

Volume 1.2 | February 2021

Elite Warrior Tribe

Monthly

Fitness DeMystified
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And so much more...



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Letter From the "Editor"

Hi! You came back! I can't tell you how happy that makes me, and how humbled I am that you are allowing me to be part of your process, your healthy lifestyle change, and most importantly, your life. I know time and space are valuable, especially now, and it means the world that you are taking your time to be part of this community we're building!

It's February! Valentine's Day! That means **hearts**, **flowers**, and **chocolate**! Do you know how Valentine's Day started? In the 200s, in Ancient Rome, Emperor Claudius banned marriage because he thought soldiers would be distracted by love.

Saint Valentine disagreed and illegally married couples until he was busted. He was sentenced to death, but couples visited his cell and gave him flowers and cards. He (allegedly) died on.....February 14th.

But, I digress. A new month means a fresh start for some, and a continuation on their journey for others! Maybe you slipped up on your resolutions (it is said that most people throw in the towel by January 17), or perhaps you are slaying it and are supercharged to keep on keepin' on! Either way, I'm excited to get this new issue to you!

Along with new nutrition guidelines and a monthly workout, there is a TON of information in this edition! I hope you find it helpful, applicable to your life, and easy to understand!

As always, I appreciate you being here. I'm excited to have you as part of the Tribe, and I'm looking forward to seeing you on our Facebook page as well!

Let's Goal Get 'Em,
Julie

THE KEYS TO FAT LOSS



We all try desperately to complicate fat loss for some reason. Now remember when we talk about fat loss, that's different than weight loss. Wait, what? It's easy to lose weight. Amputate a leg, take a big pee, sweat a lot. You'll lose weight. But if you want to lose fat, you're going to have to work for it a bit.

To lose fat, you only really need 4 things. But they're big things! Here they are...with a bit of explanation:

1. **Calorie Deficit** – You must be in a calorie deficit to lose fat. Plain and simple. There's no other way about it. You have to consume fewer calories than you burn in a day/week/month.
2. **Adherence** – So you've figured out how many calories you need to eat to stay in a deficit. That's the first step. Step 2, you gotta stick to it! That means not going over your calories (at least not by a ridiculous amount), getting in all of your protein so that you maintain your muscle, and hopefully, lifting some heavy sh*t a few days a week. There's no point in having a plan if you're not going to stick to it. So, adherence is the second piece of this puzzle.
3. **Consistency** – Now you have a plan, you're sticking to it...but for how long? And how often? And what if you screw up? What if it's your birthday? What if it's Christmas? What does it mean to be consistent? In short, it means that what you do **MOST** of the time matters more than what you do **SOME** of the time. It means that being "perfect" during the week doesn't give you permission to go all out on the weekend and undo your hard work. It means that 80-85% of the time, you're **ON** plan, and 15-20% of the time, you incorporate the foods you love, maybe even go **A LITTLE** off plan. But it also means that, if you do this, you don't fall into the mentality of "screwing up" and just throw it all away to "start again on Monday!" It means that you enjoy yourself and you get right back on plan!
4. **Patience** – Even though this is listed last, it's probably the hardest one to understand. Fat loss takes time. Like, real time. There are ways to do it "fast," but most of those are gimmicks, and are unsustainable in the long-term. So, if you're looking to lose it and keep it off, you'll need more patience than you ever thought possible. It's going to take way longer than you think it will, and exponentially longer than you want it to. It's going to be hard. It's going to suck. It's going to make you want to quit. It's going to make you think it's not working. But if you're patient, it **WILL** work, and it will be worth it.

THE 4 KEYS TO FAT LOSS



CALORIE DEFICIT



ADHERENCE



CONSISTENCY



PATIENCE

Fitness: DeMystified

Don't eat after 6pm. You'll gain weight, man!

6pm in what time zone, bro?



***Myth* of the Month:**

Eating Late at Night Makes You Gain Weight

WHAT HAPPENS WHEN YOU EAT LATE AT NIGHT



3:45PM

375 CALORIES



6:01PM

**4,586,179
CALORIES**

**JUST KIDDING. NOTHING HAPPENS. YOUR BODY
DOESN'T KNOW THAT YOU'VE EATEN AFTER 6PM.**

ENJOY THE MUFFIN!

Why do we believe these stories that, when we think about them, really make no sense? As humans, when something is repeated often enough, we (probably unconsciously) adopt it as truth. So it is with late night eating and weight gain. So, what does happen when you eat late at night? Well, hopefully you satisfy your hunger, first and foremost. But this myth had to come from somewhere, right?

Of course. Here's why we've come to think that eating late at night causes you to gain weight.

First, most people think that if they step on the scale and the number is higher than it was the day (or week) before, that they've gained weight. This is, obviously, an entirely separate issue that we will tackle in a future month. The scale moving up is not an indication of FAT gain, it is simply a normal fluctuation.

However, there is evidence showing that those who eat late at night tend to make poor (or worse) choices. Late night eating usually involves snacking rather than putting together a nutritious meal, and as a result, likely ends up putting you in a calorie surplus. Do THAT enough times and it is likely over the long-term that your late-night eating is causing weight gain – because of the repeated calorie surplus, not because of the time at which you ate.

There's another possible reason this myth came to be and that's because most of us weigh ourselves first thing in the morning. If you're eating late at night, the scale going up most likely has more to do with the contents of your stomach than it does with your body fat.

Late night eating simply means there is literally more volume in your stomach at the time you weigh yourself than if you had eaten earlier and your body was given more time to process and digest what you ate.

And one other thing – and you can use this when someone tells you not to eat past a certain time – if I live in California and I am “supposed to” stop eating at 6pm, but I’m in Turkmenistan on holiday, at what time am I supposed to stop eating? 6pm California time? 6pm Turkmenistan time? Your body doesn’t know time zones. Remember, as long as you are consistently in a calorie deficit or at maintenance, you will not gain weight. The idea that eating late at night makes you gain weight is one of the many fallacies we’ve been fed throughout our lives, and it’s time to finally lay it to rest!

2 Super Fun Circuits

For When You Just Want More

CRAZY 8s

The Circuit:

Sumo Squat x 8

Push-Up x 8

Jump Squat x 8

Mountain Climbers x 8/side

Instructions:

Do this circuit as quickly as possible 4 total times. Rest 2 min. Repeat, aiming to beat your time from the previous round.

HOLY HADES!

The Circuit:

Paused Sumo Squat x 10, 9, 8, etc

Push-Up x 10, 9, 8, etc

Walkout x 10, 9, 8, etc

Instructions:

Do each exercise in a descending ladder fashion starting at 10 reps and working your way down to 1 rep. So, you'll do 10 paused sumo squats, 10 push-ups, 10 walkouts. Then 9 paused sumo squats, 9 push-ups, 9 walkouts. Then 8 of each, etc, all the way down to 1 of each.

HOW TO DEADLIFT

WITH PROPER FORM



THERE ARE 2 WAYS TO DEADLIFT:
CONVENTIONAL DEADLIFT
AND
ROMANIAN DEADLIFT

THE SIMILARITIES:

BOTH TYPES INVOLVE A HIP HINGE. THIS IS THE BEST PLACE TO START IF YOU'VE NEVER DEADLIFTED BEFORE. MASTERING THE HIP HINGE IS CRUCIAL TO DEADLIFTING WITH PROPER FORM.

THOUGH THE EMPHASIS IS ON DIFFERENT MUSCLES, BOTH TYPES WORK THE SAME MUSCLE GROUPS

CONVENTIONAL DEADLIFT



KEY POINTS:

STARTS FROM THE FLOOR

BEGINS WITH UPWARD (CONCENTRIC) MOTION

SHOULDERS SLIGHTLY IN FRONT OF THE BAR

HINGE FROM HIPS AND KNEES

USES MORE QUADS

HOW TO:

- 1. FOR THE SETUP, STEP UP TO A BARBELL AND STAND WITH YOUR FEET HIP-WIDTH APART. THE BARBELL SHOULD JUST ABOUT TOUCH YOUR SHINS AND THE FRONT OF THE BAR WILL BE JUST OVER YOUR SHOELACES.***
- 2. HINGE AT THE HIP, AND GRASP THE BAR WITH YOUR HANDS JUST OUTSIDE OF YOUR LEGS. BEND YOUR KNEES AND MOVE YOUR HIPS DOWN, PUSHING YOUR BUTT BACK. KEEP YOUR SPINE NEUTRAL. THE BAR WILL ALMOST TOUCH YOUR SHINS.***
- 3. AS YOU GRASP THE BAR, YOUR SHOULDERS WILL BE SLIGHTLY IN FRONT OF THE BAR. KEEPING A NEUTRAL SPINE, SQUEEZE YOUR GLUTES, AND TIGHTEN YOUR CORE.***
- 4. AT THE START OF THE PULL, TAKE A DEEP BREATH. AS YOU PICK THE BAR OFF THE GROUND, KEEP YOUR CHEST UP AND PRESS THROUGH THE FLOOR WITH YOUR FEET.***
- 5. ONCE THE BAR PASSES YOUR KNEES, THRUST YOUR PELVIS FORWARD UNTIL YOU ARE STANDING UP.***
- 6. AT THE TOP OF THE LIFT, YOU WILL BE IN AN UPRIGHT POSITION.***
- 7. REVERSE THE MOVEMENT AND LOWER THE WEIGHT BACK TO THE FLOOR.***
- 8. YOU CAN DROP THE WEIGHT AFTER YOUR LAST REP IN A SET.***

ROMANIAN DEADLIFT



KEY POINTS:

STARTS FROM STANDING

BEGINS WITH DOWNWARD (ECCENTRIC) MOTION

SHOULDERS SIGNIFICANTLY IN FRONT OF THE BAR

HINGE FROM HIPS

USES MORE HAMSTRINGS & GLUTES

HOW TO:

- 1. START WITH THE BARBELL RESTING ON THE PINS OF A RACK***
- 2. GRIP THE BARBELL JUST OUTSIDE OF YOUR THIGHS. THE HEIGHT OF THE PINS SHOULD BE SET UP SO THAT YOU HAVE A SLIGHT BEND IN THE KNEES***
- 3. TAKE A BIG BREATH, BRACE YOUR CORE, AND LIFT THE BARBELL FROM THE PINS BY EXTENDING THE KNEES***
- 4. WALK THE WEIGHT BACK AND STAND WITH YOUR FEET SHOULDER-WIDTH APART***
- 5. SLIGHTLY BEND YOUR KNEES – YOU’LL KEEP THIS BENT-KNEE POSITION THROUGHOUT THE ENTIRE MOVEMENT***
- 6. HINGE AT THE HIPS TO BRING THE BARBELL TO THE KNEE, THINK ABOUT KEEPING THE WEIGHT ON YOUR HEELS. THE BARBELL SHOULD REMAIN ON YOUR THIGHS WHILE YOUR SHOULDERS TRAVEL OVER THE BARBELL***
- 7. DRIVE YOUR HIPS BACK TOWARD THE WALL BEHIND YOU. THE TENSION SHOULD BE IN YOUR GLUTES AND HAMSTRINGS. ONCE THE BARBELL IS JUST BELOW THE KNEE, SQUEEZE YOUR GLUTES TO DRIVE YOUR HIPS UP AND FORWARD***
- 8. DON’T EXTEND YOUR KNEES AT THE TOP, YOU SHOULD STILL HAVE THE SLIGHT BEND YOU BEGAN WITH***

FEBRUARY 2021

ELITE WARRIOR TRIBE

NUTRITION CHALLENGE

Use the calendar on the next page to track each piece of this month's nutrition challenge



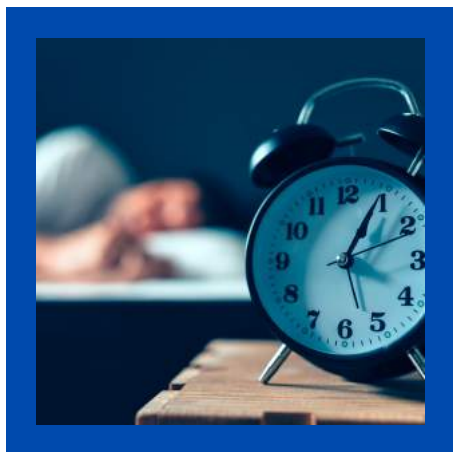
**Hit My Calorie
Goal within +/-
25**



**Hit My Protein
goal within 5g**



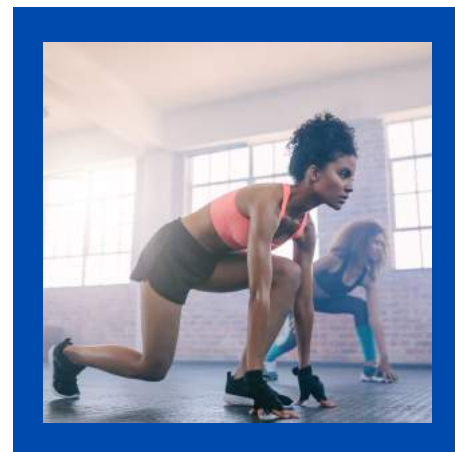
**Tracked
everything;
even BLTs**



**Slept 6-8
hours/Night**



**Drank > 100 oz
Water**



Worked Out

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Chocolate Hearts

This month's workout is called "Chocolate Hearts" in honor of Valentine's Day! Don't be fooled, there's nothing sweet about it! There is only 1 option - 3 days/week, and you can do it weighted or with bodyweight only.

My recommendation: if you're new to lifting, start week 1 with bodyweight only or very light weights and see how you feel. You can progress based on that. If, however, you have experience lifting and have access to equipment, use it to get the most out of this workout!

Since it's only 3x/week, you can add one of the circuits included in this edition if you find yourself wanting more. Do not do the circuits on days you lift.

Any questions, post them in the FB group!



Day 1: Lower Body

1) Dumbbell Deadlift

Week 1: 3 x 5

Week 2-4: 3 x 4

***Go heavier than you think you can!**

****Beginners - practice hip hinge with light weights**

2) Superset:

2a) DB Reverse Lunge: 3 x 8/leg

2b) Single-Leg Hip Thrust: 3 x 10/leg

2c) Slow Russian Twist: 3 x 12/side (twist sloooooowly)

****Keep rest short. No more than 2 minutes between sets**

3) Superset:

3a) Narrow Squat: 3 x 6 (feet as close together as is comfortable)

3b) Sumo Goblet Squat: 3 x 10

3c) Hip Elevated Hamstring Curl: 3 x 12

***Stability ball or desk chair on wheels work well for 3c**

Rest 90 seconds.

4) Plank

Week 1-2: 3 x 20 seconds

Week 3-4: 3 x 30 seconds

5) Finisher:

5a) High Knees x 15/side

5b) Squat Jumps x 5

5c) KB Swing x 10

****Complete 4 rounds as quickly as possible with excellent form. Keep rest to a minimum**

Day 2: Upper Body

1) Dumbbell Bench Press

Week 1: 3 x 10

Week 2-4: 3 x 8

2) Superset:

2a) DB Row:

Week 1-2: 3 x 10/arm

Week 3-4: 3 x 8/arm

2b) Push Ups: 3 x 10

****Beginners - do them on your knees or up against a wall to start. Questions about scaling push-ups - ask me!**

3) Superset:

3a) Seated DB Shoulder Press: 3 x 12

3b) DB Triceps Kickback: 3 x 12/arm

4) Superset:

4a) Seated DB Hammer Curl: 3 x 12/arm

4b) Standing DB Lateral Raise: 3 x 10

5) Finisher:

5a) Alternating Shoulder Press x 5/arm

5b) Push Ups x 5

5c) Bicep Curls x 8

****Complete as many rounds as possible in 5 minutes with excellent form. Keep rest to a minimum**

Day 3: Full Body

1) Superset:

1a) Goblet Squat:

Week 1-2: 3 x 10

Week 3-4: 3 x 8

1b) DB Bench Press w. Pause on Chest:

Week 1-2: 3 x 8

Week 3-4: 3 x 6

****Keep rest short. No more than 2 minutes between sets**

2) Superset:

2a) Single-Leg Hip Thrust: 3 x 10/leg

2b) Seated Arnold Press: 3 x 8

2c) Hip Elevated Hamstring Curl: 3 x 10

***Stability ball or desk chair on wheels work well for 2c
Rest 90 seconds.**

3) Superset:

3a) Seated DB Hammer Curl: 3 x 12/arm

3b) Seated DB Overhead Triceps Extension: 3 x 12

4) Finisher:

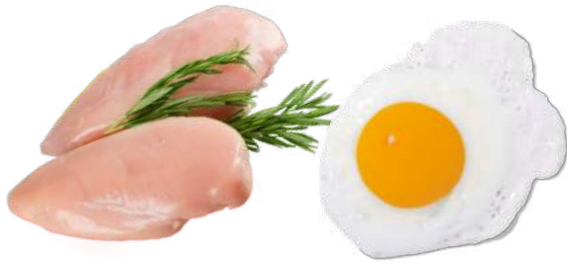
4a) Jumping Jacks x 25

4b) Inchworms x 5

4c) Push-Ups x 5

****Complete 5 rounds as quickly as possible with excellent form. Keep rest to a minimum**

PROTEIN SOURCES



Poultry & Eggs



Meat



Fish & Seafood



Powders & Drinks



Bars & Snacks



Dairy Options



Vegan/Vegetarian Options



Beans & Lentils & Some Grains

2021:

CREATING MEANING

Now that you're here and settled in, I want to introduce a new section of the Elite Warrior Tribe monthly that will continue through the year. Going forward, from now until eternity, each year will have a theme with accompanying activities and resources that will connect to your physical, mental, emotional, and spiritual life. How and if you show up for this part, or any part, of the Tribe is completely up to you.

This year's theme is Creating Meaning.



We're in a time of uncertainty. Last year was day after day of uncertainty, and now, regardless of your situation and location, we continue to be plagued by many uncertainties. When will things go back to "normal" or is that even a thing? All of these previously un-navigated issues have created a feeling of instability because we can't even rely on our past experiences to assure us that everything will be okay. In these uncertain times, it's common to experience a number of negative emotions. Knowing that whatever will be is mostly out of our control is one way to deal with uncertainty and to accept that it just is.

When in uncertain times, we tend to lose sight of what's really important, those things that truly align with our values. The best way to create a sense of stability is to tap back into those values and to connect back to the core of ourselves.

When things are seemingly at their most difficult, that's the time to show up with intention.

If you'd like to do the following activity, I recommend printing the next couple pages so that you can make notes and refer back to them. A couple extra resources on values and uncertainty are at the end of the last page.



Fill out the following chart with areas of life which feel uncertain, the values that are at risk, and one or two simple actions you can take to live that value.

Area of Uncertainty	Value at Risk	Actionable Step to Realign
family member's health	health/family	check in/call/visit

Common Values

Acceptance	Joy
Altruism/Helping Others	Kindness
Attentiveness	Leadership
Balance	Learning and Growth
Caring	Love
Charity	Loyalty
Courage	Open- Mindedness
Connection (Connecting w/others)	Openness
Creativity	Peace
Curiosity	Philanthropy
Determination	Play/Playfulness
Discipline	Positivity
Family	Reason/Logic
Friendliness	Reliability
Fun	Respect
Generosity	Responsibility
Grace	Self-control
Gratitude	Spirituality/Faith
Honesty	Support
Hopefulness	Teamwork
Humor	Thoughtfulness
Independence	Trustworthiness
Integrity	Wonder
Introspection	Work

Extra Resources:

https://www.ted.com/talks/shannon_lee_what_bruce_lee_can_teach_us_about_living_fully

<https://theconversation.com/life-is-full-of-uncertainty-weve-just-got-to-learn-to-live-with-it-30092>

Nutrition Guidelines

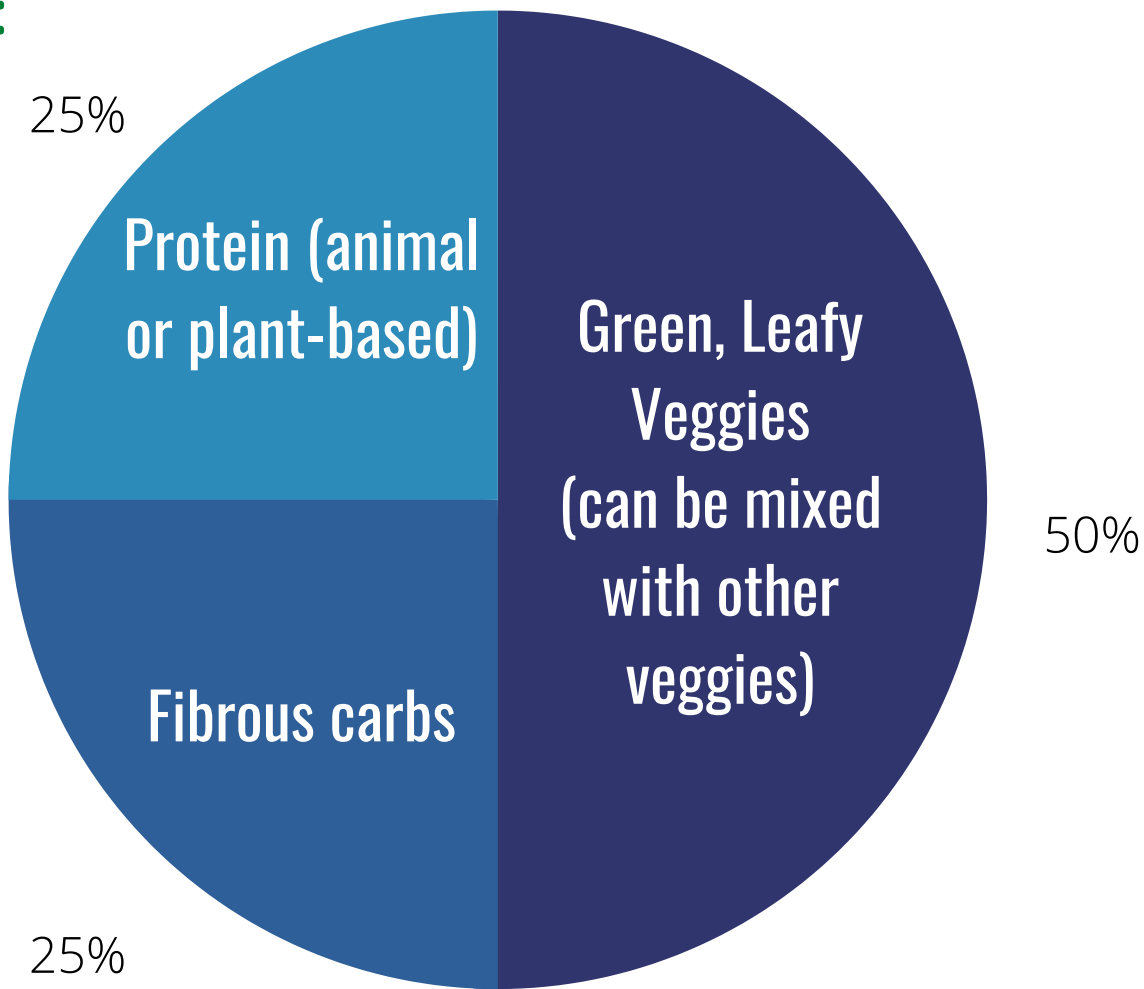
February 2021



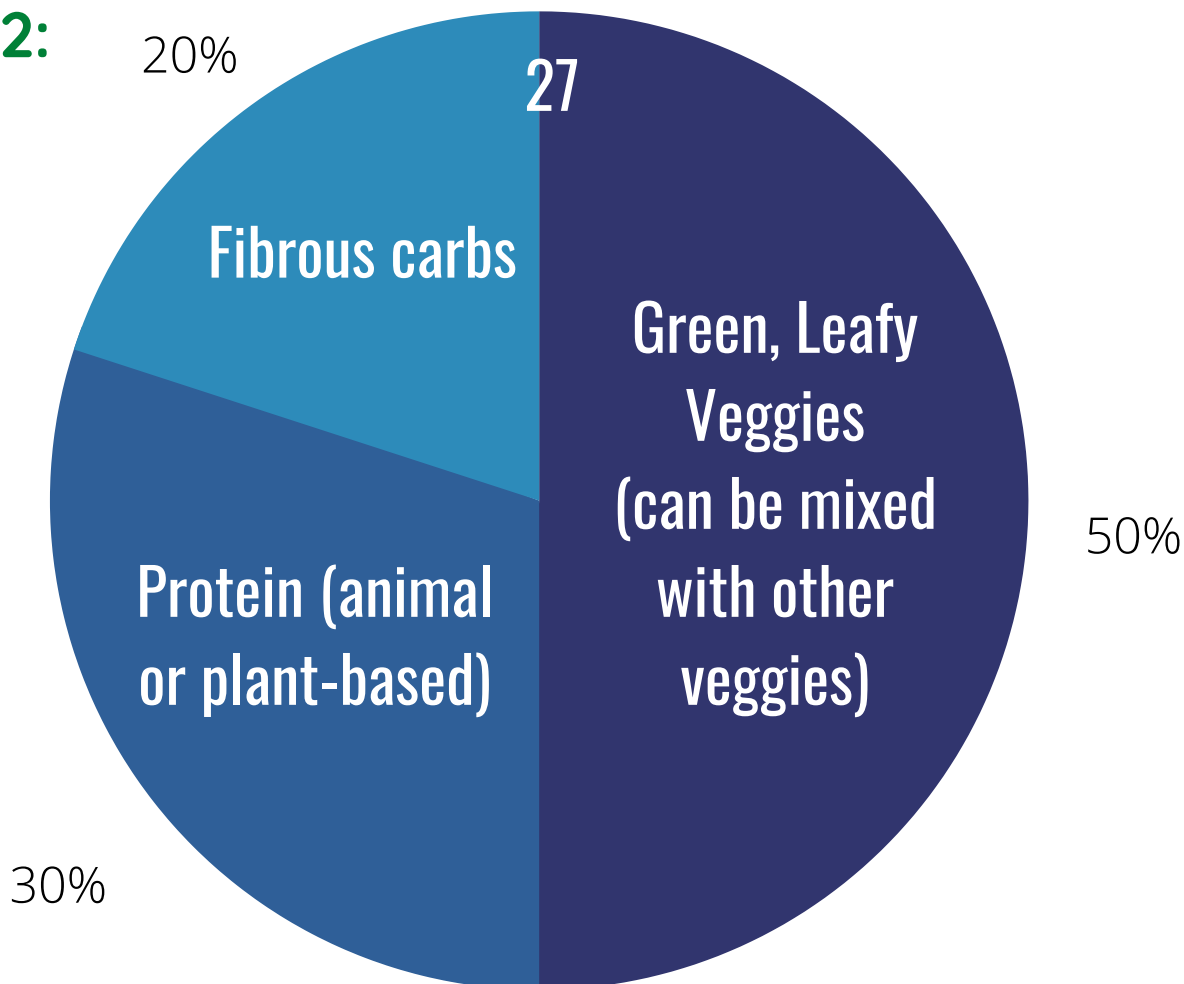
Hopefully, if you adhered January's calorie guidelines, you were able to see some fat loss progress over the past month! We're moving on to something a little new this month, but not to fear - you can (and should) still use those calorie numbers if you want. This month, however, I want the focus to be on the composition of your plate for MOST meals. Notice I didn't say ALL meals. There's no sense in striving for perfection because, unless you're some kind of superhuman alien unicorn leprechaun, you're likely going to have at least one of February's 84 meals off plan...and that is A-OK!

That said, let's talk about what SHOULD be on your plate at MEALS. There are a few options to consider, and you don't have to stick to the same one for the entire month or even do the same one for an entire day. These are merely suggestions...

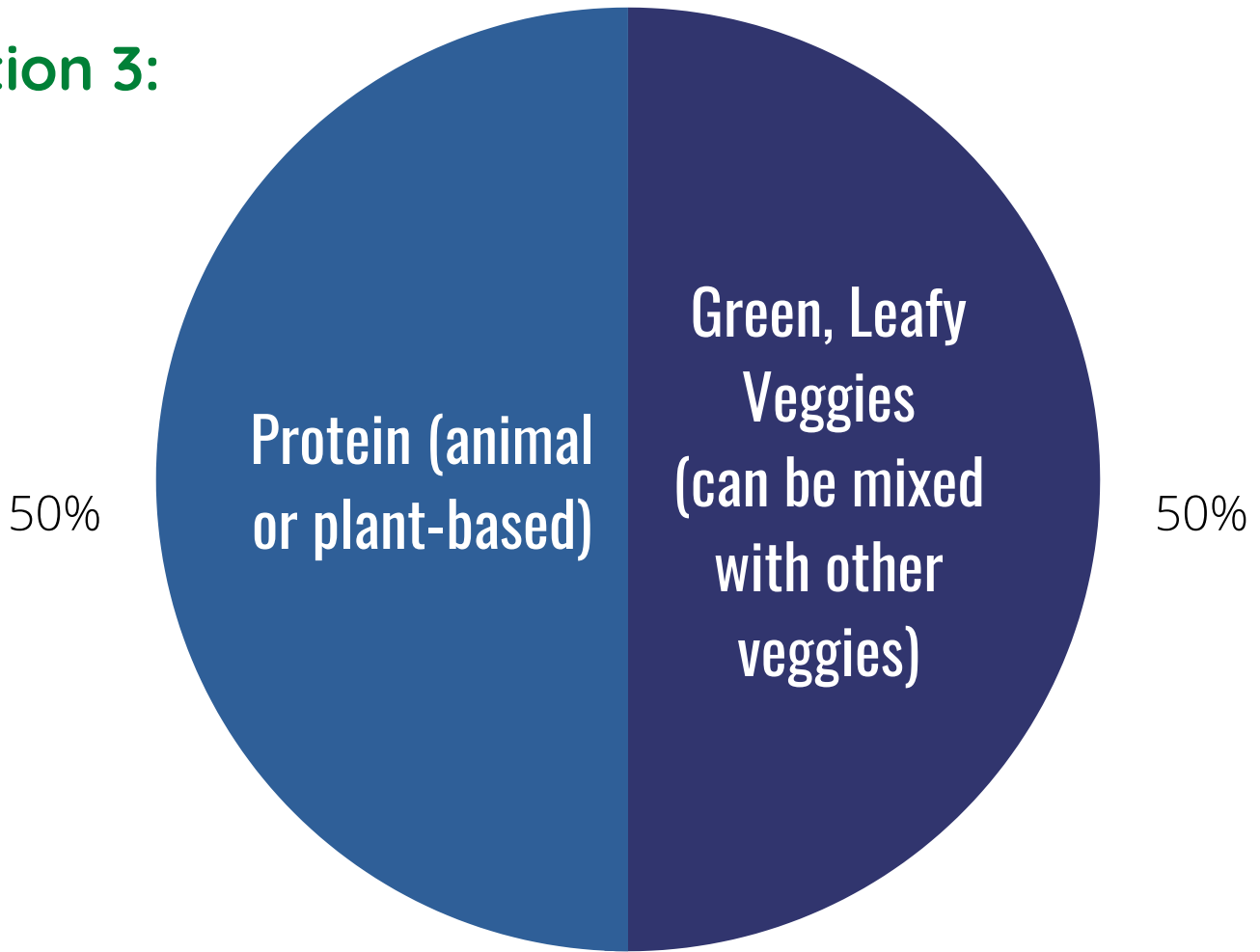
Option 1:



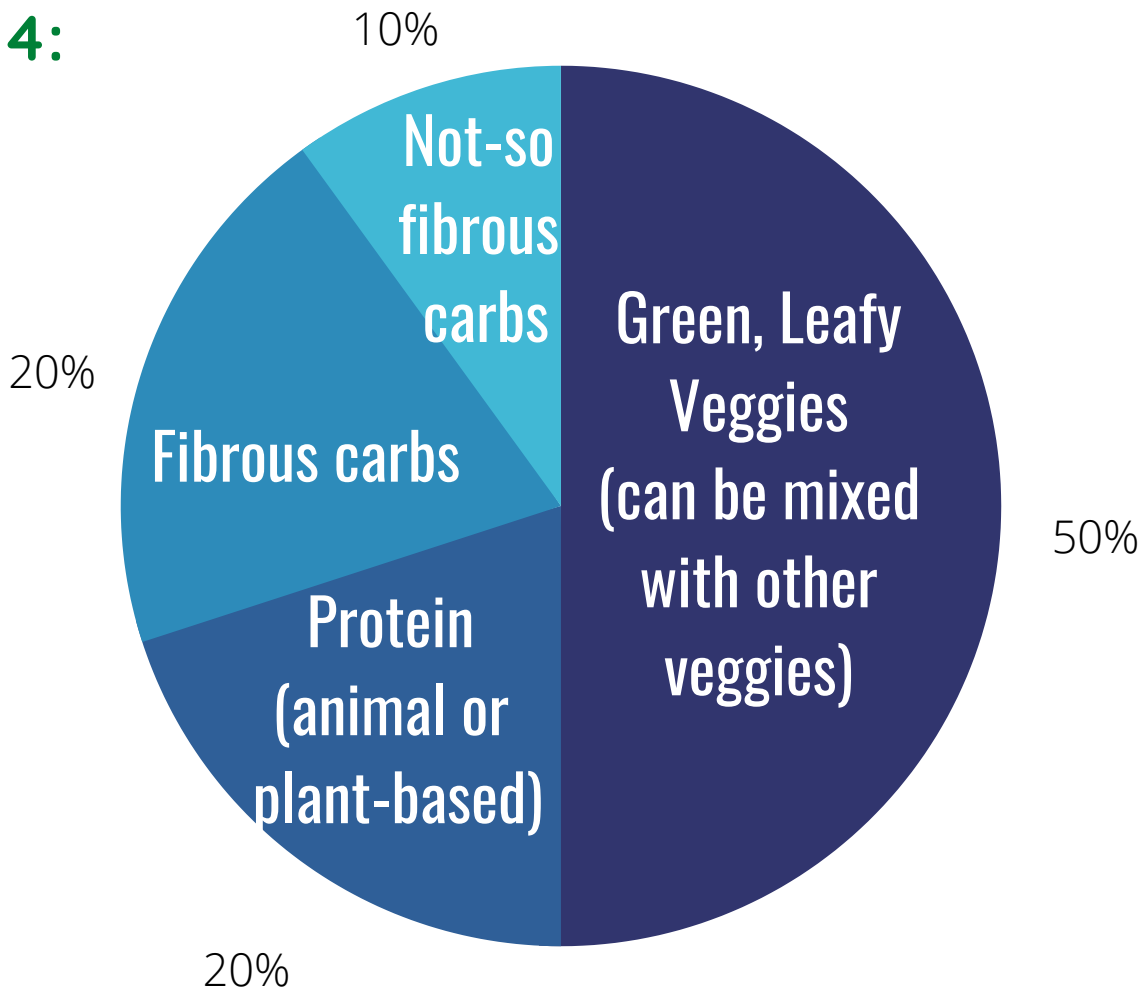
Option 2:



Option 3:



Option 4:



Each of these options give you a little something different, in that you can add or subtract nutrients/macros from each plate. Most importantly, obviously, is that you want to fill your plate with veggies...lots and lots of veggies. You'll notice that "fruit" as a category is not on any of the plates. That doesn't mean that you can't or shouldn't eat fruit! (Fruit can fall under "fibrous carbs" if you don't want to add something else).

There's no need to overthink this. For the most part, fill half your plate with veggies. The other half should be comprised of protein, other fibrous carbs, and some grains or potatoes, if you choose to eat them.

**One note about "green leafy veggies" - these don't actually have to be leaves, per se - arugula, spinach, romaine, etc. The distinction "green leafy veggies" is more about what NOT to eat (starchy veggies). Steer clear of things like: corn, carrots, peas, lima beans, potatoes, chickpeas, root veggies, and butternut squash for this portion of your plate. They are all more calorie dense than other veggies.

Keeping the discussion on snacks as basic as possible - your snacks should ALWAYS contain some protein (not in the form of peanut butter), and should fit in the palm of your hand. What you pair it with is up to you and your calorie guidelines.

That's it! Keep it really simple. Get a good idea of how you want your plate to look, and stick with it for the month! Play around with different combinations, types of food, etc, and most of all, enjoy what you're eating! Just because it's "good for you" doesn't mean it has to taste bad!

Honey Glazed Air Fryer Salmon

Sweet, crispy, and oh-so-tasty!



INGREDIENTS

(Serves 2)

8 oz. wild-caught salmon filets

(skin removed)

1 tsp soy sauce

1/2 tbsp honey

salt & pepper to taste

DIRECTIONS

1. Preheat air fryer to 375F
2. Season salmon with salt and pepper
3. Brush soy sauce liberally onto both fillets
4. Place in air fryer and cook fillets for 8-10 minutes
5. Remove from air fryer and brush honey onto both filets
6. Put back in air fryer for 2-3 minutes, depending how well done you want them

Nutrition Facts	
2 servings per container	
Serving size	4 oz (113g)
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.7g	9%
<i>Trans</i> Fat 0g	
Cholesterol 75mg	25%
Sodium 530mg	23%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

SkinnyTaste Air Fryer Chicken Tenders

Quick and easy, golden brown and delicious



INGREDIENTS

(Serves 2)

- 1 1/4 lb chicken breast tenders
- 1 large egg (beaten)
- 1/2 tsp kosher salt
- black pepper (to taste)
- 1/2 c panko
- olive oil spray

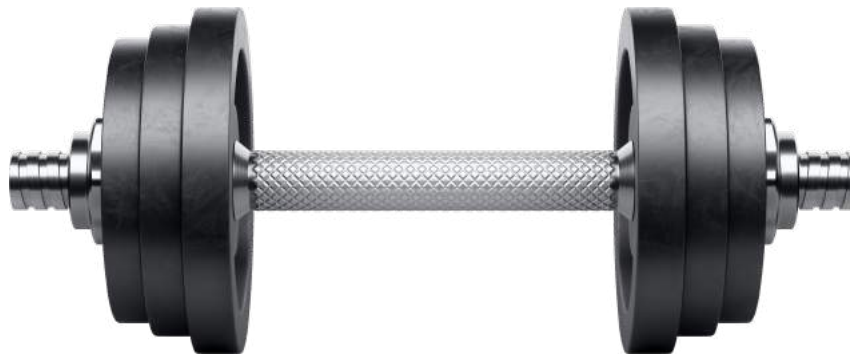
DIRECTIONS

1. Preheat air fryer to 400F
2. Season chicken with salt and pepper
3. Place egg in a shallow bowl and panko in a separate bowl
4. Dip chicken in egg, then panko and shake off excess. Place on large dish.
5. Spray both sides of chicken with oil
6. Cook chicken 5-6 minutes per side, until cooked through and crispy and golden on the outside

Nutrition Facts	
2 servings per container	
Serving size	3 Tenders
Amount Per Serving	
Calories	370
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 275mg	92%
Sodium 800mg	35%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 59g	118%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Acknowledgements

- Lee Gibson
- Conrad Feagin
- Canva
- The Tribe



A Sneak Peek at Your March Issue...

- 2 New Circuit Workouts
- March Madness Challenge
- Things I'm Loving Right Now
- New Delicious Recipes



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