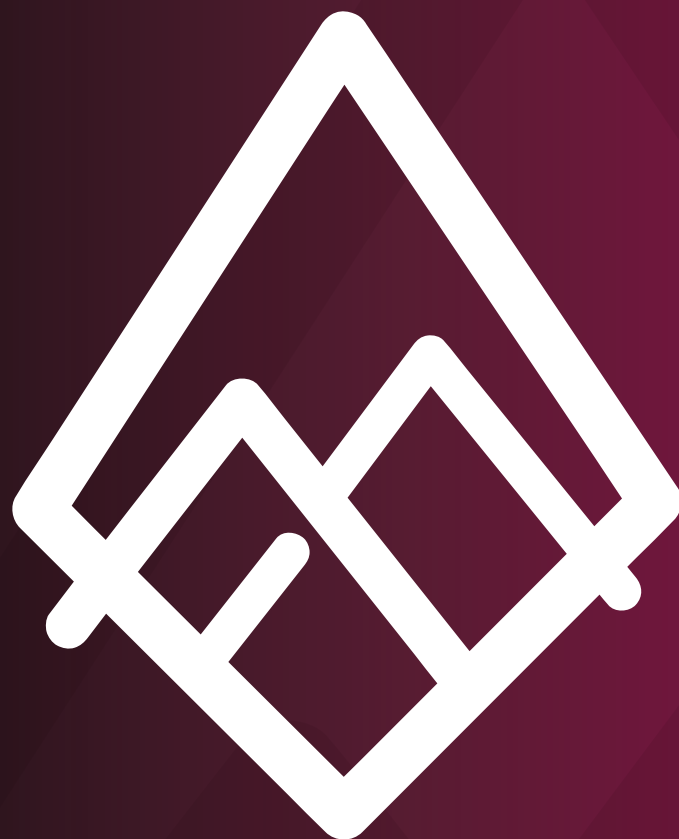




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INTRODUCTION
TO MPC 2026

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WELCOME TO MY PEAK CHALLENGE.

As we head into our 11th year, My Peak Challenge continues to evolve — but our mission remains the same: to help you invest in yourself, mind, body and spirit so that you can live a stronger, more balanced life. And as always, we're proud to keep supporting incredible charities that make the world a better place.

What does a healthier, more fulfilling life look like to you? That's the heart of My Peak Challenge — it's about finding your peak. Maybe you're ready to dive into strength training, or perhaps you want to start with

a gentle yoga flow or mindful walks. You might be excited to explore our nutrition resources or connect with the global Peaker community. Whatever your path, we encourage you to embrace the challenge, trust the process and discover what feels right for you.

This guide will help you get started, navigate the program and understand our philosophy on movement, nutrition and community. Get ready for an incredible journey — we're so glad you're here.

HOW TO MPC

If you read the previous page, you already know there's no single "right" way to MPC. This is your journey — and this guide is just one of the many ways you can make the most of everything My Peak Challenge has to offer.

1 START WITH A PLAN.

Ready to make this your year of peak achievement? Download the Challenge Planning Worksheet from the Move: Introduction section of the platform. It's a simple but powerful way to turn your goals into actionable steps and track your progress along the way.

2 CHOOSE YOUR STARTING POINT.

If your goal is to move more, explore the options in the Move or Flow sections. Take a moment to assess where your fitness level is right now and what you'd like to work toward — that will help you find the programs that fit your goals best.

3 CONNECT WITH THE COMMUNITY.

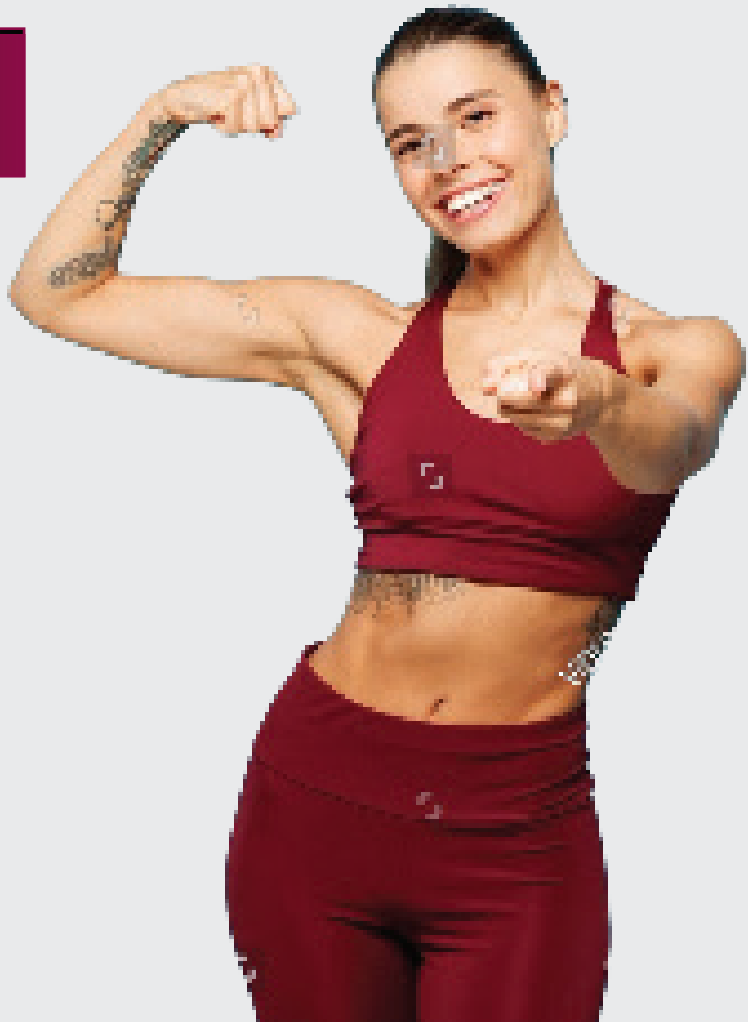
Join our private members-only Facebook group — one of the kindest, most supportive spaces you'll find online. It's packed with knowledge, inspiration and camaraderie from Peakers around the world. Ask questions, share your wins and discover creative ways to stay motivated and accountable.

4 JUST BEGIN.

You don't have to wait to feel motivated — you just have to start. If things feel overwhelming, ask for ideas in the Facebook group. If *that* feels overwhelming, simply commit 30 minutes a day to yourself. Go for a walk. Read a few pages of a book. Stretch. Step outside. Dance. Dream. Sing. Do something that fills your cup — and then share it with us.

5 KEEP GOING.

Do something again tomorrow. And the next day. The more you plan, the more you achieve — and each small step builds momentum toward something even greater.



WELCOME TO MOVE!

Whether you're brand new to training, coming back after a break or already deep into your fitness journey, you're in the right place.

By joining My Peak Challenge, you've become part of a global community of like-minded people who are not only working toward their own goals but also helping others through our amazing charity partners. From all the MPC coaches and me, thank you for being a part of this movement.

Before you dive in, I want you to take a few minutes to think about what you want to achieve through this program. Write down your goals for the next six months, one year and two years. Think short term, medium term and long term — and make them SMART: Specific, Measurable, Attainable, Relevant and Time-based.

Keep your goals concrete and realistic. Instead of saying, "I'll work out more," try something like, "I'll train every Monday, Wednesday and Friday." That's specific and measurable — and it gives you a clear plan to follow. You can use the Challenge Planning Worksheet to help map everything out if you'd like to go a little deeper.

And don't forget to think about your *why*. What brought you here? What do you hope to gain? Writing down those reasons will help keep you grounded and accountable when the journey gets tough.

This year's theme — Strong for Life — is all about building strength that lasts. Strength that goes beyond the gym, beyond reps and sets, into every part of your life. The work you put in here will support you in everything you do — now and for years to come.

So take 10 minutes. Write down three to five goals, remind yourself why they matter — and then let's get started together.

Let's do this, Peakers.

— **Coach Valbo**

John Valbonesi, MPC Head Coach

MPC MOVE OVERVIEW

MPC Move is your choose-your-own-adventure approach to fitness. We offer a range of training options designed for every level — whether you're brand new to exercise, returning after a break or looking to take your performance to the next stage. You'll find an overview of each program in the Training Details section, but first, here's how to make the most of what Move has to offer.

The Move program is built on flexibility. We give you the structure, tools and guidance — and you make it your own. Every plan can be adapted to fit your goals, schedule and preferences so your training works *for* you, not against you.

If you have questions or want to explore different options, our Facebook group and Peaker forum are great places to connect. You'll find experienced Peakers, coaches and community leaders ready to share advice, motivation and support as you find your rhythm.

The My Peak Challenge community is wonderfully diverse — spanning all ages, backgrounds and fitness levels. Every Peaker's journey looks different. Some progress quickly; others take a slower, steadier path. What matters most is that you stay focused on *your* progress. Celebrate your wins and honor your limits, but remember that every bit of movement is a step forward.

As you move through this guide, you'll start to see how we approach training — how



adjusting factors like frequency, duration, repetitions and load can help you build strength, endurance and confidence over time.

Before you dive into your first workouts, take a few minutes to review the key concepts and terminology that shape the MPC approach. And as always, check in with your doctor before starting any new exercise or nutrition program, especially if you have any pre-existing injuries or medical conditions.

MOVE PROGRAMMING

The MPC Move program includes a diverse range of training options designed to help you build strength, confidence and endurance — no matter where you're starting from. Our current lineup features the following: Activate, Strong From the Ground Up, Ignite, Capacity, Peaker Strong, Accelerate, Strength Compound, Peaker Program, Band Camp, Mobility, Boxing Basics, Pilates Series, and Deep Pelvic Floor Strength and Activation.

Each program has a clear purpose and progression, allowing you to choose the path that fits your goals and fitness level. Many of our training tracks — including Activate, Strong From the Ground Up, Ignite, Capacity, Snacks and Peaker Program — are presented in real-time video sessions, where our coaches guide you from start to finish. Programs such as Peaker Strong and Strength Compound are designed for experienced lifters who prefer a more self-paced approach.

Complementary programs like Band Camp, Mobility, Pilates, and Deep Pelvic Floor Strength and Activation help you expand your movement toolbox, supporting everything from stability and recovery to dynamic performance and functional strength. You can follow a single program from start to finish or mix and match sessions to create a training plan that keeps you challenged and engaged.

All MPC Move programs are highly adaptable. You can personalize any workout using the Exercise Variations Index found in the Movement Library tab on the platform. This allows you to modify or substitute

exercises to match your needs, equipment and experience level.

As always — even though many MPC workouts are filmed in real time — we encourage you to move at your own pace. If the coaches on-screen are moving faster (or slower) than feels right for you, adjust as needed. Your journey is about progress, not perfection.

ACTIVATE

If you are new to MPC and experience mobility or movement issues, the Activate program is the best place to start. It allows you to build your range of motion and strength either while seated in a sturdy chair or while standing with support. The program also makes great movement breaks for those who spend all day sitting at a desk.

STRONG FROM THE GROUND UP

Strong From the Ground Up is a progressive, full-body training program designed to help you reconnect with your body, rebuild strength from the base up, and move with greater control, confidence and ease. Whether you're transitioning from Activate or preparing for Ignite, this program bridges the gap — developing the strength and mobility that support every type of movement.

Over three progressive phases, you'll move from mastering the fundamentals to building stability and power through more dynamic exercises. Each phase includes six workouts that repeat over multiple weeks, allowing your body to adapt, gain confidence and see steady, measurable progress.

You'll need only simple equipment — a chair, light and medium dumbbells or kettlebells, a resistance band and a hip band — and about

30 minutes per session. The key is consistency: Repeat each phase until the movements feel solid before advancing to the next.

By the end of Strong From the Ground Up, you'll have built a strong, stable foundation that supports everything you do — inside your workouts and in everyday life.

IGNITE

The Ignite program is perfect for complete beginners or those who have taken a long hiatus from regular exercise, those looking to build a fitness foundation, and those who may feel the Capacity and Peaker Strong workout tracks are too intense.

Ignite teaches the fundamental movement patterns of squatting, bending, pushing and pulling. The majority of the early parts of the program see Peakers moving their own bodyweight through those foundational movement patterns. Once those fundamentals are hammered in — or if you feel you're already familiar with this style of movement — exercise volume will gradually increase and, eventually, you'll be encouraged to add resistance to your movements.

CAPACITY

If you have experience working out or have progressed from the Ignite program, then Capacity is where to get your sweat on. Designed to offer a click-and-go approach to working out, Capacity workouts feature strength-and-conditioning circuit-style workouts. They can be completed in any order and repeated at any time. Each one tells you how long it will take and which bodyparts it targets so you can develop your own program.

Most of the Capacity workouts require some kind of resistance equipment.

(Though you are welcome to make good use of the Exercise Variations Index and go bodyweight only at any time.) You will see dumbbells, kettlebells, bands, barbells and plates put into play, but all equipment is interchangeable, so don't fret if you don't have a particular piece. Substitute!

PEAKER STRONG

There's strong ... and then there's Peaker Strong.

The Peaker Strong program is a periodized strength program designed to improve strength through 12-week cycles. Each cycle focuses on three main lifts and allows you to track your progress so you can make consistent strength increases.

In this program, we offer an overview of each exercise day, including a quick demonstration of the main movements, and then we set you free to turn up the tunes and get lifting. In this way, experienced lifters can work through the program at their own pace.

There is little to no cardio in this program, so if you're looking for more of a sweat, feel free to combine it with Capacity or even Ignite workouts to round out your fitness.

You may already have your eye on a particular pathway, but just remember that as you progress, you can mix and match, dabble and sample. For example, if you're following Peaker Strong but are having a rough week and just want to get a little movement in, feel free to do an Ignite workout. Office workers who spend a lot of time sitting at a desk might look to Activate for a lunchtime movement break. Anyone interested in a different kind of warm-up can check out one of the Peaker Strong warm-ups — or go to the Flow tab and find some Dynamic Warm-Ups

there, as well! There's a lot to play with, and more will be added throughout.

ACCELERATE

Accelerate is our take on strength and conditioning, all in one program. It combines some strength elements from Peaker Strong with a couple of cardiovascular conditioning tricks borrowed from Capacity so you can focus on getting strong and fit at the same time.

This program features three sessions a week, and you will repeat those sessions up to four times or a maximum of six to eight times before you move on to the next month.



If you want to add an additional workout, you can borrow a cardio- or core-focused workout from Capacity at the end of your week. This approach ensures balanced training and adequate recovery, setting you up for success each week.

This program will challenge your limits, enhance your capabilities and support your journey toward peak fitness.

STRENGTH COMPOUND

Get ready to build strength, muscle definition, stamina and endurance while boosting your brain's ability to react to and coordinate combination movement patterns.

Strength Compound was created as an alternative way to gain strength and add variety and greater mobility to your workouts. In this series, you'll start with basic strength exercises divided into separate upper-body and lower-body sessions. Once you learn the fundamentals and build stamina, you will start to combine movements together, increasing your exercise intervals and workout length. These workouts are designed to be completed from start to finish, gradually getting longer and more challenging.

PEAKER PROGRAM

Embark on a transformative fitness journey with this comprehensive program designed for all levels, from beginners to seasoned athletes. With customizable workouts and measurable goals, you'll find the perfect level of challenge to achieve real results.

Our balanced programming combines strength training, conditioning and recovery to optimize your results. Follow along with our video workouts for modifications, or

explore our extensive list of exercise variations to personalize your routine. To track your progress, you'll repeat workouts every other week and retest your fitness benchmarks. This allows you to see tangible improvement and celebrate your achievements.

SNACKS

Snacks are fast, focused workouts designed to help you move better and feel stronger — even on your busiest days. Each session blends strength and mobility to deliver efficient, full-quality movement in a short amount of time.

Workouts are approximately 20 minutes and are organized into upper-body, lower-body, and full-body sessions, making it easy to choose exactly what your body needs. Use Snacks as a standalone workout, a quick strength boost, or an add-on to another training session.

Whether you're short of time, easing back into movement, or simply looking for a way to stay consistent, Snacks prove that effective training doesn't have to be long to make a difference.

DEEP PELVIC FLOOR STRENGTH AND ACTIVATION

Your pelvic floor plays a vital role in stability, core strength and overall well-being — yet it's one of the most overlooked parts of the body. This eight-week program is designed to help you understand, activate and strengthen these deep muscles through mindful, accessible movement.

Each week includes three short sessions that combine breathing techniques with focused pelvic floor engagement. The workouts are gentle but intentional, helping you build awareness and control you can carry into

daily life and other forms of training. While pelvic floor challenges are common during menopause because of hormonal changes, this program is beneficial for all ages and stages. By learning to engage and strengthen these muscles properly, you can improve core stability, reduce leaks or pressure, and enhance your overall movement quality.

This is your opportunity to build a stronger foundation from within — one breath, one contraction, one session at a time.

MOBILITY

Mobility is the foundation of everything you do — from lifting and running to simply moving through your day. These sessions are designed to improve your range of motion, support joint health, and help you move with greater freedom and confidence. Each class runs between five and 30 minutes, making it easy to fit into your schedule or pair with any workout. Use them to prepare your body before training, wind down after a session or as a stand-alone routine on active recovery days.

Mobility work helps reduce stiffness, improve movement efficiency and lowers your risk of injury — so you can keep doing the things you love, feeling strong and capable.

PILATES SERIES

Pilates is a mind-body practice that builds strength from the inside out. This series introduces and expands on the core principles of Pilates — including breath, alignment, control and concentration — to help you move with greater awareness, balance and ease.

Through focused mat-based workouts, you'll develop strength, stability and flexibility while improving posture, coordination and

overall body awareness. Over time, you'll experience benefits that extend far beyond your workouts: improved focus, reduced stress, and a deeper connection between your body and mind.

The series includes the following:

Intro to Pilates Mat: Learn the foundations of Pilates and the essential movement patterns that support strength, stability and mobility.

Pilates Ball: Add variety and challenge with small, stability-focused movements that deepen core engagement and enhance balance.

Pilates Circle: Incorporate resistance and controlled tension to refine movement quality, strengthen smaller stabilizing muscles and increase range of motion.

Targeted Pilates: Focus on specific areas of the body with 20-minute workouts designed to strengthen and release where you need it most. Sessions target the breath and relaxation, core, glutes, upper body, legs, spine, hips and obliques — helping you move with greater balance and intention.

All you need is a mat, a little space and your body. As you progress, you'll discover how Pilates can help you move better and feel stronger.

BAND CAMP

Band Camp is a full-body strength program that uses resistance bands to help you train smarter, not harder. By creating time under tension — the total amount of time your muscles are activated during each movement — you'll build strength, control and endurance without ever picking up a dumbbell.

Each session combines upper-, lower- and

full-body exercises using a mix of resistance bands in different levels of tension. The result is an efficient, low-impact workout that challenges your muscles in new ways while being gentle on your joints.

Resistance bands aren't just for rehabilitation — they're powerful tools for total-body strength. They help target both major muscle groups and smaller stabilizing muscles that are often missed with traditional weight training. Over time, consistent band work can improve balance, mobility and overall movement efficiency.

Lightweight, portable and versatile, bands make it easy to train anywhere — whether you're at home, at the gym or on the go. With Band Camp, you'll build strength you can feel — no heavy equipment required.

BOXING BASICS

Boxing is more than just a workout — it's a full-body experience that challenges your strength, endurance, balance and focus. This course breaks down the fundamentals of boxing, including basic punches, footwork, defensive moves and combinations that will get your heart rate up and your confidence soaring.

Each session blends skill development with high-energy conditioning drills, giving you a fun and effective way to improve coordination, agility and power. You'll learn proper technique, build strength from the ground up, and discover how empowering it feels to move with control and precision.

No prior boxing experience is required — just bring your energy, your focus and a willingness to learn. Whether you're here to add variety to your routine or find a new favorite way to train, Boxing Basics delivers a knockout workout every time.



FLOW

Flow is where movement meets mindfulness. These yoga-inspired sessions are designed to help you build strength, flexibility and focus while supporting recovery and resilience. Whether you're brand new to yoga or an experienced practitioner, Flow invites you to slow down, connect with your breath and move with purpose.

Each class encourages you to listen to your body, explore your limits safely, and discover how mobility and control can enhance every other part of your training — and your life. You'll find a variety of styles and progressions, from gentle, grounding flows to dynamic sequences that challenge your strength and stamina.

No matter your level, Flow helps you create a foundation of movement and awareness that supports you for the long run — keeping you strong, centered and strong for life.

FLOW PROGRAMMING

The MPC Flow series offers yoga classes designed to help you move with greater ease, awareness and balance — both in your workouts and in everyday life. Whether you're brand new to yoga or looking to deepen your practice, you'll find a range of options to meet you where you are.

Flow programs are divided into two main pathways: Beginner Flow and Experienced Flow. Both emphasize safety, strength and mindfulness, with progressive classes that build on one another to support your personal goals.

Our Flow library is designed for flexibility — you can follow a road map or simply choose sessions that match how you feel that day. Each class can stand alone or complement other MPC programs as part of your warm-up, recovery or active rest routine.

As with all MPC training, go at your own pace and listen to your body. Use props, repeat classes and enjoy the process — consistency builds confidence and strength.

BEGINNER FLOW

Perfect for Peakers new to yoga or returning after a break, Beginner Flow focuses on safety, support and learning the basics while still enjoying variety.

Flow Fundamentals: Your must-start series for building confidence in yoga, Flow Fundamentals introduces the key poses, alignment and breathing techniques that form the foundation of your practice. Learn how to move safely and mindfully as you develop strength and body awareness.

Revive: Flow 101: A guided introduction to foundational yoga flows, This series takes you step by step through transitions and alignment to help you feel grounded, strong and ready to progress to more challenging practices.

Chair Yoga: Gentle, supportive movement for all levels, Chair Yoga offers accessible modifications for balance, mobility and flexibility work — perfect if you're easing into movement, recovering from injury or seeking low-impact options.

Restore: Designed for active recovery days, Restore helps you unwind and release tension through calming stretches and mindful breathing. It's a perfect way to relax your body and reset your mind.

Revive: Lower-Body Strength Through Master Flow: Deepen your awareness of alignment while strengthening your legs, hips and core. This series builds on the basics with a focus on balance, stability and proper positioning.

Gentle Flows: Slow down and reconnect. Gentle Flows focus on breath, body awareness and mindful transitions to help you move with ease and reduce stress.

Standing Flows: These accessible, wrist-friendly sessions build lower-body strength and stability without floor work. Perfect for anyone looking to improve balance and posture through simple, grounded movement.

Yin/Yang (Yin-First): This is the perfect blend of stillness and flow. Start with gentle, longer-held stretches to release tension, then move into light, energizing sequences that restore balance and calm.

EXPERIENCED FLOW

Experienced Flow is for Peakers with some yoga experience who are ready to expand into dynamic flows, strength building and creative sequencing.

Revive Series: Refine your foundation with a focus on precision and alignment. These flows emphasize technique and body awareness to prepare you for more advanced and powerful movement.

Gentle Flows: A calming complement to your higher-intensity workouts. Use these sessions on recovery days to restore balance, ease muscle tension and maintain flexibility.

Restore: Your go-to for deep relaxation and stress relief. These restorative classes use mindful movement and longer holds to calm your nervous system and promote recovery.

Dynamic Warm-Up Flows: Quick, energizing sequences that prepare your body and mind for strength or cardio training. Improve mobility, coordination and readiness in just a few minutes.

Yoga for Strength: Where yoga meets endurance. These classes blend controlled bodyweight holds and dynamic transitions to build strength, stamina and mental focus.

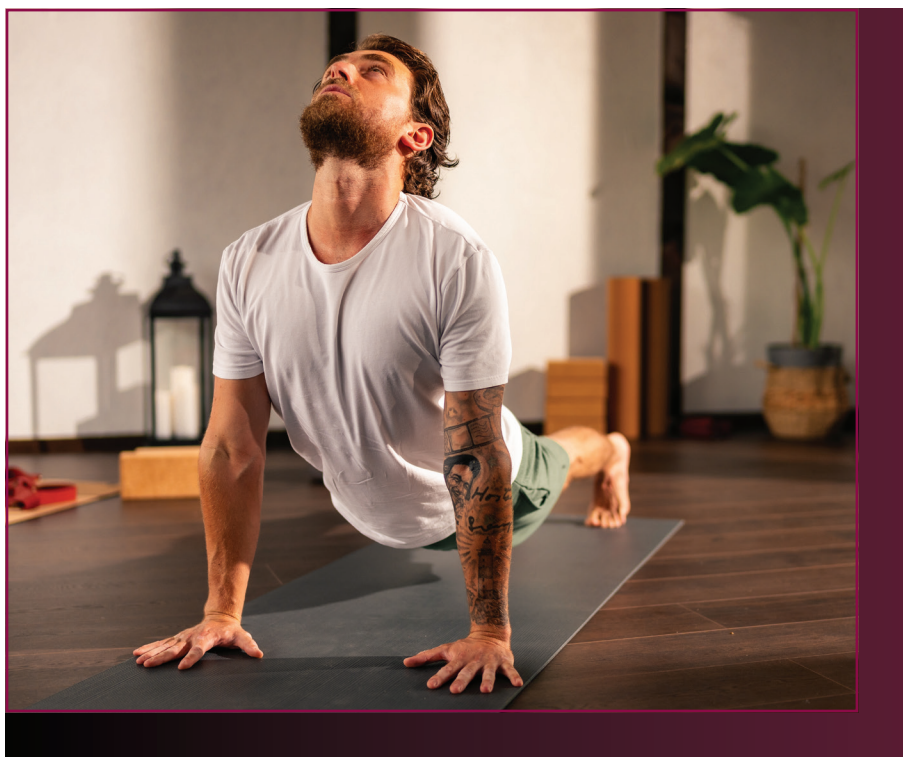
Build: Work progressively toward deeper poses and more advanced transitions. Build combines challenge with mindfulness to help you expand your range while maintaining control and alignment.

Yin/Yang (Yang-First): Balance your training with this blend of movement and stillness. Start with dynamic flows that build heat and energy, then wind down with deep, restorative stretches.

Journey: Take a deeper dive into your yoga practice. Each Journey class focuses on a specific physical or mental theme — from balance and strength to mindfulness and focus — helping you grow on and off the mat.

Vinyasa Flow: This faster-paced, breath-synced practice links movement and mindfulness. Build heat, endurance and presence through fluid sequences that feel like moving meditation.

Mandala Flow: Move with creativity and awareness in this circular flow practice. By exploring every angle of your mat, you'll build coordination, focus and a greater sense of connection to your body.



TRAINING DETAILS

How often you train and what workouts you choose will be based on your ability, fitness level, recovery practices and how much time you have available to work out. Creating a schedule that works for you and your body is of the utmost importance. Fitting fitness into your life (rather than remaking your life to fit the workouts in) is one way to increase the likelihood that you'll be successful at reaching your challenges over the long term.

WORKOUT FREQUENCY

One part of personalizing the MPC program is deciding how often you will work out. All the MPC programs are flexible, but ultimately, it's up to you to create a schedule that aligns with your body, how hard it's working and how it feels after your training. Remember that no matter how hard you train, the magic happens when you are recovering and especially when you're asleep. (Read on for more about rest and recovery.)

Creating a good workout schedule involves scheduling a mix of workout days, active recovery days and rest days. Below, view one possible workout structure with lots of variability, but please make your own based on your schedule and abilities.

You'll find other sample schedules in the Ignite, Peaker Strong and Peaker Program booklets, but feel free to make your own — and modify it based on how you're feeling, how you're recovering and what else life is throwing at you.

WORKOUT DAYS

All the movements in each workout day are programmed to combine into a complete program, but as we mentioned above, it's also important to make the workouts fit into your life. Sometimes time constraints or other impediments might mean that you need to adapt some aspects of a workout in order to get it done. If that's the case, our first recommendation would be to choose a shorter-duration workout to plug into that time frame. But if that's not possible, you can adapt the number of sets of each exercise or the time of the routine itself, but don't be tempted to skip the warm-up. That element should always precede any exercise because it prepares you for the workout and decreases the chance of injury, as well.

ACTIVE RECOVERY DAYS

Active recovery days (known as ARDs) are an integral part of the program and will help you recover well from previous workouts and prepare you for future

SAMPLE WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
workout	workout or active recovery or rest	active recovery	workout	workout or active recovery	active recovery	rest

workouts. They are lighter-intensity days consisting of light cardiovascular work (CV for short) or one of our MPC Yoga classes, which elevates the heart rate and breathing so that lots of blood flows through all your tired muscles.

These days can prove vital, especially if you're experiencing the dreaded DOMS (delayed-onset muscle soreness), tight and sore muscles resulting from previous training sessions. Moving is one of the best ways to loosen up those muscles and get rid of the ache.

The key point to remember on ARDs is that the intensity shouldn't exceed 60 percent effort. Some great examples of ARD activities are walking, cycling, swimming or light jogging, and we always think it's double the fun if you can find a Peaker pal to join you for an ARD activity.

REST DAYS

No matter how much you love exercise, you have to value rest days, as well. On rest days, there is no scheduled workout. Taking at least one day off a week allows the body (and mind!) to recover from exercise, muscles to repair themselves and energy tanks to refill before the next workout. Use rest days to spend time with friends and family, plan for the coming week (including doing any laundry or meal prep) and get plenty of sleep (the absolute best recovery tool — see the Recovery Techniques section).

EXERCISE SELECTION

If you've followed other workout programs, you might have expected to be told which exercise to do and when. That's a pretty standard approach. However, the MPC program isn't "one size fits all." While our

coaches have prescribed specific exercises for each workout, you should expect to see and hear the coaches mention several other exercises that can provide a similar stimulus. That's because we understand that each Peaker is different, with a different medical history and abilities that might affect their ability to complete a workout as written.

But that isn't grounds to give up. Almost every exercise in every program features several additional variations that can be used as substitutes to complete a workout with the same results. These variations can be found within our Movement Library in the Exercise Variations Index. We encourage you to pick which exercise from those variations works for you for each particular workout.

The exercise featured in the program is always the most advanced variation. It is also the name of the variation list you need to consult to substitute. For example, if the workout calls for goblet squats (a weighted lower-body exercise) and that's too advanced for you, you would go to the goblet squat variation list and pick a substitution that is more suited to you. This is how you can personalize the MPC workouts, and this is what makes the program completely adaptable.

EQUIPMENT SELECTION

The MPC program was designed to be completed either at home or in a gym. But as you'll see, each workout features a specific sequence of exercises, some of which may require equipment that you might not have access to if you're training at home. For the most part, there are unweighted (or bodyweight) variations for each exercise, and you can and should use those to get a challenging workout no matter where you train. There are also several items around your

house you can use to boost your workouts a bit. Here are some substitutions you might not have thought of:
If you train at home and have a small budget

GYM	HOME
PVC pipe	mop or broom handle, curtain pole
dumbbells, kettlebells	soup cans, jugs of milk or water, weighted door stops
box/bench	chair, couch, stool (safety first — double-check that it's sturdy enough to handle weight and is not on an uneven surface)

for equipment, a good starter pack would include the following:

- foam roller
(See “Recovery Techniques” on page 24.)
- jump rope (fantastic cardiovascular option)
- set of resistance bands of various widths, the most important are small and medium resistance bands
- set of dumbbells (lighter to start; you can always get heavier ones when you need them— think 5 or 10 pounds [2.5 or 5 kilograms])
- kettlebell (one or more of incremental weights, starting around 10 pounds [5 kilograms])

This will allow you to have the option to make the workouts increasingly more challenging as you progress. If you would like to add to your collection a little later

on and have the space, then possible further options include the following:

- squat rack and weightlifting bench
- Olympic barbell and a variety of weight plates
- cardio option such as a rower, air bike or treadmill
- plyometric box
- slam ball

The above are in no way necessary to complete the program, but they can be found in most gym facilities. And remember, a lot of gyms offer drop-in sessions, which can be much more economical if you want to make use of them every once in a while.



CARDIO SELECTION

It's a common misconception that cardio only happens in the gym — not so! There are countless ways to get your heart rate up, whether you're indoors, outdoors or working out right at home. In fact, nearly any bodyweight movement from our Exercise Variations Index can double as cardio with the right intensity.

Need a little inspiration? Check out the Cardio Selection chart below for ideas to get you moving (and maybe even sweating a little).

Once you've chosen your cardio option, fitting it into a workout is simple. Most sessions will call for a set amount of time, distance or calories burned. Depending on the equipment or space you have available, you might need to convert between these — and we've made that easy, too. Use the Cardio Option Conversion chart at the bottom of the page to see how to plug your chosen activity into any workout with confidence.

CARDIO SELECTION

MACHINE-BASED CARDIO	BODYWEIGHT (High Impact)	BODYWEIGHT (Low Impact)
Air Bike Bike (Spin) Bike (outdoor) Elliptical Rower SkiErg Stepper Treadmill VersaClimber	Bag Work (boxing) Dancing (high skill) Jumping Jacks Jump Rope High Knees Mountain Climbers (fast) Running Seal Claps Shuttle Runs Stairs (running)	Shadowboxing Zumba Step Jacks Total-Body Extension High Knee March Mountain Climbers (slow) Walking Stepping Seal Claps Side March Stairs (walking)

CARDIO OPTION CONVERSION

TIME	RUN (Meters)	ROW (Meters)	AIR BIKE (Meters)	ROW (Calories) (Men/Women)	AIR BIKE (Calories) (Men/Women)
30 seconds	100	100	300	15/12	10/8
1 minute	200	250	600	22/18	15/12
90 seconds	300	400	900	36/24	24/16
2 minutes	400	500	1,200	45/38	30/20
3 minutes	600	750	1,800	60/45	40/30
4 minutes	800	1,000	2,400	75/60	50/40
8 minutes	1,600	2,000	4,800	150/120	100/80
10 minutes	2,000	2,500	6,000	180/150	120/100

WORKOUT GUIDE

THE WARM-UP

A good warm-up is the secret to a great workout. It's your chance to prepare your body — and your mind — for movement. A proper warm-up increases blood flow to working muscles, improves joint mobility and helps reduce the risk of injury, all while setting you up to perform at your best.

In programs like Ignite, Capacity and Peaker Strong, you'll notice dynamic warm-up sequences that mirror the movements you'll see later in your workout. This approach helps your body move more efficiently, improving form, control and range of motion from the very first rep.

Most warm-ups also include a short cardio component to gently elevate your heart rate and core temperature. Choose any activity you enjoy — just keep the intensity light to moderate unless otherwise noted. Remember: A warm-up isn't meant to wear you out. It's about priming your body so you can move better, feel stronger and get the most out of every session.

MOBILITY DRILLS

Mobility drills are dynamic movements designed to loosen tight muscles, improve joint range of motion and help your body move more freely. You'll see many of these integrated into your MPC warm-ups, but if you want to take your mobility to the next level, adding a bit of extra work can make a big difference.

After completing your prescribed warm-up — or anytime your body feels stiff or sluggish — choose one, two or even a few of these mobility

drills. They'll help release tension, lubricate joints, and prepare your body to move with greater ease and confidence in any workout.

Want to go deeper? Check out our full Mobility sessions in the Move section of the platform. They're perfect to use before or after your workouts or on active recovery days to keep your body feeling balanced, limber and ready for anything.

- 10 reps of knees side-to-side
- 30 seconds of leg pullovers (per side)
- 10 reps of glute raises
- 10 reps of opposite arm opposite leg
- 10 reps of elbow rotations

Feel free to add more reps or time to the above, or if you are feeling exceptionally tight, add in one or more of the following:

- shoulder dislocates
- banded elbow rotation
- band pull-apart
- banded hip flexor stretch
- X-band walk
- zombie walk

MOVEMENT PREP AND PREP SETS

Movement prep exercises are designed to bridge the gap between your warm-up and your workout. They come right after — or sometimes replace — the cardio portion of your warm-up and serve as a more targeted way to prepare your body for what's ahead.

These drills focus on improving technique while activating the muscles and joints you'll be using in the session. For example, if squats are on the plan, your movement prep might include hip openers, glute bridges or bodyweight squats to get your hips and legs ready to move smoothly and powerfully.

You'll also see prep sets built into many workouts. These are lighter, lower-intensity sets of the same movement pattern performed before the heavier or more advanced work begins. Think of them as your rehearsal — a chance to fine-tune your form, wake up your muscles and build confidence before you lift heavier or move faster.

THE WORKOUT

Each MPC workout is designed to be adaptable. Whether the session follows a specific rep scheme, timed format or exercise sequence, every workout can be adjusted to fit your fitness level, abilities and schedule.

In programs like Ignite, Capacity and Peaker Program, Coach Valbo and the athletes demonstrate a range of movement variations in real time, giving you options to modify intensity, complexity or equipment based on what works best for you.

For even more flexibility, explore the Exercise Variations Index in the Movement Library. There, you'll find an extensive list of alternative exercises that target the same muscles or movement patterns as those featured in the workouts. These substitutions can be “plugged in” directly to match the structure of your current session, allowing you to tailor each workout to your needs while maintaining the program's intent and flow.

The following are some of the workout types you'll encounter throughout the MPC program — and how to make them your own.

AMRAP

AMRAP stands for “as many rounds as possible.” In this type of workout, you will be given a time frame and a series of exercises to complete in circuit fashion. Completing the entire series of exercises equals one round, and the aim is to complete as many full rounds of the circuit as you can within the given time frame.



Circuit

These are workouts that involve different exercises performed back-to-back, completed either for a set number of reps or for a set time. They can have themes like “bodyweight circuits,” in which all exercises will be bodyweight only, “weightlifting circuits,” “cardio circuits” or a combination of all of the above.

EMOM

EMOM stands for “every minute on the minute” and is a way of doing a lot of work with minimal rest. You will have a set number of reps or a specific time frame of work to complete in each minute of this routine, then you rest for the remainder of that minute before proceeding to the next exercise at the top of the next minute.

For Time

When you see these words, you know you have to put your pedal to the metal. “For time” means that you must complete the prescribed workout in the quickest time you can, taking few or even no breaks between exercises.

Ladder Rep Scheme

A ladder rep scheme is a way of organizing reps. It involves reps either descending, ascending or both. An example of a descending ladder format is a 10-to-one rep scheme, in which you first do 10 reps of an exercise, then nine, then eight, then seven and so on until you get to one.

Other examples include both ascending and descending rep schemes, such as a 5-10-15-20-15-10-5 rep scheme. In this scheme, you perform five reps of an exercise, then 10 reps, then 15, 20, 15, 10 and finally finish with five reps to complete the ladder. Or the variable could be minutes: 4 minutes–3 minutes–2 minutes–1 minute–2 minutes–3 minutes–4

minutes. Or even distance: 100 meters–200 meters–300 meters–400 meters–500 meters–400 meters–300 meters–200 meters–100 meters.

Tabata

A Tabata is a protocol that alternates a set amount of work time and a set amount of rest time. They are usually completed at high intensity, with the work time double the rest time. A standard Tabata is a four-minute round consisting of eight intervals of:

20 seconds of work
10 seconds of rest

You can perform one exercise for all eight intervals or a combination of two exercises alternated four times or even four exercises repeated twice.

THE COOL-DOWN

Just as a warm-up prepares your body and mind for movement, a cool-down helps you transition out of it. It’s your time to bring your heart rate and breathing back to baseline, release tension and keep blood flowing through the muscles you’ve just worked.

The type of cool-down you choose will depend on the workout you’ve completed, but the goal is the same: to recover well so you can come back stronger. A good general cool-down includes three to five minutes of light-paced cardio followed by stretching or gentle soft-tissue work.

Here are a few options to get you started:

1. Complete 90 seconds of couch stretch (per leg) + 3 minutes of foam rolling: quads.
2. Complete 2 rounds of the following: 100 reps of shoulder dislocates and 90 seconds of

banded shoulder stretches (per arm).

3. Complete 2 minutes of walking (nasal breathing only).

4. Complete 1 minute of child's pose
+ 1 minute of Samson stretch (per leg)
+ 1 minute of child's pose.

5. Complete 1 minute of cobra stretch
+ 90 seconds of towel hamstring stretch
(per leg).

6. Complete 5 minutes of foam rolling: quads
+ foam rolling: adductors.

7. Complete 5 minutes of foam rolling: T spine
+ foam rolling: lats.

8. Complete 2 minutes of foam rolling:
lower back
+ 1 minute of cobra stretch
+ 1 minute of seated forward fold
+ 2 minutes of foam rolling: quads.

9. Complete 2 minutes of calm nasal breathing
+ 5 minutes of any MPC Yoga session.

10. Complete 1 minute of scorpion stretch
(per leg)
+ 1 minute of cobra stretch
+ 1 minute of child's pose.

WORKOUT TERMINOLOGY

Here are some other terms you will come across in the training program.

CARDIO

Cardio — or cardiovascular training — is any activity that elevates your heart rate and increases your breathing. In MPC workouts, cardio can take many forms and vary in intensity depending on where it appears in your session. During a warm-up, you'll typically move at a light to moderate pace to prepare your body for the work ahead. Later in the workout, your cardio segments may shift to higher intensity to challenge your endurance, build stamina and keep your heart strong.

MOBILITY DRILLS

Used in warm-ups, these drills put your joints through their full

range of motion to prepare for exercise and as a prehabilitation tactic if you have any underlying mobility issues.

PREP SETS

These are two or three sets of the exercise to be performed in the workout, using a light weight. Prep sets serve as a secondary (or even tertiary) warm-up and help drill the movement and work up to heavier or more advanced versions of the exercise.

REPETITION

A repetition (or rep for short) is the number of times you will perform a given exercise per set. Each workout features a variety of different rep ranges.

One handy thing to remember for weighted exercises is that the lower the reps, the heavier the weight you should lift for that workout. Higher reps indicate lower weight. There will also be times when you are instructed to get as many reps as possible in a given time frame. (See AMRAP.)

ROUND

A round can be used interchangeably with "set," but it also can mean a group of exercises performed consecutively.

SET

A set is one group of reps for a given exercise. Workouts will prescribe a number of sets to be completed for each exercise.

MUSCLES AND MOVEMENT GUIDE

While we have an extensive Exercise Variations Index to help you choose alternate exercises that suit your fitness level or ability, it also can be helpful to know which exercises target which muscle groups. Listed here are the primary movements for each region of the body. Some compound exercises,

like burpees, plate ground to overheads, headcutters, manmakers, among many others, recruit a variety of muscles, so we've tried to keep it simple here and illustrate the primary movement patterns that target each muscle group.

■ SHOULDERS (DELTS)

Elbow Rotations
Wall Slide
Front Raises
Lateral Raises
Overhead Presses (including Cuban Press and Arnold Press)
Overhead Holds

■ TRICEPS

Banded Triceps Pressdown
Lying and Overhead Triceps Extensions
Triceps Kickback

■ BUTT (GLUTES)

Glute Raise Variations
Glute Lifts
Clamshell
Banded Hamstring Stretch

■ BACK OF THE THIGHS (HAMSTRINGS)

Good Mornings
Deadlift
Romanian Deadlift
Swiss-Ball Leg Curl
Kettlebell Swing

■ CALVES

Jump Rope
Plate Hops
Jumping Jacks
Penguin Claps

■ BICEPS

Curls
Biceps Hold

■ FOREARMS

Farmers Carry and Hold
Dead Hang

■ CHEST (PECS)

Push-Ups
Bench Presses
Floor Presses
Dumbbell Flye

■ CORE/ABDOMINALS/OBLIQUES

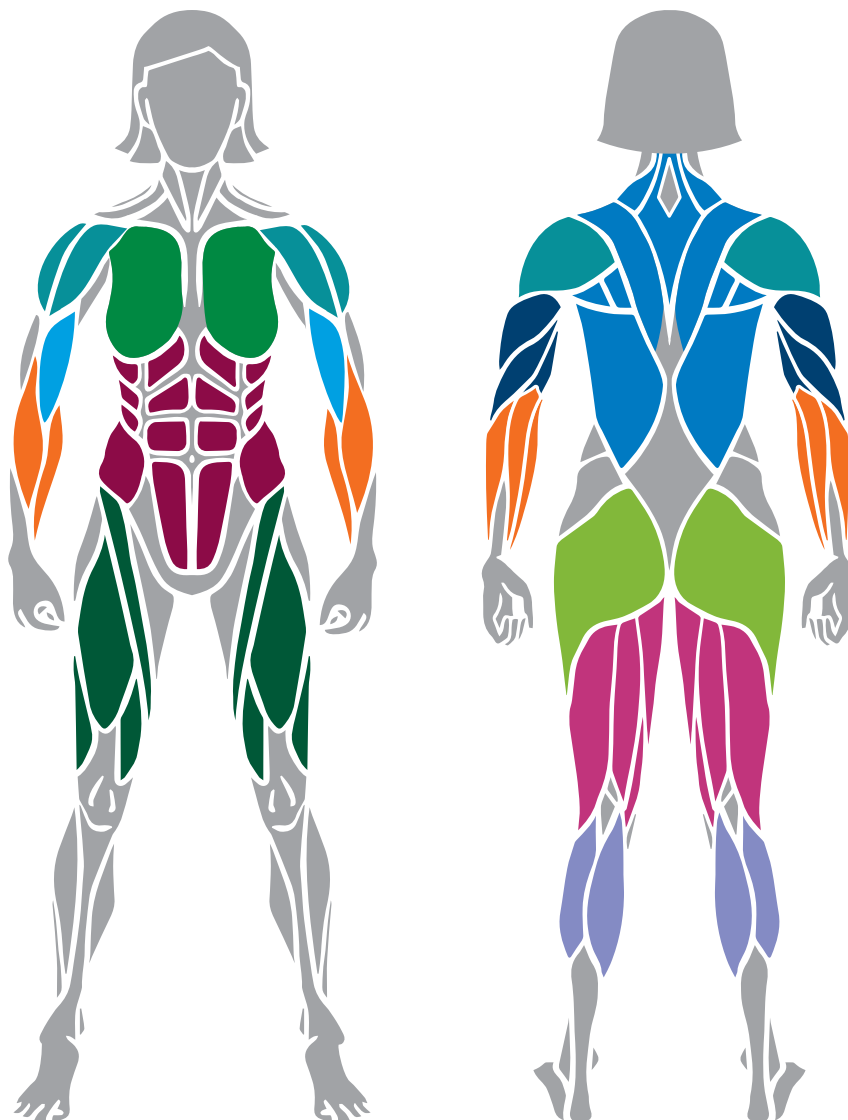
Static Holds (Planks, Hollow Hold, V-Sit Out Hold, Side Plank)
Moving Planks (Military Plank, Plank Dumbbell Slide, Plank Dumbbell Tap, Plank Shoulder Tap)
Sit-Up Series (Crunch, Two-Touch Sit-Up, V-Up, V-Sit Out)
Hanging Series (Hanging Knee Raise, Hanging Leg Raise)
Swiss-Ball Rollout
Hip Thrust
Back Saver
Dumbbell Side Bend

■ THIGHS (QUADRICEPS)

Squats
Lunges
Split Squats
Step-Ups
Thrusters
Headcutters
Squat Cleans

■ BACK (TRAPS, LATS, SPINAL ERECTORS)

Pull-Up Variations
Banded Lat Pulldown
All Rows
Dumbbell Pullover
Bat Wings
Band Pull-Apart
Band Pull to Body
Supermans



RECOVERY TECHNIQUES

When you start the MPC program, your activity level often increases — and so do the demands on your body. Along with training more consistently, you also may notice lifestyle changes: improved nutrition, new habits and renewed motivation. These are all positive shifts, but without proper recovery, even the best intentions can backfire — leaving you feeling run-down or, worse, at risk for injury. That's why recovery is just as important as your workouts.

The simplest and most effective recovery strategy is to follow the training plan as written, including your active recovery days (ARDs) and full rest days. These are built into the program for a reason — they allow your body to repair, adapt and come back stronger.

That said, everyone's recovery needs are different. Especially when you're just getting started, you might find you need more ARDs or rest days than what's programmed. Listen to your body. Rest when you need to, move gently when you can and remember — progress isn't just about how hard you train but how well you recover.

SLEEP

If you're not sleeping well, you're not truly recovering. Think of your body like a car running low on fuel — it can only go so far before performance starts to break down. Sleep is one of the most powerful and underused recovery tools you have. It's when your body repairs muscle tissue, balances hormones, and resets both physically and mentally.

Several factors can interfere with quality sleep, including the following:

- caffeine (especially later in the day)
- stress
- screen time
- inconsistent bedtimes

Try limiting caffeine after midday — it can stay in your system for hours longer than you might think. Prioritize stress management just as you do your workouts: Take a few minutes each day for something that helps you unwind, whether it's a breathing exercise, meditation, journaling or a quiet walk.

And yes, it may sound ironic to say this while you're reading on a device, but screen light can trick your brain into staying alert. Aim to power down phones, TVs and computers at least an hour before bed, and make your bedroom as dark and quiet as possible for deeper rest.

Finally, remember that both *quantity* and *quality* matter. If late nights and early mornings are cutting into your sleep, challenge yourself to add just one more hour each night. You'll feel the difference in your workouts, your mood and your overall recovery.

FOAM ROLLING

Foam rollers offer many of the same benefits as a sports massage without the price tag, which makes them worth their weight in gold. It's very common to feel stiff after workouts, and using a foam roller regularly with good technique can offer the following:

- decreased muscle soreness after exercise
- increased flexibility and range of motion
- improved recovery time between exercise when combined with active recovery days and rest days
- improved posture

SPORTS MASSAGE

A sports massage (and no, not that relaxing soft Swedish version) delivers similar benefits to foam rolling with the added benefit that a professional masseuse will know by feel exactly what your muscle tissues need most and can adapt pressure and technique to suit.

EPSOM SALT BATH

An Epsom salt bath is relaxing and beneficial, not to mention cheap. The mineral content of salts such as Epsom help relieve muscle soreness and relax you, which in turn helps decrease stress. Full bang for your buck ... assuming you have access to a bathtub.

MONITORING PROGRESS

At the start of the program, we want you to get used to tracking not only your workouts but also your body composition.

SCALE

For many people, the scale is the first tool they reach for to measure progress. But while it provides a number, it doesn't tell the full story of what's really changing in your body. The scale can't measure your strength, endurance or confidence — it simply measures your relationship with gravity.

As you move through the MPC program, you may gain muscle, lose fat and notice major improvements in how you look, feel and perform — even if the number on the scale doesn't budge. That's not a setback; it's progress that the scale just can't capture.

Because bodyweight naturally fluctuates from day to day, checking the scale too often can be misleading or discouraging. Instead, focus on the bigger picture. If you choose to weigh yourself, do it no more than once a month — or skip it altogether and track how your body *feels* instead. Strength, energy and confidence are far better indicators of success.

PHOTOS

Trust us, one of the most effective ways to see your progress is through photos. Before you begin your training program, take a couple of pictures of yourself: one from the front and one from the side. You don't need to share them with anyone — these are just for you. Over time, subtle changes in strength, posture and confidence can be easy to miss day-to-day, but photos make them clear.

At the end of each month, take the same two shots in similar lighting and clothing. Comparing them side by side is one of the most rewarding ways to see how far you've come — proof of your hard work and consistency in action.



CIRCUMFERENCE MEASUREMENTS

Because sometimes you need more data than a photo can provide, we strongly recommend taking measurements. We find these the best way to measure progress alongside photographs. They highlight body composition changes, so we recommend doing the full measurement every month. Grab a tape measure and measure the following points on your body:

- neck
- chest (with tape measure just above nipple level and arms down at your sides)
- waist (right at the bellybutton)
- hips (where they're widest)
- biceps (pick one side and mark which one for consistency)
- thigh (pick one side and mark which one for consistency)

DAILY MONITORING

Another powerful way to measure your progress is by logging your workouts. In your training booklet, you'll find space to record what you completed — including any exercise substitutions, weights used, and the number of repetitions or rounds performed (especially when options are provided).

You also can use this space to jot down quick notes about how you felt: what felt strong, what felt challenging and what might need adjusting next time.

Keeping these records helps you see patterns over time — how your strength, endurance and confidence are building week by week. It's also a great reference for knowing what weights to grab, when to push harder and when to dial things back. Over time, your workout log becomes more than just notes — it's a map of your growth.

WEEK 1. WORKOUT 1

CIRCUMFERENCE MEASUREMENTS

NECK

DATE	MEASUREMENT

CHEST

(with tape measure just above nipple level and arms down at your sides)

DATE	MEASUREMENT

BICEPS

(pick one side and mark which one for consistency)

DATE	MEASUREMENT

WAIST

(right at the bellybutton)

DATE	MEASUREMENT

HIPS

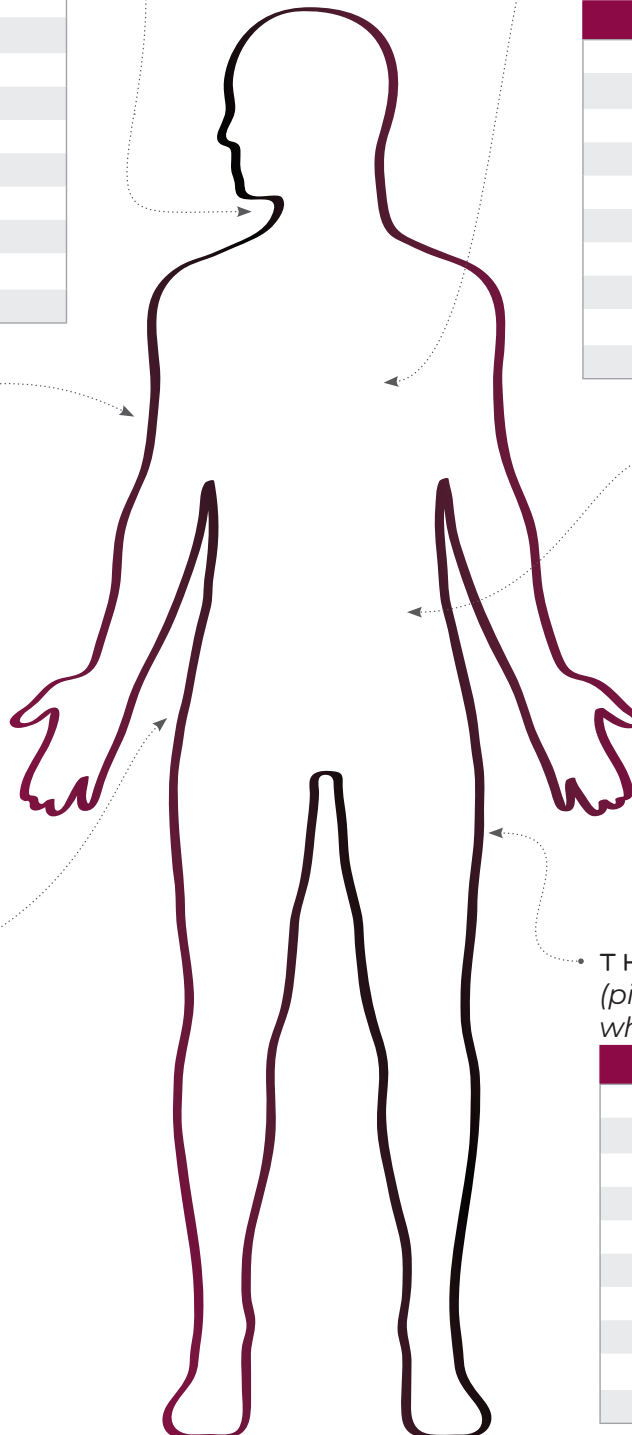
(where they're widest)

DATE	MEASUREMENT

THIGH

(pick one side and mark which one for consistency)

DATE	MEASUREMENT



TROUBLESHOOTING

Like the owner's manual for any new appliance in your home, here's a troubleshooting guide at the back of this booklet for when you run into issues with the program.

CHOOSING EXERCISES

If you have an issue with a particular exercise in the program, check out the Exercise Variations Index to select a more appropriate exercise for your own individual needs.

CHOOSING WEIGHTS

For the most part, if the program offers a specific rep range, the weight you select will be based on that selection. The rubric is that the higher the reps, the lower the weight. And therefore, the lower the reps, the higher the weight. For example, if the prescribed rep range is 10 reps, then you want to select a weight that makes it challenging to complete those 10 reps and makes an 11th or 12th rep impossible. If the rep range is lower than 10, then the weight would be significantly heavier than what you could lift for 10 reps and the same rules apply. For example, if the rep range is five reps, the weight should be heavy enough that a sixth or seventh rep would be impossible.

TECHNICAL QUESTIONS

If you run into issues accessing any of the MPC content, including the daily videos or crib sheets, please email support@mypeakchallenge.com.

TRAINING QUESTIONS

You can direct training (or yoga or nutrition) questions to our forum, found under the Community tab on the program website. Our coaches will do their best to get back to you!

PERSONAL ISSUES

We all sometimes experience times in our lives when our problems seem big and overwhelming and beyond our control. This program was developed to work on things that are within our control, but if you feel that you are dealing with something personal that is affecting your participation and having a major impact on your life, then we strongly encourage you to seek local support. Remember, there are a number of agencies that exist to help, so please look up your local mental health hotline at the very least and reach out. Your mental health is just as (if not more!) important as your physical health, and we want you to be as healthy as possible.

WELCOME TO FUEL!

Quick — picture what it means to *improve your lifestyle*. Maybe you imagine getting stronger, building endurance or feeling more energized.

Did you picture a kitchen?

When most people think about reaching fitness or lifestyle goals, they picture the gym — the sweat, the effort, the grind. But the truth is, the real work of lasting change often happens in the kitchen. Exercise is essential, but it only accounts for a small part of your day. The rest — how well your body repairs, builds muscle, burns fat and supports overall health — depends largely on what (and how) you eat during the other 22 hours.

That's why nutrition is such a vital part of the MPC approach. Being mindful of what fuels you is key to progress, no matter your goals. And like anything worth doing, it can be challenging. Between constant headlines, conflicting advice and shifting nutrition trends, it's easy to feel overwhelmed or unsure of where to start.

Here's the truth: There's no single "right" or "wrong" way to eat — and stressing about food isn't part of a healthy plan.

These ideas are at the heart of the MPC Fuel program. To help make nutrition approachable and sustainable, we've teamed

up with three registered dietitians, each bringing their own expertise and perspective to guide you through the essentials of fueling your body well.

Together, they expand on the core principles that shape the My Peak Challenge nutrition philosophy, which is as follows:

EAT FOR LIFE

Making healthful and mindful food choices is a simple way to lead a healthier life. After all, you can choose to move or not, but you can't choose not to eat.

Focusing primarily on making whole (and wholesome) foods the basis of your plates is really all you need to do. Think: lean meats and fish (if you eat them; vegetable proteins if you don't), dairy, whole grains, fresh vegetables and fruit, nuts and seeds.

EAT ENOUGH

Eat enough calories to fuel activity and keep your body's engine running, from all three macronutrient groups: protein, carbohydrates and fat.

EAT WELL

Maintain a healthy relationship with food. That means embracing eating a wide variety of foods while celebrating food as fuel, as celebration, as culture.

A SIMPLE GUIDE TO MACROS



Food is an important part of human life on earth and a critical element in MPC's objective that its members strive to lead better, fuller, healthier lives.

The MPC Fuel Video Library contains a slew of information to help you incorporate this nutrition philosophy into your life. Our three registered dietitians tackle everything from the basics of human nutrition to the subversive ways diet culture might have influenced your thinking about food. They bust nutrition myths, offer culinary tips and tricks, and do deep dives into topics like sodium and why exactly there's so much conflicting nutrition information available. And then they introduce a few ways of structuring a diet that aren't too restrictive and don't require eliminating entire food groups.

WHAT'S ALL THIS ABOUT **MACROS?**

For more than 10 years — the entire span of the My Peak Challenge program — we've encouraged Peakers to track their macros as a way to ensure they're fueling their bodies with the right balance of protein, carbohydrates and fats to meet their goals and support their training.

While our Fuel program has continued to evolve, one thing hasn't changed: Macros still matter. No matter how you choose to structure your nutrition, understanding these key nutrients helps you make informed choices that support strength, recovery and overall well-being.

To complement the MPC Fuel Video Library, this section offers a quick overview of the foundational principles of good nutrition — the essentials that help you stay energized, balanced and strong for life.

ACCOUNTING FOR CALORIES

Like any machine, your body needs fuel to function — and calories are that fuel. Every food you eat provides energy, but how much your body needs each day varies from person to person.

The reason it’s so hard to pin down an exact number? The human body is incredibly complex. Calorie needs depend on countless factors — from your size, age and activity level to your metabolism, genetics and even your gut microbiome (the unique mix of bacteria that helps you digest food and absorb nutrients). No two bodies are exactly alike — not even your own from year to year.

While calorie tracking can be a helpful tool, it’s important to remember that the numbers are always estimates. Even large-scale nutrition studies struggle to account for the full picture — people forget what they ate, measure inconsistently or simply vary in how their bodies process food.

To provide some general guidance, the U.S. Department of Agriculture (USDA) offers rough estimates for daily calorie needs based on activity level:

Sedentary: light daily activity only

Moderately active: the equivalent of walking 1.5 to 3 miles (2.4 to 4.8 kilometers) per day at 3 to 4 miles per hour (4.8 to 6.4 kilometers per hour)

Active: more than 3 miles (4.8 kilometers) of walking per day at the same pace

These guidelines also assume an average reference size — women around 5 feet 4 inches tall (1.63 meters), 126 pounds (57 kilograms), and men around 5 feet 10 inches tall (1.78 meters), 154 pounds (70 kilograms). All of which is to say: The calorie charts that follow are broad estimates, meant to give you a starting point — not a strict rulebook. Use them as a guide, then adjust based on how your body feels, performs and responds over time.

WOMEN

AGE	SEDENTARY	MODERATELY ACTIVE	ACTIVE
19-25	2,000	2,200	2,400
26-30	1,800	2,000	2,400
31-50	1,600	2,000	2,200
51-60	1,600	1,800	2,200
61-76+	1,600	1,800	2,000

MEN

AGE	SEDENTARY	MODERATELY ACTIVE	ACTIVE
19-20	2,600	2,800	3,000
21-25	2,400	2,800	3,000
26-35	2,400	2,600	3,000
36-40	2,400	2,600	2,800
41-45	2,200	2,600	2,800
46-55	2,200	2,400	2,800
56-60	2,200	2,400	2,600
61-65	2,000	2,400	2,600
66-75	2,000	2,200	2,600
76+	2,000	2,200	2,400

That said, please take a minute to note three things: 1) These numbers are likely larger than you might have anticipated; 2) there is not a huge amount of variance among the age ranges; and 3) nowhere do we see the number 1,200 calories, which some popular food-tracking tools might lead you to believe is a reasonable number of calories to eat over the course of an entire day.

The best way to understand your personal calorie needs is to start with awareness. Spend a few days — up to a week, if possible — eating as you normally do and track everything you consume. You can use the diet-tracking sheet at the end of this guide or an app like MyFitnessPal to make it simple.

Once you’ve logged your intake, calculate your daily average. That number gives you a clear baseline of how much you typically eat, which is a useful starting point for making informed adjustments.

If your goal is weight loss, you may choose to reduce your calorie intake slightly. However, if you’ve recently increased your activity level, your body may actually need *more* fuel, not less. Active, strong bodies burn energy more efficiently, so make sure you’re eating enough to support your training, recovery and overall well-being.

Remember, fuel is what powers your progress.

CALORIC CONTENT

These are the calories per gram of each of the macronutrients.

MACRONUTRIENT	Protein	Carbs	Fat
CALORIES (per gram)	4	4	9

PROTEIN

All macronutrients matter — but protein plays a starring role. Every cell in your body is made up of protein, and you need a steady supply from your diet to repair and rebuild tissues, support immune function and maintain muscle mass. When you train, tiny tears form in your muscle fibers; repairing those tears is what makes you stronger — and that process depends on protein.

Protein also helps keep you satisfied. It has a high *satiety factor*, meaning it helps you feel fuller for longer. Including a source of protein with every meal can reduce cravings, curb grazing and help you stay on track with your nutrition goals.

The type of protein you choose matters, too. Proteins are made up of amino acids — the building blocks your body uses for repair and growth. Some amino acids are *essential*, meaning your body can’t make them on its own, so they must come from food.

Animal-based proteins such as meat, fish, eggs and dairy are considered complete proteins because they contain all the essential amino acids in the proportions your body needs — giving them a high biological value. Most plant-based proteins are incomplete, meaning they’re lower in one or more essential amino acids. However, you can easily meet your needs by combining different plant sources throughout the day.

Excellent plant-based options include legumes (like beans, lentils and peanuts), nuts, soy products such as edamame and tempeh, hempseeds, and “pseudo-grains” like quinoa and amaranth — all of which provide a strong mix of essential amino acids.

PROTEIN POWDER 101

Though we are firm believers in getting the majority of your daily protein from whole-food sources like lean meats, eggs, dairy and certain plant sources, protein powder can be enormously beneficial. For one thing, it is much more quickly digested than a steak or chicken breast, which means that its amino acids can get into the bloodstream

and directed to where they're needed much quicker. That's particularly good in the mornings, when you've been fasting through the night, and around workouts, when you're about to deal your muscles some damage that will need to be repaired. Protein powder also can be an excellent way to get more protein without adding a lot

of extra carbs or fat to your diet.

The best protein powders are those containing the milk proteins, whey and casein. They are of high biological value, are easily absorbed and used by the body, and are particularly rich in certain amino acids, like leucine, which are especially important to the process of muscle repair.



CARBOHYDRATES

There's a reason we crave foods like bread, pasta and rice — and why they're so satisfying. Carbohydrates are the body's preferred and easiest source of energy. They break down into glucose, which fuels everything from your daily movement to your brain function. In fact, your brain runs almost entirely on glucose.

Your body is also great at storing carbohydrates for later use, thanks to a key hormone called insulin. Insulin's main job is to move sugar (glucose) out of the bloodstream and into your muscles and liver, where it can be used for energy or stored for future needs.

When you eat simple carbohydrates — like table sugar or refined grains — they're broken down quickly, causing a sharp rise in blood sugar. In response, your body releases insulin to bring those levels back down. But when this process happens too often, your

cells can become less responsive to insulin, forcing your body to produce even more of it over time. If that cycle continues unchecked, it can eventually lead to insulin resistance and increase your risk for Type 2 diabetes.

The goal isn't to cut out carbohydrates altogether — it's to be mindful about the *type* and *quality* of carbs you eat. Fiber, for example, is an indigestible form of carbohydrate that plays a key role in gut health and digestion. Diets higher in fiber are often linked to lower body fat and improved overall health.

High-fiber foods also digest more slowly, which helps keep blood sugar levels steady and leaves you feeling full longer. On the flip side, low-fiber foods (like refined grains and sugary snacks) digest quickly, causing rapid spikes and crashes in energy. The glycemic index measures how fast carbohydrates are broken down into glucose — the lower the number, the slower and steadier the digestion.

For reference, pure glucose scores 100 on the glycemic index. Foods that score in the 50s or lower — such as fruits, vegetables, whole grains (like brown rice, quinoa and oats) and legumes (like lentils and beans) — release energy more gradually. When choosing packaged foods like bread or pasta, check the label for ingredients such as whole-wheat flour to ensure you're getting the slower-digesting, higher-fiber version.

One carbohydrate source to keep an eye on is added sugars, especially high-fructose corn syrup (HFCS). Developed as a cheaper, sweeter alternative to cane sugar, HFCS contains a higher ratio of fructose, which makes it harder for your body to process efficiently. Unfortunately, it shows up in unexpected places — from breads and condiments to salad dressings and sauces.

To minimize your intake, make a habit of reading ingredient labels carefully. Added sugars can hide under many names, including corn syrup, dextrose, maltose or evaporated cane juice. A simple rule of thumb: High-fructose corn syrup isn't organic, so certified organic products won't contain it.

As always, focusing on whole, minimally processed foods — lean proteins, fruits, vegetables, legumes and whole grains — naturally keeps added sugars low and your energy levels steady throughout the day.

FATS

Of all the macronutrients, fat has taken the hardest hit to its reputation. For decades, it was blamed for everything from obesity to heart disease. But research in recent years has helped shift that perspective — showing that fat isn't the enemy. In fact, it's essential

to overall health and plays a critical role in how your body functions.

Fat serves many purposes. It's a long-lasting fuel source, provides insulation and protection for your organs, supports hormone production (including testosterone and estrogen), and helps your body absorb key vitamins and antioxidants. Certain fats even support fat metabolism — meaning eating the *right kinds* of fat can help your body use stored fat more effectively. Fat also adds flavor, helps food digest more slowly, and keeps you feeling full and satisfied longer.

That said, not all fats are created equal.

Monounsaturated fats — found in foods like olive oil, avocados and nuts — are especially beneficial for heart health. They help lower “bad” LDL cholesterol and raise “good” HDL cholesterol, and some studies show they also may improve insulin sensitivity, reducing the risk of Type 2 diabetes.

Polyunsaturated fats are a bit more complex. This group includes both omega-3 and omega-6 fatty acids.

- **Omega-3s** (found in fatty fish like salmon, walnuts, chia seeds and flaxseeds) have powerful benefits, from supporting brain and heart health to reducing inflammation and improving body composition.

- **Omega-6s** (found in vegetable oils such as corn, soybean and sunflower) are also essential — but most Western diets contain far too much of them.

Because omega-3 and omega-6 fats use the same metabolic pathways, an imbalance can interfere with how your body processes both. Ideally, your omega-6 to omega-3 ratio

should be around 2:1 or 3:1. Once that ratio rises above 4:1, it can become problematic — and in the average Western diet, it can be as high as 15:1. To keep your ratio in check, focus on whole foods, limit processed oils and cook with high-quality fats.

Saturated fats have also been unfairly maligned. While they shouldn't make up the bulk of your diet, they are far from the villain they were once made out to be. Saturated fats are crucial for cell membrane integrity, brain and nervous system health, immune function and hormone production. They also help regulate inflammation — a key factor in preventing chronic disease. Some sources, like coconut oil, are even more likely to be used for energy than stored as fat.

The one fat to *avoid completely* is trans fat. Created in labs to extend shelf life, trans fats are poorly processed by the body and can raise LDL cholesterol, lower HDL cholesterol and increase the risk of heart disease, cancer and obesity. Fortunately, they've been largely phased out by global regulations — but they can still appear in some processed foods. Always check nutrition labels: If you see the word “hydrogenated” in the ingredients list, that's a sign trans fats are present.

Bottom line: Healthy fats are essential for long-term health, hormone balance and energy. Choose mostly unsaturated fats, include moderate amounts of quality saturated fats and skip trans fats altogether.

FINDING FABULOUS FATS

The best way to get a variety of healthful fats is to eat a well-rounded diet of whole foods that includes these sources.

TYPE OF FAT	BEST SOURCES
monounsaturated fat	nuts; nut butters; seeds; avocado; oils, including olive, canola, avocado and almond
omega-3 fatty acids (polyunsaturated fat)	fatty fish like wild salmon, sablefish and sardines, grass-fed beef and dairy, goat milk, omega-3 eggs, walnuts, flax, chia seeds and hempseeds
saturated fat	grass-fed meats, including game meats; grass-fed dairy, including yogurt, butter and milk; coconut oil; red palm oil; and dark chocolate





DAILY MEAL TRACKER

DATE:	CALORIES	PROTEIN (grams)	CARBS (grams)	FAT (grams)
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
TOTAL:				