

How to Get Strong & Stay Consistent

with

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fitness

**Learn the fundamentals of getting strong
and building muscle. And most importantly,
how to *finally* do it consistently!**

Part 2: The Training

Why I Wrote This Book

I'm an online fitness and nutrition coach, and I've helped 100+ frustrated individuals feel more confident and affirmed in their bodies by building strength and growing muscle. While hiring a coach is the best thing that could help you in your fitness journey, reading this book is probably the next best thing.

In this book, you will learn the key fundamentals of getting strong and building muscle—and most importantly, how to finally do it consistently so you see and feel lasting results!

There is a lot of BS on the internet. I'm tired of Instagram influencers posting new workout routines on the daily—of exercises they would never do—just for entertainment and views. This misleads hundreds of thousands of people into doing random junk workouts and wondering why they aren't achieving results.

Real fitness and nutrition is actually quite simple. What's hard is “staying motivated” or mastering consistency—which is why Mindset is Part 1 of this series. You'll find tons of life changing tips so you can stop this involuntary “on-again, off-again” relationship with fitness and finally experience the powerful benefits of consistent movement.

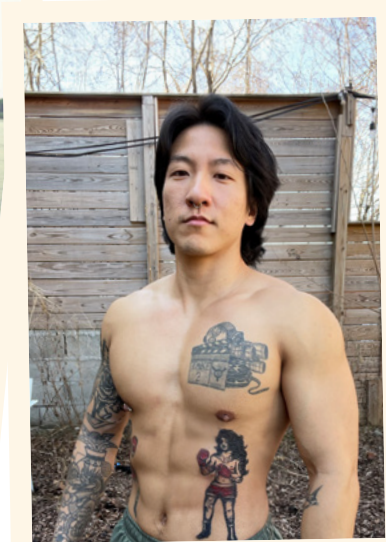


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The Training

Understanding just how to build strength and muscle, amidst all the conflicting information out on the internet.

Understanding How to Build Strength and Muscle

If you're looking to start building strength, building muscle, and maybe put on some mass, you need to do the following:

- Resistance training
- Eat a diet that supports your growth and goals
- Recover adequately
- REPEAT

It's that simple. With all the conflicting information out on the internet, I know that these things are easier said than done. And I know exactly what you're going through if you're feeling unsure.

In addition to this free resource in front of you and the free resources on my @fitlandyn [Instagram](#) and [TikTok](#), I also offer 1-on-1 Online Coaching at landynpanfitness.com, where we work together to tailor custom workout plans and nutrition help, specifically targeted to your goals and body type. In addition, you'll receive professional support, accountability, and a client-only community of other queer and trans folks who are working to get strong, too.

You're in the right place.

The Difference Between Training for Strength VS Hypertrophy (Muscle Size)

If you're a new beginner, there's not really a difference between training for strength and muscle size. Any workout that helps you build strength will also help you put on a little bit of mass. Any workout that helps you build muscle mass will also build your strength.

Once you have been training for a year or so, you'll then have to pick between one branch or the other.

You may have heard that:

- If you want to build strength, train in a rep (repetition) range of 1–5
- If you want to build hypertrophy, train in a rep range of 6–12
- If you want to build muscle endurance, train in a rep range of 12–20+

While this is generally true, newer research shows that you can build muscle in pretty much any rep range given that you are applying progressive overload overtime (more on this concept later).

For true powerlifting level strength, the 1–5 rep range is where you should aim to be.

For building muscle, there is a lot more flexibility in the rep range you use to get there. Anything 6+ reps will work as long as you are taking your sets close to failure.

In general though, it is quite impossible to keep building true strength without gaining a little size. And it's also super difficult to put on size without becoming stronger.

Resistance Training

If you're an ABSOLUTE beginner, you can definitely start to build some muscle and strength doing bodyweight and band workouts. However, if you are serious about gaining strength and muscle – going to a gym or investing in a simple home-gym setup with a workout bench and adjustable dumbbells (up to 50 lbs each) is the way to go.

For beginners, my general recommendation is a 3-day/week full-body workout routine filled with efficient compound exercises.

A 3-day full body routine would involve a day of rest in between each day, so a **Monday/Wednesday/Friday** or a **Tuesday/Thursday/Saturday** schedule would work well.

A 3-day/week full-body routine is good for building strength and muscle because it allows you to maximize both the intensity of your workouts and your recovery. It's also a good entry point into training from a scheduling standpoint. 3 days a week will give you results, but it's not going to take over your entire life.

As a beginner, you want to focus on building strength in your *compound exercises* as this will give you the most total body muscle growth.

compound exercise

An exercise that works multiple muscle groups at the same time. Because they are multiple muscle groups and multiple joints, you are able to lift heavier and progress faster on compound movements. Examples of compound movements are bench presses, squats, rows, lunges, deadlifts, pull-ups, and push-ups.

isolation exercise

A movement that targets a specific muscle group. They're typically single-joint. You tend to progress slower on these and it's normal to stay within the same weights for 4 weeks or so. Examples include bicep curls, tricep extensions, and side lateral raises.

regression exercise

An easier version of an exercise to implement if the current move is too difficult to perform with safe or good form.

progression exercise

A more advanced version of an exercise to implement once you are feeling comfortable with the current move.

Sample Workout Plan

Here is a free sample gym workout plan that you can run for 2–3 months. It is designed to help you gain both strength and muscle size. Each day should take roughly an hour including a warm-up and cool-down.

Day 1

Exercise	Sets	Reps	Rest Time
Barbell Squats REGRESSION DB Goblet Squats	3–4	6–8	2–3 min
Flat Barbell Bench Press	3–4	6–8	1–2 min
Wide Grip Pull-Ups REGRESSION Band-Assisted Pull-Ups	3–4	8–10	1–2 min
Bicep Curl	3–4	10–12	45 sec

Day 2

Exercise	Sets	Reps	Rest Time
Barbell Deadlift REGRESSION DB Romanian Deadlift	2–3	6	2–3 min
Seated Dumbbell Shoulder Press	3–4	8–10	1–1.5 min
Barbell Row	3–4	6–8	1–1.5 min
Cable Face Pull	3–4	12–15	45 sec

Day 3

Exercise	Sets	Reps	Rest Time
Weighted Reverse Lunges REGRESSION Unweighted Lunges	2-3	10-12 per side	2-3 min
Incline Dumbbell Bench Press	3-4	8-10	1-1.5 min
Parallel Bar Dips REGRESSION Bench Dips	3-4	6-8	1-1.5 min
Dumbbell Side Lateral Raises	3-4	12-15	45 sec

Each day has a compound leg, push and pull movement with the 4th exercise of every day being a smaller isolation movement.

How to Warm Up

Warming up improves your performance and strength and protects against injury by bringing blood and oxygen to the muscles. Warm up with dynamic stretches and/or foam rolling to loosen up your spine, shoulders, hips and legs.

You can also add in an optional 5-minute session on a cardio machine in addition to dynamic stretching or foam rolling.

You also want to include a warm up set or two before every compound exercise so you can ramp up to the top weight.

For example, let's say your barbell bench press is at 85 lbs right now. This is how you would warm up.

- Warm up set 1: 8 reps on 45 lbs (just the bar)
- Warm up set 2: 8 reps on 75% of target top weight (~63.75 lbs, so round to 65 lbs)
- Working sets: 3 sets of 85 lbs

How to Pick Starting Weights

Start with no weight (AKA bodyweight) to learn the form without any strain. Move on to lighter dumbbells or even just a broomstick as a “barbell” the first week or two and really make sure you are following the proper form safely.

**Tip: Watch YouTube videos of the exercises.
Watch them multiple times!**

I recommend buying a phone tripod to record yourself so you can check your form against the YouTube videos. I recommend recording yourself versus looking at in a mirror, as your neck will be strained and in an unideal position during your movement.

Learning form is 10x faster with help. It could be a local personal trainer at your gym or an online coach. In my online coaching program, I review your video footage and provide feedback on your form and technique.

Progressive Overload: **The KEY to Muscle and** **Strength Gains**

In order for muscles to grow, you must give it stimulation (training) that forces the muscle to adapt (recover and then grow). In order to keep growing, you must gradually and constantly increase your training stimulus. This is easiest done through lifting heavier weights or doing 1–2 more reps than your previous workout.

Be careful not to increase your load too quickly, as that can put you at risk for injury. Too heavy of weights lead to compromised form and put added stress to the joints, tendons and ligaments which adapt slower than your muscles.

In the 3-day sample workout plan, I give a rep range. To begin, start at the lowest rep and comfortable weights that you know you can achieve proper form. Once you're comfortable with the form, increase your reps. You should be challenging yourself to push a higher rep every time you feel comfortable. Once you've hit the top of the range, increase the weights and repeat the process, starting back at a lower set of reps if needed.

So, here is an example of what progressive overload looks like with barbell bench press:

- Week 1: 4 sets of 6 reps at 45 lbs (always start with the bar, which is 45 lbs!)
- Week 2: 4 sets of 8 reps at 45 lbs
- Week 3: 4 sets of 6 reps at 50 lbs
- Week 4: 4 sets of 8 reps at 50 lbs
-
- Week 8: 4 sets of 6 reps at 80
- Week 9: 4 sets of 8 reps at 80
- Week 10: 4 sets of 6 reps at 85
- Week 11: 4 sets of 8 reps at 85
- And so on

The above is a conservative pace, and you might be able to do much more. In the beginning, if you have never trained or haven't trained in a while, you will be able to progress by adding weight or reps to compound movements EVERY workout for the first couple of months – given that your nutrition, recovery and sleep are on point.

Tip

In general, be aware that lower body movements progress at a faster rate than upper body movements. So it's normal that your squat and deadlift will progress much faster than any press or row.

As long as you are still able to maintain good form, keep increasing weight and pushing yourself!

You know you are lifting hard enough if:

- You can't talk during your set
- Your reps get involuntarily slower as you get closer to failure
- You can't help but make faces as you lift

Does this approach work for women or people who are not on testosterone?

YES! Despite what mainstream fitness marketing would have you believe, training is almost exactly the same regardless of what your main hormones are. The only difference would be based on your goals. It's absolutely possible for women and trans masculine and non-binary individuals who aren't on T to build awesome levels of strength and muscle as long as you train, eat, and sleep adequately.

Tracking Progress

Tracking progress is important because action creates motivation. People often complain about lacking the motivation to continue their fitness routines, but usually it's because they are not seeing results.

By tracking, you will see your strength increasing over time whether that's through numbers or visible muscle building, this in turn motivates you to keep going.

In order to know how you are progressing or IF you are progressing at all, it's important to stick to the same routine for 6–12 weeks.

How do you track? Record your sets, reps, and weights for every workout by logging it in an excel spreadsheet, training notebook, or a [mobile app](#). Optionally, you can use progress photos in addition to numbers if you're a more visual person.

Progress isn't always linear

In the first few months, it will be easier to make progress with every workout. After that and for most of your training career — progress won't be linear. The trend over time should still track upward, but there will be some weeks when you regress before bouncing back up again. Be patient and trust the journey!

Next Step

Mindset, training, and nutrition are 3 parts to the big picture. Make sure you download and read the full series in order to get started on your fitness journey.

This series was carefully crafted to make sure that you take action and get started on your fitness journey right away. Your life is too valuable to waste any more time. This series includes proven and tested strategies, principles, and systems to help you get on a consistent path towards your fitness goals.

Mainstream fitness is full of toxic messages that tell you that you must go hard everyday, ignore your body's needs to rest and "push past the pain" in order to achieve a narrow definition of "health" and "fitness" that is often not healthy at all.

Now that you've read this book, you know that none of those toxic messages are necessary or helpful. Remember to give yourself credit for your wins no matter how big or small, and show yourself grace and compassion when things don't go according to plan.

Training and nutrition advice is difficult to generalize and this book is just the start.

To take things one step further, consider hiring a fitness and nutrition coach. If you want to maximize what you're capable of, you need a coach. If you realize that you're an individual and you need a completely individualized approach, you need a coach. I could probably go on and on... because to be honest, I think just about everyone could benefit from having a coach (I have 2 coaches myself!).

If your gut tells you that you're someone who needs coaching – [Click Here Now](#), we're ready to coach you!

And keep a lookout for content on my [Instagram](#) and [TikTok](#) at @fitlandyn.

About the Author

I'm Landyn, the Founder and Head Fitness and Nutrition Coach at Landyn Pan Fitness.

I specialize in helping LGBTQ+ folks feel more gender-affirmed, confident, and connected to their bodies by building strength and muscle. I'm passionate about helping folks unlock new capabilities and develop healthy, balanced relationships with both fitness and food.

Before I started a career in the fitness industry, fitness seemed unwelcoming, intense, and intimidating. Even though I had the desire for many years to build muscle and be in the body of my dreams, I didn't start because I couldn't find a space I felt comfortable in, nor could I find a trainer or coach that I trusted to understand me.

Once I started training myself, I was frustrated that the internet was full of conflicting information and toxic messages about "zero excuses," "push past the pain," and "never eat these foods." It felt more restrictive and defeating rather than empowering or fun. I didn't fit into the mainstream fitness world (nor did I want to) and their messages did not resonate with me.

I started working in fitness to create a judgment-free and body-neutral space for anyone who feels marginalized or neglected by mainstream fitness culture.

I'm glad I stuck with training long enough to see the physical results and feel the mental ones. Fitness has truly changed my life — it grounds me, gives me perspective, intention, confidence, discipline, freedom, a grand sense of adventure, and a heightened love for life.

And I want to change your life too!



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