

Fitness with LBIG

THE TRANSFORMATION BLUEPRINT

Your foundation for the 12-Week Transformation System

LBIG • FAT LOSS • MUSCLE • RECOMP

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Welcome

Welcome

You didn't open this book by accident. You're here because you're tired of guessing tired of random workouts, conflicting diet advice, and starting over every few months with nothing to show for it.

This Blueprint is the foundation of the 12-Week Transformation System. It won't hand you a magic shortcut, because none exists. What it will do is give you the exact framework goals, calories, macros, training logic, and recovery that every successful transformation is built on.

COACH'S NOTE

Read this guide once from start to finish before you touch a single workout or meal. Everything after this is built on what you learn here.

How to Use This System

This Blueprint is Volume 01. It's designed to be read in order — each part builds on the one before it.

- Part 1 gets you oriented and sets expectations.
- Part 2 helps you choose your goal and calculate your numbers (calories & macros).
- Part 3 shows you how to actually execute meals, training, and recovery.
- Part 4 keeps you consistent for all 12 weeks and answers your questions before you ask them.

Keep this file saved somewhere you'll actually open it not buried in a downloads folder. You'll come back to Part 2 every time you re-check your numbers, and to Part 4 every time motivation dips.

What You'll Achieve in 12 Weeks

Twelve weeks is long enough to build real, visible change and short enough to stay focused. Here's what a committed 12 weeks on this system produces:

4-10 lbs

Typical Fat Loss

2-5 lbs

Typical Lean Muscle

36

Structured Workouts

1

New Identity

Results vary by starting point, adherence, and goal — but the pattern is consistent: people who follow the system in order, week after week, change their body and their relationship with training. That's the outcome we're building toward.

Build Your Foundation

Choose Your Goal

Everything downstream your calories, your macros, your training split — depends on one decision made here. Be honest with yourself about where you actually are, not where you wish you were.

Fat Loss

Best for: you're carrying more body fat than you want and your main goal is to look leaner, drop clothing sizes, and see definition.

- You'll eat in a moderate calorie deficit (see next section).
- Protein stays high to protect muscle while you lose weight.
- Training stays heavy this is not the time to switch to "light weights, high reps."

Muscle Gain

Best for: you're already lean (or comfortable adding some fat) and your priority is building size and strength.

- You'll eat in a small calorie surplus to fuel growth.
- Progressive overload becomes the single most important variable.
- Expect the scale to move up that's fat and muscle together, and it's expected.

Body Recomposition

Best for: "skinny-fat" bodies, beginners, or anyone returning to training after a long break — you want to lose fat and build muscle at the same time.

- You'll eat at (or very close to) maintenance calories.
- Protein is even more critical here than in the other two goals.
- Recomp is slower to show on the scale — progress photos and measurements matter more than weight.

WHICH ONE IS RIGHT FOR YOU?

If you're unsure, ask: "Do I want to see a smaller number on the scale, a bigger number on the bar, or just look noticeably better in the mirror without either number moving much?" That answer is your goal.

The 5 Pillars of Transformation

Every result you'll get over the next 12 weeks comes from five levers. Miss one and progress stalls, no matter how hard you work on the others.

Pillar	What It Controls	Non-Negotiable
Nutrition	Fat loss / muscle gain speed	Hit your calorie & protein target daily

Pillar	What It Controls	Non-Negotiable
Training	Muscle & strength stimulus	Progressive overload every week
Recovery	How well you adapt to training	7-9 hrs sleep, manage stress
Consistency	Whether results compound	Show up even on bad days
Tracking	Whether you can adjust in time	Weekly check-ins, no guessing

Calories Explained

A calorie is simply a unit of energy. Your body burns a certain number of calories per day just existing (breathing, digesting, thinking, moving) — this is your maintenance level. Everything about fat loss and muscle gain comes down to how your intake compares to that number.

- Eat below maintenance consistently → you lose weight (fat loss).
- Eat above maintenance consistently → you gain weight (muscle gain, plus some fat).
- Eat at maintenance → your weight stays roughly stable (recomposition territory).

No food is inherently "fattening" in isolation — total intake over time is what drives the scale. That said, food quality still matters enormously for hunger, energy, performance, and health, which is why your meal plan (Volume 02) is built around whole foods, not just numbers.

Calculate Your Calories

Follow these steps in order. Grab a calculator — you'll want your exact numbers, not rough estimates.

Step 1 — Find Your Maintenance (TDEE)

Use this simplified formula based on bodyweight:

FORMULA

Maintenance calories = Bodyweight (lbs) x 15

Example: 180 lbs x 15 = 2,700 calories/day maintenance

This is an estimate, not gospel. Your real maintenance will be confirmed by how your weight actually moves over the first 2 weeks — adjust if needed.

Step 2 — Adjust For Your Goal

Goal	Adjustment	Example (2,700 base)
Fat Loss	Subtract 15-20%	2,200 - 2,300 cal/day
Muscle Gain	Add 10-15%	2,970 - 3,100 cal/day
Recomposition	Stay at maintenance ±5%	2,565 - 2,835 cal/day

Goal	Adjustment	Example (2,700 base)
COACH'S NOTE Never drop below 15% deficit as a starting point, even if you're impatient. Bigger deficits burn muscle along with fat and crash your energy — slower and sustainable wins over 12 weeks.		

Calculate Your Macros

Macros (protein, carbs, fats) determine how your calories are used — not just how many pounds you lose or gain, but whether that change is mostly fat or mostly muscle.

Step 1 — Protein (set this first, always)

FORMULA

Protein = Bodyweight (lbs) x 0.8 to 1g

Example: 180 lbs = 145-180g protein/day

Step 2 — Fats

FORMULA

Fats = Bodyweight (lbs) x 0.35-0.4g

Example: 180 lbs = 63-72g fat/day

Step 3 — Carbs (fill the rest)

Once protein and fat are set, whatever calories remain in your target become carbs. Carbs fuel your training performance, so don't fear them.

Macro	Calories per gram	Role
Protein	4	Builds & preserves muscle
Carbs	4	Fuels training & recovery
Fat	9	Hormones & long-term energy

You don't need to weigh every almond for the rest of your life. Aim to hit your protein target daily (non-negotiable) and stay within 10-15g of your carb and fat targets — consistency over perfection.

Follow the System

How to Read Your Meal Plan

Your full meal plan lives in Volume 02. Here's how to use it once it's in your hands:

1. Match the plan to the calorie target you calculated in Part 2.
2. Meals are interchangeable within the same macro category — swap breakfast for breakfast, not breakfast for dinner.
3. Hit your protein at every meal first, then fill in carbs and fats around it.
4. Hydrate with each meal — water supports digestion and appetite control.

COACH'S NOTE

Perfection isn't the goal. If you hit your calories and protein 80% of the way there, every day, for 12 weeks — you will see a transformation. It's the days you show up on, not the one perfect day, that count.

How to Follow Your Workout Program

Your training program (Volume 03) is built around compound movements first, accessories second. Here's the logic behind it:

- Warm up with 5-10 minutes of light cardio and dynamic stretching before every session.
- Perform compound lifts (squat, bench, deadlift, row, press) while you're freshest — these drive the most results.
- Rest 90-180 seconds between heavy compound sets, 45-90 seconds for accessories.
- Log every weight and every rep. If you don't write it down, you can't improve on it.

Progressive Overload

This is the single most important training principle in this entire system. Without it, your body has no reason to change.

DEFINITION

Progressive overload = gradually increasing the demand placed on your muscles over time, so they're forced to adapt by getting stronger and/or bigger.

In practice, this means one of the following, week over week:

- Add weight to the bar (even 2.5-5 lbs counts).
- Add 1-2 reps at the same weight.
- Add an extra set to a lift.
- Improve your form / range of motion at the same weight and reps.
- Reduce rest time while maintaining performance.

You don't need to progress on every single lift every single week — but across the 12 weeks, the trend across your log should always point up.

Recovery

Training breaks your muscles down. Recovery is where they actually grow back stronger. Skip this section and you'll plateau no matter how hard your workouts are.

Sleep

Sleep is when the majority of muscle repair and hormone regulation happens.

- Target 7-9 hours per night, consistently.
- Keep a consistent sleep/wake time, even on weekends.
- Avoid screens and heavy meals in the final 30-60 minutes before bed.

Water

- Target roughly half your bodyweight (lbs) in ounces of water daily as a baseline.
- Increase intake on training days and in hot weather.
- Dehydration alone can tank strength, focus, and appetite regulation.

Steps

- Target 7,000-10,000 steps/day outside of your workouts.
- Daily movement (NEAT) is one of the most underrated levers for fat loss — it burns real calories without adding fatigue like extra cardio can.

Cardio

- 2-3 sessions/week of 20-30 minutes is enough for most goals.
- Fat loss phases can use slightly more; muscle gain phases should use less to protect calories for growth.
- Cardio supports the plan — it should never replace your nutrition as the main driver of fat loss.

Weekly Check-Ins

What gets measured gets managed. Every week, on the same day, check in with yourself using this simple checklist:

Check-In Item	How Often	What To Do With It
Bodyweight (AM, fasted)	Daily, average weekly	Compare weekly averages, not daily numbers
Progress photos	Weekly, same lighting/pose	Compare every 4 weeks side-by-side
Waist measurement	Weekly	Track alongside weight for fat loss

Check-In Item	How Often	What To Do With It
Workout log review	Weekly	Confirm overload trend is upward
Energy & sleep rating (1-10)	Weekly	Flag if recovery is falling behind
COACH'S NOTE If your weekly average hasn't moved in the right direction after 2 full weeks, that's your cue to adjust calories by 100-150 — not to panic, and not to wait another month hoping it fixes itself.		

Stay Consistent

Common Mistakes

- Changing your plan every few days instead of giving it 2 full weeks to work.
- Chasing the scale daily instead of using weekly averages.
- Cutting calories too aggressively, then burning out and rebounding.
- Skipping protein while over-restricting carbs and fats.
- Training hard but sleeping 5 hours a night and wondering why recovery stalls.
- Comparing your Week 2 to someone else's Week 12.
- All-or-nothing thinking — missing one meal or one workout and writing off the whole week.

COACH'S NOTE

Almost every failed transformation dies from one of the mistakes above — not from a lack of willpower. Avoid these seven and you're already ahead of most people who attempt this.

The 12-Week Roadmap

Here's how the full system unfolds once you're executing on all volumes:

Weeks	Phase	Focus
1-2	Foundation	Learn the plan, dial in calories/macros, build the habit
3-5	Momentum	Progressive overload kicks in, routine feels automatic
6-8	Adjustment	Recalibrate calories based on real check-in data
9-11	Push Phase	Tighten adherence, intensify training focus
12	Result & Reset	Final check-in, compare to Week 1, plan next block

FAQ

Do I have to follow the meal plan exactly?

No. It's a template built around your calorie and macro targets. Swap meals within the same category as long as you stay close to your numbers.

What if I miss a workout?

Do it the next day if possible, or move on to the next scheduled session. One missed workout has zero long-term impact — a pattern of missed workouts does.

Can I combine fat loss and muscle gain?

That's exactly what body recomposition is. It works best for beginners and people returning after a long break — see Part 2.

How fast should I expect to see changes?

Most people feel a difference (energy, strength, clothes fitting differently) by week 3-4, and see a visible difference in photos by week 6-8.

What's next after this Blueprint?

Volume 02 (Meal Plan) and Volume 03 (Workout Program) build directly on the numbers and principles you set here. Keep this file handy — you'll reference it throughout the full 12 weeks.

Final Message

Transformations aren't won in a single perfect week. They're won in the boring, repeated weeks where you show up anyway — tired, busy, unmotivated — and do the work regardless.

You now have the foundation. The goal is chosen. The numbers are calculated. The principles are clear. Everything from here is execution.

Let's get to work.

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