



# COACH ROBB SOLUTIONS

Welcome to your **Fueling Performance** virtual class with Coach Robb! Over the next 2-1/2 hours you will get a completely new perspective about the science associated with dropping unwanted body fat, building lean muscle, improving your strength to weight ratios while enjoying faster speeds and increased endurance.

Don't be intimidated by the word "science," instead embrace the idea that Coach Robb is going to drill down on the key components of nutrition and hydration and how each will enhance your performance results quickly. Coach Robb also walks you through how training intensity, duration and frequency has to be managed in a way to keep your body's overall stress level under control in order for you to continue your progression of improvement from training cycle to training cycle.

After attending this virtual class, you will have a better understanding of how quality and quantity of food, hydration, sleep and sport specific training develops an athletic body from the inside out. Coach Robb will walk you through his proven process of building "athletic durability and maturity" through health, wellness and then performance protocols in a simple, easy to follow format.

**Step One:** Print the PDF of the presentation so you can follow along with the video and take notes.

**Step Two:** Get comfortable, get a big glass of your favorite drink and [CLICK HERE](#) to watch the entire video. An audio recording is also available via the links below:

Part 1: 1 hour and 42 minutes – Reference #70 - <https://fccdl.in/VBE317UIUA>

Part 2: 57 minutes - Reference #71 - <https://fccdl.in/k5a8Um9FFo>

**Step Three:** Begin by capturing some baseline information:

Capture your **Body Measurements** on the attached excel spreadsheet (Coach Robb's Body Measurements - both tape measure and calipers, if available). Please click the instructional video within the spreadsheet on how to correctly capture your Body Measurements. Note: to ensure that your exercise and eating habits are on the right track, re-capture your body measurements every eight weeks.

Fill in your **Body Analysis** tab each day to ensure that your body is not working too hard (indicated by an elevated heart rate). Click [here](#) to watch a short video outlining how to correctly capture your daily Body Analysis numbers.

**Step Four:** Capture a Four-Day Food Log

Begin using the attached **Food Log and Energy** spreadsheet to document what you are currently consuming on a daily basis. Refrain from "cleaning up" your eating habits because you are writing them down. You are only documenting your normal eating habits and associated energy levels so that you have a current nutrition snap shot, not to be judged or disciplined! Take the time to document your energy levels 15-20 minutes after you consume any food or fluids – this will be an important part of the evaluation process.

**Step Five:** Complete a Sport Specific Time Trial/Field Testing

Send an [email](#) to our Client Services team and let us know what you are training for. We will then send you sport specific time trials/field testing protocols to assess your current maximum heart rate levels. You will be provided a Heart Rate Spreadsheet with your testing protocols so that you have an up to date spreadsheet of your five training intensities to maximize your training efforts (i.e. increase speed, drop body fat, increase endurance, etc.).



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## **Step Six:** Complete the Two-Week Food Challenge

Open, print and review the attached **Two-Week Food Challenge**. Fill out the symptom survey, purge your pantry and refrigerator as outlined and set your calendar of your start date. Prior to beginning the challenge, head to the grocery store/farmers market to ensure that you have the necessary food items easily available to avoid becoming hungry.

## **Step Seven:** Build Your Personalized Nutrition Program

Begin using the attached Food Log to document what you are consuming daily. You will want to start re-introducing foods (one at a time) taken out during the challenge to see how your body reacts and tolerates them. If you have adverse effects, such as weight gain, mental fog or low energy, you will then know that this is an item you need to stay away from. Use the Food Log as a tool to help you refine your diet going forward.

If you encounter any frustrations or have any specific questions, please don't hesitate to reach out to our Client Services team via [email](#). We would be honored and enjoy getting you the information and resources that you need!

Thank you again for purchasing **Coach Robb's Fueling for Performance Bundle!** If you are interested in sharing with us your experience – we would like to share your journey and associated progress with others to encourage them to take responsibility for their health and wellness, just like you have.

For additional resources, please visit [CoachRobb.com](#). Various articles and videos are available for you to review where you can learn more about how your body responds to your eating, sleeping and exercise habits (For example, there is a short video about why you should NOT stretch prior to exercising along with answering the question does chiropractic care work and much more!

Also available at CoachRobb.com are additional educational bundles: [Nutrition for Weight Loss](#), Mental Blueprint of Success, Anatomy of an Injury with more being added monthly.

Fueling for Performance is another Coach Robb resource designed to help you **Train Smart, Not Hard!** If you have any questions or need anything clarified, please don't hesitate to drop Coach Robb's resource team an [email](#). We would be happy to assist in any way.

Yours in health and sport,



-Coach Robb, Coaches and Staff