



SUMMER BLUEPRINT

Your Step-by-Step Framework to
Transform Your Fitness & Health This Summer

The Same Framework We've Used for 400+ 1-on-1 Clients

TEAMGTRAINING.COM

MEET YOUR COACHES



COACH GARRET

B.S. Exercise Science — University of North Florida | Pre-Script Barbell Certified | 5+ years personal training & online coaching | 10+ years strength training | Former football player, wrestler & competitive powerlifter | Has coached multiple national-level athletes

COACH RYAN

ISSA Certified Personal Trainer | Associate's in Health Science | 5+ years personal training & online coaching | 10+ years strength training | Former football player, wrestler & competitive powerlifter | Has coached multiple national-level athletes

OUR PHILOSOPHY

We pride ourselves in having solutions for people from all walks of life — no matter what you do, where you are, or what you've tried in the past. We bring both the mental mindset shift and the physical framework to immediately start getting results.

You don't need more time — you need better systems. This blueprint gives you flexible nutrition to lose fat and build muscle, plus efficient training splits built for your body type, your goals, and your real life.

Whether you have a demanding job, school, family, or travel constantly — this framework works.

CLIENT TRANSFORMATIONS



COACH RYAN

-45 lbs in 14 months | Working 60-70 hrs/week, 7 days a week | Using the same protocols in this blueprint | Leading by example

Lost 45 pounds using the same flexible nutrition and lifestyle protocols while working 60-70 hours a week helping build and operate Team G Training. Leading by example.



JACK

-30 lbs & 3rd Place in Our Transformation Challenge | 18 Months Sober | Pursuing bodybuilding & firefighting | Found faith through our community

Lost 30 pounds and won 3rd place in our challenge. Overcame alcoholism, 18 months sober, now pursuing bodybuilding and firefighting. Found God and faith through our community.



JADE

-50+ lbs in 2 years | Fighting Ehlers-Danlos Syndrome & Narcolepsy | Took her health back & never let any illness stop her

Ditched her old ways and committed to taking her health back. Fighting Ehlers-Danlos Syndrome and narcolepsy, she lost 50+ pounds and proved no diagnosis defines your potential.

THE TEAM G BLUEPRINT

Four Pillars of Sustainable Transformation

The same framework we've used to help 400+ 1-on-1 clients lose fat, build muscle, improve performance, and create lasting results.

NUTRITION

01

Fuel your body to support your goals.

- Prioritize protein at every meal
- Eat mostly whole foods (80/20 rule)
- Control portions on the plate
- Stay consistent for a long time

You can't out-train poor nutrition.

TRAINING

02

Build strength, muscle, and confidence.

- Lift 3-5 days per week
- Focus on progressive overload: add reps, weight, sets, or better technique each week
- Train with intensity and master the basics
- The goal isn't to destroy yourself — the goal is to improve

Progress over perfection.

RECOVERY

03

Results happen between workouts.

- Sleep 7-9 hours per night
- Hydrate daily
- Manage your stress
- Recover properly — this is where adaptation occurs

Your body builds when it rests.

LIFESTYLE

04

Build habits you can maintain with your busy life.

- Daily movement and step goals
- Consistency over intensity
- Balance work, family, and fitness
- Sustainability is the strategy

The best plan is the one you can follow long-term.

THE TEAM G NON-NEGOTIABLES

Master these habits first before worrying about meal plans, supplements, or advanced training. Focus on the habits that drive the majority of results.

01 HIT YOUR PROTEIN

Goal: 0.7-1g per lb of desired body weight

Men: 150-250g daily | Women: 100-180g daily
Protein supports muscle growth (which burns more fat), recovery, and is highly satiating for hunger control.

02 WALK DAILY

Goal: 8,000-12,000+ steps/day (15,000 if advanced)

Your fat-burning pill in your back pocket. Increases low-impact calorie burn, improves recovery, cardiovascular health, reduces stress, and supports mental health.

03 RESISTANCE TRAIN

Goal: 3-5 sessions weekly

Focus on progressive overload, consistency, and great technique. Make progress week to week — add weight, reps, sets, or better intensity and technique.

04 HYDRATE

Goal: 80-120+ oz of water daily

Fuels performance, recovery, energy, and appetite control. Dehydration kills progress silently.

05 PRIORITIZE SLEEP

Goal: 7-9 hours nightly

Major impact on muscle growth, fat loss, hormones, and hunger. If we can't recover, we can't get better.

06 BE CONSISTENT

Goal: 80-90% adherence over months

Don't aim to be perfect — we aren't perfect. The best results come from checking boxes for a long time and knowing how to course correct when you mess up.

Most people don't need a better workout plan — they need better consistency with the fundamentals. We install that system.

NUTRITION BLUEPRINT

STEP 1

Choose Your Goal

FAT LOSS

Best for: Higher body fat levels, wanting to lose weight, improving health markers & blood work

Goal: Lose 0.5-2 lbs/week (less aggressive vs. most aggressive)

RECOMP

Best for: Beginners, returning to training, or moderate body fat individuals wanting to build muscle while reducing fat

Focus: High protein, consistent training, recovery, maintenance calories

MUSCLE GAIN

Best for: Leaner individuals, people struggling to gain size, or performance-focused goals

Goal: Gain 0.25-1 lb/week at most

STEP 2

Calculate Your Calories

Fat Loss

BW x 10-12

Creates a moderate deficit for steady fat loss

Maintenance

BW x 13-15

Supports recomp and performance

Muscle Gain

BW x 15-18

Provides surplus for growth

EXAMPLE: 200 LB INDIVIDUAL

Fat Loss Phase	2,000 - 2,400 calories
Maintenance / Recomp Phase	2,600 - 3,000 calories
Muscle Gain Phase	3,000 - 3,600 calories

**Assumes resistance training, steps/cardio, and recovery are on point.*

NUTRITION BLUEPRINT (CONT.)

STEP 3

Set Your Protein Goals (Mandatory)

Aim for **1g per pound** of your desired body weight in any phase you choose.

150 lb goal weight 150g protein daily	200 lb goal weight 200g protein daily
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Protein is the most important macronutrient for muscle gain and fat loss.

STEP 4

Set Your Fats

Roughly **30% of total calories** or **0.25-0.4g per lb** of body weight.

Example: A 200 lb individual should aim for **50-80g of fat** in any phase.

Supports hormones, recovery, health, and digestion.

STEP 5

Fill Remaining Calories with Carbs

After protein and fats are set, use your remaining calories for carbohydrates. **Do not be scared of carbs.** They fuel training, focus, performance, recovery, muscle growth, and energy.

Most people do not need lower carbs — they need more consistency, better training, more protein, better sleep, hydration, and daily movement.

IF YOU PLATEAU

Weight Stalls for 7-10 Days Straight?

Assuming your step goal, workout goal, recovery goal, and calorie goal are all being met:

Fat Loss Phase: Adjust down 100-150 calories OR add 1,000-2,000 steps.

Muscle Gain Phase: Adjust up 100-150 calories.

Small adjustments over time — don't panic, just course correct.

TRACKING & GROCERY GUIDE

Recommended Tracking Tools

Track Your Nutrition

- ◇ MyFitnessPal
- ◇ Cronometer
- ◇ Lose It
- ◇ Any calorie counting app

Track Your Steps

- ◇ Apple Watch
- ◇ Fitbit
- ◇ Amazon Watch
- ◇ Pedometer App (free)

Grocery List Recommendations

Protein Sources

- ◇ Lean Red Meat
- ◇ Chicken Breast / Tenderloin
- ◇ Tuna
- ◇ Salmon
- ◇ Mahi / Whitefish
- ◇ Non-Fat Greek Yogurt
- ◇ Lentils
- ◇ Protein Powder
- ◇ Eggs / Egg Whites

Carb Sources

- ◇ Oats
- ◇ Any Type of Fruit
- ◇ White Rice
- ◇ Brown Rice
- ◇ Quinoa
- ◇ Sweet Potato
- ◇ White Potato
- ◇ Protein Pasta
- ◇ Sourdough Bread

Fat Sources

- ◇ Olive Oil
- ◇ Peanut Butter
- ◇ Almond Butter
- ◇ Any Nut Butter
- ◇ Healthy Trail Mix
- ◇ Butter / Ghee
- ◇ Eggs

Keep it simple. You need 10 to 15 staple foods that you enjoy and can stay consistent with.

TRAINING BLUEPRINT

Train for Results, Not Exhaustion

- 1** **Train 3-5 Days Per Week**
Most people don't need 6-7 days. **Beginner:** 3 days/week. **Intermediate:** 4 days/week. **Advanced:** 4-5 days/week. Consistency beats perfection.

- 2** **Prioritize Compound Movements**
Get the most bang for your buck and build an incredible foundation. These movements provide the most return on investment.
Lower Body: Squats, Split Squats, Leg Press, RDLs, Hip Hinges | Upper Body: Presses, Rows, Pull-Ups, Pull-Downs, Overhead Press

- 3** **Progressive Overload**
To continue seeing results, add weight, add reps, or improve technique and execution from week to week. Your body adapts when demands increase over time.

- 4** **Train with Intensity**
Most sets should finish at failure or **1-3 reps away from failure (RPE 7-10)**. You don't need to destroy yourself, but you need to challenge yourself.

- 5** **Recovery Drives Progress**
Training breaks the body down. Recovery builds it back stronger. Support your training with protein goals being met, sleep hygiene on point, daily hydration, and daily movement.

The best workout program is the one you can consistently perform, progressively improve, and recover from.

SAMPLE PROGRAMS

Train every muscle group 2x per week. Add weight, reps, or improve technique every session.

Full Body 3 Days/Week Every other day. Best for beginners.	Upper / Lower 4 Days/Week 2 upper, 2 lower. Great balance.	Push / Pull / Legs 4-6 Days/Week Advanced volume & frequency.	At Home 3-5 Days/Week Bodyweight, bands, or light dumbbells.
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Goal 1: Train every muscle 2x/week **Goal 2:** Progressive overload weekly **Goal 3:** RPE 7-10 on working sets

Sample Full Body

3X PER WEEK (MON / WED / FRI)

EXERCISE	SETS X REPS	RPE
Barbell Back Squat	2-3 x 6-12	7-9
Romanian Deadlift	2-3 x 8-12	7-9
Incline DB Press	3 x 8-12	7-9
Lat Pulldown	3 x 10-15	7-9
Tricep Pushdown	2-3 x 12-15	8-10
Dumbbell Curl	2-3 x 12-15	8-10
Lateral Raise / Abs	2-3 x 15-20	8-10

Sample Upper Body

UPPER / LOWER OR PPLSPLIT

EXERCISE	SETS X REPS	RPE
Pull-Up / Lat Pulldown	3 x 10-12	7-9
Flat or Incline Press	3 x 6-12	7-9
Upper Back Row (Flared)	2-3 x 8-12	7-9
Chest Fly (Opp. of Press)	2-3 x 12-15	8-10
Skull Crusher / OH Ext.	2-3 x 10-15	8-10
Bicep Curl (Short/Long)	2-3 x 10-15	8-10

Sample Lower Body

UPPER / LOWER OR PPLSPLIT

EXERCISE	SETS X REPS	RPE
Seated Hamstring Curl	2-3 x 10-15	8-10
Hack Squat / Leg Press	2-3 x 6-12	7-9
Split Squat / Lunge	2-3 x 8-12	7-9
Leg Extension	2-3 x 12-20	8-10
Adduction / Abduction	2-3 x 12-15	8-10

Swap exercises for similar patterns based on equipment and preference. The pattern matters more than the specific exercise.

Coaching Note: Weekly Progression

Add transitions from week to week — either add one set per week or come down in a weight range:

Week 1: 2 sets x 12-15 reps — RPE 7

Week 2: 3 sets x 12-15 reps — RPE 8

Week 3: 3 sets x 10-12 reps — RPE 8

Week 4: 3 sets x 10-12 reps — RPE 9

Week 5: 3 sets x 6-10 reps — RPE 9

If you want more clarity on this, feel free to reach out and we will better explain the progression.

Programming Variations

Full Body: Rotate A / B / C days — switch movements within the same patterns each session.

Upper / Lower: Rotate Upper A — Lower A — Lower B — Upper B for variety within the week.

Push / Pull / Legs: Keep consistent — repeat the same session each rotation.

Need Something More Personalized?

Every Team G coaching client receives a fully customized training program built around their goals, experience level, injuries, equipment, and schedule. We work closely with a physical therapist doctor and bring extensive rehabilitation experience with our athletes. Safety, accountability, and intensity are our #1 focus — we help you overcome injuries and imbalances, and outsource to specialists when needed.

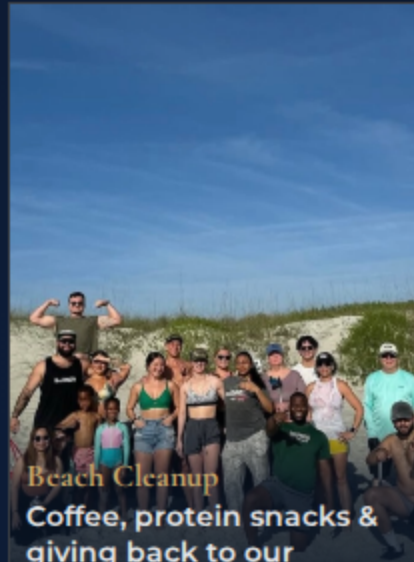
- ✓ Coaching app with full exercise demos
- ✓ Video submissions for technique review
- ✓ In-person training: spotting, plate loading & form correction
- ✓ Injury & imbalance rehab with PT collaboration
- ✓ Progressive overload built in for you
- ✓ Rep ranges, rest times & weight targets
- ✓ Real-time accountability & intensity
- ✓ Outsource to specialists when needed

MORE THAN PHYSIQUES

At Team G, we're building a community of people committed to improving their health, fitness, confidence, and quality of life through events, challenges, community outreach, and accountability.



July 4th 5K Ruck
Bringing patriotism into the community — together.



Beach Cleanup
Coffee, protein snacks & giving back to our environment.



Brad — PS5 Winner
904 Pop-Up Shop raffle for him & his son.



HP — 1st Place
30 lbs / 8 weeks. 2x champ. Grand prize + gift basket.



Kaileigh — 2nd Place
20+ lbs lost. Cash prize winner.



Kara — 3rd Place
Lost weight, won cash. A true win-win.

OUR MISSION

Our mission is to create lasting impact both inside and outside the gym. From transformation challenges with real cash prizes, to beach cleanups, 5K rucks, pop-up events, and community donations — we show up for each other and for our community. This isn't just fitness. This is a lifestyle.

CLIENT SUCCESS STORIES

REAL MESSAGES FROM REAL CLIENTS

Btw: hit the doctor last week (which I hate going to the doctor, I call them drug dealers haha); bloodwork looks great, BP is dialed in, and down 20 lbs from last visit 🙏 thanks brother 👍



I know I never made it back to The Pit, but I've been at the UNF gym lately and wanted to share some progress. Thank you so much for all of your instruction!

224.6

I weighed myself 8 times to believe it

1 Reply

Down 16.8 lbs in 10 1/2 weeks

Vanessa Lewis @ 5:13 PM

TRANSFORMATIONS



Jenny

6-8 Weeks of Training & Nutrition

57 years old.



11 months later...

John

57 Years Old — 11-Month Transformation

HOW WE CAN HELP

1-on-1 Online Coaching

MOST POPULAR

- ◇ Customized training week-to-week through our fully demonstrational app with a personal training journal log
- ◇ Personalized nutrition with full macro & meal plan
- ◇ Daily accountability
- ◇ Multiple weekly check-ins
- ◇ AI assistant coach "Jarvis" — instant answers 24/7
- ◇ Direct 1-on-1 coach access to our personal phone
- ◇ Video reviews & form feedback
- ◇ Lifestyle support & protocols for travel
- ◇ Everything step-by-step, done for you daily
- ◇ 40-page Team G Nutrition Ebook included

Jarvis answers embarrassing questions, late-night questions, and anything about nutrition, training, or travel — instantly, while coaches are unavailable.

In-Person Training

PREMIUM

- ◇ 1-on-1 coaching in our private gym
- ◇ Technique coaching & form correction
- ◇ Accountability & intensity
- ◇ Full nutrition & personalized meal plan included
- ◇ Spotting & safety
- ◇ Rehab & injury management
- ◇ Customized programming
- ◇ Includes full online coaching with our demonstration app

Your all-in-one stop shop + AI coach Jarvis + our 40-page Nutrition Ebook

10-Week Self-Guided Program

BASIC BARE MINIMUM

- ◇ Delivered through our fully demonstrational app with personal training journal log
- ◇ Nutrition guideline protocol
- ◇ Implementation at your own pace
- ◇ Structured custom training plan
- ◇ Educational resources
- ◇ Add-on available: Meal plan & additional nutritional planning

Every client receives a **customized approach** based on their goals, experience level, schedule, and lifestyle.

No cookie-cutter programs. No guesswork. Just results.

YOUR NEXT TRANSFORMATION STARTS TODAY

You've seen the framework. You've seen the results. Now it's your turn.

Because what's the alternative?



Ready to Take the Next Step?

APPLY FOR COACHING

Scan the QR code or click above to start your application

JOIN THE COMMUNITY

Events, challenges & accountability



SCAN TO APPLY
teamgtraining.com

@almightyryno
Coach Ryan

@garretaby_
Coach Garret

@teamg_training
Team G

Your spot is waiting for you.

“

Small actions repeated consistently create extraordinary results.