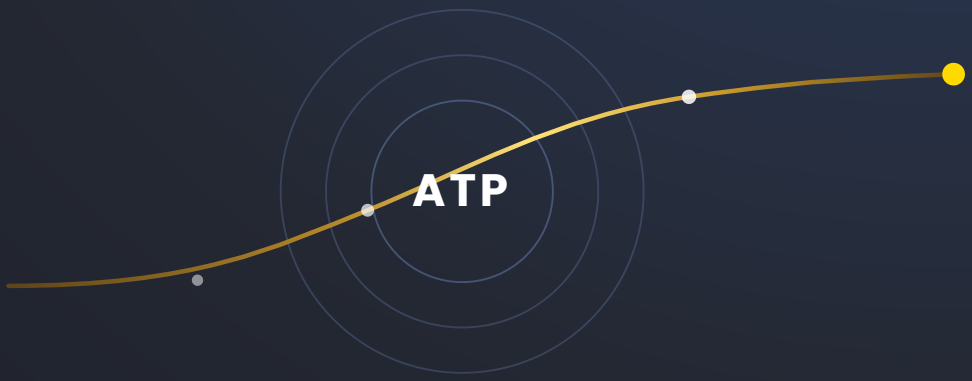
OPTI

COMPANION BROCHURE · 8-WEEK PROGRAM

ROAD TO **POWER**



Energy for change

How nutrition and training work together in the body. The role of carbohydrates, fats, protein and cortisol.

"Training and nutrients, thought through together."

Medically grounded. Easy to understand. Practical to apply.

8 WEEKS LIVE ONLINE

ENERGY COMES FROM CARBOHYDRATES AND FAT

Every movement, every heartbeat and every thought requires energy. What the cells use directly is ATP – adenosine triphosphate. ATP is the body's energy currency: when a muscle cell becomes active, ATP is split and the stored energy is released instantly.

The ATP supply lasts only a few moments. That is why ATP has to be produced continuously. The two main energy sources for this are carbohydrates and fats. Carbohydrates deliver ATP particularly quickly; fats represent a large, long-lasting energy store. Protein mainly has a different job: it is building material for muscles, enzymes, messenger substances, skin, connective tissue, bones and organs. When supply is good, protein contributes very little to ATP production.

THE BASIC PRINCIPLE

Carbohydrates and fat provide energy. Protein provides building material.
Training tells the body where to grow and become more capable.

ATP – the directly usable energy currency

The body stores only a little ATP – which is why it has to be produced constantly.

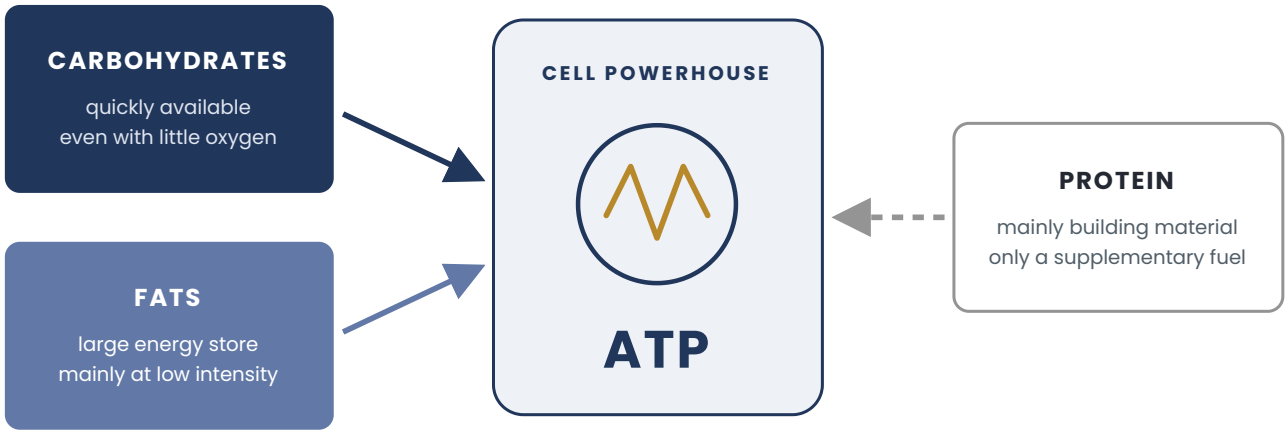


Figure 1: Energy production and building metabolism have different jobs.

Carbohydrates deliver ATP faster. Fat delivers a lot of energy, but more slowly.

Three ways to provide ATP

- **ATP/creatine phosphate system:** bridges the first seconds of a very intense effort.
- **Glycolysis:** quickly produces ATP from glucose or muscle glycogen – even when oxygen runs short.
- **Aerobic metabolism:** produces large amounts of ATP from carbohydrates and fatty acids in the mitochondria.

Creatine enlarges the creatine phosphate pool in the muscle. This means new ATP can be provided particularly quickly during short, intense efforts [15].

FAT FOR ENDURANCE – CARBOHYDRATES FOR PERFORMANCE

Fat and carbohydrates work together. At rest and during low-intensity activity, the body can obtain a large share of its energy from fatty acids. As intensity rises, the share of carbohydrates increases significantly: they deliver ATP faster and can provide energy even when oxygen is insufficient. Well-filled muscle glycogen stores improve physical performance [1, 2].

The fuel dial

Fat and carbohydrates always work together – their share shifts with intensity.



Figure 2: As intensity increases, the fuel mix shifts.

KEY TAKEAWAY

The higher the performance, the more important well-filled glycogen stores become.

FOR THE 8-WEEK PROGRAM

Strength training, intervals and dynamic full-body sessions need well-filled glycogen stores. Enough complex carbohydrates make training more intense, recovery faster and progress more likely.

Protein should build – not be burned

In an emergency, amino acids can be fed into energy metabolism. This happens mainly during energy deficiency, with empty glycogen stores, prolonged fasting and high exertion. That is exactly what we want to avoid. Protein is too valuable to serve as fuel: it is needed for muscle building, repair, collagen, enzymes, the immune system and many other structures.

GLUCOSE: BASE ENERGY FOR BRAIN, BLOOD AND MUSCLE

In everyday life, the brain runs predominantly on glucose. PET measurements of the human brain show a high, continuous glucose turnover; calculated for the whole brain over a full day, the order of magnitude is around 150 g [3]. This energy is not only needed for thinking. Simply maintaining nerve cell function runs day and night.

Who needs glucose?

The brain, red blood cells and working muscles create a high daily demand for glucose.



Figure 3: The body's three major glucose consumers.

Baseline from week 5: more than 300 g of complex carbohydrates – plus whatever movement uses up.

Red blood cells and movement add to the demand

Erythrocytes have no mitochondria. They cannot use fat to produce ATP and obtain their energy entirely from glucose [4]. In addition, the muscles need glucose: in everyday life for movement, and during intense exercise in large amounts from muscle glycogen. The more often and more intensely you train, the greater this additional demand becomes.

THE DAILY BASELINE

From week 5 of the program, we calculate with more than 300 g of complex carbohydrates per day, plus what training and additional movement use up. The 4-week entry ramp builds up to this level step by step.

STABLE BLOOD SUGAR SAVES STRESS HORMONES

Glucose must be available at all times. After a meal, part of it is used directly and part is stored as glycogen in the liver and muscles. Between meals, the liver keeps blood sugar stable. If the stores run low and no further supply arrives, the body activates its stress response: glucagon and adrenaline react quickly, while cortisol secures longer-term supply.

When glucose availability drops

If glucose is missing for longer, the body activates a stress program and produces new glucose itself.

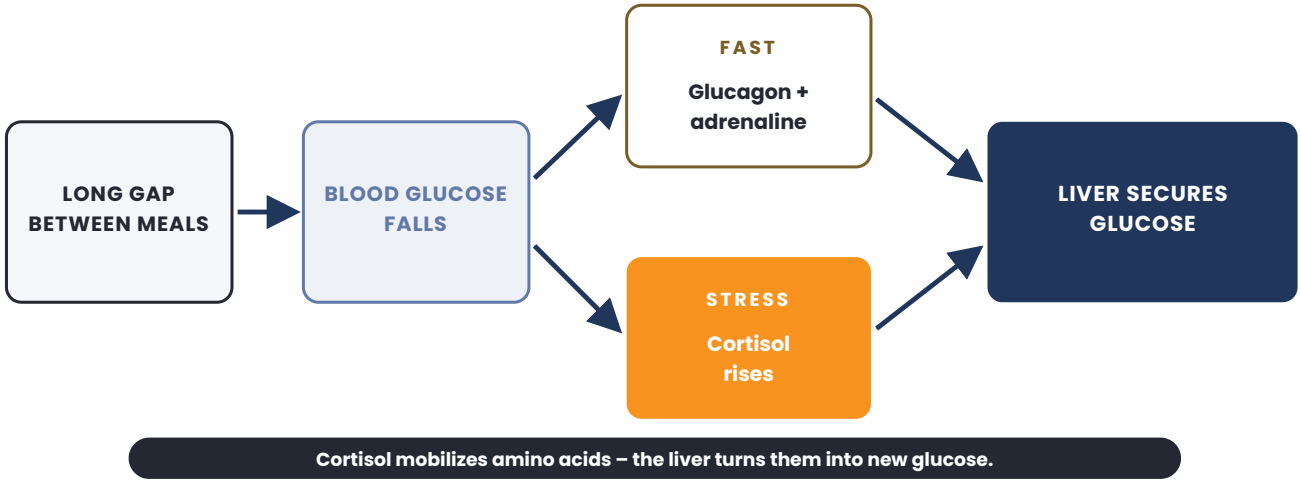


Figure 4: From falling glucose to the body's own glucose production.

Gluconeogenesis: glucose from the body's own protein

Gluconeogenesis means the new formation of glucose. The liver uses lactate, glycerol and glucogenic amino acids for this. A large share of the available amino acids can come from muscle; human studies show muscle as the central source of alanine for hepatic gluconeogenesis [5, 6]. Cortisol intensifies this supply: it increases the availability of amino acids and activates the liver's glucose production.

THE PROTECTION STRATEGY

Regular meals with complex carbohydrates and plenty of protein keep energy available. This way, protein stays where it is needed: in muscle, skin, connective tissue, bones and organs.

WHEN CORTISOL BECOMES A PERMANENT PROGRAM

In times of scarcity, cortisol secures survival. It mobilizes energy and keeps glucose available. But if this program is activated again and again through repeated hunger, nutrient deficiency, lack of sleep and ongoing stress, metabolism shifts from building up to breaking down.

The cortisol chain in chronic energy deficiency

The body secures glucose – but in the long run it pays with valuable structure.

Regular energy and protein supply protects tissue and performance.



Figure 5: The consequences of a persistently catabolic cortisol situation.

Building belly fat – breaking down body structure

Chronically elevated cortisol responses promote central, visceral fat distribution [8]. At the same time, protein synthesis decreases and muscle protein breakdown increases [7]. Collagen and skin structure also suffer under glucocorticoids [11]; bone formation and bone strength decline and the risk of fractures rises [16]. In the short term the body secures energy, but in the long term it loses exactly the tissues that support health and performance.

The hippocampus is particularly sensitive – a key region for learning, memory and emotional regulation. Long-term data link persistently high cortisol levels with hippocampal atrophy and memory loss [9]. In recurrent depression, smaller hippocampal volumes have been described; the reduction was related to the total duration of the illness [10]. Hunger, nutrient deficiency and chronic stress therefore form a dangerous combination.

BUILDING NEEDS SAFETY

Sufficient energy, stable blood sugar, plenty of high-quality protein, essential fats, sleep and well-dosed training take the body out of its permanent deficiency program.

THE DAILY BASELINE: TRAIN FULLY SUPPLIED

The body needs enough energy and building material every day – not just after training. From week 5, after the 4-week entry ramp, more than 300 g of complex carbohydrates form the daily foundation. Whatever is used up through training, steps and additional activity is added on top. This keeps blood sugar and glycogen stores stable, and protein can be used for building and repair.

The program's supply foundation

Energy, building material and essential fats are provided together every day.



Figure 6: The daily supply foundation of the 8-week program.

More movement = more carbohydrates. Bigger building goal = more high-quality protein.

Body weight	Protein 2 g/kg	Building goal 2.5 g/kg	Carbohydrate baseline
60 kg	120 g	150 g	> 300 g + activity
70 kg	140 g	175 g	> 300 g + activity
75 kg	150 g	188 g	> 300 g + activity
80 kg	160 g	200 g	> 300 g + activity
90 kg	180 g	225 g	> 300 g + activity

2 g of protein per kilogram of body weight is the lower limit for targeted muscle building. With higher training volume, an energy deficit or an ambitious building goal, the amount can be considerably higher.

Complex carbohydrates provide more even energy

The foundation consists of oats, whole grains, potatoes, rice, legumes, vegetables and fruit. Fiber and minimal processing slow down absorption. Combined with protein and a small amount of high-quality fats, this results in a steadier glucose curve and longer-lasting supply.

PROTEIN: THE BETTER THE SUPPLY, THE MORE BUILDING IS POSSIBLE

Strength training sets the growth stimulus. Protein provides the amino acids from which new muscle proteins, enzymes, collagen and many other structures are built. For lasting growth, protein synthesis must exceed protein breakdown. To achieve this, the body needs high amino acid availability again and again throughout the day.

Muscle building is teamwork

Training sets the stimulus. High amino acid availability provides the material for building.

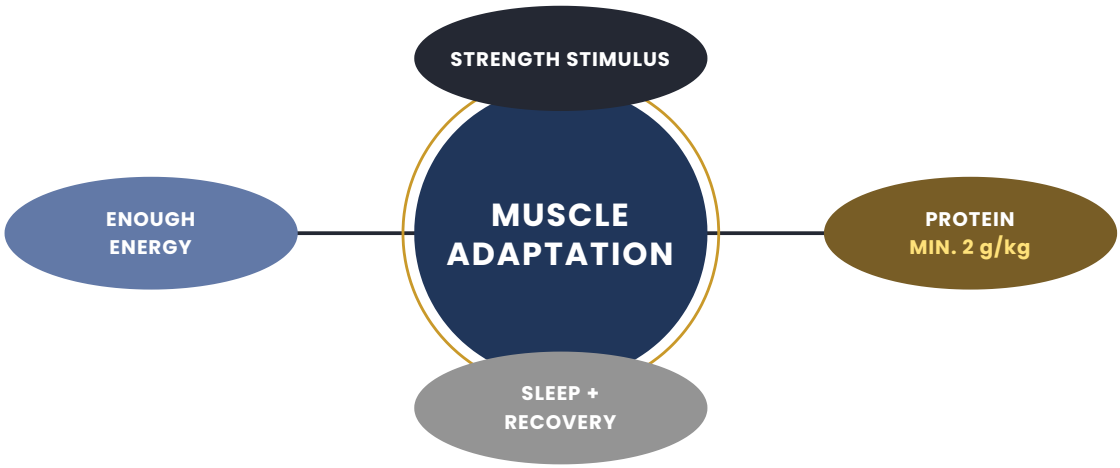


Figure 7: Muscle building needs four building blocks at the same time.

Studies in trained individuals have also examined 3.4–4.4 g/kg body weight, with favorable results.

At least 2 g/kg body weight – considerably more for ambitious goals

For muscle building, we set at least 2 g of protein per kilogram of body weight per day. In practice, this often comes to 150 to 200 g. Considerably higher amounts have also been studied in people who train intensively: 3.4 g/kg body weight combined with heavy strength training improved body composition [13]. In another study, 4.4 g/kg body weight did not lead to an increase in fat mass despite a large additional supply of protein and calories [12].

Controlled overfeeding studies also show the special metabolic behavior of protein: additional energy mainly increased fat mass, while a higher protein share supported the build-up of lean mass and energy expenditure [14]. Protein is therefore not simply another fuel – it is the decisive building material of an active body transformation.

Provide plenty throughout the day

Every main meal contains a substantial protein source: isolate or vegan protein, skyr and quark, eggs, fish, lean meat, tofu, tempeh or legumes. Three to five protein-rich servings keep the amino acid pool filled and support repair and building throughout the day.

THE SIMPLE RULE

Body weight × 2 gives the daily protein minimum in grams. If you want more building, train more or are in an energy deficit, increase the amount.

FATS: SMALL AMOUNTS, HIGH QUALITY, ESSENTIAL

Fat provides a lot of energy in a small space. At the same time, the body needs essential fatty acids for cell membranes, the brain, hormones and the regulation of inflammation. That is why we deliberately keep the amount of fat lower than carbohydrates and protein, while paying consistent attention to quality.

The training plate

Complex carbohydrates form the base, protein provides building material, good fats complement in a targeted way.

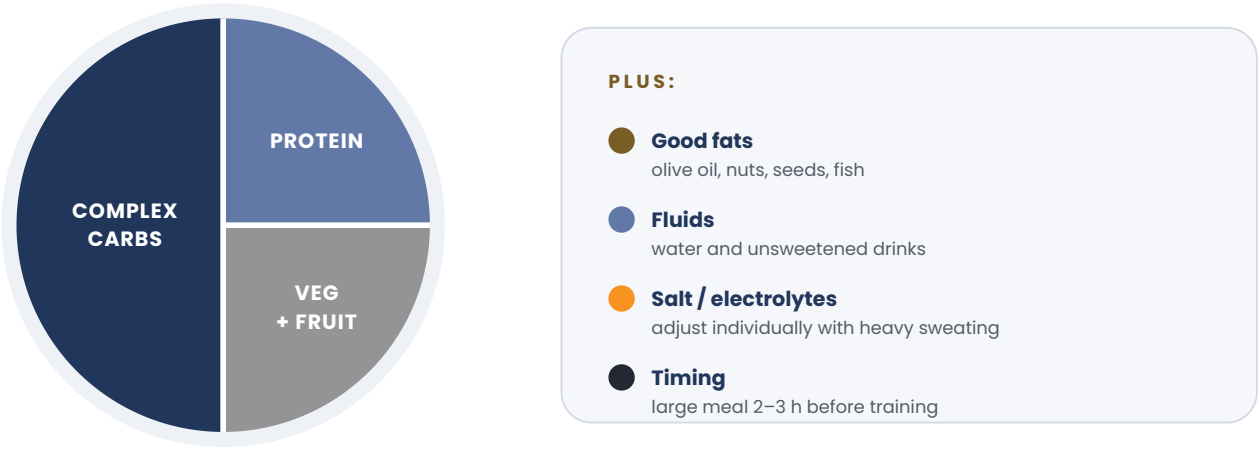


Figure 8: A training plate that works in everyday life.

Complex sources keep energy intake steadier and fill the glycogen stores.

The best sources

- Omega-3 fatty acids from oily sea fish or algae oil.
- Olive oil, rapeseed oil, walnuts, almonds, flaxseed and chia seeds.
- Small, targeted portions instead of hidden fats from highly processed foods.
- Fats complement the meal without crowding out the carbohydrates and proteins you need.

KEY TAKEAWAY

Carbohydrates provide the training energy.
Protein provides the building material.
High-quality essential fats complete the supply.

EXAMPLE DAY: OVER 300 G CARBOHYDRATES AND 150–200 G PROTEIN

The following example day shows the baseline for a 75 kg person: complex carbohydrates for brain, blood and training, plus at least 2 g of protein per kilogram of body weight. On intense training days, carbohydrates are increased around the session.

Meal	Example	Carbohydrates	Protein
Breakfast	80 g oats, 250 g skyr, 150 g berries, 1 banana	approx. 92 g	approx. 39 g
Lunch	100 g rice (dry weight), 160 g chicken or 250 g tofu + 150 g edamame, plenty of vegetables	approx. 93 g	approx. 49 g
Snack	80 g wholegrain bread, 30 g isolate or vegan protein, 1 apple	approx. 58 g	approx. 31 g
Dinner	300 g potatoes, 200 g low-fat quark or 400 g high-protein soy yogurt, vegetables	approx. 65 g	approx. 33 g

Daily total: approx. 308 g carbohydrates and 152 g protein. For 175–200 g protein, add another serving of isolate, skyr, quark, fish, meat or a plant-based protein source. High-quality fats are added in a targeted way via olive oil, nuts, seeds and fish.

Eating around training

No complicated science: start well prepared and refuel afterwards.



Figure 9: A simple rhythm around each training session.

Regular intake stabilizes blood sugar, glycogen and the supply of building material.

How to keep your supply steady

Complex carbohydrates are spread over several meals and each combined with protein. Before training, they fill the glycogen stores; afterwards, together with protein, they provide energy and building material for recovery. A reliable meal rhythm prevents long periods of deficiency and unnecessary cortisol spikes.

THE 8-WEEK PRINCIPLE: STIMULATE, SUPPLY, RECOVER

8 WEEKS

LIVE ONLINE TRAINING

- 6 training days per week
- Live sessions several times a week
- Train on demand every day
- Apply nutrition knowledge in practice



The program combines guided training, daily availability and nutrition knowledge.

Six training days per week create a regular growth stimulus. Strength, endurance, mobility, technique and active recovery complement each other. Every session improves the ability to convert carbohydrates and fats into ATP, and shows the body which structures it should build up more strongly.

The four rules for real change

1. **Consistency**
   Six training days create a reliable rhythm of adaptation.
2. **Progression**
   Gradually increase repetitions, resistance, movement quality or duration.
3. **Supply**
   Provide enough total energy, carbohydrates for performance and protein for structure.
4. **Recovery**
   Sleep and lighter sessions give the body time to build.

NUTRITION IN TWO PHASES

Weeks 1–4: entry ramp with the 4-week starter plan
Weeks 5–8: full supply with Plans 1–3 (p. 19–21)

THE 10 KEY POINTS AT A GLANCE

- ATP is the cells' directly usable energy currency.
- Carbohydrates and fats provide most of this energy.
- Protein is mainly building material and should not be lost as fuel.
- The brain uses roughly 150 g of glucose per day.
- Red blood cells need glucose; working muscles increase the demand further.
- When glucose is lacking, cortisol drives gluconeogenesis from amino acids.
- Chronic cortisol stress promotes belly fat and the breakdown of muscle, skin, bone and hippocampus.
- From week 5, the daily baseline is over 300 g of complex carbs plus what movement uses up.
- For muscle building, at least 2 g protein/kg body weight applies; 150–200 g is often sensible, and more for ambitious goals.
- Training, energy, protein, essential fats and recovery together create real growth.

THE CORE MESSAGE

Real change does not come from a single nutrient. It comes from the interplay of training stimulus, energy supply, building materials and recovery.

Our goal for the eight weeks

The body should not have to train against deficiency. It receives sufficient energy, plenty of building material, essential fats, regular movement and enough recovery. This way, every training stimulus can gradually turn into more performance, more muscle mass and a healthier body.

PLEASE NOTE

The relationships described in this brochure – from the role of carbohydrates and protein and stable blood sugar to the interplay of training stimulus, supply and recovery – together form the foundation of the 8-week program. How these factors play out in an individual case depends on personal circumstances such as starting level, nutrition and recovery.

The sources listed below document the scientific basis of the content presented.

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Concept: OPTI · Medically sound companion information for the 8-week program

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BODY MEASUREMENTS

Record your body measurements at regular intervals. This way you can see in black and white how your body changes during training. Your weight is secondary – what matters are the circumferences.

Date:

Body weight in kg		
Upper arm	right	left
Chest		
Waist		
Hips		
Thigh	right	left
Calf	right	left

Date:

Body weight in kg		
Upper arm	right	left
Chest		
Waist		
Hips		
Thigh	right	left
Calf	right	left

NUTRITION LOGS

The nutrition log gives you insight into your eating habits and your supply of individual nutrients – above all protein, fat and carbohydrates, but also vitamins and minerals. It shows you in black and white how well your everyday life already fits the training program and where there is still potential.

To assess your eating and drinking habits realistically, write down everything you eat and drink every day for one week – including meals, drinks, sweets, snacks and supplements. On the following pages you will find log sheets for your meals, your drinks and your supplements – use one sheet per day. For the following weeks, simply copy the templates.

For each meal, also enter the protein, carbohydrates and fat it contains, as well as the total calories. This gives you an at-a-glance overview of your daily nutrient supply that you can compare with the program's recommendations.

Keep your log as accurately as possible. Don't feel watched or controlled by taking notes – it is purely a tool for you and your own evaluation. Write down everything you consume during the day, even if it seems unimportant: if you deliberately leave out information, you will be unhappy with the evaluation.

It is best to fill in the details right after your meals. Otherwise, small things are quickly forgotten.

TRAINING DIARY

The training diary helps you see how your strength develops over the course of the program. For each exercise, note the weight used and the number of repetitions you manage. This makes your progress over the eight weeks visible and shows you exactly where you have improved.

It is best to enter the values directly during training or immediately afterwards, while they are still fresh in your mind. At the end of the program, your diary will show you in black and white what you have achieved – look forward to that result.

MY MEALS

Date:

MO TU WE TH FR SA SU

What did I eat?	When?	How much?	P / C / F / kcal

DRINK LOG

Date:

MO TU WE TH FR SA SU

What did I drink?	When?	How much?	P / C / F / kcal

SUPPLEMENTS

Date:

MO TU WE TH FR SA SU

Supplement or product	When?	How much?	P / C / F / kcal

RECOVERY

Date:

MO TU WE TH FR SA SU

What did I do?	When?	How long?

TRAINING DAY

Date:

MO TU WE TH FR SA SU

Exercises		1	2	3	4	5	6
	kg						
	reps						
	kg						
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Notes	Cardio training						

NUTRITION PLAN: ENERGY AND STRENGTH

Plans 1–3 are for **phase 2 (weeks 5–8)**, after the 4-week entry ramp. They keep carbohydrates at the level reached in week 4 and scale protein and energy to body weight. With very high training volume or an ambitious building goal, choose the next plan up.

All amounts for oats, rice, pasta and textured soy protein refer to **dry weight**. Each plan includes **one protein shake** (30 g protein, approx. 35–40 g powder, mixed with water). Add further shakes only if you do not yet reach your protein target. Nutritional values are approximate, include the protein from grains and vegetables, and depend on the products used.

PLAN 1 OF 3 · FOR APPROX. 60–70 KG **APPROX. 2,500 KCAL**

Meal	Standard diet	Vegan diet
Breakfast	100 g oats 250 g skyr 100 g berries	100 g oats 250 g high-protein soy yogurt 200 g berries
Shake	Protein shake with 30 g protein	Vegan protein shake with 30 g protein
Lunch	140 g brown rice 150 g chicken breast 300 g vegetables 10 g olive oil	120 g brown rice 100 g seitan 300 g vegetables 8 g olive oil
Snack	150 g wholegrain bread 100 g low-fat sliced turkey	150 g wholegrain bread 75 g sliced seitan
Dinner	110 g wholegrain pasta 250 g tomato sauce 10 g olive oil	100 g wholegrain pasta 100 g cooked lentils 250 g tomato sauce 7 g olive oil
Extra shakes	*Only if your protein target is not yet reached – 30 g protein each*	
Total energy	**approx. 2,520 kcal**	**approx. 2,530 kcal**
Total protein	**approx. 173 g**	**approx. 154 g**
Protein per kg body weight	**approx. 2.5–2.9 g/kg**	**approx. 2.2–2.6 g/kg**
Total carbohydrates	**approx. 341 g**	**approx. 349 g**
Complex carbohydrate sources	**Oats, brown rice, wholegrain bread, wholegrain pasta**	**Oats, brown rice, wholegrain bread, wholegrain pasta, lentils**
Total fat	**approx. 43 g**	**approx. 48 g**

NUTRITION PLAN: ENERGY AND STRENGTH

PLAN 2 OF 3 · FOR APPROX. 70–85 KG

APPROX. 2,800 KCAL

Meal	Standard diet	Vegan diet
Breakfast	120 g oats 300 g skyr 200 g berries	120 g oats 300 g high-protein soy yogurt 200 g berries
Shake	Protein shake with 30 g protein	Vegan protein shake with 30 g protein
Lunch	140 g brown rice 200 g chicken breast 300 g vegetables 10 g olive oil	110 g brown rice 77 g textured soy protein 300 g vegetables 5 g olive oil
Snack	180 g wholegrain bread 150 g low-fat sliced turkey	135 g wholegrain bread 100 g sliced seitan
Dinner	100 g wholegrain pasta 250 g tomato sauce 10 g olive oil	90 g wholegrain pasta 100 g cooked lentils 100 g seitan 250 g tomato sauce 7 g olive oil
Extra shakes	*Only if your protein target is not yet reached – 30 g protein each*	
Total energy	**approx. 2,800 kcal**	**approx. 2,810 kcal**
Total protein	**approx. 205 g**	**approx. 200 g**
Protein per kg body weight	**approx. 2.4–2.9 g/kg**	**approx. 2.4–2.9 g/kg**
Total carbohydrates	**approx. 368 g**	**approx. 355 g**
Complex carbohydrate sources	**Oats, brown rice, wholegrain bread, wholegrain pasta**	**Oats, brown rice, wholegrain bread, wholegrain pasta, lentils**
Total fat	**approx. 47 g**	**approx. 49 g**

NUTRITION PLAN: ENERGY AND STRENGTH

PLAN 3 OF 3 · FOR APPROX. 85–100 KG

APPROX. 3,000 KCAL

Meal	Standard diet	Vegan diet
Breakfast	130 g oats 300 g skyr 200 g berries	130 g oats 300 g high-protein soy yogurt 200 g berries
Shake	Protein shake with 30 g protein	Vegan protein shake with 30 g protein
Lunch	140 g brown rice 200 g chicken breast 300 g vegetables 10 g olive oil	100 g brown rice 125 g textured soy protein 300 g vegetables 5 g olive oil
Snack	200 g wholegrain bread 150 g low-fat sliced turkey	125 g wholegrain bread 100 g sliced seitan
Dinner	90 g wholegrain pasta 120 g chicken breast 250 g tomato sauce 9 g olive oil	100 g wholegrain pasta 100 g cooked lentils 160 g seitan 250 g tomato sauce 5 g olive oil
Extra shakes	*Only if your protein target is not yet reached – 30 g protein each*	
Total energy	**approx. 2,970 kcal**	**approx. 3,050 kcal**
Total protein	**approx. 235 g**	**approx. 241 g**
Protein per kg body weight	**approx. 2.4–2.8 g/kg**	**approx. 2.4–2.8 g/kg**
Total carbohydrates	**approx. 376 g**	**approx. 365 g**
Complex carbohydrate sources	**Oats, brown rice, wholegrain bread, wholegrain pasta**	**Oats, brown rice, wholegrain bread, wholegrain pasta, lentils**
Total fat	**approx. 48 g**	**approx. 49 g**