



GET SHREDDED
2.0



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WELCOME AND INTRO

THANK YOU FOR YOUR PURCHASE! I APPRECIATE YOUR LOVE AND SUPPORT! I HOPE THAT THIS EBOOK HELPS YOU REACH YOUR GOALS AND THAT YOU LEARN AS YOU READ AND FOLLOW THIS PROGRAM. MOST OF ALL, I HOPE THAT THIS EBOOK IS ENJOYABLE AND MAKES YOUR TIME IN THE GYM FUN AGAIN! REMEMBER, IF YOU ENJOY SOMETHING THEN YOU WILL STICK WITH IT. IF YOU DON'T ENJOY SOMETHING THEN IT TAKES A LOT OF DETERMINATION TO SEE IT THROUGH! MAKE SURE YOU HAVE FUN!!

SOME OF YOU MAY HAVE PURCHASED THE FIRST GET SHREDDED PROGRAM AND SAW SOME GREAT RESULTS! I AM EXTREMELY PROUD OF EACH OF THE TESTIMONIAL PICTURES AND STORIES THAT HAVE BEEN SENT TO ME ON TWITTER AND THE REST OF MY SOCIAL MEDIA. THE FEEDBACK THAT I'VE RECEIVED OVER THE LAST YEAR AND A HALF IS THE REASON THAT I DECIDED TO MAKE A GET SHREDDED 2.0! I'VE HAD MANY PEOPLE ASK ME FOR IT AND NOW HERE IT IS!

I WANT YOU TO KNOW THAT THIS PROGRAM ISN'T AN ADDITION TO THE FIRST GET SHREDDED PLAN. THIS GET SHREDDED 2.0 EBOOK HAS THE SAME GOAL AS THE FIRST ONE...TO GET SHREDDED...BUT THIS EBOOK TAKES A DIFFERENT ROUTE ON HOW TO GET THERE. SOME OF YOU MAY HAVE GOTTEN BORED OR TIRED OF THE FIRST PLAN, BUT YOU STILL WANT TO GET SHREDDED. GET SHREDDED 2.0 EXISTS SO THAT YOU CAN SWITCH THINGS UP AND TAKE A NEW AND FRESH APPROACH TO THE SAME GOAL! NOW YOU CAN ALTERNATE BETWEEN THE TWO PROGRAMS AND YOU WILL NEVER GET BORED OR TIRED OF EITHER ONE!

IF YOU HAVEN'T PURCHASED THE ORIGINAL GET SHREDDED PLAN, THEN DON'T WORRY! YOU DON'T NEED THAT EBOOK IN ORDER TO FOLLOW THIS ONE. THEY BOTH WORK SEPARATELY FROM EACH OTHER! THAT SAID, IF YOU LIKE THIS PLAN THEN YOU MAY WANT TO TRY THE ORIGINAL GET SHREDDED PLAN ONCE YOU FEEL THAT YOU'VE MAXED OUT YOUR PROGRESS WITH THIS ONE.

REGARDLESS, BOTH THE GET SHREDDED AND GET SHREDDED 2.0 EBOOKS WILL HELP YOU REACH YOUR GOAL, AND BOTH WILL WORK INDEPENDENTLY FROM ONE ANOTHER. NOW, LET'S GET STARTED!

"REMEMBER, IF YOU ENJOY SOMETHING THEN YOU WILL STICK WITH IT. IF YOU DON'T ENJOY SOMETHING THEN IT TAKES A LOT OF DETERMINATION TO SEE IT THROUGH! MAKE SURE YOU HAVE FUN!!"

GOALS

THE GOALS OF THIS EBOOK ARE TO HELP YOU GET LEANER AND ENJOY THE PROCESS ALONG THE WAY! THIS PROGRAM IS NOT DESIGNED TO HELP YOU ADD MUSCLE MASS, AND INSTEAD IT IS FOCUSED ON MAXIMAL FAT LOSS. I WANT TO REMIND YOU THAT YOU WILL ALWAYS SEE THE MOST RESULTS WHEN YOU FOCUS ENTIRELY ON YOUR GOAL. THAT GOES FOR ALL THINGS IN LIFE, BUT ESPECIALLY WEIGHTLIFTING, EXERCISE, AND NUTRITION!

A LOT OF PEOPLE WANT TO TRY AND BUILD MUSCLE WHILE LOSING BODY FAT. I HAVE HEARD IT A MILLION TIMES WHEN PEOPLE COME UP TO ME AND TELL ME THAT THEY WANT TO ADD MUSCLE IN CERTAIN AREAS OF THEIR BODY WHILE LOSING FAT FROM SOMEPLACE ELSE. IF YOU TRY AND DO BOTH AT THE SAME TIME THEN YOU WILL STRUGGLE TO SEE PROGRESS.

THE BEST OVERALL APPROACH TO TAKE IS TO FOCUS ON 1 OF 2 APPROACHES:

1.) LOSE MAXIMAL AMOUNT OF BODY FAT WHILE MINIMIZING THE AMOUNT OF MUSCLE LOST IN THE PROCESS.

2.) GAIN MAXIMAL AMOUNT OF MUSCLE TISSUE WHILE MINIMIZING THE AMOUNT OF BODY FAT THAT IS GAINED.

THE TRUTH IS THAT YOU WILL NOT BE ABLE TO LOSE BODY FAT WITHOUT LOSING SOME MUSCLE MASS. THE GOAL IS TO LOSE THE LEAST AMOUNT OF MUSCLE MASS AS POSSIBLE WHILE YOU GET SHREDDED. THE SAME IS SAID FOR THOSE TRYING TO GAIN WEIGHT. IT IS VERY HARD TO GAIN MUSCLE MASS WITHOUT PUTTING ON SOME BODY FAT. THE GOAL IS TO GAIN THE MOST AMOUNT OF MUSCLE WITH THE LEAST AMOUNT OF FAT AS POSSIBLE. WE CAN'T "JUST LOSE FAT" OR "JUST BUILD MUSCLE", AND ABOVE ALL...WE DEFINITELY SHOULDN'T TRY AND DO BOTH AT THE SAME TIME.

THIS EBOOK IS FOCUSED ON THE FIRST APPROACH, IN THAT WE ARE GOING TO TRY AND LOSE THE MOST BODY FAT POSSIBLE WHILE MAINTAINING AS MUCH MUSCLE MASS AS POSSIBLE. IF YOU WANT TO SWITCH THINGS UP AND FOCUS ON GAINING MUSCLE MASS IN THE FUTURE, THEN I HIGHLY SUGGEST THAT YOU CHECK OUT THE LEAN BULK POWER BODYBUILDING EBOOK THAT I ALSO OFFER. YOU CAN ALTERNATE BETWEEN THE GET SHREDDED EBOOKS AND THE LEAN BULK EBOOK AND SEE THE MOST AMOUNT OF PROGRESS OVER TIME.

IF YOU GET TO THE POINT WHERE YOU ARE SATISFIED WITH HOW LEAN YOU ARE, THEN YOU WILL THEN SWITCH TO FOCUSING ON ADDING MUSCLE MASS. ONCE YOU ADD SIGNIFICANT MUSCLE MASS, THEN YOU WILL FOCUS ON GETTING SHREDDED AGAIN! YOU WILL ALWAYS BOUNCE BACK AND FORTH BETWEEN THESE TWO APPROACHES. THE GOAL SHOULD BE THAT AFTER EVERY TIME YOU BULK AND CUT THAT YOU WILL BE LEFT WITH MORE MUSCLE MASS AT THE SAME OR EVEN LOWER BODY FAT % THAN BEFORE. THIS CONSISTENT PROGRESS OVER TIME LEADS TO A LEGENDARY PHYSIQUE!

SO REMEMBER THAT THIS EBOOK IS DESIGNED TO HELP YOU GET SHREDDED, BUT IT IS ONLY 1 OF THE 2 APPROACHES THAT YOU NEED TO IMPROVE YOUR PHYSIQUE OVER TIME! FOR NOW, LETS GET SHREDDED!

"YOU NEED TO UNDERSTAND THE CONCEPTS BEFORE YOU CAN APPLY YOUR BEST EFFORT TOWARDS THIS PLAN OR ANYTHING IN LIFE!"

WORKOUT SPLIT

THE WORKOUT SPLIT IN THIS EBOOK IS DESIGNED TO HIT MULTIPLE MUSCLE GROUPS EVERY DAY. THIS ALSO LEADS TO HITTING EACH MUSCLE SEVERAL TIMES PER WEEK. THIS IS KNOWN AS A HIGH FREQUENCY TRAINING PROGRAM. THIS PLAN ALSO HAS SHORT REST PERIODS AND A LOT OF ACTIVITY UTILIZING A WIDE VARIETY OF DIFFERENT TYPES OF SETS THAT YOU WILL PERFORM. THIS MAKES THE PLAN A HIGH VOLUME TRAINING PROGRAM. SO THE WORKOUT SPLIT AND STYLE OF EXERCISE SELECTION, SETS, REPS, AND REST MAKES THIS A HIGH FREQUENCY AND HIGH VOLUME TRAINING PLAN. THESE PLANS REQUIRE A LOT OF EFFORT WITH LESS REST, AND CAN BE DIFFICULT WHILE DIETING IN A CALORIC DEFICIT. I NEVER SAID THAT THIS EBOOK WAS GOING TO BE EASY, BUT IF YOU STICK WITH IT THEN I GUARANTEE THAT YOU WILL START TO SEE THE RESULTS THAT YOU ARE LOOKING FOR. THIS TYPE OF PLAN IS A PERFECT EXAMPLE OF HOW EXERCISE AND THE GYM CAN RELATE TO OTHER THINGS IN LIFE. IT'S VERY OFTEN THAT YOU WILL FIND THAT MOST OF THE THINGS YOU WANT IN LIFE WILL NOT COME EASILY AND WILL REQUIRE THAT YOU GIVE A LOT OF EFFORT IN ORDER TO ACCOMPLISH YOUR GOALS.

YOU WILL WORK EACH MUSCLE FREQUENTLY AND YOU WILL BE MOVING ALMOST CONSTANTLY DURING EACH WORKOUT. I EVEN HAVE SOME EXERCISES FOR YOU TO DO DURING YOUR REST PERIOD! YOU WILL NOT HAVE TIME TO TALK, SIT, REST, OR EVEN CATCH YOUR BREATH. THIS IS NOT A WORKOUT PLAN FOR SOMEBODY WHO LIKES TO BE SOCIAL IN THE GYM. THIS IS THE KIND OF PLAN FOR THOSE WHO WANT TO SHOW UP, PUT THEIR HEADPHONES IN, AND GET TO WORK! YOU CAN SAVE THE SOCIALIZING FOR BEFORE OR AFTER YOUR WORKOUT. WHEN YOU SHOW UP TO THE GYM TO PERFORM THE WORKOUTS IN THIS EBOOK, I WANT YOU TO SHOW UP WITH THE MENTALITY THAT YOU ARE THERE TO PUT IN WORK!

YOU MAY NOTICE THAT YOU DON'T HAVE THE CARDIOVASCULAR SHAPE TO KEEP UP WITH THIS PLAN IN THE BEGINNING. YOU MIGHT ALSO NOTICE THAT YOU ARE VERY SORE AS WELL, BUT DON'T LET THIS GET YOU DISCOURAGED! THIS PLAN IS ALSO DESIGNED TO HELP YOU IMPROVE YOUR CARDIOVASCULAR SHAPE AS WELL AS HELP YOUR BODY ADAPT TO THE WORK LOAD OVER THE FIRST FEW WEEKS SO THAT YOU CAN PUSH YOURSELF AND MAKE THE MOST PROGRESS OVER THE NEXT 2-3 MONTHS! I WANT YOU TO WORK HARD AND PUSH PAST THE SORENESS AND FATIGUE IN THE BEGINNING. YOU WILL BE SURPRISED AT HOW QUICKLY YOUR BODY WILL ADAPT TO THIS STYLE OF TRAINING IF YOU WORK AT IT! THE FIRST WEEK WILL BE THE MOST DIFFICULT AND THEN IT WILL ONLY GET EASIER EACH WEEK MOVING FORWARD. YOU SHOULD NOTICE THAT AFTER THE FIRST 2-3 WEEKS YOU WILL FIND YOURSELF IN BETTER CARDIOVASCULAR SHAPE, HAVE BETTER ENDURANCE, AND THAT YOUR BODY WILL NOT BE AS SORE. THIS IS YOUR BODY ADAPTING TO THE PROGRAM AND THIS WILL BE THE FIRST SIGN OF PROGRESS THAT COMES FROM THIS PLAN. IF YOU CAN BREAK PAST THE FIRST FEW WEEKS THEN YOUR BODY WILL BE READY SO THAT YOU CAN REALLY PUSH YOURSELF AND NOT ONLY GET SHREDDED OVER TIME, BUT SEE PERFORMANCE GAINS IN STRENGTH, ENDURANCE, AND ATHLETICISM AS WELL!

I WILL DETAIL EACH WORKOUT DAY LATER ON IN THIS EBOOK. PLEASE MAKE SURE TO READ THE NEXT FEW SECTIONS SO THAT YOU CAN FULLY UNDERSTAND HOW THE SETS, REPS, AND REST OF EACH EXERCISE ARE TO BE PERFORMED. I WANT YOU TO UNDERSTAND HOW THIS PLAN WORKS SO THAT YOU CAN APPLY THE BEST INTENSITY TOWARDS YOUR TRAINING. YOU NEED TO UNDERSTAND THE CONCEPTS BEFORE YOU CAN APPLY YOUR BEST EFFORT TOWARDS THIS PLAN OR ANYTHING IN LIFE!

HERE IS THE WORKOUT SPLIT BASED ON EACH DAY OF THE WEEK:

DAY 1 – LEGS/ABS

DAY 2 – UPPER BODY PUSH

DAY 3 – UPPER BODY PULL

DAY 4 – LOWER BODY CIRCUITS

DAY 5 – UPPER BODY CIRCUITS

DAY 6 – REST/ACTIVE REST

DAY 7 – REST/ACTIVE REST

SETS/REPS/REST

THIS WORKOUT HAS A VARIETY OF SETS, REPS, AND REST. THE MAIN PURPOSE OF THIS WORKOUT PLAN IS TO ENCOURAGE YOU TO WORK HARD AND HAVE FUN AT THE SAME TIME.

THE REP RANGES IN THIS PROGRAM ARE HIGH VOLUME. THIS MEANS THAT YOU WILL BE PERFORMING A LOT OF REPS AND YOU WILL NOT BE USING A RIDICULOUSLY HEAVY WEIGHT FOR THIS WORKOUT PLAN. REMEMBER, WE ARE TRYING TO GET SHREDDED; WE ARE NOT TRYING TO GET BIGGER OR GAIN STRENGTH WITH THIS PLAN. HOWEVER, THAT BEING SAID, YOU SHOULD TRACK YOUR WEIGHT USED AND REPS COMPLETED FOR THE WORKOUTS IN THIS PLAN. YOU SHOULD STILL PUSH YOURSELF AND TRY TO LIFT A HEAVIER WEIGHT OR GET MORE REPS THAN YOU HAD PREVIOUSLY GOTTEN SINCE STARTING THIS PLAN. DON'T COMPARE YOURSELF TO HOW STRONG YOU USED TO BE, INSTEAD START WHERE YOU ARE NOW AND IMPROVE WITHIN THE REP RANGES OF THIS PLAN. WE STILL WANT TO SEE AN IMPROVEMENT IN PERFORMANCE ALONG WITH AN IMPROVEMENT IN BODY FAT PERCENTAGE! FOCUS ON THE EFFORT YOU ARE APPLYING TO YOUR WORKOUT INSTEAD OF THE AMOUNT OF WEIGHT YOU ARE LIFTING.

THE REST PERIODS IN THIS PROGRAM ARE VERY SHORT. I AM DOING THIS TO KEEP YOUR BODY MOVING AND KEEP YOUR HEART RATE ELEVATED. THERE ARE TIMES WHEN YOU WILL STILL BE WORKING OUT DURING YOUR REST PERIODS. I KNOW THAT SOUNDS CRAZY, BUT AFTER YOU TRY THIS THEN I THINK YOU WILL UNDERSTAND!

YOU WILL HAVE STRIP SETS, DROP SETS, VARIATIONS OF STATIC HOLDS, COMPOUND SETS, SUPER SETS, CIRCUITS, AND EVEN MOVEMENTS THAT I WANT YOU TO PERFORM DURING YOUR REST PERIODS. YOU WILL NOT HAVE A LOT OF TIME TO REST AND BE STILL DURING THIS WORKOUT. YOU WILL BE MOVING ALMOST CONSTANTLY THE WHOLE TIME.

HERE ARE SOME BRIEF DESCRIPTIONS OF THE TYPES OF SETS THAT YOU WILL SEE IN THIS PROGRAM:

SUPER SET/COMPOUND SET: A SUPER SET IS WHEN YOU PERFORM TWO EXERCISES FROM OPPOSING MUSCLE GROUPS BACK TO BACK WITHOUT REST IN BETWEEN THE EXERCISES. FOR EXAMPLE, YOU WILL SUPERSET THE LEG EXTENSION WITH THE LEG CURL IN THIS PROGRAM. THE QUADS AND HAMSTRINGS WORK OPPOSITE OF ONE ANOTHER. YOU WILL PERFORM ALL OF THE REPS WITH ONE EXERCISE, FOLLOWED BY ALL OF THE REPS OF THE OTHER, AND THEN YOU WILL REST. YOU WILL NOT REST IN BETWEEN EXERCISES SINCE THE 2 EXERCISES ARE PART OF THE SAME SET. THE COMPOUND SET IS VERY SIMILAR EXCEPT THAT IT DOES NOT INVOLVE EXERCISES THAT WORK TWO OPPOSING MUSCLE GROUPS. YOU MAY CHOOSE TO DO A DUMBBELL BENCH PRESS AND A DUMBBELL FLY IN THE SAME SET. BOTH OF THESE EXERCISES WORK THE CHEST SO I CALL THIS A COMPOUND SET. THE COMPOUND SET AND SUPER SET SHARE THE MAIN POINT IN THAT YOU WILL NOT REST IN BETWEEN EXERCISES AS BOTH EXERCISES ARE PART OF THE SAME SET. YOU WILL ONLY REST ONCE BOTH EXERCISES ARE COMPLETED FOR THAT SET.

STRIP SET/DROP SET: THE STRIP SET AND DROP SET ARE VERY SIMILAR AND CAN OFTEN BE CONFUSED WITH ONE ANOTHER. THEY SHARE ONE THING IN COMMON AND THAT IS A REDUCTION IN WEIGHT AS THE REPS GET HIGHER THROUGHOUT THE SET. THE MAJOR DIFFERENCE IS THAT A DROP SET IS TYPICALLY PERFORMED TO MUSCLE FAILURE BEFORE THE "DROP", WHILE A STRIP SET HAS PLANNED DROPS BASED ON REPS COMPLETED. FOR EXAMPLE, IF YOU WERE TO DO A TRICEPS PRESS DOWN WITH A DROP SET TO FAILURE THEN YOU WOULD PICK A WEIGHT AND TRAIN TO FAILURE, THEN DROP THE WEIGHT AND CONTINUE. YOU MAY DROP THE WEIGHT 2-3 TIMES BEFORE YOU EITHER CAN'T WORK THE MUSCLE ANYMORE OR YOU RUN OUT OF WEIGHT TO DROP. A STRIP SET ON THE SAME TRICEPS PRESS DOWN WILL HAVE MORE OF A PLAN LAID OUT, LIKE 5 REPS WITH 100LBS, 5 REPS WITH 80LBS, AND 5 REPS WITH 50LBS. BOTH OF THESE SETS ARE CLOSE TO THE SAME THING, AND OTHERS MAY HAVE DIFFERENT USES FOR THEM, BUT THIS IS HOW I UTILIZE THESE TWO TYPES OF SETS IN MY TRAINING.

STATIC HOLDS: A STATIC HOLD IS WHEN YOU DECIDE TO HOLD A WEIGHT AT PEAK CONTRACTION FOR A CERTAIN PERIOD OF TIME. I WILL HAVE YOU DOING VARIATIONS OF STATIC HOLDS IN THIS WORKOUT PLAN. FOR EXAMPLE, YOU WILL PERFORM A LATERAL RAISE WHERE YOU WILL ESSENTIALLY STATIC HOLD ONE ARM WHILE YOU PERFORM A REP WITH THE OTHER AND VICE VERSA. STATIC HOLDS ARE VERY CHALLENGING BECAUSE YOU HAVE TO LITERALLY FIGHT THE FAILING OF YOUR MUSCLE CONTRACTION DURING THE REP!

CIRCUITS: CIRCUIT TRAINING, ALSO SOMETIMES KNOWN AS GIANT SETS, IS WHEN YOU PAIR UP 3 OR MORE EXERCISES TOGETHER AND COMPLETE ALL OF THE REPS OF EACH EXERCISE WITHOUT REST. FOR EXAMPLE, YOU WILL HAVE TWO DAYS THAT ARE ENTIRELY CIRCUITS. YOU WILL HAVE 3-4 EXERCISES THAT YOU HAVE TO SET UP AHEAD OF TIME AND THEN YOU WILL PERFORM ALL OF THE REPS OF EACH EXERCISE BACK TO BACK, WITH ZERO REST, AND THEN REST BRIEFLY AT THE END OF IT. CIRCUIT TRAINING CAN BE FULL BODY OR SPECIFICALLY FOR ONE MUSCLE GROUP. TYPICALLY THE NAME "CIRCUIT TRAINING" INVOLVES FULL BODY WORKOUTS AND CARDIOVASCULAR MOVEMENTS AS WELL. THE TERM "GIANT SETS" IS DERIVED FROM BODYBUILDING AND WILL ESSENTIALLY BE CIRCUIT TRAINING BUT FOR ONLY 1-2 MUSCLE GROUPS INSTEAD OF FULL BODY, ETC.

RESTING SETS: OK I'M SORT OF MAKING UP THIS TERM, OR MAYBE IT ALREADY EXISTS. THERE ARE TIMES IN MY PAST WHEN I WANTED TO DO WORKOUTS THAT DIDN'T INVOLVE REST. HOWEVER, WITH WEIGHTLIFTING THAT IS NEAR IMPOSSIBLE. I STARTED OUT BY IMPLEMENTING BODY WEIGHT MOVEMENTS OR LIGHT WEIGHT LIFTING DURING MY REST PERIODS IN BETWEEN SETS. I THEN LEARNED THAT BODY WEIGHT MOVEMENTS OR SIMPLY FLEXING AND SQUEEZING THE MUSCLE WAS ENOUGH TO ACCOMPLISH WHAT I WAS AFTER. THIS MAY LOOK AND FEEL LIKE A COMPOUND SET, BUT THE WORK YOU ARE DOING WHILE RESTING IS VERY MINIMAL IN COMPARISON TO YOUR ACTUAL WORKOUT SETS. YOU WILL HAVE SEVERAL EXERCISES IN THIS PROGRAM WHERE YOU WILL STILL BE WORKING OUT WHILE YOU ARE RESTING IN BETWEEN SETS.

"FOCUS ON THE EFFORT YOU ARE APPLYING TOWARDS YOUR WORKOUT INSTEAD OF THE AMOUNT OF WEIGHT THAT YOU ARE LIFTING!"

PROGRESS AND EFFORT

AS I MENTIONED PREVIOUSLY, THIS PROGRAM IS NOT DESIGNED TO HELP YOU IMPROVE STRENGTH AND GAIN MUSCLE MASS. IF YOU WANT THAT PROGRAM, THEN YOU SHOULD CHECK OUT MY LEAN BULK POWER BODYBUILDING EBOOK. HOWEVER, THERE IS NO POINT IN FOLLOWING A WORKOUT PLAN THAT DOESN'T ALLOW FOR SOME TYPE OF PROGRESSION.

THIS ISN'T A POWERLIFTING PLAN AND THERE IS NO MATHEMATICAL FORMULA OF HOW MUCH WEIGHT YOU SHOULD BE LIFTING OR HOW MANY REPS YOU SHOULD COMPLETE TO PROGRESS. THIS PLAN REQUIRES THAT YOU PUT FORTH 100% OF YOUR EFFORT EACH AND EVERY TIME. YOU SHOULD BE COMPETING AGAINST YOURSELF AND TRYING TO DO MORE THAN YOU HAVE PREVIOUSLY BEEN ABLE TO DO. THIS GOES FOR ALL THINGS IN LIFE. DON'T WORRY ABOUT WHAT YOU USED TO BE ABLE TO DO; DON'T WORRY ABOUT WHAT OTHERS ARE DOING, AND INSTEAD ONLY FOCUS ON WHERE YOU ARE NOW AND MAKING YOURSELF BETTER. IF YOU CAN CONSISTENTLY IMPROVE UPON YOURSELF THEN THAT'S A WIN REGARDLESS OF WHAT ANYBODY ELSE IS DOING. **7**

THERE IS NOTHING MORE THAN 100% EFFORT. IF YOU CAN GIVE 100% THEN THIS MEANS THAT YOU ARE GIVING YOUR ALL. IF YOU GIVE THINGS YOUR ALL, THEN THAT'S ALL THAT I CAN ASK OF YOU. THAT SAID, YOU CANNOT PHYSICALLY AND MENTALLY GIVE 100% UNLESS YOU ARE TRYING TO DO MORE THAN YOU HAVE PREVIOUSLY DONE. IF YOU FIND THAT YOU ARE ABLE TO GET MORE REPS WITH A CERTAIN WEIGHT, OR INCREASE THE AMOUNT OF WEIGHT THAT YOU ARE USING DURING THIS PLAN, THEN YOU ARE GIVING 100% AND YOU ARE SEEING PROGRESS.

THE DIET AND THE TRAINING COMBINED WILL HELP YOU GET LEANER, BUT THE ACTUAL ACT OF WEIGHTLIFTING AND EXERCISE SHOULD LEAD TO AN INCREASE IN PERFORMANCE OF SOME TYPE. YOU SHOULD NOTICE THAT YOUR ENDURANCE IS GETTING BETTER AND THAT YOUR STRENGTH IS IMPROVING. SOMETHING AS SIMPLE AS GETTING ONE MORE PUSH UP, OR JUST HALF A REP MORE ON AN EXERCISE, IS CONSIDERED PROGRESS. IF YOU CAN FIGHT FOR THAT PROGRESS THEN I GUARANTEE THAT YOU WILL NOTICE THE RESULTS IN THE LONG TERM. SO DON'T MEASURE PROGRESS BY YOUR POWERLIFTING NUMBERS, AND INSTEAD MEASURE PROGRESS ON YOUR OVERALL PERFORMANCE IN THE GYM.

I WANT YOU TO KEEP A LOGBOOK. YOU CAN DO THIS ON PEN AND PAPER, RECORD IT ON YOUR COMPUTER, OR KEEP IT ON THE NOTEPAD OF YOUR PHONE. IF YOU KNOW WHAT YOU DID LAST WEEK, THEN YOU NOW HAVE A GOAL TO BEAT THIS COMING WEEK. YOU SHOULD BE DOING THIS FOR ALL WORKOUT PLANS TO SEE THE MOST PROGRESS. IT IS ALSO FUN TO LOOK BACK OVER TIME AND YOU CAN ACTUALLY SEE YOUR RESULTS. IT'S MOTIVATING AND IT WILL KEEP YOU WORKING HARD IN THE FUTURE!

"DON'T WORRY ABOUT WHAT YOU USED TO BE ABLE TO DO; DON'T WORRY ABOUT WHAT OTHERS ARE DOING, AND INSTEAD ONLY FOCUS ON WHERE YOU ARE NOW AND MAKING YOURSELF BETTER. IF YOU CAN CONSISTENTLY IMPROVE UPON YOURSELF THEN THAT'S A WIN REGARDLESS OF WHAT ANYBODY ELSE IS DOING."

REST DAY OPTIONS

WE ALL KNOW THAT REST IS IMPORTANT FOR RECOVERY. IF YOU FIND THAT YOU ARE SLUGGISH, TIRED, AND BEAT UP ALL THE TIME THEN YOU DEFINITELY NEED TO REST SO THAT YOUR BODY CAN CATCH UP! HOWEVER, THE COOL THING ABOUT THE BODY IS THAT IT ADAPTS TO WHAT WE THROW AT IT. IF YOU PUT IN EXTRA WORK, THEN YOUR BODY WILL EITHER BREAK OR IT WILL ADAPT AND IMPROVE. MAYBE THIS IS WHY, "NO PAIN NO GAIN" AND "WHAT DOESN'T KILL YOU MAKES YOU STRONGER", BECAME SUCH POPULAR QUOTES. REGARDLESS, USE RECOVERY AS A TOOL BUT DON'T BE AFRAID TO PUSH YOUR LIMITS.

I HAVE INCORPORATED TWO REST DAYS INTO THIS WORKOUT SPLIT. YOU DO HAVE THE OPTION TO PERFORM "ACTIVE REST" ON THOSE DAYS IF YOU WANT TO. ACTIVE REST CAN BE SOMETHING AS SIMPLE AS PLAYING A GAME OF BASKETBALL OR GOING ON A HIKE. I HIGHLY SUGGEST THAT YOUR ACTIVE REST BE SOMETHING THAT YOU ENJOY. YOU MAY HAVE TO FORCE YOURSELF TO GO TO THE GYM AND WORKOUT, BUT YOU SHOULD NEVER HAVE TO FORCE ACTIVITY ON A SCHEDULED REST DAY.

IF YOU CHOOSE TO DO ACTIVE REST THEN MAKE SURE YOU ARE NOT DOING ANYTHING THAT INVOLVES WEIGHTLIFTING OR LIFTING HEAVY OBJECTS. ACTIVITY LIKE THIS CAN SLOW DOWN RECOVERY AND HINDER YOUR NEXT WEEK'S PERFORMANCE. KEEP THE ACTIVITY FUN AND REMEMBER THAT ANY ACTIVITY IS BETTER THAN LAYING AROUND ON THE COUCH EATING JUNK FOOD AND WATCHING YOUTUBE ALL DAY. OK, MAYBE LAYING AROUND AND WATCHING YOUTUBE IS THE BEST, BUT IT DEFINITELY WON'T HELP YOU GET LEANER. JUST REMEMBER TO USE REST AS A TOOL WHEN YOU NEED IT, AND DON'T HESITATE TO PUSH YOURSELF TO GET THAT EXTRA WORK IN TOWARDS YOUR GOALS.

CARDIO BASED ON BODY TYPE

THERE ARE THREE CATEGORIES FOR BODY TYPES: ECTOMORPH, ENDOMORPH, AND MESOMORPH. I HAVE PREVIOUSLY MENTIONED BODY TYPES LIKE "HARD GAINER" AND "SKINNY FAT" IN MY OTHER EBOOKS AND ARTICLES, BUT WITH THIS EBOOK WE ARE ONLY GOING TO TALK ABOUT THE MAIN THREE. HERE IS A DESCRIPTION OF WHAT EACH BODY TYPE IS:

ECTOMORPH: ECTOMORPHS ARE TYPICALLY NATURALLY SKINNY AND HAVE A VERY HARD TIME GAINING WEIGHT. MOST ECTOMORPHS ARE NATURALLY LEAN, BUT SOME OF THEM CARRY BODY FAT OTHERWISE KNOWN AS "SKINNY FAT". SINCE THIS IS AN EBOOK ABOUT GETTING LEANER, I'M GOING TO ASSUME THAT MOST OF YOU READING THIS AREN'T NATURALLY SKINNY AND LEAN. IF YOU ARE SKINNY AND STILL CARRY A LOT OF BODY FAT IN YOUR STOMACH AND OTHER AREAS, THEN THIS EBOOK CAN STILL HELP YOU. LET'S FOCUS ON GETTING RID OF THE BODY FAT, AND THEN YOU CAN FOCUS ON ADDING LEAN MUSCLE TISSUE.

ENDOMORPH: ENDOMORPHS ARE USUALLY THE EXACT OPPOSITE OF ECTOMORPHS IN THAT THEY ARE TYPICALLY HEAVIER AND GAIN BODY FAT MUCH EASIER THAN ECTOMORPHS. IF YOU GAIN WEIGHT EASILY AND PUT ON BODY FAT EASILY THEN YOU MAY BE CATEGORIZED AS AN ENDOMORPH. THIS IS THE BEST EBOOK FOR YOU. YOU WILL LIKELY SPEND MOST OF YOU TIME TRYING TO GET LEAN, AND THEN YOU WILL HAVE TO WORK JUST AS HARD TO STAY LEAN. THE GOOD NEWS IS THAT ENDOMORPHS TYPICALLY DON'T CATABOLIZE A LOT OF MUSCLE TISSUE AND WILL STILL LOOK FAIRLY MUSCULAR WHEN THEY ACHIEVE THEIR DESIRED LEVEL OF LEANNESS.

MESOMORPH: MESOMORPHS ARE THE IN BETWEEN OF ECTOMORPHS AND ENDOMORPHS. THEY TYPICALLY GAIN MUSCLE EASILY BUT PUT ON BODY FAT EASIER THAN ECTOMORPHS. THEY ALSO TEND TO GET LEANER FASTER THAN ENDOMORPHS BUT STILL MAINTAIN MORE MUSCLE THAN ECTOMORPHS. IF YOU ARE ONE OF THOSE PEOPLE WHO HAS ALWAYS BEEN NATURALLY STOCKY BUT NEVER CONSIDERED "OVERWEIGHT" OR "FAT", THEN YOU MAY BE A MESOMORPH. MESOMORPHS HAVE A BODY TYPE THAT TYPICALLY LOOKS VERY MUSCULAR IN A TSHIRT, BUT MAY APPEAR TO CARRY MORE BODY FAT THAN YOU THOUGHT WHEN THEY TAKE IT OFF. THE GOOD NEWS ABOUT MESOMORPHS IS THAT THEY MAKE THE BEST BODYBUILDERS. IF YOU COMBINE THE GENETIC ABILITY TO GET BIG AS WELL AS GET LEAN FAIRLY EASY, THEN ALL THAT'S LEFT TO DO IS LEARN HOW TO EAT AND TRAIN!

NOW THAT YOU KNOW THE BODY TYPES, YOU NEED TO ASK YOURSELF WHICH BODY TYPE THAT YOU THINK YOU ARE. IF YOU ARE UNSURE THEN ASK AROUND AND GET THE OPINION OF YOUR FAMILY AND FRIENDS. KNOWING YOUR BODY TYPE WILL HELP YOU MAKE BETTER DECISIONS REGARDING TRAINING AND NUTRITION, I ALSO SUGGEST DIFFERENT TYPES AND TIMES OF CARDIO BASED ON BODY TYPE. AT THE END OF THE DAY, AN ENDOMORPH WILL REQUIRE A DIFFERENT STRATEGY THAN A MESOMORPH OR ECTOMORPH, SO KNOWING YOUR BODY TYPE IS A VALUABLE PIECE OF INFORMATION AS YOU MOVE FORWARD.

I HAVE FOUND THAT ECTOMORPHS AND MESOMORPHS TEND TO RESPOND BETTER TO SHORTER HIIT CARDIO WHILE ENDOMORPHS TYPICALLY GET GREAT RESULTS WITH TRADITIONAL LISS CARDIO. I HAVE OUTLINED THE CARDIO BASED ON BODY TYPE IN THE PLAN BELOW, BUT FIRST LET ME DESCRIBE WHAT HIIT AND LISS CARDIO IS.

HIIT CARDIO: THIS TYPE OF CARDIO STANDS FOR “HIGH INTENSITY INTERVAL TRAINING”. THERE IS A TON OF INFORMATION REGARDING HIIT CARDIO WORKOUTS ON YOUTUBE AND THE INTERNET IF YOU ARE LOOKING FOR MORE INFORMATION. THE BASICS OF HIIT CARDIO IS THAT YOU WILL HAVE PERIODS OF TIME WHEN YOU ARE PERFORMING HARDER AND PERIODS OF TIME WHERE YOU ARE NOT PERFORMING AS HARD. FOR EXAMPLE, YOU MAY DO HIIT CARDIO ON THE STATIONARY BIKE AND PEDAL AS HARD AS YOU CAN FOR 1 MINUTE FOLLOWED BY 30 SECONDS OF PEDALING SLOWLY TO CATCH YOUR BREATH. THIS TYPE OF CARDIO IS TYPICALLY DONE FOR 10-20 MINUTES AT A TIME. THERE ARE SPECIFIC METHODS TO TRUE “HIIT CARDIO” OUT THERE, BUT ALL

I REQUIRE IS THAT YOU ALTERNATE BETWEEN EXTREMELY HARD WORKING TIME PERIODS AND SLOWER PERIODS TO CATCH YOUR BREATH. AS YOU GET IN BETTER SHAPE THEN MAKE THE HARD TIMES LONGER AND THE REST TIMES SHORTER.

LISS CARDIO: THIS TYPE OF CARDIO STANDS FOR “LOW INTENSITY STEADY STATE”. THIS IS THE TYPICAL “CARDIO” THAT EVERYBODY THINKS OF. THOSE OF YOU WHO MAY HAVE SPENT 30 MINUTES TO AN HOUR ON AN ELLIPTICAL MACHINE KNOW WHAT I’M TALKING ABOUT. LISS CARDIO IS THE OPPOSITE OF HIIT. WHILE HIIT HAS INTERVALS RANGING FROM HARD TO EASY, LISS IS JUST BORING AND STEADY THROUGHOUT. YOU’LL NEVER GO TOO HARD, BUT YOU ALSO WON’T GO TOO EASY. IT’S JUST A COMFORTABLE PACE THAT YOU’LL DO FOR A LONGER PERIOD OF TIME. LISS CARDIO IS TYPICALLY DONE FOR 30 MINUTES TO 1 HOUR OR MORE. IF YOU AREN’T PRESSED FOR TIME AND YOU DON’T LIKE TO DO CRAZY HIGH INTENSE CARDIO THEN THIS IS BEST FOR YOU. IF YOU ARE PRESSED FOR TIME OR LIKE THE HIGH-ENERGY TYPE CARDIO THEN YOU MAY WANT TO CONSIDER HIIT.

AS I PREVIOUSLY MENTIONED, I HAVE OUTLINED WHAT CARDIO TO DO FOR EACH WORKOUT BASED ON BODY TYPE IN THE WORKOUT PLAN. I HAVE SOME CARDIO IN THE PLAN THAT IS REQUIRED OF EVERYBODY, BUT THE CARDIO BASED ON BODY TYPE WILL ALWAYS BE PERFORMED AT THE END OF THE WORKOUT. THE HEART OF THIS PLAN IS FOUND IN THE WEIGHTLIFTING WORKOUT, BUT YOU WILL STILL NEED TO APPLY THE SAME EFFORT TOWARDS YOUR POST WORKOUT CARDIO TO GET THE MOST RESULTS FROM THIS EBOOK! NOW THAT YOU HAVE A GREATER UNDERSTANDING OF WHAT TO EXPECT FROM THIS WORKOUT PLAN, LET’S GET TO THE FUN PART!

“AT THE END OF THE DAY, AN ENDOMORPH WILL REQUIRE A DIFFERENT STRATEGY THAN A MESOMORPH OR ECTOMORPH, SO KNOWING YOUR BODY TYPE IS A VALUABLE PIECE OF INFORMATION AS YOU MOVE FORWARD.”

WORKOUT PLAN

DAY 1 – LEGS/ABS

CARDIO (ALL BODY TYPES) – 10 MINUTES LISS CARDIO ON THE STAIR MASTER.

–I WANT TO START OUR LEG DAY WITH SLOW AND STEADY STATE CARDIO ON THE STAIR MASTER. THIS IS DESIGNED TO HELP PUSH SOME BLOOD INTO YOUR LEGS AS WELL AS INCREASE YOUR HEART RATE SO THAT YOU CAN GET RIGHT INTO THE WORKOUT!

LEG EXTENSION SUPERSET WITH LEG CURL: 3 SETS OF 15–20 REPS EACH WITH 30 SECONDS REST IN BETWEEN SETS. PERFORM 10–15 CRUNCHES DURING REST.

–THIS SUPERSET IS A TRUE SUPERSET IN THAT IT WORKS OPPOSING MUSCLE GROUPS. THIS WILL TARGET THE QUADS AND HAMSTRINGS. I WANT YOU TO PERFORM 10 CRUNCHES DURING YOUR 30–SECOND REST PERIOD. MAKE SURE THAT YOU DO A REAL CRUNCH AND THAT YOU AREN'T JUST TWITCHING ON THE FLOOR WHILE ACCOMPLISHING NOTHING. THE CRUNCHES ARE THROWN INTO THE REST PERIOD TO KEEP YOUR BODY MOVING AS WELL AS WARM UP THE CORE PRIOR TO THE SQUAT. THE CORE PROTECTS THE SPINE DURING A MOVEMENT LIKE THE SQUAT. ADDING 10 SIMPLE CRUNCHES WILL HELP WORK AND WARM UP THE CORE AS WELL AS KEEP YOU MOVING IN BETWEEN SETS!

SQUAT: 4 SETS OF 15–20 REPS WITH 1 MINUTE REST. PERFORM 5–10 AIR SQUATS DURING REST.

–THIS IS NOT YOUR TYPICAL SQUAT REP AND REST SCHEME. YOU WILL NEED TO DROP THE WEIGHT SO THAT YOU CAN GET ALL 15–20 REPS AND YOU WILL HAVE A SHORT REST PERIOD IN BETWEEN SETS AS WELL. IN AN EFFORT TO KEEP YOUR HEART RATE UP, AND KEEP YOUR BODY MOVING, I WANT YOU TO PERFORM 10 BODY WEIGHT AIR SQUATS AT ANY POINT DURING YOUR REST. I SUGGEST THAT YOU DO THEM IMMEDIATELY FOLLOWING THE SQUATS SO THAT YOU CAN MAXIMIZE YOUR REST PERIOD IN BETWEEN SETS!

HIGH WIDE STANCE LEG PRESS: 4 SETS OF 15–20 REPS WITH 1 MINUTE REST. PERFORM 5–10 BURPEES DURING REST.

–THE SAME THAT WAS APPLIED TO THE SQUAT CAN ALSO BE APPLIED TO THE LEG PRESS. THE HIGH AND WIDE STANCE SHOULD HELP YOU TARGET YOUR GLUTES, HAMSTRINGS, AND ADDUCTORS WHILE THE REPS AND REST OF THIS EXERCISE MAKE IT A VALUABLE FAT BURNING TOOL! YOU SHOULD BE FATIGUED AFTER THE SQUATS, SO THIS EXERCISE WILL NOT BE EASY...ESPECIALLY WITH HAVING TO DO 5–10 BURPEES DURING YOUR REST!

CLOSE NARROW STANCE HACK SQUAT: 3 SETS OF 15-20 REPS WITH 1 MINUTE REST. I WANT YOUR LAST SET TO BE A STRIP SET THAT I WILL OUTLINE BELOW.

STRIP SET: PLACE 3 PLATES PER SIDE. THIS CAN BE 45LB PLATES IF YOU ARE STRONG ENOUGH, OR IT MIGHT BE 10LB PLATES IF YOU ARE JUST GETTING STARTED. I WANT YOU TO SPACE THE PLATES OUT EQUALLY ON THE MACHINE SO THAT YOU CAN EASILY REMOVE THEM. YOU WILL PERFORM 5 REPS AND THEN TAKE ONE PLATE OFF OF ONE SIDE. YOU WILL THEN PERFORM 5 MORE REPS FOLLOWED BY TAKING ONE PLATE OFF OF THE OPPOSING SIDE. YOU WILL REPEAT THIS UNTIL ALL THE PLATES ARE GONE AND THEN YOU WILL PERFORM AS MANY REPS AS YOU CAN WITH ZERO WEIGHT ON THE SLED. IF YOU FEEL THAT YOU CAN GET A LOT OF REPS AT THE VERY END, THEN YOU NEED TO USE A HEAVIER WEIGHT.

-THIS STANCE AND EXERCISE WILL WORK YOUR QUADS BETTER THAN PRETTY MUCH ANY EXERCISE! YOU WILL BE FATIGUED BY THIS POINT IN THE WORKOUT, SO THIS EXERCISE WILL NOT BE EASY. THE LAST "STRIP SET" SHOULD MAKE YOU FEEL LIKE YOU COULD NOT CONTINUE TO TRAIN YOUR LEGS ANY LONGER. IF YOU DON'T FEEL LIKE YOU REALLY EXERTED YOURSELF AFTER THAT SET THEN YOU SIMPLY AREN'T APPLYING THE RIGHT INTENSITY TO YOUR WORKOUTS!

SEATED OR STANDING CALF RAISE: 5 SETS OF 15-20 REPS WITH 30 SECONDS REST. STRETCH EACH CALF FOR 15 SECONDS IN BETWEEN SETS.

-WE WILL FINISH THE DAY WITH CALF TRAINING. I GIVE YOU THE OPTION OF A SEATED OR STANDING CALF RAISE. SOME PEOPLE DO NOT LIKE TO DO STANDING CALF RAISES WHILE THEIR LEGS ARE FATIGUED, AND OTHERS DON'T LIKE THE PAD PRESSING INTO THEIR QUADS WHEN THEY HAVE A PUMP. FEEL FREE TO MIX THINGS UP OR USE THE MACHINE THAT IS OPEN AT THE GYM (THEY SHOULD ALL BE OPEN BECAUSE NONE OF US TRAIN CALVES...DON'T LIE!)

CARDIO:

ECTO: 10 MINUTES HIIT ON THE STATIONARY BIKE.

MESO: 15 MINUTES HIIT ON THE STATIONARY BIKE.

ENDO: 25 MINUTES LISS ON THE STATIONARY BIKE.

DAY 2 – UPPER BODY PUSH

PEC DECK: 3 SETS OF 12–15 REPS WITH 30 SECONDS REST. PERFORM 5–10 PUSH-UPS DURING YOUR REST PERIOD.

–AN UPPER BODY “PUSH” DAY IS GOING TO BE HEAVY ON CHEST WORK. I WANT TO USE THIS EXERCISE TO HELP PUSH SOME BLOOD INTO THE PECS. THE PUSH-UPS DURING REST ARE THERE TO KEEP YOUR BODY MOVING AS WELL AS CONTINUE TO WARM UP THE CHEST.

FLAT BARBELL BENCH PRESS: 4 SETS OF 8–12 REPS WITH 1 MINUTE REST. PERFORM 10–15 CRUNCHES DURING REST.

–THIS IS ONE OF THE HEAVY COMPOUND MOVEMENTS AND I WANT YOU TO FOCUS ON FORM TO REDUCE THE RISK OF INJURY. THAT SAID, I WANT TO KEEP YOUR BODY MOVING IN BETWEEN SETS SO I WILL HAVE YOU THROW IN 10–15 CRUNCHES DURING YOUR REST PERIOD.

HAMMER STRENGTH MILITARY PRESS: 4 SETS OF 8–12 REPS WITH 1 MINUTE REST. I WANT YOUR LAST SET TO BE A DROP SET TO FAILURE.

–IT WOULDN'T BE A PUSH DAY WITHOUT SOME TYPE OF OVERHEAD PRESS. I CHOOSE THE HAMMER STRENGTH PLATE LOADED VERSION BECAUSE YOU MAY ALREADY BE TIRED FROM THE PREVIOUS EXERCISES. THIS WILL ALLOW YOU TO SAFELY CONTINUE TO PUSH YOURSELF WITHOUT THE RISK OF DROPPING A WEIGHT ON YOUR HEAD. THERE WILL BE NO SPECIAL EXERCISES IN BETWEEN SETS, BUT I DO WANT YOU TO MAKE YOUR LAST SET A DROP SET TO COMPLETE MUSCLE FAILURE.

DIPS COMPOUND SET WITH PUSH UPS: 3 BODY WEIGHT SETS PERFORMING AS MANY REPS AS YOU CAN DO WITH 1 MINUTE REST IN BETWEEN SETS.

–WE WILL FINISH THE PUSHING EXERCISES WITH TWO STAPLE BODY WEIGHT MOVEMENTS. I WANT YOU TO REALLY PUSH YOURSELF AND TRY AND SET NEW PERSONAL BESTS EACH TIME THAT YOU DO THEM. IF YOU GET TO THE POINT WHERE YOU CAN DO MORE BODY WEIGHT PUSH UPS AND DIPS, THEN YOU WILL BE INCREASING STRENGTH AND ENDURANCE ALONG WITH YOUR FAT LOSS GOALS.

ALTERNATING DBELL LATERAL RAISE FROM THE TOP POSITION: 3 SETS OF 8-12 REPS PER ARM WITH 30 SECONDS REST. PERFORM 10-15 REPS WITHOUT WEIGHT DURING YOUR REST PERIOD.

-THIS MAY LOOK LIKE A SIMPLE LATERAL RAISE, BUT IT'S NOT. THE MAIN IMPORTANT DIFFERENCE WITH THIS EXERCISE IS THAT THE "RESTING ARM" IS NOT TRULY AT REST DURING THIS MOVEMENT. I WANT YOU TO GRAB TWO DUMBBELLS AND PERFORM A LATERAL RAISE WITH BOTH ARMS...BUT KEEP THE DBELLS EXTENDED OUT AT THE TOP POSITION OF THE LATERAL RAISE. SO YOU WILL NOW PERFORM A LATERAL RAISE WITH EACH ARM IN AN ALTERNATING FASHION. NORMALLY, PEOPLE WILL LET ONE ARM HANG BY THEIR SIDE WHILE THEY PERFORM THE LATERAL RAISE WITH THE OTHER ARM. THIS TIME YOU WILL HOLD THE DBELL UP AND OUT WHILE YOU PERFORM THE LATERAL RAISE WITH THE OTHER ARM. THIS WILL FEEL EASY FOR YOUR FIRST COUPLE SETS, BUT YOU WILL STRUGGLE TO HOLD THE DBELLS OUT IN AN EXTENDED POSITION DURING YOUR LAST REPS OF THIS EXERCISE. TO MAKE THINGS HARDER, I WANT YOU TO PERFORM BODY WEIGHT LATERAL RAISES DURING YOUR REST PERIOD!

ALTERNATING DBELL FRONT RAISE FROM THE TOP POSITION: 3 SETS OF 8-12 REPS PER ARM WITH 30 SECONDS REST. PERFORM 10-15 REPS WITHOUT WEIGHT DURING YOUR REST PERIOD.

-THIS WILL BE TREATED THE SAME WAY AS THE LATERAL RAISE. THE ONLY DIFFERENCE IS THAT YOU WILL BE PERFORMING A FRONT RAISE.

VGRIP PRESSDOWN: 4 SETS OF 8-12 REPS WITH 30 SECONDS REST. I WANT YOUR LAST SET TO BE A DROP SET TO FAILURE.

-YOUR SHOULDERS AND CHEST SHOULD BE FINISHED, AND YOUR TRICEPS SHOULDN'T HAVE MUCH LEFT IN THEM AT THIS POINT. I WANT YOU TO PUSH YOURSELF HERE AND MAKE YOUR LAST SET A DROP SET TO COMPLETE MUSCLE FAILURE.

CABLE KICKBACK: 3 SETS OF 8-12 REPS WITH ZERO REST IN BETWEEN ARMS. YOUR NON-WORKING ARM WILL REST WHILE THE OTHER ARM WORKS.

-THIS IS A SAFETY EXERCISE. MEANING...THAT IT IS SAFE TO SAY YOUR TRICEPS WILL BE FINISHED AFTER THIS MOVEMENT IF THEY AREN'T ALREADY DONE AFTER THE VGRIP PRESSDOWN. I HAVE TAKEN AWAY YOUR REST PERIOD TO INCREASE THE DIFFICULTY. THIS EXERCISE SHOULD MOVE FAST FOR YOU AND THEN YOU CAN MOVE ON TO YOUR CARDIO AND POST WORKOUT MEAL TO MAKE SOME GAINZ!

CARDIO:

ECTO: 15 MINUTES LISS ON THE ELLIPTICAL.

MESO: 20 MINUTES LISS ON THE ELLIPTICAL.

ENDO: 30 MINUTES LISS ON THE ELLIPTICAL.

DAY 3 – UPPER BODY PULL

REVERSE PEC DECK: 3 SETS OF 12-15 REPS WITH 30 SECONDS REST. I WANT YOUR LAST SET TO BE A DROP SET TO FAILURE.

-WE START WITH THIS MOVEMENT TO WORK AND WARM UP ALL THE MUSCLES IN THE UPPER BACK. WE ALSO DID NOT HIT THE POSTERIOR DELTOID IN THE PREVIOUS DAY, EVEN THOUGH WE HIT THE MEDIAL AND ANTERIOR DELTOID. THIS WILL MAKE SURE THAT ALL HEADS OF YOUR SHOULDER GET WORK AS WELL AS HELP WARM UP ALL THE MUSCLES IN THE UPPER BACK PRIOR TO THE REST OF THE WORKOUT. YOU WILL MAKE YOUR LAST SET A DROP SET TO FAILURE TO GET THIS WORKOUT STARTED OFF ON THE RIGHT TRACK!

WIDE GRIP LAT PULLDOWN: 3 SETS OF 12-15 REPS WITH 30 SECONDS REST. I WANT YOU TO PAUSE FOR A 2-3 SECOND COUNT AT THE PEAK CONTRACTION OF EACH REP.

-THE LATS TAKE UP THE MOST ROOM OF THE BACK. THIS MOVEMENT IS DESIGNED TO TARGET THE LATS, AS WELL AS BE A SAFE WARM UP EXERCISE BEFORE WE GET INTO THE ROWING MOVEMENTS. THERE IS NOTHING THAT YOU WILL DO DURING YOUR REST PERIODS BESIDES REST. I DO WANT YOU TO PAUSE FOR 2-3 SECONDS AND SQUEEZE THE CONTRACTION FOR EACH REP OF EVERY SET.

DBELL PULLOVER COMPOUND SET WITH DBELL ROW: 3 SETS OF 12-15 REPS WITH 1 MINUTE REST.

-IT'S HARD TO FIND A MOVEMENT THAT COMPARES TO THE PULL OVER. I WANT YOU TO START EACH COMPOUND SET WITH THE PULL OVER AND THEN FINISH WITH THE DBELL ROWS. YOU WILL PERFORM THE PULL OVER, BOTH ARMS WITH THE DBELL ROW, AND THEN YOU WILL REST. DO NOT REST IN BETWEEN ARMS OR IN BETWEEN THE PULL OVER AND THE DBELL ROWS.

TBAR ROW: 4 SETS OF 8-12 REPS WITH 1 MINUTE REST. I WANT YOUR LAST SET TO BE A DROP SET TO FAILURE.

-THIS IS THE PEAK OF THE BACK MOVEMENTS FOR TODAY. YOU WILL BE ABLE TO USE THE HEAVIEST WEIGHT AND DO THE MOST WORK WITH YOUR BACK WHILE PERFORMING THIS MOVEMENT. I WANT YOU TO PUSH YOURSELF AND FINISH WITH A STRONG DROP SET TO FAILURE.

CLOSE GRIP CABLE ROW: 3 SETS OF 8-12 REPS WITH 30 SECONDS REST. I WANT YOU TO PAUSE FOR A 2-3 SECOND COUNT AT THE TOP OF EACH REP FOR EVERY SET AND MAKE THE LAST SET A DROP SET TO FAILURE.

-THIS MOVEMENT IS DESIGNED TO FINISH OFF THE BACK. YOU SHOULDN'T WANT TO TRAIN YOUR BACK ANYMORE AFTER COMPLETING THIS EXERCISE. YOU WILL USE TWO NEW TECHNIQUES IN THAT YOU WILL PAUSE AT THE PEAK CONTRACTION OF EACH REP, AND YOU WILL MAKE THE LAST SET A DROP SET TO FAILURE. YOU SHOULD STRUGGLE TO HOLD THE PEAK CONTRACTION FOR 2-3 SECONDS AND THE DROP SET SHOULDN'T BE EASY. IF BOTH OF THOSE THINGS COME EASY TO YOU THEN YOU AREN'T GOING HEAVY ENOUGH.

SMITH MACHINE SHRUG: 4 SETS OF 8-12 REPS WITH 30 SECONDS REST. I WANT YOUR LAST SET TO BE A DROP SET TO FAILURE.

-THIS IS A SIMPLE EXERCISE THAT IS PLACED HERE TO MAKE SURE THAT THE TRAPS GOT ENOUGH WORK WITH THE OTHER BACK MOVEMENTS. YOU DO NOT HAVE ANYTHING THAT YOU HAVE TO DO DURING YOUR REST, BUT I DO WANT YOU TO REALLY PUSH YOURSELF WITH THAT DROP SET TO FAILURE AS YOUR FINAL SET.

ALTERNATING DBELL CURL COMPOUND SET WITH HAMMER CURL: 4 SETS OF 12-15 REPS PER ARM WITH 30 SECONDS REST IN BETWEEN SETS. I WANT YOU TO FLEX EACH BICEP FOR 3-5 SECOND HOLDS DURING YOUR REST PERIOD.

-THE BICEPS GET A LOT OF WORK ON ANY PULLING MOVEMENTS, SO THEY SHOULDN'T REQUIRE MUCH AT THE END OF THIS WORKOUT. I HAVE PAIRED THE ALTERNATING DBELL CURL AND HAMMER CURL INTO THE SAME EXERCISE. I WANT YOU TO PERFORM 1 REP OF DBELL CURLS WITH EACH ARM FOLLOWED BY 1 REP OF HAMMER CURLS FOR EACH ARM. YOU WILL ALTERNATE LIKE THIS FOR THE FULL 12-15 REPS UNTIL THE SET IS COMPLETE. I WANT YOU TO PURPOSEFULLY FLEX YOUR BICEPS INDIVIDUALLY FOR 3-5 SECOND HOLDS DURING YOUR REST PERIOD. YOU WILL BE ALTERNATING FLEXING BICEPS FOR 3-5 SECONDS DURING THE WHOLE 30 SECONDS OF YOUR REST PERIOD AND THEN GET RIGHT INTO YOUR NEXT SET.

SINGLE ARM DUMBBELL WRIST CURL: 3 SETS OF 12-15 REPS WITH ZERO REST IN BETWEEN SETS.

-WE CAN'T FORGET ABOUT THE FOREARMS! I DON'T WANT TO SPEND A LOT OF TIME ON THEM SINCE THIS IS A CUTTING PROGRAM. WE HIT THEM FOR A FEW SETS WITH ZERO REST. THIS MOVEMENT SHOULDN'T TAKE YOU LONG TO COMPLETE AS AN END FOR TODAY'S WORKOUT.

CARDIO:

ECTO: 2000M ON THE ROWER MACHINE OR 10 MINUTES HIIT ON THE STATIONARY BIKE.

MESO: 2500M ON THE ROWER MACHINE OR 15 MINUTES HIIT ON THE STATIONARY BIKE.

ENDO: 2000M ON THE ROWER MACHINE OR 15 MINUTES LISS ON THE INCLINE TREADMILL.

DAY 4 – LOWER BODY CIRCUITS

THE CIRCUIT WORKOUTS ARE DESIGNED SO THAT YOU CAN GO FROM ONE EXERCISE TO THE NEXT WITH LITTLE TO NO REST IN BETWEEN EXERCISES. YOU WILL PERFORM ALL THE EXERCISES IN THE SUGGESTED REP RANGES, AND THEN YOU WILL REST. IT IS IMPORTANT TO SET EACH CIRCUIT UP WITH THE WEIGHT THAT YOU PLAN TO USE PRIOR TO STARTING THE CIRCUIT.

CIRCUIT 1 4 SETS.

STATIONARY LUNGES: 10 REPS EACH LEG.

FRONT SQUAT: 10 REPS.

SISSY SQUAT: 15 REPS.

REST: 1 MINUTE.

THE FIRST CIRCUIT OF TODAY'S WORKOUT IS FOCUSED ON BASIC SQUAT MOVEMENTS, BUT WITH A TWIST. I HAD YOU PERFORM THE BACK SQUAT EARLIER IN THE WEEK AND YOU WILL USE A CHALLENGING WEIGHT. YOUR WEIGHTS WILL BE MUCH LIGHTER FOR THESE VARIATIONS SINCE YOU WILL BE PERFORMING THEM AS PART OF A CIRCUIT. THE STATIONARY LUNGES ARE DESIGNED TO HELP WARM UP THE ENTIRE LEG FOR THE FRONT SQUAT. THE FRONT SQUAT IS THE FOUNDATIONAL MOVEMENT IN THIS CIRCUIT, AND THE SISSY SQUAT IS THE FINISHER. DON'T LET THE NAME "SISSY SQUAT" FOOL YOU! THESE SQUATS CAN BE VERY DIFFICULT ON THEIR OWN, AND THEY ARE THAT MUCH MORE DIFFICULT WHEN YOU ARE PERFORMING THEM LAST IN THE CIRCUIT. 1 MINUTE ISN'T A LOT OF REST TIME FOR A CIRCUIT LIKE THIS, SO BE PREPARED TO WORK!

CIRCUIT 2 4 SETS.

LEG EXTENSION: 25 REPS.

BOX JUMP: 10 JUMPS.

JEFFERSON SQUAT: 10 REPS.

DBELL STIFF LEG DEADLIFTS: 10 REPS.

REST: 1 MINUTE.

I PLACED THE MOST PHYSICALLY CHALLENGING CIRCUIT FIRST, BUT THAT DOESN'T MEAN THAT THIS CIRCUIT IS EASY. THE HIGH REP LEG EXTENSIONS WILL REALLY FATIGUE YOUR QUADS PRIOR TO THE BOX JUMP. THE BOX JUMP IS DESIGNED TO ADD A LITTLE CARDIO TO THIS WORKOUT AS WELL AS ALLOW YOU TO TRAIN AN EXPLOSIVE MOVEMENT SAFELY AND WHILE FATIGUED. THE JEFFERSON SQUAT AND STIFF LEG DEADLIFT ARE PLACED IN THIS ORDER SO THAT YOU CAN HIT THE REST OF THE MUSCLES IN YOUR LEGS OUTSIDE OF THE QUADS. THE QUADS WILL GET HIT VERY HARD WITH THE FIRST CIRCUIT AND YOU WILL LIKELY NOT BE ABLE TO DO ANY QUAD DOMINANT MOVEMENTS AFTER THE LEG EXTENSIONS AND BOX JUMPS. THIS IS A PERFECT TIME TO WORK ON THE GLUTES, ADDUCTORS, AND HAMSTRINGS WITH THE JEFFERSON SQUAT AND STIFF LEG DEADLIFT.

CIRCUIT 3 4 SETS.

STANDING CALF RAISE: 10 REPS.

FARMERS WALKS: 10 STEPS PER LEG (20 STEPS TOTAL).

REST: 30 SECONDS.

THE LAST CIRCUIT WILL HIT THE CALVES AND THEN TARGET ON CARDIOVASCULAR ENDURANCE. I CHOSE THE FARMERS WALKS BECAUSE SOME OF YOU MAY NOT HAVE ACCESS TO ALL THE SPECIALTY EQUIPMENT THAT WE PUT INSIDE MY FACILITY ZOO CULTURE. IF YOU HAVE ACCESS TO FARMERS WALK HANDLES THEN THIS IS GREAT! IF YOU DON'T, THEN YOU CAN STILL PERFORM FARMER'S WALKS WITH DUMBBELLS. YOU ONLY GET 30 SECONDS REST IN BETWEEN SETS, SO BE PREPARED FOR THIS TO REALLY ATTACK YOUR ENDURANCE!

CARDIO:

ECTO: 10 MINUTES LISS CARDIO ON THE INCLINE TREADMILL.

MESO: 15 MINUTES LISS CARDIO ON THE INCLINE TREADMILL.

ENDO: 20 MINUTES LISS CARDIO ON THE INCLINE TREADMILL.

DAY 5 – UPPER BODY CIRCUITS

THE UPPER BODY CIRCUITS FOR TODAY'S WORKOUT SHOULD BE TREATED THE SAME WAY AS THE LOWER BODY CIRCUITS. YOU WILL PERFORM EACH EXERCISE, ONE AFTER THE OTHER WITH ZERO REST, AND THEN YOU WILL REST ONCE ALL EXERCISES ARE COMPLETED.

CIRCUIT 1 4 SETS.

PULL UPS: TO FAILURE.

BARBELL ROW: 10 REPS.

2 ARM DBELL ROW: 10 REPS.

DBELL SHRUG: 15 REPS.

REST: 1 MINUTE.

THE FIRST CIRCUIT TARGETS THE POSTERIOR MUSCLES IN YOUR UPPER BODY. I HAVE YOU START WITH PULL UPS TO FAILURE TO HELP YOU GET MORE REPS. SOME PEOPLE STRUGGLE WITH PULL UPS WHEN THEY ARE FRESH, SO IT WILL BE THAT MUCH MORE CHALLENGING IF I PLACED THEM AT THE END OF THE CIRCUIT. YOU'LL FOLLOW THE PULL UPS WITH TWO OF THE SAME MOVEMENT IN THE ROW. THE BARBELL ROW IS FIRST BECAUSE THIS ALLOWS YOU TO TRAIN HEAVIER. THE 2 ARM DBELL ROW IS PERFORMED JUST LIKE THE BARBELL ROW, EXCEPT YOU WILL USE DBELLS. THIS WILL HELP BOTH SIDES OF YOUR BODY WORK INDEPENDENTLY OF ONE ANOTHER, AND YOU CAN TRAIN HEAVY WITH THE BARBELL AND LIGHTER WITH THE DBELL TO FOCUS ON FORM. THESE TWO EXERCISES MAY BE THE SAME MOVEMENT, BUT THE STYLE IN WHICH YOU PERFORM THEM WILL MAKE THEM COMPLIMENT EACH OTHER. SINCE YOU WILL ALREADY HAVE THE DBELLS IN YOUR HANDS, AND WE NEED TO TARGET THE TRAPS, THEN I HAVE YOU FINISH WITH DBELL SHRUGS. REST ONLY 1 MINUTE AND THEN GET BACK TO WORK!

CIRCUIT 2 4 SETS.

2 ARM DBELL LATERAL RAISE: 10 REPS.

FLAT DBELL PRESS: 10 REPS.

FLAT DBELL FLYE: 15 REPS.

PUSH UPS: TO FAILURE.

REST: 1 MINUTE.

WE JUST TARGETED THE BACK WITH THE FIRST CIRCUIT, SO THIS CIRCUIT WILL TARGET THE CHEST AND SHOULDERS. I WILL HAVE YOU START WITH A DBELL LATERAL RAISE THAT YOU WILL PERFORM WITH BOTH ARMS AT THE SAME TIME. THIS WILL REALLY TARGET AND PRE-FATIGUE YOUR DELTOIDS PRIOR TO THE CHEST MOVEMENTS. I WILL THEN HAVE YOU FOCUS ON THE FLAT DBELL PRESS FOLLOWED BY THE DBELL FLYE. BOTH OF THESE MOVEMENTS WILL SPECIFICALLY TARGET THE CHEST, BUT ALSO WORK THE DELTOIDS AND TRICEPS. WE FINISH THIS CIRCUIT WITH PUSH UPS. PUSH UPS, LIKE PULL UPS, CAN BE DIFFICULT FOR SOME BUT I STILL CHOSE TO PLACE THEM LAST IN THIS CIRCUIT. IF YOU FAIL WHILE DOING PUSH UPS THEN YOU'LL LAY DOWN ON YOUR STOMACH, WHICH IS CONVENIENT BECAUSE YOU GET 1 MINUTE OF REST AFTER THIS. MAKE SURE TO REALLY PUSH YOURSELF WITH THE PUSH UPS BECAUSE OF THIS!

CIRCUIT 3 4 SETS.

DIPS: TO FAILURE.

UPRIGHT ROW: 15 REPS.

BARBELL CURL: 10 REPS.

2 ARM DBELL KICKBACK: 10 REPS.

REST: 1 MINUTE.

THE LAST CIRCUIT IS THE FINISHING CIRCUIT WHERE WE GIVE A LITTLE MORE ATTENTION TO THE SHOULDERS AND THEN FOCUS ON GETTING A BIG PUMP IN THE ARMS! THE DIPS MAY NOT BE EASY CONSIDERING WE JUST FINISHED A CIRCUIT WITH PRESSES, FLYES, AND PUSH UPS. IF YOU STRUGGLE TO GET REPS ON THE DIPS, THEN FEEL FREE TO USE THE ASSISTED DIP MACHINE. THE UPRIGHT ROW IS A GREAT MOVEMENT TO ADD AFTER THE DIPS TO FURTHER BUILD THE SHOULDERS AND REDUCE THE RISK OF INJURY. YOU ALWAYS WANT TO BE CAREFUL WITH WHERE YOU PLACE THE UPRIGHT ROW AS IT CAN CAUSE A SHOULDER IMPINGEMENT FOR SOME PEOPLE. WE FOLLOW THE ROW WITH A BICEPS MOVEMENT IN THE BARBELL CURL, AND A TRICEP MOVEMENT IN THE DBELL KICKBACK. YOU WILL PERFORM THE KICKBACK WITH BOTH ARMS AT THE SAME TIME. AT THIS POINT YOUR SHOULDERS, CHEST, AND BACK SHOULD BE VERY FATIGUED. THIS IS A GOOD THING BECAUSE YOU WILL BE LESS LIKELY TO CHEAT ON THE BARBELL CURL AND DBELL KICKBACKS BECAUSE OF IT!

CARDIO:

ECTO: 10 MINUTES HIIT CARDIO ON THE ELLIPTICAL.

MESO: 15 MINUTES HIIT CARDIO ON THE ELLIPTICAL.

ENDO: 25 MINUTES LISS CARDIO ON THE ELLIPTICAL.

DAY 6 – REST/ACTIVE REST

-OPTIONAL: ANY NON-WEIGHTLIFTING RELATED ACTIVITY.

DAY 7 – REST/ACTIVE REST

-OPTIONAL: ANY NON-WEIGHTLIFTING RELATED ACTIVITY.

THIS WORKOUT SPLIT, THE EXERCISE SELECTION, AND ORDER HAS ALL BEEN THOUGHT OUT. I SUGGEST THAT YOU STICK WITH IT AND DON'T ALTER THE ORDER OF DAYS OR EXERCISES IN THE PLAN. I HAVE SPACED OUT LOWER BODY (LEG) TRAINING SO THAT YOU CAN RECOVER IN BETWEEN EACH DAYS. THE SAME CAN BE SAID FOR WHAT MUSCLES ARE TARGETED ON UPPER BODY DAYS AS WELL. THE ORDER OF EXERCISES FOR EACH WORKOUT HAS A STRATEGY TO IT AS WELL. SOME EXERCISES WORK BETTER TO WARM UP THE MUSCLE/BODY BEFORE COMPOUND LIFTING, WHILE OTHERS WORK BETTER AS A FINISHER AT THE END OF THE WORKOUT.

IF YOU ABSOLUTELY NEED TO CHANGE SOMETHING THEN DO IT, BUT I JUST WANT TO LET YOU KNOW THAT I THINK THIS PLAN WILL WORK BEST EXACTLY AS WRITTEN! NOW THAT THE FUN PART IS OVER, LET'S GET INTO SOME DIET STRATEGIES TO COMPLIMENT YOUR WORKOUTS!

DIET STRATEGY OPTIONS

COMING UP WITH DIET STRATEGIES AND MEAL PLAN OPTIONS FOR AN EBOOK THAT REACHES A WIDE VARIETY OF BODY TYPES AND PERSONAL SCHEDULES IS ALWAYS DIFFICULT. WE ALL HAVE DIFFERENT LIVES, SCHEDULES, FOOD PREFERENCES, FOOD ALLERGIES, AND GENETICS. ALL OF THESE THINGS FACTOR INTO MAKING A DIET FOR SOMEBODY. HOWEVER, THAT BEING SAID, I WANTED TO SUGGEST A COUPLE DIFFERENT DIETING STRATEGIES AND GIVE YOU SOME INFORMATION SO THAT YOU CAN FIND THE BEST DIET FOR YOU PERSONALLY!

I THOUGHT OF TWO FAIRLY EASY TO FOLLOW DIET STRATEGIES THAT SHOULD PRODUCE RESULTS FOR EVERYBODY WHEN APPLIED PROPERLY. I ALSO LIKE TO GIVE PEOPLE OPTIONS, SO IF YOU START WITH ONE DIETING STRATEGY AND YOU DON'T GET THE RESULTS YOU WANT, THEN YOU CAN TRY THE OTHER. THIS IS ALSO IMPORTANT TO PREVENT YOU FROM GETTING BORED WITH YOUR DIET WHILE FOLLOWING THIS PLAN.

THE TWO STRATEGIES ARE "INTERMITTENT FASTING" AND "NUTRIENT TIMING". BOTH OF THESE STRATEGIES CAN BE APPLIED WITH "CLEAN EATING" OR "FLEXIBLE DIETING" PRINCIPLES. I WILL BREAK DOWN BOTH DIETING STRATEGIES AND PRINCIPLES IN THE NEXT SECTION, BUT FIRST I WANT YOU TO LEARN A LITTLE BIT ABOUT BOTH STRATEGIES AND ANSWER A FEW QUESTIONS ABOUT YOURSELF AND YOUR LIFESTYLE.

INTERMITTENT FASTING IS GREAT FOR PEOPLE WHO DON'T LIKE TO EAT A LOT OF MEALS AND WOULD RATHER GET ALL OF THEIR CALORIES OVER 2-3 LARGE MEALS INSTEAD OF 4-6 SMALLER ONES. YOU WILL HAVE A TIME PERIOD WHERE YOU WILL EAT ALL OF YOUR CALORIES FOR THE DAY AND MOST PEOPLE HAVE THIS TIME PERIOD IN THE EVENING. THIS IS A GREAT DIETING STRATEGY FOR THOSE THAT ARE BUSY AND DON'T HAVE THE TIME TO EAT FREQUENTLY THROUGHOUT THE DAY. THIS IS ALSO A GREAT STRATEGY THAT PAIRS UP WELL WITH FLEXIBLE DIETING PRINCIPLES. SO IF YOU ARE THE TYPE OF PERSON THAT WANTS FLEXIBILITY IN THEIR FOOD SOURCES AND DOESN'T HAVE THAT MUCH TIME TO EAT DURING THE DAY, THEN THIS DIET IS RIGHT FOR YOU!

NUTRIENT TIMING IS ALMOST THE EXACT OPPOSITE STRATEGY FROM INTERMITTENT FASTING. WITH NUTRIENT TIMING PRINCIPLES, YOUR MEALS WILL BE PART OF YOUR SCHEDULE AND YOU WILL EAT THEM IN RELATION TO WAKING UP, TRAINING, GOING TO SLEEP, AND BASED ON THE TIME IN BETWEEN EACH MEAL. IF YOU ARE OCD WITH YOUR SCHEDULE AND LIKE TO STRUCTURE YOUR MEALS INTO YOUR DAY THEN THIS DIET STRATEGY WOULD WORK WELL FOR YOU. THIS TYPE OF DIETING STRATEGY TENDS TO PAIR BEST WITH CLEAN EATING PRINCIPLES AND YOU MAY FIND THAT YOU EAT THE SAME FOODS AT THE SAME TIME EVERY DAY. THIS IS SOMEWHAT OF AN "OLD SCHOOL" BODYBUILDING APPROACH COMPARED TO INTERMITTENT FASTING WITH FLEXIBLE DIETING PRINCIPLES. NUTRIENT TIMING WITH CLEAN EATING PRINCIPLES IS A LOT LIKE HOW BODYBUILDERS HAVE BEEN EATING SINCE THE SPORT STARTED. THIS STRATEGY IS HARDER TO FOLLOW FOR MOST PEOPLE, AND THE DIETS CAN GET BORING. THE GOOD THING ABOUT THIS STRATEGY IS THAT THERE IS A LOT OF ANECDOTAL PROOF WITH BODYBUILDERS THROUGHOUT THE YEARS THAT STILL CLAIM THIS IS THE BEST WAY TO GO ABOUT THINGS.

NOW THAT YOU UNDERSTAND THE DIFFERENT STRATEGIES AND PRINCIPLES THAT I'M SUGGESTING IN THIS EBOOK, I WANT YOU TO KNOW THAT YOU CAN ALSO FOLLOW INTERMITTENT FASTING WITH CLEAN EATING PRINCIPLES OR NUTRIENT TIMING WITH FLEXIBLE DIETING PRINCIPLES. I THINK THAT INTERMITTENT FASTING WORKS BEST WITH FLEXIBLE DIETING PRINCIPLES AND NUTRIENT TIMING WORKS BEST WITH CLEAN EATING PRINCIPLES, BUT THERE IS NOTHING WRONG WITH DOING THINGS DIFFERENTLY IF THAT WORKS FOR YOU.

SO YOU NEED TO ASK YOURSELF SOME QUESTIONS ABOUT YOUR LIFESTYLE TO FIGURE OUT WHICH DIETING STRATEGY WILL BE THE EASIEST FOR YOU TO FOLLOW. NOTICE THAT I MENTION, "WHICH WILL BE EASIEST TO FOLLOW", BECAUSE MOST PEOPLE WON'T FOLLOW A DIET THAT IS DIFFICULT FOR THEM AND THEY WON'T SEE ANY RESULTS. FOOD IS AWESOME AND YOU SHOULD STILL ENJOY EATING YOUR MEALS. YOU MAY ENJOY THE SUFFERING OF TRAINING, BUT NOBODY TRULY ENJOYS SUFFERING FROM A DIET. SO MAKE SURE TO PICK A STRATEGY THAT YOU THINK WILL BE EASIEST FOR YOU TO FOLLOW AND STICK WITH IT! THERE ISN'T A WRONG ANSWER HERE IF BOTH STRATEGIES ARE APPLIED PROPERLY.

"YOU MAY ENJOY THE SUFFERING OF TRAINING, BUT NOBODY TRULY ENJOYS SUFFERING FROM A DIET. SO MAKE SURE TO PICK A STRATEGY THAT YOU THINK WILL BE EASIEST FOR YOU TO FOLLOW AND STICK WITH IT!"

INTERMITTENT FASTING

INTERMITTENT FASTING IS A VERY SIMPLE DIETING STRATEGY IN CONCEPT. YOU WILL FAST FOR A LARGE PORTION OF YOUR 24 HOUR DAY AND YOU WILL EAT ALL OF YOUR CALORIES IN A SPECIFIC WINDOW OF THAT 24 HOUR DAY. FASTING FOR 16 HOURS AND EATING DURING AN 8 HOUR TIME PERIOD SEEMS TO BE THE MOST POPULAR METHOD DUE TO THE "LEAN GAINS" DIET THAT CAME OUT A WHILE AGO. I DON'T NECESSARILY BELIEVE THAT THIS TYPE OF EATING WILL INCREASE MUSCLE AND BURN BODY FAT SIMPLY BY CONCEPT AS SOME PEOPLE SUGGEST. PEOPLE MAY GET THESE TYPES OF RESULTS IF THEY GO FROM A SEDENTARY LIFESTYLE TO AN ACTIVE ONE, BUT I HIGHLY DOUBT PEOPLE WILL GET THOSE TYPES OF RESULTS BY CHANGING TO THIS DIETING STRATEGY ALONE WITHOUT WORKING OUT. SO I WON'T SAY THAT THIS DIETING STRATEGY WILL MAKE YOU MORE MUSCULAR AND LEANER AT THE SAME TIME. IT'S VERY HARD TO INCREASE MUSCLE MASS AND BURN FAT SIMULTANEOUSLY. I'VE ALWAYS SAID THAT WE SHOULD FOCUS OUR EFFORTS TOWARDS ONE OR THE OTHER. REGARDLESS, THIS TYPE OF DIETING PRACTICE CAN BE GREAT FOR FAT LOSS IF YOUR TOTAL CALORIC INTAKE MAKES SENSE.

I HAVE SEEN OTHER PEOPLE IMPLEMENT DIFFERENT TIME PERIODS FOR THIS, BUT FASTING FOR 16 HOURS AND EATING DURING THE 8 HOUR TIME PERIOD SEEMS TO BE THE "RULE" IF THERE IS ONE TODAY. IF YOU CAN FIGURE OUT YOUR CURRENT CALORIC MAINTENANCE AND STAY UNDER IT WHILE IMPLEMENTING THE WORKOUT PLAN FROM THIS EBOOK THEN THAT SHOULD PUT YOU IN A CALORIC DEFICIT ON THE DAY WHILE MAXIMIZING FAT LOSS. I WILL EXPLAIN HOW TO FIND YOUR CALORIC MAINTENANCE LATER IN THIS EBOOK. FOR NOW, LETS FOCUS ON LEARNING WHAT THE DIFFERENT DIETING STRATEGIES ARE.

SOME PEOPLE CLAIM THAT IF YOU WORKOUT DURING YOUR FAST THAT YOU WILL BE IN A CATABOLIC STATE AND RISK BURNING MUSCLE TISSUE. OTHERS SAY THAT THIS DOESN'T MATTER BECAUSE YOU WILL EAT ALL OF YOUR FOOD AFTER YOUR WORKOUT AND MAXIMIZE RECOVERY. YOU SHOULD TRY WORKING OUT DURING YOUR FAST, AND YOU SHOULD TRY WORKING OUT DURING YOUR EATING WINDOW. SOME PEOPLE GET BETTER FAT LOSS RESULTS AND BETTER WORKOUTS WHILE TRAINING FASTED. OTHERS NEED TO HAVE SOME FOOD PRIOR TO LIFTING TO GET THE BEST WORKOUTS. I'M HERE TO TELL YOU THAT YOU CAN'T GO WRONG EITHER WAY. TRY IT AND SEE WHAT GIVES YOU THE BEST WORKOUTS AND RESULTS!

I DO BELIEVE IN POST WORKOUT NUTRITION, SO IF YOU ARE GOING TO WORKOUT FASTED, THEN I SUGGEST THAT YOU STRUCTURE YOUR INTERMITTENT FASTING PROTOCOL TO HAVE THE FAST END AFTER YOUR WORKOUT. I BELIEVE THAT THIS WILL HELP WITH RECOVERY AND STILL GET ALL THE BENEFITS OF MAXIMAL FAT LOSS! IF YOU ARE CHOOSING TO WORKOUT DURING YOUR EATING PERIOD THEN YOU WILL NEED TO MAKE SURE TO ALLOW YOURSELF ENOUGH TIME IN BETWEEN MEALS SO THAT YOU CAN DIGEST THE MEAL SO THAT THE FOOD DOESN'T HINDER YOUR WORKOUT.

SO THE KEY POINTS HERE ARE THAT YOU ARE NOT GOING TO EAT OR DRINK ANYTHING BESIDES WATER FOR 16 HOURS EACH DAY, AND THAT YOU ARE GOING TO EAT ALL OF YOUR FOOD DURING AN 8 HOUR WINDOW. IF YOU CHOOSE TO WORKOUT FASTED THEN YOU SHOULD END YOUR 16 HOUR FAST AT THE END OF YOUR WORKOUT SO YOU CAN EAT POST-WORKOUT. REMEMBER, YOU DON'T EAT WHILE YOU SLEEP AND YOU SHOULD BE SLEEPING FOR 8 HOURS EACH DAY. HALF OF YOUR FAST WILL BE WHILE YOU ARE SLEEPING. IT IS ALSO IMPORTANT TO KNOW YOUR CALORIC MAINTENANCE. IF YOU EAT SO MUCH FOOD DURING YOUR 8 HOUR EATING WINDOW THAT YOU ARE IN A CALORIC SURPLUS THEN THIS DIETING STRATEGY WON'T WORK AND IT MIGHT EVEN MAKE YOU ADD BODY FAT! SO YOU WILL NEED TO KNOW WHAT YOUR CALORIC MAINTENANCE IS. IF YOU TRACK YOUR MACROS AND KNOW YOUR MACROS WITH THIS DIET THEN EVEN BETTER!

“REMEMBER, YOU DON'T EAT WHILE YOU SLEEP AND YOU SHOULD BE SLEEPING FOR 8 HOURS EACH DAY. HALF OF YOUR FAST WILL BE WHILE YOU ARE SLEEPING.”

NUTRIENT TIMING

NUTRIENT TIMING IS A DIET THAT IS MUCH MORE INVOLVED THAN INTERMITTENT FASTING AND WORKS BEST FOR THOSE WHO LIKE MORE STRUCTURE IN THEIR LIFESTYLE. IF YOU CHOOSE TO FOLLOW A NUTRIENT TIMING APPROACH THEN YOU WILL STRUCTURE YOUR MEALS FOR SPECIFIC TIMES THROUGHOUT THE DAY IN RELATION TO YOUR WORKOUT, BEDTIME, TIME YOU WAKE UP, AND IN RELATION TO EACH MEAL. THIS APPROACH ALSO TAKES A VERY CLOSE LOOK AT MACRONUTRIENT RATIOS, CALORIC TOTALS, AND FOOD CHOICES. INTERMITTENT FASTING IS EASY BECAUSE YOU CAN EAT ANY FOODS WITHIN YOUR MACRO AND CALORIC TOTALS ON THE DAY. NUTRIENT TIMING WILL HAVE YOU EATING SPECIFIC MACRO RATIOS DEPENDING ON THE MEAL AND HAVE SPECIFIC FOOD SOURCES PAIRED WITH ONE ANOTHER DEPENDING ON WHICH MEAL YOU ARE EATING.

THE EASIEST WAY TO STRUCTURE THIS TYPE OF DIET LOOKS LIKE THIS:

MEAL 1 – UPON WAKING

MEAL 2 – 3 HOURS LATER

MEAL 3 – 3 HOURS LATER

MEAL 4 – 3 HOURS LATER

MEAL 5 – BEFORE BED

MEAL 6 – *OPTIONAL: THIS MEAL IS TYPICALLY PLACED BETWEEN MEALS 4 AND 5 FOR THOSE WHO HAVE A VERY LONG DAY.

NOW, KNOWING THE MEAL TIMING FOR THIS PLAN IS ONLY PART OF THE STRATEGY FOR NUTRIENT TIMING. EACH MEAL WILL HAVE DIFFERENT MACRONUTRIENT RATIOS. FOR EXAMPLE, MEAL 1 TYPICALLY HAS A MIX OF ALL THREE MACRONUTRIENTS (PROTEIN, CARBS, AND FATS) WHILE THE PRE AND POST WORKOUT MEALS TYPICALLY ARE PROTEIN AND CARB HEAVY WITHOUT ANY FATS. THE REMAINING MEALS THROUGHOUT THE DAY ARE TYPICALLY PROTEIN AND VEGGIES WITH THE ADDITION OF CARBS AND FATS BASED ON YOUR MACRONUTRIENT NEEDS. A RULE THAT I LIKE TO FOLLOW WITH THIS DIET STRATEGY IS TO NEVER MIX FATS AND CARBS IN THE SAME MEAL OUTSIDE OF MEAL 1. THIS MAY BE SOUNDING PRETTY COMPLICATED, AND IT IS. THIS TYPE OF DIETING IS NOT AS SIMPLE AND EASY TO USE AS INTERMITTENT FASTING. NUTRIENT TIMING IS MORE OF AN ADVANCED APPROACH WITH THE PERSON FOLLOWING THE DIET TRYING TO FIND THE BEST WAY TO SPREAD OUT THEIR MACROS SO THEY CAN HAVE MAXIMUM PERFORMANCE IN THE GYM, ENERGY THROUGHOUT THE DAY, WHILE ALSO RECEIVING MAXIMAL FAT LOSS.

HERE IS ANOTHER EXAMPLE TO HELP CLARIFY THE NUTRIENT TIMING STRATEGY:

MEAL 1 – UPON WAKING (PROTEIN, CARBS, AND FAT)

MEAL 2 – 3 HOURS LATER (PROTEIN AND VEGGIE)

MEAL 3 – 3 HOURS LATER (PRE WORKOUT PROTEIN AND CARBS)

MEAL 4 – ROUGHLY 3 HOURS LATER (POST WORKOUT PROTEIN AND CARBS)

MEAL 5 – BEFORE BED (PROTEIN AND VEGGIE AND/OR FAT)

YOU CAN SEE HOW I'VE ADDED MORE RULES TO THE SAME STRUCTURED DAY AS BEFORE. YOU WILL HAVE ALL THREE MACROS FOR MEAL 1 AS SOON AS YOU WAKE UP. YOU WILL HAVE YOUR CARBOHYDRATES AROUND THE WORKOUT, AND YOU WILL HAVE PROTEIN AND VEGGIES FOR THE REST OF THE MEALS. YOU CAN ADD FAT TO THE PROTEIN/VEGGIE MEALS IF YOU NEED IT TO HIT YOUR MACRONUTRIENT GOALS.

NOW THAT YOU UNDERSTAND HOW THIS DIET LOOKS, YOU NEED TO UNDERSTAND THAT KNOWING YOUR MACRONUTRIENT AND CALORIC TOTALS ON THE DAY IS CRUCIAL! THIS INFORMATION IS IMPORTANT FOR BOTH DIET STRATEGIES, BUT IT ABSOLUTELY WILL NOT WORK WITH NUTRIENT TIMING. YOU COULD GET AWAY WITH INTERMITTENT FASTING BY JUST TRACKING CALORIES AND NOT TRACKING MACROS, HOWEVER, I DON'T RECOMMEND THAT.

AT THIS POINT INTERMITTENT FASTING IS PROBABLY SOUNDING PRETTY GOOD RIGHT? I DON'T WANT YOU TO BE INTIMIDATED BY THE NUTRIENT TIMING APPROACH; IT REALLY IS VERY SIMPLE ONCE YOU LAY OUT YOUR MEAL PLAN. I ALSO WANT YOU TO KNOW THAT THESE AREN'T THE ONLY TWO DIETING APPROACHES THAT WILL WORK WITH THE WORKOUT PLAN IN THIS EBOOK. ANY LEGITIMATE DIETING APPROACH THAT HAS YOU EATING THE PROPER AMOUNT OF CALORIES AND RATIO OF MACRONUTRIENTS WILL WORK IF YOU PUT THE WORK IN! REGARDLESS OF WHICH DIETING STRATEGY YOU USE, YOU WILL BE FACED WITH WHETHER TO DO IT WITH ALL CLEAN FOODS OR TO FOLLOW A MORE FLEXIBLE APPROACH. THAT IS WHAT I WILL TALK ABOUT NEXT!

“A RULE THAT I LIKE TO FOLLOW WITH THIS DIET STRATEGY IS TO NEVER MIX FATS AND CARBS IN THE SAME MEAL OUTSIDE OF MEAL 1.”

CLEAN EATING VS FLEXIBLE DIETING

CLEAN EATING IS KNOWN AS A THEORY THAT YOU CAN'T EAT JUNK FOOD WHILE TRYING TO LOSE BODY FAT. JUNK FOOD MAY HAVE ADDED TO YOUR BODY FAT, BUT THE REAL CULPRIT IS THAT YOU JUST ATE TOO MUCH OF IT. PEOPLE THAT FOLLOW CLEAN EATING PRACTICES WILL NOT EAT FOOD UNLESS IT IS HIGH QUALITY NUTRIENT DENSE FOODS. I'M NOT AGAINST THIS AT ALL! THE PROBLEM WITH CLEAN EATING IS THAT A LOT OF PEOPLE END UP ON STARVATION DIETS BECAUSE THEY EAT ONE TOO MANY SALADS WITHOUT THE CALORIES. IF YOU FOLLOW CLEAN EATING THEN IT IS STILL CRUCIAL THAT YOU EAT ACCORDING TO YOUR MACRONUTRIENT AND CALORIC GOALS.

FLEXIBLE DIETING WAS LOOKED AT AS THE OPPOSITE OF CLEAN EATING, BUT THAT'S NOT TRUE. FLEXIBLE DIETING SAYS YOU CAN EAT ANY FOODS THAT YOU WANT, INCLUDING JUNK FOOD, AS LONG AS YOU DON'T EXCEED YOUR DAILY MACRO OR CALORIC TOTALS. THE PROBLEM THAT OCCURRED FROM THIS THEORY IS THAT PEOPLE STARTED EATING ONLY JUNK FOOD AND WERE MISSING ON THE VALUABLE MICRONUTRIENTS THAT COME WITH CLEAN AND NUTRITIOUS FOODS. A SIMPLE FIX IS TO TAKE AN ESSENTIAL FATTY ACID, MULTI-VITAMIN, FIBER, AND POSSIBLE PROBIOTIC SUPPLEMENT TO MAKE UP FOR WHAT YOU MAY BE LACKING IN YOUR DIET. THIS WILL DEFINITELY WORK, BUT IF YOU MIX JUNK FOOD WITH PLENTY OF CLEAN FOODS THEN THE PROBLEM TYPICALLY TAKES CARE OF ITSELF.

THE KEY POINTS TO TAKE AWAY FROM THIS IS THAT BOTH CLEAN EATING AND FLEXIBLE DIETING BOTH REQUIRE THAT YOU KNOW YOUR MACRONUTRIENT AND CALORIC TOTALS ON THE DAY. FROM THERE YOU CAN HAVE THE OCCASIONAL JUNK FOOD TO SATISFY A CRAVING, OTHERWISE IT WOULD MAKE THE MOST SENSE TO GET THE BULK OF YOUR MACRONUTRIENTS AND CALORIES FROM CLEAN AND NUTRITIOUS FOODS. REGARDLESS OF WHICH DIET STRATEGY YOU CHOOSE TO FOLLOW, YOU WILL NEED TO KNOW YOUR MACRO AND CALORIC TOTALS ON THE DAY.

THERE WAS A LOT OF DEBATE ON THE INTERNET BETWEEN THESE TWO APPROACHES AS IF PEOPLE HAD TO CHOOSE ONE OR THE OTHER. THE BEST ANSWER IS THAT WE ALL SHOULD BE TRACKING OUR MACROS AND CALORIES LIKE FLEXIBLE DIETING SUGGESTS, BUT THAT WE SHOULD ALSO MAKE SURE TO EAT CLEAN AND HEALTHY FOODS LIKE THE CLEAN EATERS SUGGEST. GET THE BEST OF BOTH WORLDS AND YOU'LL MAKE THE MOST PROGRESS.

“REGARDLESS OF WHICH DIET STRATEGY YOU CHOOSE TO FOLLOW, YOU WILL NEED TO KNOW YOUR MACRO AND CALORIC TOTALS ON THE DAY.”

CLEAN EATING APPROVED FOODS LIST

PROTEIN

CHICKEN/TURKEY BREAST
LEAN STEAK
LEAN GROUND BEEF
GROUND TURKEY/CHICKEN
COD
SWAI
TILAPIA
TURKEY BACON
CHICKEN SAUSAGE
SALMON
TUNA
WHEY PROTEIN
GREEK YOGURT/COTTAGE CHEESE

CARBS

JASMINE RICE
BASMATI RICE
BROWN RICE
YAMS/SWEET POTATOES
QUINOA
OATS
RICE GRITS
EZEKIEL BREAD
REGULAR BREAD
KERRYGOLD

FATS

AVOCADO
COCONUT OIL
OLIVE OIL
ALMONDS
WALNUTS
MACADAMIA NUTS
MACADAMIA NUT OIL
ALMOND BUTTER
PEANUT BUTTER
BUTTER

VEGGIES AND RELATED

ASPARAGUS

BROCCOLI

SPINACH

KALE

ARUGULA

ZUCHINI

ONIONS/GARLIC

BELL PEPPERS

CELERY

MUSHROOMS

***ANY GREEN VEGETABLE THAT YOU LIKE!**

***PLEASE BE CAUTIOUS WITH CORN, CARROTS, AND ANY VEGETABLES THAT ARE NOT GREEN IN COLOR. CORN AND CARROTS HAVE A LOT OF UNWANTED SUGARS THAT CAN MESS UP YOUR DIET IF YOU CONSUME TOO MUCH OF THEM**

LIQUIDS

YOU CAN DRINK ANY LIQUIDS SO LONG AS THEY DON'T CONTAIN SUGAR OR CALORIES. THINGS LIKE ALMOND MILK, ETC. CAN BE USED BUT YOU WILL NEED TO PAY ATTENTION TO THE AMOUNTS AND HOW MANY MACROS/CALORIES YOU ARE ADDING TO YOUR DIET.

FLEXIBLE DIETING APPROVED FOODS LIST

THERE ISN'T AN APPROVED LIST FOR FLEXIBLE DIETING! THERE ARE ONLY APPROVED MACRONUTRIENT RATIOS AND CALORIC TOTALS THAT ARE UNIQUE TO YOU! OTHERWISE, IF YOU STAY WITHIN YOUR MACRO AND CALORIC GOALS THEN YOU CAN HAVE ANY FOOD THAT YOU DESIRE!

FINDING YOUR MACROS AND CALORIES

YOU WILL NEED TO UNDERSTAND THAT OUR BODY COMPOSITION IS MOSTLY DETERMINED BY CALORIES IN VS. CALORIES OUT. CALORIES IN IS WHAT YOU EAT AND CALORIES OUT IS WHAT YOU BURN EACH DAY BY LIVING LIFE AND WORKING OUT. YOUR CALORIC MAINTENANCE IS THE AMOUNT OF CALORIES THAT YOU NEED TO CONSUME TO STAY EXACTLY THE SAME WITH YOUR CURRENT LIFESTYLE AND WORKOUT SCHEDULE. IF YOU EAT MORE OR LESS CALORIES THAN NORMAL THEN THAT WILL HAVE AN EFFECT ON HOW MUCH YOU WEIGH. IF YOU WORKOUT MORE OR LESS THAN NORMAL THEN THAT WILL ALSO HAVE AN EFFECT ON HOW MUCH YOU WEIGH. DIETING TO GAIN MUSCLE OR LOSE BODY FAT IS SIMPLY TILTING THE SCALE IN FAVOR TO BEING IN A CALORIC SURPLUS OR CALORIC DEFICIT. WE CAN CREATE A SURPLUS OR DEFICIT BY EATING MORE/LESS CALORIES OR EXERCISES LESS/MORE.

BY NOW YOU SHOULD HAVE A GOOD IDEA ON INTERMITTENT FASTING, NUTRIENT TIMING, CLEAN EATING, AND FLEXIBLE DIETING. THE ONE THING THAT YOU SHOULD TAKE AWAY FROM THE NUTRITIONAL PART OF THIS EBOOK IS THAT YOU NEED TO FIGURE OUT HOW MANY CALORIES AND HOW MUCH OF EACH MACRO YOU SHOULD EAT PER DAY TO GET THE RESULTS THAT YOU WANT.

FIRST I WANT TO START BY FIGURING OUT YOUR CALORIC MAINTENANCE AND THEN HOW MANY OF EACH MACRO YOU SHOULD CONSUME TO FILL THAT CALORIC TOTAL. THIS IS THE EASIEST AND MOST IMPORTANT PIECE OF INFORMATION THAT YOU WILL NEED GOING FORWARD. THERE IS A LOT OF MATHEMATICAL INFORMATION AVAILABLE AND EVEN APPS ON YOUR PHONE THAT CAN HELP YOU DETERMINE THIS, BUT I LIKE MY METHOD BECAUSE IT'S SIMPLE AND IT WORKS.

HERE IT GOES, I WANT YOU TO TRACK EVERYTHING THAT YOU EAT FOR 7-10 DAYS. YOU CAN DO THIS WITH PEN AND PAPER OR YOU CAN USE ANY ONE OF THE DIET TRACKING APPS THAT ARE NOW AVAILABLE. WHILE YOU'RE DOING THIS, I WANT YOU TO WEIGH YOURSELF AT THE SAME TIME ON THE SAME SCALE EVERY DAY DURING THOSE 7-10 DAYS. AT THE END OF THOSE 7-10 DAYS THEN YOU SHOULD HAVE THE FOLLOWING INFORMATION:

- TOTAL CALORIES CONSUMED EACH DAY
- MACRO TOTALS FOR EACH DAY
- THE AMOUNT YOU WEIGH EACH DAY

NOW, I WANT YOU TO FIND THE AVERAGE CALORIES, PROTEIN, CARBS, AND FAT THAT YOU CONSUMED EACH DAY. YOU CAN DO THIS BY ADDING EVERYTHING UP AND DIVIDE BY THE 7-10 DAYS THAT YOU DID THIS. THIS SHOULD GIVE YOU AN AVERAGE DAILY CONSUMPTION OF EACH MACRO AND TOTAL CALORIES ON THE DAY.

ONCE YOU HAVE YOUR AVERAGE CALORIC AND MACRO TOTAL THEN I WANT YOU TO LOOK AT THE LAST DAY YOU WEIGHED YOURSELF. IF THE SCALE WENT UP COMPARED TO DAY 1 THEN YOU HAVE BEEN EATING IN A CALORIC SURPLUS AND WE NEED TO CUT YOUR CALORIES DOWN A LITTLE. IF THE SCALE WENT DOWN COMPARED TO DAY 1 THEN YOU HAVE BEEN IN A CALORIC DEFICIT AND LIKELY LOST BODY FAT! IF THE SCALE REMAINED CLOSE TO THE SAME FROM DAY 1 TO THE LAST DAY THEN YOU HAVE BEEN EATING AT A CALORIC MAINTENANCE.

WHATEVER ANSWER YOU GOT WILL HELP YOU DETERMINE YOUR CALORIC MAINTENANCE. NOTHING IS ENTIRELY ACCURATE TO DETERMINE YOUR CALORIC MAINTENANCE. SOME PEOPLE SIMPLY PROCESS AND BURN ENERGY BETTER THAN OTHERS. BUT THIS WILL GET YOU CLOSE TO YOUR MAINTENANCE AND THEN YOU CAN FINE-TUNE IT FROM THERE. IF YOU FOUND THAT YOU WERE IN A SURPLUS AND GAINED WEIGHT, THEN REDUCE YOUR CALORIES BY 500-700; IF YOU LOST WEIGHT THEN KEEP YOUR CALORIES THE SAME; IF YOU MAINTAINED YOUR WEIGHT THEN REDUCE YOUR CALORIES BY 300-500. WITH THIS INFORMATION, WE KNOW ROUGHLY HOW MANY CALORIES YOU SHOULD BE CONSUMING EACH DAY TO MAKE PROGRESS.

WE AREN'T DONE YET! NEXT I WANT YOU TO TAKE A LOOK AT YOUR AVERAGE MACRONUTRIENT INTAKE. YOU MIGHT FIND THAT YOU GOT THE BULK OF YOUR CALORIES FROM CARBS OR FATS AND YOU CAN MAKE SOME EASY ADJUSTMENTS! EACH MACRONUTRIENT HAS A SPECIFIC AMOUNT OF CALORIES PER GRAM. PROTEIN AND CARBOHYDRATES HAVE 4 CALORIES PER GRAM WHILE FAT HAS 9 CALORIES PER GRAM. I WANT YOU TO FOLLOW A 40P/40C/20F MACRONUTRIENT SPLIT. THIS MEANS THAT YOU WILL GET 40% OF YOUR CALORIES FROM PROTEIN, 40% FROM CARBOHYDRATES, AND 20% FROM DIETARY FATS. YOU CAN THEN ADJUST YOUR MACRO RATIO UP OR DOWN ACCORDING TO YOUR RESULTS. SOME PEOPLE LIKE TO REDUCE CARBS AND GET MOST OF THEIR CALORIES FROM PROTEIN AND FATS, WHILE OTHERS LIKE TO REDUCE THEIR FATS AND KEEP MOST OF THEIR CALORIES COMING FROM PROTEIN AND CARBS. REGARDLESS, THE CALORIC TOTAL STAYS THE SAME. IF YOU ARE INTIMIDATED BY TRACKING MACROS, AND DON'T THINK THAT YOU ARE READY FOR IT, THEN I WANT YOU TO TRACK YOUR CALORIES AND FOCUS ON REACHING YOUR CALORIC GOALS. YOU CAN STILL MAKE PLENTY OF PROGRESS TRACKING CALORIES WITHOUT MACROS; YOU'LL JUST MAKE THAT MUCH MORE PROGRESS IF YOU BREAK DOWN THE MACROS TOO!

YOU WILL CONTINUE TO TRACK YOUR FOOD CONSUMPTION TO MAKE SURE THAT YOU STAY WITHIN YOUR MACRO AND CALORIC GOALS. NOW THERE IS A TWIST TO THIS! WHEN YOU START THIS PROGRAM THEN YOU WILL LIKELY BURN MORE CALORIES THAN BEFORE. THIS WILL HAVE AN EFFECT ON YOUR CALORIC MAINTENANCE. IF YOU LOSE TOO MUCH WEIGHT WHERE YOU FEEL THAT YOU ARE LOSING MUSCLE MASS, THEN YOU MAY NEED TO INCREASE YOUR CALORIES SLIGHTLY. I SUGGEST BUMPING THEM BY 200–300 CALORIES AT A TIME IF THIS IS THE CASE. GIVE YOURSELF 7–10 DAYS EACH ADJUSTMENT THAT YOU MAKE AND SEE WHAT THE SCALE IS TELLING YOU. IF YOU CAN CONTINUE TO TRACK YOUR MACROS AND CALORIES ALONG WITH YOUR SCALE WEIGHT, THEN YOU CAN ALWAYS MAKE SURE THAT YOU ARE EATING ACCORDING TO YOUR GOALS.

LASTLY, REMEMBER THAT THE SCALE DOESN'T ALWAYS SHOW THE TRUTH. MAKE SURE TO TAKE PLENTY OF PROGRESS PICTURES. IF YOU ARE SOMEBODY WHO DOES BUILD MUSCLE WHILE REDUCING BODY FAT THEN THE SCALE MIGHT NOT CHANGE MUCH, BUT YOU ARE STILL PROGRESSING TOWARDS YOUR GOALS. SO USE THE NUMBERS FROM TRACKING YOUR DIET AND PROGRESS TO HELP YOU MAKE DECISIONS, BUT ULTIMATELY TRUST YOUR EYES AND YOUR PROGRESS PICTURES. AFTER ALL, THE MAIN REASON WE WANT TO GET SHREDDED IS TO LOOK BETTER!

“THE ONE THING THAT YOU SHOULD TAKE AWAY FROM THE NUTRITIONAL PART OF THIS EBOOK IS THAT YOU NEED TO FIGURE OUT HOW MANY CALORIES AND HOW MUCH OF EACH MACRO YOU SHOULD EAT PER DAY TO GET THE RESULTS THAT YOU WANT.”

REQUIRED DIETARY SUPPLEMENTS

THE MOST IMPORTANT SUPPLEMENTS THAT YOU CAN TAKE ARE ONES THAT HELP REPLACE SOMETHING THAT YOU ARE LACKING IN YOUR DIET. THEY ARE CALLED “DIETARY SUPPLEMENTS” BECAUSE THEY SUPPLEMENT YOUR DIET. THERE ISN'T A SUPPLEMENT AROUND THAT WILL DO THE WORK FOR YOU. IT'S ALL IN THE TRAINING AND NUTRITION, SO YOU SHOULD ONLY SUPPLEMENT TO HELP YOU WITH TRAINING, AND MORE IMPORTANTLY, NUTRITION. BELOW IS A LIST OF THE DIETARY SUPPLEMENTS THAT WILL GIVE YOU THE BEST RESULTS MOVING TOWARDS YOUR GOALS:

-MULTIVITAMIN/MINERAL

A GOOD MULTI-VITAMIN HELPS FILL THE VOID OF ANYTHING THAT IS LACKING FROM YOUR DIET. WE WANT TO BE IN A CALORIC DEFICIT AND SOMETIMES THIS RESTRICTS OUR FOOD INTAKE. THE LAST THING WE WANT IS TO BE DEFICIENT IN A CRUCIAL VITAMIN OR MINERAL BECAUSE WE AREN'T GETTING IT IN OUR DIET. TAKE AS SUGGESTED ON THE BOTTLE.

-PROTEIN POWDER

I ALMOST DIDN'T PUT THIS SUPPLEMENT IN MY REQUIRED SUPPLEMENT LIST, BECAUSE YOU CAN GET ENOUGH PROTEIN IN YOUR DIET. THAT SAID, A FAST DIGESTING PROTEIN SHAKE POST-WORKOUT WILL HELP WITH RECOVERY. THERE ARE TIMES WHEN YOU MAY FILL UP YOUR CARBOHYDRATE AND FAT GOALS ON THE DAY AND NEED SOMETHING THAT IS PURE PROTEIN. THIS IS WHERE A PROTEIN SHAKE WORKS GREAT! PLUS, A SHAMELESS PLUG, MY ORIGIN SUPPLEMENTS WHEY TASTES AMAZING AND IT'S ALWAYS GOOD TO HAVE SOMETHING THAT TASTES GOOD AS PART OF YOUR DIET. TAKE THIS SUPPLEMENT POST WORKOUT AND BASED ON YOUR DIETARY PROTEIN DEMANDS.

-EFA SUPPLEMENT

EFA STANDS FOR "ESSENTIAL FATTY ACID". THE KEY WORD THERE IS "ESSENTIAL". THIS MEANS THAT WE HAVE TO GET IT INTO OUR DIET AND OUR BODY CAN'T PRODUCE IT. IF WE ARE RESTRICTING FATS AND IN A CALORIC DEFICIT THEN YOU MAY NOT HAVE ENOUGH ESSENTIAL FATTY ACIDS FOR OPTIMAL HEALTH AND PERFORMANCE. THIS IS A GREAT SUPPLEMENT TO GUARANTEE THAT YOU ARE GETTING PLENTY OF ESSENTIAL FATTY ACIDS INTO YOUR DIET. TAKE THIS SUPPLEMENT BASED ON THE LABEL'S RECOMMENDATION.

-GREENS SUPPLEMENT

I ALWAYS SUGGEST A GREENS SUPPLEMENT. THIS IS ARGUABLY ONE OF THE BEST SUPPLEMENTS THAT YOU CAN TAKE FOR HEALTH. I WOULD EVEN SUGGEST THIS SUPPLEMENT TO VEGETARIANS BECAUSE YOU CAN GET A LOT OF VALUABLE NUTRIENTS FROM A WIDE VARIETY OF SOURCES BY USING A GOOD GREENS SUPPLEMENT. SO EVEN IF YOU SAY, "BUT I EAT A LOT OF VEGGIES" THEN MY RESPONSE WILL BE THAT YOU SHOULD STILL BUY A GOOD GREENS SUPPLEMENT! TAKE THIS SUPPLEMENT BASED ON THE LABEL'S RECOMMENDATION.

OPTIONAL DIETARY SUPPLEMENTS

THE SUPPLEMENTS IN THIS LIST WILL DEFINITELY HELP YOU MAKE PROGRESS, BUT THEY AREN'T REQUIRED. YOU CAN STILL MAKE MOST OF YOUR PROGRESS WITHOUT THEM, BUT THEY WOULD MAKE A DIFFERENCE. I SUGGEST THAT YOU TRY ADDING THEM AFTER YOU'VE MADE PROGRESS AND ARE STARTING TO HIT A PLATEAU.

-THERMOGENIC (FAT BURNER)

FAT BURNERS GET A LOT OF BAD PUBLICITY BECAUSE THEY ARE TYPICALLY POWERFUL STIMULANTS. OTHERS DOWN TALK THEM BECAUSE THEY EXPECT THE FAT BURNER TO DO ALL OF THE WORK. THE TRUTH IS THAT A FAT BURNER CAN ONLY HELP YOU BURN FAT, IT CAN'T BURN THE FAT FOR YOU. THESE PRODUCTS ARE ALSO GREAT AT HELPING TO REDUCE THE APPETITE, SO IF YOU ARE STRUGGLING WITH BEING HUNGRY ALL THE TIME, THEN ONE OF THESE SUPPLEMENTS MIGHT WORK WELL FOR YOU. JUST BE CAREFUL, AS THEY ARE HIGH IN STIMULANTS! DON'T EXCEED THE RECOMMENDED DOSAGE!

-YOHIMBINE HCL

THIS SUPPLEMENT IS FAIRLY CHEAP AND WORKS GREAT WHILE INSULIN LEVELS ARE LOW IN THE BODY. THEY ARE LOWEST FIRST THING IN THE MORNING AND DURING TIMES OF A FAST. THIS SUPPLEMENT WOULD BE A GREAT ADDITION FOR THOSE OF YOU CHOOSING TO FOLLOW THE INTERMITTENT FASTING PROTOCOL. SOME PEOPLE REPORT EXPERIENCING NAUSEA AND JITTERINESS FROM THIS SUPPLEMENT SO BE CAREFUL WITH IT AND DON'T EXCEED THE RECOMMENDED DOSAGE!

-L- CARNITINE

THIS INGREDIENT COMES IN A WIDE VARIETY OF FORMS THAT ALL CLAIM TO HAVE DIFFERENT BENEFITS. L-CARNITINE- L-TARTRATE IS A FAVORITE OF MINE ALONG WITH ACETYL-L-CARNITINE. TRADITIONAL L-CARNITINE IS THE CHEAPEST AND IS ONE OF THOSE "WHY NOT" SUPPLEMENTS. IT HAS POTENTIAL TO REALLY HELP WITH FAT BURNING, BUT THE PROOF IS NOT QUITE THERE YET. I WOULD ONLY USE THIS SUPPLEMENT IF YOU ARE TRYING TO PULL OUT ALL THE STOPS! DOSAGE DEPENDS ON THE TYPE OF L-CARNITINE. FOLLOW THE RECOMMENDED DOSAGE ON THE LABEL.

-PRE- WORKOUT

I LOVE PRE-WORKOUTS! I ACTUALLY KEEP AN OPEN CONTAINER OF MY ORIGIN SUPPLEMENTS PRE-WORKOUT BEHIND THE DESK AT ZOO CULTURE. I TAKE IT BEFORE FILMING FOR YOUTUBE AND BEFORE MY WORKOUTS. THAT SAID, PRE-WORKOUTS ARE DESIGNED TO HELP YOUR BRAIN AND MUSCLES GO AT 100%! IF YOU ARE NOT WILLING TO PUSH YOURSELF TO THE POINT WHERE YOU ARE UNCOMFORTABLE DURING YOUR WORKOUT THEN YOU ARE LIKELY JUST WASTING MONEY ON PRE-WORKOUTS. A LOT OF PRE-WORKOUTS HAVE A THERMOGENIC EFFECT TO THEM, SO THIS IS A PLUS IN A CUTTING PLAN, BUT OTHER THAN THAT YOU SHOULD ONLY TAKE THEM FOR PERFORMANCE AND ENERGY. IF YOU STRUGGLE TO FIND THE ENERGY FOR THE GYM, THEN A PRE-WORKOUT IS A GREAT ADDITION. JUST MAKE SURE THAT YOU DON'T TAKE IT AT THE SAME TIME AS YOUR FAT BURNER AND THAT YOU DON'T EXCEED THE RECOMMENDED DOSAGE. THESE PRODUCTS CONTAIN A LOT OF STIMULANTS SO DON'T BE RECKLESS WITH THEM!

-AMINO ACID SUPPLEMENT

I'M A BIG FAN OF AMINO ACID SUPPLEMENTS. BCAA AND EAA ARE GREAT RECOVERY TOOLS. I PUT ALL OF THE ESSENTIAL AMINO ACIDS IN MY ORIGIN SUPPS AMINO PRODUCT. IF YOU THINK YOU NEED SOME ASSISTANCE ON THE RECOVERY SIDE OF THINGS, THEN AN AMINO ACID SUPPLEMENT IS A GREAT ADDITION TO YOUR SUPPLEMENT STACK. YOU CAN'T REALLY TAKE TOO MANY AMINO ACIDS, BUT I WOULD SAY THAT 10-20G OF BCAA OR EAA SUPPLEMENTS SHOULD BE MORE THAN ENOUGH. ANY MORE THAN THAT AND YOU'RE TRYING TO MAKE IT DO SOMETHING THAT IT'S NOT. THAT SAID, IF YOU CAN AFFORD IT THEN GO AHEAD AND TAKE MORE! JUST WATCH OUT FOR THE POTENTIAL CALORIES THAT COME WITH IT!

-CLA

CLA IS SOMETHING THAT MAY OR MAY NOT HELP YOU GET LEANER. HOWEVER, CLA IS VERY CHEAP, SO IT'S NOT A BAD CHOICE. IF YOU'RE LOOKING TO GO ALL OUT THEN ADD THIS TO YOUR STACK. CLA IS A FAIRLY SAFE PRODUCT AND DOESN'T CONTAIN ANY STIMULANTS. I WOULD STILL FOLLOW THE SUPPLEMENT'S RECOMMENDED DOSAGE WHEN TAKING IT.

"THERE ISN'T A SUPPLEMENT AROUND THAT WILL DO THE WORK FOR YOU. IT'S ALL IN THE TRAINING AND NUTRITION, SO YOU SHOULD ONLY SUPPLEMENT TO HELP YOU WITH TRAINING, AND MORE IMPORTANTLY, NUTRITION."

CONCLUSION

I AM TRULY BLESSED WITH HAVING SUCH A LOYAL FOLLOWING AND FAN BASE. IT'S STILL WEIRD FOR ME TO REFER TO ALL OF YOU AS A "FAN BASE". IN MY MIND, I'M STILL JUST A GUY THAT REALLY LIKES LIFTING WEIGHTS AND SHARING THE INFORMATION THAT I'VE LEARNED ABOUT IT. NO MATTER WHERE LIFE TAKES ME I KNOW THAT I WILL ALWAYS BE THAT GUY!

THE AMOUNT MY COMPANY HAS GROWN, THE ADDITION OF ZOO CULTURE AND ORIGIN, AND ALL THE EMAILS AND EVEN HAND WRITTEN LETTERS I RECEIVE AT ZOO CULTURE IS REALLY OVERWHELMING IN A GOOD WAY. I'VE TRIED TO SHARE MY WEIGHTLIFTING AND NUTRITIONAL INFORMATION THAT I'VE GATHERED THROUGH THE YEARS, AND I'VE ALSO TRIED HARD TO SHARE MY LIFE LESSONS ALONG THE WAY. I'M FORTUNATE ENOUGH THAT THIS HAS DEVELOPED INTO A BUSINESS THAT NOT ONLY SUPPORTS ME BUT ALSO SUPPORTS MY FAMILY AND MY CLOSE FRIENDS WHO ARE NOW WORKING ALONGSIDE ME ON THE STUFF THAT WE LOVE! IT WASN'T THAT LONG AGO THAT I WAS SHARING THE DREAM OF ZOO CULTURE AS JUST A BROKE COLLEGE STUDENT, AND NOW IT'S HERE. I AM LITERALLY AT ZOO CULTURE ALL THE TIME. I LIKE BEING THERE BETTER THAN MY OWN HOUSE!

IT IS AMAZING TO SAY THAT I AM TRULY LIVING THE DREAM AND IT IS ALL BECAUSE OF PEOPLE LIKE YOU WHO CHOOSE TO SUPPORT ME, AND WHAT I DO. I HOPE THAT THIS EBOOK HAS BEEN EVERYTHING THAT YOU EXPECTED IT TO BE AND MORE. I DON'T MAKE THESE EBOOKS JUST TO SELL THEM TO GET MONEY. I MAKE THESE EBOOKS TO TRULY HELP PEOPLE AND BUILD MY OWN LEGACY. I HOPE TO BE REMEMBERED SOMEDAY AS A GUY THAT INSPIRED AND HELPED EDUCATE OTHERS SO THAT THEY CAN DO THE SAME! IF I CAN PLAY A PART TO INSPIRE SOMEBODY TO DO THAT, THEN I KNOW I AM TRULY MAKING AN IMPACT ON THE WORLD.

NO MATTER HOW BIG OR HOW SMALL OF A POSITIVE IMPACT THAT WE CAN HAVE ON OTHERS, I MEAN IT WHEN I SAY...

"LET'S GET BETTER TOGETHER!"

Ben Moya 

