

WEIGHT LOSS & BODY COMPOSITION



Playbook



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| GOAL: | Create sustainable habits. Improve consistency. Support long-term change. |
| IDEAL FOR: | <ul style="list-style-type: none">● Members working toward gradual, realistic weight loss● Anyone wanting to feel leaner, lighter, or more energized● Members seeking structure without extreme training● Those who prefer a balanced, sustainable approach● Individuals focused on long-term results and overall well-being |

PHYSIOLOGICAL FOCUS (THE WHY)

This journey prioritizes consistency, balanced training, and recovery. The goal is to create a routine that supports steady progress while remaining realistic and maintainable.

WHEN WORKOUTS & RECOVERY ARE PROPERLY BALANCED:

- Energy levels tend to feel more stable
- Training becomes more sustainable
- Progress is easier to maintain
- Burnout risk is reduced
- Habits are more likely to stick

EXPECTED OUTCOMES (4-8 WKS)

- Gradual, sustainable body composition changes
- Improved stamina and work capacity
- Better workout consistency
- Enhanced movement confidence
- More stable, repeatable progress patterns

WEEKLY STRUCTURE

This prevents the classic mistake: too much intensity, not enough structure.

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| STRENGTH | 2 x per week (class or 1:1 with a personal trainer) Resistance-based training to support muscle retention and metabolic demand |
| TRAIN cardio | 2 x per week Moderate-effort cardio to increase overall activity and endurance |
| ROAD or BAGS | 1 x per week Steady, rhythmic conditioning to build work capacity |
| BAGS or TRAIN live | 1 x per week Higher-energy session emphasizing effort, challenge, and engagement |
| Yoga recover, Pilates, or Rest Day | 1 x per week Low-intensity movement, mobility, and nervous system reset |

Note: Individual rates of change vary. Consistency is the primary driver of results.

FUEL & NUTRITION GUIDELINES

Progress is best supported by balance, not extremes.

- Avoid aggressive restriction
- Prioritize regular, satisfying meals
- Include protein consistently
- Stay hydrated
- Focus on habits that are realistic long term

Examples of supportive choices:

- lean proteins
- vegetables and fruits
- high-fiber foods
- healthy fats
- minimally processed meals

Important Perspective

The objective is not rapid change, but sustainable progress built through structure, consistency, and realistic expectations.

Long-term success comes from repeatable habits, not short-term intensity.

NEXT STEPS:

Book your classes in the App & schedule your Personal Training Orientation. [Fill out the form linked here](#), and a member of the EBF Personal Training team will contact you shortly!