



THE FITNESS DUDE SYSTEM

QUICK START GUIDE

YOUR ROADMAP TO LESS PAIN.
MORE GAIN.



STEP 1
LEARN HOW TO USE
YOUR PRODUCTS.



STEP 2
SET YOUR NUTRITION
PRIORITIES STRAIGHT.



STEP 3
USE THE CALORIE
ASSISTANT.



STEP 4
START WITH
MOBILITY.



STEP 5
ADD STRENGTH
TRAINING.



STEP 6
USE THE PERSONAL
TRAINER ASSISTANT.



LESS PAIN. MORE GAIN.

Quick Start Guide

Intro

Welcome to The Fitness Dude System.

First of all, thank you for joining and for putting your trust in the system. I really appreciate it.

Context:

This website, **www.lamasterclass.ch**, is a broader platform. The website contains different health concepts, wellness resources, nutrition tools, and also a broader masterclass on how to build online business through social media.

You are welcome to explore the free content on the website if you are curious. But here, right now, we are inside The Fitness Dude System section.

The Fitness Dude System

This system is built around three main pillars:

- **JOINT HEALTH: Mobility & joint support first**
- **STRENGTH: Smart hypertrophy training**
- **NUTRITION: Simple nutrition & supplementation**

You will find one dedicated section for each pillar. Each one takes you deeper into that part of the system.

You do not need to do everything today. But I do highly encourage you to go through all the content over time, including the documents, not only the videos.

Yes, please read the documents. They are simple, direct, and readable. Do not underestimate their value just because they are PDFs instead of videos. Some of the most important principles of the whole system are inside those documents.

However, if you want to start as quickly as possible, follow these steps.

Step 1 — Learn How To Use Your Products

First, learn how to use your products properly.

The basic daily routine is simple: in the morning, you start with your foundation routine (PowerCocktail). You can add your joint-health support (Gelenk-Fit / Joint Health) and, if needed, your energy support (Activize). During the day, if you need extra focus or energy, you can use an extra shot of energy support. In the evening, you use your recovery minerals (Restorate). If you are in a more intense joint-support phase, you can add a second serving of joint-health support. If you are in a stable phase, you may keep it in the morning.

That was just a quick overview.

Please read the specific product instructions carefully. This is very important. You also have access to the product expert chat, so if you are unsure about timing, combinations, or how to use something, ask the chat.

Do not guess when the answer is right there.

Step 2 — Set Your Nutrition Priorities Straight

Next step: nutrition.

Before you overcomplicate anything, go to the document called:

Protein First

Please read it.

Again, this is not a side bonus. This is one of the core principles of the system.

The goal is simple: start hitting your daily protein target, understand why protein matters, and get a general overview of your calories.

Do not try to become perfect. Do not try to become a nutrition scientist overnight. Just start with the right priorities:

- **protein first**
- **calories second**
- **carbs and fats after that**

Step 3 — Use The Calorie Assistant

Once you understand the basic nutrition priorities, use the programmed Calories Assistant.

Open the chat, enter your basic data, define your goal, and let the assistant help you estimate your protein and calorie targets.

The goal is not to become obsessed. The goal is awareness.

If you want to lose fat, get lean, maintain your weight, or eventually build muscle, you need to understand the numbers at least a little bit.

Math does not lie, my friend.

But luckily, tracking calories today does not need to be a pain in the ass. Use the tool. Let it help you.

Step 4 — Start With Mobility

Now it is time to get into the mobility work.

I highly suggest you dive deep into the full Joint Health & Mobility section over time, including the practical yoga part.

Yes. Including yoga.

I know, I know. Some of you hear “yoga” and immediately imagine incense, chanting, opening chakras, and someone telling you to become one with the universe.

Relax.

This is **practical yoga**. It is a tool. Nothing more, nothing less. It can do a lot for your body, especially your back, knees, hips, posture, and general mobility in under 10 minutes.

You do not have to become a yoga person. But you should understand why it is part of the system.

That said, if today you just want to start quickly, go directly to the:

Essential Mobility Workout

That is a great place to begin.

Step 5 — Add Strength Training

Once you have started with mobility, it is time to move into strength training.

Go to the Strength Training section and start learning how to create a short, effective strength routine.

Remember:

No ego. No grinding. No random chaos. Clean reps. Progressive overload. Less pain, more gain.

If you are currently dealing with pain in a specific area, do not aggressively push that exact body part just to prove a point.

Train around the pain when needed. Keep working the rest of the body. Use mobility, progressive loading, and better movement quality to rebuild capacity over time.

Step 6 — Use The Personal Trainer Assistant

Finally, check in with the Personal Trainer Assistant.

Use it to create your ideal workout structure based on your goals, your available time, your weak points, and any pain or limitations you are currently dealing with.

You can ask it things like:

- How should I structure my week?
- How do I adapt this exercise?
- What should I do if my shoulder hurts during this movement?
- How do I progress without overdoing it?
- How can I train at home with limited equipment?

Use the tool. That is what it is there for.

Final Note

That is it for the quick start.

Learn how to use your products. Set your nutrition priorities. Use the Calorie Assistant. Start mobility. Add strength training. Use the Personal Trainer Assistant when needed.

And remember: do not try to master everything in one day.

Go through the system step by step. Dive deep into all three pillars over time. Stay safe. Take care of your body.

LESS PAIN. MORE GAIN.

Let's go.
