

# **The Relentless Method Quickstart Sheet**

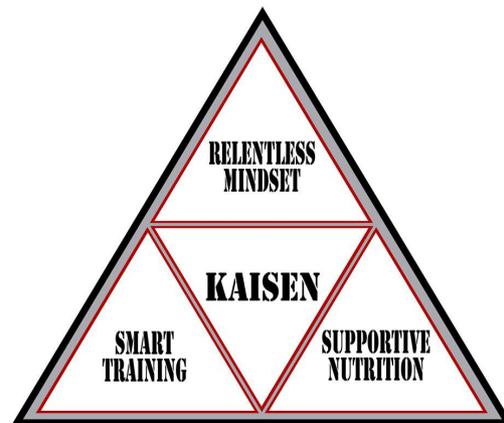


**Three Simple and Synergistic  
Techniques You Can Use TODAY  
To Improve Your  
Nutrition, Training, and Mental  
Focus To Generate Real Results**

**In this quick handout I'm going to give you three of the best and quickest to implement techniques that we teach our clients at Relentless. We specialize in working with those high achievers, like you, with both our in-person and online programs and coaching them to their success.**

**With the great drive for achievement that you and our clients have usually comes the trade-off of being busy as heck and at times Struggling to fit everything in.**

**So instead of wasting your time with a bunch of theory we're going to cut through the bull and get right to our hard-hitting Strategies that you can implement today to improve your workouts, nutrition and clear some of that mental clutter so you can actually enjoy That asskicking body, mind, and life that you're working on building.**

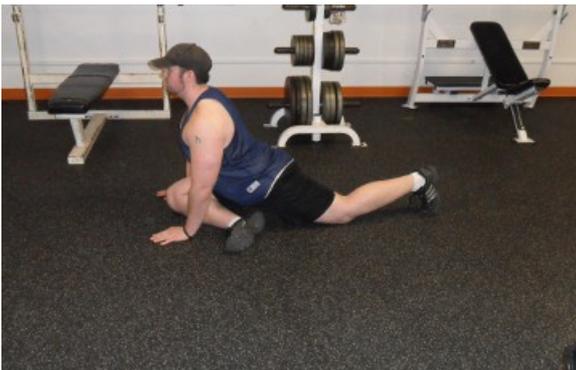


**This is the Relentless Success Pyramid. We'll hit each of these four sections: Smart Training, Supportive Nutrition, Relentless Mindset, and the Kaisen Principle along with teaching you how to smoothly add each to your life.**

# **Smart Training – Tip #1**

## **A Simple Stretching Program For Faster Training Recovery, Better Movement, and Less Aches and Pains**

**Stretching isn't fun or sexy, but hitting these four quick stretches three times per week, for 30 seconds on each side, twice through will be about 8 minutes and you'll see rapid improvements in your workouts, recovery, and that "instant athleticism" that life sometimes calls for and you don't want to be the chump without it.**



**#1 – Pigeon Pose: Stretches the glutes, adductors, and hip flexors. This one is great to improve your squat, deadlift, and help relieve back pain and tightness.**

**#2 – Couch Stretch. Stretches the quads and hip flexors. This is a great stretch for undoing the effects of sitting and driving all day. It'll help your lower body recovery and reduce hip and back pain.**





**#3: Pec Stretch – This will help relieve a lot of tension and inward pull on the shoulders from driving, using a phone, and too much pressing. Your shoulders will be healthier and your upper body and posture will improve dramatically.**

**#4 – Lat Stretch – This simple stretch can be done on a door frame or anything solid. It will relieve tension in your back, help reduce shoulder pain, and help your posture and athletic positioning.**



## **Supportive Nutrition – Tip #2**

# **The Simple 3-Step Process For Easy Meal Planning to Make Sure You're Eating to Support Your Goals... Without the Complications and Headache.**

**Face it, meal prepping and planning can be a hassle. You always start out well and with the best intentions, but once things get hectic it goes out the window.**

**The truth is, planning your meals IS important, but it is also a pain. If you use this simple 3-step system then you'll find that you're at least 90% of the way there. Best of all... No headache.**



**Step #1 – Plan Your Expected Meal Times**  
**At the beginning of the day or the week, depending on how stable your schedule is, sketch out when you think you're going to be able to eat.**

**This will allow you to figure out how many meals you'll be able to get in plus you'll be able to see if you are going to be eating at home where you have full access to your resources, or are you going to be at work or on the road so you know you'll need to stop somewhere or bring something portable.**

## **Step #2 – Plan Your Protein**

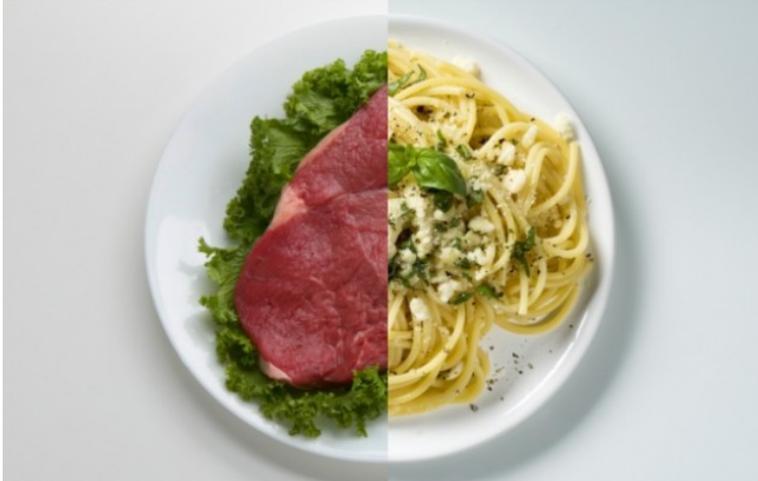
**Protein intake is not quite as big a deal as the muscle mags want you to believe – that's how they sell more supplements.**



**However, it IS important for you to eat protein with every meal. The body doesn't store much protein, so in order to build a physique that both goes AND shows, you need to have regular protein intake.**

**We've found that by starting the planning of every meal plan with your protein it's easier to get enough in. Higher protein diets are associated with more lean muscle mass, lower body fat, and a higher sense of satiety – so you won't get those blood sugar spikes and crashes that make you crash and then exhausted and then ravenous... leading to poor food decisions later on.**

**For most active, strength training people like yourself we look at about 0.8g of protein per lb of bodyweight. So a 200 lb guy who's fairly lean would be looking at about 160g. If you have a lot of fat you're looking to lose and your weight is way up there, you probably don't need more than 200g.**



### **Step #3 – Carbs or Fats?**

**This is simple way to make sure you're covering your bases on what type of food you should be for the activity you're about to do.**

**Note – You should be eating your veggies with every meal.  
EAT LIKE AN ADULT!!!**

**First of all, let's clear up a myth -**

**Eating only carbs or only fats at one sitting because combining the two will have some negative effect on your physique is an old “bro-science” thought based mostly on bad science.**

**HOWEVER.**

**When it comes to quick and dirty meal planning and taking advantage of a carbohydrate boost at the right time and avoiding a sugar crash at the wrong time, it does work well to plan for carb or fat meals.**

**Basically, if you are going to be training in the next couple of hours or if you did train in the last couple of hours, then eat some carbs with your protein and veggies.**

**If you're going to be mostly doing low-key activity like sitting at your desk at work, driving, or something that's just not very physically demanding then eat some healthy fats with your protein and veggies.**

## **Relentless Mindset – Tip #3**

# **The BIG QUESTION That You Can Ask Yourself To Be Your “North Star” When It Comes To Fitness, Nutrition, and Success.**

**My favorite question to ask myself and to have clients ask themselves in order to steer themselves in the right direction is:**

**“Is what I'm about to do/eat/train going to take me closer to my goals or further away from them?”**



**This is a BIG question, but it's also a simple one and more often than not you'll be able to answer it pretty clearly one way or the other. If you add up more steps towards your goals versus steps away from them, you'll find your success gets closer and the going becomes more clear.**

## **BONUS PRINCIPLE: KAISEN**

**The principle of Kaisen (or Kaizen) is a Japanese business and personal development term that basically means “constant improvement”. At Relentless we have adopted this principle by focusing on making at least one small improvement every day, whether it's in the gym or in your life.**

**Don't worry about the huge changes. They're often very difficult, risky, and very hard to sustain. Instead focus on one small improvement at a time and you'll find that those small improvements will build into massive success.**





**Hi, I'm Isaac Wilkins, owner and Head Strength Coach at Relentless Strength Training. First of all, I want to thank you for reading this "Quickstart" booklet.**

**At Relentless we pride ourselves in not just getting our clients in great shape (we do) but doing it in an efficient manner (to give you more time to do cool stuff with your life), busting butt (because anything worth having is going to be earned), and having a great time (since being boring is a choice, and a poor one). (extra set of parenthesis because I can't seem to get enough)**

**All jokes aside, I want to take this opportunity to let you say that I look forward to getting to know you better and being your guide as you grow stronger, healthier, leaner, and mentally tougher.**

**The next step from here is to read the emails I'll be sending you, kick ass in the gym, eat real food, learn one cool thing per day, and focus on owning your life and building it into what you want. I've got some real-world strategies for all of those things that we teach and implement every day at Relentless.**

**If you want a fast-track to those strategies, kickstart a change, and learn directly from me then you need to take advantage of our four-week Relentless Faction Challenge. It's 28 Days of step-by-step simple improvements and coaching to turn your training, nutrition, and success mindset around. Sign up [HERE](#).**