

RNTFitness®

THE RNT JOURNEY PRIMER



Your guide to getting a head start
on your journey.

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Welcome to the RNT Journey Primer!

Congratulations on taking the first step to transforming your body and life, and unlocking high performance!

We're very excited to welcome you into the RNT Family.

This guide is designed to serve as a 'primer' to help you gain a headstart on your upcoming Transformation Journey.

Below are the first 5 steps in order to hit the ground running:



Step 1: Discover your “why”

Every journey begins with a “why”.

The initial “why” you tell yourself will often be superficial and not enough to keep you going when it gets tough though - that’s why we need to understand the “why behind our why”.

Find yours by answering these questions (we’ve added examples to help guide you):

A. Why is this process important to you?

“I want to set a good example for my kids.”

B. Why is A important to you?

“I don’t want them to repeat my mistakes when it comes to health and fitness.”

C. Why is B important to you?

“I was bullied for my weight growing up, have always been self-conscious of how I look and I fear for my health as I age. I don’t want them to experience those things.”

D. Why is C important to you?

“I want them to be confident and proud of who they are and what they can achieve. I don’t want self-esteem or health to limit what they can do.”

E. Why is D important to you?

“I want my kids to have the best life possible and reach their full potential.”

Once you can connect the actions required to reach your goals with “your why behind your why” you can do things that you never thought possible. Using the example above, the parent will find finishing a cardio session becomes a lot easier when they know it’s going to impact the life their kids lead.

Step 2: Visualise Your Future

Now you know why you're doing this, where do you want to go? Ask yourself, in a year's time...

How do I look?

"Strong, healthy, fit and happy"

How do I feel?

"Proud of what my body can do, as well as how it looks. Confident in my ability to achieve amazing things and follow through with my goals."

What am I not doing that I am currently doing?

"Letting a fear of failure hold me back in any area of my life. By taking control of what I can I don't feel like a victim in my life anymore."

What am I doing that I'm not currently doing?

"Taking ownership of my life and journey. Looking inwards, rather than outwards for ways to improve and continue progressing in all elements of my life."

Am I living in line with my "why"?

"Yes. I'm setting the example to my kids that I set out to do."



Having a clear idea of the person and lifestyle that you're working towards can really help remind you of where you're going (and just how good it's going to be when you get there!)

Step 3: Formulate 3 Core Habits

Your plans will be coming soon but in the meantime there are 3 elements of the process that you don't need to wait for day 1 to get started with...



Steps

These can be tracked using a step tracker or a smart phone. Generally, we feel that 10,000 steps per day is a good target for most people.

For most people, the biggest challenge with consistently hitting their step target is time management. Unless you naturally hit your target then you're going to need to **make** time for them. This is a lot easier to do when you know how much time you need to block out...



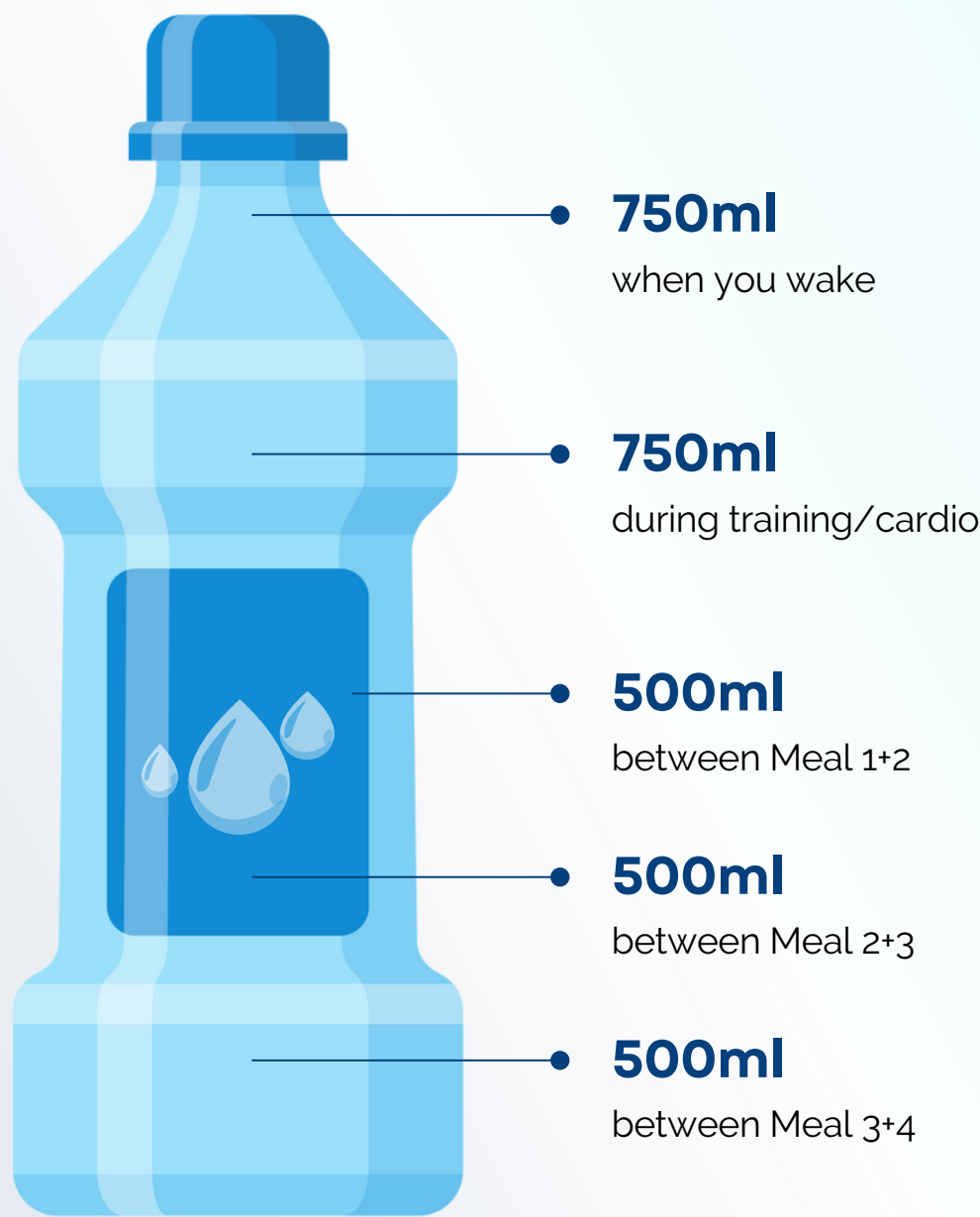
How can you add that time into your daily routine? First thing in the morning, during your lunch break, while on work calls, post-training...?

If 10,000 steps per day seems unrealistic for you at the moment then focus on doubling your current average. For example, going from 2,500 to 5,000 steps per day would still be a big win!

Water

2-3 litres per day is a great starting point for most people, but feel free to increase as needed.

If this is more than you've currently been consuming then planning your intake initially can help it build into a habit. For example...



Setting alarms on your phone can really help sticking to your plan too.

Sleep

We recommend 7-8 hours of sleep per night.

However, we're also aware that life doesn't always allow for that. If this is an area that you struggle with then we'd recommend you aim to...



Have set sleep and wake times



Avoid stressful situations/stimulus at least 60 mins before bed



Have the following day planned out before going to bed



Keep your bedroom dark, cool and free from distractions (eg. phones)



Start your day with some form of activity (walking, training, cardio, etc.)



Not consume caffeine from midday

Step 4: Take Your Starting Pictures & Measurements

Before you get started on this Journey Primer, take your starting measurements so you have a reference for your progress.

Throughout your journey we'll be using 3 primary body composition measurement methods:



Bodyweight



Progress Photos



Umbilical Circumference

Body Weight

At least initially, we would recommend you weigh yourself daily.

There are lots of factors that play a part in your weight fluctuating (eg. hydration, sleep, menstrual cycle) and so getting daily readings will allow for a clearer idea across the week of how your weight is trending.

In order to control for as many variables as possible and keep your readings as reliable as you can, we would recommend weighing yourself...



First thing in the morning, following urinating



Prior to eating or drinking anything



Prior to exercise



With the scale in the same place on the floor



Not wearing any clothes



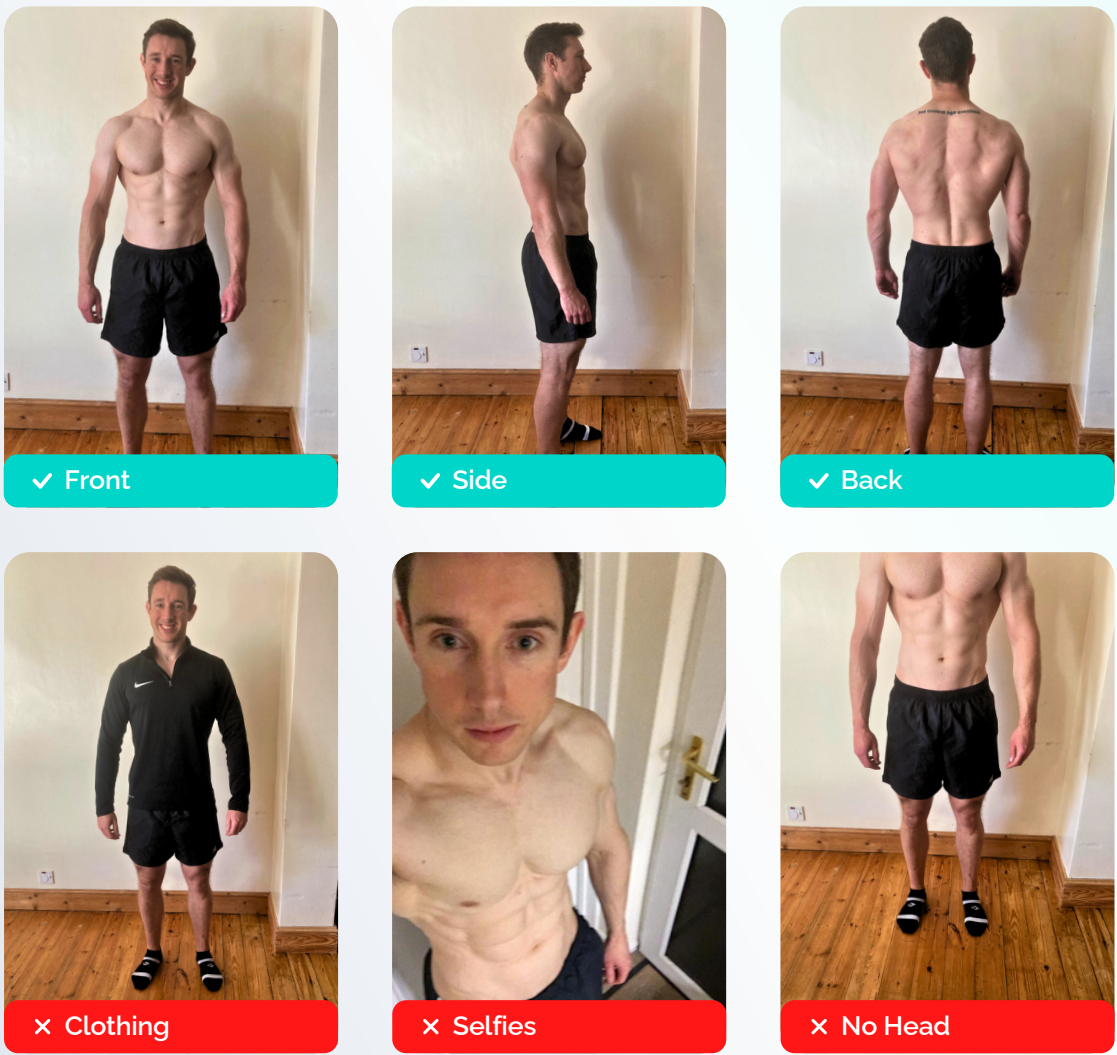
Using digital scales

Progress Photos

Due to significant visual changes not occurring on a daily basis, these are to be taken weekly.

These can be done using your phone/tablet/camera/etc. and will ideally be taken by someone else, or using a tripod. If neither are possible then you can record a video of yourself going through the 3 poses, which you can then screenshot.

It's essential that we receive front, side and back photos – ensuring your full body (and head) are in shot and you're wearing appropriate clothing. Please see below for examples:



Umbilical Circumference

This is a measurement of the circumference of your torso, in line with your belly button. Asking someone else to do this for you from the side will be the easiest way to keep the tape level, however, it can be done yourself if needed.

Like the photos, this will be done once per week.

Step 5: Ensure You've Got Everything You Need

Below is a list of everything you'll need to get off to the best possible start. We've added some examples, but feel free to use other brands/models if you prefer.



Body Weight Scales

[Get here](#)



Tripod (Optional)

[Get here](#)



Measuring Tape

[Get here](#)



Food Scales

[Get here](#)



Blood Pressure Monitor (essential for Platinum members)

[Get here](#)



Step Tracker (Smartphones can be used)

[Get here](#)



Supplements

[See below](#)



Training Equipment

[See below](#)

Supplement List

We view supplements as a way to “supplement” your progress - they don't make or break it. Therefore, although we see value in the below list, they're totally optional.

We've linked some products that we like as examples, but feel free to use other brands if you prefer. **If you decide to shop with Optimum Nutrition then use RNT20 at checkout for 20% off!**



Multi-Vitamin

Containing 2,000IU of Vitamin D3 per day
Taken with a meal containing a fat source

[Get here](#)



Omega 3 Liquid/Capsule/Vegan Option

1g of combined EPA and DHA
Taken with a meal

[Get here](#)



Creatine Monohydrate Powder/Tablets

0.05g/kg of body weight per day
Taken when convenient

[Get here](#)

When you access your initial plans you may find that they contain protein powder. If so, it will contain either Optimum Nutrition's **Gold Standard 100% Whey Protein Powder** or their **Gold Standard 100% Plant Protein Powder**. The quantities will be specified in your plan. If they're not in your plan, please don't consume them

If you have specific questions about plant based alternatives, or any concerns about the supplement recommendations, please let your coach know when you receive your plans.

Training Equipment

No equipment is essential - as long as you've got your body weight then we can make it work. However, some of the options below may make training easier to progress and more enjoyable.

As previously, we've linked some examples but the specific brands/models aren't important.



Lifting Straps

These can be really effective for ensuring that your grip isn't the limiting factor when aiming to train muscle groups like your Back and Legs.

[Get here](#)

If you'll be using a gym then you'll likely have everything you need. However, if you'll be training at home then the following will give you more options (in order of preference):



Adjustable Dumbbells

These are the most cost and space effective way to provide a variety of resistance levels without being in a gym.

[Get here](#)



Adjustable Bench

This would further increase the range of exercises that you have available to you when training at home.

[Get here](#)



Resistance Bands

These can be a nice addition to provide extra resistance if the Adjustable Dumbbells are limited. They can be great if you travel a lot too!

[Get here](#)

What to do now

Soak up all of the RNT Content!



Read the book

For the ultimate education on what's to come in your journey ahead, make sure you read our book, [Transform Your Body Transform Your Life](#). This is a must read before you begin your journey. To start reading a FREE e-copy now, click button below.

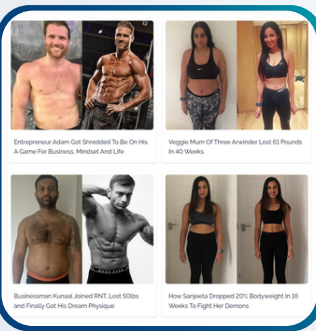
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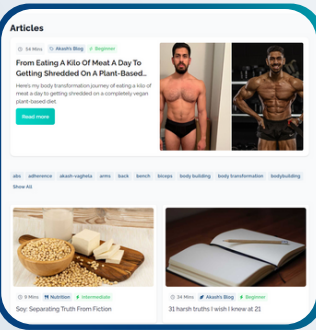
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Level up your knowledge

The [Learn](#) section of our website is full of articles, covering all things training, nutrition, mindset and more.

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Tell your friends and family

Not only will this help to set their expectations as you make big lifestyle changes, but it'll also raise the stakes by increasing the accountability. You may inspire them to transform too (More details to come on how you could benefit via our referral scheme too)!

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Featured In



The first step is the hardest to take. But once you experience your own transformation journey, there's no going back. Life isn't the same. You'll realise how much clarity, focus and energy you've been missing in life, discover a level of confidence and courage you never knew possible, and start achieving remarkable feats in every area of your life.

AKASH VAGHELA



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