

NEXT
LEVEL
FIT

6 WEEK JOURNAL

**COMPLETE EXERCISE
& NUTRITION DIARY**



Assessment

Name:

Program start date:

Short Term Goal: Long

Term Goal:

Your Info:

Age:

Gender:

Height:

Weight:

Chest:

Waist:

Thigh:

Bicep:

Hips:

Calf:

Neck:



Supplement Name:	Dose:	Freq.:	Time Used:	Notes:

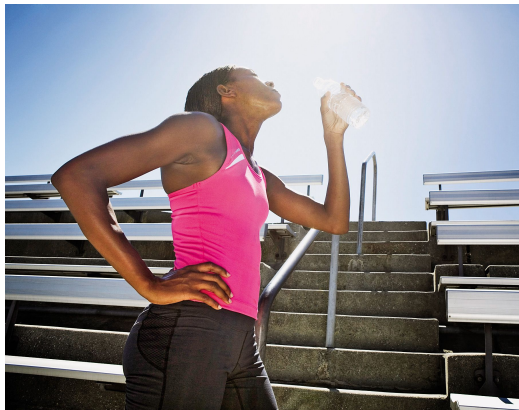
Notes:

NXT LEVEL

15% DISCOUNT

Off RRP

receive a special **15% discount** on all our great products on the **Next Level Sport** website. Simply enter the discount code **"FREE15"** at checkout.



MP MUSCLE PHARM®

d³

DONJOY[®] PERFORMANCE Anti-Flamme

nature's kiss



ISOWHEY[®] SPORTS

Compex[®]

Compeed[®] BSN[®] medical[®]

red seal[®]

DEEP HEAT



Winter Active Gear[®]

ICE

www.nxtlevelsport.co.nz

DAY 1

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 2

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 3

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 4

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 5

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 6

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 7

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

Breakfast Ideas

Blueberry & Chocolate Smoothie

200mL low-fat milk
 1/2 cup blueberries
 1 heaped scoop IsoWhey Ivory Coast Chocolate
 1-2 tbsp flaxseed meal
 Ice



Poached eggs & smoked salmon

2 eggs
 2 slices smoked salmon
 1 slice 100% rye bread, toasted, lightly buttered

Banana, mixed berries & Vanilla

200mL water
 1 cup frozen berries
 1/2 frozen banana (peel before you put in the freezer)
 1 1/2 scoops IsoWhey Madagascar Vanilla
 1 tablespoon natural yoghurt
 1 tablespoon LSA (linseed, sunflower seed, almond) mix
 Ice



LEANER TRAINING



STRATEGIES TO REGULATE APPETITE, SUPPORT FAT LOSS AND LEAN MUSCLE RETENTION

Increase dietary fibre intake to 35g daily to increase satiety and support digestive function.

Drink water with meals to help you to feel full for longer and support the absorption of a small amount of natural electrolytes from the food you consume.

For weight loss, aim to reach a “catabolic” state. Calories “in” must be less than calories “out”. Do this without compromising muscle mass by consuming protein sources regularly and evenly across all meals of the day. This strategy improves satiety; meaning you will feel satisfied for longer.

Consume a low GI (glycaemic index) diet as often as possible. Consume your higher carbohydrate meals directly before and / or directly after a workout to enhance both workout performance and recovery.

Purchase online at
www.nxtlevelsport.co.nz

FAT LOSS STACK

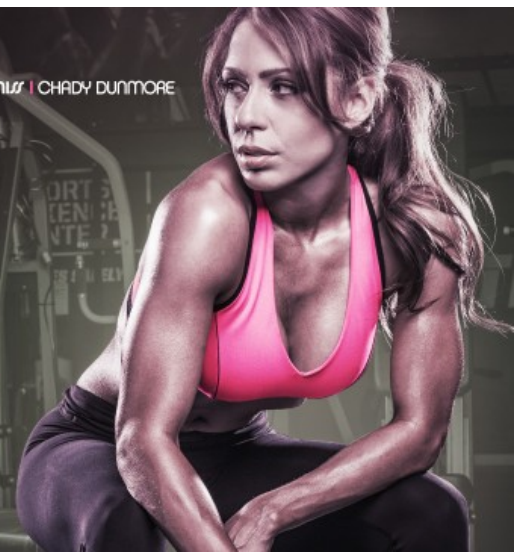
The perfect **products** to get you in to shape this summer.





FITMISS | CHADY DUNMORE

**STRONG
IS THE NEW
SEXY!**



FITMISS

CARDIO CIRCUIT

JUMP SQUATS: 15 REPS

CRUNCHES: 15 REPS

PUSH-UPS: 15 REPS

4 SETS

RUN: 10 MINUTES

STAIRMILL: 10 MINUTES

BIKE: 10 MINUTES



POWERED BY:
FITMISS IGNITE

Always consult with your physician before starting any new exercise, nutrition or supplementation program. These programs are not intended for use by individuals with any medical conditions that may be compromised by intense cardiovascular exercise or weight training. As with any training program, some soreness is typical. If you experience pain, nausea or dizziness, discontinue training and consult a health care provider immediately.

DAY 8

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 9

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 10

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 11

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 12

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 13

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 14

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

Lunch Ideas

Crunchy Pumpkin Seed, Tabouli & Tuna (SERVES 2)

- 1/4 cauliflower
- 1 tbsp parsley, chopped
- 1 tbsp mint, chopped
- 1 Lebanese cucumber, chopped
- 20g pumpkin seeds
- 2 Roma tomatoes, chopped
- 2 spring onions, finely chopped
- Juice of 1 lemon
- 1 tbsp extra virgin olive oil
- 2 x 100g tinned tuna in springwater, drained



Finely grate the cauliflower; it will resemble hard-looking breadcrumbs. In a bowl, combine the cauliflower with the parsley, mint, cucumber, pumpkin seeds, tomato and spring onions. Drizzle over lemon juice and olive oil. Mix well. Place onto two plates and top with tuna to serve.

Mexican-style Chicken Wrap (SERVES 2)

- 200g chicken breast fillets, cut into 2cm thick strips
- Juice of 1 lime or lemon
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp smoked paprika
- 1/2 avocado, sliced
- 1 tomato, chopped
- 1/4 red capsicum, sliced
- 1 cup lettuce, shredded
- 1 tbsp fresh coriander leaf
- Wholemeal wraps



Mix together the olive oil, lime juice, cumin and smoked paprika and add chicken strips to marinate for up to 1 hour. Pan-fry the chicken strips in a non-stick pan until lightly browned and cooked through. Set aside to cool. Roll up chicken, avocado, tomato, capsicum, lettuce and coriander in the wholemeal wraps and serve.

STRENGTH TRAINING



MUSCLE RECOVERY AND BUILDING MASS

If you are looking for significant gains in muscle mass, you need to be in an 'anabolic state'. This involves consuming more calories than you are burning. Protein (amino acids), particularly leucine, isoleucine, valine and glutamine, are extremely important in providing the building blocks for new muscle synthesis. For muscle growth, aim for 1.2g-1.7kg of protein per kilo of body weight, consumed evenly across the entire day. Any more than this has been shown to be both unnecessary and expensive!

Carbohydrates are equally as important. They provide the energy needed to maintain the heavy resistance training required for muscle growth. Without carbohydrate (at meals and either before and/or after the session), recovery becomes sub-optimal and strength decreases whilst an anabolic state cannot be maintained.

MUSCLE GAIN STACK





**REAL ATHLETES.
REAL SCIENCE.™**

MUSCLEPHARM®

TRAIN HARD.



FAT BURNER 135

SUPERSET: 4 SETS
JUMP ROPE: 2 MINUTES
BICEP CURLS W/ DUMBBELLS:
 20 REPS
SKULL CRUSHERS W/ DUMBBELLS:
 20 REPS

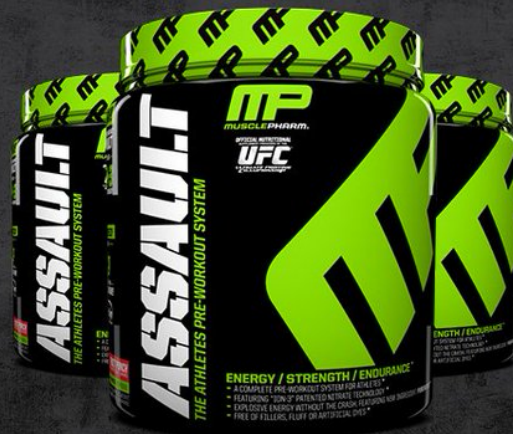
SUPERSET: 4 SETS
JUMP ROPE: 2 MINUTES
HAMMER CURLS W/ DUMBBELLS:
 15 REPS
TRICEP KICKBACKS: 15 REPS

SUPERSET: 4 SETS
JUMP ROPE: 2 MINUTES
REVERSE CURLS W/ DUMBBELLS:
 12 REPS
BODYWEIGHT SKULL CRUSHERS:
 12 REPS



MUSCLEPHARM®

DAILY WORKOUTS



FUEL YOUR WORKOUT WITH

ASSAULT™

Always consult with your physician before starting any new exercise, nutrition or supplementation program. These programs are not intended for use by individuals with any medical conditions that may be compromised by intense cardiovascular exercise or weight training. As with any training program, some soreness is typical. If you experience pain, nausea or dizziness, discontinue training and consult a health care provider immediately.

DAY 15

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 16

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 17

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 18

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 19

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 20

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 21

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

Dinner Idea

Roast salmon fillet with zucchini ribbons (SERVES 2)

- 2 x 150g salmon fillets
- 1 punnet cherry tomatoes, halved
- 2 tsp fresh thyme (parsley or basil can also be used)
- Extra virgin olive oil spray
- Juice of 1 lemon
- Cracked black pepper to taste
- 2 medium zucchini



Preheat the oven to 200°C. Pat the salmon dry with a paper towel and place into a baking dish with the cherry tomatoes and thyme. Spray salmon and tomatoes with the extra virgin olive oil. Season the salmon with ground black pepper and lemon juice. Roast the salmon for 10-15 minutes or until the salmon is cooked and the cherry tomatoes have softened. To check that the salmon is cooked, insert a knife into the salmon and look to see that the flesh flakes away nicely.

Using a vegetable peeler, make zucchini ribbons by drawing the peeler the length of each zucchini and getting nice thin slices. Spray lightly with the extra virgin olive oil and pan-fry for 2 minutes. Serve roast salmon and cherry tomatoes with zucchini ribbons on top and a side salad.

1. LISTEN...

... to your body and to what it is telling you

2. REST

As you may know, your body grows stronger in a state of rest. Just as important as the hard training is, so is the body's chance to repair itself in order to prepare us to be able to train again. If you're tired, moody or have a loss of appetite, unless you are in peak training session, these might be signs you need to rest.

3. FUEL YOUR BODY

Over the recent years, low carb, low fat, low calorie diets have been in vogue. As an athlete, or someone who is training multiple times a week, this could be a recipe for disaster and you are working on borrowed time. Just like we wouldn't drive around with our car constantly on empty, we shouldn't be leaving our bodies running on empty. Another way to combat this is again listening to our bodies, if we're hungry eat quality nutrient dense foods, within reason.

4. PERIODISE YOUR TRAINING

With any training goals or preparing for a race, it is extremely important to periodise your training to perform at your absolute best. This must include a general prep phase, a base phase, specific phase, pre-competition phase, competition phase and finally a recovery phase.

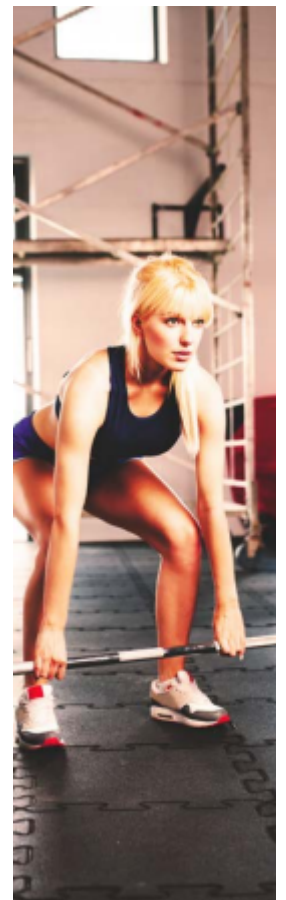
5. DON'T COMPARE YOURSELF TO OTHERS

Especially on social media. It's extremely easy to get caught up with what someone else is doing, thinking Jane's doing this, Simon's doing that, I need to be out training without considering your own program.

5. MOTIVATION

Remember why you're doing this programme: Is it personal? Is it to inspire others? Is it because you just enjoy training? Draw on this when the going gets tough.

MATTY ABEL
STRENGTH &
CONDITIONING
COACH





step
like your **life**
depends on it!



Be unstoppable with the d3 range of high performance strapping tapes and sports essentials.

www.nxtlevelsport.co.nz

#d3unstoppable

DAY 22

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 23

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 23

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 25

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 26

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 27

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 28

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

Dinner Idea

One-pot Moroccan lamb (SERVES 2)

200g lamb fillet or backstrap, cut into chunks

- 1 tbsp extra virgin olive oil
- 1 small red onion, finely chopped
- 1 tsp cumin
- 1 tsp ginger
- 1/2 tsp turmeric
- 1 tsp cinnamon
- 2 ripe Roma tomatoes, roughly chopped
- 1 cup water
- 5 prunes, pitted and chopped
- 2 tsp honey
- 1 tbsp fresh coriander, roughly chopped
- 1 tbsp fresh parsley, roughly chopped
- 2 tbsp flaked blanched almonds

Heat olive oil in a medium-sized, heavy-based saucepan and sauté the meat until lightly browned. Remove lamb from the pan. Add in onion, cumin, ginger, turmeric, cinnamon and tomatoes. Stir to scrape all the flavours together. Add in the water and reduce the heat to simmer for 20 minutes or until the mix becomes a thick stew. Return lamb back to the pan and add in prunes and honey. Cook for a further 10 minutes to let the flavours mingle.

- Sprinkle with coriander, parsley and almonds.
- Serve with steamed mixed vegetables.



FASTER TRAINING

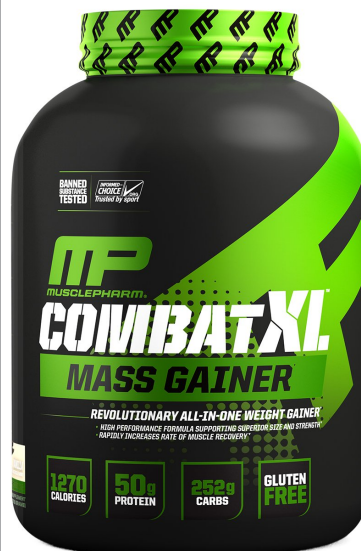


CARBOHYDRATE FOR RECOVERY AND PERFORMANCE

During prolonged exercise, ingesting carbohydrates can prevent drops in blood glucose concentration and may help to maintain high rates of carbohydrate oxidation which is needed to maintain high intensity exercise. Glucose is rapidly used at around 60g/hour. The optimal amount of carbohydrate intake is dependent on what your own digestive system can handle.

Carbohydrate, when consumed after exercise, is taken up into glycogen stores. When combined with protein within the first 30 minutes post exercise, carbohydrates are utilised for muscle tissue repair and recovery. The better your fuel and recovery strategy, the better your ability to perform at your next session!

RECOVERY STACK



Purchase online at
www.nxtlevelsport.co.nz

Breakfast Ideas

Coconut & Sesame Porridge

- 1 cup rolled oats
- ½ cup water
- ½ cup coconut milk
- 2 tsp IsoWhey® Wholefoods Organic Lucuma, Chia + Wildcrafted Coconut Powder
- Pinch of pink Himalayan salt
- 2 tbsp coconut yoghurt
- 1 banana, sliced
- 2 tsp coconut sugar
- 1 tsp black sesame seeds



Summer fruit salad with IsoWhey® yoghurt

- Choose fresh fruit in season
- ½ cup grapes
- ½ cup blueberries
- ½ cup strawberries,
- sliced 2 small apricots, stone removed,
- chopped 1 nectarine, stone removed,
- chopped 1 cup chopped rockmelon
- Pulp of 2 passionfruits
- 200mL low-fat yoghurt
- ½ scoop IsoWhey® Madagascan Vanilla mint leaves, chopped



DAY 29

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 30

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 31

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 32

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 33

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 34

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 35

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps



DONJOY[®]

PERFORMANCE

The DonJoy brand can be seen every day at the elite level of sports, with bracing, compression, and protective solutions in the training rooms and on every field of play. The world's top athletes, trainers and sports physicians have all come to trust DonJoy.



MARATHON AND ULTRAMARATHON



DON'T HIT THE WALL

A marathon is a true metabolic challenge. Finishing a marathon at a fairly consistent pace is not an easy thing to do. The most common cause of 'hitting the wall' is a depletion in muscle glycogen. Running too fast, too soon risks rapidly depleting available fuel for working muscles.

A smart, strategic fuelling strategy that considers sweat losses and individual carbohydrate requirements and replenishment, both during training and on event day, combined with practised pacing is paramount to running a good race.

COMPETITION PRODUCTS

The perfect **products** for athletes looking to perform at their best and recover fast.



DAY 36

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 37

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 38

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 39

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

RECOVERY

STEPS TO SUCCESS

Admittedly I first wore SKINS™ to look the part: what doesn't scream elite when only a thin piece of lycra separates your bits to the public.

However, fortunately the benefits of the garments far out way the feeling you're running around naked.

The biggest benefit of SKINS™ compression garments is the way the garments increase your circulation or, as the SKINS™ marketing think tank call it, dynamic gradient engineered compression – stay with me on this.

Essentially the garment applies the right amount of surface pressure in specific points that pushes blood back towards your heart, whilst your heart pumps it back around. It is this crucial element of SKINS™ that differentiates them from their competitors.

Imagine squeezing a tube of toothpaste. If you squeezed it at the top and the bottom, nothing would come out, but if you squeezed it only from the bottom the toothpaste would be pushed up – SKINS™ do the same. So what are the huge benefits of this? Increasing circulation or blood flow through your vessels increases the amount of oxygenated cells being delivered to help you perform at your peak. Oxygen = energy.

Increasing circulation also flushes out lactic acid, so the impact of the delayed onset of muscle soreness is reduced, as well as delivering new cells to repair damaged muscles.

Another benefit of SKINS™, which is why I always have a garment on either running, cycling or during Christmas shopping, is they reduce muscle vibration. If you've ever watched tennis on TV and seen the drama of a slow motion shot, it shows just how impacting exercise is on your muscles and how much the muscle can move away from your bones. SKINS™ have specific panelling and muscle wrapping that supports and holds your muscles close to your structure that reduces the risk of injury – this is a key reason since starting triathlon I haven't had a single injury that has stopped me from training and racing. I just feel a sense of security when my muscles are supported in this way.

If you're still not convinced, SKINS™ have also been able to incorporate climate control, which again comes back to the increase of circulation, so your body's temperature is more controlled, which keeps you warm when it's cold and cool when it's hot. I've gotten a few looks when I've worn a long sleeve top in 40+ degrees cycling for most of the day. I do this not just because of the benefits mentioned above but because they are also 50+UPF and for me sunscreen does very little in protecting my skin from the sun.

MATILDA REYNOLDS
Professional Triathlete



Purchase online at
www.nxtlevelsport.co.nz



nature's
kiss

Anti-Flamme

NZ'S NUMBER 1
selling herbal sports massage crème

ONE



Lunch Ideas

Chicken Waldorf Salad

- ½ cup steamed chicken fillet, chopped
- ½ green apple, chopped
- 1 stalk celery, chopped
- 6 walnuts
- ¼ red onion, finely sliced
- 2 tablespoons olive oil
- Juice of ½ lemon
- Vegetable salt, if desired
- Black pepper



Soba noodles with shredded chicken, ginger & lime

- 2 x 150g chicken breast fillets
- 90g soba noodles
- 1cm fresh ginger, finely chopped
- 1 carrot, cut into matchsticks
- 1 red capsicum, thinly sliced
- 1 long red chilli, deseeded and thinly sliced
- 2 spring onions, thinly sliced
- Juice of 1 lime
- 1 tbsp mirin (Japanese rice wine)
- Dash sesame oil
- Dash tamari sauce (can use shoyu or low-salt soy sauce)
- 1 tsp sesame seeds, lightly toasted



DAY 40

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 41

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

DAY 42

Date:

Statistics

Weight: Bodyfat%: Hips (mm): Waist (mm):

Nutrition

	PLAN	ACTUAL
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		

Workout

Start Time: Finish Time:

Cardio

Exercise	Time	Distance	Intensity	Speed	Calories	Notes

Strength

Exercise	Kg Reps	Kg Reps	Kg Reps	Kg Reps	Kg Reps

REST & RECOVERY

STEPS TO SUCCESS

Rest days allow your muscles and endocrine system to bounce back. Additionally every 4-6 weeks you should have a light week to allow your body to adapt/improve, or else you will keep fatiguing and actually start to see a decrement in your performance in training and competition (i.e. overtraining).

Recovery sessions are a great idea on the day following big training sessions or races. This can include pool/ocean swim or light walking and mobilisation (try wearing compression gear) and help increase blood flow to the areas without causing further fatigue, allowing you to get back to training harder sooner.

Post session acute recovery techniques should be completed after every session and include your cool down exercises, nutritional supplementation (protein, simple

carbohydrates, hydration and electrolytes) and contrasting temperature showering/ice baths.

Tapering should be factored into your competition training program. Depending on training load and the event, usually step back the training volume a week out from event.

Make sure you are getting at least 8 hours sleep a night for maximal physical recovery. When used well these rest days, recovery sessions and techniques, as well as tapering, will mean you recover better form every session, allowing you to train harder and avoid injury, thus optimising performance!

Purchase online at
www.nxtlevelsport.co.nz

NEIL RUSSELL
BA(Hons) HMS,
AEP, MAAESS



INTENSE TRAINING - IMMUNE SUPPORT



SIGNS OF FATIGUE & OVER-TRAINING

Performance related: reduced performance, unexpected effort during training, that is, finding the same session more difficult; decreased work capacity and fatigue.

Physiological: increased basal metabolic rate, change in blood pressure. This is due to a decrease in LH and oestrogen which reduces the capacity of calcium and could lead to low bone mineral density, in some cases causing stress fractures. Other physiological symptoms may include decreased body fat and loss of co-ordination.

Psychological: change in sleep patterns, emotional instability, feeling of depression, fear of competition, lack of appetite, apathy and difficulty in concentrating.

Biomechanical: decreased muscle glycogen, decreased free testosterone, and increased cortisol levels, elevated C-reactive protein. The level of C-reactive protein rises when there is inflammation in the body.

Immunological: increased aches and pains, upper respiratory tract infection, suppression of the immune system, elevated chance of illness and colds and allergies. These symptoms occur because the body focuses more on the elimination of intracellular viruses and bacteria rather than that of extracellular pathogens.

NUTRITION

BALANCING THE FOOD GROUPS

CARBOHYDRATES

The facts: Carbohydrates are very important for athletes; they provide the most easily accessible form of energy for the body. Carbohydrates, when broken down, provide glucose that is absorbed into the blood. Some glucose remains in circulation to maintain healthy blood glucose levels (BGL), while the remainder is stored as glycogen in the muscles and liver (these storage facilities are limited) and overage is converted to fat for long-term storage.

Where to find carbohydrates: The best form of carbohydrates are those with a low GI and that exist naturally within nutrient dense foods, as opposed to “empty” sugars (e.g. refined sugar, cordial, lollies, soda etc.). Nutrient dense carbohydrates include those from vegetables, fruit, whole grains, legumes and low fat dairy. There are, however, special circumstances where rapidly absorbed simple sugars (e.g. those in sports drinks) are required to maintain energy during endurance events.

DAILY CARBOHYDRATE NEEDS FOR FUEL AND RECOVERY		
EXERCISE	SITUATION	CARBOHYDRATE TARGETS
Rest day	Minimal activity	2-3g per kg BM
Light	Low-intensity or skill-based activities	3-5g per kg BM
Moderate	Moderate exercise programme (1 hr/day)	5-7g per kg BM
High	Endurance programme (i.e. moderate to high intensity exercise of 1-3 hr/day)	6-10g per kg BM
Very High	Extreme commitment (i.e. moderate to high intensity exercise of >4-5 hr/day)	8-12g per kg BM

BM = Body Mass

PROTEIN

The facts: Proteins are made up of long chains of amino acids (the “building blocks” of proteins). Protein is required for multiple functions throughout the body. For an athlete, protein is most important for muscle repair and growth. If you’re aiming to enhance strength, power and muscle size, then you need higher intakes of protein. Elite endurance athletes also have a huge protein demand due to the muscle breakdown that can occur during such events.

How much protein is enough? Many athletes tend to unnecessarily overdo their protein intake, consuming large doses of protein in the forms of large shakes and bars. Research, however, has shown that the benefit of protein consumption for recovery may be more in the timing than the quantity. A dose of 20g during and/or immediately after (within 20 minutes) of training tends to maximise protein synthesis rates. Supplementing with additional BCAAs will also greatly enhance muscle protein synthesis for efficient recovery and muscle growth.

RECOMMENDATIONS FOR PROTEIN INTAKE	
GROUP	PROTEIN INTAKE (g/kg/day)
Non-active men and women	0.8 - 1.0
Elite male endurance athletes	1.6
Moderate intensity endurance athletes (a)	1.2
Recreational endurance athletes (b)	0.8 - 1.0
Football, power sports	1.4 - 1.7
Resistance athletes (early training)	1.5 - 1.7
Resistance athletes (steady state)	1.0 - 1.2
Female athletes	~15% lower than male athletes

(a) Exercising approximately 4 - 5 times per week for 45 - 60 mins
 (b) Exercising 4 - 5 times per week for 30min at <55% VO₂peak

TO MAXIMISE MUSCLE PROTEIN SYNTHESIS

20g protien

20 MINS AFTER OR DURING TRAINING



NUTRITION

SAMPLE DIET FOR A MODERATE TRAINING PROGRAM

BREAKFAST

- 2 pieces of wholegrain toast
- 2 eggs, scrambled, poached or boiled
- ½ avocado (spread on toast)
- 1 large banana
- 1 glass fresh squeezed fruit juice
- Coffee

MORNING SNACK

- 1 apple
- 3 wholegrain crisp bread spread with nut butter

LUNCH

- Chicken and salad wrap made with:
- 1 lebanese bread
- ½ avocado
- 100g chicken
- Lettuce, tomato, cucumber, mushrooms
- Cheese

AFTERNOON SNACK

- Protein shake made with whole milk (or milk alternative)
- 1 handful raw almonds or small tin of tuna

DINNER

- 200g salmon or lean red meat (seasoned with herbs)
- 1 small sweet potato
- Broccoli
- 1 corn on the cob
- ½ cup carrots

EVENING SNACK/ DESSERT

- Fruit salad
- 200g natural yoghurt

DRINKS

- Aim to consume at least 2L of water/day
- Add an additional litre for every hour of physical activity

**TRAINING
APPROX. 1
HOUR/DAY**

***THIS DIET IS SUITABLE
FOR A 70KG MALE
AIMING TO BUILD
MUSCLE MASS AND
STRENGTH OR TRAIN
FOR ENDURANCE EVENT.**



NUTRITION

EATING WELL + KEEPING HYDRATED

BCAAs naturally occur in a range of protein-containing foods including red meat, chicken, fish, eggs, certain nuts (e.g. peanuts and almonds), pure whey protein, lentils and specific beans (e.g. soy beans). In order to achieve therapeutic doses, BCAAs can also be taken as a supplement.

Eating before training depends on the length of the training session:

- Training session 1 hour or less: a small snack 1 hour before will help with the energy levels for the session - handful of raw nuts, seeds and dried fruit, banana, piece of toast.
- Training session 1.5 hours or more: 30-60g of carbohydrates need to be consumed per hour.
- Throughout long training sessions (i.e. those lasting longer than 1 hour), or endurance events, regular ingestion of carbohydrates, amino acids, water and electrolytes are shown to be beneficial.
- During these periods it is important to look for supplement options that are easily digested and absorbed in order to achieve benefit and reduce the risk of intestinal upset which can hinder your performance.



COMPETITION WEEK NUTRITION

To increase your glycogen (stored carbohydrates) levels, carbohydrate intake should be slowly increased during the week before the event.

Increase your carbohydrate intake to 50% of your daily calories for days 5-7 before the race. For days 1-3 increase carbohydrate intake by 70%.

For every gram of glycogen, the body holds 3g of water so up to 2kg can be gained over this period, with the extra water being beneficial for race day too.



NXT LEVEL

www.nxtlevelsport.co.nz

TAKE YOUR GAME TO THE NXT LEVEL