

fulfilled fitness 

Badass

Body Recomp Guide

**Learn to lose fat & build muscle to
create a healthy body that you feel
confident in with ease!**





WELCOME TO YOUR

Badass Body

RECOMP GUIDE

If you're like most women, you probably have the desire to turn your fat into muscle. And if you're like the BOSS women that we work with on our team, you want to not only lose fat and build muscle, but you want to walk the walk and talk the talk and be a leader to impact the people around you.

Your friends constantly call you a badass because you're fearless and pursue your goals like no other, Or maybe you're not there yet but you want to get there! Nurses, entrepreneurs, real estate agents, managers, directors, etc... I'm talking to you. You also know that leadership requires confidence to perform your responsibilities with your team, because they look to you for guidance.

The inner badass you carry will ultimately be the key to your success!

We created this guide to help you unlock your inner badass and build the body of your dreams.

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On the team Fulfilled Fitness, we create fit and fulfilled lives by increasing confidence in body and mind!

We can't wait to hear how this guide helps you understand your



Coach Jenn

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WHO CAN

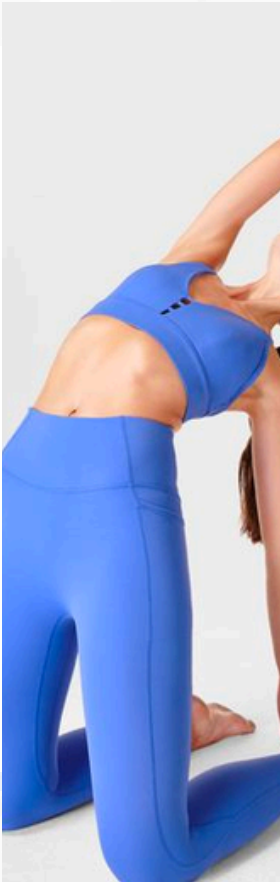
Body Recomp?

Believe it or not, a body recomp won't be the best option for everyone. There's a general outline for someone who can body recomp effectively so as not to get frustrated with slow or lack of results.

4 Types of People Who Can Recomp Well:

- The Beginner: Someone who is within their first year of proper and consistent training.
- The Overweight: Woman who has more than 30% body fat or men who have more than 25% body fat.
- The Former Athlete: Someone who taken several months off from training.
- The "Skinny Fat": Someone who is small but "soft" and wants to create lean muscle without gaining weight.

p.s. I do not recommend #4 for most individuals



WHAT'S THE

Difference?

If you're curious how a body recomposition is different than a "building" or "cutting" phase, this we'll discover this below.



Quick-fix is usually the route of *losing weight quickly* (weight loss is mostly water &, muscle, and little fat loss) as a result of dropping calories drastically, not weight training or using progressive overload in training, not resting or recovering adequately with property rest days or nutrition. This usually results in "skinny fat", whereby you're smaller, but still just as soft then weight rebound.

Cutting is when individuals try to lose body fat while maintaining muscle mass. Typically, people go into a calorie deficit diet.

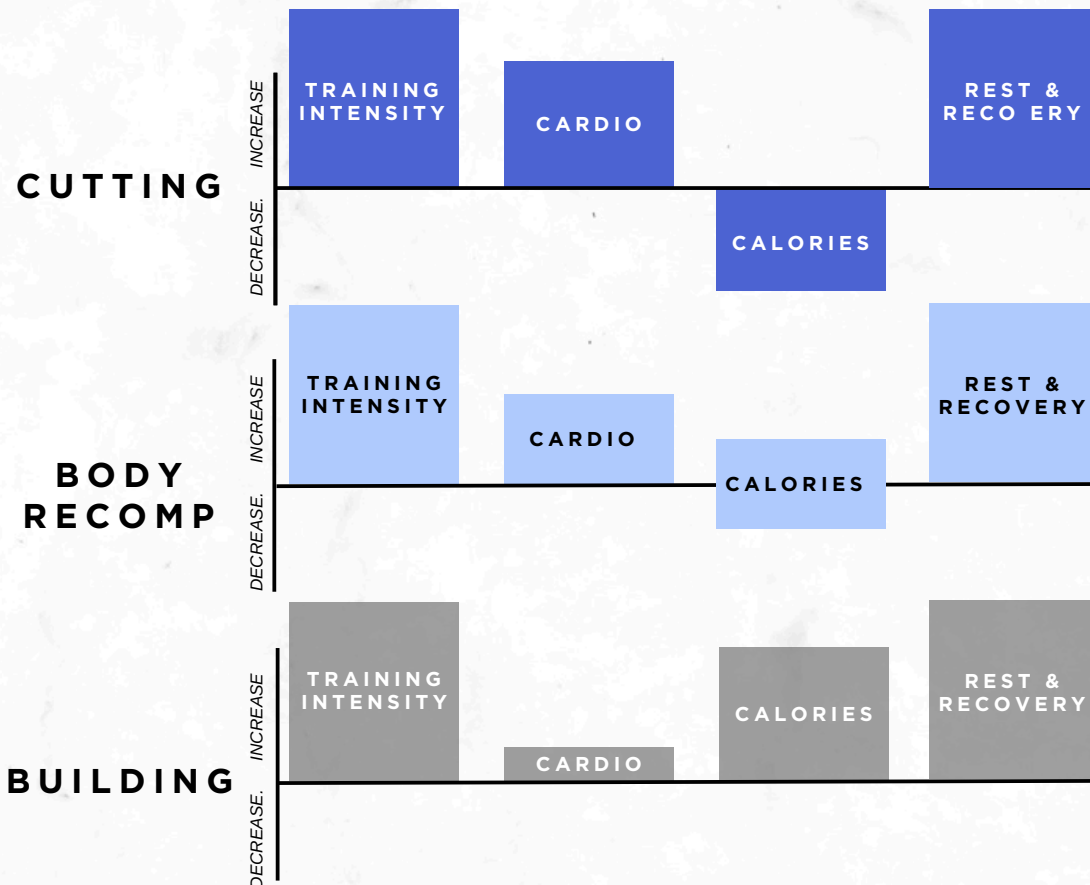
Building is usually done when an individual wants to *build muscle mass and increase their strength*. Typically, these individuals eat in a calorie surplus to *increase muscle mass* and some fat mass.

Body Recomping is a phase where individuals try to lose body fat and gain muscle mass simultaneously. This can be done by individuals at maintenance calories, a calorie surplus, or a calories deficit depending on the individual's starting point.

OVERVIEW OF *Protocols*

Obviously, much more goes into your transformation than just calories intake. There's calories, training intensity, cardio, etc. Many times a women *only* grasping one of these components well and the remaining components are not on tracking with their goals. We often see & hear women who work with a personal trainer but not seeing results because often the trainer only covers the workouts, but not the nutrition. This often leads to a lot of effort but not the desired results.

Pro Tip: Find a Coach who can program for all the components!



To determine your maintenance calories. Track your food for 2 weeks and your average body weight. If your weight remains constant, that is your maintenance calories (unless they're 1500 or lower, then you're metabolism is downregulated and you need to restore your metabolism to a proper rate before attempting a cut or build.



PICKING YOUR RECOMP

Strategy!

Okay, you're all in and ready to start your recomp, but where should you start? Your starting point is dependent on where you currently are with your physique. You may not want to attempt recomping in a surplus if you have higher body fat percentage. Nor a deficit in a lower body fat percentage. See below which strategy would best suit you!

25-30% Body Fat or More

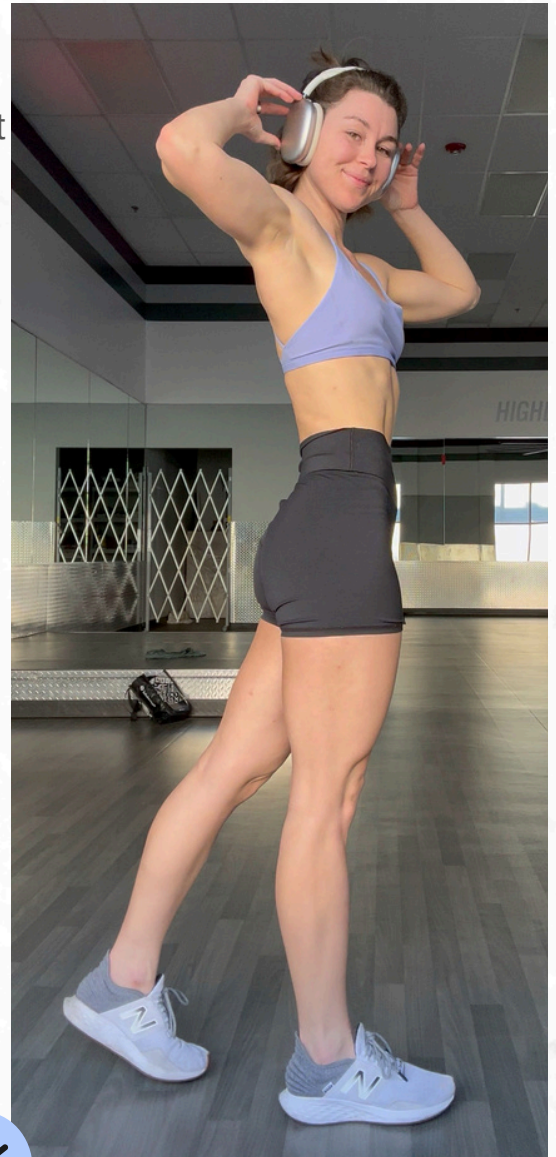
It may be in your best interest to cut first (and you can still build muscle in a cut). Your body can utilize stored fat for energy to build muscle, but you **MUST** still prioritize training intensity and progressive overload.

20-24% Body Fat or Less

Rather than staying at maintenance or above, you may have best results in a slight calorie deficit to optimize fat loss. A 10% calorie deficit can be a great starting point.

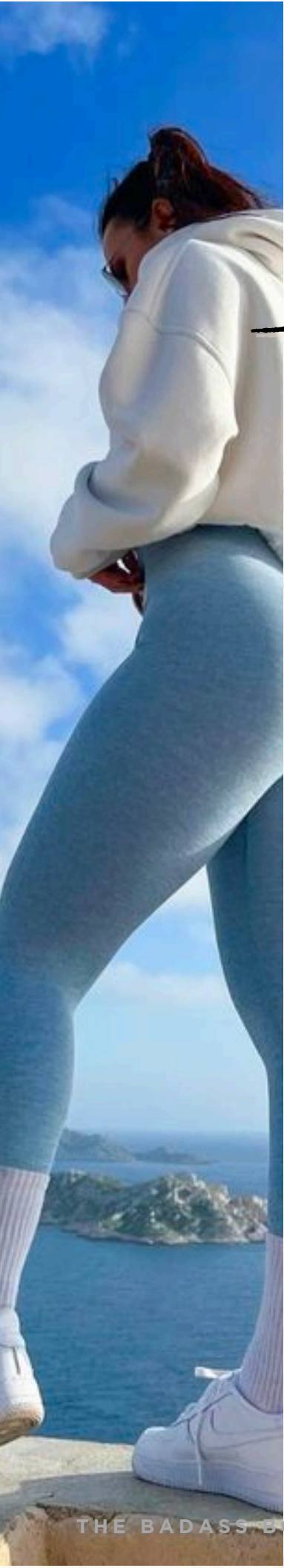
20% Body Fat or Less

To create the dreamy lean muscle physique, you may want to start in a calories surplus at 10% to recomp optimally.



[CLICK HERE TO CALCULATE
YOUR CALORIES/MACROS](#)





HOW TO MEASURE *Intensity*

Reps In Reserve (RIR) refers to how many more reps you could perform before reaching failure or technical failure. This indication will allow you to pick a weight according to the intensity prescribed for a specific exercise while also taking into consideration how you are feeling. Using RIR allows you to make sure you are using weights that leave you with the same intensity of training no matter your strength that day.

| | | |
|---------|---------|--------------------------|
| RPE 10 | ←.....→ | 0RIR (Maximal Effort) |
| RPE 9 | ←.....→ | 1RIR |
| RPE 8 | ←.....→ | 2RIR |
| RPE 7 | ←.....→ | 3RIR |
| RPE 5-6 | ←.....→ | 4-6RIR |
| RPE 3-4 | ←.....→ | Light Effort |
| RPE 1-2 | ←.....→ | Little to No Effort |

What this means:

Picking up the **same** weights at week after week is not going to create the results you want!

Reps in Reverse Examples

EXAMPLE 1: DB RDL FOR 12 REPS WITH 1 RIR

Your goal is to pick a weight that you can perform 12 reps with while only having 1 possible rep left in the tank. If you were to train to actual failure you could have only performed 13 reps with this weight. ✨

Some days performing an RDL with 50lb DB's may be a breeze but on others 40lb's may leave you trembling. As long as the weight you choose allows you to hit that 12 rep mark while only leaving 1 rep in the tank, the intensity of that exercise is perfect! This way it really doesn't matter if your strength was up at that 50lb mark or a little lower only allowing you to move the 40lb's, you are reaching the same intensity with the workout.

EXAMPLE 2: BARBELL SQUAT FOR 8 REPS WITH 2 RIR

This means you should be performing 8 reps with only 2 possible reps left before hitting failure.

EXAMPLE 3: LEG PRESS FOR 15 REPS WITH 4 RIR

Since you are leaving 4 reps in reserve (in the tank), that means using this exact weight should have had you hitting failure at 19 reps!

[CLICK HERE TO GRAB
OUR RECIPE GUIDE](#)

MORE

Pro Tips:

EMPHASIZE PROGRESSIVE OVERLOAD

VOLUME: 12-20 sets per body part per week

HIGH PROTEIN: 1 gram per pound of your Ideal Body Weight

REST: 1-3 rest days per week

CARDIO: 1-3 days usually of LISS or HIIT, not MISS

Simple & Healthy
HIGH PROTEIN
RECIPES FOR WOMEN



EXAMPLE

Meal Plan

BREAKFAST

2 large eggs scrambled with spinach and 1 oz of cheddar cheese

1 slice of whole grain toast with 1 tbsp of almond butter



SNACK

Starbucks Protein Box with hard-boiled egg, grapes, apple slices, white cheddar cheese, and multigrain muesli bread



LUNCH

Panera Bread Power Mediterranean Chicken Salad with avocado, quinoa, kale, romaine lettuce, feta cheese, and balsamic vinaigrette dressing

1 medium apple with 1 oz of almonds

DINNER

Grilled 5 oz chicken breast with 1 cup of mashed sweet potatoes, 1 cup of mixed greens, and 2 tbsp of balsamic vinaigrette



NUTRITION INFO

1800 Calories, ~120g protein protein,, 29g fiber

BODY RECOMP

Expectations!

Recomping is the slowest process during a fitness journey in comparison to "cuts" and "build". But why is this? Because of the nutrition aspect. Recomping works in *slight* calorie deficits or surpluses to be able to create the simultaneous fat loss and muscle gain and individual is seeking! Due to this reason, many individuals give up after a few weeks of this process because



they're not only looking for the **physical change** but also a scale change! A scale change does not always occur when body recomping. For example, this **client** weighs 155lbs in both photos but her **body composition** looks completely different! It's necessary to focus on more than the scale when the goal is to body recomp! Below are a few non-scale indicators of progress that are great at helping you stay consistent and motivated on your fitness journey!

Indicators of Progress:

- ✓ **Waist measurements decreasing**
- ✓ **Lifting heavier weights**
- ✓ **Receiving more compliments on appearance**
- ✓ **Increased energy**
- ✓ **Loose rings**
- ✓ **Decrease in cellulite**



Paid Client Results

MADE BY WOMEN

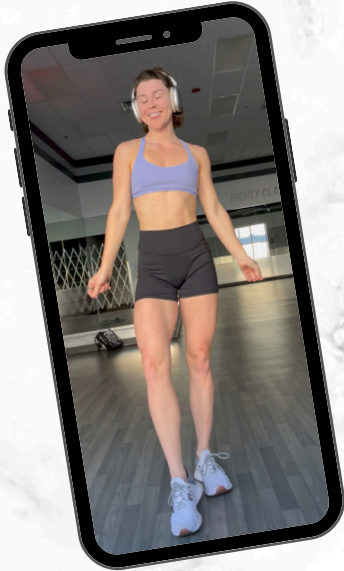
LIKE YOU



Team Fulfilled Fitness has a proven system to transform your life, body, and confidence! With a flexible nutrition & fitness coaching methodology that identifies and solves the individual problem keeping you from making (and maintaining) your fitness goals, you achieve your long-lasting results with us!

[APPLY FOR COACHING HERE!](#)

ELIMINATE THE GUESSWORK & **CRUSH**



Your Goals!

AMAZING RESULTS!

- ✓ **Fitting into old clothes**
- ✓ **Flatter stomachs and firmer legs**
- ✓ **Feeling more confident**
- ✓ **Eating without guilt!**

AND IT GETS EVEN BETTER...

- ✓ **A proven plan 100% customized by our coaches- no more guesswork!**
- ✓ **Grocery shopping lists and example meal plans created by your coach!**
- ✓ **Accountability and support to help you through the challenges you encounter!**

TEAM CERTIFICATIONS

- **M.S. Dietetics student**
- **Registered Dietitian**
- **Integrative Health Coach**
- **OFNC Certified**
- **FMNS Certified**
- **Pre/Post Natal Certified**
- **ACSM Certified Trainer**
- **Health+Fitness Mindset Certified**
- **NCI Level 1 + 2 Nutrition Specialist**
- **Hormone Specialist**
- **Gut Health Specialist**
- **Thyroid Specialist**
- **Women's Health Specialist**
- **Wellfitz Integrative Health Coach**
- **N1 Education Training & Nutrition Programming**

NEW TO FULFILLED FITNESS AND NOT SURE WHO TO FOLLOW?

Here are some handles from our amazing coaches! They post workouts, form tips, meal prep ideas, and all kinds of other cool stuff to help you get ideas to amplify your fitness journey! Remember to tag us and #fitandfulfilledteam, as we love to shout you out and hype up your wins!

 [@jennwallfitness](#)



Jennifer Wall

CEO/Head Coach for Fulfilled Fitness

 [@emlonglegs.rd](#)



Emily Logwood

 [@lauradanielfitness](#)



Laura Daniel

Assistant Coaches of team Fulfilled Fitness

Bonus!!

TEAM FAVORITES:



DAILY GREATNESS
PLANNER



LEGION SUPPLEMENTS



REDUCE EVERYDAY COLD
MUG

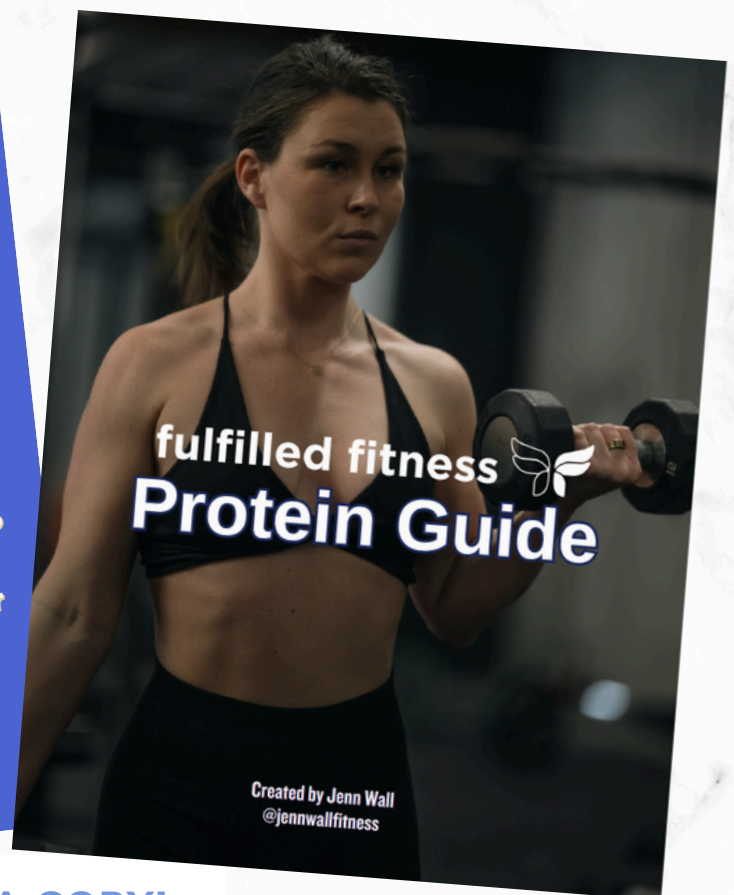
I'm sure you're here because you're probably tired of wondering "How can I get more protein?"

Wonder no more, you can get enough protein if you eat the right protein-dense foods!

But which foods are protein-dense?

This list tells you exactly which foods to eat AND where to buy them AND how to create a full day of eating to hit your protein target. Heard enough?

Simplify all of your fat loss goals by grabbing a copy!



GRAB A COPY!