



MENNO HENSELMANS

Science to master your physique



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# COURSE GUIDE

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[www.MennoHenselmans.com](http://www.MennoHenselmans.com)

Hi there, it's Menno, your course instructor. In this course you'll learn how to master your physique and lifestyle with evidence-based methods. We'll cover how to design strength training programs, optimal nutrition for your physique and health, how to find your ideal romantic partner, how to make and invest your money, how to decide where to live and how to find happiness.

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## How the course works

Every week or two weeks I will post one or several modules of the course in this course's e-learning environment. In the Comments section below each post you can ask questions and discuss the module. Some modules last 2 weeks, as they're particularly large and important. All bonus features, such as the live video Q&As and the meet-up, will be announced and discussed in a post as well, so to follow the course, all you have to do is follow the group.

## The community

Feel free to comment on all the topics and answer other people's questions! Networking and interacting with your classmates can greatly enrich your experience of the course. Many people from previous courses have made long-term friends in this course. We also have a Facebook group for this course for questions as well as more informal chat and networking.

Of course, it's also perfectly fine if you just want to lurk in the background and read the contents without interacting with the group.

## Course outline

The updated course outline - when we will discuss what - can be found below. As new contents are posted, you will also see them pop up in the group. I'll generally post new modules on Friday morning so you can study them over the weekend.

To roughly summarize the course, the first part of the course deals with nutrition, the second part with training and the third part with lifestyle. We will also do a **monthly live Q&A** (that can be replayed for those that can't attend live).

The course outline is subject to change based on feedback during the course, new additions and updates to incorporate new research.

## Part I: Nutrition

### Week 1

- How to study and do your own research
  - How to improve your reading comprehension and retention
  - How to find and read scientific papers
  - Understanding basic statistics
  - Improving your logical reasoning skills

### Weeks 2 & 3

- Energy intake
  - Understanding human metabolism, incl. refeeds, set-points, metabolic damage and the yo-yo effect
  - How to cut, bulk & recomp
  - How to estimate your body fat percentage and track progress

### Weeks 4 & 5

- Protein
  - Individualized protein requirements
  - Protein timing



- Meal frequency

## Week 6

- Carbohydrates
  - Requirements per type of exercise
  - Carbohydrate timing
  - Dietary fiber
  - Carbohydrate tolerance



## Week 7

- Dietary fat
  - Requirements for your health and physique
  - Understanding cholesterol
  - Brown fat

## Week 8

- Ketogenic dieting
  - Understanding ketosis
  - Effects on health, metabolism, appetite, performance and your physique
  - Cyclical and targeted ketogenic dieting
  - Measuring ketosis
  - MCTs and exogenous ketones

## Week 9

- Fasting and circadian rhythm effects
  - Intermittent fasting, alternate day fasting and protein sparing modified fasting (PSMF)
  - Circadian rhythm effects: timing considerations for the macronutrients
  - Carb backloading

## Week 10

- Beyond macros: micronutrition
  - Common deficiencies
  - Bloodwork
  - Multivitamins: problems and benefits





- The functions of each micronutrient related to your health and fitness
- How to fill in your micros

### Weeks 11 & 12

- Health science and food choices
  - What makes a diet healthy?
  - Effects of food processing: freezing, microwaving, etc.
  - Organic, wild and grass-fed: worth it?
  - Low calorie sweeteners, sugar and dietary fiber
  - Food choices for health and anabolism
  - FODMAPs and digestive health
  - How to recover from illness



### Week 13

- Ad libitum dieting: how to lose fat and gain muscle without tracking your macros
  - Hunger management strategies
  - Physiological vs. psychological regulation of hunger

### Week 14

- Supplements: a complete guide to every supplement worth knowing

### Week 15

- Nutrition case studies



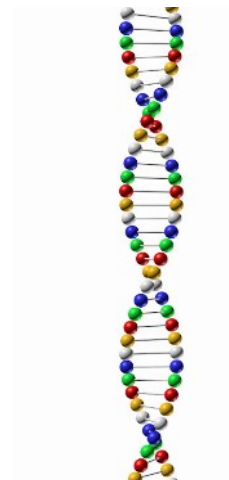
## Part II: Training

### Weeks 16 & 17

- Understanding how muscles work, how they grow and how they get stronger
  - Mechanisms of muscle growth
  - Systemic and local growth regulation: structural balance theory
  - Strength vs. size
  - Functional training

### Weeks 18 & 19

- Program design fundamentals
  - Training intensity
    - Effects on fatigue, connective tissue and the nervous system
    - Strength vs. size
    - The muscle-specific hypertrophy method
  - Training volume
    - How to estimate recovery capacity
    - Optimizing and individualizing training volume
  - Training frequency
    - Interaction with volume
    - Effects on recovery capacity
    - How often should you train each muscle and exercise?
  - How to structure your training split
  - Estimating training status and maximum muscular potential
  - Weak body parts
  - Program optimization based on work capacity
  - Program optimization based on DNA testing



### Week 20

- Muscle functional anatomy: a visual guide
  - What each muscle does and how to train it
  - Ab training and spot reduction

## Weeks 21

- Exercise selection
  - What makes an exercise effective for muscle growth?
  - Free weights vs. machines
  - Compound vs. isolation exercises
  - Accommodating resistance, bands and chains
  - Recommended exercises and technique guide
  - Counting volume: how much does a certain exercise stimulate a certain muscle?
  - Functional differentiation and exercise variety



## Week 22

- Exercise performance
  - What is 'good technique'?
  - The mind-muscle connection
  - Repetition tempo
  - Proximity to failure
  - How to breathe



## Week 23

- How to structure your workouts
  - Rest intervals
    - Active recovery
  - Exercise ordering
    - Circuit training, supersets & more

## Week 24

- Program design for women
  - Sex differences
  - Contraception
  - Pregnancy
  - Menstrual periodization



- Breast implants

### Week 25

- Program design for the elderly
  - Sarcopenia
  - Anabolic resistance
  - Neuromuscular changes
  - Injury considerations



### Week 26

- Periodization and progression
  - Progressive overload and progression models
  - What is fatigue?
  - Cybernetic/autoregulatory, undulating and linear periodization
  - Benchmarking and autoregulation
  - Overtraining, overreaching and deloading

### Week 27

- Advanced strength training techniques
  - Forced reps and drop sets
  - Reverse pyramiding, cluster sets and myo-reps
  - Weighted stretching
  - Eccentric overloading
  - Post-activation potentiation
  - KAATSU/blood flow restriction training



### Week 28

- Training gear
  - Weightlifting belts
  - Footwear
  - Knee wraps
  - Lifting straps



**Week 29**

- Cardio
  - Implementation for fat loss
  - Estimating energy expenditure per activity
  - Implementation for health
  - Implementation for sports (limited)
  - How to mitigate the interference effect
  - HIIT vs. LISS

**Week 30**

- Training program case studies

**Weeks 31 & 32**

- Stretching
- Postural correction
- Warming up
- Injury management
  - Pain science
  - Ice vs. heat, NSAIDs and RICE
  - Rehabilitative tools & equipment
  - Foam rolling and massage
  - Chiropractic & alternative medicine
  - Common injuries of each body part and how to treat them

**Part III: Lifestyle****Week 33**

- Sleep and stress
  - Circadian rhythm control
  - How to optimize sleep quality
  - How to manage stress



- How to effortlessly increase your activity level

### Week 34

- Adherence: the psychology of how to stick to your diet and exercise program
  - Physical vs mental effects of nutrition
  - Goal setting
  - Cheat meals
  - Diet breaks
  - Social eating events
  - How to deal with social pressure
  - Food cravings
  - Flexible dieting and meal planning



### Week 35

- Beauty
  - Acne
  - Tanning
  - Cellulite
  - Hair loss
  - Dandruff



### Weeks 36 & 37

- Evidence-based lifestyle design
  - What makes a person happy
  - What to do for a living
  - How to decide where to live
  - Having children: why (not)
  - Renting vs buying: commonly misunderstood economics
  - A rational approach to the news & social media



### Week 38

- The science of romantic relationships
  - Economical game theory of partner selection

- When to stop dating
- What to look for in a partner
- How to improve your relationship

### **Weeks 39 & 40**

- Evidence-based investing

Happy learning!



## **Technical tips**

Most course contents, including the document you're reading right now, have an index. If you open the Navigation or Bookmarks section on the left, you should see the index. This makes it much easier to navigate the documents.

Most course documents are provided as PDF files or spreadsheets (e.g. calculators). If you don't have software to open spreadsheets and PDF files, you can [download OpenOffice for free here](#).

## **Payment support**

For any questions about your payment, you can contact my administration at [Info@MennoHenselmans.com](mailto:Info@MennoHenselmans.com).

## Copyright

All contents of this course are copyrighted by me and/or Henselmans LLC. However, I'm perfectly ok with you sharing excerpts or quotes to friends or posting them online if you mention that it's from the course with a hyperlink to the course page.

## Feedback

If you have extensive feedback about the course, complaints or anything you want to discuss privately, you can email [Info@MennoHenselmans.com](mailto:Info@MennoHenselmans.com). Important matters will be forwarded to me for resolution. Feedback from all sources, including an anonymous survey, will be taken into account in the post-course evaluation to improve future courses. We strive to make each course better than the last, so we greatly welcome constructive feedback.

## Course contributors

The course is officially authored by the following people, in alphabetical order.

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