Fitness Results Training Book

It is all about choices
and how to get them right!

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CARDIO RECOMMENDATIONS

FREQUENCY	DURATION	INTENSITY	TYPE

FREQUENCY	DURATION	INTENSITY	TYPE

FREQUENCY	DURATION	INTENSITY	TYPE

FREQUENCY	DURATION	INTENSITY	TYPE

Food Journal

Date_____ S M T W T F S Daily Total Calories _____

BREAKFAST	LUNCH	DINNER	SNACK
Calories _____ Protein % _____ Carbs % _____ Fat % _____ Fiber gm _____	Calories _____ Protein % _____ Carbs % _____ Fat % _____ Fiber gm _____	Calories _____ Protein % _____ Carbs % _____ Fat % _____ Fiber gm _____	Calories _____ Protein % _____ Carbs % _____ Fat % _____ Fiber gm _____

Daily Nutrition Journal

Date _____	Date _____	Date _____	Date _____
Day _____	Day _____	Day _____	Day _____
Calories _____	Calories _____	Calories _____	Calories _____
Protein % _____	Protein % _____	Protein % _____	Protein % _____
Carbs % _____	Carbs % _____	Carbs % _____	Carbs % _____
Fat % _____	Fat % _____	Fat % _____	Fat % _____
Fiber gm _____	Fiber gm _____	Fiber gm _____	Fiber gm _____

Date _____	Date _____	Date _____	Date _____
Day _____	Day _____	Day _____	Day _____
Calories _____	Calories _____	Calories _____	Calories _____
Protein % _____	Protein % _____	Protein % _____	Protein % _____
Carbs % _____	Carbs % _____	Carbs % _____	Carbs % _____
Fat % _____	Fat % _____	Fat % _____	Fat % _____
Fiber gm _____	Fiber gm _____	Fiber gm _____	Fiber gm _____

Goal Tracking

Height _____ Date of Birth: _____ Age _____ Date _____

Body Weight

DATE				
WEIGHT				

DATE				
WEIGHT				

DATE				
WEIGHT				

DATE				
WEIGHT				

DATE				
WEIGHT				

DATE				
WEIGHT				

DATE				
WEIGHT				

Fat %

(Total Fat in lbs & BME)

DATE				
FAT %				
BODY FAT				
BMI				

DATE				
FAT %				
BODY FAT				
BMI				

DATE				
FAT %				
BODY FAT				
BMI				

DATE				
FAT %				
BODY FAT				
BMI				

DATE				
FAT %				
BODY FAT				
BMI				

DATE				
FAT %				
BODY FAT				
BMI				

Measurements

DATE				
NECK				
CHEST				
WAIST				
HIPS				
UPPER LEG				
MIDDLE LEG				
KNEE				
CALF				
ARM				

DATE				
NECK				
CHEST				
WAIST				
HIPS				
UPPER LEG				
MIDDLE LEG				
KNEE				
CALF				
ARM				

DATE				
NECK				
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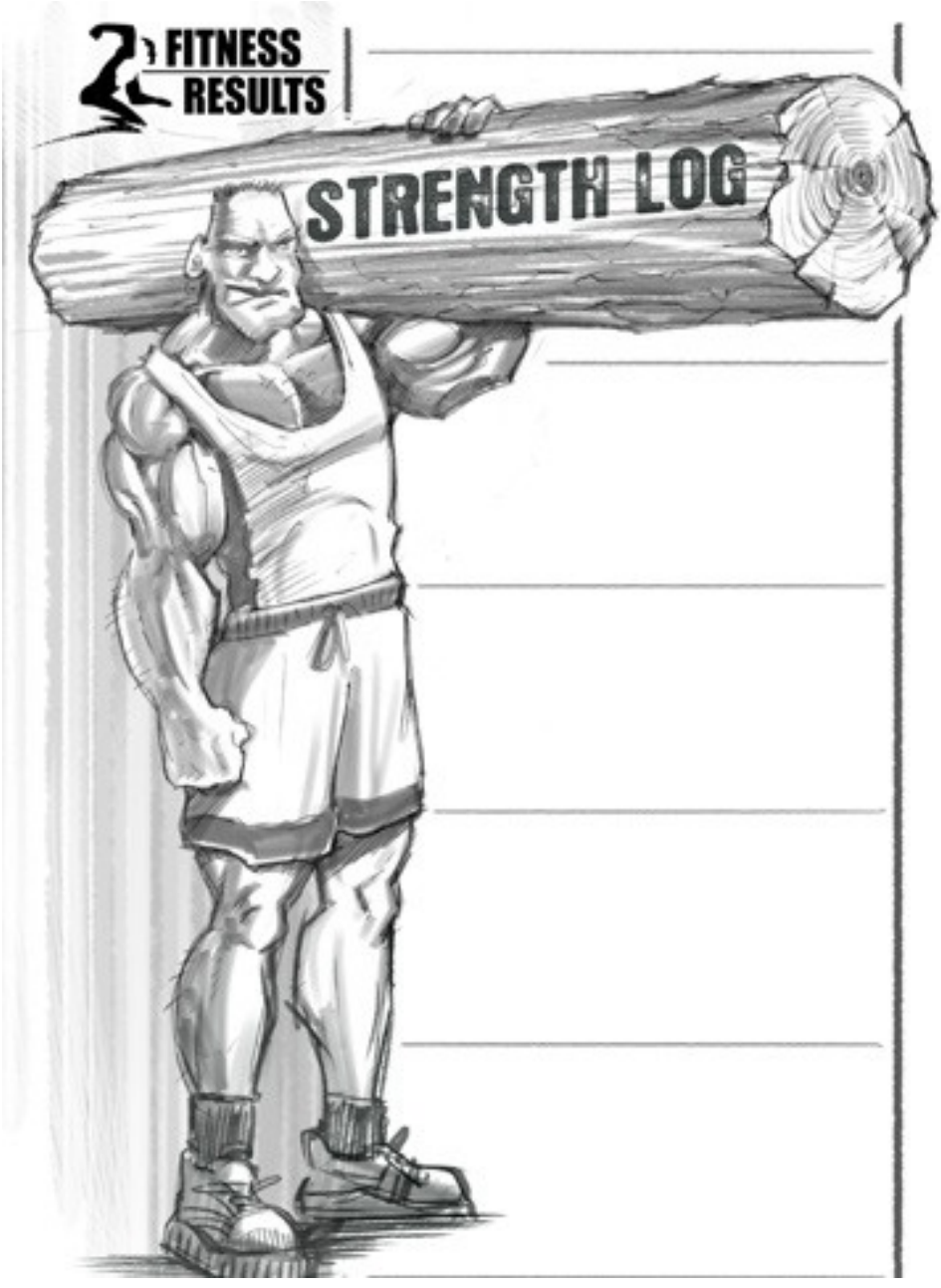

Carrying a big log around is one way to achieve Fitness Results; another way is to journal your workouts. Now you know how to make the right choice.

Strength Log: Chest and Shoulders

To download a PDF of this page, go to www.fitnessresults.com

Chest	Exercise	1 Rep Max at 100%	80-90% Max	High Rep Max at 50%
	Bench Press			
	DB Incline Press			
	Machine Press			
Shoulders	DB Shoulder Press			
	Machine Shoulder Press			
	DB Rear Delt Flies			
Shoulders	TRX Y Fly	N/A	N/A	

Author's Preface

My name is Lance McCullough. I am a certified personal trainer and the owner of Fitness Results, a private gym in Upland, California. I am a Christian and I thank God for all my blessings.

- My #1 blessing is my wife Susie. She has always been supportive and accommodating even though I have not always made it easy for her. Unlike me, she is not a risk taker – I am always doing something new and taking on new challenges. I thank her for her total support.

  Both Susie and I are animal lovers and our dogs are part of our family. We are very active. We enjoy hiking with our dogs, riding bikes, rowing and doing almost anything as long as we are together.

- My second blessing is my parents, Nelda and Ken. They raised me in a loving, nurturing environment and showed me the qualities it takes to be successful in my career and life.

- My third blessing is the fact that I live in this great country that gives people like me the chance to live their dreams.

- My fourth blessing is my wonderful career that provides the opportunity to make a positive difference in people's lives. Every day I am surrounded by great people, including my clients and my staff. I am fortunate to still have clients who began training with me when I first opened the doors of Fitness Results in 1994, and others who have been with me continuously since they first started at Fitness Results. I am personally invested in the success of every person who trains at Fitness Results, whether I am the trainer or the client works with a staff trainer.

To my wife and parents, my staff and all Fitness Results clients:
thank you for enriching my life and enabling me to achieve my dreams.

Acknowledgments

The planning for this book began almost a year ago. My intent was to gather in one place all the information my clients might need to make good choices about their health and fitness program, and to make the book interesting and easy to read.

I believe I have accomplished my objective, but only with the help of these people:

- My wife **Susie McCullough**, for her overall support and technical contributions;
- Fitness Results trainers **Asa Bernstine, Kevin Guardado and Julio Reyes**, for their help with content;
- Fitness Results client **Nancy DeDiemar Jones**, for her editing skills that turned my ramblings into meaningful words;
- Graphic artist **Daniel Simeonov**, who enlivened the words with his illustrations;
- My administrative assistant **Yvette Patterson**, who gave me free time to work on the book; and
- **All the Fitness Results clients**, who provided inspiration by demonstrating Fitness Results.

My sincere thanks to everyone.

Lance McCullough
August 2015
Upland, California

Dedication

This book is dedicated to the memory of my mother, Nelda Smothers McCullough Crandall (December 11, 1935 – June 15, 2015).

It was her sure guiding hand that led me through childhood and adolescence into manhood; her ethics that provided me with a strong moral compass; her Christian charity that made our home a gathering place for the neighborhood; her culinary skills that kept family, friends and visitors fed no matter what time of day or night; her selflessness that made her a willing and compassionate helper to anyone in need; and her understanding and kindness to all that made her a magnet for all she met.

Mom, you left your fingerprints all over my life and for that you'll never be forgotten.

Fitness Results Clients

What a difference a professional makes! Lance gets results for two reasons: you show up for a real appointment (no procrastinating or shifting priorities), and Lance knows you can do things you never thought you could do. The results are that I am 40 and have never looked this great in my life! – *Karen C.*

When I joined with Fitness Results I was overweight and out of shape, even though I had been "going to the gym" (one of those big ones) for several years. I didn't really like the way I felt or looked. After a year at Fitness Results, I've lost 40 pounds and am keeping it off. – *Gina G.*

I have always enjoyed different forms of exercise such as yoga, pilates, running, walking and weight training. But I have never experienced such dramatic results as I have at Fitness Results. I started weight training to release stress, strengthen and tone my body, have someone push me harder than I would push myself, and improve my sleep – all this has happened. Lance also gave me some key tips on my eating habits. – *Lisa A.*

This place is great! Finally I found a local place with a variety of options and class times. My bootcamp trainer ensures we are having a good time while kicking our butt. I've also tried the TRX group training, which was surprisingly challenging. Definitely suggest trying this place out, cause it will stick! – *Mary A.*

I wish I had found Fitness Results 30 years ago. It has literally been life changing. I have energy and have found lots of new activities because of my training. Fitness Results is not a typical gym. It is a beautiful facility, and Lance makes you feel very safe, capable and comfortable. – *Tracy G.*

From the time my friend and I walked in, this gym felt like home. Lance, the owner, was there at 6 am to meet us with a smile. We are in a small group with a very knowledgeable and personable trainer. I normally feel awkward when new to a gym, but the staff here made me feel very welcome! – *Carina S.*

Awesome gym and awesome staff! My wife and I have personal training sessions with Lance, the owner. I've never had such efficient and effective workouts. My wife lost 30 lbs. in 4 months while I lost 20 lbs. Lance works with us on nutrition and well as weight training so that we can reach our goals. Lance truly knows his craft. – *Mark R.*

Lance McCullough has had a passion for health and fitness training since high school. A motivated self-starter, he competed in nationally and internationally as a weight lifter and in 1998, won the Amateur Athletic Union World Bench Press Championship, setting a new world record. Lance is certified as a personal trainer by the Aerobics and Fitness Association of America (AFAA) and has been working in the fitness industry for over 30 years. Lance and his wife Susie reside in San Dimas, California.

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