

LIFESTYLE

EXERCISE

NUTRITION

THE LEAN SYSTEM TRANSFORMATION



TRAINW

WELCOME TO ID'S
"LEAN SYSTEM"
OUR SIGNATURE
BODY TRANSFORMATION PROGRAM.

The "Lean (Lifestyle, Exercise & Nutrition) System" has been created to maximise efficiency and create the perfect eco system in order to achieve the best possible results for "YOU".

All things health, lifestyle and background have been considered and no stone has been left unturned, clear guidelines will be provided and regular check in's are imperative if you are to achieve the success you wish for. You will be supported throughout the duration of this program and beyond and below are all of the guidelines you'll need to understand and learn in order to achieve maximum success.

Good Luck!



Kyle Poleon
Founder

DRÖGGRAN

THE PROGRAM

TO PUT IT SIMPLY YOU HAVE A GOAL WE HAVE CREATED THE ROADMAP TO GET YOU THERE.

For you to reach a destination you need to know the right direction to get you there, the "Lean System" is that, our signature 4 factors of fat loss (Daily activity, sleep, exercise & nutrition) method has helped and is helping 100s of clients to not only achieve results but most importantly to sustain their results for the long term.



THE **FOUR** FACTORS OF FAT LOSS

TRAINING
NUTRITION
DAILY ACTIVITY
SLEEP

TRAINING

TRAINING APPROACH

Exercise is as external stress applied to your body and this stress can be applied through a variety of different modalities whether that be aerobic exercise or strength training. Your body's response to dealing with these external stressors is increased aerobic capacity, strength & lean muscle mass. We know that intelligent training improves body composition (muscle to fat ratio) and aids in weight loss but there are vast benefits to a good training program with improvements in many aspects of health ranging from improved mental health, improved cognition and memory, higher strength and cardiovascular fitness, improved confidence, improved joint health and a greatly reduced mortality rate.

We are experts in resistance training and customise your whole exercise experience. We do that by constructing the mechanics of every exercise around your goals, anatomy and training history. We deliver in a constructive and enjoyable way making sure you'll be excited for your training session each day!

PROGRAM FORMAT

3 sessions per week for 10 weeks
(Ideally Monday/Wednesday/Friday)

STRENGTH TRAINING

The primary goal of this program is to build/retain muscle mass and the most effective method to achieve this is strength training. This will be achieved by utilising a method of progressive overload which is a system of strength training that increases the challenge provided to your body whilst you get progressively fitter. While the general program will focus on developing your whole body we will focus more specifically on the areas of your body that you'd like to target by utilising a mechanics based approach to your training.

AEROBIC TRAINING

The aerobic component of your training program will improve your fitness, your heart health and in turn your quality of life and not to merely burn calories. This approach to fat loss is highly inefficient and studies have shown that this approach to fat loss doesn't have the greatest long term effects. For the purposes of this program we will utilise a lower intensity (zone 2) method of training, zone 2 refers to the heart rate zone you are working in and is around 70% of your estimated maximum heart rate.

1. Zone 2 aerobic training can be sustained for a longer period of time per workout and also utilises fat as a primary fuel source.
2. Zone 2 aerobic training is more likely to be less impactful on joints which drastically reduces the risk of injury.
3. Zone 2 aerobic training is less stressful than higher intensity training and can positively contribute to recovery vs negatively.

NUTRITION APPROACH

NOFITZ

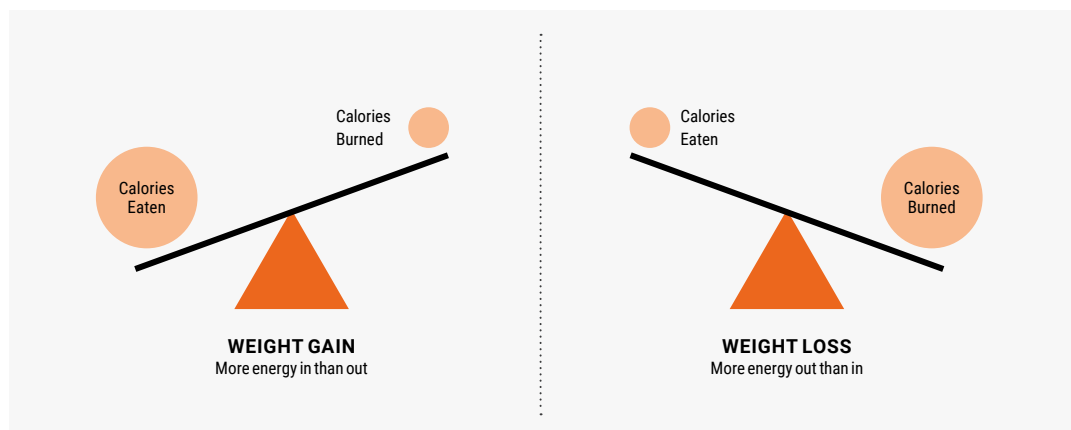
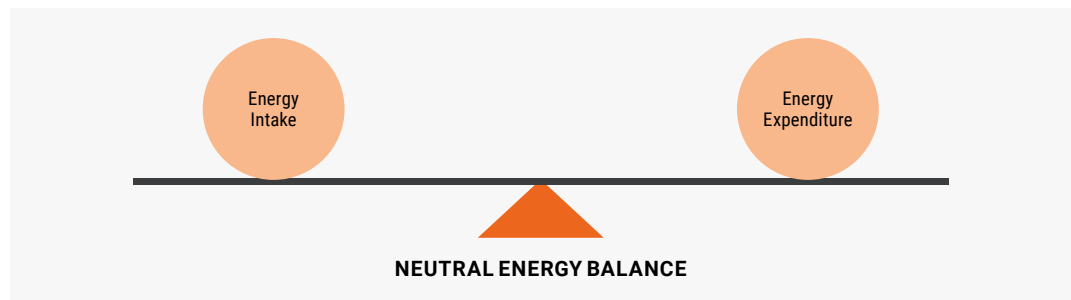
Achieving and maintaining your ideal weight is all about balancing the calories you consume with the calories you burn. Our simple, visual representation using a seesaw analogy helps clarify how energy balance works. By understanding the three key states of energy balance—maintenance, weight gain, and weight loss—you can make informed decisions to tailor your diet and exercise routines for sustainable results.

CALORIES

When it comes to fat loss, it is important that your calorie intake is controlled for the duration of this programme. Although each person digests and absorbs food individually, calories are the most accurate measurement unit we have for energy consumption, your daily calorie intake is calculated in your initial assessment based upon your bodyweight and daily activity levels.

Your calorie intake can be monitored through the use of a number of apps such as Carbon or MyFitnessPal however if this is difficult we will show you how to use hand measurements as another strategy to measure. Our aim is to help you understand portion control and size, so that these practises can be implemented into your daily lifestyle.

ENERGY BALANCE = ENERGY INPUT VS ENERGY OUTPUT



PROTEIN

Protein which is made up of amino acids are the building blocks of skeletal muscle. A diet that contains sufficient protein will help to preserve muscle whilst fat loss occurs, it is important that your diet consists of the adequate amounts of protein at each meal and snack. The research shows that a higher protein intake consumed evenly across meals is beneficial for fat loss whilst retaining muscle mass.

CARBOHYDRATES

Carbohydrates are the body's main source of fuel providing energy to our muscles and brains to perform. Carbohydrates are needed for recovery from exercise, they reduce stress and they keep our immune systems functioning optimally. Carbohydrates have gotten a bad rap over the years but this is only when we eat the wrong types at the wrong time. In the "Lean System" transformation healthful carbohydrates are suggested and at the right times, with intakes being moderate at breakfast, highest at lunchtime and very low in the afternoon snack and at dinner, generally speaking this has been shown to be as close to optimal as possible.

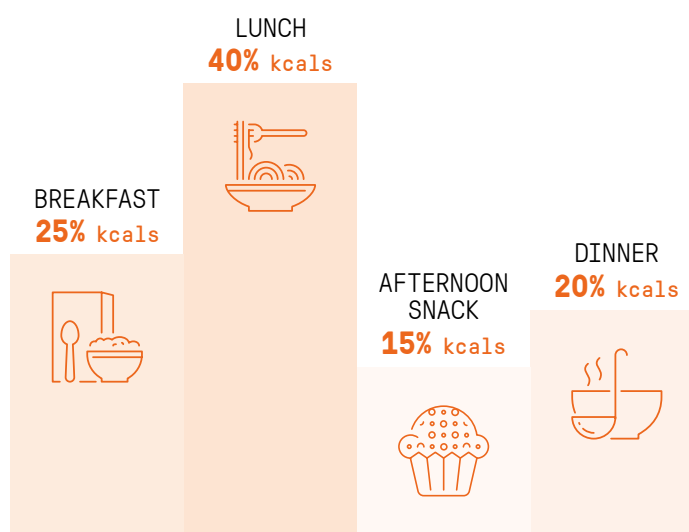


EATING STRUCTURE

We recommended that you have 3 meals per day, accompanied by 1 snack (only if necessary). Whilst there have been many myths over specific diet types over the years and the supposedly perfect number of meals to eat in a day, there is no real advantage to eating more or less often than this.

Most of your calories should come from your first two meals of the day (meal 1 and meal 2), with meal 2 being the largest meal of the day, this will be followed by an optional protein based afternoon snack and a light dinner.

EXAMPLE OF A DAILY MEAL CALORIE STRUCTURE:



MEAL TIMING

Whilst what you eat will always be the priority whilst on this program, what time you eat holds high importance too, eating at the optimal time combined with controlling your calories will maximise your potential for success.

(Optional) Restricted Feeding Period (Fasting) is a useful eating strategy that many people find helpful when it comes to eating a calorie restricted diet. If you choose to fast we advise that all food is consumed within an 8hr feeding period each day, for most people the optimal time to do this seems to be between 12-8pm.

EXAMPLE MEAL PLAN

These are examples only, to show how you can create meals that fit within the calorie allowance that supports your goals. It is not intended that you follow them as a plan.

Sample Day 1

	Food	Size	Calories	Protein
Breakfast	Strawberry Whey Protein Powder	30g	119	23
	Watermelon	200g	60	1
Lunch	Chicken Breast	100g	165	31
	Large Salad	200g	50	3
	Olive Oil	1tbsp	110	0
Dinner	Turkey Breast	150g	126	31
	Broccoli	100g	38	3
	New Potatoes	180g	135	3
Snacks				
Totals			803	95

Sample Day 2

	Food	Size	Calories	Protein
Breakfast	Skyr Yogurt (plain)	100g	60	11
	Banana	Med	105	1
Lunch	Tinned Tuna, Drained	150g	182	43
	Small Salad	50g	16	1
	Cucumber	half	30	1
Dinner	Chicken Breast	150g	227	46
	Broccoli	100g	38	3
Snacks				
Totals			658	106

Sample Day 3

	Food	Size	Calories	Protein
Breakfast	Skipped			
Lunch	Sliced Ham	130g	180	30
	Brown Bread	2 slices	154	6
	Light Mayo	1tbsp	50	0
Dinner	Cod	90g	95	20
	Potatoes	120g	115	2
	Large Salad	200g	50	3
Snacks	Popcorn	1 bag	136	4
	Chocolate	20g	111	4
Totals			891	69

NOTES: If this is helpful for you and you choose to use it as a guide, consider the following:

- You can switch any food or meal for another with the same calorie count.
- You can adjust serving sizes as required to hit specific calorie goals or skip meals to free up calories for other times.
- Make sure you are aware of sauces or oils other than those mentioned used for cooking or added at any stage as they add calories and impact progress.
- Similarly, any drinks containing calories would need to be accounted for in addition to the food choices.

EXAMPLE MEALS

PAN GRILLED SALMON WITH POMEGRANATE GLAZE



INGREDIENTS

SERVES 4

1 pound Brussels sprouts, halved

2 tablespoons extra virgin olive oil

Kosher salt and pepper

2 tablespoons pomegranate molasses

2 tablespoons sweet chili sauce

2 tablespoons pomegranate juice

1 inch fresh ginger, chopped

1 clove minced garlic, chopped or chopped

1 pinch red pepper flakes

1 pound wild salmon

Fresh basil served

NUTRITIONAL INFORMATION:

Calories: 255.7 kcal, Total Fat: 9.9g, Cholesterol: 106.6mg,
Sodium: 152.8 mg, Total Carbohydrates: 2.3g, Dietary Fiber: 0.2g, Sugar: 0.0g,
Protein: 37.3g

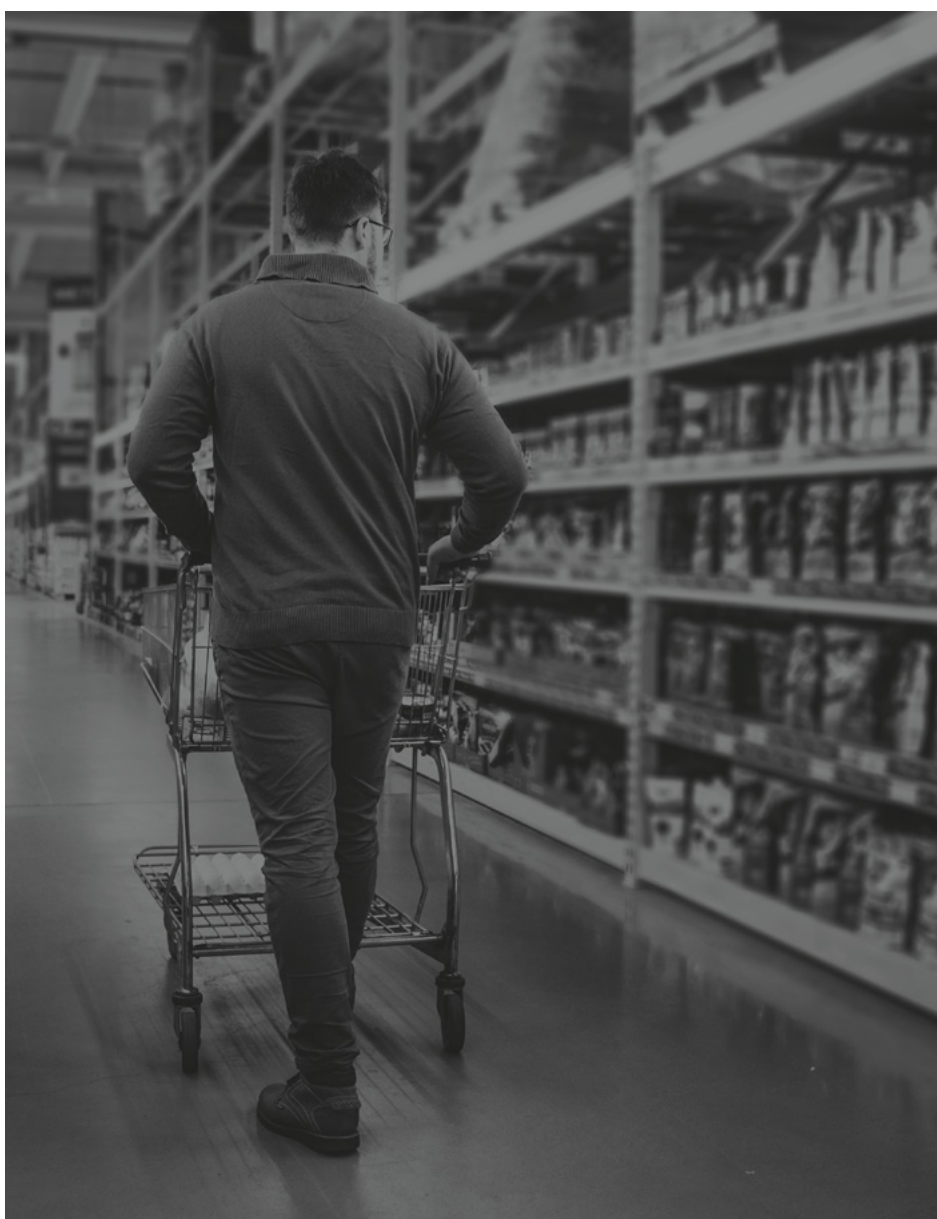
DIRECTIONS

1. Preheat the oven to 425 degrees Fahrenheit.
2. On a large baking tray, mix Brussels sprouts, olive oil and a little salt and pepper. Bake in the oven for 15 minutes.
3. At the same time, mix pomegranate molasses, pomegranate juice, sweet chili sauce, ginger, garlic, and then put a little red pepper powder and salt in a small bowl.
4. Remove Brussels sprouts from the oven. Add salmon to the pan. Pick up the pomegranate glaze and place it on the salmon. Transfer to the oven and bake for 10-20 minutes, or until the salmon reaches the desired ripeness.
5. Sprinkle pomegranate arils and fresh basil on the salmon. Please enjoy!

ACTIVITY

DAILY ACTIVITY

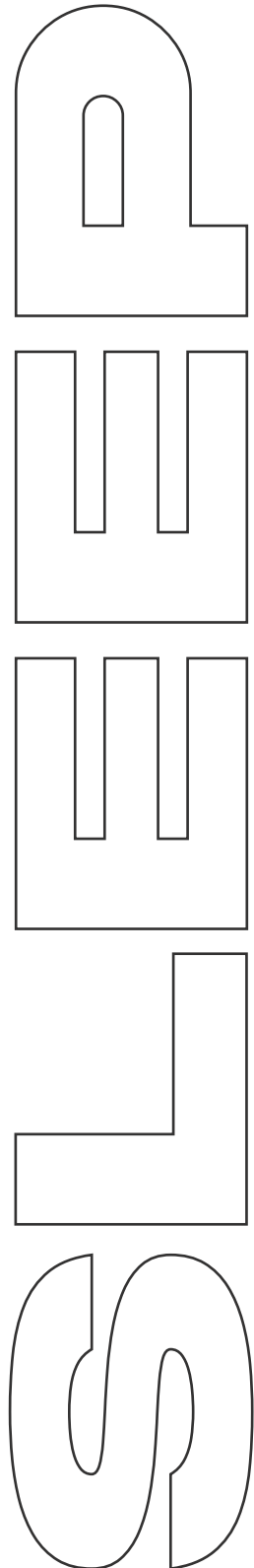
Increased daily activity has been directly linked to successfully achieving and maintaining a healthy body weight. We recommend targeting 15k+ steps per day and while that sounds like amount this equates to roughly 2-2.5hrs of average paced movement per day, the long term goal of this program is that this becomes a part of your daily living and not something you have to consciously think about everyday. Your dedicated coaches will provide you help to keep you accountable to your daily step challenge goal and by the end of this program you will of stepped your way to success.



SLEEP



Your sleep has a huge impact on your overall health and the quality and quantity of sleep you get each night directly impacts your ability to recover, your energy levels and your ability to make good decisions around your nutrition. This will can also have a direct impact on your daily activity levels as you'll either have more or less energy based upon your sleep quantity and quality. Our internal body clock regulates your daily physiological rhythms, including energy metabolism and carbohydrate utilization, the body handles carbohydrates more efficiently earlier in the day when primed for energy burning and this efficiency decreases in the evening as the body prepares for rest. With this in mind, we recommend consuming most calories and carbohydrates in the first half of the day to enhance fat burning, sleep will also have a big impact on your appetite levels and optimal sleep will reduce cravings and improve appetite regulation. We recommend 7+ hours sleep, you should aim to practise good sleep hygiene and try to adopt a pre-sleep routine to help optimise sleep quality with the aim of reaching your deep sleep cycles.

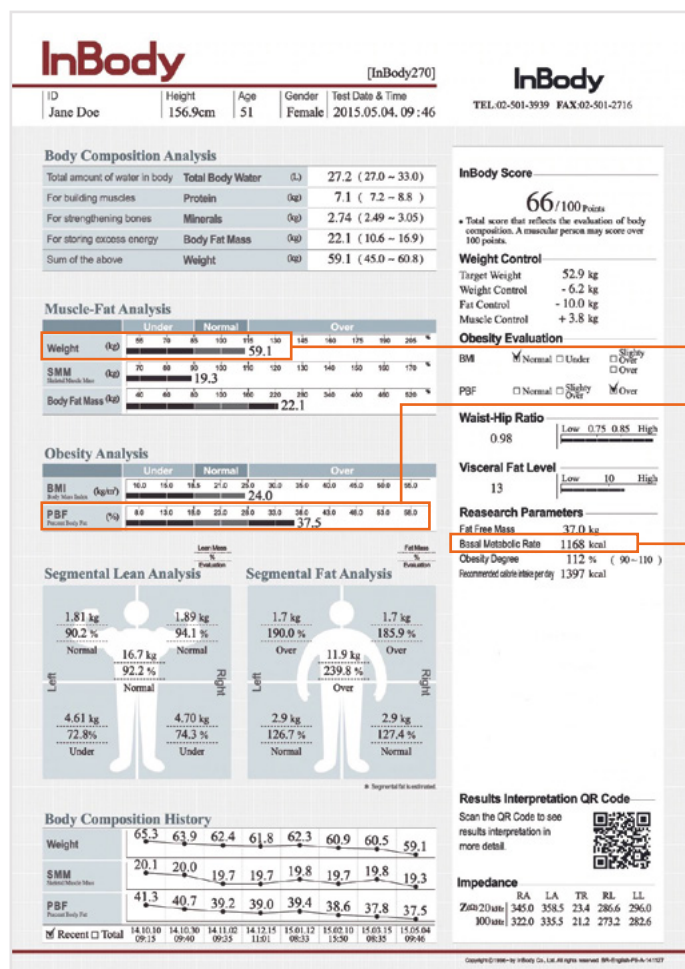


PRESENT ASSESS

BLUEPRINT ASSESSMENT

Before starting the lean program you will undergo ID's signature "Blueprint Assessment." This will be the starting point of your program and the point of which all of the specific details of your program will be decided from. In this assessment all things are considered from your genetics, to your weight history, your previous exercise experiences and your motivations. We will measure your weight and body fat % (which is the most accurate way to set your calories), your general strength & fitness levels and we will assess your movement mechanics which will allow us to select the appropriate exercises for your goals.

The more information we gather initially the better we are equipped to accurately prescribe your program, whilst the program has a general overview we recognise that each individual is different and it is in this "Blueprint Assessment" where all of these specifics are addressed.



Bodyweight

Body Fat %

BMR
Basel
Metabolic
Rate)

Start Today

Scan to book
in your
assessment.



WORKOUTS



EXAMPLE WORKOUTS

S M A R T P R O G R A M

♂ MENS

DAY 1	Upper Body Push/Lower Body Pull/Core Dumbbell Chest Press Romanian Deadlift Plank
DAY 2	Upper Body Pull/Lower Body Push/Abs Pull-up Back Squat Decline Crunch
DAY 3	Lower Body Push/Upper Body Push/Core Split Squat Military Press Woodchopper
DAY 4	Lower Body Pull/Upper Body Pull/Abs Deadlift Bent Over Row Lying Leg Raise

♀ WOMENS

DAY 1	Upper Body Push/Lower Body Pull/Core Dumbbell Military Press Sumo Deadlift High Plank
DAY 2	Upper Body Pull/Lower Body Push/Abs Lat Pulldown Hip Thrust Lying Leg Raises
DAY 3	Lower Body Push/Upper Body Push/Core Sump Squat Push-up Cable Woodchopper
DAY 4	Lower Body Pull/Upper Body Pull/Abs Back Extension Standing Cable Row Decline Crunch

RESULTS LIKE THESE

BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



The methods of this program are tried and tested and will guarantee you results should you follow them to the best of your ability. Getting your approach to Lifestyle, Exercise & Nutrition correct is the key to establishing long lasting health & wellbeing. All this being said there will be a few ups and downs during this program, you will have some days that are more difficult than others but ultimately you will learn some valuable lessons that will last you for a lifetime.

We at ID believe in You and know that it takes a lot to make a commitment like this, we will be on hand to help you every step of the way and together we will be a success!

All the best!!

Team ID



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Start Today
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in your
assessment.

