8x80.

'Warm up revisited - the 'ramp' method of optimizing performance preparation' Ian Jeffreys

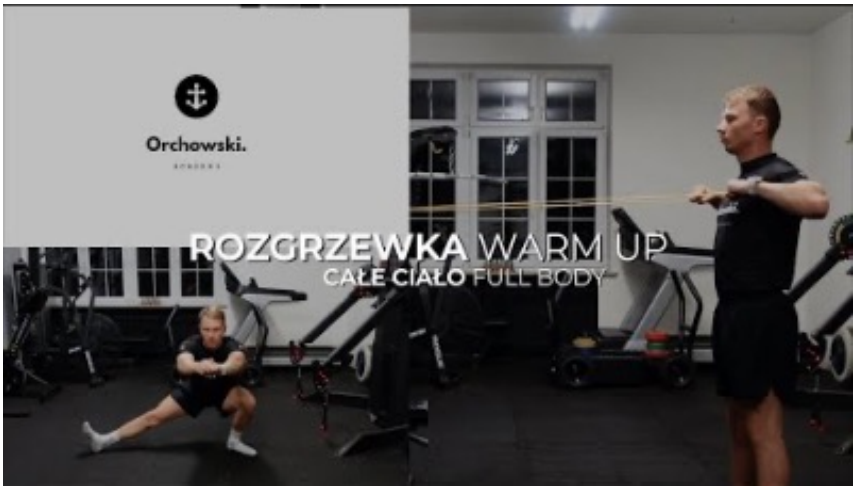
UPPER BODY WARM-UP



WARM-UP LOWER BODY



FULL-BODY WARM-UP



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DIET

DIET

Your diet should be based on low-processed products - the shorter the composition, the better for your health. Such products are rich in nutrients that help avoid vitamin and mineral deficiencies.
The golden plate principle
Apply the plate sharing principle, which is as follows:

- 1/4 of a plate - Protein (meat, fish, legumes)
- 1/4 plate - Complex carbohydrates (brown rice, cereals, whole grain bread)
- 2-quarter plate - Vegetables and fruit (with a preference for vegetables over fruit)

In addition, add healthy fats such as olive oil, nuts, seeds - these are key to a healthy body.

80/20 Diet Model
The 80/20 rule, which means that 80% of your diet is made up of healthy, low-processed foods and the remaining 20% can be foods that are considered less healthy. This will help you strike a balance between a healthy lifestyle and enjoying your favourite treats.

It is even required that your menu includes products that you really like.

A diet should not be boring or monotonous - its purpose is to support your health and achieve results, but at the same time it should provide enjoyment of food.

With this approach, you will not only achieve your goals, but you will do so in a sustainable and rewarding way.

My approach to diet isn't just about creating perfect recipes, it's about finding room for the foods that really bring you joy. If you rethink your menu strategy, you are sure to find space for pleasures such as a cake with dinner or a glass of wine now and then.

It's the little things that make diet stop being just a rigid regimen and become a sustainable lifestyle that not only improves your wellbeing and health, but also supports the long-term maintenance of the results you've achieved.

Freedom in diet should be present every day. Cheat meals should not take place.

If your menu is flexible and well thought out, you don't need planned junk food because you can incorporate your favourite dishes into your daily calorie intake.

Create your healthy eating habits with the freedom to modify according to your needs and preferences. You can indulge in a 'cheat meal' at any time, as long as it fits within your calorie and macronutrient assumptions. The use of cheat meals or cheat days, according to the scientific literature, has no long-term benefits for either health or figure.

Deviations from the diet:, they even have to be on special occasions - such as holidays (Christmas, Easter), weddings, or birthdays (yours or those of loved ones). These are the moments when you can deviate from the rigours of the diet, as they are rare enough during the year anyway. Our wellbeing is the most important thing here.

If we regularly allowed ourselves extra 'cheats' beyond those planned, we could easily exceed the number of days on which we do not stick to the diet.

This can lead to a situation where, out of 365 days in a year, as many as 60 days are days when you don't follow your plan, which will negatively affect your performance in the long run.

Summary: You don't need cheat meals or days out if you can be flexible with your diet. The important thing is to enjoy your food and not feel restricted, while sticking to your plan and looking out for long-term results.

Any change, especially those related to diet and training, requires some sacrifices. If you are not prepared to make these sacrifices, you need to accept that lack of progression may be a consequence of your decisions.

Your body registers every calorie, whether it comes from a chocolate bar, crisps or another 'small' product. You may think that small deviations don't matter, but to your body it's still energy that it stores and processes, which ultimately affects your performance.

The ideal solution is precisely the 80/20 rule. This means that 80% of your diet is made up of healthy, unprocessed foods and 20% is made up of foods you enjoy - such as a piece of chocolate or a glass of wine. This will help you to maintain a balance, enjoying a healthy relationship with food, avoiding extremes. This is because extremes lead to a situation where, when you finally 'let go', you tend to overeat because you perceive your diet as burdensome and restrictive.
It all comes down to the ability to incorporate pleasure into your daily schedule in a thoughtful and controlled way. Only in this way will you achieve lasting success without negative consequences for both body and mind.

RULES

In fact, most of it depends on the **hygiene of your life**. Therefore, for your health and the best possible progression during your collaboration, follow the things below.

1. Do not snack between meals
Doing so will only cause unnecessary sugar spikes that will upset your body. If you want to eat a biscuit, anything - let it be in addition to your normal meal.

2. Eat to feel good
If you don't know what **to** eat before a workout then the answer is: **eat what makes you do the best workout of your life**.

Everyone reacts differently to a product and something that serves another person may work completely wrong on you.
Take the time to find out how much time before a workout you should eat to feel your best and what foods serve you best at that time. You will see for yourself that you feel differently after different meals during your workout. Sometimes meat or potatoes can take longer to digest. Sometimes meat or potatoes can take longer to digest for one person and the opposite for another.

3. Limit 'blue light' before bedtime.
That is, don't sit in front of the computer, TV, use the phone, etc. This will ensure that the melatonin in your body is ecreted unimpeded, which in turn will have a positive effect on your sleep and recovery **(which is a determining factor in your progress and health)**.

4. Set fixed bedtimes.

This will ensure that you don't disrupt your diurnal rhythm and that your body secretes the right hormones in the right way. The best time to sleep is 2100/2300 - 0600/0800. Read more about sleep hygiene in the ebook "How to train with a busy schedule". [LINK]

5. Proper hydration

Non-training days: Try to drink at least 2.5 litres of fluids a day. This will help you stay hydrated throughout the day.

Training days: During training you may lose a large amount of water through sweat. It is recommended to replenish 120% to 150% of the water lost during exercise. How to measure this. You can weigh yourself before and after your workout, then add the amount of water you drank to the difference between your pre- and post-workout weight and subtract the amount of urine you still excrete

Hot weather: On hot days, fluid intake can be as much as 3-4 litres or more, depending on the intensity of your training and external conditions.

Post-workout: Immediate hydration is very important. Try to drink 600-900 ml of fluids in the first 30 minutes after training to speed up recovery.

Urine colour as an indicator of hydration: Monitor urine colour. Optimal hydration means your urine will be clear or light yellow. When it starts to turn dark yellow, orange or brown, it is a sign that the body needs more fluids.

5. eat the right amount of protein at each meal.

Protein is the building block of muscle, so it is very important to eat a minimum of 20g of protein per meal for women (preferably 20-30g) and 30g for men (preferably 30-40g). An intake of 1.2 - 2g kg/bodyweight per day is assumed, only in exceptional situations can we go up to a maximum of 2.5g. After training, you don't have to drink a shake or eat from a box in the locker room straight away; it's important to create the habit of eating a wholesome meal after training, whether it's 1 hour or 2 hours doesn't matter so much. What is important here is your comfort AND sticking to eating regularly. It is important that you provide 20g - 40g of protein per meal. This rule of thumb of 20g, maximum 40g of protein applies at each meal every 3-4 hours.

In a nutshell, the idea is that rebuilding and superbuilding of muscle has a maximised potential. By eating too little protein, the regeneration of muscle mass is weaker and, consequently, muscle development declines.

Of course, no one is saying that more is not possible. There are simply some numbers that account for the minimum to maximise the potential for protein synthesis.

DIET PROGRAMME

The most popular apps for maintaining your menu are **Fitatu** and **YAZIO** There are also other programmes and tools that can help you with this. There are plenty of them on the internet and you can find them by typing in 'kcal counting apps'.

The capabilities of these apps allow you to enter your calorie requirements and the number of macronutrients, so that everything you enter into your menu is **summarised** there **in real time and visible on the app**.

As you enter each of your meals, the app pulls up the number of kcal, protein, carbohydrates and fats, then summarises them and displays in real time how many kcal and macronutrients you still have left to complete to 'close out the day'.

All products entered are weighed before thermal processing.

The applications are very intuitive, so you're sure to get by.
If you have any problems - feel free to write us!

HEAT TREATMENT

There is absolutely nothing I would prohibit you from doing. In general, if you are a healthy person, there is also no contraindication to anything. It's not that any one method is better, so choose the one you like best.

The latest scientific literature is that the differences between each are really marginal if we try to make our diet varied and colourful.

What fat should I use for frying?

Preferably olive oil, then possibly rapeseed oil, clarified butter and coconut oil.

It is best to use a small amount of grease and spread with a paper towel, **then you do not count this as an application**.

PAM (spray oil) - if you type this name into Google, many shops will pop this product up for you.

CONDIMENTS AND SEASONINGS

The first thing that definitely needs to be mentioned, **don't limit salt**. Contrary to popular opinion, salt is needed for the body to function properly.

The value consumed should be around **5 grams per day**. Keep in mind, however, that this is the total amount of salt, not just the salt you added (there is salt in processed products too).

Use iodised salt, this is important, check the composition of your salt to see if it contains iodine.

Use whatever spices you like, but pay attention to the salt content so that you don't accidentally eat 10-20 g of sodium a day.

Additives that you can confidently use without including in the calorie count (so-called flavour enhancers) are:

- **Cocoa** up to 2-3 g, maximum 2-3 times a day (low-fat e.g. Deco Moreno).
- Sweetener - stevia, erythritol, xylitol (be careful not to overdo it as it can have a laxative effect).
- Sweeteners (in tablets) - avoid those based on aspartame and other chemicals.

LIQUIDS

A key aspect is to ensure an adequate fluid supply, which should be around 40 ml per kilogram of body weight It is also important to replenish fluids lost during exercise to ensure adequate hydration and aid organ recovery. For more on fluids, see [RULES, subsection 5]

- Drink **tea** freely (avoid in the evenings it contains caffeine).
- We do not exclude **coffee** either. Consuming 2-3 coffees a day has many positive health aspects, so going into a fit" mode does not mean eliminating coffee. The exceptions, of course, are people who tolerate coffee poorly or have problems with problems with blood pressure. It is best to consume coffee until the early afternoon hours so as not to disrupt sleep and sleep rhythms at night. It is generally accepted that one should not drink coffee after 5pm.
- Remove sugar, include sweeteners (erythritol, xylitol, stevia).
- **0" drinks** in very moderate quantities
- **Vegetable juices** are allowed, but included in the overall calorie count.
- **Milk** is allowed as long as we do not have any allergies or are simply not affected by any gastric episodes from drinking milk or milk products.
- **Vegetable drinks** are also allowed - we count them in the calorie requirements.

EATING OUT

Eating out can be difficult at first, especially if you don't have much experience of counting calories yet. However, over time, the more often you weigh the products at home - such as potatoes, pasta, rice, meat or sauces - the easier it will be to estimate the calorie content of the meals you eat out.

The key is practice. The more you become accustomed to different products and portions, the better you will be at handling these situations. That's why I don't recommend blindly sticking to menus - I want you to explore different options on your own and keep expanding your knowledge.

Of course, if you're aiming for the best results, sticking to a 100% diet is key - it's the standard followed by bodybuilders or people who subordinate their lives to their physique goals. But with a family, a partner or just a normal private life, it's worth finding a balance

FREQUENCY AND TIMING OF MEALS

Don't turn yourself into a diet prisoner! Try to eat at regular times, but without being overly controlling - life can be unpredictable and work sometimes makes it impossible to stick to a schedule. Remember that your diet should be adapted to your lifestyle, not the other way around

- The number of meals is a matter of individual choice, although a sensible is 4 - 5 meals.
- Eat your meal before bed so that you are comfortable to fall asleep, it is accepted to eat comfortably 1.5h - 2h before falling asleep. If you get hungry, eat something easily digestible.
- After your workout, you can easily eat a complete meal at home, you don't have to immediately reach for a protein shake in the changing room. Your muscles won't start to 'drop off' immediately after your workout. However, it is important not to delay this meal for too long - try to eat it within two hours of finishing your workout.
- You do your workout as far away from the meal as you want. The most important thing is that you feel good and light during your workout and that nothing makes you uncomfortable. However, many people react badly to eating before training, especially if they have eaten a meal that is difficult to digest. An interval of at least 1 hour before training is recommended to give your body time to digest what is in your stomach.

CARBOHYDRATES

Carbohydrates are one of the key sources of energy for your body, so in your diet we want to rely mainly on complex carbohydrates such as whole grains, cereals, potatoes, rice or pasta. Simple sugars, which naturally occur in fruit, also have their place in your diet, so there's no need to restrict them - they can be a healthy addition to your meals.

When it comes to sweetening your food, you are encouraged to swap sugar for healthy alternatives such as erythritol, xylitol or stevia. This will keep the taste sweet while avoiding the negative effects of excess sugar in your diet.

To make calorie counting and meal planning easier, we use a simple rule of thumb to compare products. We simply relate other ingredients to 100 grams of rice, which helps you to easily estimate the calorie and nutritional value of your meals.

For example:

- 100 grams of rice are:
- 100 grams of rice wafers, corn wafers, rye flakes, rice flakes, millet flakes, spelt flakes, rye flour, spelt flour, rice flour, other types of rice, buckwheat groats, millet groats, semolina, rice gruel, cornflakes,
- 110 grams of oatmeal,
- 120 grams of pasta,
- 135 grams of bread,
- 420 grams of yams or potatoes.

With this simple comparison, you will quickly learn to recognise the right portions and choose your meals without much effort. With experience, estimating the calorific value will become increasingly easy, even when you are eating out.

FATS

Fats play a key role in the body's hormonal economy and must be provided daily in the diet. Limiting them to a minimum, especially in women's weight loss diets, is the wrong approach and can lead to health problems. It is important to reduce the intake of saturated fats to a level that will balance the diet, but this does not mean eliminating them completely. Instead, focus on healthy unsaturated, polyunsaturated and Omega-3 fats. such as olive oil, avocado, hummus, oily fish, nuts, seeds.

Saturated fats should be limited to the minimum necessary to balance the diet. Unsaturated, polyunsaturated and Omega-3 fats should form the main part of the fat intake. Although saturated fats are not a total evil, their excessive consumption can have negative effects.

We will base the following substitutions on a comparison with olive oil, which has a fat content of approximately 9.5 g per 10 g of product.

10 grams of olive oil is:

- 10 g butter,
- 80 g olives,
- 10 g lard,
- 75 g avocado,
- 20 g nuts,
- 20 g pumpkin seeds,
- 10 ml linseed oil,
- 10 g coconut oil,
- 20 g peanut butter,
- 20 g coconut shavings,
- 24 g dark chocolate 90%,
- 50g coconut milk (85%).

WHITE

It is a nutrient as important as the rest, and **it's deficiency leads to serious health problems.** It is essential both for building muscle mass and for every other function that takes place in our bodies.

Protein is the basic building block for our muscles, and the breakdown of protein produces amino acids that enhance the growth of muscle mass and prevent its breakdown.

The diet should include both animal and plant-based proteins. Each of these sources has its own unique nutritional value, and the key to a complete diet is variety. You don't have to worry about one protein source being less valuable than another, as long as your diet includes a variety of products.

Although some plant-based protein sources may have a less complete amino acid profile, regular consumption of a variety of proteins (including animal proteins) allows you to make up any deficiencies. In this way, you get a complete aminogram, ensuring that your diet is complete and provides all the necessary ingredients

As a source of protein to designate replacements is chicken breast chicken, which has about 21 g of protein per 100 g and about 1-3 g of fat.

Remember: different sources of protein can have different amounts of fat and sometimes carbohydrates (dairy, plant-based), so it is not always possible to swap them 1:1.

100 grams of chicken breast is:
150 g prawns,
150 g skyr yoghurt,
100 g turkey breast,
90 g lean curd,
25 g protein supplement,
210 g egg white,
180 g tofu (15 g fat),
110 g salmon (15 g fat),
100 g chicken/ turkey ham,
180 g cottage cheese (5 g fat),
3 whole eggs = 56 g each (15 g fat),
100 g of beef (different sources mean different fat content),
120 g of lean fish - cod, pollock, hake, halibut, perch, flounder.

VEGETABLES

Try to eat a minimum of 600g of vegetables a day, because according to the recommendations of many respected institutions around the world, this amount drastically reduces mortality over time. In addition, this way you can be sure that there are enough vitamins and minerals in your diet.

Vegetables you don't have to include, but that **doesn**'t mean you can eat a kilo of them, because on this scale it makes quite a difference:

- Spinach,
- Tomato,
- Green cucumber,
- Plain, iceberg lettuce,
- Pickled/pickled cucumbers ,
- Chinese cabbage, white cabbage, green cucumber.

Vegetable 'traps' that have kilocalories (and are often not counted)

- Onions
- Paprika
- Broccoli
- Cauliflower
- Beets

- Brussels sprouts
- Frozen vegetables
- Maize
- Peas
- Carrot
- Legumes (e.g. beans)
- Potatoes (we count them as carbohydrates)

Often, in order to stuff ourselves with something, we reach for even more than a kilo of vegetables a day, and these are high in fibre.

This dramatically increases its levels in the diet, which **can cause diarrhoea and poor digestive function.**

Remember to keep your plates (or rather the food on them) colourful. The greater the variety of foods, the **less chance of deficiencies in various vitamins or nutrients.**

FAQ

Is it true that you shouldn't eat after 6pm?

No, this is MIT. More important than the time you eat is how many calories you consume throughout the day and what your eating habits are.

Is it possible to train on an empty stomach?

You can, you just have to prepare the food properly. Preferably in such a way that you have energy in the morning - even though you haven't eaten anything. The best solution is to have a hearty meal for dinner the day before. Not just a protein and fat one, but one that also contains a good amount of carbohydrates. This way, we can go fasting in the morning for a workout or by drinking a protein supplement shake.

- In addition, it is a good idea to drink a carbohydrate supplement (carbo/vitargo) during your workout for fuel.
- You might as well eat some haribo gels.
- It is generally about providing simple sugar from the beginning to the end of the workout. A maximum of 20 grams of carbohydrate (total).

Does eating potatoes make you fat?
Eating potatoes does not cause weight gain. Getting fat causes eating more than our body needs. A potato is just a vegetable, but with more carbohydrates (per 100 g) than other vegetables, which is why so many people avoid it in their menus. However, this is a mistake, because potatoes as a carbohydrate are necessary and not fattening as is commonly assumed, fattening is what with which it is served, e.g. "a little fat on potatoes".

Are overnight carbohydrates allowed?
Yes. If we have a properly composed diet, it is as ok as possible.

Is it true that bread causes weight gain?
MIT. On its own, bread is a great source of carbohydrates and a nice variety to your daily menu.

Ile times a week is it best to go to the gym to get the best results?
There is no good answer to this. One workout is better than zero, so by doing anything there will already be results. But this question is better answered in my ebook 'How to stay in shape with a busy schedule'.

Will I grow muscles from training at the gym?

When it comes to concerns about weight training, many people (especially women) worry that they will grow excessive muscles from exercising in the gym and look like dopers. This is a myth worth debunking. The fact is that women with 'excessive' muscle mass often use doping agents that induce such unnatural muscle growth. Ordinary weight training for most women helps to shape the figure, makes the skin more elastic and improves the appearance of the body, but it will not cause a sudden gain of huge muscles. Gym training is simply a stimulus that helps the body to develop in a healthy way.

Can I lose weight if I only exercise at home?

When it comes to exercising at home, of course you can achieve results, such as weight loss. Training at home can be effective, but the equipment available at the gym allows for more comprehensive body development.

Will exercise alone allow me to lose weight or do I need to have a diet? At the beginning of your exercise adventure, it is possible to lose weight without a strict diet, but at some point you will reach a barrier. This means that further progress will require both a tailored diet and a well thought-out training plan.

Is it OK if I don't eat anything after training?
Yes and no - it depends on your overall diet. You don't need to eat immediately after a workout, but when you get home it would be appropriate to eat a full meal. I would rather avoid situations where you eat nothing completely after a workout (e.g. you go to bed).

What to avoid when eating, for example, dinners, i.e. at night?
What you feel is harming you (allergies, intolerances) or what you feel you are sleeping/sleeping badly after.

Can I go to group classes at the gym?
For classes like: healthy spine - by all means. But if you've got a schedule from us, then you don't need it at all, because what you've got written down is enough. Unless you really enjoy it, in which case let me know and we'll weave it into your schedule.

Do deadlifts and squats damage the back?
No.

Are the 5 meals that everyone trumpets required and should they be eaten at fixed times?
No. It is important to eat everything that is planned. How many meals you eat it in is entirely up to you, but rather aim for 3-6 meals. You eat when you feel hungry.

What is best to eat in the morning?
What you like. No special recommendations here.

How long will it take me to achieve my goals?
The time it takes to achieve results depends on a number of factors, such as your goals, fitness level, diet, recovery and commitment to training. In general, the first visible changes can appear after just 4-6 weeks of regular training and following the right diet. However, for more lasting results, such as significant muscle mass gain or fat reduction, you should expect several months to a year.

What should I do if I can't complete my training?

If for any reason you are unable to complete your training (e.g. lack of time, fatigue), it is best to focus on the main exercises that engage the largest muscle groups. You can always return to accessory exercises in your next training session. It is important that you do not ignore key exercises such as squats, deadlifts or bench presses.

Should I train if I am tired?

Light training can help you recover, but if you are very tired or experiencing symptoms of overtraining, it is better to focus on rest and recovery. Your body needs time to recover from intense training. Training too much without proper recovery can lead to injury or a decline in form. Report any ill feeling or lack of strength.

END OF

Thank you for joining **Orchowski.Academy!** I firmly believe that with a little bit of your commitment and perseverance we can achieve amazing results.

As a navigation officer and two-time world champion in power sports, I not only had the opportunity to gain a great deal of experience on the international stage, but also to work with many people on the path to their success. I noticed an interesting **correlation**: **the more my mentees engaged with me, the more likely they were to succeed.** This is why I encourage you to keep in touch regularly - it's key to your motivation and focus on the process.

Remember that motivation comes and goes, but your goal is constant. Hold on to it firmly, even when motivation temporarily subsides. It is discipline and consistency that lead to lasting results.

I also encourage you to tag me on Instagram **@orchowski.academy @bartlomiejorchowski.** I'll be delighted to see your posts or stories, whether it's a picture of a meal or a video of your workout. This form of contact helps me to track your progress and support you every step of the way.

Thank you again for joining **Orchowski.Academy**! I'm keeping my fingers firmly crossed for you and can't wait to see your progress!