



# All about plateaus

- Why plateaus occur
- How to break through them
- Are you actually in a plateau?
- The importance of a novel stimulus
- Wrap up tips



What are we classing as a plateau?

- Weight
- Both fat loss and muscle gain
- Training performance

Maybe it is more than this....



What about

- Energy levels across the day
- Hunger
- Motivation
- Sleep





# Identifying what is causing your plateau

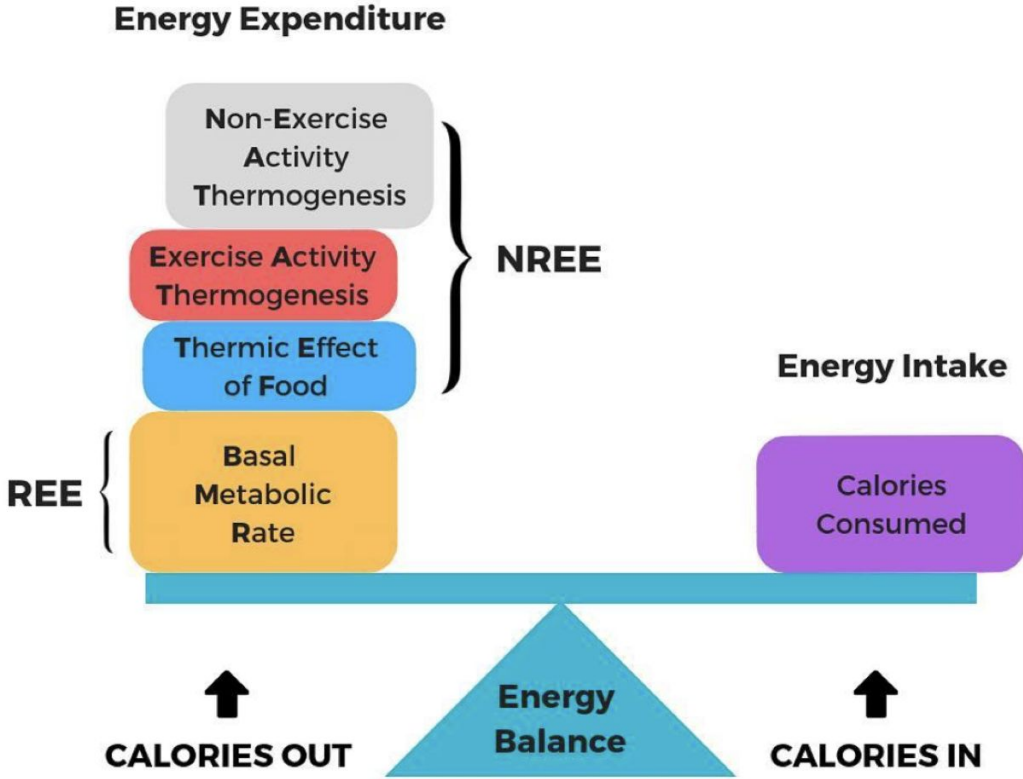
## FAT LOSS

Food - too much or too little?

- Adaptive thermogenesis
- Metabolic slow down
- Lack of nutrients
- Too little for some days....but others?







## FAT LOSS

Food - too much or **too little?**

- Adaptive thermogenesis
- Metabolic slow down
- Lack of nutrients
- **No energy for training**







Eat more = more fuel = better training  
= more calories burned

Tip - when in a deficit - eat more  
before your workout...some sessions

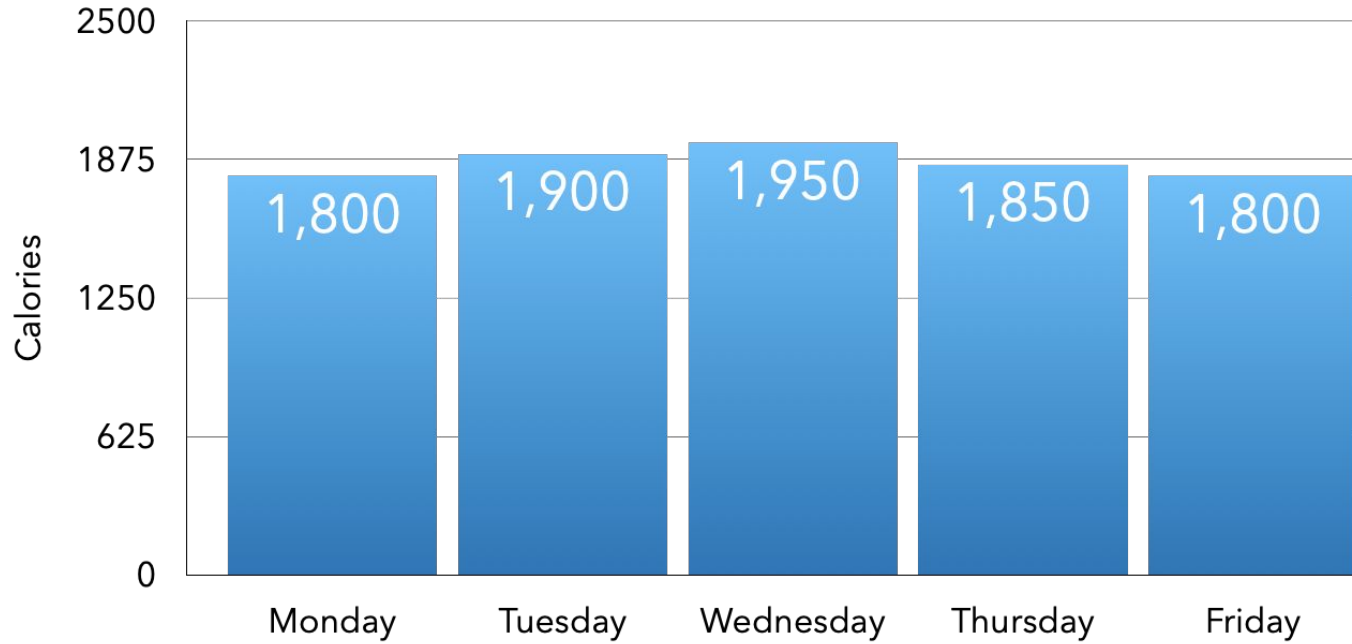
## FAT LOSS

Food - **too much** or too little?

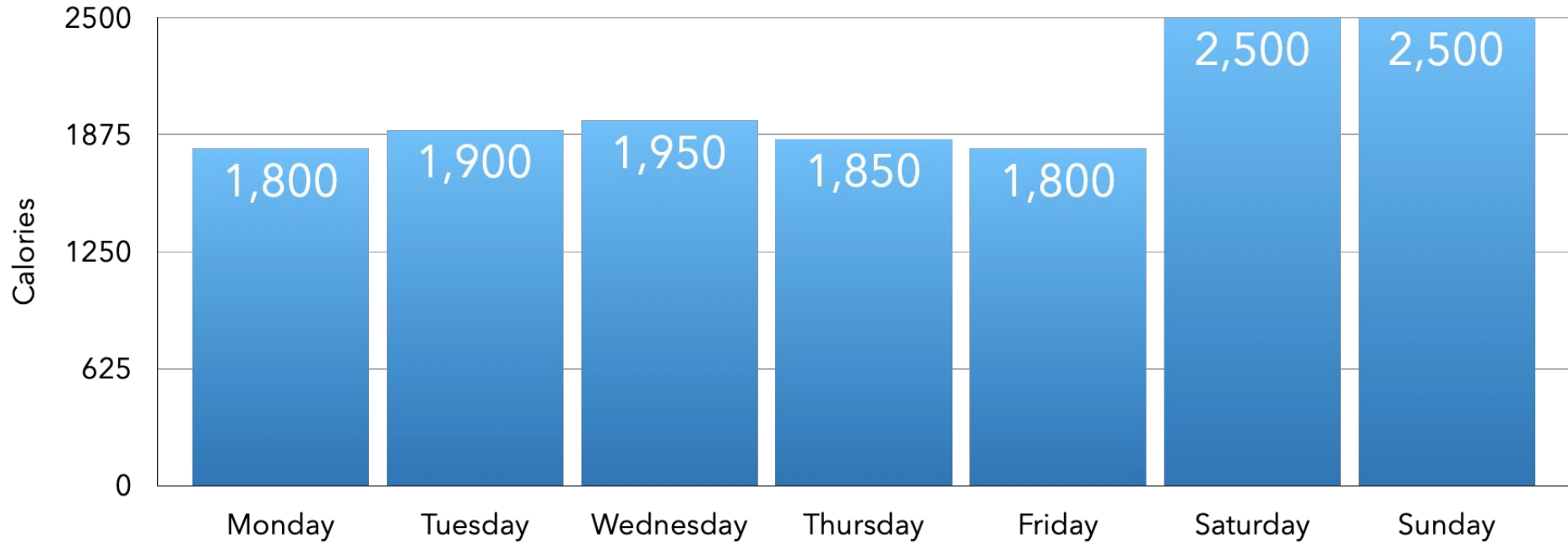
- Snacking
- Liquid nutrition
- Too little some days but not actually in a deficit



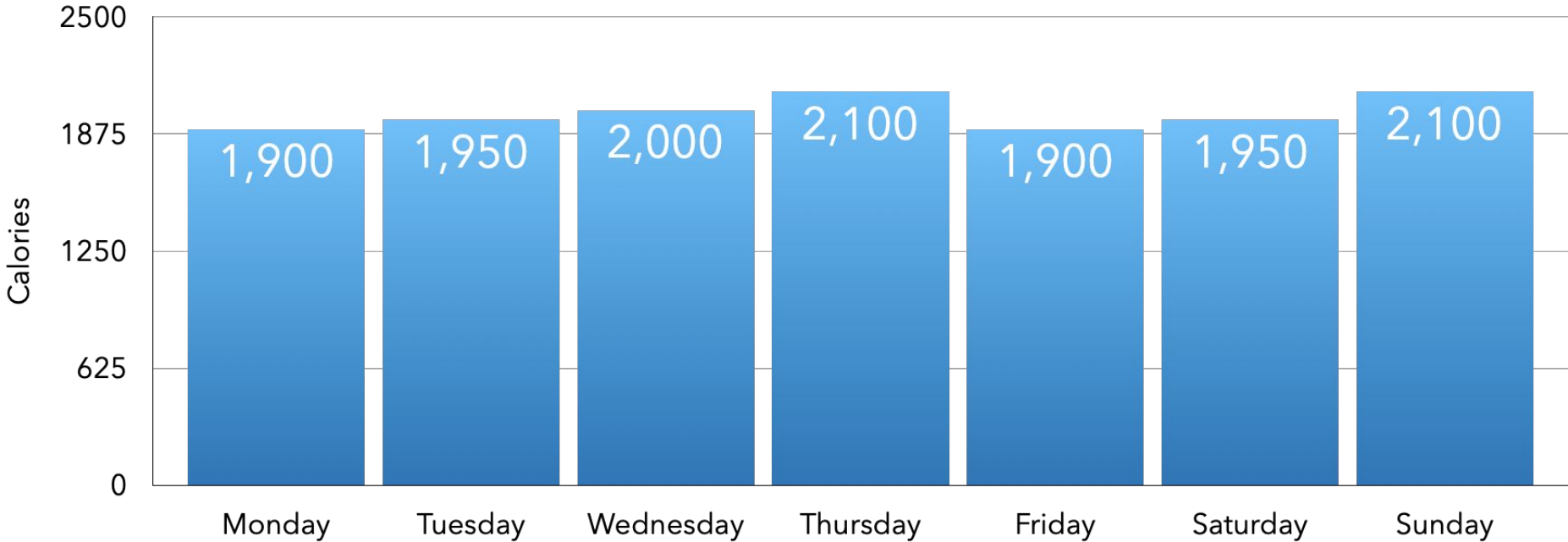
# pH Nutrition



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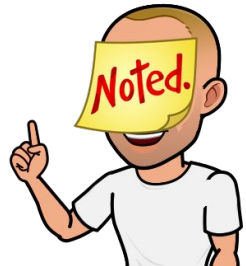
# pH Nutrition





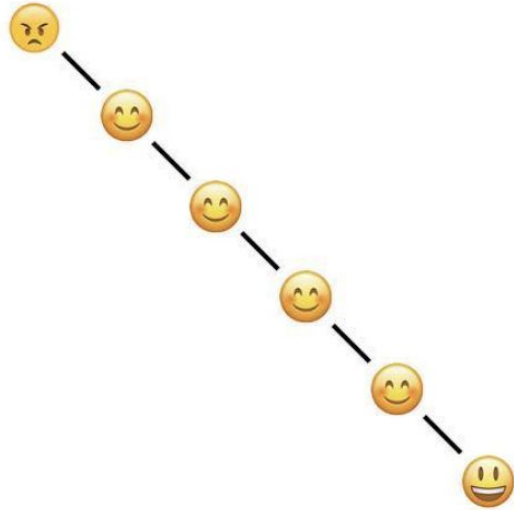
## Sneaky extras

- Coffees and tea
- Oils
- Sauces
- Smoothies
- Should you be eating salmon most days?

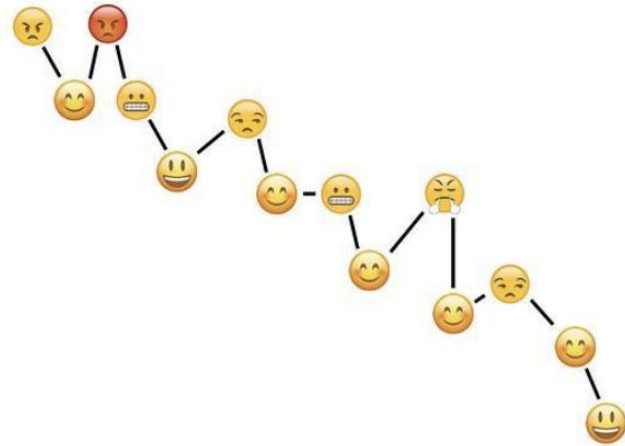


# pH Nutrition

❌ HOW MOST PEOPLE  
THINK IT WORKS



✅ HERE'S HOW IT  
ACTUALLY WORKS



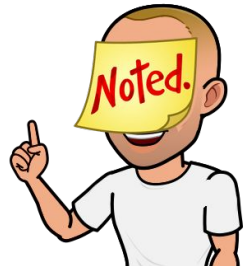


Gaining strength and muscle

**pH**Nutrition  
— Achieve your potential —

## Putting muscle on

1. Are you training in the correct way?
2. Too many extras?
3. Not eating enough
4. Not resting enough
5. Not sleeping enough
6. Being scared of gaining a little fat



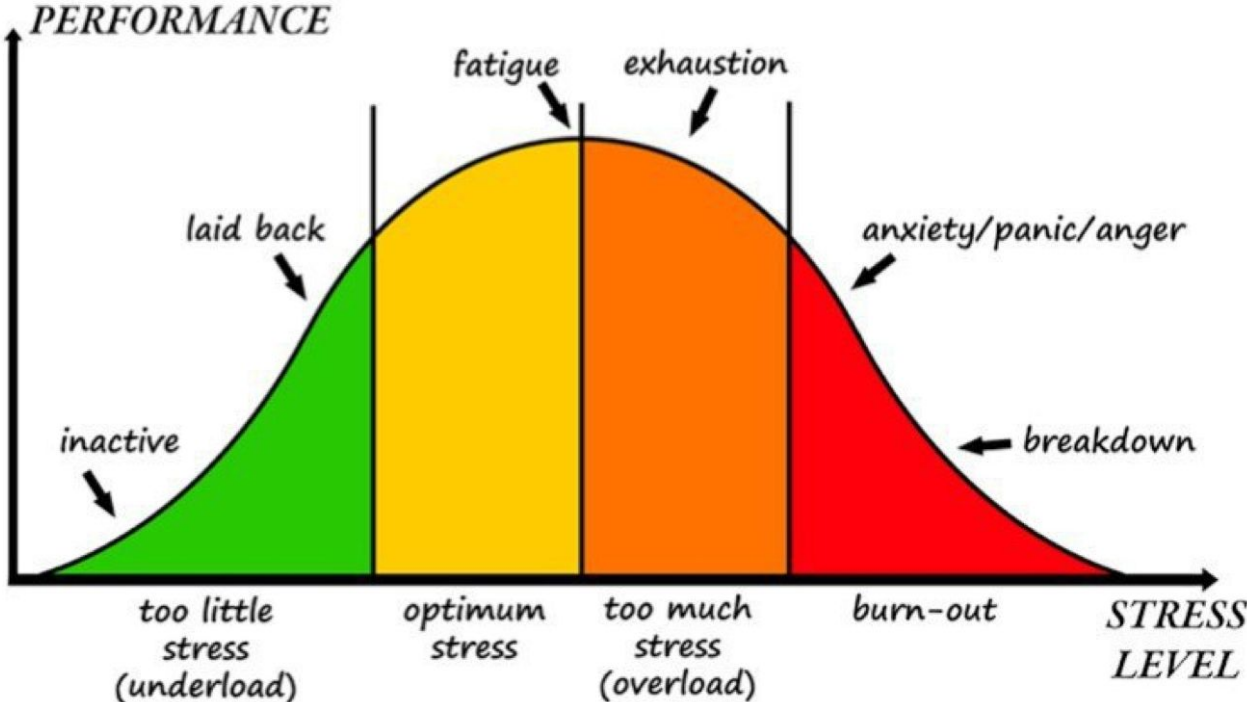
## Training plateau

- Are you thriving or surviving?
- Plateau in one area - but not others?
- Need to be aware of progress...

Is maintenance progress in some situations?

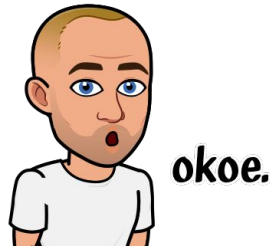


# pHNutrition



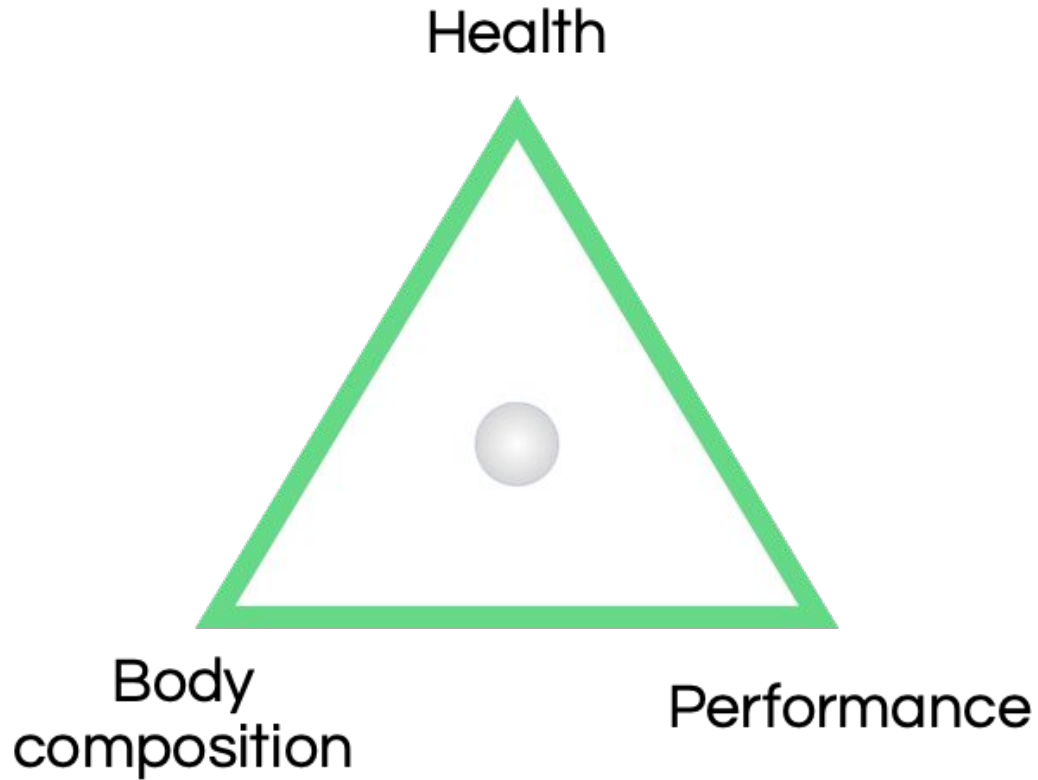
## Goals

Often people hit a plateau as they cannot commit to one PRIMARY goal

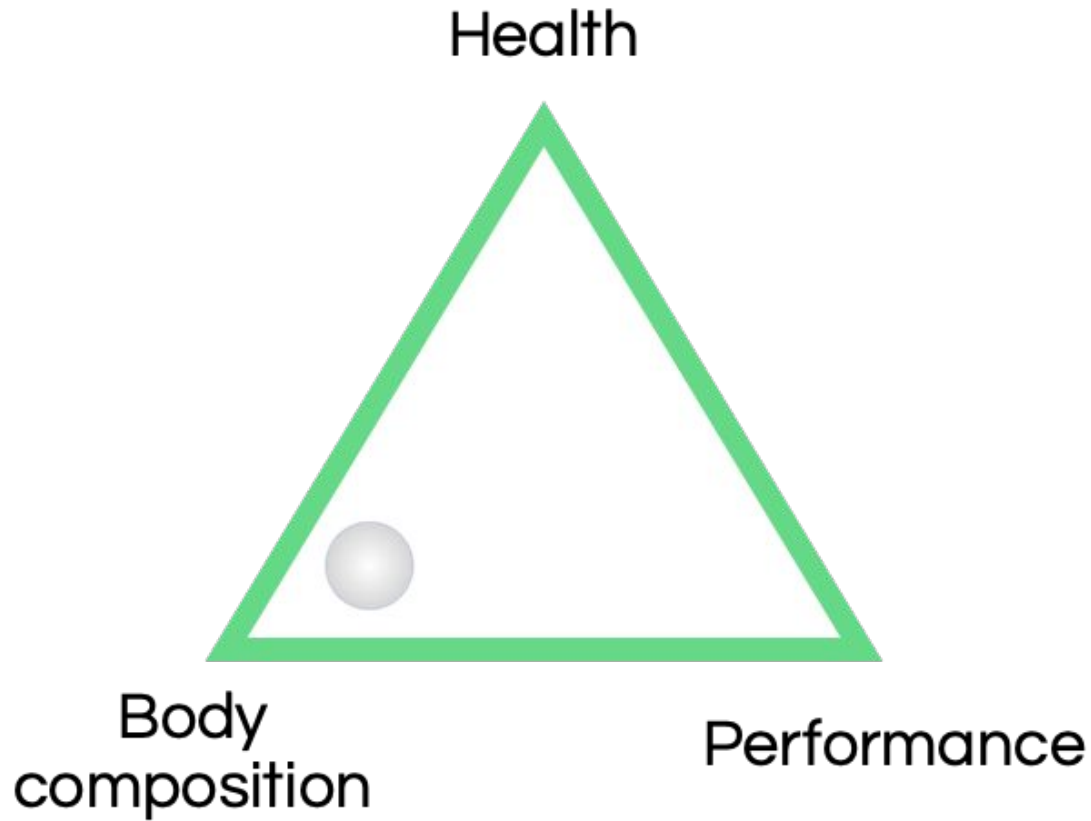




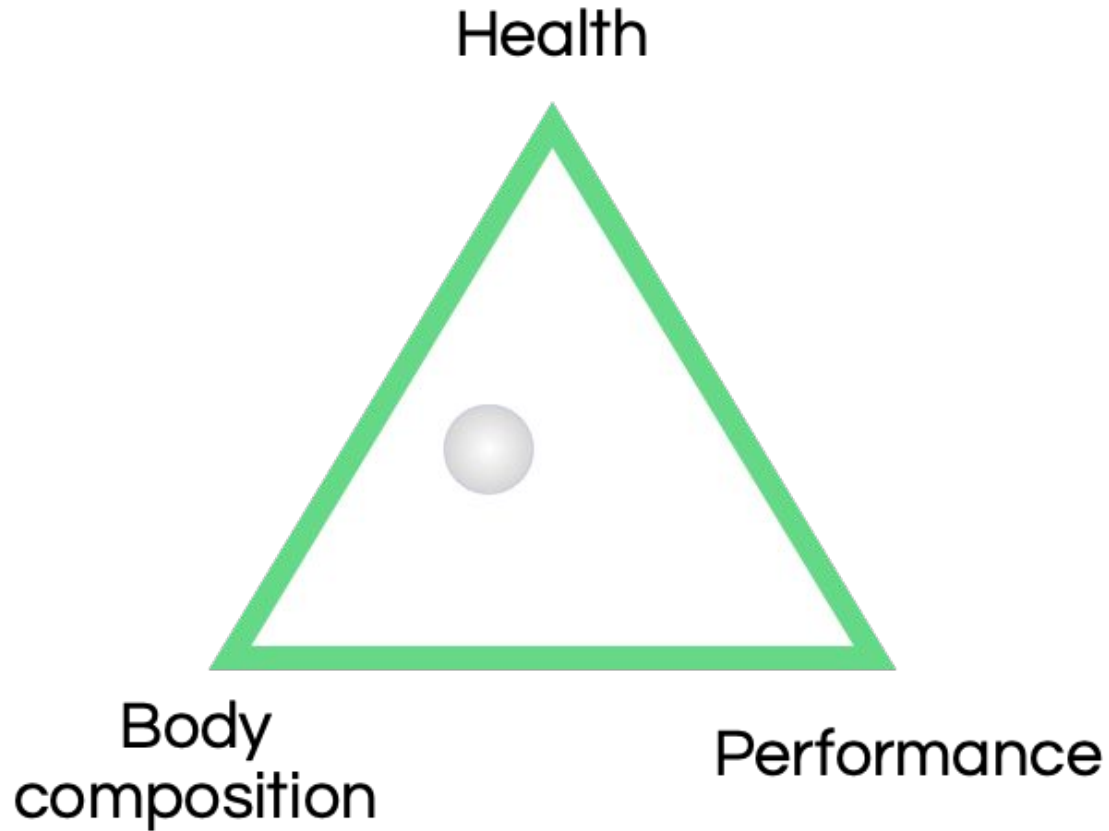
# KEY FOCUS POINTS



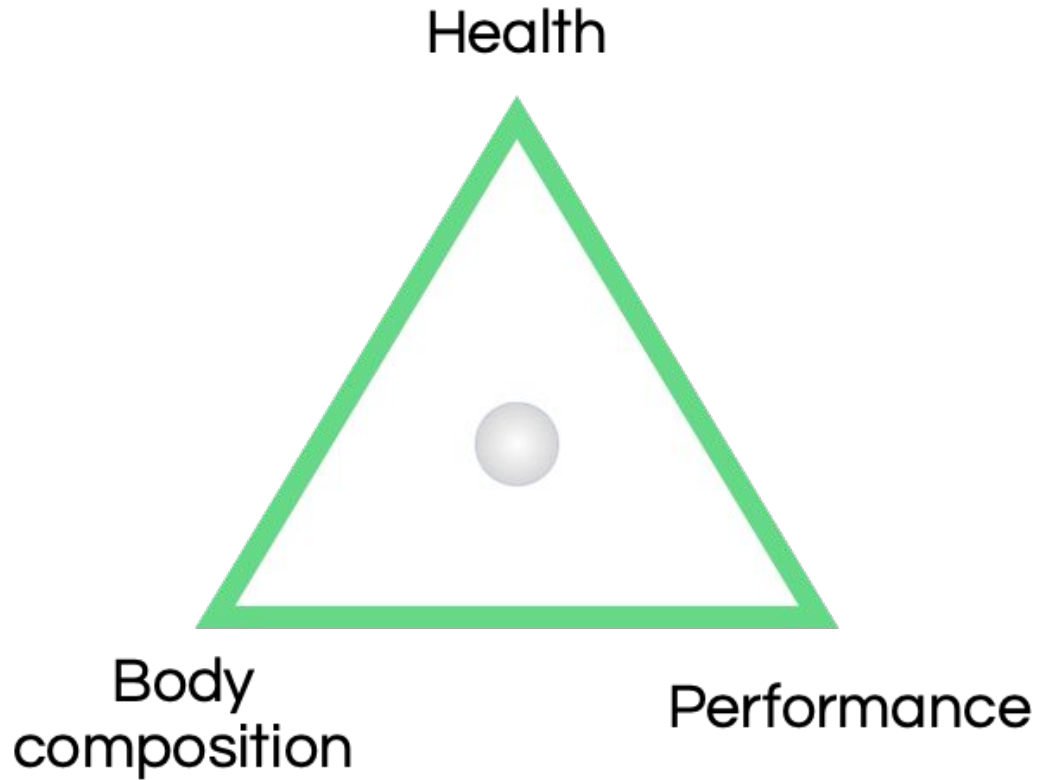
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## Training plateau - tips

- Take an extra rest day
- Eat more pre workout
- Change the stimulus
- Do something you WANT not want  
you THINK YOU SHOULD DO



A group of people in a gym are performing a lunge stretch. They are in a lunge position with their arms raised and hands clasped above their heads. The gym has a dark floor and a white wall in the background. There are signs on the wall, including an "EXIT" sign and a sign that says "SOUL 6 HEART".

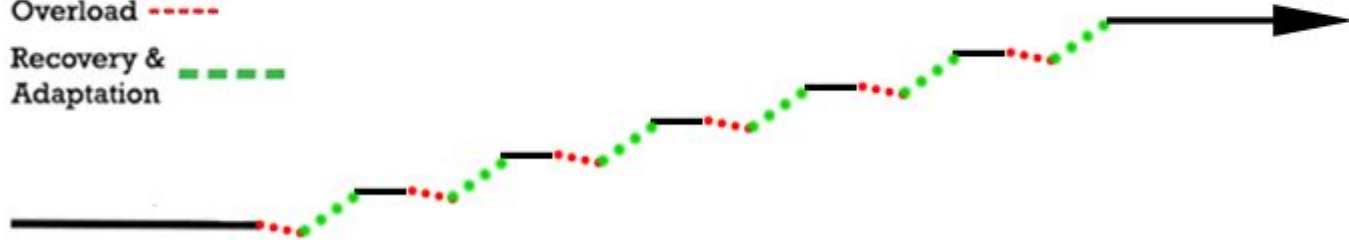
# The importance of a novel stimulus

## The Principle of Progressive Overload

Homeostasis ———

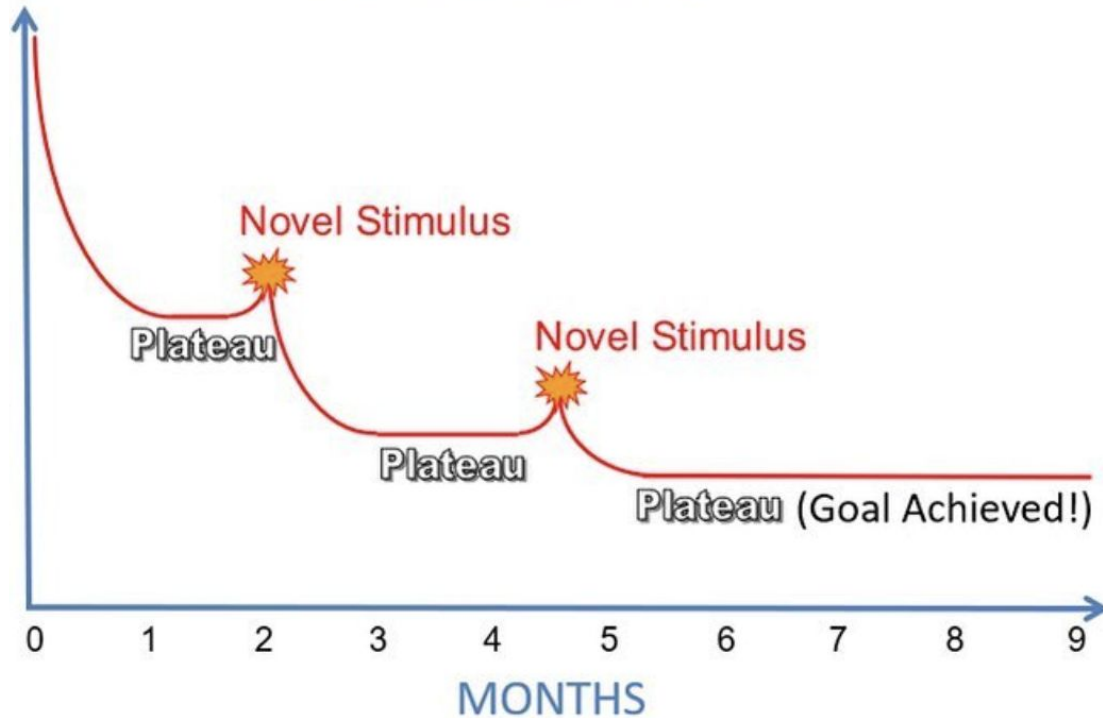
Overload - - - - -

Recovery &  
Adaptation - - - - -



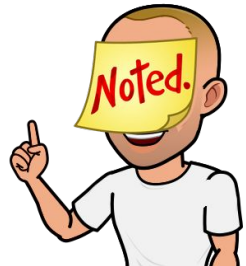


## The anatomy of progress



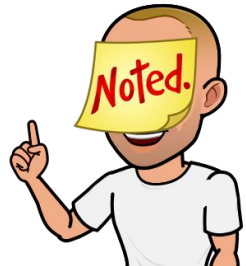
## Novel stimuli

- Short term aggressive deficit
- Eating more around your workouts
- Change of training plan
- Holiday or a deload week
- Tracking food



## Wrap up tips

- Identify what the limiting factor is
  - Too little food
  - Too much food
  - Be brutally honest
- Look at your training
  - Not the right stimulus
  - Too little
  - Too much



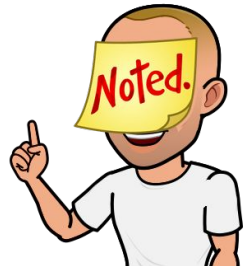
Am I actually in a plateau?

Are there areas that I am progressing with?

Is it a plateau or is it maintenance /  
homeostasis?

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Novel stimulus



A man in a black t-shirt is performing a pull-up in a gym. He is smiling and looking towards the camera. The background shows gym equipment like rings and a rack. The text "Enjoy the process" is overlaid in white.

Enjoy the process