

COMMON QUESTIONS

STARTING THE PROGRAM

How do I access my programs?

You can access your purchased programs in your user profile once you log into your account.

You should have received a receipt email, and then another email within a few minutes after your purchase containing your username (the email you used at the time of purchase) and a temporary password assigned to you. So your login email may have gone to your spam folder.

You can reset your password by [clicking here](#)

Why can't I check off my workouts on the calendar?

This feature is available for home workouts only.

Can I alternate gym and home workouts?

Yes, but not on the same days. Ensure you get at least one rest day in.

How do I modify the exercises?

Please read here, an article from Vince on how to modify your exercises to better fit your fitness needs

What weight should I use?

Choose a weight that challenges you. As it becomes easier, progress to a heavier weight.

What if I went off track on my diet plan for a day?

One cheat day won't sabotage your goals. Stick to the schedule and pick up where you left off.

I got sick and couldn't work out:

If it's been less than 10 days, pick up where you left off.

How many servings are in the recipes?

Each recipe is 1 serving unless otherwise stated.

TRACKING & ADJUSTMENTS

Why don't my macros/calories match the recipes?

Adjust portion sizes or add a side dish to meet your personal goal.

Do I need to subtract calories burned from my daily calorie or macro intake?

No, the workouts are already calibrated for this.

Do I track net or total carbs?

If carb cycling, track total carbs. If in a calorie deficit, track net carbs by subtracting fiber from total carbs.

Why don't my carbs and calories ever match?

Food brands and their labels differ. Focus on macros if carb cycling; focus on calories if in a caloric deficit

PLATEAUS AND PROGRESS

Why isn't the scale moving after a few weeks or days?

This is typical. You're losing fat and gaining muscle, so measure inches lost, compare selfies, and judge by how your clothes fit.

I stopped losing weight after a month:

Plateaus are common. Consider adjusting your diet, increasing workout intensity, or varying your exercise routine.

How do I overcome a plateau?

Adjust macros, decrease calories, try intermittent fasting, or switch to a normal balanced diet for a week. Watch these tips.



COMMON QUESTIONS

WORKOUT TIPS

Why aren't there 30 days on the calendar or do I workout every day?

Workouts are 3 or 5 days per week. Follow the calendar sequentially and add HIIT workouts from Step #3 on the same days.

When should I do HIIT workouts?

We recommend HIIT at least 3x weekly if you are on a cutting plan. You will find HIIT workouts within your 90-day program.

Can I do HIIT and weight training separately?

Yes, if doing both in one session, do HIIT after weight training. Or split them up into morning and evening sessions.

How long should I rest between sets?

For lower reps (strength), rest 1-1.5 minutes. For higher reps (hypertrophy), rest 30-45 seconds. Please read here, an article from Vince on how to modify your exercises to better fit your fitness needs

This is too much food, I can't eat it all:

It's okay not to force-feed yourself. Stay consistent with working out, and your appetite will increase.

Workouts are too hard:

Modify as needed. Work at your own pace. Consistency will improve your form and strength. One cheat day won't sabotage your goals. Stick to the schedule and pick up where you left off.

What is a superset, dropset and circuit?

A superset is a technique where you move from Exercise A to Exercise B with no rest in between, typically targeting different muscle groups.

A dropset involves reducing the weight on the final set of an exercise and continuing to perform repetitions until failure, aiming to exhaust the muscles fully.

WORKOUT TIPS

A circuit consists of performing 3 or more exercises consecutively, often targeting different muscle groups, with no rest between exercises.

What if I can't do a superset in a busy gym?

Finish the reps/sets for the workout and move on to the next.

When should I do HIIT workouts?

We recommend HIIT at least 3x weekly if you are on a cutting plan.

How to do TUT (Time Under Tension)?

Example: 3-0-1-0 for bench press. 3 seconds lowering, 0 pause, 1 second lifting, 0 pause.

Why don't my carbs and calories ever match?

Food brands and their labels differ. Focus on macros if carb cycling; focus on calories if in a caloric deficit

Can I move my HIIT session or workout schedule?

Yes, you can adjust your schedule to fit your needs.

How often should I readjust my macros/calories?

Recalculate every 4-6 weeks or after about 10 lbs weight loss.

I don't feel challenged/I don't sweat/why do the workouts repeat?

Vince designed this program to cycle through 2 different full-body workouts. Consistency is key, and you will see results over time.

How do I incorporate multiple programs?

Start with your 90-day plan. After finishing, you can



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NUTRITION

What if I'm still hungry?

Dehydration may be masked as hunger. Eat an abundance of fibrous veggies and more protein and fat if necessary.

What can I drink:

Low/no-calorie drinks, flavored water, Powerade Zero, diet drinks, and coffee with a sugar alternative. Limit alcohol for the first 4-6 weeks.

How do I manage alcohol intake?

Limit alcohol to a few drinks per week and count the drinks within your macros if possible.

Do I need to eat at specific times?

For lower reps (strength), rest 1-1.5 minutes. For higher reps (hypertrophy), rest 30-45 seconds. [Please read here](#), an article from Vince on how to modify your exercises to better fit your fitness needs.

This is too much food, I can't eat it all:

It's okay not to force-feed yourself. Stay consistent with working out, and your appetite will increase.

Headaches/nausea:

This could be due to dehydration or eating certain foods before working out. Try working out for a shorter time and staying hydrated. If it continues, visit your healthcare provider.

