

P&A Fitness Cards

CARDS TO FITNESS GROWTH



The Purpose of the Cards

- The purpose of the physical cards is to carry around with you during the day. Choose randomly the card for the day and focus on it throughout.
- Also, we highly recommend sending someone a card and challenge them to a workout, diet, quote, rep or set range, etc.
- If you don't know if you want to do heavy or light weight today, customize your card deck you bring to the gym to keep you on top.

P&A Card #1- Motivation

“The Gym is a Community of People with the same end goal as you have. Don’t have an ego when working out. Become Healthy for you, not for others.”



P&A Card #2- 2 Reps

With Heavy Weight

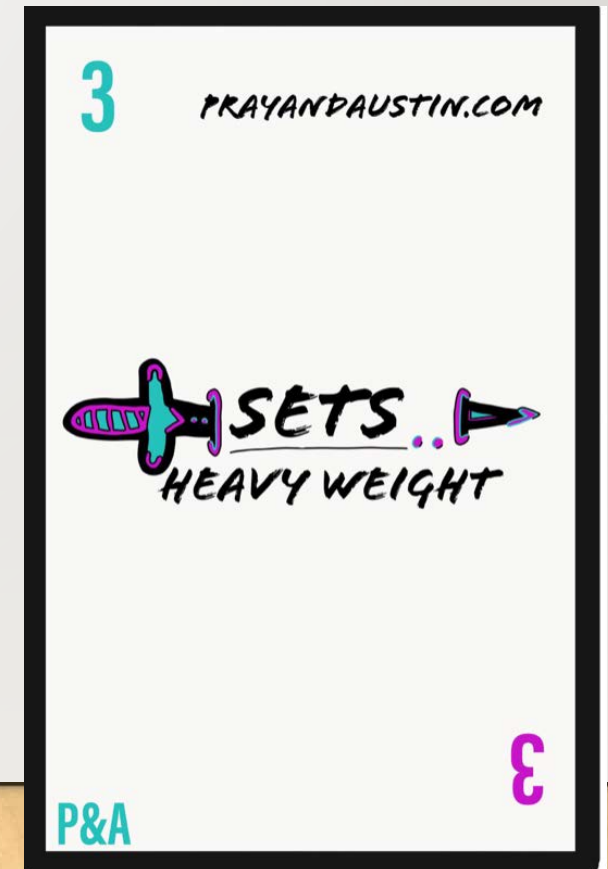
A two rep workout is to build muscle mass with heavy weight and to see how strong you actually are.



P&A Card #3- 3 Sets

With Heavy Weight

A three set workout is to do heavy and to see how strong you actually are. Challenge yourself to do the heaviest on your final set.



P&A Card #4- 4 Sets

With Semi- Heavy Weight

A Four set workout is best performed as a pyramid, 8-6-4-2 Rep scheme, but for four sets make sure you are doing semi heavy weight.



P&A Card #5- 5 Reps

With Semi- Heavy Weight

A Five rep workout is to make sure you are doing a good amount of weight and make sure you are in control of the weight. Focus on your breathing.



P&A Card #6- 6 Sets

With Light Weight

A Six set workout is performed when trying to cut weight or look more shredded. Start sweating and make sure form is good to prevent injury.



P&A Card #7- Spade DIETS

Keto- Today avoid sugar & Carbs, the Glucose metabolizers are bad and help store fat.

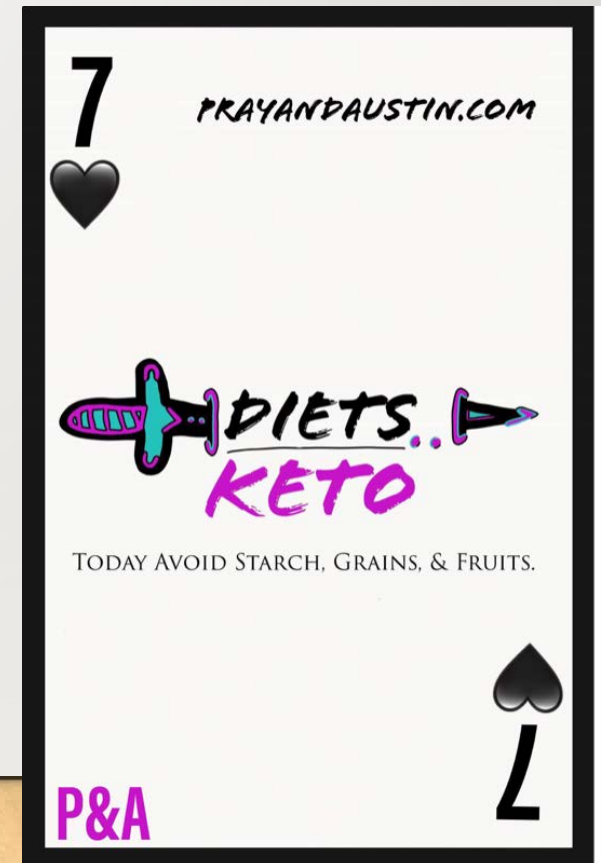
- Eggs, Bacon, Full fat whole milk & cheese
- Ground Turkey, taco seasoning, spinach, fatty dairy.
- Steak w/ butter, cauliflower, cucumbers.
- Avocados throughout the day as a snack.



P&A Card #7- Heart DIETS

Keto- Today avoid starch, grains, and fruits.

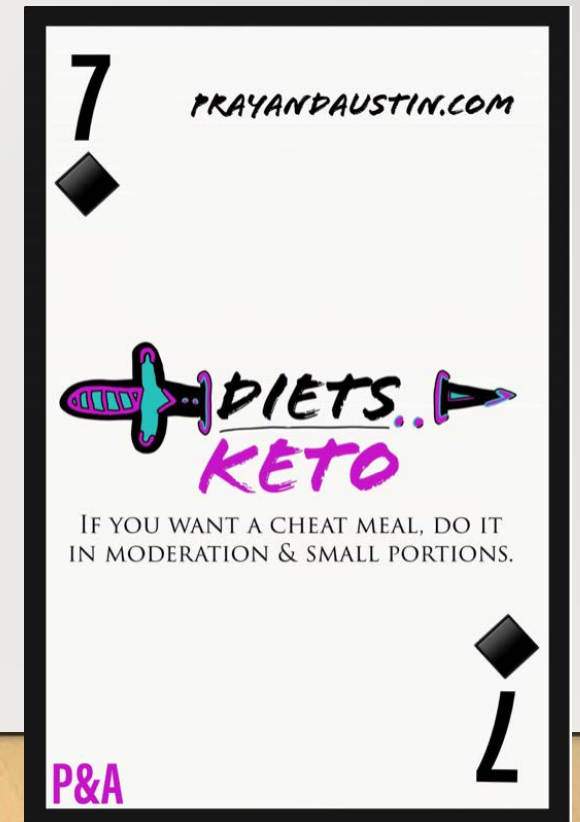
- Boiled Eggs, Bacon, Avocado
- Salmon, spinach, cauliflower, salt.
- Chicken, cheese, bacon
- Nuts throughout the day as a snack



P&A Card #7- Diamond DIETS

Keto- If you want a cheat meal,
do it in moderation & small
portions.

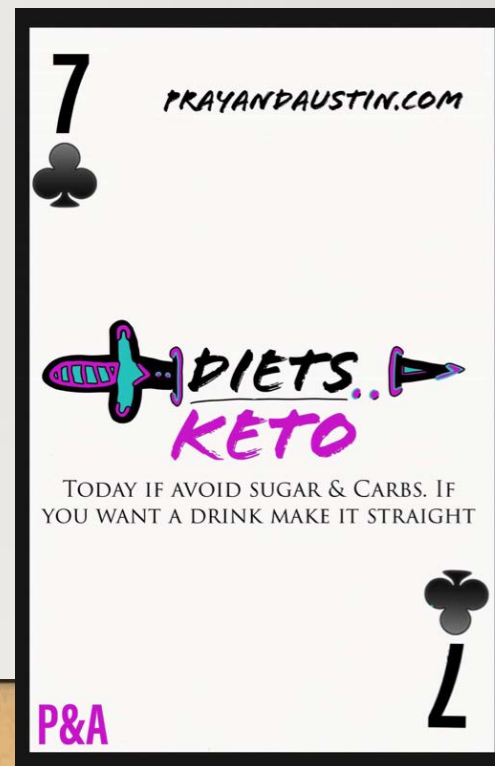
- Chicken sausage, eggs, kale
- Burger no bun, cheese, bacon, avocado
- Salmon, Asparagus, Garlic, Onions, Cauliflower
- Guacamole throughout the day as a snack.



P&A Card #7- Club DIETS

Keto- Today avoid Sugar and Carbs.
If you want a drink avoid beer and
make it straight with soda water.

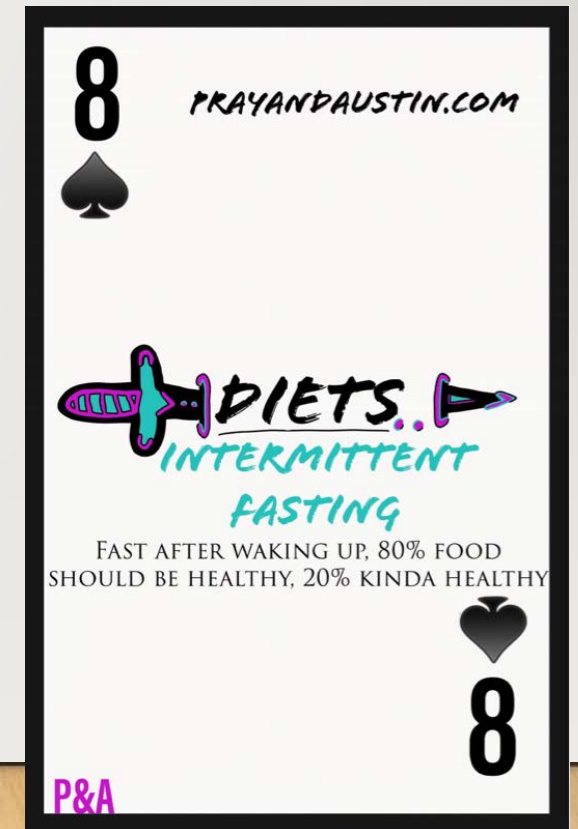
- Egg Omelet, Onions, spinach, ground turkey.
- Steak salad, spinach, broccoli, brussels sprouts, oil, vin.
- Chicken, zucchini, basil, cheese.
- Salami throughout the day as a snack.



P&A Card #8- Spade DIETS

Intermittent Fasting- Fast after waking up. 80% food should be healthy, 20% Kind of healthy.

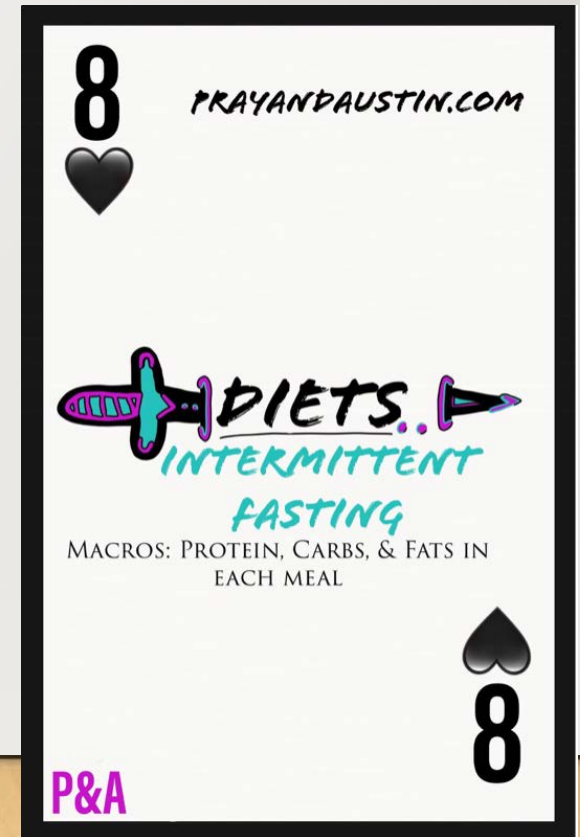
- Water, Coffee (with MCT oil) till about 2pm
- Hamburger, beef broth, green beans, avocado, cucumbers, pasta.
- Tuna, lettuce, salad, cottage cheese.
- Snacks depending on desired calories left for the day.



P&A Card #8- Heart DIETS

Intermittent Fasting- Macros: Proteins, Carbs, & Fats in each meal

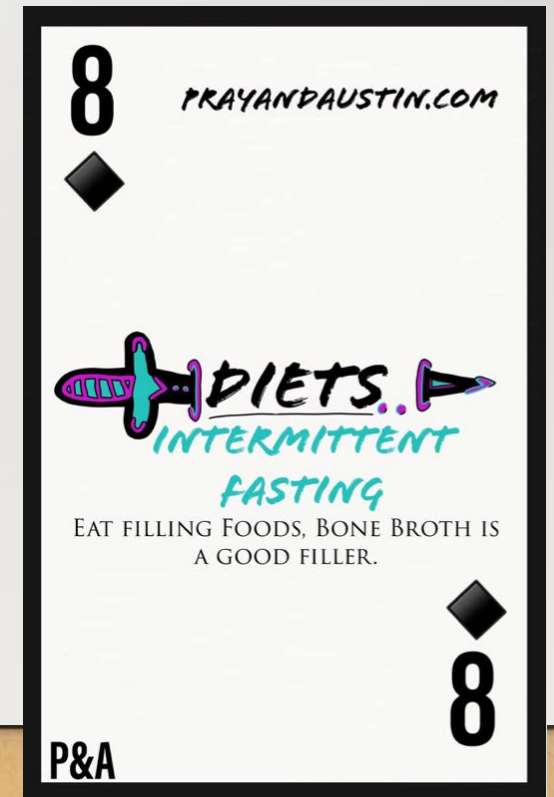
- Water, Coffee (with MCT oil) till about 2pm
- Steak, Sweet potatoes, butter, avocado.
- Lean ground beef, rice, fruit, macadamia nuts.
- Snacks are calorie fillers if you need them.



P&A Card #8- Diamond DIETS

Intermittent Fasting- Eat Filling foods, bone broth is a good filler.

- Water, Coffee (with MCT oil) till about 2pm
- Cheese Quesadilla, fruit, low fat yogurt.
- Cobb Salad, Milk
- Snacks can be whatever depending on remaining calories for the day.



P&A Card #8- Club DIETS

Intermittent Fasting- First Meal: Lots of Calories, Second: Limit calories, Snack: Make Small

- Water, Coffee (with MCT oil) till about 2pm
- Eggs w/butter. Low fat cheese, bread, potatoes, green veggies.
- Chicken, avocado, English muffin, rice, salad w/olive oil.
- Snack whatever is left for the day in calories.



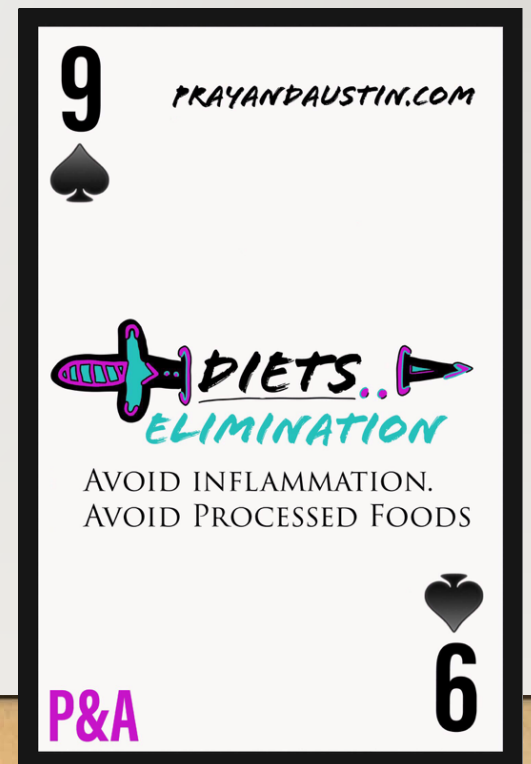
P&A Card #9- Spade DIETS

Elimination Diet- Avoid inflammation. Avoid Processed Foods

-Today eliminate:

- DAIRY
- GRAINS
- GRAIN FED ANIMAL PRODUCTS

-Listen to your Body and continue for the week if you want.



P&A Card #9- Heart DIETS

Elimination Diet- Try to Eat all Organic

-Today eliminate:

-DELI MEAT

-SUGAR

-LEGUMES (Beans, rice, peanut butter)

-Listen to your Body and continue for the week if you want.



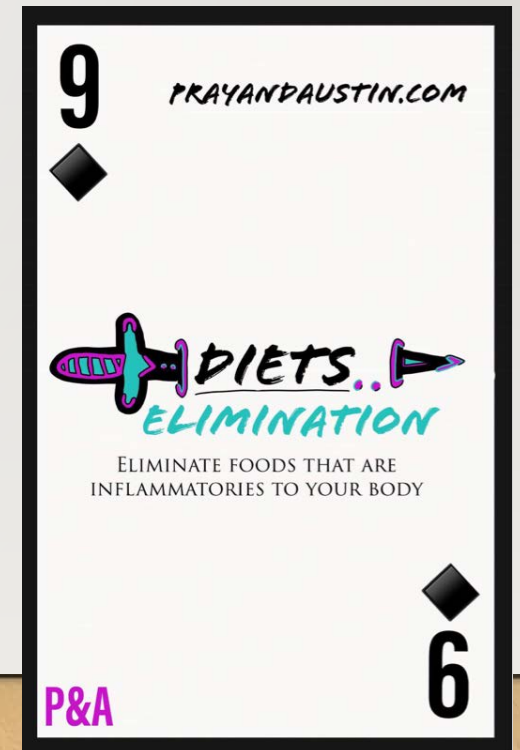
P&A Card #9- Diamond DIETS

Elimination Diet- Eliminating anything that causes inflammation

-Today EAT:

- | | |
|------------------------|----------------|
| -ALMONDS | -ALMOND BUTTER |
| -COCONUT | -OLIVE OIL |
| -EZEKIEL BREAD | -HIGH QUALITY |
| -RICE BREAD | CAFFEINE |
| -GRASS FED MEAT & EGGS | -LIMIT ALCOHOL |

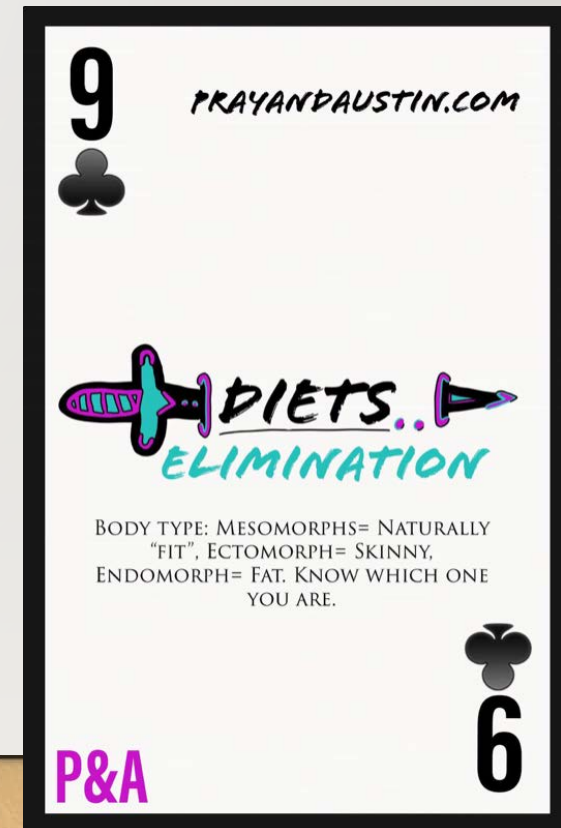
-Listen to your Body and continue for the week if you want.



P&A Card #9- Club DIETS

Elimination Diet- Know your Body type: Mesomorph= Naturally "Fit", Ectomorph= Skinny, Endomorph= Fat

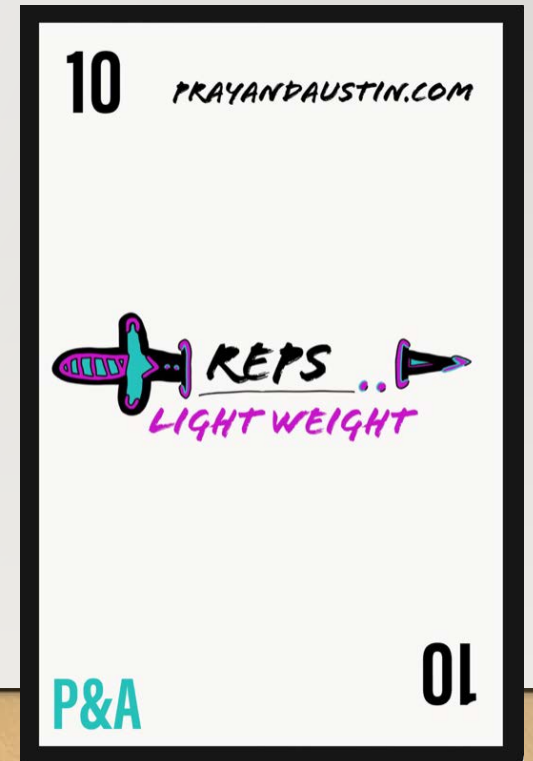
- Today Eliminate:
 - Vegetable Oil (Soy, Corn, Etc.)
 - Any Caffeine
 - Alcohol
- Listen to your body and continue if you want.



P&A Card #10- 10 Reps

Light Weight

A Ten rep workout is typically performed when trying to slim up and start defining your muscles.

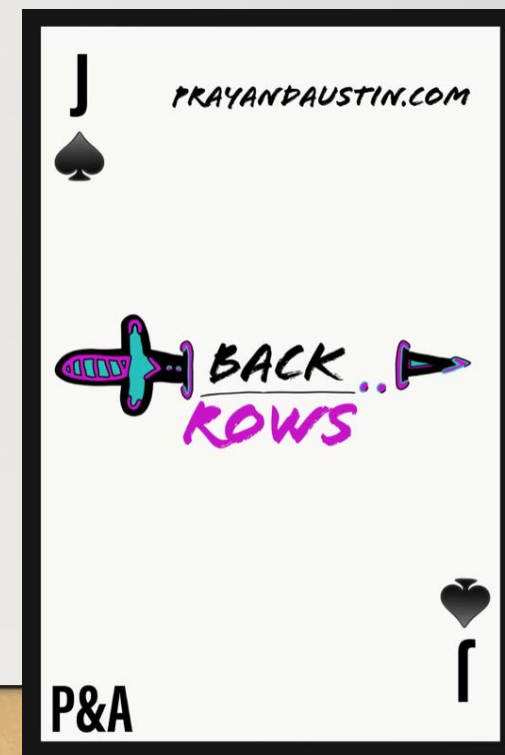


P&A Card J- Spade WORKOUTS

BACK- Row Workouts

- Bent Over Rows
- Standing T-Bar row
- Single-Arm Row
- Seated Row

(At 9:15 in the Video linked in Prayandaustin.com the Back Workouts begin if you have any questions on how these exercises look while performing)



P&A Card J- Heart WORKOUTS

BACK- Pull- Downs

- Regular Grip Lat Pull Downs
- Wide Grip Lat Pull Downs
- Close Grip or T-Bar Lat Pull Downs
(Control the Weight)

(At 9:15 in the Video linked in Prayandaustin.com the Back Workouts begin if you have any questions on how these exercises look while performing)

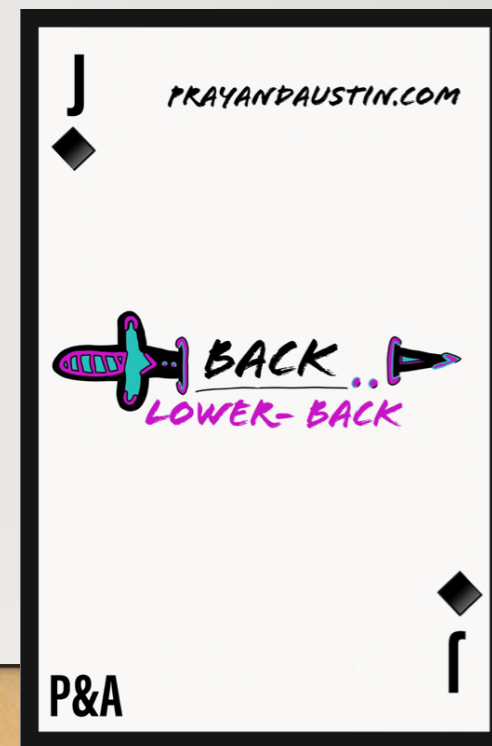


P&A Card J- Diamond WORKOUTS

BACK- Lower Back

- Deficit Deadlifts
- Hyperextensions
- Good Mornings
(Don't over Extend)

(At 9:15 in the Video linked in Prayandaustin.com the Back Workouts begin if you have any questions on how these exercises look while performing)



P&A Card J- Club WORKOUTS

BACK- Pull- Ups

- Regular Grip (Should Length)
- Weighted Pull- ups
- Wide Grip
- Close Grip

(At 9:15 in the Video linked in Prayandaustin.com the Back Workouts begin if you have any questions on how these exercises look while performing)



P&A Card Q- Spade WORKOUTS

CHEST- Upper- Pec

- Incline Bench
- Incline Fly
- Reverse Grip Bench Press
- Incline Bench Pull-Overs

(At 19:54 in the Video linked in Prayandaustin.com the Chest Workouts begin if you have any questions on how these exercises look while performing)



P&A Card Q- Heart WORKOUTS

CHEST- Lower- Pec

- Decline Press
- Decline Cable Fly
- Dips Focused on Chest
- Incline Push-up (Feet on Ground)

(At 19:54 in the Video linked in Prayandaustin.com the Chest Workouts begin if you have any questions on how these exercises look while performing)



P&A Card Q- Diamond WORKOUTS

CHEST- Inner- Pec

- Emphasize Peak Position
- Cable Close Grip Press
- Close Grip Barbell Press
- Dumbbell Touching Press
- Cable Cross Overs

(At 19:54 in the Video linked in Prayandaustin.com the Chest Workouts begin if you have any questions on how these exercises look while performing)



P&A Card Q- Club WORKOUTS

CHEST- Outer- Pec

- Dumbbell Fly
- Wide Grip Bench
- Extra Extended Press

(At 19:54 in the Video linked in Prayandaustin.com the Chest Workouts begin if you have any questions on how these exercises look while performing)



P&A Card K- Spade WORKOUTS

LEGS- Quads

- Front Squats
- Leg Extensions
- Lunges

(At 0:53 in the Video linked in Prayandaustin.com the Leg Workouts begin if you have any questions on how these exercises look while performing)



P&A Card K- Heart WORKOUTS

LEGS- Hamstring

- Deadlifts
- Leg Curls
- Kettlebell Swings

(At 0:53 in the Video linked in Prayandaustin.com the Leg Workouts begin if you have any questions on how these exercises look while performing)



P&A Card K- Diamond WORKOUTS

LEGS- Calves

- Weighted Calf
- Calf Leg Press
- Jump Rope
- Donkey Calf Raise

(At 0:53 in the Video linked in Prayandaustin.com the Leg Workouts begin if you have any questions on how these exercises look while performing)



P&A Card K- Club WORKOUTS

LEGS- Gluteus

- Stiff Legged Deadlifts
- Barbell Hip Thrusts
- Walking Lunges

(At 0:53 in the Video linked in Prayandaustin.com the Leg Workouts begin if you have any questions on how these exercises look while performing)



P&A Card A- Spade WORKOUTS

ARMS- Triceps

- EZ Bar Skull Crushers
- Tricep Pushdowns
- Overhead Extensions
- Dips

(At 27:46 in the Video linked in Prayandaustin.com the Tricep Workouts begin if you have any questions on how these exercises look while performing, Arms start at 12:12)



P&A Card A- Heart WORKOUTS

ARMS- Biceps

- Incline Hammer Curls
- EZ Bar Curls
- Wide Grip Curls
- Cable Curls
- Chin Ups

(At 12:12 in the Video linked in Prayandaustin.com the Arms Workouts begin if you have any questions on how these exercises look while performing)



P&A Card A- Diamond WORKOUTS

ARMS- Forearms

- Wrist Flexion
- Wrist Extension
- Reverse Curls
- Farmer Walks
- Bar Hang

(At 12:12 in the Video linked in Prayandaustin.com the Arms Workouts begin if you have any questions on how these exercises look while performing)



P&A Card A- Club WORKOUTS

ARMS- Shoulders

- Front Raises
- Lateral Raises
- Military Press
- Shrugs

(At 12:12 in the Video linked in Prayandaustin.com the Arms Workouts begin if you have any questions on how these exercises look while performing)

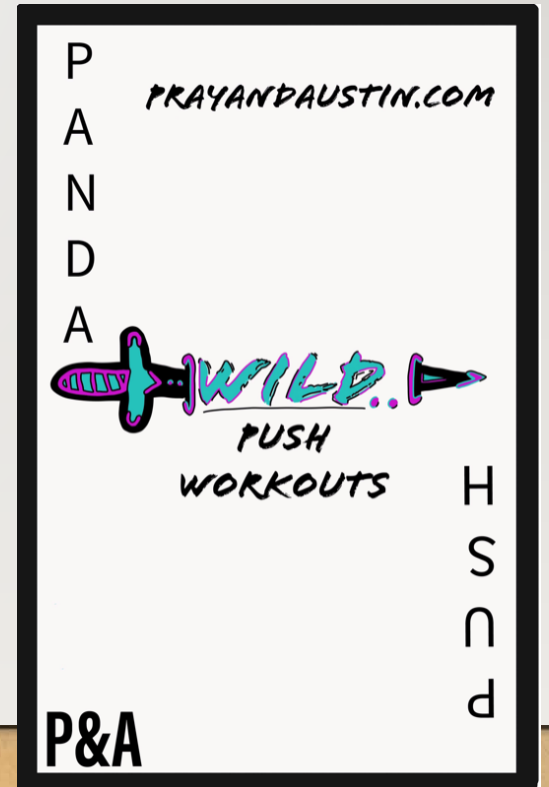


P&A Card PANDA

PUSH- Workouts

- Flat Bench Press
- Close-Grip Bench Press
- Standing Military Press
- Lateral Raises
- Incline Bench Press

(In the Video linked in Prayandaustin.com all Workouts are shown if you have any questions on how these exercises look while performing)

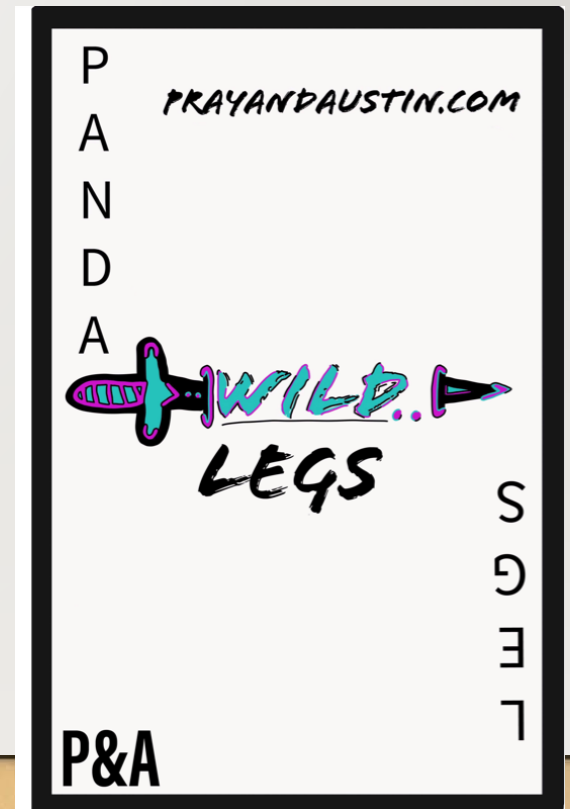


P&A Card PANDA

LEG- Workouts

- Squats
- Front Squats
- Bulgarian Split Squats
- Leg Extensions
- Standing Calf Raises

(In the Video linked in Prayandaustin.com all Workouts are shown if you have any questions on how these exercises look while performing)



P&A Card PANDA

PULL- Workouts

- Deadlift
- Row
- Wide Grip Pull-up
- One-arm Row
- Bicep Curls

(In the Video linked in Prayandaustin.com all Workouts are shown if you have any questions on how these exercises look while performing)

