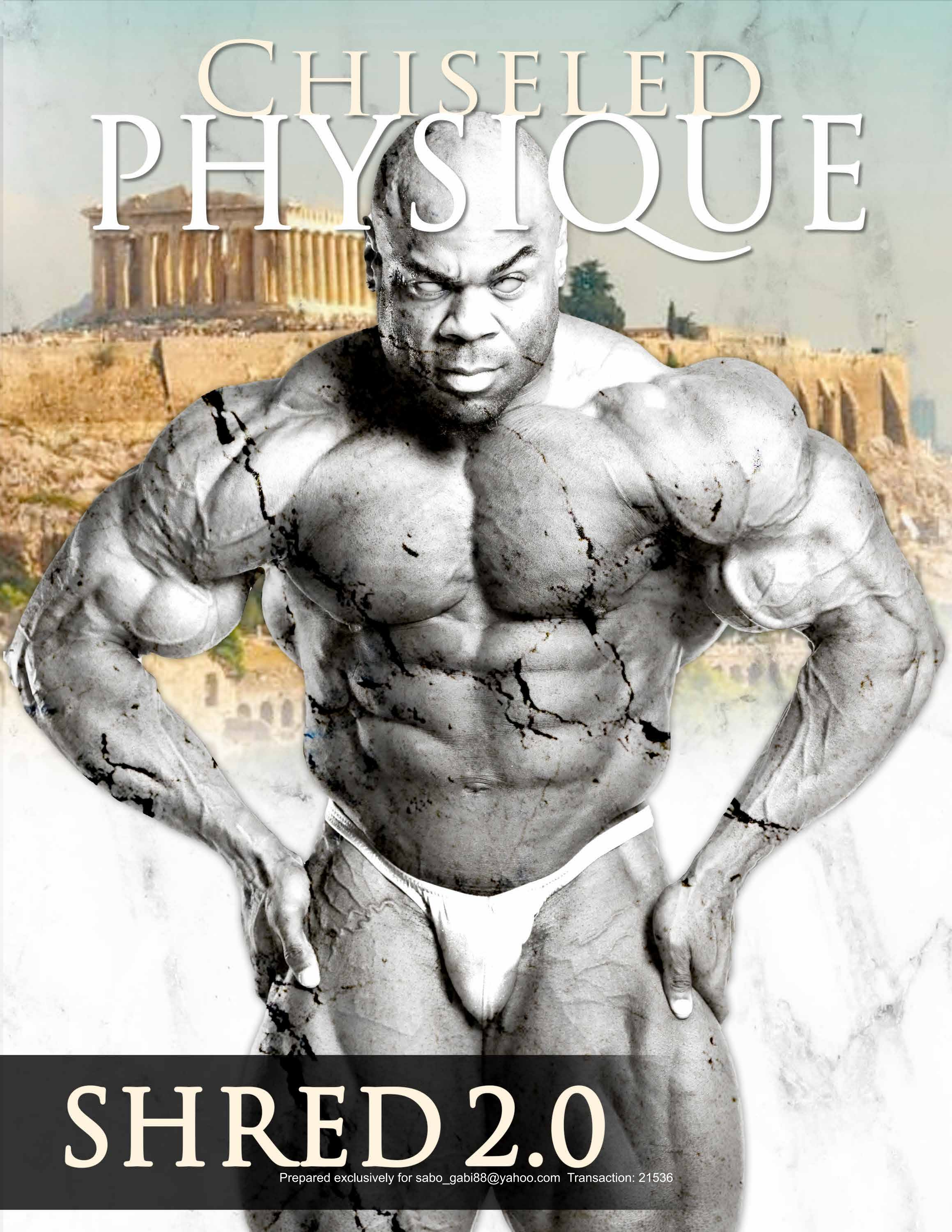
CHISELED PHYSIQUE



SHRED 2.0

CHISEL OF NUTRITION

MAPPING OUT YOUR WORK

The sculptor runs his hands over a marble block and knows that his greatest work lies within. Only through chiseling away stone can he reveal the statue within. He does not expect to add marble to the sculpt, only to reveal what is already there. This is paralleled in fat loss.

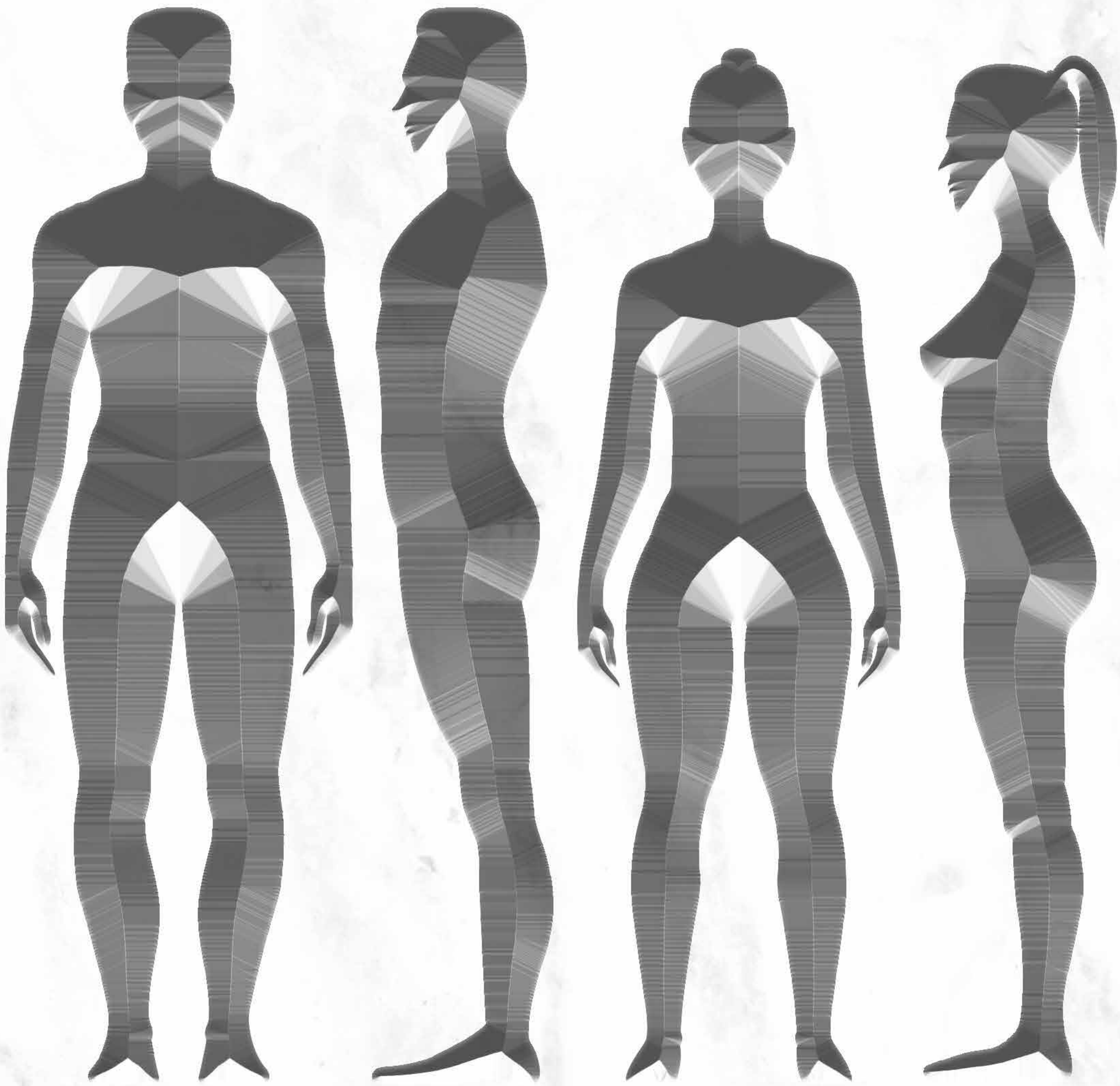
Your body burns a certain number of calories every day. If you consume more than this number of calories, your body can store those excess calories as muscle tissue or fat. If you consume less than this number of calories, your body can tap into your muscle tissue and fat to fuel your workouts. The latter is your goal during these 6 weeks.

When you consume less calories than you burn, your body will draw caloric energy from your fat stores. The depletion of subcutaneous fat stores is what reveals your muscle separation. It is not the addition of muscle mass, but the revelation of what you have cultivated. Your only choice is to carve away the adipose tissue which obscures your rock-hard physique.

CHISEL OF NUTRITION

WHERE TO CHISEL

To find your caloric burn you will need to use calculations that determine your Basal Metabolic Rate or BMR. This is the number of calories you burn while at rest at room temperature. Your BMR is affected by your gender, muscle mass, height, and age.



CHISEL OF NUTRITION

HEIGHT

Taller and heavier people typically have more surface area. Increased surface area means increased interaction with the ambient air. Thus, they will need to expend additional calories to maintain their body temperature.

AGE

Your Basal Metabolic Rate decreases with age. Your BMR will decrease roughly 2% every decade. Just like the old masters, you will find it easier to begin chiseling marble when you are young.

BODY COMPOSITION

Lean muscle mass burns significantly more calories than fat mass. A person with 8% body fat will therefore having a larger caloric need than a person with 25% of the same weight. Your goal will to be to keep as much lean muscle mass as possible as you work on your sculpt.

If you know your body fat percentage, you can use the Katch-McArdle equation:

BMR = 370 + (21.6 x Lean Body Mass(kg))
Lean Body Mass = (Weight(kg) x (100-(Body Fat)))/100

If you do not know your body fat percentage, you will use the Miflin-St. Jeor equation:

MEN: 10 x weight (kg) + 6.25 x height (cm) – 5 x age (y) + 5
WOMEN: 10 x weight (kg) + 6.25 x height (cm) – 5 x age (y) – 161

CHISEL OF NUTRITION

ART TAKES TIME

The towering titans of marble that adorn chapels and palaces in Italy took time to craft. An artist committed his being to a project, often spending many years to refine a single piece. They did not expect to carve a pristine creation in one feverish sprint. Speedy hands lead to quick mistakes.

As you walk through halls filled with immaculate marble creations, it is natural to be inspired to reach that goal as fast as possible. However, the quicker you go, the less stable your final product becomes. Your metabolism is a fluid number that relates to your environment. If you drop your calories very quickly, your metabolism will slow precipitously. That's why you may find it difficult to lose your last few pounds of fat. Respect the art and take time, your final product will be all the better.

CHISEL OF NUTRITION

HOW TO DETERMINE YOUR CALORIC INTAKE

STEP 1: Use one of the below equations to determine your BMR
CHOICE 1: MIFFLIN ST JEOR
MEN: 10 x weight (kg) + 6.25 x height (cm) – 5 x age (y) + 5
WOMEN: 10 x weight (kg) + 6.25 x height (cm) – 5 x age (y) – 161
CHOICE 2: KATCH MCARDLE: Use this if you know your body fat percentage. First use your body fat percentage to find your lean body mass.
Lean Body Mass = Weight in kg x ((100 - Body Fat %)/100)
BMR = 370 + (21.6 x Lean Body Mass(kg))

STEP 2: Use the below equation to find your current TDEE
BMR X 1.7= Workout 6-7 Times Per Week
STEP 3 CREATE YOUR DIET: WEEKS 1 AND 2:
Multiply Your TDEE by 0.8 to get your Week 1 and 2 caloric in take
Determine Your Macronutrients
Protein in grams= (Bodyweight x 1.2)
Fats in grams= (Calorie intake x 0.20)/ 9
Carbs: [Caloric intake – ((protein in grams x 4)+ (fats in grams x 9))] / 4

STEP 4: WEEKS 3 AND 4
Multiply your Week 1 and 2 calorie intake by 0.9

STEP 5: WEEKS 5 AND 6
Multiply your Week 3 and 4 diets by 0.9

CARDIO POLISH

If nutrition is your chisel, cardio is your polish. Cardio alone will not chisel large chunks off your marble block, but it can help carve out the finer details.
Cardio helps increase calorie burn and fat mobilization, especially when used in addition to training. Your goal for cardio is not to improve cardiovascular endurance and thus should not be the focus of your gym time. Instead, cardio should be done after your weight lifting is complete or during a separate training session.

CARDIO POLISH

HIIT CARDIO

High Intensity Interval Training cardio uses a higher proportion of carbohydrates as fuel than fat. However, this does not mean it is less useful as a carving tool. HIIT cardio increases your Excess Exercise-Post Oxygen Consumption which greatly increases your caloric needs.

Your body uses anaerobic (without oxygen) metabolism to produce ATP during the beginning of exercise before it can effectively use aerobic (with oxygen) pathways to produce energy. After the workout, your body needs oxygen to restore glycogen, restore ATP, reduce body temperature, and restore oxygen levels in hemoglobin and myoglobin. Each liter of oxygen consumed burns roughly 5 calories.

HIIT cardio is a time efficient tool that the sculptor can use to fine tune his work. HIIT, as its name implies, requires high intensity to produce EPOC. Typically, you will use a 2:1 slow intensity to high intensity cardio regiment. For example: you may do a HIIT running workout of 20 second sprints and 40 second moderate jogs.

CARDIO POLISH

PREPARE TO SPRINT

CARDIO POLISH

STEADY STATE/LOW INTENSITY CARDIO

Steady state cardio is the alternative to HIIT cardio. HIIT cardio can place large amounts of stress on your body. Your body has minimal calories to use for recovery during a cut and thus, you may feel worn down from excessive HIIT. It is like overly polishing a stone figure; you want to avoid doing it too much and obscuring the defined lines.

Steady state cardio is cardio in which you move at a moderate and consistent pace. Steady state burns more calories from fat than carbs, but it also burns less calories per minute than HIIT cardio. It also has little effect on EPOC. This is a tool that cannot replace HIIT but can help soften edges and create a flowing and powerful statuesque body.

REVEALING YOUR WORK

LEAVE YOUR MARK

REVEALING YOUR WORK

ABDOMINALS

You have all the tools needed to reveal your chiseled masterpiece. Remember your vision as you spend the next 6 weeks sculpting your body into a powerful work of art.

Perform the below ab workouts before the associated day.

DAY 1 AND 6

Exercise	Sets	Reps	Rest
Cable Rope Crunch	3	12 reps	45 seconds
Dumbbell Side Bend	3	12 reps	45 seconds
Hanging Knee Raise	3	20 reps	45 seconds

DAY 2 AND 4

Exercise	Sets	Reps	Rest
Reverse Crunches	3	30 reps	45 seconds
Side Crunches	3	30 reps	45 seconds
Cross Leg Crunches	3	30 reps	45 seconds

DAY 3 AND 5

Exercise	Sets	Reps	Rest
Decline Crunches	3	20 reps	45 seconds
Dumbbell Side Bend	3	20 reps	45 seconds
Hanging Knee Raise	3	20 reps	45 seconds

REVEALING YOUR WORK

CARDIO

Every 2 weeks your cardio regime will change. Every artist has tools that they prefer. One method is not necessarily better than the other. The power of the tool arises from how you wield it. Choose the cardio option that you can perform safely to optimize your creative process.

WEEK 1 AND 2

2 x 15 minute HIIT cardio sessions of choice

1 x 30 minute steady state cardio of choice

WEEK 3 AND 4

3 x 15 minute HIIT cardio sessions of choice

2 x 30 minute steady state cardio of choice

WEEK 5 AND 6

3 x 20 minute HIIT cardio sessions of choice

3 x 30 minute steady state cardio of choice

REVEALING YOUR WORK

CARDIO

HIIT EXAMPLES

1. 20 second sprints + 40 second jog
2. 20 second 95% effort rowing machine + 40 second 50% effort rowing machine
3. 20 second burpees + 40 second jumping jacks
4. 20 second top speed stairmaster + 40 second moderate speed stairmaster
5. 20 second top speed, high resistance bike + 40 second moderate speed, moderate resistance bike

REVEALING YOUR WORK

WORKOUT

Exercises grouped together with the same letter are performed in a super or triset.

DAY 1

ORDER	Exercise	Sets	Reps	Rest
A1	Barbell Bench	3	15, 12, 10	0 seconds
A2	Svend Press	3	10	0 seconds
A3	Push up	3	15, 15, failure	60 seconds
B1	Overhead Barbell Press	3	15, 12, 10	0 seconds
B2	Wide Grip Upright Row	3	10	0 seconds
B3	Rear Delt Dumbbell Flys	3	15, 15, failure	60 seconds
C1	Incline Dumbbell Press	3	15, 12, 10	0 seconds
C2	Tricep Rope Press down	3	10	0 seconds
C3	Tricep Kickback	3	15, 15, failure	60 seconds

REVEALING YOUR WORK

DAY 2

ORDER	Exercise	Sets	Reps	Rest
A	Squat	3	15, 12, 10	60 seconds
B1	Seated Hamstring Curl	3	10	0 seconds
B2	Seated Calf Raise	3	15, 15, failure	60 seconds
C1	Romanian Deadlift	3	15, 12, 10	0 seconds
C2	Seated Leg Extension	3	10	0 seconds
C3	Standing Calf Raise	3	15, 15, failure	60 seconds
D1	Front Squats	3	15, 12, 10	0 seconds
D2	Cable Pull Thrus	3	10	60 seconds

DAY 3

ORDER	Exercise	Sets	Reps	Rest
A1	Bent Over Row	3	15, 12, 10	0 seconds
A2	T Bar Row	3	10	0 seconds
A3	Pull Up	3	15, 15, failure	60 seconds
B1	Seated Close Grip Row	3	15, 12, 10	0 seconds
B2	Wide Grip Pulldown	3	10	0 seconds
B3	Straight Arm Cable Row	3	15, 15, failure	60 seconds
C1	Inverted Barbell Row	3	15, 12, 10	0 seconds
C2	Reverse Curl	3	10	0 seconds
C3	Incline Dumbbell Curl	3	15, 15, failure	60 seconds

REVEALING YOUR WORK

DAY 4

ORDER	Exercise	Sets	Reps	Rest
A1	Incline Dumbbell Press	3	15, 12, 10	0 seconds
A2	Dumbbell Fly	3	10	0 seconds
A3	Machine Chest Press	3	15, 15, failure	60 seconds
B1	Arnold Press	3	15, 12, 10	0 seconds
B2	Dumbbell Shrugs	3	10	0 seconds
B3	Rear Delt Machine Flyes	3	15, 15, failure	60 seconds
C1	Close Grip Bench	3	15, 12, 10	0 seconds
C2	Skull crushers	3	10	0 seconds
C3	Tricep V bar Press down	3	15, 15, failure	60 seconds

DAY 5

ORDER	Exercise	Sets	Reps	Rest
A	Deadlift	3	15, 12, 10	60 seconds
B1	Dumbbell Lunges	3	10	0 seconds
B2	Leg Press Calf Raise	3	20, 20, 20	60 seconds
C1	Hack Squat	3	15, 12, 10	0 seconds
C2	Seated Leg Extension	3	10	0 seconds
C3	Standing Calf Raise	3	15, 15, failure	60 seconds
D1	Jefferson Squat	3	15, 12, 10	0 seconds
D2	Hip Thrusts	3	10	60 seconds

REVEALING YOUR WORK

DAY 6

ORDER	Exercise	Sets	Reps	Rest
A1	Bent Over Underhand Row	3	15, 12, 10	0 seconds
A2	Dumbbell Row	3	10	0 seconds
A3	Chin up	3	15, 15, failure	60 seconds
B1	Seated Neutral Grip Row	3	15, 12, 10	0 seconds
B2	Close Grip Cable Row	3	10	0 seconds
B3	Face Pulls	3	15, 15, failure	60 seconds
C1	Standing Dumbbell Curl	3	15, 12, 10	0 seconds
C2	Hammer Curl	3	10	0 seconds
C3	Preacher Curl	3	15, 15, failure	60 seconds

DAY 7