

Protein sources and Supplements

Hosted by Jaden Williams



Calories

- ★ Calories are the energy in food
- ★ There are fat, carbs, sodium, and sugars to keep track of.
- ★ Protein will be your best friend
- ★ Multiply your weight by 12 to get an estimate of how much calories you need to eat per day.



Cutting and bulking

Cutting

Cutting is when you want to get a slimmer appearance and lose body fat percentages. You'll need to go into what is called a **calorie deficit**, Which will aid you.

Bulking

Bulking is usually when you want to gain a bulky appearance, putting on more muscle. You'll need to go on a **calorie surplus**.

Supplements

- ★ Are consumible goods that can boost your performance
- ★ Commonly use to intake more protein to increase gains
- ★ Many different kinds of supplements



Creatine

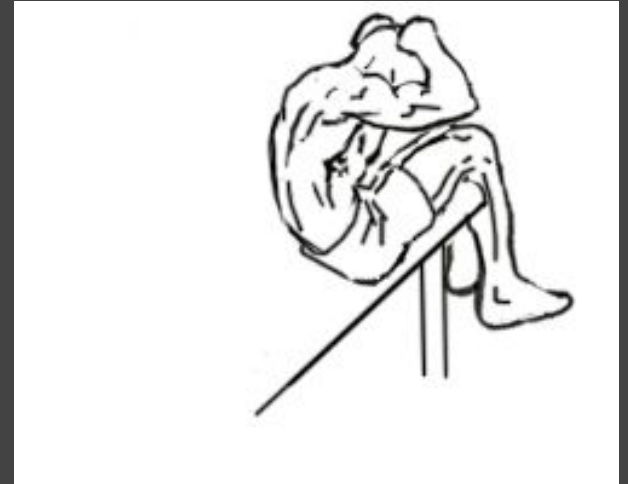
- ★ Creatine is a common supplement taken by beginner and professional athletes
- ★ We consume it regularly through high protein food sources
- ★ Aids skeletal muscle
- ★ Increase muscle growth
- ★ Various other benefits



Video

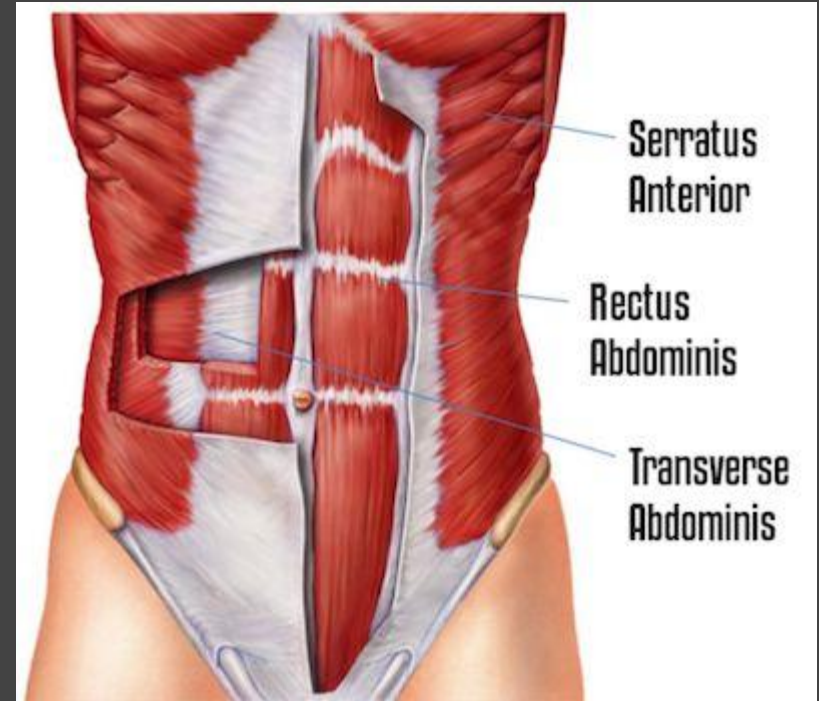
<https://www.youtube.com/watch?v=AtlZXNKkyQ0>

Muscles of the week: Core



Core muscles

These muscles are a good focusing point for calisthenics, as well as building endurance. Though the more advanced exercises can cause soreness.



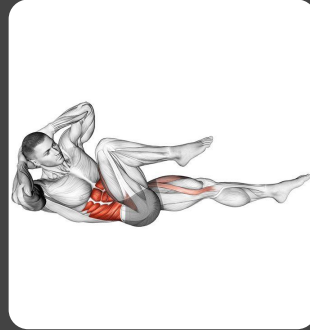
Core Exercises



Crunch



Planks



**Bicycle
crunches**



**DM side
bends**

Now Go Workout!