A photograph of a very muscular man, shirtless and wearing white shorts, posing against a bright blue sky with scattered white clouds. He is looking slightly to the right. The text is overlaid on the right side of his torso.

OPTIMAL  
GUIDE  
TO  
YOUR  
BEST  
PHYSIQUE

RAW TRUTH BEHIND  
NUTRITION & TRAINING

KAMERON GEORGE

OPTIMAL  
GUIDE  
TO YOUR  
BEST PHYSIQUE

*RAW TRUTH BEHIND  
NUTRITION & TRAINING*

*KAMERON GEORGE*

All rights reserved. Any portion of this book may not be reproduced or used in any manner whatsoever without the written permission of the publisher. The scanning, uploading, and distribution of this book via any means without the permission of the publisher is illegal and punishable by law. If you would like to share this book, please purchase an additional copy for any person you share it with, or ask them to buy their own copy.

The information provided in this book is not meant to diagnose or treat any medical condition. For diagnosis or any treatment, please consult your own physician. The publisher and author are not responsible for any specific health needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application, or preparation to any person reading or following the information in this book. References are provided for informative purposes only and do not constitute endorsement of any websites or any other resources. Readers should be advised that the websites in this book might change.

Photo Credits: Veronchick84/ Alexey Iysenko/ Design36/ Dedek R.Iegosyn/ Andrey Makurin/ Joshua Resnick/ Stas Tolstnev/ Velirina/ Slonme/ Mikhail Grachikov/ Aliaksei smalenski/ Lightspring/ Dm7/ Spaxiax/ Ambient Ideas/ Spaxiax/ Peogeo/ Sergio Stakhnyk/ Mopic/ Picsfive/Aaron Amat/ Maraze/ Brent Hofacker/ Sarsmis/Shutterstock.com

Copyright © 2015 By Kameron George

[KgFitPhysique](#) offers online training which has become increasingly popular due to its flexibility and personal guidance towards reaching your fitness goal. Your entire fitness regime is personalized including your nutrition and training for a fraction of the price for having a gym trainer. This one-on-one personal training is the best way to achieve your goal in the quickest amount of time and least bit of stress.

[Visit Kgfitphysique.Com](http://Kgfitphysique.Com) For Your Customized Mealplan And  
Training Program Today!

# TABLE OF CONTENTS

## I. OPTIMAL NUTRITION

[Eating Healthy Vs. Achieving Your Goal Physique](#)

[What Is A Calorie?](#)

[Are Calories Bad For You?](#)

[How Does Your Body Use Calories?](#)

[How Many Calories Do You Need?](#)

[Macro Basics](#)

[What Is A Carb?](#)

[What Is Protein?](#)

[What Is Fat?](#)

[Why Track Macros?](#)

[When To Eat Carbs?](#)

[When To Eat Protein?](#)

[How Is Fat Burned?](#)

[Cut Vs. Maintenance Vs. Bulk](#)

[Clean Foods Vs. Dirty Foods](#)

[Vitamins And Minerals](#)

[Importance Of Fiber](#)

[Hydration](#)

[How To Read A Nutrition Facts Label](#)

[Tracking Food](#)

[Food Profile](#)

[Supplements](#)

[Whey Protein](#)

[Creatine](#)

[Multivitamin](#)

[Fish Oil](#)

[Pre-Workout](#)

[Nutrition Priority Pyramid](#)

## II. OPTIMAL TRAINING

[Muscle Groups](#)

[How Do Muscles Grow?](#)

[Choosing An Exercise](#)

[Weight Training Exercises](#)

[How To Warm-Up](#)

[How Much Weight?](#)

[How Many Reps And Sets?](#)

[Rest Period Between Sets](#)

[Training Volume](#)

[Proper Form](#)

[Signs That You Are Making Progress In Your Training](#)

[Central Nervous System](#)

[Rest Day](#)

[How Frequent Should You Train?](#)

[10 Common Training Mistakes](#)

[Training Mentality](#)

### **III. OPTIMAL FITNESS THEORY**

[Common Fitness Misconceptions](#)

[Cardio To Lose Weight](#)

[Toning](#)

[Targeting Fat Loss](#)

[Ab-Training](#)

[Eating Junk Food](#)

[Alcohol](#)

[Too Much Sugar](#)

[Too Much Sodium](#)

[Metabolism](#)

[“I Can’t Gain Weight”](#)

[6 Meals A Day](#)

[Eating At Night](#)

[Eating Fat Makes You Fat](#)

[Working Out Too Much](#)

[Changing Exercises So Muscles Don’t Adapt](#)

[Females Getting Bulky From Weights](#)

[Too Much Protein](#)

[Weighing Yourself](#)

[Losing Weight Too Fast](#)

[Body Adaptations](#)

[How Can I Achieve Faster Results?](#)

[What Is The Best Diet?](#)

[Refeeds Vs. Cheat Day](#)

[Achieving Your Goal Without Tracking Calories](#)

[Resources To Maximize Your Fitness Potential](#)

[\*Helpful Tips\*](#)

[\*Summary\*](#)

[\*Keeping It Real \(Parting Message\)\*](#)

[\*Online Fitness Coaching\*](#)

[\*Contact Info\*](#)

[\*Glossary\*](#)

[\*Bibliography\*](#)

*To my H.S. track coach Mac—  
Without your motivation and belief,  
my success would not be possible.*

## **ABOUT THE AUTHOR**

Born and raised in Brooklyn, New York, I grew up playing basketball, baseball, soccer, track & field and cross-country. As a rookie track runner in the 11th grade, I became a New York City Public School Champion in the 1-mile, 2-mile, 4x800 and cross-country races throughout my last two years of high school. These accomplishments led to athletic and academic scholarships to Norfolk State University where I obtained bachelor degrees in electronic engineering and mathematics. During the summers of college and in between seasons of track and cross-country, I followed a home workout program in hopes of returning to campus with an amazing physique. I was able to attain decent results but it wasn't what I imagined it to be. I began to persistently search the web for new information on nutrition and training in hopes of finding a shortcut to a great physique. I often discovered something that I can improve on, which led to occasional changes to my routine. In attempt to see faster results, I would just run harder and train my abs more frequently.



Hundreds of miles and many ab workouts later, I was still left with skinny arms and barely visible abs hiding under a rounded stomach. I was aggravated knowing that I put in the hard work and patience that every successful athlete preaches about, yet I was unable to transform my “skinny-fat” physique. After figuring out that nutrition played a huge part in achieving my dream physique, I began tracking calories. Though I easily lost weight, I faced issues such as muscle loss, frequent food-binges, crankiness, and a slightly more defined version of my same physique but still not what I imagined. Determined to reach my goal, this led to years of continuous research on anything fitness related. With many trials and errors, I eventually discovered where I went wrong and was able to shape my physique into what I was always wanted it to be. In this

book, I share the valuable information that will lead you straight to the physique you want without the time-wasting issues I had to go through. I've grown to thoroughly enjoy the science behind how the human body works and implementing research to efficiently improve my health and physique. My passion is now fulfilled as a personal online fitness coach where I am able to help others achieve their fitness goals. My personalized fitness plans and services are available at [www.kgfitphysique.com](http://www.kgfitphysique.com)



*“Nothing is impossible. The word itself says I’m possible” ~ Audrey Hepburn*

## PURPOSE OF THE BOOK

This straight-to-the-point book revolves around working smart to attain the results you really want. If people would learn more about how their body functions towards their goals, they would save a lot of unnecessary time and effort. These guided tips and advice serve those who have the motivation to work hard in order to acquire their goal physique and are looking for the most *optimal* way to accomplish their goal. People who will find this book extremely beneficial include those who don't like to "beat around the bush", are interested in the best of quality, or who have attempted to reach their fitness goal several times but have yet to see significant results. For these readers, this guide will allow them to throw any excuses out of the window and take control of achieving their goal physique.

The purpose of this book is to provide quality comprehensive information on how to burn fat and/or build muscle while staying healthy. Nutrition has a major role in this book since working out while paying no attention to how you eat will take you down a road of little to no results. My duty is to show people that they do not have to be limited to certain foods while trying to reach their goal. *Optimal Guide To Your Best Physique* exploits the common habits that are unnecessary, while explaining the ones that actually matter towards achieving the physique you aspire. This information will save a tremendous amount of time towards any fitness goal for beginners or anyone who already has training experience and would like to advance their knowledge on nutrition and training. The basic titles of each section and informative points are structured in a way that the reader can easily comprehend. Think of this guide as a blueprint and vital resource to acquiring your desired physique. With this book, any confusion about reaching your goal is cleared up and the only thing left to do is the work itself.

*"Believe you can, and you're halfway there" ~ Theodore Roosevelt*

***Optimal - the best, most favorable, or desirable, especially under some restriction***

With many ways to pursue your goal, there is always a better or smarter way to get the job done. The role of this guide is intended to produce *optimal* results in terms of nutrition and training. This information will help you filter through the common buzz among the fitness community and fully understand the basics of how the body is able to burn fat and build muscle. This is a simple guide to reaching your fitness goal in the quickest and most efficient way. With the knowledge presented, you'd be sure to take on your goal with total awareness and complete confidence.

# OPTIMAL NUTRITION

*“A journey of a thousand miles,  
begins with a single step” ~ Lao Tzo*

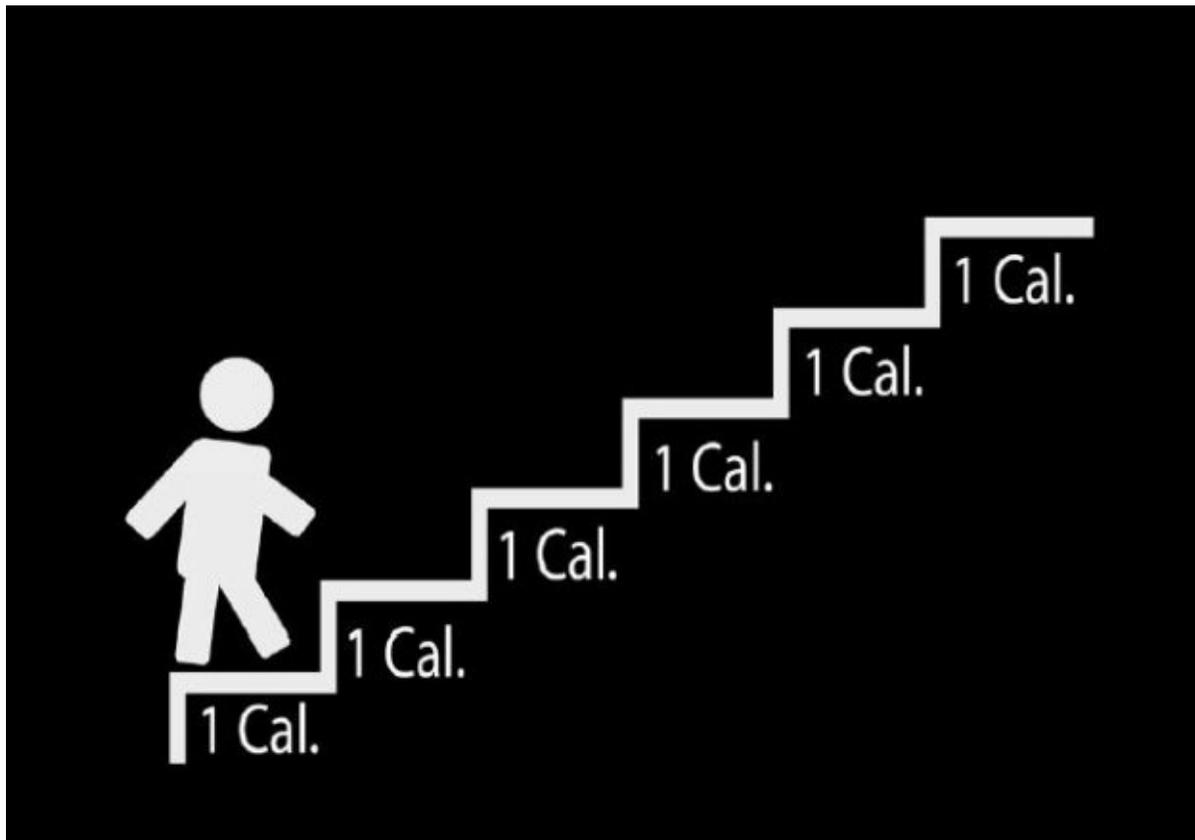
# EATING HEALTHY VS. ACHIEVING YOUR GOAL PHYSIQUE

With the thought of achieving a great physique, people instantly think of eating healthy. Yet eating healthy foods doesn't necessarily mean you're achieving your goal physique. While acquiring your best physique doesn't exactly mean you're eating healthy. To eat healthy generally means you provide your body with enough nutrients to function efficiently. Your body demands a specific amount of micronutrients (vitamins and minerals) and macronutrients (fats, proteins, and carbs) in order to work at its best ability. It is your responsibility to fulfill your body's nutritional requirements in order to maintain good health. Achieving a great physique usually involves losing fat or gaining muscle. In order to lose fat, an individual must be in a calorie deficit where your body burns more calories than the amount of calories you eat and drink. Gaining weight requires one to do the opposite, where in a calorie surplus you consume more calories than the amount your body burns.

Although eating healthy foods has endless benefits, it is just as important to fulfill the requirement of achieving your fitness goal. For example, if your goal is to burn fat and you eat 10,000 calories worth of vegetables each day, you're eating healthy but are consuming too many calories to accomplish your goal. Therefore, it is ideal to eat towards your goal physique while maintaining good health. Both of these objectives are done by consuming the amount of calories that will allow you to accomplish your fitness goal while acquiring sufficient micronutrients and macronutrients so your body can function efficiently.

## WHAT IS A CALORIE?

You hear about calories all the time, but exactly what does it mean? A calorie is a unit that measures energy. The food you eat isn't measured in weight or size, but by how much energy it contains. When you hear something contains 100 calories, it's a way of describing how much energy your body could get from eating or drinking it<sup>1</sup>. Just as the amount of gas pumped into a car is measured in gallons, the different food or drinks you consume is measured in calories. The body breaks down food in a unique way, so the amount of calories is a way of knowing how much energy your body will get from anything you eat or drink. 'Calorie' is simply a technical word for 'energy'.



## **ARE CALORIES BAD FOR YOU?**

Calories are not bad for you since your body needs them for energy. Yet eating too many calories and not burning enough of them off through physical activity can lead to weight gain over time. Consuming too little calories over time will not allow your body to function properly and can negatively affect your health. Foods such as lettuce contain very few calories (1 cup of shredded lettuce has less than 10 calories), while foods like peanuts contain a lot of calories ( $\frac{1}{2}$  cup of peanuts has 427 calories) 1. Knowing how many calories your body needs each day will help you choose which foods are best for you.

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

