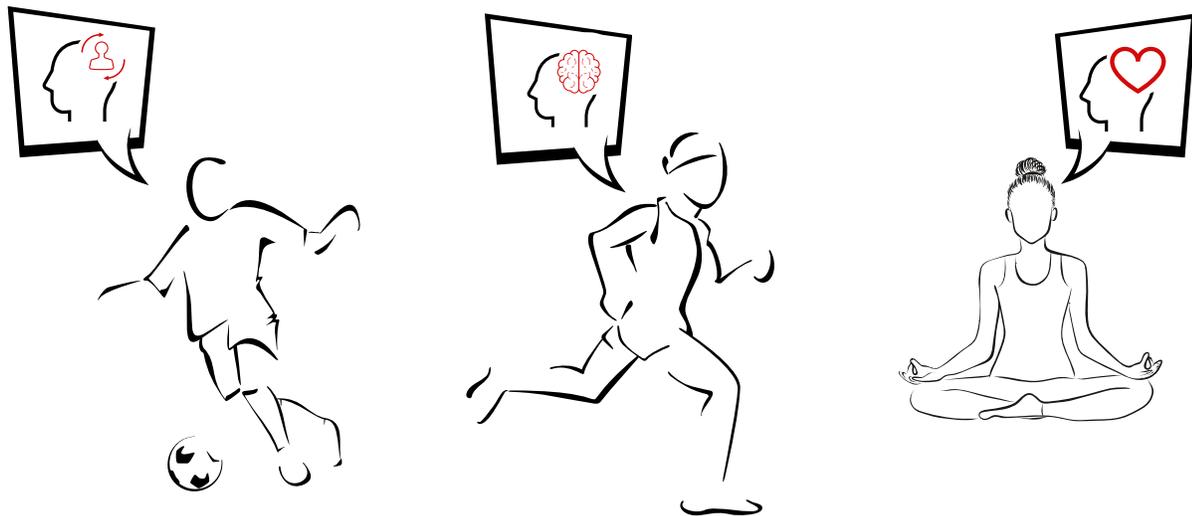


NEUROTYP OVERVIEW



NEUROTYP TRAINING

with **KMF**

TYPE 1A



NEUROLOGICAL OVERVIEW

Need to be the leader, high self-esteem, seek out conflicts, strong but non-adjustable personality, will do everything to win in any situation and losing will ruin their day.

Dopamine sensitive - Goal oriented, high self-esteem, seek to win (to get pleasure), love to take risks, need to be in charge

Low(er) serotonin vs. dopaminergic activity - A higher conversion of dopamine to adrenaline makes them more aggressive, irritable, and very driven. This also means they can't tolerate a lot of volume because they will easily deplete dopamine.

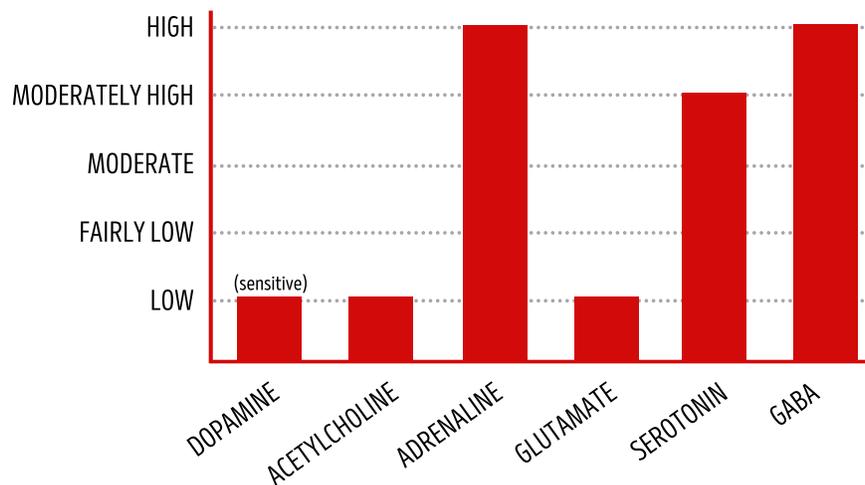
Higher GABA - Black or white personality ... there are no grey zones. It's all or nothing. Not good at adjusting to various people or situations. Like a bull in a china shop.

Lower acetylcholine - Motor skills are not as good, cannot tolerate lots of volume because of a higher risk of dopamine depletion, don't need as much variation in training, memory and recall not as good as other types.

Low glutamate - Very low level of empathy, don't care about hurting people's feelings, very tough against failure (if not affected, will just power through), don't lose confidence easily.



NEUROTRANSMITTER BALANCE: TYPE 1A



TYPE 1A



Personality Characteristics

- Confident
- High Self Esteem
- Always want to be the leader
- Take up a lot of space
- Talkative, loud
- Will do anything to win
- Very Competitive
- Charismatic
- Risk Takers
- Argumentative
- Need to be right
- Impulsive
- Don't do well with authority
- Intense
- Burn the candle at both ends
- Grinders
- Impatient
- Break rules
- Perform well under pressure
- Resilient to stress
- Extroverted
- Novelty seekers
- Goal driven
- Need to see results quickly
- Addictive personality
- Low empathy
- Doesn't care what others think of him/her

Training Considerations

- Heavy lifting, neurological work, need the nervous system to be firing
- Don't do well with mind-muscle connection or pump work
- Cannot tolerate a lot of volume or variety per session (low acetylcholine)
- Need intensity
- Motivated by lifting heavier weight and "winning" the workout
- Build muscle by getting stronger
- Recover well from heavy, neurological work as long as volume is managed (high GABA)

Sport Preference

- Powerlifting
- NFL linemen or linebackers • Strongman
- Any position requiring brute force and strength



TYPE 1A



NUTRITION OVERVIEW

Adherence tool: Type 1A's are very competitive and have a hard time with authority. We need to develop the early buy-in factor or they'll quickly lose faith in the coach or program. This means they need to see results very quickly. Type 1A's also have high levels of GABA and pretty high serotonin as well, which makes them an ideal candidate for an aggressive protocol.

Fat loss structure: The sprint approach. Type 1A's can handle a more extreme deficit due to their high inhibitory neurotransmitter balance. This also means that they don't need very high carbs. An effective strategy for fat loss is a 3 week aggressive deficit, followed by 1 week at maintenance. Type 1A's can do well with 1-2 refeed days per week to help with adherence, and avoid any metabolic adaptations.

Muscle building structure: Type 1A's don't need much of a surplus, or any, to build muscle. A starting point that makes the most sense for a type 1A is actually a very small deficit (100-200 calories) and then go up from there. Many type 1A's can build muscle at maintenance calories. Some may need a small surplus. An effective strategy for muscle building is almost the inverse of the fat loss plan - 3 weeks at maintenance or a small surplus, followed by 1 week at a deficit to avoid unwanted fat gain.

Food considerations: The main thought process with type 1A is to support dopamine production. Being dopamine dominant, their biggest risk factor is dopamine depletion. We want to ensure that doesn't happen through our nutritional approach. Foods rich in l-tyrosine (and/or supplementation with l-tyrosine) will help support dopamine production. Also, meals comprised of mostly protein and fats will favor the transport of l-tyrosine.

TYPE 1B



NEUROLOGICAL OVERVIEW

High level of self-esteem but can more easily adjust their behavior to the needs of a situation, fast motor learners, multi-taskers, better natural athletes.

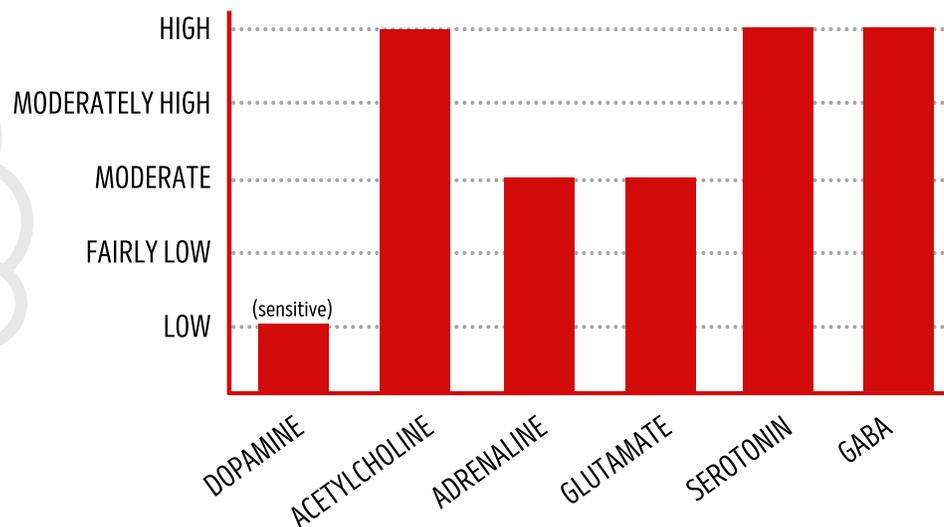
High dopamine sensitivity - Goal oriented, high self-esteem, seek to win (to get pleasure), love to take risks, lead by example.

Higher serotonin vs. dopaminergic activity - Less adrenaline production results in them normally performing best under pressure (they don't get over-excited) but also harder to get "amped up", less risk of overtraining than 1A, more adaptable behavior.

Higher serotonin to GABA ratio - While not as adaptable as 2A's, they can more easily adjust their behavior to various people and situations.

High acetylcholine - Better motor learning, memory and information recall, more creativity, more efficient stretch reflex, greater need for experimenting with a lot of things.

NEUROTRANSMITTER BALANCE: TYPE 1B



TYPE 1B



Personality Characteristics

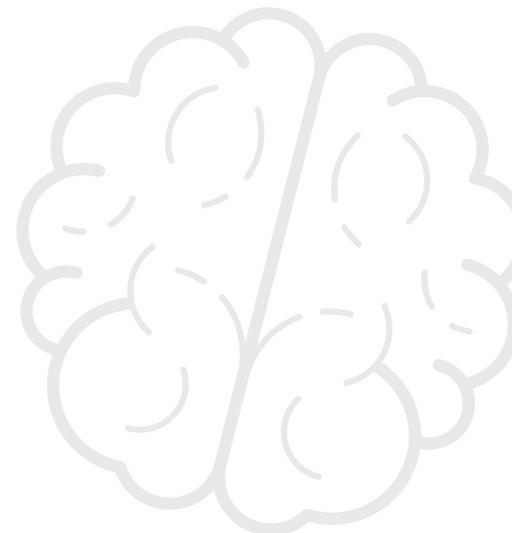
- High self-esteem
- Multi-taskers
- Quick learners
- Naturally athletic
- Explosive personality
- Imaginative
- Like to try new things
- Impatient
- Goal oriented
- Excellent skill transfer
- Competitive
- Lead by example
- Risk takers
- Perform well under pressure
- Need to see results quickly

Sport Preference

- Olympic lifting
- Sprinters
- MMA
- CrossFit
- Any skill position in sports (naturally the most athletic)

Training Considerations

- Explosive lifting, neurological work, more variety (high acetylcholine)
- Build muscle by becoming more explosive
- Love to utilize momentum or the stretch reflex
- Need to be challenged or gets bored easily
- Best transfer from assistance lifts to main movements
- Can handle high intensity and high volume (dopamine sensitivity, high acetylcholine, high serotonin)
- Resilient to stress and recover well from neurological work (high serotonin)



TYPE 1B



NUTRITION OVERVIEW

Adherence tool: Type 1B's will be very similar to type 1A's in the sense that they are also dopamine dominant and need to see results very quickly. They are also resilient to stress due to high inhibitory neurotransmitters and high acetylcholine. The biggest difference is that type 1B's will respond better to intermittent fasting due to their need for brain stimulation.

Fat loss structure: The sprint approach. Type 1B's can also follow an aggressive deficit for 3 weeks on, followed by 1 week at maintenance. We can also include a 14-16 hour daily fast and 1-2 refeed days per week. With high levels of serotonin, type 1B's don't need a lot of carbs to recover, so a low carb plan is optimal for fat loss.

Muscle building structure: Type 1B's can build muscle without much of a surplus. Some can get away with a slight deficit, while others will need maintenance or a small surplus to grow. There are a couple of strategies that work well with type 1B's. First, they can utilize the 3 week maintenance (or small surplus) followed by 1 week at a deficit approach. Or, they can do 6 days at a little higher surplus with a 24 hour fast each week. They can build and recover well on moderate carbs.

Food considerations: Being dopamine dominant, type 1B's will also want to support dopamine production through foods that are rich in l-tyrosine. They will also want to support their naturally high levels of acetylcholine through choline-rich foods. Meals that are high in protein and fats will help in dopamine production through the transport of l-tyrosine. They also respond well to fasting protocols (in general).

TYPE 2A



NEUROLOGICAL OVERVIEW

More changing personality, a social chameleon, will adapt their behavior to the person or situation, lower level of self-esteem so need others to respect/like them. This makes them great at reading people.

High adrenaline sensitivity - Personality that changes when stress is elevated. Will go from chill, relaxed, lazy and friendly to confident, driven, irritable, energetic (they become more like a 1B or 1A ... the more adrenaline there is, the more like a 1A they become).

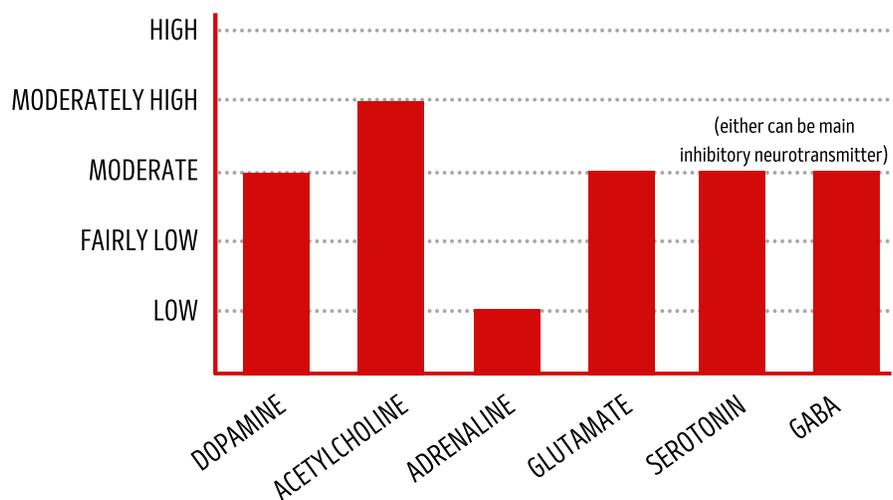
Balanced dopamine, GABA and serotonin - Under "optimal" situations, these three neurotransmitters are fairly balanced, which gives 2A a "friendly", easy-going and easily adaptable behavior. They are, however, easily influenced by periods of stress that can deplete either one of these three neurotransmitters.

Moderate to high acetylcholine - 2A's can be pretty close to 1B's when it comes to athletic skill and motor learning because they have the second highest level of acetylcholine of all of the types (in general). There are exceptions, of course.

Moderate glutamate - Along with their lower natural level of self-esteem, the moderate level of glutamate gives the 2A a good amount of empathy, second only to the 2B. When under stress, or due to nutritional factors, glutamate can increase and GABA decrease, which makes a 2A behave a lot like a 2B.



NEUROTRANSMITTER BALANCE: TYPE 2A



TYPE 2A



Personality Characteristics

- Main motivation is to seek admiration, respect, and to be liked by the person they are with
- Can adapt to any situation
- Low self-esteem at rest but potentiated by adrenaline and becomes alpha version of themselves
- Want to be liked by everyone
- Great at reading people
- Indecisive
- Procrastinators
- Experience FOMO frequently
- Fun to be around
- Care a lot about the opinion of others
- Need variation, constant change
- Perform better when up against a deadline
- Great impersonators, actors, creating personalities
- People pleasers
- Letting someone down is destructive for them
- Hate to feel left out

Training Considerations

- Need variation, equal mix of neurological and muscular work
- Everything works but nothing works for very long
- Can handle high volume and density with short rest periods (adrenaline sensitivity)
- Easily fatigued mentally when things get too repetitive
- Difficult to physically overtrain (high mix of GABA/serotonin)
- Can be more like a 2B under stress, more like a 1B under better conditions, or a 2A with high acetylcholine

Sport Preference

- CrossFit
- Team sports
- Will try different modalities because of their need for variation



TYPE 2A



NUTRITION OVERVIEW

Adherence tool: Type 2A's crave variety so they will get bored quickly with the same structure. There are several ways to incorporate variety into their plan, but the nice part with a type 2A is that everything works! You can really implement any nutritional strategy, depending on the individual, as long as things are kept fresh and progress is considered. Type 2A's do especially well with carb cycling, training vs. non training numbers, a bit of intermittent fasting, and rotating food choices.

Fat loss structure: The moderate or interval approach. Type 2A's do well with a moderate deficit and a plan that incorporates variety. They can have some days at a small deficit, some days at a large deficit, and some days at a moderate deficit. Even incorporating a surplus day will work well. Utilizing an interval approach will also work where the nutritional strategy changes every 3-4 weeks. For example, 3-4 weeks of carb cycling, 3-4 weeks of training vs. non training, 3-4 weeks of intermittent fasting, 3-4 weeks of low carb, etc.

Muscle building structure: Type 2A's build muscle in the same way they lose fat ... utilizing moderation and variety. Having surplus days mixed with deficit and maintenance days is a great approach as long as the net balance is a small to moderate surplus. Utilizing carbs around training is an effective approach for a type 2A when it comes to building muscle.

Food considerations: The most important thing to consider for a type 2A is to maintain adrenaline sensitivity. That means that we don't want the adrenergic receptors activated for too long. That's why post workout carbs can help, and not going too drastic with a prolonged deficit. Moderation works better. We also want to maintain adrenaline production through dopamine support (since adrenaline is fabricated down stream from dopamine). Therefore, l-tyrosine rich foods can be a staple in their diet. When a type 2A is under more stress, we can add more carbs, which will favor l-tryptophan production and help increase serotonin. Type 2A's also do well with longer periods of time in between meals.

TYPE 2B



NEUROLOGICAL OVERVIEW

The more emotional type, all their emotions (good or bad) are amplified, they have a lower level of self-esteem and need others to like them to feel good, they have the highest level of empathy, and are often prone to rapid mood swings.

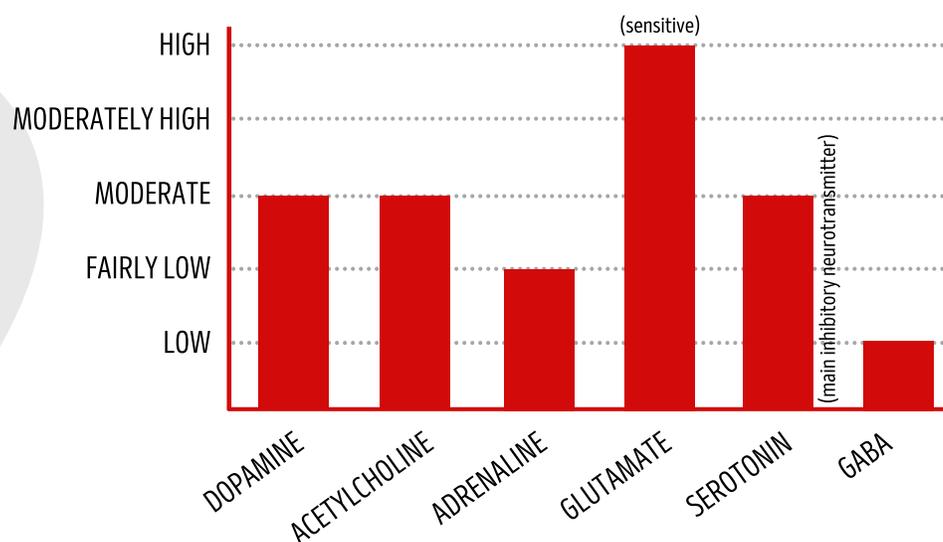
High glutamate - Good memory, but not necessarily good recall of information, strong emotions, prone to frequent mood swings.

Serotonin higher than GABA - Fairly adaptable behavior, not as much as 2A's but equal or superior to 1B's. The 2B is often seen as "the good guy or girl."

Low inhibitors vs. activators - More prone to anxiety, tend to produce more cortisol than all the types except type 3, prone to overthinking and creating scenarios in their mind. Will prefer to stick to things they know than taking risks.

Low to moderate acetylcholine - Memory will still be good because of glutamate, but recall of information will be slower. Motor learning is not as good.

NEUROTRANSMITTER BALANCE: TYPE 2B



TYPE 2B



Personality Characteristics

- Need to feel important
- Higher anxiety
- Introverted but can be extroverted when they feel good
- Great listeners
- Prefer one-on-one situations
- Emotional
- Seek admiration and respect of others
- Fall in love easily
- People pleasers
- Give all of themselves to others/relationships
- Have a hard time saying no
- Hate to disappoint others
- Stick with things they know and love
- Read people well
- Like to dress up and look good
- Very empathetic
- Most prone to choking under pressure
- Hard on themselves
- Will sacrifice themselves for others
- Most prone to emotional eating and binge episodes

Training Considerations

- Need to FEEL their muscles working (high glutamate)
- Love a good pump
- Motivated by a positive reward from their training (ie lots of sweat, muscles burning, etc)
- Mind-muscle connection
- A bad workout can ruin their motivation
- Cannot handle a lot of neurological work
- Can handle a lot of volume of muscular work

Sport Preference

- Bodybuilding
- Physique



TYPE 2B



NUTRITION OVERVIEW

Adherence tool: Type 2B's are all about FEEL so we want to support a protocol that makes them feel their best, which will allow for better adherence. They are typically great at following a plan. However, they can be very hard on themselves, so one slip up or perceived failure can be costly. It's important to have that understanding as a coach, or as a 2B, to work on the all or nothing mindset. They are the most prone to emotional eating. It helps to develop other outlets and create awareness around their habits when it comes to emotional eating. We'll see in the food choices that supporting GABA and reducing glutamate through nutrition will be important.

Fat loss structure: The interval or marathon approach. Type 2B's tend to be a little more anxious and produce higher cortisol, so an aggressive deficit is not a great idea. They can take a slow and steady approach and be just fine, or they can take more of an interval approach. Type 2B's want to pay more attention to any stress relieving activities like meditation, belly breathing, stretching, walking, sleep routine, and any other mindfulness practice. Some type 2B's can feel great on a ketogenic (or modified keto) diet to help increase GABA and decrease glutamate, before shifting into a cyclical keto or carb cycling approach. They can also make progress on a small deficit over a longer period of time and utilizing carbs, mostly around the workout window and before bed.

Muscle building structure: Type 1B's can build muscle without much of a surplus. Some can get away with a slight deficit, while others will need maintenance or a small surplus to grow. There are a couple of strategies that work well with type 1B's. First, they can utilize the 3 week maintenance (or small surplus) followed by 1 week at a deficit approach. Or, they can do 6 days at a little higher surplus with a 24 hour fast each week. They can build and recover well on moderate carbs.

Food considerations: Being dopamine dominant, type 1B's will also want to support dopamine production through foods that are rich in L-tyrosine. They will also want to support their naturally high levels of acetylcholine through choline-rich foods. Meals that are high in protein and fats will help in dopamine production through the transport of L-tyrosine. They also respond well to fasting protocols (in general).

TYPE 3



NEUROLOGICAL OVERVIEW

Generally introverted, patient, love structure, are very disciplined and make decisions based on facts, not emotions, tend to be overly analytical, and have a hard time adjusting to sudden changes.

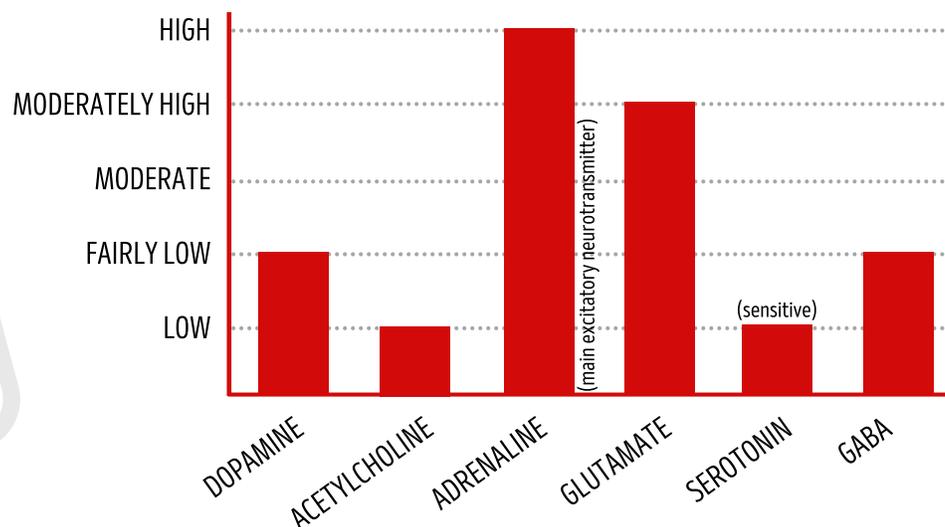
Fairly high dopamine (but low sensitivity) - Very patient, easily accept delayed gratification for later success

Low serotonin - Higher level of anxiety, chronic overthinkers/paralysis by analysis, OCD-like behavior, super structured, love following a plan, bad at adapting on the fly.

High activators (glutamate, dopamine, adrenaline) vs. inhibitors (GABA, serotonin) - More prone to anxiety, tend to produce the most cortisol, prone to overthinking and creating scenarios in their mind. Will prefer to stick to things they know than taking risks.

Variable acetylcholine - Type 3 can have high acetylcholine and, along with a fairly high glutamate level, it gives them a very good memory, which is almost a requirement for their profile to be "happy" (they are information accumulators). They can be pretty good technicians in sport or training and, in fact, often put technical mastery above pure performance increases.

NEUROTRANSMITTER BALANCE: TYPE 3



TYPE 3



Personality Characteristics

- Anxious
- Perfectionist
- Introverted but can be more extroverted when they are in more familiar situations
- Pragmatic
- Analytical
- Patient
- Great at following a plan
- Motivation is to avoid injury or stress
- Don't like to take risks
- Observers
- Prefer repetition over novelty
- Make decisions based on information and data, not impulse
- Sudden changes in their plan can cause a lot of stress
- Don't like to talk about themselves
- Very focused
- Love structure and rules
- Detail oriented

Training Considerations

- Need to feel in complete control of the movement, technique geeks, prefer structure (serotonin dominant)
- Don't do well with heavy or explosive neurological work and need more rest days (low serotonin/GABA)
- Prefer repetition - variety can create more stress/anxiety
- Highest cortisol producers
- Longer rest periods (high adrenaline)

Sport Preference

- Runners
- Cyclists
- Endurance sports



TYPE 3



NUTRITION OVERVIEW

Adherence tool: Type 3's are typically the best at following a plan. The most important thing for a type 3 is to give them as much information as possible, as far in advance as possible. Of course, this isn't always possible, but type 3's love to know why they are doing something and they don't want any surprises.

Fat loss structure: The marathon approach. Type 3's are the highest cortisol producers so they do very well on a high carb, low fat plan. However, they can't handle a very drastic deficit, so keeping a small deficit over a long period of time is the best way to cater to their nature. Type 3's are great at playing the long game. They don't need much variety at all, and adherence is typically not an issue.

Muscle building structure: For type 3's, we take the same approach as we do with fat loss, but we utilize a small surplus instead of a deficit. High carb and low fat is still the best approach for a type 3, even when it comes to building muscle. Any strategies to help reduce cortisol and improve insulin sensitivity will be useful.

Food considerations: The main consideration for type 3's is supporting their inhibitory neurotransmitters. Protein and carb meals will favor the transport of l-tryptophan, which will support serotonin. When both serotonin and GABA are low, we want to fix serotonin first. Foods rich in taurine will support GABA production. Type 3's will do well with mindfulness practices, supplementation with adaptogens and 5-HTP, and a proper sleep schedule.