

FREE GUIDE · 30+ YEARS OF COACHING DISTILLED

5 FOUNDATIONS OF LASTING TRANSFORMATION

What 30+ years of coaching has taught me about what actually works

WRITTEN BY

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www.andytorrescoach.com · coaching from €25/wk · 4-week minimum

BEFORE WE START

A quick word from Andy

These five foundations are what 30+ years of coaching have taught me actually moves the needle. None of them are new. None of them are sexy. None of them require expensive supplements or magic protocols.

They are the principles I come back to with every new client, whether they are an absolute beginner who has never set foot in a gym, or a competitive athlete preparing for the stage.

Read them once. Then read them again next week. The longer you coach yourself, the more obvious it becomes that the basics — done consistently — are 90 % of the game.

— Andy

FOUNDATION 1 OF 5

Consistency beats intensity

A 7 out of 10 plan you actually do for 12 months will outperform a 10 out of 10 plan you abandon in week 4.

The biggest reason people fail is not their plan — it's that they pick a plan they cannot live with. They train six days a week when they only have time for four. They cut calories so hard that they binge on the weekend. They follow a programme that fits someone else's life, not theirs.

Lasting transformation is built on a programme you can run on a bad week, not just a good one. When you build it around your real life — work, sleep, family, energy — you stop needing motivation and start running on habit. That is when the real changes happen.

FOUNDATION 2 OF 5

Eat enough protein. Most people do not.

**1.6–2.2 grams per kilogram of bodyweight, every day, spread across 3–5 meals.
That is the line.**

If there is one nutrition mistake I see in 90 % of new clients, it is this: not enough protein, not spread out across the day. Protein keeps you full, preserves your muscle when you are losing fat, and is the single biggest lever for actually changing how your body looks.

You do not need fancy powders to hit it — although they help when life is busy. Eggs, chicken, lean beef, fish, Greek yoghurt, cottage cheese, lentils, tofu. Pick the ones you actually enjoy. Then plan them into your day before the day plans you.

FOUNDATION 3 OF 5

Train movements, not muscles

Squat, hinge, push, pull, carry. Master those five patterns and the muscles take care of themselves.

Beginners overthink this. They want to know what isolation exercise hits the 'inner chest' or the 'lower lat'. None of that matters until you can move well under load.

Build your week around the five fundamental movement patterns — squat, hip hinge, horizontal push, horizontal pull, and a loaded carry. Add a vertical push and a vertical pull if you have the time. Everything else is detail work. Get the foundations strong and the whole structure follows.

FOUNDATION 4 OF 5

Sleep is the cheapest steroid

Seven to nine hours, regular bedtime, dark room. No supplement on Earth gives you what this does.

I have coached athletes for three decades and the one variable that predicts results more reliably than any training programme or diet — yes, even more than any supplement — is sleep.

Sleep is when your body builds muscle, repairs tendons, regulates hunger hormones, and consolidates the motor patterns you trained that day. When you cut sleep, recovery collapses. Your strength stalls. Your appetite for sugar spikes. Your cortisol stays elevated. You can train your face off and eat perfectly, and still get nowhere — because you slept five hours a night for a month.

Fix sleep before you fix anything else.

FOUNDATION 5 OF 5

Track one number. Just one.

Whatever you measure, you improve. Whatever you do not, you guess at.

Pick the one metric that matters most for your goal. If it is fat loss, track weekly bodyweight averages — not daily, that drives you crazy. If it is muscle gain, track your top set on a key lift. If it is health, track your resting heart rate or your daily step count.

One number, measured the same way, every week. That is enough to know whether you are moving in the right direction. Most people fail not because their plan was wrong, but because they had no way to tell whether it was working — so they kept changing it before it had a chance to.

WHAT TO DO NEXT

Want me to build this for you?

If reading this made you want to actually act on it — and you would like a plan built around your life, not against it — that is what I do.

Coaching is from €25 per week. Four-week minimum commitment, money-back guarantee inside the first four weeks if you have done the check-ins and followed the plan as written.

Apply at www.andytorrescoach.com — I read every application personally and reply within 48 hours.

— Andy Torres

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