



ABOUT ME

I am very fortunate to do what I do for a living. My job as a personal trainer has taken me all over the world and I have had some extraordinary experiences with my work. Whilst some aspects of my career have been unusual, from red carpet premiers and working on film sets to traveling the world. I am still the same person I was starting out in the fitness industry over a decade ago as a fresh faced 17 year old.

I take my own physical fitness very seriously. I have done my whole life, through a number of sports and activities for as long as I can remember. Being physically fit now helps to keep me focussed on my business and the high energy required for supporting my clients. I also believe strongly in being a positive representation of what I promote in every way.

I am a husband, father and business owner. I know the demands of everyday life and how hard it can be to fit healthy eating and exercise into the chaos of everyday. I focus my energy on providing a lifestyle solution, one that can easily fit into every day and sustainably deliver results.

I am best known for my work on the silver screen, working on films like The Wolverine, X-Men Days of Future Past and Assassins Creed to name a few. Whilst I am very proud of my achievements within the film industry, I am honoured and humbled by my work with my #teamkingsbury online clients. No big Hollywood budgets in site, that paired with busy family/work schedules and yet still some of the most amazing results I have ever seen.

I pride myself on trying to help as many people as possible achieve their goals. For me it isn't about celebrity and high profile clients, it's much more about determination and dedication to achieve results, no matter who you are.





00.1 WELCOME TO YOUR TRAINING GUIDE



MY PHILOSOPHY

Inspiration

To provide inspiration to every person in world. I believe we all have amazing untapped potential. I trust with the right support and guidance each and every one of us can achieve truly amazing things. I first look at myself and regard “leading by example” as an inherent part of who I am.

Innovation

Adapting to future whilst merging tried and tested techniques. I believe in an ever evolving world of health and fitness. I believe my innovation of products and techniques to be industry leading and customer focussed.

Personalisation

I believe in a personalised health and fitness approach. We are all different. We have different goals, different needs and we’re all coming from a different place. I believe in taking every consideration to treat you like an individual and look at your body, your lifestyle and your goals to provide a bespoke solution. Individualisation is at the heart of my philosophy.

Trust

In an industry clouded with fake claims and misleading products. I provide complete honesty. I am trusted by thousands of people with their health and fitness. From the biggest CEO’s, Hollywood actors and all our personal training and online customers around the world people put their results in my hands.

02. WHAT MATTERS WHEN IT COMES TO RESULTS?

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Training consistency

You need to make sure you are working out often to maximise your chances of progress.

Training intensity

You need to ensure you are lifting sufficient loads within your training to stimulate adaptation

Overload

You need the difficulty of your sessions to progress to make sure you are continually giving your body reason to improve. A structured approach to overload will be coming in one of the lessons.

Nutrition

You will not be able to achieve your body composition goals without goal focussed and calculated nutrition.

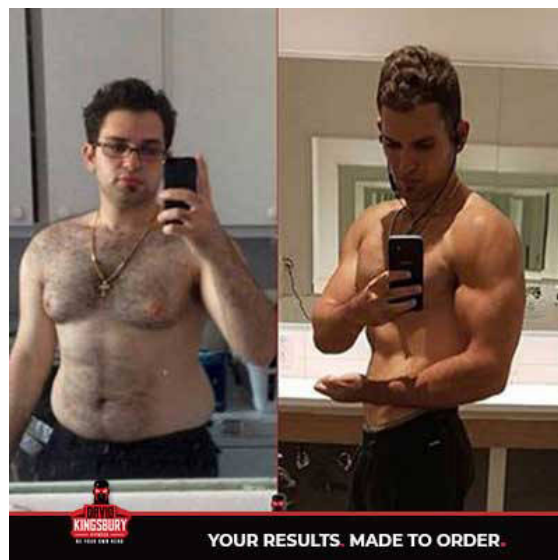
Rest

Your body gets stronger when you are resting. You need to plan rest to make sure your are recovering from your training.

Hard work

You will need to work hard. You cannot just run through the motions and expect to see big changes.

03. PROOF REAL CUSTOMERS, INCREDIBLE RESULTS



"WOULD NEVER HAVE GOT THIS FAR WITHOUT YOUR GUIDANCE. #DONTTHINKJUSTDO #NOEXCUSES"

04. TEMPO EXPLAINED

The First Number – The first number refers to the lowering (eccentric) phase of the lift. Using a squat as an example, the first number would represent the amount of time (in seconds) that it should take you to descend to the bottom of the squat. (The first number always refers to the lowering/eccentric phase, even if the movement begins with the ascending/concentric phase, such as in a pull-up.)

The Second Number – The second number refers to the amount of time spent in the bottom position of the lift – the point in which the lift transitions from lowering to ascending. In our squat example, if prescribed as 0 it would mean that the athlete should reach the bottom position and immediately begin their ascent.

The Third Number – The third number refers to ascending (concentric) phase of the lift – the amount of time it takes you to get to the top of the lift. X signifies that the athlete should EXPLODE the weight up as quickly as possible. If the number is a 1 or 2 it means the concentric phase shouldn't be done explosively but with a controlled push.

The Fourth Number – The fourth number refers to how long you should pause at the top of the lift. Take, for example, a weighted pull-up prescription of 20X2, the athlete would be expected to hold his or her chin over the bar for two seconds before beginning to come down.

05. REST PERIODS

Different rep ranges and loads will require different rest periods for optimum recovery between sets. Mechanical tension, achieved with heavy loads is of the key factors that will contribute to muscle gain and muscle maintenance. In order to lift repeatedly with the loads required for suitable mechanical tension relatively long rest periods may be included and should be followed.



06. SETS & REPS

What weight should I use?

I get asked this question a lot and the answer is nearly always the heaviest weight possible for the designated number of sets. Here I will go through the different phases and talk through how you should choose your weight. Don't worry not all of this will necessarily be relevant to your training system.

Warm up sets

Before doing any working sets, I suggest doing warm up sets. These are done by recreating the desired movement exactly with a light weight or no weight and progressively warming up so that when you start the working sets your muscles are ready to go. If your first movement is heavy squats for example, I would suggest doing 3-4 warm up sets, which progressively get heavier, until you reach your working set weight. During these warm up sets, I would generally aim for 8-12 reps of the movement.

When moving onto the next exercise, your body may already be warm but I suggest performing another warm up set, prior to the next working set, to ensure you are comfortable with the movement.



07. INJURY PREVENTION

With injury prevention, I wanted to emphasise how important it is to try and prevent and manage any injuries.

No-one, especially me, wants you to get injured whilst working on the plan (or any plan for that matter), but when you're working in such a physically demanding environment, we do put ourselves at risk just by the sheer exertion we put our bodies through.

Whilst the plan is designed to minimise injury, there are things you can do to help reduce the risk even further.

- If you feel you are injured, then stop. If you feel any sort of twinge, ache, pull or strain, stop immediately and get some advice. If you keep going and pushing through, you can easily turn something minor into something major and that will stop you dead in your tracks, and we don't want that.
- If you have existing aches and pains that get worse with exercise, then again stop and get advice. You should have already highlighted any existing conditions during your initial consultation, so the plan will have taken this into consideration, but if you're still feeling discomfort, stop immediately. It might be as simple as the technique you're using, so I can always help you with that.
- If you are worried about certain movements, then don't do them. Again, I'll have built your personalised Beyond plan around the information you've given me, but if there is something you aren't happy with or comfortable doing (or you just don't like a particular exercise), then let me know and we can utilise some other exercise to keep you on track.
- If you are worried about your form. Again, stop and get advice!. Many of those who start on the Beyond plan are fairly new to fitness and exercise, so getting the right form and technique can be tricky. You can always refer to my website for instruction and demonstration on how to do the exercises. Don't worry about not getting it perfect straight away, we all have to start somewhere.





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