

The Most Simple and Straightforward Fitness Cheatsheet Everrrr

By Slyvon

1. **Lift (heavy) weights at least 3x a week.** Because muscles.

And muscles = faster metabolism, stronger body, leaner you, and less medical bills.

Make sure your strength training program incorporates the following fundamental movements:

- Upper body pushing movements (like Pushups, Dumbbell Shoulder Presses, etc)
- Upper body pulling movements (like Chinups, Dumbbell Rows, etc.)
- Squat movements (like Barbell Squats, Goblet Squats, etc)
- Hinge movements (like Deadlifts, Romanian Deadlifts, etc)

2. **Work out with intensity.** Increase the weights when exercises start to feel easy. Increase the number of reps. Increase the number of sets. Take shorter rest periods. Do advanced variations of the exercises you're doing. Incorporate dropsets, supersets, etc. Lifting weights isn't cardio, but it should still make you sweat.

3. **Know your calorie & protein targets.** It doesn't matter if you track your intake with an app or not. Having an awareness of these numbers and keeping them in the back of your mind gives you an idea how much you need to be eating for your body. Use the [VBF Calorie Calculator](#) to figure out your numbers.

[Note: don't worry about fats & carbs (for now) because they aren't as important as staying within your calories and hitting your protein target.]

4. **Eat those damn fruits & veggies.** You know this already. Just gotta do it now ;)

5. **Don't follow a diet.** If you can't see yourself sticking to it for more than a few months, don't bother. Make your own diet where the only rules are the following:

Rule #1: Lots of protein & veggies.

Rule #2: 80-90% of the things you put in your mouth should be real food.

Rule #3: Don't eat foods your body is intolerant or sensitive to.

6. **Don't aim for perfection — aim to do well *most* of the time.** The all-or-nothing approach will set you up for failure. Consistency is the name of the game. Focus on doing the right things (hint: they're all in this page), and doing them right most of the time. If you go out and get drunk in the weekends... miss a workout... or eat like crap after a stressful day at work... you'll still make progress as long as you do well the rest of the week. To live a stress-free life, apply the [80/20 Rule](#) to everything you do.