

FREE GUIDE · G9 TRAINING

THE G9 TRAINING BLUEPRINT

Move Better. Live Longer. Train Smarter.

4 TRAINING TRACKS

9 SYSTEM STEPS

24 PAGES

Coach Vitor Gorla

BJJ Black Belt · Physical Education Specialist · 14 Years Coaching

g9t.pro

FROM THE COACH

I WAS YOU.

Until I was 18, I was the overweight, uncoordinated kid who couldn't do a proper pushup. Zero mobility. Zero body awareness. Completely untrained — and completely lost when I stepped into a gym.

Then everything changed. Not because I trained harder — but because I finally understood what my body actually needed first: a **foundation**. The ability to move correctly, coordinate basic patterns, and learn *how to do* an exercise before loading it. That shift transformed everything for me — and it's been the basis of my coaching philosophy ever since.

For the past 14 years I've worked with clients across all backgrounds — and over 90% of them had nothing to do with sport or competition. They were mid-aged adults dealing with back pain, fatigue, 20 years of bad habits, or simply a body that had never been properly trained.

Every single one needed the same thing you probably need right now: not more intensity — but a real system. One that starts where you actually are, not where you wish you were.

That's why I built G9.

"An untrained body doesn't need intensity first. It needs to learn how to move — and that takes structure, patience, and a coach who's been there."

— Coach Vitor Gorla

● BJJ BLACK BELT

● PHYSICAL EDUCATION DEGREE

● 14 YEARS COACHING

● NUREMBERG, GERMANY

● G9T.PRO

READ THIS FIRST

THIS GUIDE HAS 3 PARTS

Read it in order. Each part builds on the previous one. By the end you'll know exactly which track you belong in and what a real program looks like for someone in your situation.

01 SELF-ASSESSMENT

24 questions across 3 areas: how you move, how you live, and how your body recovers. Score your answers. Your total reveals which of the 4 G9 Tracks fits your exact situation right now. 10 minutes. No guessing.

02 THE G9 SYSTEM EXPLAINED

Understand the 9 steps every G9 program follows — in order, without shortcuts. Strength, mobility, conditioning, nutrition, recovery, and tracking. All 9 steps apply to every client regardless of age, goal, or experience level.

03 SAMPLE TRAINING IN ACTION

A real sample week from the G9 Health Track — the most common starting point for new clients. Full strength sessions, mobility protocol, and conditioning laid out day by day. This is what your program actually looks like.

AFTER YOU READ THIS

- 1 Complete the self-assessment and note your track (pages 4–8)
- 2 Read through the 9 steps to understand what your full program includes
- 3 DM [@vitorgorla](#) on Instagram — tell him your track and let's build your program

WHERE DO YOU START?

Most programs give everyone the same starting point. G9 doesn't. The right track depends on your goal and your situation — not on how fit you already are.

This assessment works in two stages:

01

FIND YOUR TRACK

Four tracks. Four different starting points. Read each description and pick the one that sounds most like where you are right now. Your goal drives this — not your fitness level.

02

FIND YOUR LEVEL

Once you've identified your track, answer 10 questions to find your starting level within it — Foundation, Development, or Performance. This determines the intensity and volume your program starts at.

Important

You can belong to more than one track — a lot of people do. For example: FAT LOSS with a Mobility problem on top, or HEALTH with a BJJ background. Pick your *primary* track first. Secondary goals get layered in during your intake.

STAGE 01

WHICH TRACK IS YOURS?

Read all four. Circle or tick the one that describes your situation most accurately right now.

HEALTH TRACK THRIVE

- ▶ I want more energy and to feel better in my daily life
- ▶ I've never trained consistently or I'm starting over after a long break
- ▶ My goal is long-term health and a sustainable fitness routine — not a quick result
- ▶ I don't have a specific weight loss or sport goal right now

MOBILITY TRACK RESTORE

- ▶ Pain or stiffness limits my daily movement, training, or work
- ▶ My body feels tight, restricted, or I compensate when I move
- ▶ I have a history of injury that I've never properly addressed
- ▶ Before I train hard, I need to fix how I move first

FAT LOSS TRACK TRANSFORM

- ▶ Losing body fat is my number one goal right now
- ▶ I want to change my body composition and keep the result long-term
- ▶ I'm ready to follow a structured nutrition and training plan together
- ▶ I've tried losing fat before but never had a real system behind it

BJJ TRACK COMPETE / DEVELOP

- ▶ I train BJJ, grappling, or a combat sport regularly
- ▶ I want a strength & conditioning program built around my mat time
- ▶ I compete or plan to compete, or I want to improve consistently as a practitioner
- ▶ My grappling schedule comes first — everything else fits around it

My Track: _____ Write it here, then move to Stage 2.

STAGE 02

WHAT'S YOUR STARTING LEVEL?

These 10 questions apply to any track.

Answer honestly — not how you want to be, but how you actually are right now.

Your score tells your coach where your program starts.

1	Have you followed a structured training program for more than 3 consecutive months?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
2	Do you train 3 or more times per week, consistently?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
3	Do you warm up before every training session?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
4	Do you understand progressive overload and apply it to your training?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
5	Do you track your training sessions in any format — app, notebook, or spreadsheet?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
6	Do you eat structured meals with protein as a priority most days?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
7	Do you consistently sleep 7 or more hours per night?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
8	Do you include mobility work or recovery sessions in your weekly routine?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
9	Do you reduce your training load when you feel fatigued — instead of always pushing through?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
10	Have you hit a specific fitness or performance goal in the last 12 months?	YES <input type="checkbox"/>	NO <input type="checkbox"/>

LEVEL SCORE: __ / 10

Count your YES answers — then go to page 7 for your result

YOUR RESULTS

0-3

FOUNDATION

Your program starts from the ground up. Structure, movement quality, and habit formation come before intensity. This is not a setback — it's the only honest starting point.

4-6

DEVELOPMENT

You have some base to build on. The program adds structure around what you already do — fills the gaps, removes the random, and builds real progressive overload into your training.

7-10

PERFORMANCE

You're ready for a demanding, well-structured program. Volume and intensity targets are higher. Expectations are higher. The program is built to push performance, not just maintain it.

YOUR RESULT

MY TRACK

MY LEVEL

Take a photo of this page — or write it down — before reaching out. When you DM **@vitorgorla** on Instagram, share your track and level. That's where we start building your program.

** Track and level are confirmed during your intake conversation — this assessment gives you and your coach a real starting point before the first session. If you're between levels, your coach will decide based on a short movement and lifestyle screen.*

9 STEPS. ALWAYS IN ORDER.

Most programs skip steps. They jump to the workout and forget everything else that makes it actually work.

Every G9 program follows all 9 steps — for every client, every track, every level. No shortcuts. No exceptions. The order is not optional.

01

ASSESS

Know exactly who we're building for before anything is prescribed

02

ALIGN

Map the full training block before week one starts

03

MOVE

Mobility and prehab built around your injury history — not a generic routine

04

BUILD

Two strength sessions per week. RPE-controlled. Progressive.

05

CONDITION

Energy system training matched to your track and phase

06

FUEL

Individual macro targets. Training vs rest day split. Meal timing.

07

PROTECT

Sleep, hydration, recovery, and a WADA-compliant supplement stack

08

PERFORM

Track-specific goal work — changes based on your track:

HEALTH → THRIVE
MOBILITY → RESTORE
FAT LOSS → TRANSFORM
BJJ → COMPETE/DEVELOP

09

TRACK

6 tracking tables + a one-page quick reference card for the full block

STEPS 01-05

The structural core. These steps build your body's foundation — movement,

STEPS 06-09

The performance layer. Fuel, recovery, track-specific goals, and tracking. These

strength, and conditioning. Same for every track.

are what turn a workout plan into a complete program.

ASSESS

KNOW EXACTLY WHO WE'RE BUILDING FOR

WHAT IT IS

Every G9 program starts with a complete client needs analysis. Health history, injury history, weekly schedule, strength baselines, movement capacity, sleep quality, stress levels, body composition goals, and lifestyle context. Before a single exercise is prescribed — we know exactly who we're building for and what they actually need.

WHO THIS IS FOR

If you've ever started a program and quit after a few weeks because it felt like it wasn't built for you — it wasn't. It was a template with your name on it. This step makes sure yours actually fits your life.

WHAT YOU GET

- ▶ **Full client profile** — Age, bodyweight, training history, experience level, weekly schedule, and available equipment all documented before any exercise is prescribed.
- ▶ **Strength and movement baseline** — Current movement capacity and estimated strength benchmarks recorded so starting loads are precise, not guessed.
- ▶ **Track and level confirmed** — Your exact track and starting level stated with written rationale at the top of your program. No ambiguity.
- ▶ **Secondary goals flagged** — If you have overlapping goals (e.g. Fat Loss + Mobility), both are noted and the secondary is layered into the relevant steps.
- ▶ **Health and injury audit** — Every reported pain area, injury, or movement restriction logged with current status and training impact. Directly controls Step 3 prehab and all exercise selection.
- ▶ **Lifestyle context** — Sleep habits, stress levels, work schedule, and daily activity factors that directly affect training tolerance are all accounted for.
- ▶ **Primary goal statement** — Your main goal for this block written out explicitly. Every decision in the program is measured against it.

ALIGN

MAP THE TIMELINE BEFORE WEEK ONE STARTS

WHAT IT IS

Periodization is the timeline of your training. Without it, you're doing random sessions that go nowhere. G9 maps your entire block before day one — phases, volume targets, deload weeks, and goal milestones. Every track has its own block structure: Health runs 8–12 week lifestyle blocks. Mobility runs 6–9 week movement blocks. Fat Loss runs 12–16 week transformation blocks. BJJ runs competition or belt-cycle blocks.

WHO THIS IS FOR

If you've trained hard for months and then lost motivation because you couldn't see where it was going — that's what happens without a timeline. This step gives your effort a direction and an end point.

WHAT YOU GET

- ▶ **Full periodization timeline** — Entire training block mapped from Day 1 to final session, anchored to your goal date, event, or block end.
- ▶ **Deload weeks pre-programmed** — Every 6–8 weeks a structured deload is built in automatically. Not optional — a planned adaptation window.
- ▶ **Volume and intensity targets per phase** — Sets, reps, and RPE ranges shift systematically. No random hard weeks, no random easy weeks.
- ▶ **Block renewal plan** — What happens after this block ends. When to reassess, when to upgrade, and what the next step in your progression looks like.
- ▶ **Phase breakdown** — Foundation, Build, and Consolidation phases with exact week numbers, volume targets, and intensity ranges for your specific track.
- ▶ **Weekly training load map** — Each week shows total training days, session types, and rest days. No scheduling conflicts, no guesswork.
- ▶ **Phase goal statement** — Each phase has one primary outcome written in plain language so you always know what you're actually training toward right now.

MOVE

MOBILITY AND PREHAB BUILT FOR YOUR BODY

WHAT IT IS

Mobility and prehab built specifically around your injury history and current restrictions — not a generic routine everyone gets. If you have a shoulder issue, you get shoulder prehab. If you have lower back tightness, you get hip and thoracic work. If you have no reported injuries, you get a 10-minute daily maintenance routine. Nothing more, nothing less.

WHO THIS IS FOR

If you've been skipping mobility work because it feels boring or unimportant — every missed session is compounding into a future injury or a movement pattern that's costing you strength. This step is non-negotiable.

WHAT YOU GET

- ▶ **Daily 10-minute mobility routine** — Non-negotiable for every client. Cervical nods, thoracic rotation, 90/90 hip, dead bug, shoulder CARs. Every morning.
- ▶ **Injury-specific prehab** — Protocols only for what you actually reported. Shoulder + knee reported = shoulder and knee prehab. No generic protocols added.
- ▶ **Movement restriction list** — Every contraindicated exercise listed with reason and 2–3 direct substitutions ready to use. No guessing on pain days.
- ▶ **Pre-training expansion routine** — 5-minute add-on for strength days that primes the specific joints and patterns being trained that session.
- ▶ **Mobility Track full protocol** — For clients on the Mobility Track, Step 3 expands into a complete daily movement program replacing the standard 10-minute routine.
- ▶ **Modification decision tree** — Clear rules for when to substitute, reduce load, or skip the session entirely. Written rule, not a judgment call.

BUILD

STRENGTH TRAINING THAT ACTUALLY PROGRESSES

WHAT IT IS

Two strength sessions per week as the minimum standard.

Session A covers Hinge and Pull patterns — trap bar deadlift,

rows, carries, and core anti-rotation work. Session B covers

Squat and Push — front squat, bench press, single-leg work,

and lateral stability. 45–60 minutes each. RPE-controlled

progression. Every exercise has 2–3 substitutions built in.

WHO THIS IS FOR

If you've been doing cardio, classes, or sport but skipping structured strength work — this is the step that changes your body composition, protects your joints, and builds the physical capacity everything else depends on.

WHAT YOU GET

- ▶ **Session A — Hinge + Pull** — Trap Bar Deadlift, Single-Arm DB Row, Face Pull, Pallof Press, Farmer's Carry. 45–60 min. RPE 7–8 working sets.
- ▶ **Session B — Squat + Push** — Front Squat, Flat Bench Press, Lat Pulldown, Single-Leg RDL, Side Plank + Hip Dip. 45–60 min. RPE 7–8.
- ▶ **Week-by-week load progression** — Every lift has a progression target. Baseline → build → peak → deload. No session left without direction.
- ▶ **2–3 substitutions per exercise** — Equipment unavailable, injury flare, movement restriction — there is always an alternative ready to use.
- ▶ **Warm-up protocol (10 min)** — Joint mobility flow, activation circuit, and movement prep written for both sessions.
- ▶ **Deload week protocol** — Volume drops 30–40%, intensity stays. Exact sets and reps written — not just "train less."
- ▶ **Track-specific frequency** — Health and Mobility: 2 sessions/week. Fat Loss: 3 sessions/week preferred. BJJ: 2 sessions, never on hard sparring days.

CONDITION

ENERGY SYSTEM TRAINING MATCHED TO YOUR TRACK

WHAT IT IS

Conditioning is not random cardio. Every track has a different conditioning goal — and the tools, intensity, and volume reflect that. Health and Mobility tracks build an aerobic base first. Fat Loss adds structured HIIT on top of that base. BJJ trains all three energy systems in the proportions the sport demands.

Phase by phase, the conditioning workload shifts alongside strength.

WHO THIS IS FOR

If the only cardio you do is whatever you feel like that day — or if you've been told "just do more cardio" to lose fat and it hasn't worked — this step replaces guesswork with a structured system that actually improves your fitness.

WHAT YOU GET

- ▶ **Health Track** — Zone 2 aerobic base 2x/week (bike, rower, or walking). RPE 5–6. Builds cardiovascular health and energy without taxing recovery.
- ▶ **Fat Loss Track** — Zone 2 base (Phase 1) + HIIT circuits from Phase 2 onwards. Assault bike, sled, battle ropes, KB swings. Sets, rest, and RPE all specified.
- ▶ **Equipment alternatives** — Every tool has a substitute. No assault bike? Rower or running intervals. No sled? Staircase sprints or weighted vest walks.
- ▶ **Conditioning never replaces strength** — The deficit for Fat Loss is dietary. Conditioning builds fitness. Running your body into the ground through cardio is not in this program.
- ▶ **Mobility Track** — Active recovery conditioning only. Low-impact movement (walking, swimming, light cycling) to support recovery without loading restricted areas.
- ▶ **BJJ Track** — Aerobic base + anaerobic power + competition-specific simulation (Track A only). Phases match the competition block structure.
- ▶ **Fatigue management rule** — Resting HR 10+ BPM above your baseline = conditioning drops to Zone 2 only. A written rule — not a judgment call on a bad day.

FUEL

INDIVIDUAL NUTRITION TARGETS — NOT GENERIC ADVICE

WHAT IT IS

Individual macro targets calculated from your bodyweight, training load, and goal. Training day vs rest day nutrition split.

4-meal structure with pre- and post-training protocols.

A food hierarchy, swap list, and a Sunday meal prep system that takes 2 hours and covers the whole week.

Your numbers — not a generic template.

WHO THIS IS FOR

If you train consistently but your body isn't changing — nutrition is almost always the missing piece. This step gives you the actual numbers and a practical structure, not just advice to "eat more protein."

WHAT YOU GET

- ▶ **Individual calorie target** — Calculated from your bodyweight, training load, and goal. Not a generic number. Your target, justified in writing.
- ▶ **4-meal structure with timing** — Morning, midday, post-training (largest), and pre-bed protein. Each with portion target and practical food list.
- ▶ **Post-training protocol** — Carbs and protein within 90 minutes. Highest-priority meal of the day. Portion targets included.
- ▶ **Sunday meal prep system** — 2-hour batch cook covering 5 training days. Rice, protein source, vegetables — prepped, portioned, and labelled.
- ▶ **Macro split (training + rest days)** — Protein, carb, and fat targets by day type. Higher carbs on training days, lower on rest days, protein stays constant.
- ▶ **Pre-training protocol** — What to eat 30–60 min before training, how much, and what to avoid. Fast carbs in, high-fibre foods out.
- ▶ **Food hierarchy + swap list** — Proteins, carbs, and fats ranked by performance priority. 10+ substitutions per food category for practical flexibility.

PROTECT

RECOVERY IS WHERE ADAPTATION ACTUALLY HAPPENS

WHAT IT IS

Recovery is not optional — it's where your body actually changes. G9 prescribes specific sleep targets, hydration protocols, daily soft tissue work, and a WADA-compliant supplement stack built around your goals and track. Not a one-size list — a prescription based on your training load and lifestyle.

WHO THIS IS FOR

If you feel like you're working hard but your body never fully recovers between sessions — this step fixes that systematically. Progress stops not because you trained too little, but because you never let your body absorb the work.

WHAT YOU GET

- ▶ **Sleep target + environment protocol** — 7–9 hrs minimum for all clients. Room 16–19°C, blackout, no screens 60 min before bed, magnesium glycinate at bedtime.
- ▶ **Daily hydration targets** — 3–4L training days, 2.5–3L rest days. Timed: 500ml on waking, 500ml every 2 hrs, 500ml–1L during and after training.
- ▶ **Post-training soft tissue (15–20 min)** — Foam roll thoracic spine, lats, glutes, quads. Massage gun 5 min on trained areas. Static stretch 5 min.
- ▶ **WADA-compliant supplement stack** — 6 core supplements with exact doses, timing, and purpose. Creatine, Vitamin D3, Magnesium Glycinate, Omega-3, Vitamin C, Multivitamin.
- ▶ **Electrolyte protocol** — DIY intra-training recipe for sessions over 60 min. Water, sea salt, electrolyte powder. Post-training formula included.
- ▶ **Optional recovery modalities** — Sauna (15–20 min, 70–90°C, 2–3x/week), cold exposure (10–15°C, 3–5 min). All with rehydration rules and timing guidance.
- ▶ **Fatigue monitoring rule** — Resting HR baseline set in Week 1. HR 10+ BPM above baseline for 2 consecutive mornings = training load reduced automatically.

PERFORM

THIS STEP CHANGES BASED ON YOUR TRACK

Steps 1–7 are the same for every client. Step 8 is where your track takes over. This is your specific goal work — what the whole program is building toward.

HEALTH TRACK

THRIVE

- ▶ Sustainable lifestyle habits — daily movement, step targets, active rest days
- ▶ Energy benchmarks tracked weekly — subjective score 1–10, resting HR trend
- ▶ Strength performance targets — what you should be lifting by block end
- ▶ Compliance goal: 80%+ session attendance as the primary success metric

MOBILITY TRACK

RESTORE

- ▶ Pain scores tracked weekly — 0–10 per reported area. Target: below 3 by block end
- ▶ Range of motion milestones — specific mobility targets set at intake and reassessed weekly
- ▶ Movement quality score — subjective assessment of how your body feels when you move
- ▶ Transition readiness — confirmed criteria for moving to Health or Fat Loss track next block

FAT LOSS TRACK

TRANSFORM

- ▶ Body composition targets — weekly bodyweight and waist measurement tracking
- ▶ Strength preservation rule — if main lifts drop more than 5%, nutrition is adjusted before volume
- ▶ Rate of loss target: 0.3–0.7 kg/week. Faster = muscle loss. Slower = adjust deficit.
- ▶ Nutrition compliance score — weekly average tracked. Below 70% = review before adding training

BJJ TRACK

COMPETE / DEVELOP

- ▶ Drilling themes — Gi and No-Gi themes rotating every 2–3 weeks based on your A-game and weaknesses
- ▶ Sparring quality targets — intensity and volume guidelines per sub-track (A/B/C)
- ▶ Competition strategy (Sub-Track A) — A-game mapped, opening sequence documented, match simulation programmed
- ▶ Belt milestone roadmap (Sub-Track C) — technical development themes tied to your current belt cycle

TRACK

IF YOU DON'T MEASURE IT, YOU CAN'T IMPROVE IT

WHAT IT IS

Six tracking tables included in every program: Daily Training Log, Weekly Progress Tracker, Nutrition Compliance, Pain and Recovery Monitoring, Strength Training Log, and a one-page Quick Reference Card with your entire program condensed onto one printable sheet.

WHO THIS IS FOR

If you've ever tried to change your body or performance and had no real idea whether it was working — this step removes the guesswork entirely. Data tells you what to adjust before a plateau becomes a problem.

WHAT YOU GET

- ▶ **Daily Training Log** — Date, session type, RPE, pain score (0–10), sleep hours, water intake, session notes. One row per day for the full block.
- ▶ **Weekly Progress Tracker** — Bodyweight, main lift loads, energy score (1–5), mood score (1–5), and one key observation per week.
- ▶ **Nutrition Compliance Table** — Daily protein, carb, and fat actual vs. target. Weekly average compliance percentage. Honest numbers only.
- ▶ **Pain & Recovery Monitoring** — Weekly check on key areas rated 0–10. Red flags: above 5 = modify training. Above 7 = stop and refer.
- ▶ **Strength Training Log** — All exercises, sets, reps, and load per session. Progression visible week over week. Warm-up completion tracked.
- ▶ **One-Page Quick Reference Card** — Your entire program on one printable page: track, phase, macros, supplement times, session structure, weekly schedule.

TRAINING TOOL

THE RPE SCALE — HOW TO USE IT

RPE stands for Rate of Perceived Exertion. It tells you how hard you're working relative to your maximum on that specific day. Every G9 program uses RPE instead of fixed percentages — because your capacity changes daily based on sleep, stress, nutrition, and accumulated fatigue.

RPE	REPS LEFT IN TANK	WHAT IT FEELS LIKE	G9 USAGE
RPE 6	4+ reps left	Comfortable. You could keep going easily. Technique is effortless.	Warm-up sets, activation work
RPE 7	3 reps left	Challenging but fully controlled. Technique stays clean throughout.	Most working sets — Foundation and Development levels
RPE 8	2 reps left	Hard. Bar speed slows on the last rep. You could do 2 more with effort.	Build phase — Performance level clients
RPE 9	1 rep left	Very hard. Last rep is a grind. One more would likely fail.	Peak weeks only — experienced clients
RPE 10	0 reps left	True maximum effort. Nothing left.	Strength testing only — not in regular training sessions

WHY NOT PERCENTAGES?

A percentage-based program says "lift 80% of your max today."

But your max fluctuates 5–15% based on sleep, stress, and fatigue.

RPE accounts for this automatically.

If RPE 7 feels easy today — add weight.

If it feels hard — stay there.

The program adapts to your actual readiness, not a number on a spreadsheet from last month.

PRACTICAL EXAMPLE

Exercise: Trap Bar Deadlift · 4 × 5 @ RPE 7

Week 1: You load 80kg. After 5 reps you feel you could do 3 more. That's RPE 7. ✓

Week 3: Same 80kg now feels like RPE 6 — too easy. You add 5kg. ✓

Week 5: At 90kg it feels like RPE 8 — harder than target. You stay at 85kg. ✓

The weight adjusts to you — not to a table.

Foundation level clients start at RPE 7 maximum. Building the habit of leaving reps in the tank is more important early on than pushing close to failure. Technique, consistency, and recovery come first. Intensity increases as your program progresses — not before.

HOW YOUR MACROS ARE CALCULATED

Every G9 nutrition plan starts from your bodyweight, training load, and goal. Here is the exact formula used — and two real examples so you can see how your individual targets are built. Calories are the outcome, not the starting point.

THE FORMULA — ALL TRACKS (ADJUSTED BY GOAL)

GOAL	PROTEIN	CARBS — TRAINING DAY	CARBS — REST DAY	FAT
Health / Maintain	1.6–1.8 g/kg	3.5–4.5 g/kg	2.5–3.0 g/kg	1.0–1.2 g/kg
Fat Loss	1.8–2.2 g/kg	3.0–4.0 g/kg	1.5–2.5 g/kg	0.8–1.0 g/kg
Muscle / Performance	1.7–2.0 g/kg	4.5–5.5 g/kg	3.0–3.5 g/kg	1.0–1.2 g/kg
BJJ / Sport	1.7–1.9 g/kg	4.5–5.5 g/kg	3.0–3.5 g/kg	1.0–1.2 g/kg

EXAMPLE 1 — HEALTH TRACK

45yr, 80kg, desk worker. Goal: more energy, build sustainable strength. No specific fat loss target.

Protein: $80 \times 1.7 = 136\text{g}$ (both days)

Carbs: $80 \times 4.0 = 320\text{g}$ (training) / $80 \times 2.8 = 224\text{g}$ (rest)

Fat: $80 \times 1.1 = 88\text{g}$ (both days)

Training day: $136 \times 4 + 320 \times 4 + 88 \times 9 =$

2,600 kcal

Rest day: $136 \times 4 + 224 \times 4 + 88 \times 9 = 2,096$

kcal

EXAMPLE 2 — FAT LOSS TRACK

52yr, 92kg. Goal: lose body fat, preserve muscle, improve metabolic health. 3 training days/week.

Protein: $92 \times 2.0 = 184\text{g}$ (both days)

Carbs: $92 \times 3.5 = 322\text{g}$ (training) / $92 \times 2.0 = 184\text{g}$ (rest)

Fat: $92 \times 0.9 = 83\text{g}$ (both days)

Training day: $184 \times 4 + 322 \times 4 + 83 \times 9 =$

2,729 kcal

Rest day: $184 \times 4 + 184 \times 4 + 83 \times 9 = 2,083$

kcal

These are starting targets. Adjust after 2 weeks based on bodyweight trend and energy levels. Losing more than 0.5kg/week unintentionally → add 150–200 kcal to training days.

No change after 2 weeks on Fat Loss → reduce rest-day carbs by 25–30g first. Protein targets never drop — muscle protection is always the priority.

RECOVERY TOOL

THE G9 SUPPLEMENT STACK

Six evidence-based supplements. WADA-compliant. No banned substances. No unnecessary products.

Every item has a clear purpose, a dose range, and a timing window.

This stack works for every track — doses may adjust based on training load.

SUPPLEMENT	DOSE	WHEN	WHY	STATUS
Creatine Monohydrate	5g / day	Post-training with carbs — or any time, daily	Increases phosphocreatine stores. More power output, faster recovery between hard sets. Most studied supplement in sports science.	✔ Permitted
Vitamin D3	2,000–5,000 IU / day	Morning with food (fat-soluble)	Bone health, immune function, testosterone regulation. Most people in northern climates are deficient — especially in winter.	✔ Permitted
Magnesium Glycinate	300–400mg / day	Pre-bed with last meal	Reduces cramp frequency, improves sleep quality, supports muscle relaxation. Use glycinate form — better absorbed than magnesium oxide.	✔ Permitted
Omega-3 (EPA+DHA)	2–3g combined / day	With largest meal	Anti-inflammatory. Reduces joint soreness after training. Supports cardiovascular health, brain function, and sleep quality.	✔ Permitted
Vitamin C	500mg–1g / day	Morning with food	Collagen synthesis for tendons and ligaments, immune support, antioxidant recovery. Especially relevant under consistent training load.	✔ Permitted
Multivitamin	1 / day (full dose)	Morning with food	Micronutrient insurance. Even a well-structured diet develops gaps under regular training. Choose a food-state or methylated formula.	✔ Permitted

ELECTROLYTE PROTOCOL

FOR SESSIONS OVER 60 MINUTES

DIY intra-training mix per 500ml water: • ½ tsp sea salt (~1.2g sodium) • 1 scoop electrolyte powder (Informed Sport certified) • Optional: 20g dextrose for sessions over 75 min Post-training: 500ml water + ¼ tsp salt + electrolyte powder.

CAFFEINE RULES

ALL TRACKS

Maximum: 400mg / day (≈ 3–4 coffees)

Cutoff: No caffeine after 2pm — or 6 hrs before sleep. **Pre-training dose:** 3–

6mg/kg bodyweight, 30–45 min before

session. **Note:** Caffeine is a diuretic. If you cramp, reduce caffeine before adding electrolytes.

PART 03 · TRACKS COMPARED

THE 4 TRACKS SIDE BY SIDE

Steps 1–7 and Step 9 are identical across all tracks.

What changes is the timeline, the conditioning approach, and Step 8.

This table shows exactly what's different — and what stays the same.

CATEGORY	HEALTH	MOBILITY	FAT LOSS	BJJ
Step 8 Goal	THRIVE	RESTORE	TRANSFORM	COMPETE / DEVELOP
Who It's For	Mid-aged adults who want energy, longevity, and a body that functions well	Anyone with pain, stiffness, or movement restrictions limiting daily life	Anyone with fat loss as their primary goal — ready for a full nutrition + training system	Grapplers (BJJ, wrestling, MMA) who want S&C built around mat time
Block Duration	8–12 weeks	6–9 weeks	12–16 weeks	6–16 weeks (depends on sub-track)
Strength (Step 4)	2x / week · Session A + B	Modified 2x / week · Bodyweight to light load	3x / week · Session A + B + C from Week 4	2x / week · Never on hard sparring days
Conditioning (Step 5)	Zone 2 aerobic 2x / week · RPE 5–6	Active recovery only · Low-impact movement	Zone 2 base → HIIT from Phase 2 · 2–3x / week	Aerobic base + anaerobic power + match simulation (Sub-A only)
Nutrition Goal	Maintenance / slight surplus · Energy and performance focus	Maintenance · Support recovery and tissue healing	Moderate deficit · 0.3–0.7 kg / week fat loss target	Performance maintenance or cut (if weight class relevant)
Primary Metric	Energy score, session compliance, strength benchmarks	Pain score (0–10), range of motion, days pain-free	Bodyweight trend, waist measurement, strength preserved	Sparring quality, competition result, belt milestones
What's Next	Repeat or upgrade to Fat Loss or BJJ track	Transition to Health or Fat Loss track	Maintenance block or Health track transition	Next competition block or sub-track upgrade

Steps 1, 2, 3, 4, 6, 7, and 9 are identical in structure across all tracks. The track determines the conditioning volume, Step 8 content, nutrition targets, and block duration. Everything else — the framework, the progressions, the tracking — stays the same.

SAMPLE — HEALTH TRACK · WEEK 2

WHAT YOUR WEEK LOOKS LIKE

Profile: 45yr, desk worker, Foundation level. Goal: energy, sustainable fitness, fat loss secondary.

4 active days. 3 rest days. Daily 10-min mobility routine every morning regardless.

MON STRENGTH A Hinge + Pull 45–50 min RPE 7 max	TUE REST Daily 10-min mobility Walk 20–30 min optional	WED ZONE 2 Bike or rower 30–35 min RPE 5–6	THU STRENGTH B Squat + Push 45–50 min RPE 7 max	FRI REST Daily 10-min mobility Full rest day	SAT ZONE 2 Walk or bike 35–40 min RPE 5	SUN REST Daily 10-min mobility Full rest day
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EVERY MORNING — 10 MIN MOBILITY

- ▶ Cervical nods + side rotation (1 min)
- ▶ Thoracic rotation on floor (1 min each side)
- ▶ 90/90 hip stretch (1 min each side)
- ▶ Dead bug — 3 × 5 reps each side
- ▶ Shoulder CARs — 5 circles each arm

BEFORE EACH STRENGTH SESSION — 10 MIN

- ▶ Hip circles + leg swings (1 min)
- ▶ Band pull-aparts — 2 × 15
- ▶ Goblet squat — 2 × 8 bodyweight
- ▶ Hip hinge with dowel — 2 × 8
- ▶ Dead bug — 2 × 5 each side

4

ACTIVE DAYS

2

STRENGTH SESSIONS

2

ZONE 2 SESSIONS

7

DAILY MOBILITY

STRENGTH SESSION A — HINGE + PULL

45yr, Foundation level, 80kg. Monday. After 10-min warm-up protocol.

Total session time: 45–50 minutes. Every exercise has substitutions — use them if needed.

EXERCISE	SETS * REPS	RPE	REST	NOTES / SUBSTITUTION
Trap Bar Deadlift	3 × 6	RPE 7	2.5 min	High handles. Neutral spine. Drive floor away. Sub: Romanian Deadlift or KB Deadlift
Single-Arm DB Row	3 × 10 / arm	RPE 7	90 sec	Chest supported on bench. Controlled eccentric (3 sec down). Sub: Cable Row or Band Row
Face Pull	3 × 15	RPE 6	60 sec	High cable anchor. External rotation at end range. Sub: Band Pull-Apart or Rear Delt Fly
Pallof Press	3 × 10 / side	RPE 7	60 sec	Anti-rotation. Cable or band. Slow press, hold 2 sec. Sub: Dead Bug or Suitcase Carry
Farmer's Carry	3 × 30m	RPE 7	90 sec	Heavy DBs or KBs. Tall posture, neutral spine, strong grip. Sub: Suitcase Carry (one side)

Loading guide for Week 2 (Foundation level):

Trap Bar Deadlift: Start at a weight where 6 reps feels like RPE 7 — you could do 3 more.

If Week 2 feels like RPE 6 (too easy) → add 5kg next session.

If it feels like RPE 8 (too hard) → drop 5kg and rebuild. No ego. No guessing.

AFTER THIS SESSION

Protein + carbs within 90 min. 15–20 min soft tissue: foam roll lats, glutes, thoracic.

Log your loads in your training log before you leave.

SESSION B (THURSDAY)

Squat + Push focus. Front Squat, Bench Press, Lat Pulldown, Single-Leg RDL, Side Plank. Same RPE targets. Full program version in your intake document.

YOU'VE READ THE BLUEPRINT

NOW LET'S BUILD YOUR PROGRAM.

You know your track. You know your level. You know the 9 steps. The next move is a conversation — tell me where you are and I'll tell you exactly where your program starts.

★★★★★

"I'd tried three different programs before G9. None of them were built for someone my age with a desk job and a bad back. This one actually is. Four months in and I haven't missed a session."

**THOMAS N. — 47,
HEALTH TRACK**

★★★★★

"Lost 9kg in 14 weeks without ever feeling like I was starving myself. The nutrition structure made it simple. The strength training made it sustainable. I kept the result."

**LORENA B. — 43, FAT
LOSS TRACK**

★★★★★

"My shoulder had been limiting me for two years. G9 was the first program that actually addressed it instead of working around it. I'm training at full capacity again."

**FELIPE G. — 39,
MOBILITY → HEALTH
TRACK**

READY TO START?

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Purchase → fill the intake form → receive your custom program in 24 hours. Built specifically for your track, level, schedule, and goals. No templates. No guessing.

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Questions? [WhatsApp Coach Gorla](#) · [g9t.pro](#)

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