

4 Pillars of Becoming Dynamic Within Fitness

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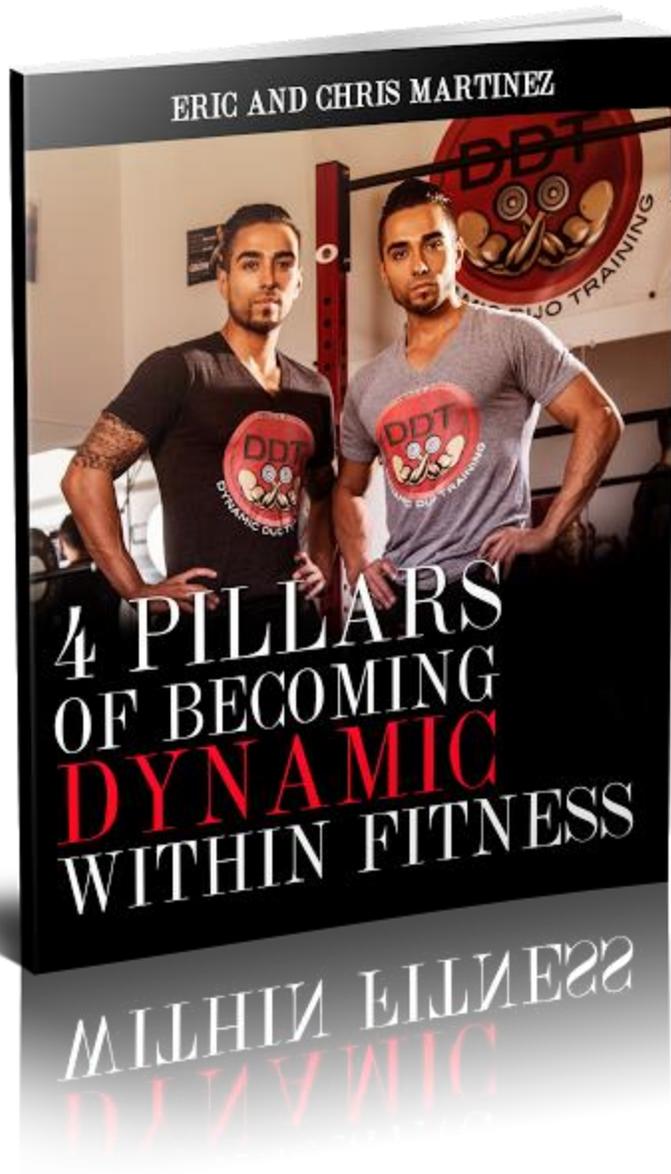
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Chapter 1



Flexible Nutrition



The fitness industry is full of diets, full of training methods, full of extremists, full of bad information, you get the picture right?

Here you will find absolutely none of that. You will find research based information that has science to back up its theories and claims on what we're presenting to you, allow us to introduce to you "flexible dieting."

Let's face it, there is no such thing as the perfect diet or the perfect nutrition program. The important question you should ask yourself is "what's the best diet or nutrition program that's going to:

- a. Fit my lifestyle
- b. Be able to adhere to on a consistent basis and long term

c. Get me my desired results without having to go to extreme measures

These are the questions you should be asking when looking for the perfect diet or nutrition program. A 2002 study out of the Journal of Appetite showed an all or nothing, rigid approach to dieting has actually been associated with overeating, increased bodyweight, and eating disorder symptoms, while flexible dieting has shown a stronger association with lower bodyweight and the absence of depression and anxiety.

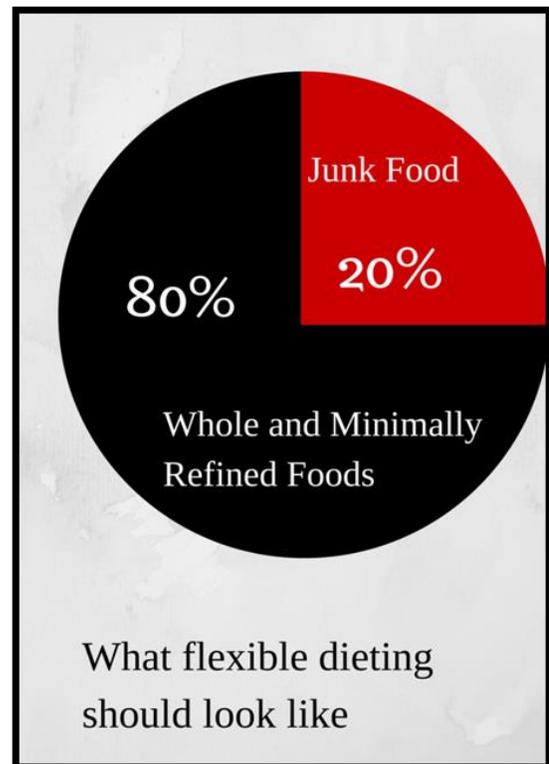
Luckily, you've come to the right place to learn about flexible dieting. Flexible dieting is not a short term diet like Dr. Oz suggests, it's a lifestyle, therefore adherence isn't a problem due to the simple fact of not having to exclude food groups or refrain from foods you enjoy, and most importantly your able to attain results. We will talk more about the details of flexible dieting in the latter part of this book.

This guide will walk you through step by step, in the simplest, straight forward terms on how to incorporate flexible dieting into your lifestyle and then some. We're going to prove to you and outline in this book how flexible dieting is different from all the other diet or nutrition programs you've ever tried and you're going to succeed at it.

Dieting shouldn't be that complicated. Your body see's protein, carbs, fats, and short chain fatty acid fermentation through fiber. Anyone who can tolerate a given food, and truly enjoys the food, should not force the avoidance of it. This strict, all-or-nothing approach to dieting is a recipe for disordered eating in susceptible individuals. We are big believers in respecting your own personal taste preference, and letting that override the rules and formalities of any given fad diet.

With flexible dieting, you won't be eating zero carbs, you won't have to restrict yourself from dairy or grains, you won't have to fast for 8 hours, and you won't have to spray your dirty foods with Windex to make them clean. ☺

It matters much less what you eat than the number of protein, carbs, fats, and fiber you take in. This doesn't mean that you can get away with eating nothing but junk food and highly palatable food sources (processed foods), we will always advocate whole and minimally refined foods to fulfil the majority of your daily macros.



It is important to get as close to your numbers as possible. This will vary from individual to individual and depending on goals. Those that are dieting, will have a finer line to walk and will need to hit their daily macros within a +/- 5g range and those that are not dieting can have more flexibility and come within a +/- 10g range of their daily macros.

You will be eating foods that you enjoy while hitting your protein, carbohydrate, fat, and fiber targeted numbers for the day, more on this in the latter part of the book.

Get ready...Fasten your seat belts...Take out a pen and paper...and get ready to learn how to incorporate flexible dieting into your daily lives.

What is IIFYM?

We often hear the term “IIFYM” floating around the fitness industry. Usually on websites, bodybuilding forums, blogs, ect. For those who aren’t familiar with this term, it simply is an acronym for “If It Fits Your Macronutrients.”

IIFYM is a dietary strategy based on the idea that as long as what you eat fits your daily macronutrient targets of protein, fat, and carbohydrate numbers. From a scientific standpoint, this method is well-supported. Research has consistently shown that altering and optimizing your calorie and macronutrient intake can have a huge effect on your health and body composition regardless of where those calories and macronutrients come from. IIFYM is also simple, flexible, relatively easy to maintain, and objective. So what’s not to like, right?



How IIFYM Can Be Misleading

Well, you see many people misinterpret the whole concept of IIFYM by simply taking advantage of exactly what the acronym stands for. Granted it is very easy to get things twisted when you hear and see “as long as it fits your macros.”

What this eventually leads to is people abusing this dietary strategy by eating a bunch of processed, non-traditional, and high sugar foods. When in reality your first instinct should be the opposite and to choose whole and minimally refined foods that are going to be more optimal for performance and better serve you towards your body compositional goals. It would be wiser to choose low GI carb sources also known as complex carb sources that will keep your satiety levels higher throughout the day and keep your blood sugar levels stable as opposed to Higher GI

Carb sources that will breakdown faster and leaving you more hungry and vulnerable to snack or pick at foods.



How Does IIFYM Work?

We will give you an example of how we would utilize our carb intake with IIFYM. Let's say for example our macronutrient targets for the day are 200g of protein, 150g of carbs, and 50g of fat. Now, let's say we are spreading these macros out through 4 meals. We absolutely want to get a balance of each macronutrient with each meal.

We recommend making some good decisions on carbs sources such as complex carbs. Why complex carbs? Because they have more fiber in them which will be harder for the GI Tract

to breakdown, Blood Sugar levels will be elevated, and you will get more of a Thermic Effect (Burning calories while digesting foods) by choosing these whole and minimally refined carb sources as opposed to eating pop-tarts and Jelly Belly's all day.

Now, once we have met our fiber goals (more on this in the next chapter) and have come close to our macros, and want to indulge in a treat such as a Skinny Cow or Pop-Tart. We will not hesitate to eat it because we're fitting it into our macros with the conception of meeting all of our macronutrient goals.

Common IIFYM Problems

A common problem we see is when someone with no regard to food quality and little common sense of nutritional knowledge starts IIFYM and takes it literally. Someone already eating a ton of junk food keeps eating the same amount of junk food, but in a more structured manner.

IIFYM is based on the idea that you maintain an overall nutritious diet. Unfortunately, this part is sometimes lost in translation.

Another problem is that people sometimes become obsessed with exactly hitting their macronutrient targets to the exact number. They eat another ounce of chicken to make sure they get *exactly* 150 grams of protein. They also assume that they don't need to change their calorie and macronutrient numbers over time which they should, depending on their goals. Then they get frustrated when they don't see progress despite hitting their macros and calories. At the end of the day you should be striving for progress long term and what diet is going to be sustainable to your lifestyle, not a quick short term fix.



The New IIFYM

A common misleading assumption with IIFYM is to just hit your protein, carbohydrates, and fats throughout the day. Which in some sense is true, but what if you ate pop tarts and ice cream all day for your carbohydrates and fats sources? This sounds like an awesome diet, but do you really think this would be ideal and healthy? As we mentioned in the introduction, the body only sees protein, carbs, fats, and short chain fatty acid fermentation through fiber.

Importance of Fiber

Fiber is found in mainly Carbohydrates. Usually complex carbs are all high in fiber & these are what we recommend.

Here are some reasons to why fiber is so important:

- Fiber makes you feel fuller
- It increases thermogenesis and thus helps with fat loss
- It is important for gut health and digestive health. If you don't have a healthy digestive system then you aren't going to get good assimilation of nutrients

So it would be very foolish to sit there and eat ice cream and pop tarts day in and day out because you wouldn't get any fiber for the day. Not to mention you'd probably be constipated.

Moreover, what about vitamins and minerals? You can certainly take a multi vitamin and still eat pop tarts and ice cream all day right? Wrong! This is another misleading assumption with IIFYM and it's a sloppy and irresponsible way of dieting.

Let us explain why.



There are 20 essential vitamins and minerals in the human body. These micronutrients are essential for everyday living and athletic performance. The best way to get these nutrients is through whole and minimally refined foods. Do you think eating pop tarts and ice cream all day is an optimal way to ensure you get these essential nutrients?

So let us prove our point a little more, whenever you think of IIFYM, just add an “M” for micronutrients (vitamins/minerals) and an “F” for fiber. So think of it as **If It Fits Your Macros Micros and Fiber (IIFYMMF)**

For example, say your macros are:

Protein- 200g

Carbs- 300g

Fats 60g

This is a total calorie intake of 2,540. A good rule of thumb is to eat 10g of fiber every 1,000 calories, so in this case you’d have approximately 25g of fiber for the day.

Now this rule of thumb is a good starting point, but you also have to take other variables into consideration such as body type, weight, goals, activity level etc.

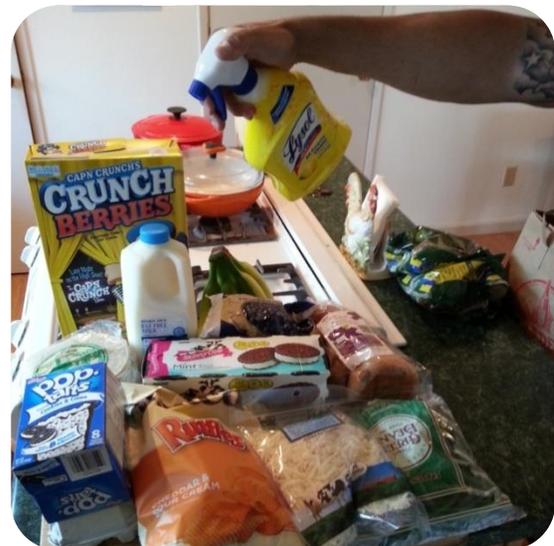
Another good fiber range, suggested by the ISSN is:

Men- 25-40g per day

Women- 25-35g per day

Our main point with all of this is to hit your targeted macros, get your micronutrients in through a multi vitamin supplementation and whole and minimally refined foods, hit your fiber goals through whole and minimally refined foods, and then have your pop tarts and ice cream if you have macros left over. Or you can find a strategic way to incorporate these yummy foods with each meal balanced out throughout the day.

The beautiful part of flexible dieting is the fact that you can eat traditional and non-traditional foods and still get results so long as you hit your protein, carbs, fats, and fiber goals.



Different Levels of IIFYM

When we mention different levels of IIFYM, what we mean is there are different ways to hit your daily macros and micronutrients. For instance, hitting them with all “Dirty Foods” or by hitting your macros with all “Clean Foods” or maybe you can use a little bit of both, right? The main thing to think about is what is going to be more sustainable and realistic for long term progress and overall health.

Hitting Your Macros with All “Dirty Foods”

Let’s say you wanted to hit your daily carbs and fat numbers by using “Dirty Foods” such as Pop-Tarts, Skinny Cows, and Sugary Cereals. Can you do this? Sure you could but is it the most optimal thing to do, absolutely not. There is no nutritional value in any of those foods and most likely no fiber which we mentioned earlier is so important.

Hitting Your Macros with All “Clean Foods”

Let’s say you wanted to hit your carb numbers with all good healthy and yummy complex carbs that are loaded with fiber which are considered “Clean Foods.” This is definitely a smarter way to hit your daily macros but is it the best way for a long period of time? Probably not because too much fiber in a day can be counterproductive to the GI Tract and for psychological reasons it’s going to be tough to eat all these wholesome foods for a long period of time without craving a treat. This could also lead to a day of binge eating because you are so deprived from eliminating your favorite foods. When in reality you could have them in moderation so long as you hit your macros and fiber goals and not worry about any consequences.

What Level Is Best?

The best way to approach the IIFYM method is to utilize both by hitting your daily macros with the majority of “Clean Foods” that are nutrient dense and whole and minimally refined that have more nutritional value. But still fit in some “dirty foods” in moderation if you have met your macros, micronutrients, and fiber goals. There is no need to eliminate foods on a daily basis as long as you plan them out appropriately. This is easily ideal, and sustainable for everyday life. Why not get the best of both worlds if you can?

We recommend experimenting with the different levels of IIFYM and see what realistically fits your life style and what is more suitable long-term for you. Modifying your diet based on your preferences, goals, schedule, activity level, tolerances and letting yourself enjoy your favorite foods in moderation without feeling guilty or deprived. Staying calm and sticking to your diet if you do overeat, or have something that’s not “on” your diet. This is the luxury of “Flexible Dieting” and the future of a sustainable lifestyle.

Proteins, Carbs, Fats and Micros Sources

Protein

Proteins are essential nutritionally because of their basic amino acids, which the body must have to synthesize its own variety of proteins & nitrogen-containing molecules that make life possible. Amino acids are the building blocks of proteins, there are 20 amino acids in the body (9 essential & 11 non-essential) we produce the 9 essential amino acids through food and supplementation and as for the 11 non-essential amino acids, we produce in our bodies by ourselves. Proteins are



Proteins are the building blocks for muscle tissue. When you work out a muscle group, the muscle tissue is being broken down by the load (weights) and in order to grow and recover, the muscles must be fed amino acids and protein. Protein should be consumed at each of your meals throughout the day.

Proteins are broken down into smaller units called amino acids. The main purpose of proteins is to provide energy and fuel for the body, speed up the body's metabolism to prevent unwanted fat storage & spare muscle protein. Everybody metabolizes Carbs differently. Some people can consume a lot of carbs and stay lean and some just simply can't eat a lot because after their metabolism utilizes a certain amount, the rest will be stored into fat cells. There are 2 different types of carbs: Complex & simple, and it is important to find out which types tailor your body best and how much. Hence macronutrient counting!



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Carbohydrates

When carbs have been ingested, they are absorbed into the mouth, stomach & intestines



Fats

Fats are the most energy-dense macronutrient & they provide many of the body's tissues & organs with most of their energy. Fats are also essential for building muscle, reducing cortisol levels, providing energy, helps with hunger pains, and assisting the body in functioning properly. Fats also have the most calories per gram out of the macronutrients.

Protein Sources



- Chicken
- Fish
- Low-Fat Milk
- Eggs
- Low-Fat Cheese
- Low-Fat Cottage Cheese
- Yogurts
- Ground Turkey
- Turkey Slices
- Ham
- Lean Pork
- Lean Beef
- Protein Shakes

Carb Sources



- Beans
- Brown Rice
- Whole Grain Cereal
- Oatmeal
- Whole Wheat Bread
- Whole Wheat Pasta
- Whole Wheat Tortillas
- Baked Chips
- Low-Fat Popcorn
- Potatoes
- Sweet Potatoes
- Fruit
- Vegetables

Fat Sources



- Cheese
- Peanut Butter
- Nuts
- Seeds
- Flax Seed Oil
- Olive Oil
- Canola Oil
- Coconut Oil
- Almond Butter
- Avocados
- Egg Yolks
- Fish Oil Caplets
- Fats from meat sources

Fruits, Veggies, and Micronutrients

We recommend starting off by having at least 2 servings of fruits and veggies within your daily diet and from there if your GI tract (stomach digestion) can tolerate it, you can consider adding more servings. You also need to keep in mind to try and stay within your targeted fiber goals. More fiber can actually be counterproductive.

Chapter 2



Flexible Exercise

The Art of Being Flexible with Your Training

Environmental & Lifestyle Factors on Biological Responses



If only we could travel back in time and know what we know now, maybe we would be world-class powerlifters or competing at the Olympia ;)

All Joking aside, we remember following cookie cutter training programs out of muscle magazines, copying trainers workouts at gyms, following workouts out of books, basically doing whatever we could to grow and get strong.

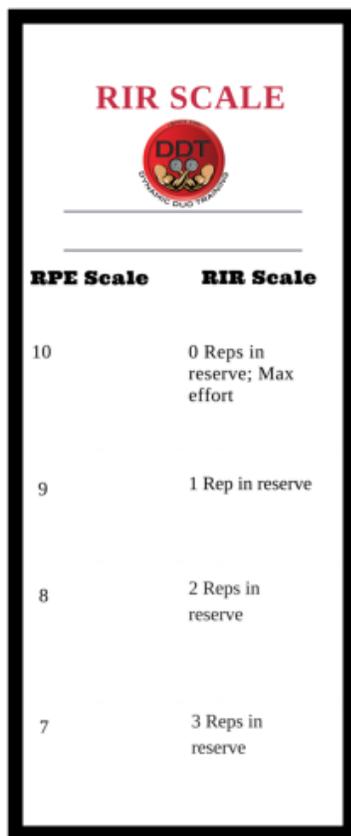
Our effort and desire were great, but the main issues were we were too rigid with our training, didn't focus on training quality, and weren't 100% in-tuned with our bodies and thus realizing that environmental and lifestyle factors played a significant role in our daily training performance.

To quote John Kiely (Kiely 2012):

“In addition, consider the influence exerted by environmental and Lifestyle factors on biological responses. For example, a wide range of imposed stressors such as:

These all have been demonstrated to variously down regulate the immune system, dampen adaptive response, and negatively affect motor coordination, cognitive performance, mood, metabolism, and hormonal health (Rogers 2001; Aubert 2008; Stranahan 2006; Savtchouk 2011; Carl 2001), and these all consequently reduce performance (Paulus 2009) and elevate risk injury (Kelman 2000).”

And this is where the art of being flexible within your training comes into play.



The image shows a chart titled "RIR SCALE" with a logo for "DDT" (Dynamic Developmental Training) at the top. The chart compares the RPE Scale and the RIR Scale. The RPE Scale ranges from 7 to 10, and the RIR Scale ranges from 0 to 3. The RIR Scale is defined as the number of reps in reserve, with 0 being maximum effort and 3 being 3 reps in reserve.

RPE Scale	RIR Scale
10	0 Reps in reserve; Max effort
9	1 Rep in reserve
8	2 Reps in reserve
7	3 Reps in reserve

Treat Your Body Like a Garden

“When you think about your body as a garden, it’s almost ludicrous to even consider the idea of forcing some type of adaptation (strength, power, muscle growth). All you can do is nurture it and provide it with the best conditions for growth. You fertilize it, tend the soil, uproot the weeds, water it, leave it in the sunlight, and give it the best conditions for growth. It will only grow as well as its circumstances allow.

That’s a much more accurate metaphor for how training works. A holistic view of training treats sleep, nutrition, stress management, and enjoyment and motivation as conditions just as necessary for growth as the actual training itself.” – Greg Nuckols

This aligns very well with what Kiely spoke about needing to focus on environmental and lifestyle factors within your training. In order to keep progressing in your training, there comes a time when you need to grow up, just like a plant does, and start being in tuned with your body and lifestyle surrounding it.

Going through the motions daily and not observing your training will lead to mediocre gains, and that’s okay if you want to remain looking the same and lifting the same weight year after year. But if you want to progress, get stronger, get bigger, have more quality workouts, and be more in tuned with your body then something you should consider trying is...

A Better Way to Gauge Intensity During your Training

We've been experimenting with "informal note taking" during our training.

This is a great way to gauge your effort during sets when not lifting to muscular failure, and could therefore help with the planning of your training, help reduce the tendency to train to failure on every set of every exercise, keep you healthy, have more quality workouts, and be more in tuned with your body, and have you increasing your training volume over time (which has been shown to be the most important training variable that increases strength and muscle mass). There's some good data supporting this from the Journal of Sports Sciences (Hackette 2012) and the Journal of Strength and Conditioning (Zourdos 2015).

Try using informal note taking on the main lifts like this:

- Feelings like: "easy," "medium," or "hard"
- Use a 5 point scale where 1 was easy and 5 was hard
- Use the RIR scale (repetitions in reserve scale of 7-10) 7 being you had 3 reps left in the tank, 8 being you had 2 reps left in the tank, 9 being 1 rep left in the tank, and 10 being you had no reps left in the tank and it was maximum failure.

These informal notes helps us look back at the main lifts and forces us to pay attention to them more, helps us assign and adjust load and volume depending on environmental and lifestyle factors, helps us reflect on and honestly evaluate each set, and this will help keep our working sets dialed into that zone of quality.

The Art of Being Flexible with Your Training

“Including REF into Your Programming”

Monday rolls around, you have your weekly training all planned out, your excited, can't wait to get off work to smell the iron and lift some weight.

Your day ends up being very stressful, your boss needs you to stay late, you hit some traffic on your way to the gym, and when you finally get there, that mental arousal and drive you had in the morning is gone.

You are mentally and physically drained from the day.

But you feel guilty because your training week is planned, you have squats today, and if you push it back your week will be messed up.

So what now? Do you just fight the fatigue and train? Do you take the day off? Do you train at a different intensity?

Enter the training REFeree... You know, kind of like a football referee ;)

REF...Realistic, Enjoyable, and Flexible

Eric Helms talked about REF in his Muscle and Strength Video Series. Before you plan out your program and weekly training schedule, you need to take these 3 factors into consideration:

If you consider REF into your training programming, we promise that your weekly training sessions will be planned better and your daily training sessions will be more productive and this will thus lead to more results.

DYNAMICDUOTRAINING.COM

REF FOR TRAINING

Realistic

Your program needs to be realistic for your schedule, goals, and time frame

Enjoyable

Your program needs to be enjoyable for you and that means a program that you prefer doing and that you'll eventually work hard at

Flexible

Your program has to allow for some flexibility so when things come up, your able to adjust

Helms. MSP video P 1. 2015

Peaks and Valleys with Training Progress

Just like any endeavor in life we wish things could happen in a straight line. Unfortunately life just doesn't work out that way and the same goes for your training.

You are going to go through peaks and valleys in your training, but the main premise should be that your peaks are exceeding your older peaks and your valleys are exceeding your older valleys.

This way you are slowly, but surely ensuring progress within your training.

Not a lot of people want to put up with this slow and hard grind within training to ensure progress and get results.

We find that too many people look at their 8-16 week training blocks in a microscope. They expect to put on 50 lbs on their squats, bench, and deadlifts after each training block. Just really think about this...that means someone would potentially put on 225 total pounds to their main lifts each year...that's just not realistic.

Another form of impatience we see is this:

Have you ever been pissed at yourself for not completing that last rep or perhaps skipping that last set because you just weren't feeling it that day?

This goes in hand with any periodization model and that's to not get so wrapped up in one down day or performance. For example, you plan on hitting 3 sets of squats for 8 reps at a specific load and on the third set you come up 2 reps short. Don't let this ruin your day, its 1 day of fluctuation in the grand scheme of things. There will always be another day.

One down day or performance isn't going to impede your strength or muscle growth gains. Look at the big picture of the training block or program and just be prepared to do your job the next training day.

We see this all the time and we are firm believers if you incorporate REF into your training programming you will have a different perspective on your overall training, programming, and getting results.



Enter the Biggest Underrated Factor in Training...“Consistency”

If you take a look at the above picture, you will see that consistency is dead center in the hierarchy of what’s most important when it comes to training. Now, there’s no evidence to back up this picture. We put this together based off of our own experience, training clients in person, programming online clients training, and through self-education.

But just think about this for a second and you’ll see why consistency is so underrated...

Some workouts will suck. Some workouts will be awesome, leaving you feeling like a beast. Most workouts will be mediocre, and that’s okay. Lots of mediocre workouts mean progress overtime.

Strength happens as a consequence of patience, gradual, and consistent improvements.

Don’t force gains out. Allow them to happen over time and if you have a bad day...so what? Maybe you have a good day... so what to that too! Relax and let it happen over time with quality training, experience, consistency, and hard work.

Action Steps:

- Include REF into your training...Realistic, Enjoyment and Flexibility
- Look at the grand scheme of things within your programming and realize peaks and valleys with progress will occur more often than you think
- Remember the hierarchy of training picture and keep in mind how important it is to be consistent

Think about how incorporating REF into your training programming can be a game changer for being realistic with your training, enjoying your training, having flexibility within your training, understanding peaks and valleys within training, being consistent, and eventually keep making progress within your training.

Are We Activating Our Glutes Properly?

When the phrase “Glute Activation” stumbles upon us, what does it exactly mean? Well, before we start rambling on please do us a favor and sit up straight and have your booties nice and relaxed.

Glute Activation is another way of saying warming up your buns or stretching the muscles in your buns. The famous muscle “Gluteus Maximus,” oh where would our bodies be without this beautiful muscle, aka our butt?

Our glutes only pretty much help and act as stabilizers for our legs and torso, that’s pretty damn important if you really stop and think about it. The butt, which most of us treat like a vestigial bleacher cushion, isn’t just the main engine of the lower body; it’s also the steering wheel.

Underneath and around the gluteus maximus is a critical network of smaller muscles: the gluteus medius (top), the gluteus minimus (lower) and a group of thinner muscles known as the deep six.

Together, they surround the femur and pelvis like a rubber-band ball. And, ladies and gents when we activate these muscles properly and put them to work in the weight room, my oh my what a beauty it can become along with numerous reaping benefits to your health, daily training routine, and overall eye candy.

We hope everyone is still sitting up straight with their booties relaxed. So, how do we activate this star studded muscle? Well, this is where the two exercises “Monster Walks” and “Sumo Walks” are introduced.

You might be thinking, huh? What the hell are those? These two exercises are commonly employed in Strength and Conditioning and will become more popular as time goes on. There was a study done in the Journal of Clinical Biomechanics by Cambridge et al, Sidorkewicz, Ikeda, and McGill 2012 on the effects of resistance band placement on gluteal activation during two common exercises. The researchers wanted to understand the effect of resistance bands on muscle activation profiles during two rehabilitation exercises, called “Monster Walks” and “Sumo Walks.” These exercises involve walking in semi-squat postures in order to involve the gluteal muscles and the tensor fascia latae (TFL). So, they recruited 9 male subjects and had them perform both these exercises to see what area gave more glute activation with three different band placements: above the knee, ankles, and forefeet.

The researcher’s findings were very similar for both the “Sumo Walks” and “Monster Walks”. By decreasing band height, the activation of Gluteus Medius (top) and Tensor Fascia Latae

(TFL) were found to increase progressively. The increase from the knee to ankle for the Gluteus Medius didn't reach much significance.

The Gluteus Maximus activation was low and only increased significantly when the resistance bands were moved to the forefoot. Which is very interesting because our first instinct when trying to activate our glute muscles would not be to put resistance bands on our feet? So, what did the researchers conclude in their study? They concluded that band placements that were more distal (further from the center of the body) caused the gluteal muscles to be highly more activated than any other placement. We now know that when performing these two exercises prior to a training session that by using band placement at the forefeet will lead to greater gluteal activation, without increasing involvement of the TFL.

We can't tell you how many people we see walk into the gym and go straight to the squat rack or straight to deadlifting without any kind of warm up or gluteal activation exercises. It is mind boggling and to this day, we still can't understand why people do it.

It's imperative that we take 15-20 minutes to properly warm our bodies up and activate our glute muscles, remember they are the steering wheel to your lower body and they deserve to be activated. Keeping this muscle healthy, strong, active, and full ROM (range of motion) is key for a successful training protocol overall, not just for your lower body, but for your upper body and for the long run most importantly.

The last thing you want to do is sustain an injury in one of your glute muscles, just the thought of it sounds painful. The society we live in today is dominated by a sedentary lifestyle and although many people are active, at the end of the day you are probably sitting on your tush for 8 hours a day to pay the bills. So, take the time to try some Monster or Sumo walks and get your glutes activated and ready for battle. Remember, you always want that booty looking better going than coming.

Come On Man! Why No Glutes?

We remember when all we cared about was having a big chest, massive arms, and a ripped mid-section. As we got older, we came to realize that why follow the other typical male standards of a complete physique. We said to ourselves “we love women that have a nice, firm, and shaped booty.” So we thought why the heck are we not growing ourselves a nice backside as well. We went on to do whatever we could to get our glutes to saulte!

A very wise man, also known as Bret Contreras aka “The Glute Guy” once said “The glutes have multiple subdivisions and functions, and it’s therefore necessary to perform a variety of glute exercises in order to maximize activation and muscular shape throughout the entire gluteus maximus.”

Pretty much in a nutshell your glutes carry a large load and have a big job all around and if you want nicely shaped glutes, you better work them right. So why is it that some of us neglect these beautiful **Assets**? More importantly we have come to realization that mainly men neglect their booty muscles. So as the famous Monday Night Football Countdown crew would say, “Come On Man!”

Now ladies, I hope you would agree with us 100% that men should also have nice booties as well, right? Please give us an “amen” or a “halleluiah if you agree!” So, gentlemen you see, women appreciate nice booties just the way us males appreciate a nice pair of glutes on a female. Therefore it is only fair that the opposite sex also put in the necessary work to get their glutes to salute as well!

Time after time we have heard so many excuses when it comes to men not wanting to work on their glutes. A couple of examples are as follows: It’s too feminine, it looks like your humping a bar while hip thrusting, my glutes will come in with the leg press machine, and women only should work on their booties. Once again, “Come On Man!”

In all honesty these are some bogus excuses. At the end of the day men choose not to target their glute muscles because they either do not know how to activate them properly, it’s too hard for them, or their good ole egos kick in while performing curls in the squat rack. There is nothing worse as a man putting on a pair of jeans, especially \$200 jeans and knowing you have a flat ass. Seriously guys, chicks dig the glutes too, ask a group of females if you do not believe us.

If you’re thinking standing only exercises activate the glutes best, think again guys. A study by the American Council on Exercise (ACE) conducted in 2006 showed that a simple bodyweight quadruped hip extension activated more gluteus maximus and medius muscle than a max squat. This exercise is performed by getting on the ground on all fours and extending one bent leg rearward. It also outperformed the lunge, step up, and single leg squat exercise.

Instead of getting a bunch of in-direct work from squats and deadlifts, why not try some direct work such as hip thrusts, glute bridges, reverse hypers, glut-ham raises, and heavy kettle bell swings. Training your glutes directly could potentially have a carryover effect onto compound movements such as squats and deadlifts and we will explain more about this in a few seconds.

The take away message here is don't be afraid to get on all fours or lay on your backs to perform glute exercises. We promise as much as you guys like watching women perform these glute exercises, they will return the favor and eye ball your booty muscles working.

Stay with us fellas, we are almost finished here. If you are still thinking you shouldn't train your glutes or they won't carry over on other big lifts... "Come On Man!" There is plenty of anecdotal research out there from various strength and conditioning coaches that will change your minds and show that by targeting your glute muscles more, will definitely have a carry over to all other training. For example, hip thrusts (direct glute workout) will strengthen the posterior chain and thus allow you to lift more weight on the deadlift (in-direct glute workout).

The best style of training for the glutes borrows from each of these fields: bodybuilding, powerlifting, and athletic training in order to maximize the stimuli on the glutes. Ever seen the glutes on pro athletes? Do you really think they don't work their glute muscles? If you say no, "Come On Man!"

Wrapping this all up

After reading this article, we hope men do not feel like we are bashing them. When we first started training we were in the same boat and never thought targeting the glutes were important. To be quite honest, we are pretty proud of the glutes we have built ourselves. We wrote this article to give the male species a heads up to start training their glutes more often and that there are nothing but Ass-tastic (fantastic) benefits by doing so. As we mentioned early, you do not want to be that guy with the flat butt, women appreciate a nice pair of glutes as well. And if you like to back it up on the dance floor, my goodness, will having a strong pair of glutes only help you and probably get you more dance partners as well.

So, the main take home message here is to not neglect your glute muscles gentleman. Make sure to activate them properly and train them hard just like any other muscle group and we promise you will love the results. And, if you still don't believe us on all this glute talk, ask Bret "The Glute Guy" Contreras for his thoughts, he will definitely drop more glute knowledge than us and, if you don't believe what he says, then... "COME ON MAN!"

5 Tips to get your glutes to salute

Attention ladies and... gentleman! You say you want a nice butt. You talk about how you're going to get your butt in great shape. Well here's your opportunity to get that butt that you've always desired. When you're in the gym, have these tips on a note pad, journal, I Pod, smart phone, or better yet have them ingrained in your head. Here are 5 tips that will get your glutes to salute! Guys put your egos aside and read on, if you only knew how important it is for men to have strong glutes.

1. **You want a firm butt, hit some damn weight then!** If you are one of those people that believe in traditional bodyweight circuits being able to shape the glutes sufficiently, then you are dead wrong! Beginners are probably the only people that can get away with body weight circuits because their glutes get a great stimulation from not being used to any type of muscular adaption in that region. As you get experienced, your body becomes more advanced, this is where you need to overload the glutes with weights in order to stimulate muscle growth. As you progress, add in more challenging exercises that include using weights so you get that full muscle stimulation and growth in the glutes. You need to overload the glutes to get them to grow folks.
2. **Get your ass under a bar and thrust!** Now I'll cut some of you some slack because this movement has been under the radar for too long, but now that I'm telling you about it, you have to promise to include this into your regimen if you want your glutes to salute! Enter the barbell hip thrust. The barbell hip thrust was invented by Brett Contreras, the godfather of glute training. He said "When the knees stay bent, the hamstrings are placed in "active insufficiency," which means that they're shortened and cannot contract with maximal force. Since the hamstrings can't produce sufficient force, more work is placed upon the glutes to get the job done. This is why bent legged hip extension exercises such as bridge patterns work so well in hammering the glutes." So, allowing your knees to stay bent, this leaves less of a tendency for your hamstrings to activate and take over the workout. This evidently leads to your glutes firing and getting more stimulation. When placing a barbell with weight under your belly button and thrusting up in the bridge position, this leads to a great workout by overloading the glutes with weight and targeting the gluteus maximus.
3. **Squat deep or go home!** Uh Ohhh...Squat deep or go home time! If you don't know what this means, then you probably aren't squatting right. Research shows that adding resistance to a body weight squat only stimulates the glutes to around 30-40% MVC (maximum voluntary contraction). Okay... but exactly how much resistance, what kind of volume, reps, frequency, and squatting technique are we talking here? My point is, this research was most likely done on an average Joe or untrained subject and they probably squatted text book style, where they basically stimulate nothing but the quad muscles. But, if you squat deep, past parallel, glutes damn near the floor, you will get much more MVC stimulation in the gluteus muscles and hamstring muscles. If you aren't buying it,

just try a normal text book squat first or famous quarter squat, then a deep squat and then get back to me on which technique stimulated your glutes more.

4. **Don't be afraid to train those buns more than once a week.** The gluteus maximus is an incredible muscle. It could and should be trained heavily on multiple days of the week. For optimal results, should be trained at least 3 days of the week. Why you ask? Research shows that glutes are not highly active during daily tasks such as walking, walking up the stairs, or getting up from a chair. It's because your hamstrings are over stimulating your gluteus maximus. So, this leaves the door wide open for you to train your glutes frequently. Also, a lot of the frequency depends on how bad your glutes are lagging. If you have a Vida Guerra butt, then 1-2 days of glute training should maintain it. If you have a Megan Fox butt (flat), then 3 to 4 days of glute training should be sufficient. If you're in the middle of that, then 2-3 days of glute training should do it. Adjust accordingly!
5. **How many reps to get that booty to pop you ask?** A couple of studies showed that the glutes are more slower twitch, than fast twitch: (1) gluteus maximus 68% slow, 32% fast and (2) gluteus maximus 52% slow, 48% fast. For this reason, lighter loads and body weight workouts may be of benefit when shaping the glutes. But, keep in mind that there are still fast twitch muscle fibers in the glutes and fast twitch muscle fibers have proven to be the most amenable to gains in size and strength. So, it's important to overload the glutes with heavier weight and lower reps to activate all the gluteus maximus fibers. You must not leave out higher reps either because higher reps will really fire up the glutes, deplete glycogen, and give you that pump. So, it's important to include all rep ranges when training your glutes. Anywhere from 4-6 reps, 8-12 reps, and 15-25 reps, so you can activate all your gluteus maximus fibers. See what rep range ultimately works for you. Just because a book or study says to do lower or higher reps, doesn't mean you have to stick to that. Everyone's body is different and reacts differently to certain rep ranges. So try all reps ranges and see what works best for you.

Now that you have these 5 tips to get your glutes to salute mastered down, keep in mind that these are tips and methods that I practice and preach when it comes to glute training with myself and clients. There are other great tips, methods, and approaches out there on training glutes and from other coaches. But, I feel that these 5 tips can really be a game changer, in this context, a real booty changer for you! Just remember that to always keep an open mind to training your glutes and to not get stagnant with one method or style of training because there could be some sort of training out there that could bring jaw dropping results to your behind! Last but not least, guys, really take these tips into consideration because strong glutes can have a carryover effect on deadlifts, squats, sprinting, jumping, posture, etc. Oh and by the way women don't want a guy with a flat butt!

5 Reasons Your Glutes Aren't Growing

What joy a pair of well sculpted glutes could bring to males, females, training, appearance, and the world. The glutes play an integral role in your overall functioning and wellness, but they very well can shut down if not used. When the glutes shut down, you recruit other muscles to do big jobs that they are not meant to do. All this sitting at a desk all day, watching TV, and driving from place to place causes your glutes to retire early.

Your low back picks up most of the slack, as do your hamstrings, quads, and other surrounding muscles. Over time, this causes injuries. Most low back injuries are preventable, but only if strong glutes are part of the picture. Even the slightest lower body injury will cause your glutes to shut down.

If you want healthy, sculpted and strong glutes you have to keep them activated and make them work properly.

With all of this said, let's take a further look at some reasons why your glutes may not be growing and what you can do for solutions.



#1: Too Much Sitting

The Problem: Too much sitting in one place can really shut down your glutes. In today's society many people live a sedentary lifestyle with no exercise, and by sitting all day they will accumulate chronic back pain, tight hip flexors, and tight hamstring muscles. Excessive sitting could create more inhibitory consequences as compression slows down vascular function and interferes with nerve function. So pretty much you are stopping all blood flow to your Glutes.

The Solution: Try your best to get up as much as possible and move around. We understand people have to work desk jobs for 8 hours. But this doesn't mean you shouldn't get up from time to time to stretch, walk, and keep your blood flowing in your body. Try getting up every 1-2 hours to walk for 5-10 minutes, do some dynamic stretches, do some body weight glute bridges,



practice your hip hinge, and use the stairs when going places. Main point is to keep your glutes firing throughout the day.

#2: Glute Imbalances

The Problem: There are 3 main causes of Gluteal Imbalances according to Bret Contreras:

- 1.) **Asymmetrical Human-Nature:** By nature, we are asymmetrical beings; our anatomy itself can be asymmetrical. Therefore, it comes as no surprise then that one glute or region of the glute might be stronger and more coordinated than the other.
- 2.) **Inactivity:** When considering the human body, we know that some muscles are more prone to inhibition than others, and the glutes are one of these “easily-inhibited” muscles. Neural and mechanical inhibition involving opposing muscles can interfere with gluteal activation, and therefore could shut them down. Gluteal inhibition can negatively impact posture, and poor posture can further inhibit glutes, thereby creating a downward spiral in gluteal function. Probably the biggest reason why the glutes shut down is due to inactivity.
- 3.) **Pain, Prior Injury, and Structural Issues:** Pain is a huge inhibitor of the gluteus Maximus, which is a pretty big deal at the end of the day. Research shows that glutes can become inhibited with just about any lower body or spinal injury. The glutes are major propulsion muscles. They produce powerful locomotion. Inhibiting the glutes will cause



an individual to slow down so they can heal. The problem is that the glutes don't necessarily turn back on automatically. They must be reactivated, restrengthened, and re-coordinated back into every day movement and activity. Following injury, most people continue to keep working out, and their movement patterns suffer and other muscles will then compensate for others.

The Solution: Here is an article that discusses more in depth solutions to Gluteal Imbalances.

#3: Improper Glute Activation

The Problem: For those that are not familiar with the term “Glute Activation,” it’s just a fancy way of saying warming up your glute muscles properly.

The Solution: Incorporate various glute exercises in your dynamic warm-ups for 15-20 minutes prior to a lower body session. Mainly glute exercises that target the glute medius, minimus, Maximus, and even your TFL. These are all extremely critical muscles to activate and are often over looked. Some examples are Monster and Sumo Walks with resistance bands, X-band walks, Glute Bridges, and a ton more. Always remember your glutes are the steering wheel to your lower body, they deserve a proper warm-up.

#4: Not Working Your Glute Muscles Directly

The Problem: While squats and deadlifts are awesome and do help build a great pair of glutes, at the end of the day it’s not enough direct work to the gluteal muscles to increase hypertrophy. Direct glute work should be various exercises performed in different angles and an assortment of different rep ranges (high, moderate, and low).

The Solution: Do not take Squats, Deadlifts, Step-Ups, Good Mornings and, Lunges out of your routine. These are your vertical loading exercises. Simply add in other superior glute exercises such as the famous Hip Thrusts, American Hip Thrusts, American Deadlifts, Glute Bridges, Back Extensions, and Reverse Hypers. These are all considered horizontal loading exercises. Also, one must not overlook the importance of mechanical tension, metabolic stress, and muscle damage to promote hypertrophy in a muscle.

Brad Shoenfeld says “hypertrophic benefits associated with eccentric exercise may be due to a greater imposed mechanical stress compared with concentric or isometric actions. Indeed, muscles are capable of generating greater absolute force when contracting eccentrically vs. concentrically. Despite this fact, however, muscle activation during maximal eccentric actions is



generally less compared with those performed concentrically. So try and use different methods of resistance training: eccentric, concentric, or isometric when training the glutes. You never know which method your glutes are going to respond to best.

#5: Disuse of Glutes in general

The Problem: Disuse and inactivity of the glute muscles in general.

The Solution: As the old saying goes “If you don’t use it, you will lose it.” Well our new version is “If you don’t use your glutes, you will lose your glutes.” So get out there and put those glutes to use or else you will never fill out those expensive jeans you buy and you will always envy another big booty Judy when they walk by.

Put These 5 Reasons To Rest

Hopefully our Top 5 Reasons Why Your Glutes Are Not Growing answered some questions. All we ask is that we hope you put all of the solutions to use from now on. These solutions are great tools and will only benefit your training and help you achieve the goals you are after. And remember, “If you don’t use your Glutes, you will lose them.”

Common Mistakes When Trying to Build your Glutes

Instead of us listing a bunch of common mistakes people have when trying to grow their glutes, we wanted to give you real life feedback from clients and trainees. So we took a Social Media Poll off our Instagram Account, Facebook Group, and Private Facebook Group for Clients.

Here's what we asked:

Question: What do you feel like you struggle with most when it comes to building your glutes?

- My quads dominating so much in squats! I do like them, but still. And getting the burn to the top part of the glute, without exhausting my lower back. My lower back is very stiff and I cannot bend it much, like in back pose, so I need that upper butt!
- I have trouble getting top of glutes activated. Making sure I'm getting glutes not hip flexors.
- I find that my hamstrings like to dominate leg exercises. Only way I find my glutes tired/sore is if I finish off leg day with a ton of weighted lunges or step ups.
- I find it very difficult to get any lunges to target my glutes! I find hip thrust, cable kickbacks, back extension and all back bending exercises targeting my glutes the best!
- Trying to build my booty is a struggle all in itself. Everyone says squats will help, others say lunges, even others say glute bridges. I've done them all and yet I have no idea if my booty looks better or not.
- I have so much trouble feeling upper glutes working without burning out lower back.
- Not knowing if light weight-high reps or heavy weight with low reps is better and what exercises help get the hammie-glute tie in! I don't want to get bigger quads/hammies when trying to focus on the glutes.



- My legs/glutes are very stubborn and I don't know what's the best approach to shrink them and get rid of cellulite. Moderate rate/high rep with plyo or just heavy heavy heavy.
- I've always wondered about volume training vs going heavy with glutes.
- I must train them at every angle and all I get is a little lump. Not sure what other exercises to add in.
- I struggle with most glute workouts due to a bad knee. Also not knowing exactly how to properly train them.
- My hips are so tight that I find all the good glute exercises to be painful. What should I do?

After reading all of these comments, do these same mistakes and frustrations sound the same to you? If they do then that's a good thing because in the previous chapters we should have covered most of the answers to these common mistakes and in your 12 week glute training program none of these will be an issue..

Glute Testimonials

Here are some testimonials, photos, and before/after pics from those that have used the “12 Weeks to Your Best Booty” program.



Hang Nguyen-

For the past year in a half I was using a workout plan I purchased for an insane amount of money. Although that program helped me jump start my fitness journey, after a while, I began to dread working out because of the monotony of the program: same exercises for 1 month, same exercises again but different reps for 1 month and then another month with the same exercises but another set of reps and so on and so on. I was getting deathly bored and my body was not responding to it anymore. I needed something new since I decided to compete in my first bikini show but

I knew the program couldn't be too expensive.

Thank goodness I found Dynamic Duo on Instagram. At first I was hesitant about the program since I was starting my prep at 12 weeks and didn't think a program for \$20 could ever change my body. It took me awhile to convince myself to purchase and I'm so happy that I did!



The program is amazing! It changes every week and I'm not bored. I ended up also purchasing the 12 week program and incorporated the booty workouts into my workout routine. I'm getting stronger and my butt is taking on the shape that I want. I actually have a nice little booty now! My coach even mentioned how more distinct the lines on my legs are getting!

I actually enjoy working out now. There are heavy days, light days, supersets and drop sets - so much variety for your money. I am loving this program and it has done wonders for my body. Thank you Chris and Eric for creating such incredible programs!

Andrea Ada-

As far as the program is concerned, it is now completed, and I plan to continue to incorporate the varying rep ranges in the future. It is certainly a program I've enjoyed. My past programs often incorporated tons of supersets. I found that straight sets really allowed me to build upon the mind muscle connection and increase my strength. I left the ego out the door much of the time, testing which weights worked best for that booty pump. As previously mentioned, the incorporation of higher reps and hypertrophy days in the program were certainly far more challenging than the heavy days. I also liked that I didn't get so bored (as with past programs), given the different goals for different days.



In full transparency, I think I may have gotten better results had I been a bit tighter with my nutrition. Needless to say, I did get quite a few compliments on my glutes from my girlfriends in particular. I'm from Guam, but am obviously very fair, so it was said that I no longer have the typical "white girl booty."

Overall I found the program very much enjoyable, doable in the sense it didn't take hours, challenging, and just really well rounded. My glutes are definitely much perkier! Can't wait to continue the transformation!

Great product!

Zulaen Fernandez-

Prior to training with Dynamic Duo I had never truly activated my glute muscles. Most of the lower body workouts I did were specific to quad and hamstring development. I thought by doing these workouts my butt would magically appear, oh boy, was I wrong! Eric taught me how to properly activate my glute muscles at all angles. He did this by incorporating multiple glute specific workouts at various rep ranges into my own personal program. With Eric's knowledge and constant support, I was able to see glute progress in 8 weeks. Eric educated me on the importance of having a butt (for training and aesthetic reasons) and I am forever grateful for the knowledge I have gained from him. If you want to build a booty give Team DDT a try! You will not be disappointed.



Priscilla Monte-

I wanted to build and shape my glutes and my legs first and foremost. As my training progressed, my glutes and legs started to change. Within 12 weeks of my glute program, I could clearly see the changes. I had started building glutes, legs and my whole body started to change. I wasn't doing exercises that were not focused on my body type and targeted areas, and I had weekly support, anytime, anywhere to contact DDT. I was so happy to see my changes that I did not hesitate for a second to continue with my glute program and hire DDT, and I intend to continue with them for the long run.

DDT-

When Priscilla first came to us we completely dissected her entire previous training program. Priscilla was clearly not using enough frequency or volume when it came to glute work. What

we went ahead and did was implemented various direct glute exercises and rep ranges based around the 3 Mechanisms of Hypertrophy (Tension, Metabolic Stress, Muscle Damage) and in the last 12 weeks Priscilla's glutes have responded very well!



Ashlee Szabo-

Before working with DDT I was making the common mistakes of just squatting and deadlifting and not actually targeting my Glutes with exercises that directly activate my glutes and increase hypertrophy. DDT had helped me learn how to attack every angle of my glutes using various exercises and rep schemes. I lift heavy with squats, deadlifts, and hip thrusts, but I also do higher reps, lower weight, and burnout exercises as well like cable kickbacks and abductions, single leg hip thrusts, cable pull-throughs, kettlebell swings, kettlebell sumo squats, single leg deadlifts, and resistance band work to name a few of my favorites. That mix has worked wonders for my glutes. I've been amazed at how much glute burn can come from one little resistance band! My glutes have rounded out big time...the top of my glutes have definitely gained some muscle mass and I have a much better shape. AND I'm so much stronger. I'm eager to continue to see progress!



J.B-

I had the privilege of working with DDT for four months and would have continued working with them if I had not gotten pregnant.

One of my many goals was to tone and firm my butt. DDT worked with me to develop a plan of action. We initially started off with basic movements allowing me to practice form first. We gradually increased the workouts to include weights (heavy and light), different angles and a variety of exercises to properly tone and define my rear end. I had never trained glutes

specifically before and was thrilled with the results! Team DDT really know how to focus on improving their client's glutes and help them meet their needs!

DDT-

Before Jenny used our Glute program, she was just using squats, deadlifts and machines. This clearly was not changing her glutes, nor were they activating them properly. While we still had Jenny squat and deadlift, we implemented more frequency with the famous HIP THRUST



exercise and these really improved overall glute growth and strength. This exercise also carried over to her squats and deadlifts very well, she became stronger at these lifts. Bigger and stronger glutes will lead to a better SQUAT and DEADLIFT.

Ashley Mitchum-

I have absolutely loved my glute transformation from working with the dynamic duo guys! I always thought that since genetics weren't on my side for a good backside, I would never have the figure I wanted. I made the common mistake of thinking squats and leg curls would shape up my back side, but boy I was wrong. Eric and Chris have taught me how to properly train my glutes through a variety of exercises, rep ranges, and angles that specifically target different areas to help build and shape the different muscles that make up good glutes. I love the variations in training and couldn't be happier with the results!



Kelly Smith-

Before I trained with DDT I used to rely on the leg press machine and lunges to build my glutes and wow was I doing it wrong! I now work on glutes about three times a week with a heavy focus on hip thrusts, low rep range, medium rep range, and then a high rep day.. Currently I've now included a glute complex. My glutes are much stronger and higher than before.



DDT-

As Kelly has stated she made the common mistake of thinking leg presses and lunges would build her glutes, we completely revamped her entire training program and added more glute emphasis. Hip Thrusts are the king of all glute exercises and we programmed this exercise 3 times per week for Kelly using low, moderate, and high rep ranges to stimulate overall muscle growth. As you can see Kelly has earned herself a nice pair of glutes and will continue to.

L.B-

I have never felt stronger or healthier. I've gained muscle where I never thought I would gain and managed to change my body with such fun workouts. DDT specifically focused on bringing up my glutes which is exactly what I wanted. They designed a training routine that included a mix of high, low, and moderate reps along with working my glutes more than twice a week and including fun exercises that made me want to work harder. I highly recommend DDT's glute routines!

DDT-

L.B. first came to us with a program that was based around lunges, step-ups, body weight squats, and the stair master. These are all great exercises but they do not directly target your glutes muscles nor will they build strength and hypertrophy. We fine-tuned her entire program and added various glutes exercises, rep schemes, and more frequency. Her Glutes actually responded better to more frequency, which was 4 days per week training her glutes and you can clearly see the changes.

Sadie Thille-

Prior to training with Dynamic Duo I had never truly activated my glute muscles properly. Most of the lower body workouts I did were specific to quad and hamstring development only. I thought by doing these workouts my butt would magically appear, oh boy, was I wrong. After following DDT's glute focused training programs I was able to build my glutes in a way I didn't think was possible.



Chapter 3



Flexible Cardio

Fasted Vs Fed Cardio

Finally! We can put this fasted cardio vs. fed cardio debate in a wooden box, nail it shut, and burry it! There was an article in the February *Strength & Conditioning Journal* that was written by Brad Schoenfeld, MSC, CSCS. This article reviewed the effectiveness of a common fat burning strategy employed by bodybuilders, athletes, and fitness enthusiasts based on current research. This strategy is to perform cardiovascular exercise early in the morning on an empty stomach (fasted). The theory behind this strategy is a shift in energy utilization away from carbohydrates occurs, therefore allowing greater mobilization of stored fat for fuel. But there are some scientific reasons that this strategy just doesn't hold up and I'm about to tell you why.

There are 2 parts to burning fat:

- 1) The first part to burning fat is we must understand that all of our organs in our body store fat. We store fat in muscle, heart, lungs, intestines, but the fat that makes us look fat, that's underneath our skin is called 'subcutaneous adipose tissue.' To burn fat from adipose tissue, we first have to liberate it. It's liberated by freed up fatty acids (triglycerides) that are inside fat cells and then dumped into the bloodstream. This process is called 'lipolysis.' An example of lipolysis would be the minute you start pedaling that stationary bike or the minute you start running on that treadmill. Immediately your body starts releasing triglycerides out of your fat cells to be used.
- 2) The second part to burning fat is after the fatty acids are dumped into the blood stream (lipolysis), they are delivered to different tissues like the heart, liver, and muscles where they are being oxidized (burned). Think putting gas in you car and the fuel being burned.

So, those are the 2 parts to burning fat. We first have the lipolysis process and then we have the oxidation process. We need both processes in order to burn fat. Most fat is not oxidized in adipose tissue, very little; it is in other tissues, so we need that delivery.

What's interesting about this fasted cardio vs. fed cardio study is they found trained individuals who consumed a large carb meal before cardio had less lipolysis. So, you will get less fatty acids dumped into the blood stream. This is why people believe fasted cardio works because they believe by being on an empty stomach, more fatty acids will be dumped into the blood stream and be burned as fat. Makes sense right? Not so fast there! In trained individuals, lipolysis is not

the rate limiting step of fat burning, it's the oxidation process. Let me repeat that again for those of you who got side tracked by a text message, lipolysis is not the rate limiting step of fat burning, it's the oxidation process. This means the oxidation process is either the same or better if you eat before cardio. This study found that the actual rate limiting step of fat loss isn't any different or could be better. The reason why it could be better is because studies have shown greater thermogenic (body causing heat) response to exercise when you eat before hand.

In the end, studies have shown there are really no differences in fat loss, whether it be fasted or after a meal. People get too focused on the substrates to burning fat. They think we have to be glycogen (stored carbs in liver & muscles) depleted because we don't want to burn carbs, just fat.

But, it doesn't really matter because over a 24 hour period there's no difference. You burn more fat during cardio; you burn more carbs during the day. You burn more carbs during cardio; you burn more fat during the day. Your body makes these adjustments and this is something people don't really understand. But there's still those people that can't get away from this dogma and trends and refuse to try new things.

Here are some reasons why I feel that Fed cardio is better than fasted cardio:

- 1) Insulin sensitivity is higher- You become more sensitized and are better able to utilize carbs during cardio.
- 2) More fuel in the tank- When you have a nice protein & carb meal in you, your body will have more energy and will make you train harder during that cardio workout, thus leading to more calories burned. How are you going to have energy being fasted?
- 3) Muscle preservation- Another study showed that by doing fasted cardio, you could lose twice the amount of nitrogen as opposed to eating. This puts you at risk for muscle loss. Why people? Why do we want string beans for arms? Why!?

Just to recap, I'm not saying I'm 100% correct about fed cardio being better than fasted because I just explained that there is no difference in fat loss at the end of the day and that lipolysis is not the rate limiting step of fat burning, it's the oxidation process. It comes down to being a personal preference and I feel that these studies can back up fed cardio to make a more logical decision. I'm aware that there are people that have been doing fasted cardio for years and getting great



results and that's perfectly fine. But why not try something new? It could be something with golden benefits. But, then again, there's still those people that can't get away from these dogmas in the fitness industry. It's nailed into their heads. People are scared to try new things. In that case, I guess all I can say is keep doing what you're doing then. But, for those of you that like 'change,' I hope I've informed you about fasted vs. fed cardio and let me know which type works better.....Fed cardio! ;) Peace!

What type of cardio is right for me?

Why is it that cardio is always the hot topic of fitness discussion and seems to be the fix all solution to burning fat? As we have all learned and we have written about in the past that cardio is not the fix all solution when it comes to body compositional changes anymore. New times have rolled in and we have tons of research studies proving that weight lifting is far more superior for fat loss and body compositional changes. But, even though we have these new findings, people still don't get it and people still want to sit on the bikes reading magazines about Kim Kardashian's divorce for hours and hours. Do as you please, but we know we're the type of people that want to get the most bang for our bucks when it comes to training. This leads us to write about what is the right type of cardio for you? We will be doing a comparison on HIIT cardio V.s LISS cardio, since these two forms of cardio are used the most. By the end of this article you will have a really good idea of what kind of cardio is right for you and how to effectively use it.

What in the world do these crazy acronyms HIIT and LISS mean? HIIT stands for High intensity interval training, which consists of short sprint intervals coupled with low-moderate intensity work. An example of this would be a 10-30 second sprint followed by a 3-5 minute steady pace walk to cool down and bring your heart rate back to normal and then repeating it. LISS stands for Low intensity steady state cardio, which consists of purely low-moderate intensity work. An example of this would be walking on the treadmill or riding the bike and being able to hold a conversation (we tend to see a lot of this at commercial gyms). Now that you have a basic understanding of the two forms, let's dive into some more detailed stuff.

Why testing the lactate threshold (LT) and anaerobic threshold (AT) is a good idea? The AT and LT are extremely powerful predictors of performance in aerobic exercise (cardio). There are 2 ways that muscle can burn glucose (blood sugars) and that is through aerobic work (with air) and anaerobic work (without air). For example, long bouts of LISS cardio is considered aerobic work and weight training or HIIT cardio can be classified as anaerobic work. The AT and LT are a great test for HIIT and LISS cardio because it gives a great predictor of which type of work produces ATP (Adenosine Triphosphate). ATP is a quick burst of energy that we get in our muscles when we contract them (Ex: every time you do a bicep curl, you are getting a quick burst of ATP). HIIT produces better changes in exercise capacity as opposed to LISS cardio. High intensity training will hit the AT and LT, that's what causes the body to make metabolic

changes. When you are doing LISS, you are considered below the AT and LT. A simple test is being able to hold a conversation while doing cardio. When doing HIIT you are above the AT and LT and when you are above the AT and LT you push for greater improvement in metabolism which thus leads to better fat loss over time.

How can you change your metabolism? (1) If you want to change your metabolism, you have to increase muscle mass and increase your muscle's oxidative capacity. Your muscles have these energy producing units called 'mitochondria' and this is where ATP are made and fats are burned. The more mitochondria you have and the more active they are the greater oxidative capacity you will have for fat loss. HIIT increases mitochondrial capacity and you actually increase the amount of mitochondria you produce.

Studies show that you get greater fat loss through high intensity training because of the increase in oxidative capacity. Whereas with LISS you're only burning calories at that precise moment, there's no 24 hour energy expenditure (boost in metabolism) and it hurts you down the line because your body adjusts to it and you end up needing more and more to lose fat. With HIIT, it's anabolic, your burning calories at the moment but you actually change the muscles metabolism and it boosts your metabolism because you increase the mitochondria density of your muscle, so you increase the muscles oxidative capacity and you really do burn more calories. What most people don't realize is you have to put your body in an uncomfortable mode and use the max energy expenditure. It's supposed to hurt when you're doing HIIT and if it's hurting and you're in an uncomfortable mode then that means you're doing it right. The body is very adaptive. We tend to see a lot of people doing hours and hours a week of LISS and according to calculations they should be losing pounds, but they can't lose anything because your metabolism adjusts to low intensity exercise. It just doesn't cut it because it's just a calorie burn at that time, not 24 hour energy expenditure.

If you do LISS all the time, you're basically trading calories in and calories out and you can cut these same calories through diet and still get the same effects. Ex: You burn 200 calories over 30 min of LISS, you can cut out 200 calories through carbs or fat and basically get the same effect as opposed to getting a 24 hour energy expenditure through HIIT cardio.

A study conducted by Wilson et al. From the University of Tampa, FL, shows when you add in LISS you get a temporary boost in weight loss. Subjects lost a couple of pounds the first week and after that they lost nothing. This happened because their metabolism completely adjusted to that and that became their new set point to what they had to do just to maintain. LISS with a low calorie diet is terrible for fat loss and could cause muscle loss. During a low calorie diet, LISS cardio is more catabolic (muscle wasting) towards muscle as opposed to HIIT cardio being much more muscle sparing. The reason being that your metabolism gets so adjusted to LISS and you constantly have to do more and more and people don't understand when you are on a low calorie diet, it usually ends up being low carb, so once you are glycogen depleted (stored carbs in

muscle), your body is going to look for energy to rely on and guess what it goes after? Protein! Once it goes after protein, then you start to see catabolism (muscle wasting).

In the same study by Wilson et al. It showed that LISS caused more muscle loss than HIIT. HIIT caused more muscle retention because when you're doing LISS (say fast paced walking) you're not activating muscles the same way as if you were lifting weights. So when you sprint you have hip flexion, knee extension, and these are all weightlifting movements. Think squats, leg extensions, etc. HIIT is another way to overload the muscle. Just compare a sprinters body composition to marathon runners, more muscle mass!

So, it's really hard to argue with this study because the point about HIIT activating hip and knee movements. Hip flexion and knee extension are the same movements when doing leg workouts. Also, by doing high intensity work you are activating muscle fibers and anytime you activate muscle fibers you are primed for growth. LISS unfortunately can't stimulate muscle fibers the same way.

In another study done by Naito et al. From Juntendo University in Japan, found that in rats, the enhancement of satellite cell pool caused by endurance training is influenced not by the duration but by the intensity of the exercise.

So, we know most of you are saying well that was done in rats, but rats are very good models for protein synthesis (making of new proteins in muscle tissue) & metabolism because they have similar responses to amino acids and their metabolism. Also, for those that don't know about satellite cells, increasing the number of satellite cells is necessary in humans because it leads to makings of new muscle fibers and the more muscle fibers you have, the more muscle growth occurs. So, what's interesting about this finding in this study is that when the rats performed HIIT, they got muscle stimulation and that's because HIIT overloads the muscle. When the rats performed LISS, there was no activation in satellite cell pool. So, it shows that when it comes to cardio, the intensity matters more over the duration.

Now we know a lot of you have gotten the hint as to why HIIT cardio is more advantageous to LISS cardio for muscle retention and fat loss and it seems as if we totally bashed LISS cardio to the ground. But, keep in mind that this doesn't mean that LISS is useless. We're big believers in doing both HIIT and LISS combined. Here are the following reasons why:

- You can't do HIIT 5-6 days a week because eventually it will have a negative impact on your weight training and interfere with growth
- Many people have legitimate orthopedic, cardiac, and even psychological reasons to avoid HIIT, so LISS is their only option
- HIIT could be dangerous if not used right and could lead to injury
- HIIT and LISS on either a combined, cyclical, or rotational basis seems to be the best formula in our opinion

So to sit there and say that HIIT is hands down more superior than LISS for improvement in body composition is as bad as saying that 6 reps per set is better than 20. We're firm believers that both HIIT and LISS cardio have unique benefits unto themselves. We feel they both should be incorporated into your routines since each have specifically different effects. Bottom line is...Do the type of cardio that you have a personal preference for. Whichever one fires you up the most because you'll most likely work harder at it. HIIT is quicker, proves to be more effective for fat loss, creates metabolic changes, improves body composition, and helps with muscle retention but not everybody can do HIIT. LISS is safer, but takes twice as long to accomplish similar things and it still has its place for fat loss in moderate amounts, from a pure calorie burning standpoint (meaning only to burn calories & not make changes to your metabolism).

Our intentions weren't to favor one form of cardio and bash the other, even though it sounded like that. Our intent was to educate and notify you that times have changed and science is proving some good stuff with HIIT cardio. But at the end of the day it's up to you on what kind of cardio suits you best. Hopefully, after reading this article you should have a really good idea of what kind of cardio is right for you and how to effectively use it. If you're still confused... **JUST DO IT!**

Chapter 4



Lifestyle, Adherence, and Consistency



We used to look at fitness under a microscope and think that life revolved around exercise and nutrition. To the point where that's all we did and cared about. It would affect work, school, relationships, family functions, vacations, social events, you name it.

It took us a decade to realize that solely focusing on exercise and nutrition won't lead to a long-term sustainable fitness journey. There's more to it and what we've learned these past ten years is you need to add the lifestyle and mindset components to your fitness journey.

Within lifestyle, you need to consider the following:

- Creating good habits to be successful within fitness. Refer to chapter 3
- Develop good systems around fitness that are going to work with your life, schedule, etc
- Have a social life around fitness, anybody that doesn't have a social life is unhappy, whether they admit it or not
 - You have to be able to balance out work and fitness
 - If you go to school, you need to find time to work out, study, work and go to class
- Whether you're in a committed relationship or relationships with family or friends, you need to find time for that along with fitness
- Travel and vacations are needed and a big part of most people's lives, you will need to know how to balance this with fitness

Within mindset, you need to consider the following:

- You will need to develop a relentless mindset because there will be times where you fail within fitness, whether you get injured and feel like quitting or you fail a diet, go on a binge, and regain the weight back. You will need to be relentless, learn from your mistakes, and march forward
- If you don't have a crystal clear vision or goals within fitness, the likelihood of you succeeding within your fitness journey won't be as high because motivation will be down
- Shit is going to happen in life whether you like it or not and you will be thrown curveballs whether it's losing a loved one, going through a break up or divorce, or losing your job. The question is can you balance fitness and reframe your mindset to look at these curses as blessings and overcome adversity
- As our good friend, Layne Norton says "Outwork!" You will need to stay hungry and outwork yourself or your competition, depending on your goals. Once one goal is achieved, you will need to be hungry enough to achieve another one

With all of these tools it leads to a lifestyle, increasing consistency and adherence and thus getting more results.

Traveling, Weekend, and Vacation Tip Sheet

We understand that Traveling, Weekends, and going on Vacations are part of life, luxurious, fun, and a great way to build memories with friends and family. In no way would we ever say it is an excuse to go on a binging spree or not adhere to your current training and nutrition plan and say "Oh well I am on vacation." Or "Hey, it's the weekend, those are my CHEAT days." Indulging some, here and there on Vacations, Weekends, and Traveling, that is definitely more like it. Preparing yourself is key to adhering to your current plan. Here is a tip sheet to use before going on a vacation, traveling, or heading into the weekend. No Excuses, Only Solutions!

Essential Tools to Bring when Traveling:

- Food Scale
- Scale to weigh yourself daily on
- Mini Blenders
- Mini Skillet to cook on
- Tupperware
- Protein Shakes and Protein Bars



- Easy/convenient foods (oats, cereals, cottage cheese, nut butters, beef jerky, etc)
- Cooking Utensils
- Resistance Bands
- TRX

Hotel Accommodations when Traveling:

- Ask for a Refrigerator



- Ask for a Microwave
- Ask if there is a Kitchenette
- Ask if there is a gym or research one within your radius and ask for a trial/guest pass

Tips for Weekends and long planned days:

- Plan a day ahead and research places to eat where you are going
- Bring a few meals in a cooler if you do not want to eat out
- If you plan on having alcoholic beverages, reduce some carbs and fats on each meal that way you can use more of those calories for alcohol
- Hit your daily Protein intake and get the rest of your daily calorie

intake through more carbs or fats if needed

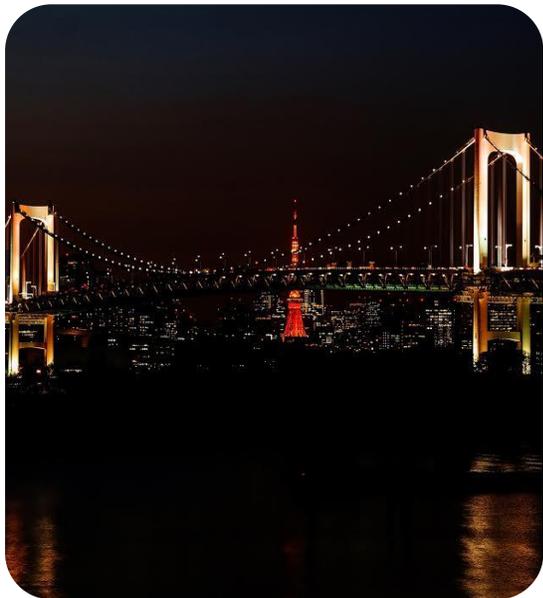
- Give yourself a +/- range on all macros on weekends, this doesn't mean an additional 100g per macro, keep it modest like 20-30 of protein and carbs and 10-15g of fats
- Eat intuitively, if you do not feel like tracking macros on the weekend then just eye ball portion sizes and make smart decision on each protein, carb, and fat source.
- Do not freak out if you overdo it on the weekend, the best thing you can do is just get back on track and learn from your previous mistakes and plan ahead better next time



Tips and Tricks When Eating Out

Let's face it, we all enjoy indulging a bit here and there and enjoy having a meal out with friends, family, or loved ones, especially while traveling or on the weekends. Why sit there and isolate yourself and worry about a one-time eating out occasion? The key is to just plan ahead, enjoy yourself, and get back on your plan the following meal or day. Here are some great tips to prepare when eating out. Enjoy!

1. When you sit down, think about what you NEED. What have you already had and what do you have left to play with?
2. Look for key words like grilled or baked, sauteed, etc. They tell you whether something will have a lot of fat (oil, butter, or margarine).



3. Regardless of the method of cooking, ask for it to be cooked without oil, butter, or margarine.

4. If you're ordering eggs, ask for egg whites or egg beaters.

5. Look for toppings, sauces, etc. and ask for them to either be left off or altered or put on the side. For example, if something comes with a cream sauce, ask for marinara instead.

6. Ask for buns or breads to be "dry" - they will not butter them or grill them with butter or oil.

7. Ask for croutons, cheese, fatty toppings, or nuts to be left off.

8. Even if it's not on the menu, you can ask for it. Ask for a plain grilled chicken breast on a bed of greens. Most places are accommodating!

9. Split a meal with someone. Don't be afraid to ask them to remove half of your plate and put it in a box to take home before it comes to you.

10. Limit alcohol (mixed drinks are full of simple sugars and empty calories); go for one glass

of wine instead or plain water (adding splenda and lemon makes for a no calorie lemonade!)

11. Order broth-based soups rather than creamy soups (i.e. minestrone, vegetable instead of broccoli-cheese, chowders)
12. Limit the amount of chips or bread you eat prior to meals or ask the wait staff not to bring any at all and order a small salad to nosh on prior to your meal if you're really hungry
13. Plan ahead: ask your favorite places to fax you their menus so you can choose your meal before you go and/or know what you're going to order ahead of time.

14. Ask for a to-go box to be brought out with your meal, so you can divide it in half and save the other half for another meal.
15. Remember that it takes 20 minutes for your body to register fullness/satiety; eat slowly so you don't overdo it.

Planning, Preparing, Moderating Intake

You do not have to cut out your favorite foods, but you do have to moderate how you are eating them. When you eat, think about the following:

1. What do I need?
2. How can I fit in what I like?
3. I won't eat that now because I want to be able to eat that other thing later.
4. Is that food worth it to me?
5. How is this going to satisfy me? Will I end up hungrier if I eat this?
6. When am I training, I need to make sure I've got a good meal lined up prior to my workout (pre/post).

Food Substitutions

Instead of:	Try:
Whole Milk If Lactose Intolerant	Skim Milk/Low Fat Milk Light Soy Milk/Almond Milk
Cheddar, Jack, Swiss	Part-Skim Mozzarella, string cheese, low fat or fat free cottage cheese, cheese that contains less than 5g fat per ounce*
Ice Cream	Ice milk, low-fat/nonfat frozen yogurt, Artice zero
Butter or Margarine	Low sugar jam, ricotta cheese, light/nonfat cream cheese, low-fat yogurt, light/non-fat sour cream
Bacon or Sausage	Low-fat turkey bacon, Canadian bacon, soy sausage
Ground Beef	Extra lean ground beef/turkey

Fried Chicken	Baked/grilled/broiled chicken without skin
Doughnuts and pastries	Whole wheat bagels, breads, muffins
Apple pie	Baked or raw apples
Chocolate candy or bars	Hard candies, jelly beans, licorice
Cookies, cakes, brownies	Fig newtons, gingersnaps, graham crackers
French fries	Sweet potato fries (baked), baked potato
Meat Lovers pizza (usually has pepperoni, sausage, hamburger...)	Whole wheat (if available) or thin crust with light or no cheese, lots of veggies, and lean meat like chicken, ham or Canadian bacon

*Cabot makes 75% fat free cheddar and 50% fat free cheddar and pepper jack

FAQ's

Q: What if there is no hotel gym or no gym within my radius?

A: Bring some resistance bands and do a full body circuit with them. You will want to use higher reps within the ranges of 20-30 reps and rest periods of 30 seconds or less to keep your heart rate elevated. We certainly can't max out with bands ;) Worst case scenario you can always do a bunch of body weight exercises to failure (squats, lunges, push-ups, dips, etc)

Protocol:

- Arm Curls followed by Tricep Kickbacks
- Push-Ups
- Overhead Presses followed by Lateral raises
- Banded Squats followed by Reverse Lunges
- Lunges followed by Glute Bridges



- Total of 3 Rounds and rest 30 seconds

Q: What if I miss a Work out one day?

A: Double up your workout the next day. For example, say Monday was Lower body and you missed it. Come Tuesday, just double up the session with Upper Body and do either a circuit-like workout or a bunch of Drop-Sets going back and forth from different muscle groups.

Q: Where do I do my HIIT and what Modality and Protocol?

A: If you don't have gym access then you will have to get creative. HIIT can be performed in many ways such as: Sprints on a beach or street or hills, Jump rope, Jumping on and off a rock or platform, etc.

Protocol: 5 minute warm-up, 5 intervals for 15-30 seconds, active rest 1-2 minutes, and 5 minute cool down. Or just do some LISS Cardio for 20-30 minutes.

Q: How do I stay on my Macros?

A: If you bring a food scale, cook your own food, and pretend like it's an average day then you will be just fine. If you go out to eat, simply bring your food scale or eye ball your portions or use the tips above and call it a day.

*Macro Recommendations: Instead of partitioning macros around pre/post workout meals, simply just divide your total macro numbers by the number of meals you will have that day and just space them out evenly 4-5 hours throughout the day like a "Rest Day" OR save a little extra carbs and fats in case you eat out



Q: What if I don't Work out any days?

A: Try and base it on your activity level. For example when traveling most people tend to sight see a lot and walk around everywhere or even go on hikes. In this case just reduce 10% of your total carbs and fats, protein stays the same. If you are not going to be active at all and just sit around all day and lounge, then reduce carbs and fats by 20%.

Example: Total carbs for the day are 200g, so $200 \times .10 = 20$, $200 - 20 = 180$ g carbs. Same goes for fat intake.

Q: What if I am out all day long?

A: Pack a few meals the night before in some Tupperware and put them in a cooler or bring meal replacement shakes, protein bars, yogurts, beef jerky, nuts, etc.

Q: What about consuming Alcohol?

A: If you know you are going to partake in some adult water then plan ahead. For example, if you know you are going out to dinner and will have a few drinks, try and save some extra macros from your carbs and fats, say 5-10g of each per meal so that later when you drink you don't feel guilty over consuming empty calories and going over your macros. Vice versa if you decide to drink during the day, cut macros from carbs and fats off your meals later on.



Video's to watch:

- *How To Count Macros on Vacation*
<https://www.youtube.com/watch?v=HiqYliWKy8k>
- *Macro Counting while Eating out at a Restaurant*
<https://www.youtube.com/watch?v=EGVweMX7MnI>

ENJOY YOUR VACATION'S, WEEKEND'S, and TRAVELING 😊

Surviving the Fear of Eating Out and Being Social

Let's face it, we all enjoy indulging a bit here and there and enjoy having a meal out with friends, family, or loved ones. Why sit there and isolate yourself from being social or going to social events and worry about a one-time eating or drinking occurrence? Although you are working towards a fitness goal or your dream physique, why be a hermit? The key is to just plan ahead, use moderation, enjoy yourself, and get back on your plan the following meal or day. Pretty simple equation if you ask us. The question is, if it's such an easy formula to follow, then why are so many people hesitant to do so? Why do people still fear going out to eat or to social events? Simply because they feel they will hinder their progress or regress if they do.

What is Restricting You from Being Social?

We could go on for days on why people restrict themselves so much, but we have to keep this article to a minimum if you know what we mean. Let's look at a few reasons as to why this might be:

1. People follow an "All or Nothing Type Diet" which leads to binging occurrences.
2. People have coaches that tell them they can't eat out and indulge and if they do their coaches yell at them and make them feel like they've failed.
3. People follow cookie cutter diets/meal plans and develop bad relationships with foods. For more info on this, [click here](#).
4. People are afraid to eat out because they feel they will have a set-back in their progress.
5. People are lazy to plan ahead and be smart about eating out. Therefore they eat whatever and over consume. For tips on how to plan ahead, [click here](#).

At the end of the day, we are all responsible for what we put in our bodies. We can control this variable 100% of the time. For those that want to isolate themselves because they are on a strict diet or are trying to prove to the world that they are so macho, well by all means do your thing if it makes you happy.

Our Experience Eating out Recently

Maybe if we give an example of our own experience with being social then many of you can relate or say, "AHH-HAA." Two weekends ago we were craving Sushi; we are sushi fanatics and are proud of it. We knew it was going to be tough to exactly hit our macronutrient targets for that particular meal, so we first researched the restaurant we wanted to go to. Unfortunately they had no macros or nutrition facts, but that didn't stop us. We then went online and searched for "Sushi Nutrition Facts" and what do you know, we found a reliable source that helped us estimate the rolls we were going to eat. From there we went and enjoyed our sushi, estimated our macros fairly close, and that was that.

We didn't hesitate to have sushi, nor did we freak out if we went over or under on our food intake. We simply did our best by planning ahead and enjoyed stuffing our faces with sushi. After that life went on and we got back on our plan for the rest of the night and resumed the next day. Magic right? No, we simply just took the time to plan ahead some because we really wanted sushi and wanted to enjoy a nice dinner out with ourselves and girlfriends. That is how simple it can be folks; no need to stress over a small situation, life is too damn short to worry about such a small thing.

What Else Can you do to Prepare for Social Events?

To reiterate, this is not magic ladies and gents, this is simply taking some extra time to plan ahead and being smart about what your social event entails of. As we mentioned before, you are in complete control of what you put in your body. Here are a few ideas on what you can do if you go to a restaurant:

- Research the restaurant and their menu, plan what you're going to eat ahead, that way you can get an indication of how much to eat and possible nutrition facts.
- Bring a measuring scale with you to weigh out your food. Do not be embarrassed to do this, take pride in this.
- Ask the waiter not to sauté anything and to put condiments on the side.
- Try eye balling your portions of macros (protein, carbs, and fats) and get an even balance.
- Stay away from fried foods and think more wholesome and more filling foods.
- Limit alcoholic beverages to 1-2 glasses.
- Split a meal with someone, that way you're not over consuming.
- Eat beforehand and make sure satiety is high, that way you won't get hungry.
- Bring a meal with you to the social event.
- Watch this video here for more info

These are all great tips to take into consideration when going to a social event or going out to eat. There should be no excuses to isolate yourself from what you enjoy doing.

Wrapping This Up

We are all human; we can't expect to be perfect with everything. It's like the old cliché that says "you learn from your mistakes," its 100% true. That's all we can do. If you have a "cheat meal" or whatever it's called, so be it, get back on track that same day.

The key is consistency over time. One day at a time, one foot in front of the other, and keep moving along! There's absolutely no need to be down or beat yourselves up for not being perfect or enjoying social outings or the things you enjoy. There are greater and more important things in life to worry about.

DDT Client Transformation Pics

Each transformation picture you see here is either a current or past client of Dynamic Duo Training. All clients in these pics used FLEXIBLE DIETING to attain their goals. The reason why we are sharing these with you is we want you to see that FLEXIBLE DIETING does work and can help you change your body composition when done correctly. We are huge advocates in showing other's living proof and real world transformation pics, stats, and stories. For more client transformation stories, please click [HERE](#)

Kelsey's Transformation

Lost 12 pounds and 3 inches off waist



**Weight Lost: 12
Total Inches Lost: 3**

Lauren's Transformation

Lost 24 pounds and 5 inches off waist



**Weight Lost: 24
Total Inches Lost: 5**

Frank's Transformation
Lost 12 pounds and 6 inches off waist



Weight Lost: 12
Total Inches Lost: 6

Sadie's Transformation
Maintained weight while
adding muscle mass



Weight Lost: Maintained
Total Inches Lost: Maintained

Morgan's Transformation
Lost 24 pounds and 5 inches off waist



Weight Lost: 24
Total Inches Lost: 5

Sammy's Transformation
Lost 17 pounds and 6 inches off waist



Weight Lost: 17
Total Inches Lost: 6

Ali's Transformation

Lost 25 pounds and 6 inches off waist



**Weight Lost: 25
Total Inches Lost: 6**

Tamara's Transformation

Lost 15 pounds and 5 inches off waist



**Weight Lost: 15
Total Inches Lost: 5**

Andrew's Transformation

Lost 33 pounds and 7 inches off waist



**Weight Lost: 33
Total Inches Lost: 7**

Melissa's Transformation
Lost 26 pounds and 6 inches off waist



Weight Lost: 26
Total Inches Lost: 6

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Thank You

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