

DE MEY EIGHTY8

GETTING STARTED



WELCOME

Hello DEMEY88 member!

Awesome that you're about to start with the DEMEY88 platform. Today you've taken an important step to reach your physical goals. Thanks to a combination of 40 years of experience and the latest scientific research you can reach the physique of your dreams.

The complete DEMEY88 program will give you a step-by-step guide to attain amazing results.

The system utilizes the same principles as Berry de Mey once used to prepare for the Mr. Olympia, and is also used by today's athletes. These principles will be used to create your personal coaching program.

In this document you will find instructions on how to use the DEMEY88 platform in the best possible way. Please make sure to take everything step by step and ease your way in to your new lifestyle.

We would love it if you would share your DEMEY88 experiences through social media through our hashtag #DEMEY88. This will help us create a community that can help and inspire each other.

Enjoy the process!

Team DEMEY88

COMPLETE YOUR PROFILE

The first thing you'll see after you log in (<https://www.demey88.com>) will be the profile page. Please make sure to complete the profile, training settings and choosing your goal. It'll only take you three minutes.

We would advise you to do everything on a PC or laptop, this document and tutorial videos are designed in desktop format.

It's important to complete your profile and choose the right goal. This information will help us to create a personalized plan for you. The DEMEY88 utilizes your stats and your chosen goal to set up your personal program.

When using a subscription with a coach you can consult him or her on various matters.

GETTING STARTED

To use the DEMEY88 platform in the most optimal way you'll need to do the following:

- Give this document your time and attention
- Complete your profile
- Complete your training settings and choose a goal
- Upload your first picture
- Fill in your weight and fat percentage
- We recommend that you read the DEMEY88 METHOD so you understand the underlying principles of the DEMEY88 coaching.



LOGGING IN

You can log in through our website at any time:

<https://www.demey88.com>

YOUR FIRST WEEK

When you start using DEMEY88 it'll feel like you'll be flooded with information. Make sure to take your time to go through all the information.

When using the GOLD or PLATINUM package you'll get to know your coach in the first week already.

Don't just focus on the weight the scale displays but also on what your body looks like in the mirror. You'll read more about this in the DEMEY88 METHOD.

DEMEY88 METHOD

The DEMEY88 METHOD will explain all about the development of the DEMEY88 platform and the principles used in the DEMEY88 coaching system.

We recommend reading through the METHOD as it forms the foundation of our platform.

DEMEY88 GUIDE

After reading the DEMEY88 METHOD you should be able to choose your own path in to reaching your goal.

The DEMEY88 GUIDE acts as extra support to help you. Through our menu you'll find a GUIDE for every goal.

If you have any questions or need more information about certain subjects you can consult the DEMEY88 GUIDE to help you out.



DASHBOARD

After completing your profile you'll go to your dashboard. Here you'll be able to adjust your training settings and goals.

The dashboard will act as the centre where all of your information is processed and displayed. From here you can navigate to any of the elements of the platform:

TIME MACHINE

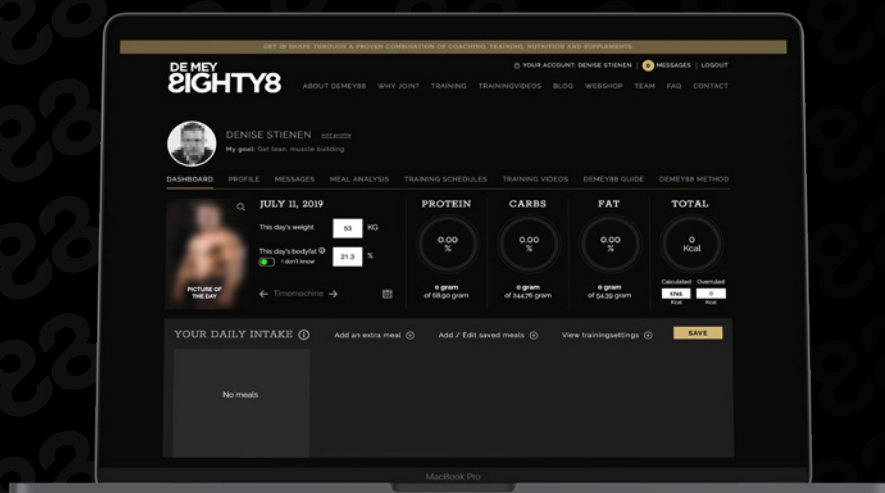
With the time machine you can go through your past results and plan for the future.

MESSAGES

In the GOLD package you'll communicate with your DEMEY88 coach. In the PLATINUM package you'll communicate with Berry de Mey.

YOUR DAILY ACTIVITY

Pretty much all the 'pillars' will be taken into consideration in the calculations done by the FOOD APPLICATION. However this still means there are a lot of other variables that need to be taken into consideration as far as nutrition is concerned. In 'YOUR DAILY ACTIVITY' you can fill in all the information you feel is relevant to your progress.



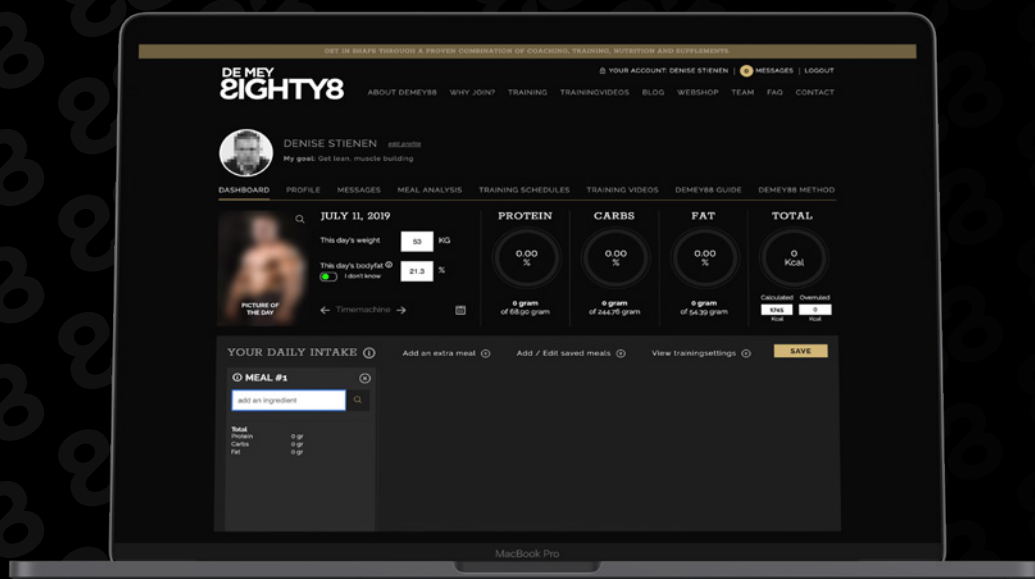
FOOD APPLICATION

In your dashboard you will find the FOOD APPLICATION, which is programmed with an ingenious algorithm.

The FOOD APPLICATION is specially designed for the DEMEY88 METHOD. This means the program is unique and can't compare to any other program.

In the FOOD APPLICATION your daily energy budget, protein, carbs and fats will be calculated in the correct ratio, according to your goals.

Besides making sure you get your recommended calories in, it's also important to get the right amount of the macronutrients in. Next to seeing the number of calories you'll also see your recommended protein, carb and fat intake. According to the DEMEY88 METHOD there is no set ratio of macronutrients.



MACRONUTRIENTS

According to the DEMEY88 METHOD a change in calories also comes with a change in the ratio of macronutrients (proteins, carbs and fats).

The FOOD APPLICATION is programmed in such a way that the right ratios macronutrients are calculated right away and visible on the DASHBOARD.

The chosen goal and other factors will play a role in this calculation.

OVERRULED

Why can I overrule the calculated amount of calories for the day in DASHBOARD?

Every individual responds differently to various nutrition programs due to the many variable factors. The DEMEY88 GUIDE and/or coach can confirm whether the application is a 100% accurate or not. In many cases it can have small deviations. When it turns out you need to adjust your calories you can adjust the total amount of calories recommended by the FOOD APPLICATION calculation, by filling in the corrected amount of calories in the field 'overruled'.

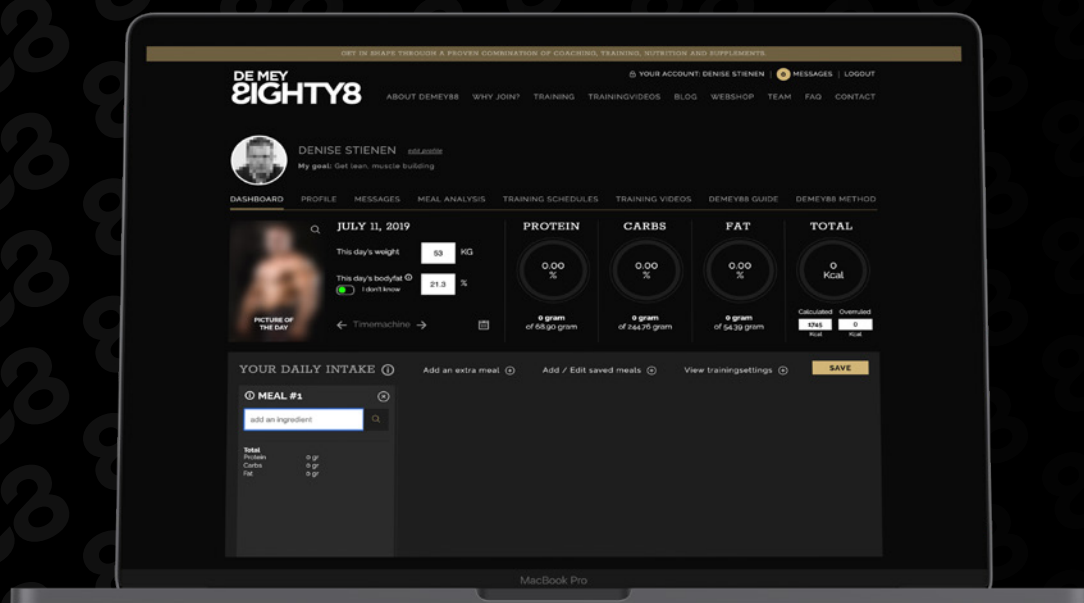
The FOOD APPLICATION ensures that after the calorie adjustment is made the macronutrients are adjusted as well to the correct ratio. According to the DEMEY88 METHOD this is not a fixed ratio. The programmed smart calculations in the app will be shown to you instantly.

FOOD APPLICATION INSTRUCTIONS

You'll find the FOOD APPLICATION on the DASHBOARD. Here you'll be able to fill in your nutrition for that day. Also with the TIME MACHINE you'll be able to plan meals in advance and see what your nutrition was like before.

When the meals/ingredients are filled out the gauges in the DASHBOARD show how much calories and matching macronutrients you have been eaten and still have left for the day.

So this is the place where you add meals you've eaten that day. Make sure to put in all the separate ingredients (weighed and all). After doing this you will have an overview of your calorie, macronutrient and nutritional value intake. This way you can determine when and how much you eat, as long as you stay within the limits of your calorie budget for that day and take other DEMEY88 guidelines in consideration



ADD MEALS

- Click on 'Add an extra meal'
- Add ingredients
- Choose your portion size
- Save your meal.

If you can't find the product in our database feel free to email the product including the label to: food@demey88.com. We'll make sure to add the product to the database.

SAVE MEALS

Saving meals will save you time adding it to your meals of the day.

- Click on 'Add / Edit saved meals'
- Click on 'Add new meal'
- Describe your meal, for instance: Oatmeal Breakfast
- Add ingredients in your desired portion size
- Click on 'Save meal'.

EDIT MEALS

If you want to edit your saved meals use the 'Add / Edit saved meals' button.

HOW TO ADD MEALS

FROM MEALS:

- Click on 'Add an extra meal'
- Search the product in the 'Add an ingredient' tab
- Select your product and portion size
- Click on Save.

FROM SAVED MEALS:

- Click on 'Add saved meals'
- Search your saved meal
- Click on 'Add this meal'
- Click on Save.

FROM MEAL ANALYSIS:

- Click on 'Meal analysis'
- Search your meal
- Click on 'Add to daily intake'
- Select the day and click 'Add now'
- Go back to the DASHBOARD and click on 'Save'.



TRAINING

DEMEY88 coaching is developed in such a manner you'll be advised what your energy budget will be with the correct protein, carbs and fats ratio to attain your chosen goal.

As far as training is concerned, it is near impossible to just use any training program and get the results you want. Even a schedule that is theoretically perfect for someone, correct execution of the program is paramount.

That is why DEMEY88 Coaching focuses all attention on how you are able to execute a schedule correctly. The offered training schedules form a foundation. Personalize it with the knowledge from the DEMEY88 METHOD.

SELECTING YOUR TRAINING SCHEDULE:

- Click on 'Training schedules'
- Select your goal
- Choose the number of workouts you want to do in a week
- Click on 'Go on and view schedules'.

Here you'll find an overview of all the training schedules. On the left side you'll be able to filter through the different schedules and find your desired program.

Select your schedule by clicking on 'See schedule'. Here you'll find an overview of the number of selected training days. When you completed a workout you can add this to your activities by clicking on 'Add to activities'.

TRAINING VIDEOS

Not only does DEMEY88 platform offer you training schedules it also offers a large database with training videos. Here you can view your favorite DEMEY88 basis exercises per muscle group.



RECOVERY

Rest and nutrition are number one as far as recovery and progress are concerned. Supplements will play a large roll to improve your progress and recovery.

In the DEMEY88 METHOD you'll read up on why rest is crucial in getting results.

Berry de Mey developed a supplement line called DEMEY88 by Berry de Mey Nutrition. Here Berry made use of the latest scientific knowledge. An irreplaceable adviser is scientist Cas Fuchs.

SUPPLEMENTS

We will also advise you how to use supplements, minerals and vitamins in addition to your nutrition. In the DEMEY88 METHOD you will learn everything you need to know.

Click on one of the supplements below and you will get more information about this supplement. If you live in Europe you can order the supplements directly from our [webshop](#).



COACHING

The DEMEY88 coaching platform will offer you everything you need to reach your goals. Will it be easy? No. Will it be possible? Yes!

If you've chosen the GOLD or PLATINUM package, you will be actively coached. This will mean you'll receive answers to any questions you may have. In addition to that your coach will also look to the information you enter on the platform, provide you with feedback and keep you motivated.

PRIVACY

Read our privacy statement:

<https://demey88.com/privacy-statement>

DEMEY88 SHOP

In the DEMEY88 shop you'll find our custom designed DEMEY88 clothing in both ladies and men's t-shirts and tank tops of the highest quality. We know that a proper shirt or tank top is essential to perform at your best during a workout.

<https://www.demey88.com/shop/>



FINALLY

THERE IS NO QUICK WAY, JUST THE RIGHT WAY.

Surrender yourself to the process. Learn and understand the system and gain insight on how to reach your goal. Commit yourself and success is the only option as a result.

‘BE A WINNER, BE YOUR OWN CHAMP!’

If you have any questions after reading this document and watching the tutorial videos you can consult the FAQ page. If you still have questions feel free to email us at info@demey88.com

Good luck and be happy,

Berry de Mey

