

PALM DESERT:
(760) 341-8200

NEXT LEVEL FITNESS

LA QUINTA:
(760) 771-4200

PALM DESERT:
(760) 341-8200

NEXT LEVEL FITNESS

LA QUINTA:
(760) 771-4200

PALM DESERT:
(760) 341-8200

NEXT LEVEL FITNESS

LA QUINTA:
(760) 771-4200

MISSION STATEMENT:

We opened Next Level Fitness with a vision to change the way fitness was done. The goal was to create an environment where people from all walks of life could obtain life changing results in a facility that they would call home. We realized that most people do not like gyms and cringe at the fact of having to go to one to change their body.

Next Level Fitness is different.

When you are part of the Next Level Fitness Family you can expect to be treated like one of our own. We want to be the best part of your day and for you to feel better leaving than you did walking in our doors. Our promise to you is that we will go the extra mile for each member and never betray your trust. We were raised with very high ethical standards of always doing the right thing. That is an extremely important quality we instill in our company.

Thank you very much for making our gym yours.

Sincerely,

Casey and Gerry Washack



CLASS DESCRIPTION:

CARDIO-COMBAT (1 HOUR):

Accelerate your fitness with this class that will have you kicking, punching and sweating your way to a leaner, healthier you. This class blends High Intensity Interval Training while using weights, punching bags and many other fitness tools. You will literally be beating the fat away.

**Training Gloves are required. *This Class does not involve hand-to-hand combat.*

TRX (1 HOUR):

This class combines the extremely popular, core-scorching TRX Suspension Training System. During this class you will be utilizing the High Intensity Training Principle for a workout that will have you pushing, pulling, jumping and swinging your way to a stronger, leaner you while improving your balance and stabilization.

BOOT-CAMP (1 HOUR):

This energizing workout incorporates the most popular and effective fitness exercises designed to improve your cardio and strength. The exercises touch on all popular exercise regimens utilizing weights, the TRX suspension system, dumb bells, sand bags and multiple other tools. Exercise in a group environment as you team up with others to meet and exceed challenges that test your strength and fortitude. You will push and sweat your way to a lean, healthy body.

S4 ASSAULT (1 HOUR):

This is the mother of all fitness classes!

Our S4 Assault class has been specifically designed to sculpt, shred and blast the body into shape by using four intense, full body workouts all combined into a single, one hour class.

TRX suspension training, sandbags, strength training, kettle bells and spin bikes will all be used to give you a workout like you've never experienced before.

**Due to the extreme nature of this class, a mandatory training class is required prior to attendance. This prep class will emphasize proper form and technique of exercise techniques. Register at front desk.*



DOWNLOAD OUR APP ON YOUR MOBILE SMART PHONE!

Search "Next Level Fitness Palm Desert" or "Next Level Fitness La Quinta" in your app store to immediately book classes and personal training sessions.

HEY!

Are you finally ready to get in shape?

GOOD!

We want you to wake up every morning, look into the mirror, strike a couple poses and know that you're looking awesome!

Whether your goal is to drop body fat or build lean muscle, this guide will give you a basic understanding of what you need to be eating during your transformation.

You're going to see that when you combine a cleaner, whole-foods diet with our killer workouts, your body has no choice but to turn into a fat-burning machine. You'll have more energy, get stronger and leaner, and you'll be able to wake up every morning, look in the mirror and feel incredibly proud of yourself.

Let's get this show on the road!



NUTRITIONAL GUIDE

IS THIS ANOTHER DIET PLAN?

Nope, this isn't another short-term, I'm-just-going-to-get-fat-again diet.

THIS IS A LIFESTYLE.

Let's dive into diets for a second. At any given time, two-thirds of the American population is on a "diet," and yet only 5 percent will experience any type of lasting fat loss. Even with the staggering number of people who are on diets, our society continues to get fatter.

WHY?

For one thing, it's unrealistic to think that you can sustain the ridiculous constraints of these fad diets for a long period of time. And, secondly, we're constantly eating calorie dense, nutritionally deficient foods that our bodies despise.

WHAT'S THE ANSWER?

It's actually extremely simple. In this guide, We'll show you the simple, common-sense approach of eating nutrient-dense foods that will keep you feeling fuller longer, give you sustained energy that will last throughout the day, help burn fat and build muscle all while eating natural foods that our bodies love.



HOW MUCH SHOULD I EAT?

KEEP IT SIMPLE!!

RULE #1: EAT A LEAN PROTEIN WITH YOUR VEGETABLES

With each meal you should be eating a lean protein such as chicken, steak, fish or eggs along with a vegetable.

So the Optimal Fat-Burning Meal Formula:

Protein + Fibrous Carb = A Fat-Burning Machine!!!

RULE #2: EAT YOUR STARCHY CARBS

Now, here's where things get tricky. You're going to need energy to last you throughout your workouts and the rest of your day, so you'll want to mix in a starchy carbohydrate such as beans, sweet potatoes or rice with your meal a few times a day. The problem with starchy carbohydrates is portion control. You would have to eat a truckload of kale, broccoli and spinach before you would have to worry about getting fat. OK, I'm exaggerating, but you get the point. Eating an entire pot of rice, on the other hand, is calorie dense and can completely ruin your chances of burning body fat.

WHAT'S THE SOLUTION?

Everybody's metabolism is different, so you'll have to play around with your serving sizes to find out what works for you.

Continue to eat your protein and vegetables with every meal.

Mix in starchy carbohydrates throughout your day. If you notice you're gaining weight, simply decrease the amount of starchy carbs you're taking in.



FATS...ALL BAD; RIGHT?

Oooooohhhh, Fat! How you've been trashed talked and turned against over the years. While it is true that there are certain fats that we should not be eating, there are also healthy fats that our bodies need and that we should be ingesting daily.

Healthy fats provide our bodies with essential fatty acids, keep our skin soft, deliver fat-soluble vitamins and are a great source of energizing fuel.

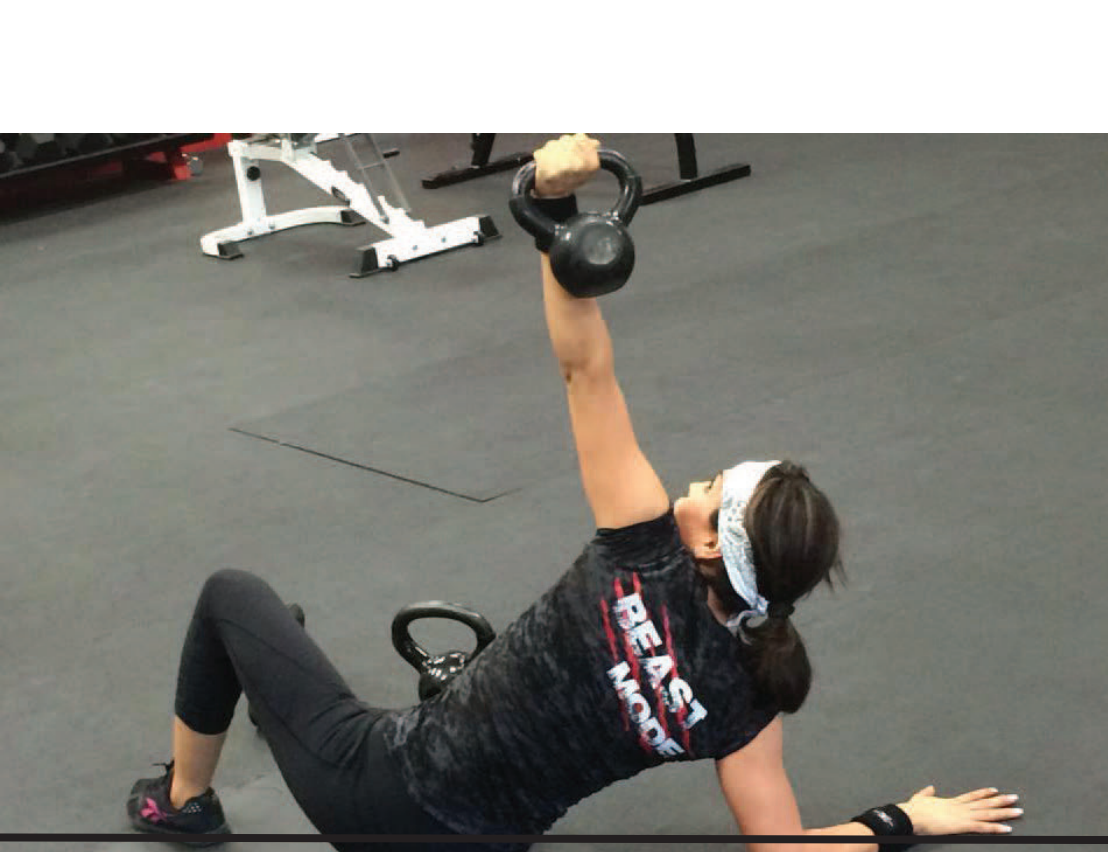
The bottom line is we need to eat our fats!

We've listed the healthy fats later in this guide, so hold tight.

PROTEIN...IT'S NOT JUST FOR BODYBUILDERS!

When it comes to working out, most people think that only the massive Arnold Schwarzenegger-looking bodybuilders of the world need to worry about their protein consumption.

Well, that's not true. Everyone needs to be eating an adequate amount of protein. Every time we work out, we are tearing our muscle tissue apart and creating damage that the body needs to repair. Our bodies know that in order to repair its damaged muscles, it needs protein, so it immediately goes looking for whatever protein it can find. Once a protein source is found, our bodies use it to repair the damaged tissue and to make our muscles bigger and stronger in preparation for the next workout.



CARBS ARE ALL BAD; RIGHT?

There's a saying, "Fat burns in a carbohydrate flame," meaning that fat cannot be utilized for energy without a sufficient amount of carbohydrates.

So are carbs bad? NO! You need to eat your carbohydrates.

But here's the thing: All carbohydrates are not created equal. Let's compare a carb-filled bag of Cheetos and a carb-filled bag of broccoli. Guess which bag is healthier, more nutritious, is going to keep you feeling fuller longer and is going to give you sustained energy for a long period of time? Now guess which bag lacks almost any usable nutrients, you can eat it all day long and never feel satisfied, and after eating one large bag (which is pretty easy to do), you've just ingested close to 1400 empty calories? In order to turn our bodies into lean, mean, fat-burning machines, the carbohydrate sources that we use are plant-based, nutritious, keep us feeling full for longer periods of time and give our bodies the energy they need to power through our workouts and the rest of our day.

HOW OFTEN SHOULD I EAT?

Are you sitting down?

You're going to be eating 5 to 6 times per day!

Most people completely freak out when we mention this and immediately say something like, "There's no way I could eat that much!" or, "I'll get as big as a whale if I eat all that food!"

Now let me first say that although you'll be eating 5 to 6 times per day, these aren't all huge meals. We like to say that you're really eating 3 meals with 2 to 3 snacks in between.

Your first meal might include scrambled eggs mixed with vegetables and a side of sweet potatoes. Then two hours later, for your next meal you might eat a cup of Greek yogurt with a handful of almonds. When you start to eat every 2 to 3 hours you'll find that you have more energy, have fewer food cravings and you will increase your metabolism, reduce body fat and increase lean muscle mass.

Eating 5 to 6 times per day, mixed with our workouts, is going to quickly transform your body into a lean, toned, fat-burning machine.

EASE INTO IT

So you're pumped up and ready to get that body you deserve. Awesome! Our workouts are going to be intense. You're going to get stronger, increase your flexibility, stamina and power. You're also going to have more energy and feel better about yourself after each and every workout.

But...you will not reap all of the benefits of your hard work unless you incorporate a healthy diet into your new lifestyle.

You have trained your body to expect certain things.

You may have trained your body to expect dessert after dinner every night or possibly to reach for a soda whenever you get thirsty. Whatever your junk food of choice is, you've trained your body over a period of time to expect it.

If it's too difficult to change all your bad habits overnight, we recommend you start off by making small changes here and there. For example, start by cutting out all liquid calories such as soda, Gatorade, alcohol, etc. and reach for water instead. Also you should limit any type of "fluffy carbs" such as breads and sugary sweets and swap it out for a plate of veggies instead. On the other hand, if you're gung ho and want to start burning fat immediately, we recommend you go through your kitchen and eliminating all the junk food in the house. Get rid of all your fruit juices, sugary cereals, chips, breads, etc. If you eliminate all the junk food temptations in the house, you can't eat it when your cravings rear their ugly heads.

As we mentioned before, you've trained your body to expect certain things. During this new, healthy transition period, your body is going to get upset with you. Your body is going to want all the junk food that it has gotten used to. During this transition period you might get headaches, feel fatigued or get a little short-tempered.

Stay strong, this will go away!

It might sound crazy now, but soon you will actually be craving healthier, more satisfying foods.

You will have retrained your body to crave healthier foods that allow your body to run cleaner and more efficiently.



LET'S BREAK IT DOWN

FOR FAT LOSS:

- Schedule no fewer than 4 and up to 6 meals per day
- Avoid empty calories and highly processed foods which contain many calories and provide little energy
- Drink a protein shake immediately after workout
- Eat protein, carbohydrates and fats throughout the day at each meal
- Choose fiber-rich vegetables and fruits over refined grains and simple sugars
- Drink plenty of water! A minimum of 13 cups per day
- Limit alcohol consumption

FOR LEAN MUSCLE MASS GAIN:

- Schedule no fewer than 4 and up to 6 meals per day
- Spread protein intake throughout the day to stimulate protein synthesis
- Drink a protein shake immediately following a workout
- Eat protein, carbohydrates and fats throughout the day at each meal
- Do not neglect your carbohydrates and fats!! It takes more than just Protein to build muscle
- Increase starchy carbohydrate consumption slightly throughout the day



SUPPLEMENTS

Holy cow, there's a ton of them out there! It's incredible what you can find on the shelves. Walk into any health food store, vitamin retailer or grocery store and brace yourself. There is an absolutely overwhelming amount of supplements claiming to fix everything, plump anything and slim all things overnight.

So what is it that you're going to need during your journey to awesomeness?

We recommend three simple things:

PROTEIN POWDER, MULTI-VITAMIN AND FISH OIL.

For your convenience we have protein powder available for sale at the front desk.

WHEY PROTEIN POWDER: Protein powder is not just for bodybuilders and all of you are going to need to get whey protein powder. *Yes, EVERYONE!!* Immediately after every workout, you are going to ingest your whey protein shake ASAP! This protein shake, or what we call "Liquid Deliciousness," is going to get absorbed almost immediately by the body after your workout and the protein will be quickly used to repair, build and strengthen all the muscles that were just used during your training session. There are a ton of different protein brands out there on the market and they can vary by taste, quality and absorption. I recommend you try a couple different brands to see which one you like.

MULTIVITAMIN: The average person will get their vitamins and minerals from eating a good, clean diet. But you're not "average." You're on your way to becoming a lean, mean, fitness machine, which makes you better than average. Possibly even rock star status! You are now living an active lifestyle and need even more vitamins and nutrients than the "average, non-active person" so a good multi-vitamin will supplement the needed nutrients your body craves.

FISH OIL: Fish oil has so many health benefits that it definitely needs to be a staple in everyone's diets. Fish oil has beneficial effects on the cardiovascular system, immune system and improving blood pressure and cholesterol.

WHY ARE YOU GOING TO TAKE IT?

In addition to the benefits listed above, you're going to be taking fish oil for its ability to promote muscle growth, its ability to preserve muscle and its ability to enhance fat loss. For the majority of my clients, you will be taking 1,000 mg Omega-3 per day. When buying your fish oil, make sure you read the nutritional label carefully. On the label you will see the amount of Fish Oil and the amount of Omega-3. Don't confuse 1,000 mg Fish Oil with 1,000 mg Omega-3. They are not the same!! Your focus will be on the Omega-3. The higher the Omega-3 mg per serving, the better.

THE LAST SHOPPING LIST YOU'LL EVER NEED

(This list obviously doesn't include every healthy food in the world, but it's a good start!)

LEAN PROTEIN CHOICES

- Chicken Breast
- Lean Steak (93%+)
- Turkey Breast (not cold cuts)
- Plain Greek Yogurt (0% - 2%)
- Pork
- Cottage Cheese 2% fat

- **Fish:** Salmon, Tilapia or Tuna
- Lean String Cheese
- Canned Tuna
- Natural Turkey Bacon
- Eggs
- Whey Protein Powder

FIBROUS CARBOHYDRATES

- Spinach
- Broccoli
- Arugula
- Leafy Salad Greens
- Asparagus
- Kale
- Beans
- Celery
- Onions
- Squash
- Bell Peppers
- Mushrooms
- Tomatoes
- Brussels Sprouts
- Zucchini
- Cucumber
- Cauliflower

STARCHY CARBOHYDRATES

- **Beans:**
Black, Pinto, Kidney, Garbanzo
- Sweet Potatoes
- Yams
- Quinoa
- Brown Rice



FATS

- Avocado
- Almond Butter
- Raw Almonds
- Almond Milk
- Flax Seeds
- Chia Seeds
- Unsweetened Coconut
- Raw Walnuts
- Sunflower Seeds
- Raw Cashews
- Coconut Milk
- Coconut Oil
- Olive Oil

WHAT ABOUT FRUIT?

Small amounts of fruit should only be consumed in the morning hours.

- Blueberries
- Strawberries
- Cherries
- Apples
- Grapefruit
- Nectarine
- Raspberries
- Coconut

SUPPLEMENTS

- Whey Protein
- Fish Oil
- Multivitamin



PALM DESERT:

75-130 Mediterranean Ave
Palm Desert, CA 92211
nlf@nextlevelfitness.org
www.nextlevelfitness.org

(760) 341-8200

LA QUINTA:

46-480 Washington Street #3
La Quinta, CA 92253
nlf@nextlevelfitness.org
www.nextlevelfitness.org

(760) 771-4200

