

JACKED AND SHREDDED

101 Must Have Tips

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Jacked and Shredded: 101 Must Have Tips

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Please consult your physician before starting any exercise program. Bach Performance cannot be held responsible for any injury that may occur while participating in the implementation of these tips.

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First off, I want to thank you for downloading this e-book. This project has been something I have wanted to do for quite some time. I constantly work to improve as a coach and simplify the overabundance of training information available to my readers.

I am here to help you sift through the heap of information on the fitness industry, and put trusted tactics and methods into place to maximize your results.

Compiling this cumulative list of tips has been the result of analyzing my philosophies on nutrition, performance enhancement, and recovery, while consulting with some of the best coaches in the business. I want to thank the coaches that have contributed to this e-book, and shared their unique expertise.

This book is not meant to be read from start to finish; rather, it is meant to be read piece by piece to analyze which tips will provide maximum benefit for your goals. I would suggest printing the list and keeping it handy when designing your workouts or attaching to your workout log. This will keep your methods in check, and your goals within reach.

Please enjoy the book. If you have any questions and/or comments about this book, please email me.

Thanks for reading,

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BACKGROUND

What you are about to read is a master list of the best tips for building an unbreakable foundation and optimizing training, nutrition, and recovery for building high performance muscle.

Although the fitness industry has made dramatic improvements, many athletes and "Average Joes" use lackluster programs, often filled with juiced-up routines and volume that can only be supported by a completely devout lifestyle and that special vitamin "S."

To those of us at Bach Performance, these programs may develop slabs of muscle, but many lack the ideals to help you function outside the walls of the gym.

Is there any point to being yoked out of your gourd if you lack the ability to play in a pickup basketball game, recreational flag football league, or chase your kids around the block without tripping over your feet?

Hell no, not for most people.

101 Tips to Jacked and Shredded is the complete package when it comes to providing vital information on building superhuman strength, a chiseled physique, and unparalleled athleticism.

In other words, these tips will finally help you get *strong, shredded, and athletic on your terms.*

Program Components

The Foundation:

The foundation is a list of time-tested methods and principles vital to success. Principles are few, but they never change. Tips in this section are sound, and have stood the test of time. A strong foundation will

provide a structure, a blueprint, for the training, nutrition, and recovery methods provided while supplying the mental qualities necessary to build a physique that is elite, both aesthetically and athletically.

Training:

Training will provide the necessary physiological change to improve strength, body composition, athletic performance, and numerous health biomarkers. In addition, the discipline, passion, and perseverance required for long-term training will lead to drastic improvements in all areas of life.

Nutrition:

Proper nutrition is an integral variable for optimizing the physiological response to training. Proper nutrition and implementing sound nutritional strategies require discipline in the presence of social pressures. More than any other factor, having sound nutritional principles focused on healthy choices like vegetables, grass-fed and cage-free protein sources, nuts, and clean drinking water will lead to drastic improvements in all health biomarkers. It is possible for the genetically elite to achieve “good” results without sound nutrition, but we aren’t striving for “good,” we are striving for great.

Recovery:

Recovery is the vital counterpunch to the breakdown of your body from training. Without the recovery process, super compensation, or the increase of performance capacity, cannot take place. Recovery is the most often neglected aspect of training, as many overzealous athletes remain in a constant state of overtraining. Recovery methods are driven by proper programming, rest, sound nutritional strategies, and advanced healing methods. If there is no recovery, there is no growth.

The Foundation

- 1. You Must Condition:** Conditioning work is vital for both health and performance. You can be the biggest, fastest, strongest athlete on the field, but it doesn’t mean a thing if you can’t perform at a

consistent level. You can do sled pushes, incline walking, sprinting, hiking, or whatever floats your boat. Get your heart rate up, challenge yourself, and get better.

2. You Must Lift Weights: Resistance training is necessary to create an overload stimulus to build bigger, faster, stronger, healthier, and more stable bodies. Need I say more?

2. You Must be Consistent: Consistency is the name of the game. Strength and athleticism are not a six-week program, or even a six-month pursuit. Strength, fitness, health, and athleticism are lifelong pursuits that require constant dedication and work ethic.

P.S. Need a hang with consistency? My [online training clients](http://bachperformance.com/online-personal-training/) have workouts scheduled into their smart-phones with daily reminders for both them and I. Meaning I get to check in daily to help improve consistency and keep you on track.

<http://bachperformance.com/online-personal-training/>

4. Be Goal Oriented: Pick a goal and go all in towards that goal. Don't deviate, don't get your undies in a bundle and don't change your mind in three weeks. Real change takes perseverance. Keep goals attainable: start small and ensure consistency; this will lead to behavioral change, rather than a quick fix.

5. If Something Hurts, Stop Doing It: Pain is a warning sign that something is not right; we can all agree on that. Unfortunately, most gym goers wear the motto "No Pain, No Gain" as a badge of honor. WRONG! If your Ferrari started smoking under the engine, and the check engine light is on would you say screw it? Hell no! You'd get it fixed.

6. Train Around Injuries: If you push your body to the limits injuries will happen; it's just the nature of the game. But, these should not derail you from your ultimate goal. Find ways to train around injuries to stay on track while returning to full health.

7. Progressive Overload: You know that guy whom benches 185 pounds, for 3x10 every day? He is the same size, same strength, same

dude he was three years ago. You **MUST** use Progressive Overload to stress the system to a new level to increase your fitness, whether its weights, sprints, or distance running. Adaption must be forced; add weight to the bar, reps on your sprints, or speed to your run.

8. Perform a Movement Assessment: Movement assessments provide vital information about the stability and mobility of your joints. The last thing you want to do is build on top of a dysfunctional foundation. This only leads to injury. Seek out a qualified fitness professional and have an assessment performed. FMS and the basic overhead squat are good solutions.

9. Utilize Four Factors for Goal Setting: When setting your goals, make sure they are specific and measurable. Write your goals down, and be realistic with your timeline. Keeping goals within these guidelines will lead to better adherence, behavioral change, and, most importantly, results.

10. Work Through Adversity: We can all point to something each day that could be used as an excuse to feel sorry for ourselves. Leaders push beyond these thoughts; they stay the course. Leaders have their goals on the forefront of their mind at all times and find a way, no matter what.

11. Keep a Positive Mindset: Your mental attitude and outlook will either make or break your success in achieving your goals. When you believe in your goal, and the process outlined to accomplish it, nothing will stop you from achieving it.

12. Make your Health a Lifestyle: What we eat and how we train need to be a lifestyle. The earlier we adopt a lifestyle conducive to our goals and sound health, the sooner we reach our goals and the greater influence we can have on others.

13. Make Workouts Enjoyable: Make exercise fun and explore a wide variety of options, whether hitting the gym or playing with your kids. Enjoying exercise increases your consistency, frequency, and results.

14. Develop a Social Group: Keep family, friends, or a coach involved in your fitness routine with activities such as group workouts, cooking healthy meals together, or weekly *[Skype calls and email access like I use with my online clients](#)*. Healthy decision-making and talking about your progress is contagious. Not only will this help develop healthy behaviors, you'll also speed results and reinforce the healthy choices you're making, even when it's tough to pass up a good time.

15. Do at Least One Thing Toward Your Goal Everyday: Consistency yields results, whether you are hitting your macronutrient requirements or writing out your workout. Consistently pursuing your goal, even while completing miniscule tasks, will lead you closer every step, every day, every week, until you've made it your reality.

16. Keep Goals Visible: How bad do you want it? We all have individual goals, and results are our biggest motivation. Keep your goals somewhere you will see multiple times throughout the day, such as the bathroom mirror, fridge, or office desk. If your goal is to lose weight, keep a picture in your wallet of the body that you are trying to achieve. When you're about to "cheat" or skip a workout, take out your goals and review them; this will help you stay the course.

17. Assess and Measure: Take baseline measurements and performance assessments. Re-test every four to six weeks to see improvement. Constant evaluation is key when trying to improve performance levels. It provides the opportunity to see how effective a program is, and what changes need to be made. Re-testing provides an optimum time to evaluate goals and ensures progress is being made in all areas.

P.S. LIKE THE FOLLOWING TIPS?

As your coach, I'll help you build new habits while giving you personalized training and nutrition coaching to help you shred fat, build muscle, and improve your athleticism.

Here's what one Client said:

"Eric's coaching is essential to my training. He breaks down complex scientific topics and applies them to my training. My lifts have jumped 100 to 200 pounds each. You won't find a better coach."

-Raven Cepeda, Powerlifter and Team USA Decathlete

Fill out the form here for a [free 30-minute consultation](#) to start the conversation.

<http://bachperformance.com/online-personal-training/>

Training

18. Do Hill Sprints: Hill sprints are grueling hard work that will toughen your body and mind. Start easy with two days per week of 4-6 60-80 meter hill sprints at 75 percent max speed to build a chiseled physique and regain your athleticism. Take plenty of time to rest, approximately 60-90 seconds, upon returning to the bottom of the hill.

19. Train Anaerobic and Lactate Threshold: Mixed Martial Arts (MMA) athletes undergo some of the most brutal, high intensity training imaginable, and have the physique to show. It is vital for them to recover quickly and maintain power in the cage. Training at your

anaerobic max provides incredible body composition, health, and endurance benefits both in and out of the ring.

20. Jump: Jumping is a great way to improve explosive power, quickness, and coordination. [Jump rope](#), jumping jacks, box jumps, and/or hurdle hops.

21. Train With Low Reps: Training with lower reps (one to five) and higher intensity will build strength and explosiveness, two very important traits when working to create a healthy and athletic physique.

22. Train Outside: Training outside is liberating and refreshing. Perform hills sprints, a bodyweight circuit, or grab some sandbags, kettlebells, and some friends and see what you come up with. Get creative, challenge yourself, and have fun!

23. Deadlift: Learn to do it correctly as it's the most "functional," badass movement you can perform. Picking up heavy things off the ground will make you one big, "BAMF."

24. Focus on Posture and Form: Stop rounding your back to pick dumbbells (or anything else for that matter) up off of the floor. These poor habits will lead to injuries when lifting and poor posture during your daily activities. Always use a flat back and big chest.

25. Challenge Your Grip: A strong grip and forearms are awesome, who doesn't envy Popeye? Use Fat Gripz, Grip 4orce, plate pinches, farmer walks, or wrap towels around bars and dumbbells to stimulate new forearm growth and grip strength.

26. Perform a Dynamic Warm-Up: Perform a warm-up of foam rolling, jumping, 3-D lunges, push-ups, or medicine ball throws. These exercises increase blood flow, improve movement quality, and ramp up

your nervous system to increase your performance and decrease injury risk.

27. Stop Performing Burnouts: Performing an exercise to failure on a consistent basis leads to a fatigued central nervous system (CNS), eventual burn out, and injuries. Performing sets to failure is okay on occasion, but keep it to every few weeks.

28. Don't Program Hop: Program hopping will leave you weak, small, and will prevent you from accomplishing your goals. *[My clients stay on their routines for 4-6 weeks](#)* before slight tweaks to keep stimulation going. After that, we continue on the path to success with overload on big lifts and training for performance.

Honestly, screw muscle confusion, it's for the weak minded and undisciplined if overused.

Learn to spot a good program, such as *5/3/1*, and stick with it for a minimum of eight to twelve weeks. Pick productive exercises, such as the bench press, squat, or deadlift, and master them.

29. Perform Speed deadlifts: Once you develop a strong base of strength, say 1.5-2 times your bodyweight, implement some speed deadlifts to avoid stagnation. Consistently grinding deadlifts can fry the nervous system for weeks, and leave you more susceptible to injury. Instead, use 55-70 percent of your max to be quick off the floor and strengthen your lockout. For more deadlift tips check out [this killer post on explosive deadlifts](#).

30. Ditch Barbell Rows: If performing heavy squats, deadlifts and good mornings, ditch the barbell row. Barbell rows, when used in conjunction with heavy barbell lifts, will fry the lower back. Opt for lower back friendly options such as dumbbell rows or TRX rows to provide growth stimulus to the posterior chain.

31. Perform a Baseline Program: It is important to train with correct form from the start, especially for those that are novices. Form is often

bypassed to put plates on the bar, resulting in poor technique and movement dysfunction. Most college freshman and professional rookies go through a baseline program before any strength coach will let them participate in the actual program due to these issues. Avoid it altogether, and perfect technique from the start.

32. Play a Recreation Sport: Try to make your conditioning enjoyable by playing sports. Former athletes will find pleasure in doing sport specific conditioning to feel "youthful" again and improve performance in recreation sports, such as flag football, softball, and volleyball. Competitive athletes will receive the most functional conditioning possible for competition. Tap into your competitive drive and take your conditioning to another level.

33. Low vs. High Bar Squatting: There are two different styles of bar placement during a squat: the high bar and the low bar. The low bar squat better recruits the posterior chain, strengthening the erectors, glutes, and hamstrings to a greater degree. These muscles are often weak and underactive, leading to back and knee pain. Implement the low bar position for optimal athletic enhancement and posterior chain development.

34. Be consistent with Corrective Exercise: Corrective exercise is vital, especially for those with sedentary jobs, who are aging, or have pre-existing conditions. Once you start feeling better don't stop with the exercises, continue to improve movement. Don't let pain be your indicator!

35. Stay on Your Feet: Too often jobs lead people to sit for much of the day. The result is internally rotated shoulders and tight pecs, poor thoracic mobility, tight hips, and de-activated glutes. Counteract these issues by moving as much as possible at work, doing light stretching, and standing or walking whenever you can.

36. Try a Specialization Workout to Attack Weaknesses: Weak in the hole on your squat? Sick of pipe cleaner arms? Try short-term, intense specialization workouts that focus directly on your weaknesses. Other training variables go into maintenance mode while training stimuli and recovery are focused on the intense specialization taking place.

37. Movements Not Muscles: Train the body through a variety of movements such as squatting, hip hinging (deadlift), vertical pressing, vertical pulling, horizontal pushing, horizontal pulling, lunging, jumping, hopping, and skipping. Bringing up lagging body parts through assistance work can be beneficial, especially if your goals are aesthetics only. However, everyone should be able to perform these movements with some proficiency.

38. Don't Skip Leg Day: Leg days are physically and mentally grueling. Not only are they vital for strength and physique athletes in competition, they display elite work ethic and dedication.

39. Use Gymnastics Rings: Consistently performing chin-ups on a straight or fixed bar can wreak havoc on your wrists, elbows, and shoulders. Opt for the rings to reduce joint stress. Beware, however, ten or twelve reps on a fixed bar may only be five or six reps on rings, so don't get too frustrated if you notice a decrease in reps.

40. Suffering From Knee Pain? Focus on Hip Dominant Exercises: Unbalanced programming and quad dominant exercises, such as distance running, often lead to gym-related knee pain. It seems illogical to continue unbalanced programming, but flipping the script to focus on the hamstrings and glutes can increase support for the knee. Making programming hip dominant exercises into your workouts a priority.

41. Train Glute Activation: It's important to teach the glutes to fire individually. Underactive glutes can cause extreme tightness of the hamstrings and hips, making them more prone to strains while increasing lower back stress. Isometric exercises, such as glute bridges

and bird dogs, should be implemented in the dynamic warm-up with two-sets of 30 seconds each.

42. Shoulder Mobility, Flexibility and Stability: Shoulder mobility, flexibility, and stability are necessary for longevity in the ring, in the gym, and on the field. Being stable in different planes of motion and every postural position is crucial for joint health and a prolonged healthy career for athletes. Use dynamic drills such as hand walkouts, static holds, myofascial release, and static stretching to stay healthy.

43. Avoid Static Stretching Before Lifts: Overstretching before lifting is a common mistake in the gym. Static stretches held for 30 seconds or longer will zap your power production. Stick with dynamic drills and short duration isometrics for increased muscle activation and power production.

44. Try Box Front Squats: Box front squats teach athletes to sit back, stay upright (activating the anterior core), and drive through the heels. Keep repetitions low as the upper back generally fatigues before the legs. Five or six sets of one through five reps work like a charm.

45. Get a Training Partner: Train with someone stronger, bigger, and/or smarter than you. Everyone needs a coach, and even the most experienced athletes develop flaws in techniques and exercise. Training partners provide an awesome motivational and competitive atmosphere to maximize gains.

46. Perform RKC Planks: RKC planks are a front plank with an evil twist. Set up as you normally would for a plank, but flex your quads, squeeze your glutes, and imagine trying to bring your elbows and toes together. Do four-sets for 20 seconds; they are phenomenal at offsetting anterior pelvic tilt and creating full body tension.

47. Ditch Forward Lunges for Reverse Lunges: Reverse lunges are a great, knee friendly alternative to forward walking lunges. Keep the chest tall, reach your foot back as far you as can and step back. Drop the weight 10-20 percent for reverse lunges, and alternate every six weeks between forward and reverse lunges for healthier knees.

48. Implement Board Presses: Board presses limit the range of motion in a barbell press, which is great for athletes with shoulder injuries, weak on the lockout, or looking to get stronger. Board presses overload the triceps in a shorter range of motion, aiding athletes in becoming used to heavier loads without overbearing joint stress. Switch out barbell bench presses for board presses to see shoulder health improve and bench numbers jump through the roof.

49. Bring Your Own Music: Chances are the music at your gym will not be conducive to your lifting intensity. If that's the case, bring whatever music gets you going, and get in the zone. Pick music specific to your training, such as hard rock for lifting or a laid back song for stretching and recovery.

50. Do High Intensity Interval Training (HIIT): For conditioning work, perform either high intensity work such as sled pulls, weighted carries, sled pushes, sprints, or stair runs. Consistent, steady state cardio such as jogging can be extremely catabolic on the body due to the number of foot strikes and cumulative force placed upon the body.

51. Pull More: Keep pulling to pushing volume at 2:1 (or even 3:1) if you are susceptible to shoulder injuries. Between each set of pushes, add in a set of band pull aparts, shrugs, rows, rear delt raises, or any other exercise to work your back.

52. Train Heavy When Dieting: Whether you are dieting down for a show or a beach party, make sure you train heavy. Using heavy loads of 85 percent or more in your lifts will improve testosterone production, maintain strength, and preserve muscle mass better than high rep sets

when in a caloric deficit.

53. Do Total Body Workouts: When you are short on time or new to the game, total body workouts are the way to go. Focus on big, compound movements such as the bench press, squat, and clean. Performing these three times per week, rather than one time in a body part split, will lead to better technical proficiency and gains in size and strength.

54. Protect the Elbows: The dead hang position places all of the stress on ligaments and tendons rather than the muscles, a situation that should be avoided when possible. Keep a slight bend in the elbows to keep muscle tension and avoid excess elbow stress.

55. Carry Heavy: Weighted carries are phenomenal for dynamic core strength and stability, grip strength, conditioning, and growing a huge pair of cajones. Farmers' walks, dumbbell carries, kettlebell cross walks, and tire carries are all great options. Add two carries per week as a finisher.

56. Start Lift Progressions with PVC Pipe: Begin learning the basic lifts with a PVC pipe or broomstick to nail down movement mechanics. Learning the progressions step by step will optimize movements for quicker progression over time.

57. Perform Depth Jumps: Depth jumps should be performed by themselves, not in a complex. I recommend two or three by five by eight reps two days per week. Rest two minutes (or more) between sets, 10-15 seconds between reps, and practice mobility work and/or relaxation exercises. This will feel deceptively easy, but depth jumps are very taxing, so don't skip on the rest and program them very carefully.

58. Get Strong First: You must have a strong base of absolute strength before working directly on explosive work. This is a common flaw in

programming, as most athletes are not strong enough to safely and effectively implement plyometric training into their programs. Most organizations recommend developing a 150-200 percent max barbell back squat relative to body weight before being ready for a plyometric workout. For example, a 165-pound athlete should be able to squat between 250-330 pounds before implementing tons of plyometric movement.

59. Train the Glutes to Increase Speed: As the powerhouse of the body, the glutes are often under activated and underutilized. As it pertains to speed, the glutes play a primary role in the horizontal propulsion required for maximal speed development. Load up the bar and get to work on glute bridges and squats to speed past the competition.

60. Rest Between Sets: It is far too common for athletes, being incredibly amped for the next lift, to skip on rest, and miss the lift. Use a minimum of three to five minutes on top end strength sets. During your rest period perform foam rolling, mobility work, and static stretching of non-competing muscles.

61. Make Your Own Glute Ham Raise: If you don't have a glute ham raise at your gym, utilize the back of a bench or have a partner hold your ankles. The glute ham raise is uber-effective for posterior chain development and preventing hamstring strains.

62. Use Partial to Avoid Stick Points: Train partial movements such as hang cleans, pin presses, and board presses. Partial allow athletes to strengthen weak points, overload the CNS to adapt to heavier load, and promote new growth.

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Nutrition

63. Switch from a Carb/Protein blend to BCAA Drink: Branch chain amino acids (BCAAs) will provide the necessary building blocks for protein synthesis and muscle repair from a tough gym session while providing fewer calories than a protein/carb blend. [BCAA](#)'s are the best post-workout option for those looking to get as lean as possible.

64. Drink More Water: A two percent drop in body water results in impaired neuromuscular coordination, decreased concentration, and slower reaction times. Dehydration reduces endurance, muscular strength, anabolic potential, and causes cramping. To find your ideal water intake, divide your body weight in pounds in half and shoot for that in ounces per day!

65. Take High Quality Fish Oil: A high quality fish oil supplement is a must have. Look for a supplement containing at least 300 mg of epa +dha per one gram serving. Benefits of Omega 3 fish oil include improved cardiovascular function, decreases inflammation, improved insulin sensitivity, and improved immune function.

66. Carb Backloading: I Utilize carb backloading with [many of my online clients](#) to decrease the number of insulin spikes daily, helping you lose body fat. Carb backloading reverses common dietary practice and preaches the idea of focusing carbs at night.

Increasing carbs at night increases relaxation and serotonin production, leading to better sleep and recovery. In addition, consuming carbs at night often lends well to the social aspects of dinner.

67. Calories In vs. Calories Out: It may be basic, but calorie balance still matters. If you want to lose weight, you need to be burning more calories than you are consuming. If you want to gain weight, you need to be consuming more calories than you are burning.

68. Pre-Workout Supplements: There has been no research proving that pre-workout supplements, such as NO₂, have any benefit on strength and size gains. Due to effective marketing, however, these supplements are extremely popular, but often lead to athletes overreaching their abilities. Rather than a sugary, colorful jug of a pre-workout supplement, try green tea, black coffee, or [T+ by Onnit](#), a stimulant free, all-natural pre-workout designed to improve your strength and power output.

69. There is No Perfect Diet: Intermittent fasting, carb backloading, six-meals per day, Atkins... the list goes on. All diets have their pros and cons, but there is no perfect diet. Find what style of eating best suits your busy lifestyle, and then implement it with high quality food choices and discipline. Using this method, you will see great results.

70. Keep Carbs Low Until Post-Workout Meal to Lose Fat: Looking to lean down and get jacked for your next "suns out guns out" party? Keep carbs low until your post-workout meal. At this point, have 30-50 grams of protein with 30-50 grams of carbs. Keeping carbs low until the post-workout period will promote the burning of stored fats as fuel before and during your workout.

71. Drink Your Post-Workout Shake During Your Workout: If you are looking to gain muscle or enhance performance, consuming your carb/protein blended shake will provide a constant stream of nutrients

to maximize your anabolic potential. In addition, carbs consumed intra-workout will jumpstart recovery and prolong the onset of fatigue.

72. Precision Nutrition: If you haven't checked out Precision Nutrition, you are behind the eight ball. PN provides phenomenal content through e-courses and articles. Whether you are looking to bulk up, get cut, or just want to make better dietary decisions, PN is the go-to resource for nutritional information.

73. Aim for a Two-Fist Size Serving of Protein with Each Meal: A fist size serving of protein usually equates to 20-30 grams protein. Two fists would bring each meal to 40-60 grams per day. Multiple this by the number of meals you have per day to make sure you are getting enough protein. I recommend one gram of protein per one pound of bodyweight.

74. Bring Healthy Options on the Road: Travel, whether for work or pleasure, can be a major disruption to an otherwise proper diet. Rather than stopping for fast food in the airport or while on the road, pack your own healthy options such as raw nuts, beef jerky, vegetables, or dried fruit.

75. Replace Grains with Greens: Eat vegetables first at every meal. Not only will this make sure that you consume your veggies, it will also fill your digestive track with healthy enzymes to jump-start the digestive process with unprocessed, all natural foods. The high fiber content will also fill you up faster and prevent you from overeating.

76. Chew More: Make it a goal to chew your food 20-30 times per bite before you swallow. Chewing stimulates the release of amylase, a digestive enzyme that begins the breakdown of carbohydrates. The digestive process starts as food enters your mouth, so take advantage of this time to absorb more nutrients. More importantly, it takes 20 minutes for fullness signals to begin...did it take you 20 minutes to eat your last meal? Didn't think so.

77. Use Smaller Plates: When people eat, it's customary to clear the plate. Using a smaller plate will teach you better portion control. Try to fill your plates with one half veggies, one-third lean protein, and, optionally, a small portion of carbohydrates if it supports your training and body composition goals.

78. Drink Green Tea if You're Sick of H2O: Green Tea is an antioxidant powerhouse. Recent studies show that epigallocatechin-3-gallate (EGCG), a prominent compound in green tea, can increase certain antibodies in the blood known to stop the replication of certain cold and flu viruses in their tracks.

79. Take Creatine: Creatine is the safest, most researched, and most effective sports performance supplement on the market. In addition to sports performance benefits, creatine is now being researched as a study and cognitive aid. Stick with creatine monohydrate; it is the best-priced and most effective creatine available.

80. Make Supershakes: Supershakes are a great meal replacement if you are short on time, but need quality nutrition. In addition, shakes are a great source of high quality nutrition for those looking to build muscle. Take one or two scoops of protein (I prefer [Onnit Hemp Force](#) or [Biotrust Low Carb](#)), a veggie (I prefer spinach), a fruit, a fat (nuts, coconut oil), and a topper (such as a square of 90 percent dark chocolate). Throw it all in a blender and enjoy!

81. Eat Healthy Fats Daily: Get a balance of saturated, monounsaturated, and polyunsaturated fats into your diet. Aim for an equal balance of each, with 30 percent of total calories coming from fat sources. Great sources include grass fed beef, coconut, eggs, and avocado.

82. Minimize the Damage: On cheat days, perform this circuit before a big meal: 15 pushups, 15 squats, five reverse lunges per leg and ten band pull-aparts. Muscle contractions stimulate Glute-4, which comes to the surface of the muscle to soak in nutrients. This strategy helps your body partition the excess calories being consumed into your muscle cells rather than being stored as fat.

83. The "Sunday Ritual": If time is a barrier to eating healthy, start performing the Sunday ritual. Take a few hours each Sunday to plan out and prepare healthy meals for the week. This leaves free time during the week and will help you stick to your diet.

84. If you dislike Veggies...: Suck it up. Otherwise, consider a greens supplement. Veggies and greens supplements are rich in vitamins, minerals, and antioxidants. In addition the alkalinity of greens are an underrated variable for overall health and exercise recovery.

85. Avoid Under Eating: This will send your testosterone plummeting while compromising immune function, recovery, and increasing the risk for bone and ligament injury, especially for competitive athletes. Opt for better quality nutritional choices before sharp calorie decreases.

86. Avoid Plastics: Avoid eating and drinking out of plastics, specifically those that are not BPA free. BPA and chemicals in plastics can mimic estrogen in the body, zapping your hard earned testosterone and negating your hard work in the kitchen and gym.

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Recovery

87. Increase Kcals When Injured: The inflammatory response to injury can increase BMR (basal metabolic rate) by 15-50 percent, depending on severity of the injury. Increase calories with lean sources of protein, slow digesting carbohydrates, healthy fats, and vegetables to increase the speed of healing and get back to competing.

88. Deload: Take a week every eight-to-twelve weeks (or more frequently if you lift heavy), and back down the volume, intensity, or both. This will keep you motivated, promote super compensation (increased performance capacity), and prevent overtraining and injury.

89. Seek Qualified Injury Professionals: Don't self diagnose and try to fix injuries yourself; instead, you should outsource to qualified professionals. ART and MAT can provide quick fixes for many injuries while preventing new ones.

90. Do your Prehab: Planks, stretches, foam rolling, massage therapy, and activation exercises are boring, but are crucial to success. Luckily, [*most of my programming*](#) takes care of “prehab” in your dynamic warm-up, eliminating confusion before getting to the fun stuff. Prehab exercises will keep you in the game longer, and consistency is the name of the game!

91. Perform Soft Tissue Work: Foam rolling and other soft tissue work are some of the best ways to improve your movement quality and decrease pain. Soft tissue work improves muscular quality, leading to improved mobility and flexibility.

92. Keep In Touch with Family and Friends: Maintaining relationships with the people who helped mold you is a great way to relax and keep a good perspective on life. Healthy relationships are vital to a healthy body and mind. If the body and mind aren't healthy, your results in the gym, office, or court will suffer.

93. Get a Stretching Routine: Each workout creates microtrauma to the muscle, which, over time, causes a shortening of the muscle and restricted mobility. This restriction of mobility and movement increases the chance for movement dysfunction and injury. Stretch each major muscle group to increase flexibility and decrease the risk for injury.

94. Supplement with ZMA: ZMA is composed of vitamin B-6, Zinc, and Magnesium to improve sleep quality while supporting healthy testosterone levels. Sleep is vital and most people don't enough. Use ZMA to optimize recovery through deeper sleep.

95. RICE: If you suffer an acute injury, such as a hamstring strain, avoid trying to stretch it out, this will make it worse. Opt for RICE: Rest, Ice, Compression, and elevation of the injury ASAP. Make sure when icing the injury to apply a piece of fabric between the ice and skin. Ice for ten-minutes (followed by a five-minute break) to prevent any tissue damage.

96. Prehab first: Athletes should perform their prehab at the beginning of their workout. The early emphasis on prehab will allow better focus and execution than the fatigued state most people are in at the end of their workouts while also attaching more importance to injury prevention.

97. Sleep More: Sleep improves exercise recovery, energy levels, dietary decisions, and efficiency at work. Focusing on sleep will decrease cortisol levels while increasing testosterone and HGH. Get at least seven hours of sleep each night, and you will see your recovery and results skyrocket.

98. Take Contrast Showers: Rotate every two or three minutes between hot and cold showers for two or three rounds. Contrast showers have been used to improve the immune system and post-workout circulation. They are brutal, but extremely effective.

99. Take Epsom Salt Baths: Hot Epsom Salt baths draw toxins from the body, depress the nervous system, decrease swelling, and relax the muscles. Epsom salt baths are a great tool, but steer clear of them if you have any kidney conditions or high blood pressure.

100. Low Intensity Aerobics: Low intensity aerobics increase body temperature, circulation, and nutrient delivery. Keeping the intensity low impact, such as walking, will increase recovery between workouts.

BONUS 101- Sacrifices must be made: To achieve excellence in any endeavor, sacrifices must be made. The social aspects of eating and going out to get shitfaced can't be your priority; your nutrition, recovery, and exercise must be. While you don't need to completely neglect things you enjoy, step back, and see where you can improve.

A Personal Invitation

Lets be real, change is hard.

Diet, exercise, and our habits are a product of the environment we grew up in, mixed with genetics, and the people we associate with.

It's not something that's easily changed, especially alone.

Old habits diet hard and new habits are hard to pick up.

The good news is, *there's always room for improvement* and turning small behaviors into monumental changes like getting strong, shredded, and athletic on *your terms*.

If you don't have the strong, shredded, and athletic body you want then it's time you find out what's missing.

It's time to build a body and fitness routine that serves you, rather than encompasses your life.

Altogether, your health is the first wealth and a vital piece of living a richer, fuller life.

*"The key to immortality is first living a life worth remembering."-
Bruce Lee*

Here at Bach Performance many of my clients see rapid transformations, but I'm still not a sell-out for rapid solutions. Change takes time, especially if it's going to be long term, unlike the garbage you see on reality TV fat loss shows.

Instead, I'm about something more important—***long-term behavioral change and sound principles to help you build a show and go body.***

I'll help guide your path to a stronger, shredded, and more athletic body while providing the support and accountability to improve your life. No matter who you are, I promise that you will have ***a life on your terms*** with a high-performance body in your arsenal.

Want to Learn More?

Reach out to me [here on my online coaching page](#) for a 30-minute consultation or on my [contact page](#).

<http://bachperformance.com/online-personal-training/>

Don't worry-I answer all my emails and will get back to you as soon as possible.

In the meantime, think about my advice above and what it means to you. I wish you health and happiness. Stay tuned to your email for your free Six-Day Jumpstart E-Course and exclusive, members only content and workouts. Thanks for reading!

Best wishes,
Eric Bach, BS, CSCS, Pn1

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Chris Markham found his passion in athletics at a young age, mastering the martial arts of Tae-kwon-do, wrestling, judo, jiu jitsu, and Mai Thai. From there, Chris competed at the national and international level of Olympic style TKD. Chris was introduced to the fitness profession through four time Olympian Brian Olson, where Chris mastered his teaching and coaching career and held nearly every job in the fitness industry.

Like What you see? Check out Bach Performance Online Coaching where you can apply for a coaching call to work directly with Eric.

Check it out Here: [**Get Results Now!**](#)