

# -bp's 5:2 system-

Monday 15<sup>th</sup> – Sunday 5<sup>th</sup> December 2021.

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## The rules.

1. What I say goes for five days, and then it's your call for two days.

We practice the bp 5:2 system for three weeks – before the 2021 silly season.

2. Read rule #1 again.

*BP*

## How it works.

1. Ideally, check out your current status with Brad Pamp before starting.
2. Make your appropriate adjustments to bp's;
  - Food menu.
  - Action plan.
  - Mindset balance.
3. Tick off your commitment.

## part one – food

### Follow bp's dietary guidelines.

- Breakfast.
- Lunch.
- Dinner.



### What you can expect.

- ✓ Simplicity.
- ✓ Fresh & whole.
- ✓ High fibre.
- ✓ 'Some' Preparation.
- ✓ All listed produce is available at Australian supermarkets – including Woollies.

### Volume & portions

- ✓ Fuel to satisfy your appetite for 5-7 hours post-consumption.
- ✓ You can eat as much or as little of the listed choices as you like.

**-this is not a weight-loss program-**

### Step 1 – Choose your breakfast.

Option One Reboot Mix	Option Two Keto Bowl	Option Three Summer Stack
Contain <ul style="list-style-type: none"> <li><input type="checkbox"/> 500gr 'Quick' (cooking) Oats.</li> <li><input type="checkbox"/> 60gr Chia Seeds.</li> <li><input type="checkbox"/> 60gr Linseeds (flax).</li> <li><input type="checkbox"/> 60gr Slivered Almonds.</li> </ul>	Plate <ul style="list-style-type: none"> <li><input type="checkbox"/> 1-2 Eggs.</li> <li><input type="checkbox"/> 1/3 Avocado.</li> <li><input type="checkbox"/> 1 tbn Feta.</li> <li><input type="checkbox"/> 3-5 Baby tomatoes.</li> <li><input type="checkbox"/> 3-5 Small Mushrooms.</li> </ul>	Bowl <ul style="list-style-type: none"> <li><input type="checkbox"/> Watermelon</li> <li><input type="checkbox"/> Rockmelon</li> <li><input type="checkbox"/> Kiwi fruit</li> <li><input type="checkbox"/> Pear</li> <li><input type="checkbox"/> Apple</li> </ul>

<ul style="list-style-type: none"> <li><input type="checkbox"/> Tspn Ground Cinnamon.</li> <li><input type="checkbox"/> 100g Shredded Coconut.</li> <li><input type="checkbox"/> 60g Sunflower seeds.</li> <li>☞ Shake it up!</li> </ul> <p>½ - ¾ cup of mix ¾ cup water Microwave, 2 minutes Dash of honey (?)</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Basil or Coriander.</li> <li><input type="checkbox"/> Pinch Sea Salt.</li> <li><input type="checkbox"/> Lemon Juice.</li> </ul> <p>Pan-fry all ingredients, plating to add, herbs, juice &amp; salt to taste.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Slivered Almonds</li> <li><input type="checkbox"/> Ground Cinnamon</li> <li><input type="checkbox"/> 1-2 tbn Coconut Yogurt.</li> </ul> <p>Cut your fruit choices from the list, bowl to add spice &amp; coconut yogurt.</p>
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**Step 2** – Choose your lunch.

Mix & match.

<p style="text-align: center;"><b>Step 1</b> Choose your filler.</p>	<p style="text-align: center;"><b>Step 2</b> Choose your main.</p>
<p>Make your salad-like mix, Think: green, colour, crunch, juicy. Zero additives.</p> <p>Or</p> <p>Woollies fresh food section.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lentil salad mix</li> <li><input type="checkbox"/> Greek Salad Mix</li> <li><input type="checkbox"/> Couscous salad mix</li> <li><input type="checkbox"/> Green goodness salad bowl</li> <li><input type="checkbox"/> Roasted vegetable couscous salad mix</li> <li><input type="checkbox"/> Tabouli mix Salad</li> <li><input type="checkbox"/> Quinoa mix Salad</li> <li><input type="checkbox"/> Saffron rice salad mix</li> </ul> <p>E.g. ¾ cup of filler's'</p>	<p>Quick'n'easy</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Red Salmon</li> <li><input type="checkbox"/> Pink Salmon</li> <li><input type="checkbox"/> Tuna in Olive Oil</li> </ul> <p>Make'n'take (containing).</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fish</li> <li><input type="checkbox"/> Chicken</li> <li><input type="checkbox"/> Turkey</li> <li><input type="checkbox"/> Red meat</li> <li><input type="checkbox"/> Bean Medley</li> <li><input type="checkbox"/> Halloumi</li> <li><input type="checkbox"/> Feta</li> <li><input type="checkbox"/> Egg (boiled)</li> </ul> <p>'About' 100 – 150g.</p>

**Step 3** – Choose your dinner.

<b>Step 1</b> Choose your main.	<b>Step 2</b> Choose your veggie stack.	<b>Step 3</b> (FYI) Choose your dressing.
<p>OK, again, think fresh, unprocessed produce.</p> <p>Well, as close as you can get.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Red meat</li> <li><input type="checkbox"/> White meat</li> <li><input type="checkbox"/> Eggs</li> <li><input type="checkbox"/> Bean medleys</li> <li><input type="checkbox"/> Nut &amp; seeds medleys</li> <li><input type="checkbox"/> Soy products</li> </ul> <p><b>TIP:</b> Brush your teeth immediately on finishing your last mouthful.</p> <p><b>After dinner cleanser:</b></p> <p>Herbal tea – best choices: Peppermint, Spearmint, Chamomile, Lemon &amp; Ginger, Green Tea, or Boiling water, fresh lemon or lime – even a tiny dash of honey.</p>	<p>All veggies are amazing; go for it!</p> <p>Be sure to throw in the listed timeless headliners;</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Broccoli</li> <li><input type="checkbox"/> Broccolini</li> <li><input type="checkbox"/> Cauliflower</li> <li><input type="checkbox"/> Squash</li> <li><input type="checkbox"/> Zucchini</li> <li><input type="checkbox"/> Capsicum (red, yellow, green)</li> <li><input type="checkbox"/> Brussels Sprouts</li> <li><input type="checkbox"/> Snow peas, Green beans</li> <li><input type="checkbox"/> Spinach</li> <li><input type="checkbox"/> Bok Choy</li> <li><input type="checkbox"/> Asparagus</li> <li><input type="checkbox"/> Fennel</li> <li><input type="checkbox"/> Pumpkin</li> <li><input type="checkbox"/> Artichoke</li> </ul> <p>Steam, roast, air-fry, pan-fry, microwave, whatever!</p> <p>Fresh is the best!</p>	<p><b>Option 1:</b> Butter, Sea Salt &amp; Lemon Juice.</p> <p><b>Option 2:</b> Blend; 1/3 cup Tahini, ¼ cup Lemon Juice &amp; 1 clove Garlic.</p> <p><b>Option 3:</b> Blend; 2 tbpn Balsamic Vinegar, 2 tbpn Olive Oil, 2 tbpn Red wine vinegar, Black pepper</p> <p><b>Option 4:</b> Blend; ¼ cup peanut butter, 2 tbpn coconut aminos, 3cm nob fresh ginger.</p> <p><b>Option 5:</b> Skake; ½ cup Olive Oil, 2 tbpn Avocado Oil, 3 tbpn apple cider vinegar, 1 tspn honey, 1 tspn finely chopped garlic, ½ tspn turmeric, pinch salt &amp; pepper.</p> <p><b>Option 6:</b> Blend; Jar drained roasted peppers, ½ cup raw almonds, lemon juice.</p>

## part two – training

### Follow bp's [SSS] training guidelines.

- **S**tamina.
- **S**trength.
- **S**tretch.



### What you can expect [FITT].

- ✓ **F**requency
- ✓ **I**ntensity
- ✓ **T**ype
- ✓ **T**ime

### Your commitment.

- ✓ Your Monday to Friday commitment is 30 minutes per day.
- ✓ Adjust the prescription to your current fitness level.

-this is not an athlete-specific program-

### Your **FITT** 'stamina' component.

<b>F</b> requency	<ul style="list-style-type: none"> <li>✓ Aerobic training: Monday to Friday x three weeks.</li> <li>✓ Tick off your commitment.</li> <li>✓ 15 sessions.</li> </ul>
<b>I</b> ntensity	<ul style="list-style-type: none"> <li>✓ Rhythmic &amp; continuous movement performed at 'your' conversational paced effort.</li> <li>✓ Perform all training at 'your' 75% of your maximum sustained effort.</li> <li>✓ Do not blow the doors off.</li> </ul>
<b>T</b> ype	<ul style="list-style-type: none"> <li>✓ All rhythmic &amp; continuous movement qualifies.</li> <li>✓ The best &amp; typical choices are Walking, Running, Riding (including stationary), Rowing, an Elliptical trainer, Step machine, &amp; Swimming.</li> <li>✓ Golf, circuit classes, or touch footy, while loads of fun, are not rhythmic &amp; continuous.</li> </ul>
<b>T</b> ime	<ul style="list-style-type: none"> <li>✓ 20-minutes is the minimum time.</li> <li>✓ Lifestyle, fitness level, and interest permitting extend your rhythmic &amp; continuous movement.</li> </ul>

## Your 'strength' training component

You have two choices

1. bp's dumbbell routines (6-9 minutes per session).
2. annie's body strength routines (5-10 minutes per session).

### bp's routines.

You will need a pair of dumbbells (db).

Your best db weight: You are able to complete a set of 3 x 10 overhead shoulder press (with 30 second rest between each set), managing to complete the final rep in the last set, with good form, just.

Circuit-style training: Exercise #1, #2, #3, #4, repeat x 2.

bp's training videos – see attached actual sets. FYI, press play and complete with bp.

<b>Strength Training Set 1: Monday 15<sup>th</sup> – Friday 19<sup>th</sup></b>				
#	Action – repeat circuit x 3	Reps	Load	Rest
1	Squat	10	?	15 secs
2	Push-Ups	10	–	15 secs
3	Shoulder Press	10	?	30 secs
4	Tricep Extensions	15	?	15 secs

<b>Strength Training Set 2: Monday 22<sup>nd</sup> – Friday 26<sup>th</sup></b>				
#	Action – repeat circuit x 3	Reps	Load	Rest
1	Squat Press	10	?	15 secs
2	Push-Ups	10	–	15 secs
3	Frontal Shoulder Raise	10	?	15 secs
4	Double Arm Curls	15	?	15 secs

<b>Strength Training Set 3: Monday 29<sup>th</sup> – Friday 3<sup>rd</sup></b>				
#	Action – repeat circuit x 3	Reps	Load	Rest
1	Squat/ Shoulder Press	3/3x3	?	15 secs
2	Push-Ups	10	–	15 secs
3	Upright Row	10	?	15 secs
4	Running Arms	30	?	15 secs

### **Annie's routines.**

Appropriate for all fitness levels.

Annie's training videos – see attached actual sets. FYI, press play and complete with bp.

### **Your 'stretch' training component.**

bp's training videos – see attached actual sets. FYI, press play and complete with bp.

Note: the stretching component is towards the end of the videos.

<b>Stretch Training: Monday 15<sup>th</sup> – Friday 19<sup>th</sup>/ Monday 22<sup>nd</sup> – Friday 26<sup>th</sup>/ 29<sup>th</sup> – Friday 3<sup>rd</sup>.</b>		
#	Action	Time in position
1	Wall stretch	20 seconds
2	Figure 4 stretch	20 seconds each leg
3	Spinal rotation	20 seconds each side
4	Back arches	20 seconds

## **part three – mindfulness**

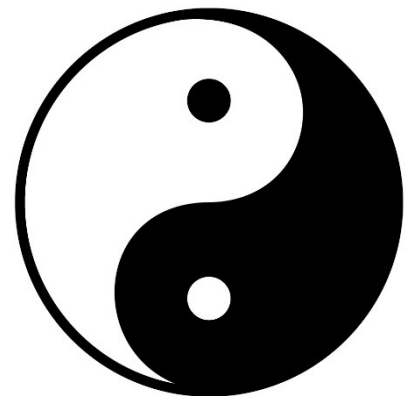
If you're not into calming your mind, de-stressing, or allocating short timeouts, this program offers a fitting introduction.

The recommended Monday to Friday practice is simple, easy-to-follow, and mainstream.

**Choice 1:** check out Brad Pamp's Limitless Series:

<http://www.bp40plus.com.au/peak-performance-limitless-series/>

Five easy-to-follow strategies.



Practice a strategy each day, Monday to Friday, over the bp 5:2 program.

Choice 2: If the Limitless series offers little interest, please practice the timeless centering art called box-breathing.

1. Take a slow nasal breath for 4 seconds.
2. Hold your breath for 4 seconds.
3. Exhale (nasally) for 4 seconds.
4. Hold this breathless state for 4 seconds.

~ Repeat for 2 minutes.

Download the Free App – search; Box-Breathing Assistant.

### Tick off your 5:2 commitment.

<b>bp 5:2 system</b>	<b>Break</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Stam</b>	<b>Stren</b>	<b>Stret</b>	<b>Mind</b>
Monday 15th							
Tuesday 16th							
Wednesday 17th							
Thursday 18th							
Friday 19th							
Monday 22nd							
Tuesday 23rd							
Wednesday 24th							
Thursday 25th							
Friday 26 <sup>th</sup>							
Monday 29th							
Tuesday 30th							
Wednesday 1st							
Thursday 2nd							
Friday 3rd							