Elffi's workout tips! 😊

MY WORKOUT: I train 4-6 times a week 30-90min in my garden. I have a home gym which I build with a low budget. I let every muscle group rest 2-4 days and then I train them again. That's the main idea of my routine. My workout is not tied to weekdays aka I don't use weekdays as a base for my program. I also don't have a written list of what I do every day. I have everything inside my head. I listen to my body and adjust every day's routine according to my mood and energy. When I feel that the muscle is recovered (no more bad muscle ache or strength loss) I will train it again. Usually I have 1-2 muscle groups for one training and I do around 12-18 sets for one muscle.

MY RESULTS IN 9 WEEKS: I had a 3 month break from any kind of sports (December 2016 – March 2017) because of my moving to Germany. I started training again 9 weeks ago.

Weight: 80,0kg -> 80,0kg. My weight hasn't changed AT ALL. But muscle is much heavier than fat. I calculated my calorie and protein intake so I'm gaining muscle but losing fat while training hard.

My height is 187cm.

Chest: from 109cm to 114cm

Waist: from 84cm to 79cm

Bicep: from 36,5 to 38,5cm

Abs and fat percentage: I could not see my abs anymore when I started gym again. Now I can see a very defined 6-pack and oblique's – all visible. I think I was around 15% when I started and now more near to 10%.

Running: From 500m and exhausted to 5km in 28min straight run.

BUT HOW MANY REPS?! In my opinion it's brainless to obey the magical 12 reps on everything. I don't even count my reps. When I do a set, I do it with a weight light enough to perform slow and concentrated reps. I do the reps until I feel a specific level of exhaustion, not too much energy left but also not until failure. And then I rest 15-45sec and do my next set. I call this intelligent reps. Putting a bit more mind and concentration on your training – not only raw force. When you find the connection between your mind and the muscle you will understand what I mean. It might take some time but it's all a big mind game.

WHICH EXERCISES?! As I said I only have a home gym so I do a lot of barbell and dumbbell exercises or basic body weight exercises. I always search for new exercises to try out and pick the ones I like the most. I think it's best to watch for example YouTube and learn the different exercises slowly and then pick your favorites. See for example the channel I like the most in the end of this text! I saw all of Athlean X's videos and now I know everything about muscle anatomy. That was VERY important. I'm very grateful for him!

I also go running 2-3 times a week. I first started running 9 weeks ago, I've never ran before as a hobby. Or should I say jogging? I've hated running my whole life and always made excuses like "I got week knees and running is just stupid and boring" … Then I moved to Germany and we got lovely fields and forests here… I started first with walking and then running couple of hundred meters. Then running a bit more, 1km at first. Then 2km. Then 3km. Now I just tested my current level and I could run 5km in 28 min. Amazing! I installed an application for my phone called Running by Fitness 22. It's free. It tracks your speed, gives you a spoken notification every 500m, uses GPS to track your way and shows how many calories and time you

spent. Quite nice for tracking your results also! In 9 weeks it says to me now: "You've ran 68.27km in 7h 44min. Total Runs 23. Calories burned 5541". Feels quite satisfying opening the app and seeing this!

DIET: I eat 400g of quark (it got 8-10g of protein / 100g!! From Lidl, called SKYR) in the morning. Then one white bread with salami, cheese and eggs & a double espresso at 10:00. At 13:30 I eat a light lunch (500kcal) and then I train between 15:00-17:00 and eat 200-300g of berries at the same time. After training at 18:00 I drink a protein drink. Then at evening around 21:00 I eat one packet of meat, for example half kilo of minced meat or a packet of bratwurst and drink half liter of milk (and beer).

WHAT IS MY LIGHT LUNCH THEN? It consists off for example 2 boiled eggs and bread / or a soup (tofu soup, meat soup) with 2 glasses (0,5 liter) of milk. Sometimes I eat just protein bread (10g protein per slice! From LIDL!) with lot of ham and cheese.

The berries give you quick energy boost during training (fructose and quick carbs). I usually eat blueberries because they also reduce the post training muscle ache.

GYM EQUIPMENT: I got a bench and a bench rack (129e from Amazon) a 170cm barbell (30e from Amazon) 2x dumbbells, 100kg of iron plate weights (80e from Amazon) a yoga mat, a gym ball, and a push up bars. And a pull up bar! I Built my whole gym in my garden with around 250-300 EUR.

A GOOD YOUTUBE CHANNEL: I've been watching a lot lately is Athlean X (https://www.youtube.com/user/JDCav24/videos). Learned MANY new tips and MANY new home gym moves from him!! He explains the intelligent training also very well. And the muscle anatomy! I think I've watched ALL of his videos in 1 month, haha. The 6min killer routines are deadly! 😉

LAST WORDS: Remember to stretch! What I've learned in the last 10 weeks is that stretching is very important. BEFORE I didn't stretch at all. Now I stretch always a bit before my training and a lot more after/evenings. For me it feels like that with stretching I can extend the strained muscle and build it longer. What does it mean then? It means that when you stretch your muscle after training it grows more length. And if the muscle growths length? Then it also grows size and looks bigger when flexed or relaxed.

Also, your muscles don't grow while training – they grow when you sleep. I sleep 9 hours per night. I go to bed every evening at 21:30 and wake up at 07:00. Sleeping is CRUCIAL for the muscle growth and recovery!

And of course, stating the obvious here, but NEVER TRAIN if you feel (abnormal) PAIN. Let your muscles and joints recover. Don't hurt yourself.

Any questions? Comments? Should I correct something in my text? Please feel free to message me!

Yours truly,

<3