



# REAL NUTRITION

with Jayne O'Toole



# Training Guide





# About Real Nutrition

Real Nutrition is the brand kicked off in 2018 by Nutritionist and Coach Jayne O'Toole. Jayne has worked with hundreds of clients for over 8 years as a nutritionist, coach and guest speaker.

Jayne is a Certified nutritionist, PN1 Nutrition Coach; CFL1 Trainer, guest speaker & podcast regular.

Following the trans-formative impact fitness & nutrition had on her own physical & mental health, Jayne embarked on a journey of education & self-development and in doing so discovered a passion for helping others to do the same.

Real nutrition coaching is a science based holistic approach to coaching, Jayne is renowned for her compassionate approach to clients giving her all to educate, support & empower them with knowledge & self-belief.

Jayne is not currently taking clients as she has taken on a career pirouette and combined her former career in communications with her passion for supporting health. Jayne is Senior Communications Officer with The Marie Keating Foundation since June 2022.



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# Adroit Fitness

## Who is Adroit Fitness?

Adroit Fitness is the brand of Andy Ewington, a coach who specialises in individual program design. He comes from a large background of sport with his highest honours coming from Field Hockey.

He start doing CrossFit 8-10 years ago and quickly transitioned in to coaching, where he found James Fitzgerald, owner of OPEX Fitness. Andy has since taking the OPEX CCP Professional Coaches Course and developed his ability to coach and work with individuals. He has worked with people looking to get in to training for the first time and has also coached athletes to the CrossFit Games.

Through his experience he has become known for being able to help people recover from pain and injuries and this has lead him to take a new direction. He has studied Neurokinetic Therapy and is completing a diploma in Neuromuscular Therapy as he looks to bridge the gap between rehab and performance or getting people back to full functionality.

Andy currently has OPEX L2, NKT L2, NMT, Oxygen Advantage Instructor.



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## F.A.Q.

### Where should I start?

This will depend on your current level of activity. Even if you have previously trained consistently, if you have taken an extended break you need to ease yourself back in. I would recommend starting with bodyweight or very light weights that you know you can do. If you have been doing nothing, then any type of resistance is going to be an improvement. There is plenty of time to make things more difficult!

Please speak to your doctor or medical professional if you have never done any kind of strength training before embarking on a training program.

### How many days per week?

2-3 strength sessions per week mixed in with 2-3 walks or other aerobic based sessions is a great place to start. There's no need to jump straight in to 4-5 times per week. Find space in your schedule where it is easy to put aside the time to train and start with that. If you make it easy to do, it will be easier to stick with.

### What if I don't have the equipment?

Most of these are bodyweight or can be done with bands. You can also use anything to load the movements like water bottles or backpacks filled with objects. There will also be ways to progress the training through changing reps and rest periods.

### Will I get big & bulky?

It is unlikely that you will get big and bulky unless you really want to. We would expect to see some change in body composition and muscle definition from this training. Some people will more naturally put on muscle mass, but again it is something that every person needs to focus on. If your goal it to get bigger you can make the necessary adjustments to volume and intensity along with your diet to work towards that goal.



## How should I follow the plan?

You will rotate through the sessions and how many times per week doesn't actually matter. If you are training twice per week it will look like this

Week 1: Day 1 + Day 2

Week 2: Day 3 + Day 1

If you were training 4 times per week

Week 1: Day 1 + Day 2 + Day 3 + Day 1

Week 2: Day 2 + Day 3 + Day 1 + Day 2

## How should I progress?

There will be more detail on the main page of the workout, but essentially we are going to look to manipulate some easy training variables. It is advised to only change 1, maybe 2 at most session to session. These will be changes like Reps, Rest, Weight, Time under Tension, Sets. After every 3rd cycle through it is a good plan to deload, which just means backing off a little bit to ensure the body is recovered.

## You just mentioned a deload?

Yes! Every training plan requires a period of time where the athlete backs off a little bit to allow the body to fully recover before starting again. When you restart, you start at a slightly higher place than last time and aim to also finish at a higher place. The plan is for after every 3rd cycle, but you could push it out towards 4-5 times. It is also something that is done when perhaps a period of high stress is expected or a busy period. You can lower your volume to 60-70% and still maintain most qualities for 3-5 weeks before a significant decrease.

## This is a little overwhelming!

It can seem that way! But once you get going it will start to make sense. As mentioned at the start, just get moving as that is already an improvement over doing nothing. If you need advice you can reach out and ask us for some help



# F.A.Q.

## What is Tempo?

You will see the Tempo written next to each exercise and this explains the speed we are going to move at through each portion of the lift. It is 4 numbers and always written in the same order, even if the exercise starts at different places.

The Tempo is always written as

#1: Eccentric or Lowering phase

#2: Amount of time to pause at the bottom

#3: Concentric or Lifting phase

#4: Amount of time to pause at the top.

So for example: Split Squat @ 5121

5 seconds to lower to the bottom position

1 second pause

2 seconds to lift or return to the top

1 second pause at the top

A trickier movement to understand is a movement that starts at the bottom. For example: Single Arm Row @ 5121. This movement starts at the bottom of the movement and you would start with a 2 second lifting phase. But everything still means the same

5 seconds to lower to the bottom position

1 second pause

2 seconds to lift or return to the top

1 second pause at the top

So no matter what the first number is always the lowering phase, even if the movement starts at the bottom.

Tempo is a great thing to help overload a movement and make it more difficult. If you ever find yourself in a situation where you can not increase the load, you can choose to lift the weight slower and this will get the desired muscle fatigue.



# Training Day 1

## Slow Eccentric Focus

For this session we are going to be focused on moving slowly during the eccentric or lowering phase of the lift. This will make things more difficult than just moving fast but has some great benefits. It helps develop motor control by forcing the body to control the movement.

- It shifts the focus towards the tendons which are vitally important to strengthen to help avoid injury. Tendons take longer to get stronger than muscle so to keep them and your joints healthy we will focus on the slower movement.

It increases time under tension. An important part for helping with body composition is that we make it work! Doing reps slower will make the muscle work for longer, increasing energy demands.

Depending on the equipment you have you can progress this training day multiple ways. Each one has different benefits but also each one has a lot of carry over. My first recommendation is to increase the sets. You will see that there are 3 sets per exercise to start with. When you come back to repeat this training day, simply add 1 more set.

Training #1: 3 Sets.

Training #2: 4 Sets.

Training #3: 5 Sets.

Training #4: Deload with 3 sets.

Next if you have the equipment I would look to increase the weight. So starting back at 3 sets you would aim to do all 3 sets at a heavier weight. You would then keep this weight and repeat the set increase method above.

If you do not have any extra weight, you could increase the reps per set to 8-10 reps and repeat the set increase method above.

Another option is to decrease the rest time. So take 10-15s off the rest periods and then do the working sets. This will give your body less time to recover and will make the later sets much more difficult, especially as you progress to 5 sets!

Lastly you can combine an increase in weight with a decrease in reps. This would look like this

Training #1: 6-8 reps

Training #2: 4-6 reps @ heavier weight

Training #3: 3-5 reps @ heavier weight

Training #4: Deload back to 3 sets of starting weight and reps



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# Training Day 1

## Slow Eccentric Focus

Exercise	Reps	Tempo	Rest	Sets	Notes and Alternatives
A1. Split Squat	6-8	51X1	45s	3	Can increase the difficulty by elevating the rear foot.
A2. Single Arm Row	6-8	51X1	45s	3	Keep the shoulders back and down as you perform these.
B1. Split Stance RDL	6-8	51X1	45s	3	Only hinge forward as far as you can without rounding your back
B2. Single Arm Press	6-8	51X1	45s	3	Do these in a half kneeling or seated position
C1. Goblet Squat	6-8	51X1	45s	3	Can use a chair or object to limit depth. Load with any type of weight or resistance band.
C2. Strict Pull Up	6-8	51X1	45s	3	Table Inverted Row or Band Lat pulldown are good alternatives
D1. Sumo Deadlift	6-8	51X1	45s	3	If you struggle to touch the ground, put a book or object under your weight.
D2. Push Up	6-8	51X1	45s	3	Elevate the hands on to a chair or table so you can do at least 6.

As with all exercise there shouldn't be any pain during the movement. If there is pain you should stop performing that movement. Either reset and focus on your form or choose an alternative exercise that is similar but doesn't cause pain.

The exercises above are paired together and should be performed in a superset. What this means is you will do these as follows

A1 - Split Squats - perform on both legs with 45s rest then move to A2

A2 - Single Arm Rows - perform on both arms with 45s rest then move back to A1

Repeat this for 3 total sets.

Equipment wise you can use whatever you have. You can perform any of the movements above with dumbbells, kettlebells, barbells, bands or slightly unconventional loading like a bag full of things, water bottles or anything that has a bit of weight to it!



# Training Day 2

## Isometric + Volume Focus

For this session we are going to be focused on performing a static hold in a loaded position. This will slowly fatigue the muscles and require more and more of the muscle to become active. We are then going to immediately follow it up with some fast, smooth reps.

We are first going to work on increasing the isometric hold time. So each week you will perform the same amount of sets but each set will start with a longer isometric hold.

Training #1: 15s Isometric (or 10s for smaller movements)

Training #2: 20s Isometric (or 15s for smaller movements)

Training #3: 25s Isometric (or 20s for smaller movements)

Training #4: Deload with sets 2 sets of 15s holds.

Next if you have the equipment I would look to increase the weight. So starting back at a 10s isometric you would aim to do the same but at a heavier weight. You would then keep this weight and repeat the isometric hold increase method above.

If you do not have any extra weight, you could reduce the rest period between sets or increase the amount of sets you do.



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# Training Day 2

## Isometric + Volume Focus

Exercise	Hold	Reps	Rest	Sets	Hold Position
A1. Split Squat	15s	10-15	45s	4	Hold with knee just off the floor.
A2. Single Arm Row	10s	10-15	45s	4	Hold at the top of the row position.
B1. Split Stance RDL	15s	10-15	45s	4	Hold just short of your maximum range.
B2. Single Arm Press	10s	10-15	45s	4	Hold this half way to the top of your press movement.
C1. Goblet Squat	15s	10-15	45s	4	Hold so your hips are just above parallel, or just above the object you are squatting to
C2. Strict Pull Up	10s	10-15	45s	4	Hold with chin over bar or close to.
D1. Sumo Deadlift	15s	10-15	45s	4	Hold about half way to the bottom of the movement.
D2. Push Up	10s	10-15	45s	4	Hold about 1" off the floor or surface your hands are on.

As with all exercise there shouldn't be any pain during the movement. If there is pain you should stop performing that movement. Either reset and focus on your form or choose an alternative exercise that is similar but doesn't cause pain.

The exercises above are paired together and should be performed in a superset. What this means is you will do these as follows

A1 - Split Squats - perform on both legs with 45s rest then move to A2

A2 - Single Arm Rows - perform on both arms with 45s rest then move back to A1

Repeat this for 4 total sets.

Equipment wise you can use whatever you have. You can perform any of the movements above with dumbbells, kettlebells, barbells, bands or slightly unconventional loading like a bag full of things, water bottles or anything that has a bit of weight to it!

You can load the hold with a heavier or more difficult version of the movement and then change to an easier movement for the 10-15 reps. Most likely the Pull Ups will be the struggle. You can perform the hold and then change to a Band Lat Pulldown to complete the 10-15 reps.



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# Training Day

## 3 Strength

For this session we are going to be focused on performing regular strength sets.

You can progress these sets in a similar way to Training Day 1. I would recommend increasing sets first, then after the deload coming back and increasing weight.

Training #1: 3 Sets.

Training #2: 4 Sets.

Training #3: 5 Sets.

Training #4: Deload with 3 sets.

Next if you have the equipment I would look to increase the weight. So starting back at 3 sets you would aim to do the same rep scheme but at a heavier weight. Then increase the sets each week.

You could also decrease the amount of reps and increase the weight while keeping the sets the same.

Training #1: 3 Sets of 12-15

Training #2: 3 Sets of 8-10

Training #3: 3 Sets of 6-8

Training #4: Deload with 3 sets of 8-10 @ 12-15 weights.

If you do not have any extra weight, you could reduce the rest period between sets.



# Training Day

## 3 Strength

Exercise	Reps	Tempo	Rest	Sets	Notes and Alternatives
A1. Split Squat	12-15	20X1	60s	3	Can increase the difficulty by elevating the rear foot.
A2. Single Arm Row	12-15	20X1	60s	3	Keep the shoulders back and down as you perform these.
B1. Split Stance RDL	12-15	20X1	60s	3	Only hinge forward as far as you can without rounding your back
B2. Single Arm Press	12-15	20X1	60s	3	Do these in a half kneeling or seated position
C1. Goblet Squat	12-15	20X1	60s	3	Can use a chair or object to limit depth. Load with any type of weight or resistance band.
C2. Strict Pull Up	12-15	20X1	60s	3	Table Inverted Row or Band Lat pulldown are good alternatives
D1. Sumo Deadlift	12-15	20X1	60s	3	If you struggle to touch the ground, put a book or object under your weight.
D2. Push Up	12-15	20X1	60s	3	Elevate the hands on to a chair or table so you can do at least 6.

As with all exercise there shouldn't be any pain during the movement. If there is pain you should stop performing that movement. Either reset and focus on your form or choose an alternative exercise that is similar but doesn't cause pain.

The exercises above are paired together and should be performed in a superset. What this means is you will do these as follows

A1 - Split Squats - perform on both legs with 45s rest then move to A2

A2 - Single Arm Rows - perform on both arms with 45s rest then move back to A1

Repeat this for 4 total sets.

Equipment wise you can use whatever you have. You can perform any of the movements above with dumbbells, kettlebells, barbells, bands or slightly unconventional loading like a bag full of things, water bottles or anything that has a bit of weight to it!



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# Bonus Day

## Core + Accessory

While the training plan covers compound movements and will more all of these muscle groups, a lot of people like to add in a little extra focus! So below is some lists of movements and rep ranges. The idea is to build a workout in the following ways. You can either do just core, just accessory or a mix of both! You could do these as a finisher to your main set or on a separate training day.

Core: Chose 2-3 Active Movements + 1-2 Stationary Movements. Perform 3-5 sets

### Active Exercises Static Exercises

Sit Ups x 10-20 Plank x 30-60s  
Leg Raises x 10-20 Side Plank x 30-60s  
Russian Twists x 20-50 Bridge x 30-60s  
Mountain Climbers x 20-50 Hollow Body x 30-60s  
Arch Ups x 10-20 Arch Hold x 30-60s  
Shoulder Taps x 20-50 Pike Handstand Hold x 30-60s  
Pike Leg Lifts x 10-20 Handstand Hold x 20-30s

Accessory: You can choose one specific area to focus on or you can change it up each time. Either choose 1-2 exercises for 2-3 different groups or choose 2-3 exercises from 1-2 different groups.

### Shoulders

Lateral Raise x 12-15  
Rear Delt Fly x 12-15  
Face Pulls x 12-15

### Triceps

Push Downs x 12-15  
Skullcrushers x 12-15  
Kick Backs x 12-15

### Biceps

Concentration Curls x 12-15  
Hammer Curls x 12-15  
Zottman Curls x 12-15

### Chest

Incline Flies x 12-15  
Decline Flies x 12-15  
Squeeze Press x 12-15

### Glutes

Abductions x 12-15  
Quadruped Hip Ext x 12-15  
Hip Thrusts x 12-15

### Hamstrings

Hamstring Curls x 12-15  
Slider Curls x 12-15  
Stiff Leg RDL x 12-15

### Quads

Band Leg Ext x 12-15  
Peterson Step Up x 12-15  
Band Knee Ext x 12-15

### Calves

Standing Calf Raise x 12-15  
Single Leg Calf Raise x 12-15  
Seated DB Calf Raise x 12-15



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