

RNTFitness®

RNT PRO ONBOARDING

HOW TO GUIDE

Transform Your Body, Transform Your Life.

Contents

Welcome to the RNT	3
The Journey	4
The RNT Pro Transformation Programme	4
I. Checking In	5
• Daily Check In	5
• Weekly Check In	6
II. Executing Your Transformation Checklist	8
• Nutrition Strategy	9
• Training Programme	11
• Cardio and Steps	14
• Hydration	14
• Sleep	14
• Communication	15



WELCOME TO RNT

The World's Leading Transformation Programme!

We're super excited for you to start your transformation journey with us. In this guide, you'll find everything you need to set you up for success, so make sure you read it thoroughly and save it for whenever you need it.

The Journey

There are **5 key phases** which you'll be going through on your journey.

Phase One: Cleaning the Palate (CTP)

The focus here is to build your foundation of habits in your training, nutrition and lifestyle.

Phase Two: Process

To continue losing body fat in order to get into the best shape of your life.

Phase Three: Consolidation

The critical period to maintain what you've achieved so far, so you avoid the dreaded rebound.

Phase Four: Investment

This is when you'll be focused on building strength and muscle, whilst learning how to make your results sustainable for life.

Phase Five: Reward

The ultimate phase of being in the shape of your life, life, effortlessly!

The RNT Pro Transformation Programme

To maximise your results you need to do 2 things consistently:

1

Check In

2

Execute your Transformation Checklist

I. Checking In

DAILY CHECK IN

As the name suggests, this is something that you do daily, via the web or mobile app ([iOS](#)/[Android](#)).

MORNING

1Weight (in kg)
74.1 kg on Tuesday, July 11 2023

2Did you sleep 7-8 hours?

YesNo

EVENING

3Did you follow your nutrition plan?

YesNo

4Did you reach your step target?

YesNo

5Did you complete your training?
only if applicable today

YesNo

6Did you complete your cardio?
only if applicable today

YesNo

7Did you drink 2-3 litres of water?

YesNo

RNT App

It involves tracking your body weight and adherence to the plan for the day. Easily done in under 30 seconds!

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WEEKLY CHECK IN

This needs to be completed on Sunday/Monday each week, via the web or mobile app ([iOS](#)/[Android](#)).

Week 91

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Satiety

1

2

3

4

5

Rate 1 for the worst, 5 for the best.

Following your Daily Check In for that day you'll be asked to score some subjective measures (eg. Satiety, Mood) to give your coach a better idea of how things are going. This can be done using the mobile or web app.

You'lll then add your waist circumference measurement and progress photos. Please refer back to your [RNT Journey Primer](#) for how to do these.

WEEKLY CHECK IN POST

Cohort



Hi Coach,

Nutrition:

Training/Cardio/Steps:

Add:  



Publish

This post is to provide your coach with the context required when reviewing the data you've been tracking across the week. It should include wins, challenges and struggles across the following areas:



Nutrition



Activity
(Training, Cardio, Steps)



Lifestyle
(Hydration, Sleep)



Plans for the
upcoming week

Without all of the above steps your coach isn't able to help you as much as possible. With that in mind, consistent Check Ins (Daily and Weekly) are non-negotiable if you want the best results!

II. Executing Your Transformation Checklist

Your Transformation Checklist encompasses the 5 essential elements of your plan:



Consistently adhering to the targets your coach provides for each of these areas is what will deliver you the results you've come here for.

NUTRITION STRATEGY

Initially your coach will create your own, personalised CTP Meal Plan. This is a full day's worth of food, which you'll repeat each day for the first 14 days (your CTP Phase).

This will get you off to the best start by ensuring your nutrition is in line with your targets, as well as removing the need to make decisions while you're making so many big lifestyle changes.

CTP Meal Plan				
Meal 1				 
Item		Amount		
Total 0% Greek Yoghurt		250 g		
Calories: 140, protein: 25 g, fat: 0 g, carbs: 10 g				
Strawberries / Raspberries / Blackberries		100 g		
Calories: 40, protein: 0 g, fat: 0 g, carbs: 10 g				
Almonds		25 g		
Calories: 147.5, protein: 5.25 g, fat: 12.5 g, carbs: 2.25 g				
Calories:		Protein:	Fats:	Carbs:
327.5		30.25 g	12.5 g	22.25 g
Meal 2				 

Don't worry, you'll have the ability to add in more variety following this phase.

Also, the plan will be put together with your preferences in mind but if you see anything on your plan that you know you can't access/consume then please let your coach know asap so that they can adjust it accordingly.

Here are some tips to help get you going:

- ✓ Weigh all your food uncooked (raw)
- ✓ Meal prepping will be a game changer
- ✓ Use 1 Cal spray oil to cook with, if needed
- ✓ Adjust meal timings and order to best fit your schedule
- ✓ Aim to eat a variety of vegetables (50% green, 50% colours of the rainbow is a good guideline)
- ✓ Use as many herbs and spices as you like. Tabasco, Soy Sauce, Balsamic Vinegar and Frank's Hot Sauce are all fine too. Please avoid other sauces.
- ✓ Refer back to your [RNT Journey Primer](#) for our supplement recommendations



TRAINING PROGRAMME

Your Training Programme is a resistance training programme that you'll complete each week, designed around your goals, injuries, schedule and access to equipment.

However, if you see anything in your programme that you know you can't do then please let your coach know asap so that they can adjust it accordingly.

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DAY 1: UPPER

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DB Chest Press

3 Sets

8 - 12 Reps

90 Second Rest

DB FLAT PRESS

TIPS:
1. CHEST UP
2. SHOULDERS BACK AND DOWN
3. PUSH YOUR FEET INTO THE FLOOR



1. Chest up

2. Shoulders back and down

3. Push your feet into the floor

Swap for a different exercise

You're able to track your performance, add notes and quickly access demo videos and coaching cues during your sessions using the mobile app

DB Chest Press

3 Sets 8-12 Reps 90 Seconds Rest

1

Chest up

2

Shoulders back and down

3

Push your feet into the floor

Coach feedback: Keep elbows under wrists

SET	WEIGHT · KG	REPS	LAST SESSION
✓	12	8	10 kg × 12
2	0	0	10 kg × 10
3	0	0	10 kg × 8

Complete Exercise



TRAINING VIDEOS

In order for your coach to assist you as much as possible with your training they're going to need to see it. This will require you to film 3-5 videos per week, which you'll share with them with your written Check In each week.

We understand that this may feel uncomfortable initially, but it does get easier and the benefits that come from getting your form and effort levels assessed by an expert are well worth it!

In terms of how to film yourself, the easiest option is to get a training partner/fellow gym-goer to film you using your phone. If that's not possible then we recommend putting your phone camera onto video, selfie mode and then leaning it against your water bottle to keep it in position.

Once you've filmed it you can crop it to just the set itself and share it with your coach. We recommend not sharing more than 5 videos at once in order to prevent overwhelm from the amount of feedback that you receive.

WARMING UP AND FINDING THE RIGHT WEIGHT

2 of the most common questions that we get at the start are:

- 1. How should I warm up?
- 2. How do I find the right weight?

The answer to both is **Warm Up Sets!**

For example, if you were building up to 20kg for your first set of an exercise, your warm up sets might look like...

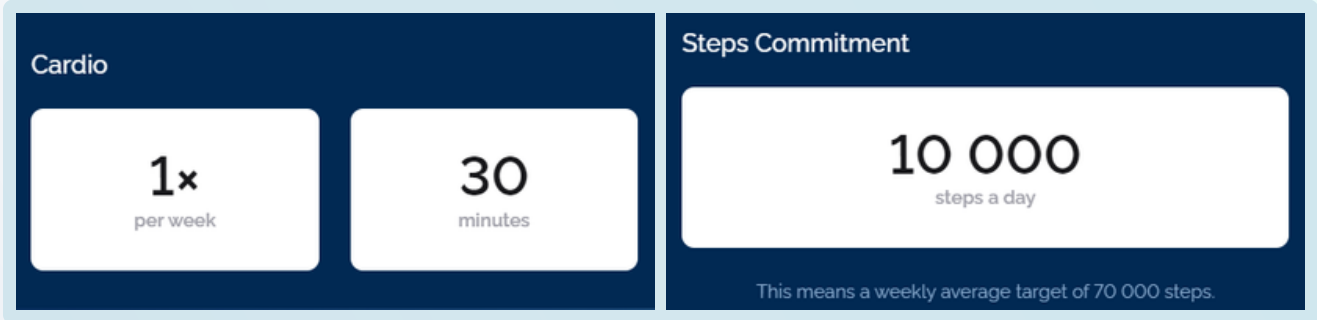


Don't worry if for the first couple of sessions the weights that you select aren't exactly right - it doesn't mean it's not been beneficial. Plus, the more sets that you do the better you'll get at it.

Please note, if you've been recommended to perform additional warm up exercises by a medical professional then please do so.

CARDIO AND STEPS

Your cardio and step targets will appear on Pro on the first day of your course. When you receive your plans your coach will let you know them so that you're all ready to go.



Cardio can be done however you like, as long as you're moving continuously for the duration of the session at about a 7/10 difficulty. If you're unsure what that looks like, you should be able to talk, but not hold a conversation.

Steps can be done wherever and however you like. You can keep track of your steps using your smartphone (Health App) or you can buy a watch such as FitBit, AppleWatch etc.

To confirm, any steps accumulated during cardio don't count towards your daily step target - we want to keep them separate.

HYDRATION

To start, drink 2-3 litres of water minimum per day.

SLEEP

Aim to sleep 7+ hours per night.

Please refer to your [RNT Journey Primer](#) for tips on:

- How to get your steps in
- Hitting your hydration target
- Improving your sleep.



COMMUNICATION

Here's a quick rundown of how best to interact to maximise the coaching and community:

COHORTS

(Private feed with your coach)

- Post your Weekly Written Check In
- Share your Training Videos
- Ask your coach any questions you've got

GROUP

(Group feed with other RNTers in the same phase as you)

- Share wins, support and connect with other RNTers on a similar mission!

TRANSFORMATION COACHING CALLS

(Live video calls, recorded for those who can't attend)

- Receive live coaching from a RNT coach
- Share wins, support and connect with other RNTers on a similar mission!

EMAIL

- Beyond initial onboarding, all coaching will be delivered inside Pro. Coaches will only reach out via email when needed.

That's all you need to know for now, so it's now time to get started on this life changing journey!

Are you ready to transform?

Let's go!

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



RNTFitness®

Company #10519090 | VAT #283625289
1 Beauchamp Court, 10 Victors Way, Barnet, Herts, EN5 5TZ

info@rntfitness.com | www.rntfitness.com