



PREPARE FOR
BATTLE.

THE WARRIOR'S ASCENSION

THE WARRIOR'S CODE

- I. THOU SHALL NOT MISS A MEAL.
- II. THOU SHALL NOT MISS A WORKOUT.
- III. THOU WILL TRACK ALL FOODS.
- IV. THOU WILL NOT RELY ON SHORT BURSTS OF DIET INTENSITY TO MAKE UP FOR LONG PERIODS OF NEGLECT.
- V. THOU SHALT NOT TAKE THE STAGE BEFORE THEY HAVE DONE EVERYTHING IN THEIR POWER TO ACHIEVE THEIR BEST FORM.
- VI. THOU SHALT HONOR POSING.
- VII. THOU SHALT NOT RELY ON SUPPLEMENTS TO LOSE WEIGHT.
- VIII. THOU SHALT NOT CRASH DIET.

THE WARRIOR'S PATH

A WARRIOR IS NOT BUILT IN A DAY

A warrior does not enter the field of battle hoping to gain the skills to be victorious. Warriors fight from birth to temper their resolve, master their shield, and swing their sword with certainty. A bodybuilder is the same.

You must spend the months and years before your prep amassing size and strength that will be tested during a competition prep. You cannot expect to grow during a show prep, only reveal the muscle you have cultivated. Do not expect a 12-week prep alone to out maneuver someone who has paid the iron price every day for the last decade.

Be true to yourself and make sure you've put in the necessary effort before beginning your contest prep.



THE WARRIOR'S PATH

FIGHTING YOUR INSTINCTS

The body is a highly evolved entity that is adapted to fight to survive. It will resist depleting its reserve energy stores and sacrifice tissue to meet your needs. As you decrease calories, it will continue to decrease your metabolism, much to the dismay of your weight loss. Similarly, you will find odd cravings that can easily reduce your chances for success. During this prep, you will need to fight against your body's decreasing metabolism and the enemy combatant's sneaky strategies that may sabotage your success.

A warrior's success depends on intaking only what you need to achieve your singular goal. Many competitors will add sauces to foods, add oil to meals, or needlessly down excessive protein shakes. These all increase your caloric amount and slow down your fat loss. You will need to be precise in your intake to carve out a warrior's physique.

Everything you choose needs to be weighed and accounted for. The most egregious error in competition prep is to "eat clean" and not worry about portions. Your body burns a certain number of calories every day to fuel its needs. If you consume less than this number of calories, your body can tap into your muscle tissue and fat to fuel your workouts. Thus, it doesn't matter if you are eating chicken, rice, and broccoli for every meal. If you are above your total daily caloric burn, you will not lose fat.

THE WARRIOR'S PATH

This is especially true with fat sources. Fats carry a whopping 9 calories per gram and are very easy to consume. In addition, some fats like olive oil are either difficult or burdensome to weigh. However, these are the most important items to weigh of all. It is far too easy for your diet brain to convince you what 2 tablespoons looks like, but it is incredibly difficult to accurately assess. Even a small over consumption of fat can easily negate your day's work.



Condiments are no exception. For example, one 5 g serving of ketchup can be 20 calories. Many people use much more than 5 g of sauce and on several meals. Additions like this can add up quickly and decrease the effectiveness of your weight loss.

THE WARRIOR'S PATH

AVOID INNS AND PEDDLED GOODS

Many restaurants and fast food chains provide their nutrition information online. Similarly, any commercially available food product will have its nutrition label available. These are tools that can help you survive when separated from your normal nutrient weapons. However, these choices are not without cost.

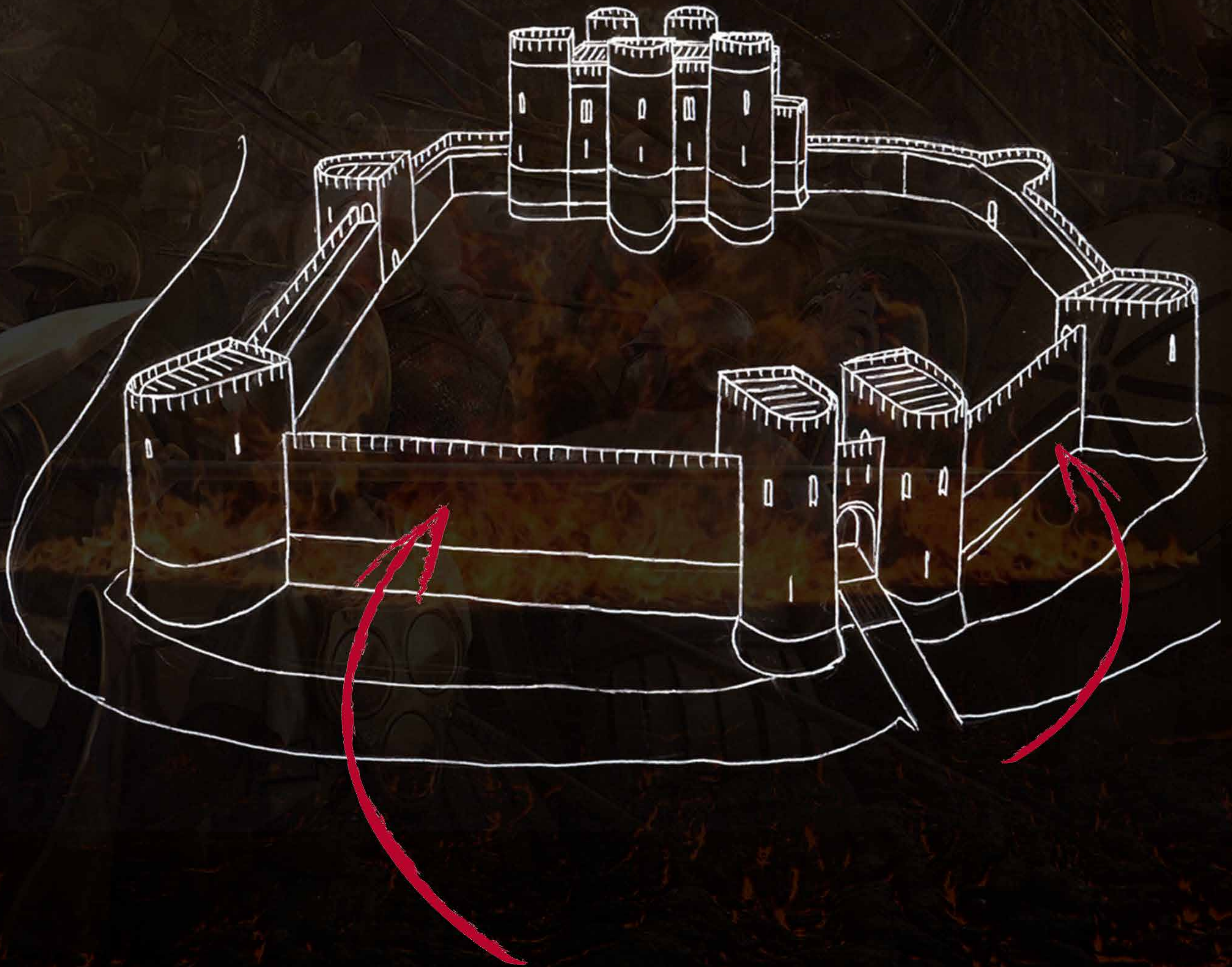


The actual caloric content of a food item may vary up to 20% from its label. That means a 200-calorie food may contain 240 calories! Similarly, most restaurants do not weigh their ingredients or added condiments as they prepare your food. Thus, these caloric and macronutrient amounts are rough estimates that can compound if you regularly eat out. Avoid consuming most of your meals through these convenient options, instead opting to control your own battlefield with weighed and properly prepared meals. Be ever vigilant, lest you be lulled to your own demise.

THE WARRIOR'S PATH

STRATEGIZE YOUR NUTRITION

A warrior knows not to fight unless he is confident he can win. You must align every variable in your favor to become the master of the battlefield. Each day you must consume a specific amount of protein, carbs, and fats to stay on target.



THE WARRIOR'S PATH

PROTEIN

Protein is the building block of muscle and extremely necessary during a competition prep. Adequate protein will help repair your damaged muscle tissue and may help increase satiation. Shoot for 1.2 g to 1.6 g/lb of bodyweight during your prep. This will help reduce muscle loss during the hard-fought war for first.

The skilled combatant knows that timing is everything in a battle. If you're reinforcements arrive a moment too late, your army is defeated. If you swing to meet your attacker's sword a second too soon, you miss and leave yourself open for a devastating blow. As a bodybuilder, if you consume your proteins too close to each other or all at once, you will decrease your success. You can only spike muscle protein synthesis a certain amount during each meal. Try to consume lean protein sources in even amounts roughly 3-4 hours apart.

WARNING: It may be tempting to consume most of your calories from protein to build muscle during your prep. You cannot build significant muscle while in a caloric deficit. You may look bigger as you lose weight, but this is from removing fat stores and revealing muscle definition. Excess protein may be inefficiently converted to carbohydrates without providing concrete benefit.



THE WARRIOR'S PATH

CARBOHYDRATES

Carbohydrates are the most feared macronutrient during competition prep. They are despised for the rumors of their treacherous deeds and often wiped from the battlefield before their sword can sing for the Valkyries. This is a mistake.

Carbohydrates are the primary fuel source for your muscles and cells. They can be broken down and stored in your muscle and liver as glycogen. These long chains of glucose attract water and can make your muscle bellies appear full. Therefore, a competitor carbs up before a show and why you usually feel massive after a high carb meal and high-volume workout.

Consume the bulk of your carbs before and after a workout. Carbs before a workout will provide your body with ample fuel for an intense workout session. Carbs post workout will help replenish your glycogen stores and drive vital nutrients to your muscles, aiding in recovery.

Fiber is also a type of carbohydrate that can greatly aid in your quest for glory. Fiber has two subtypes: soluble and insoluble. Soluble fiber is found in foods like oats, carrots, oranges and apples. It provides varying degrees of caloric content and can delay gastric emptying to control sugar release. Insoluble fiber is found in wheat bran, fruit and vegetables skins, and nuts. This provides less caloric value and can assist your bowel movements. Use appropriate amounts of fiber in your diet to maintain regularity, control sugar levels, and deter hunger.



RECOMMENDED FIBER INTAKE = (CALORIES / 1000) X 14

THE WARRIOR'S PATH

FATS

Fats are the most calorie dense macronutrient at 9 calories per gram. They are a great source of fuel (during prep your main goal is to burn off the stored body fat for fuel), help with hormone regulation, and help you absorb vitamins A, D, E, and K.

Fats can be consumed during any meal, but I recommend avoiding post workout fats. Fats can delay digestion and thus delay the absorption of important post workout nutrients. A great way to consume the appropriate amount of fats without impeding your progress is to snack on nuts or other fat sources between meals for energy. However, be sure to still track everything you eat. Remember, carelessness is a common trait amongst the fallen warrior.



THE WARRIOR'S PATH

▾ CHEAT MEALS VS. REFEEDS ▾

You may have heard that your body needs to be shocked with cheat meals to keep your metabolism going. This is the equivalent of believing you need to stab yourself before battle to prove your blade is sharp.

A cheat meal is usually very high in fat, carbs, and sodium. Some people may look better after a cut, but this is from taking in a high amount of carbs and fat to help increase muscle fullness and vascularity. However, this will do nothing to increase your metabolism. Some studies suggest that a period of overfeeding can increase the hormone leptin (a hormone that helps regulate hunger and metabolism). Research shows that only carbs can increase leptin. Unfortunately, this means that your extremely high fat burger probably did more harm than good.

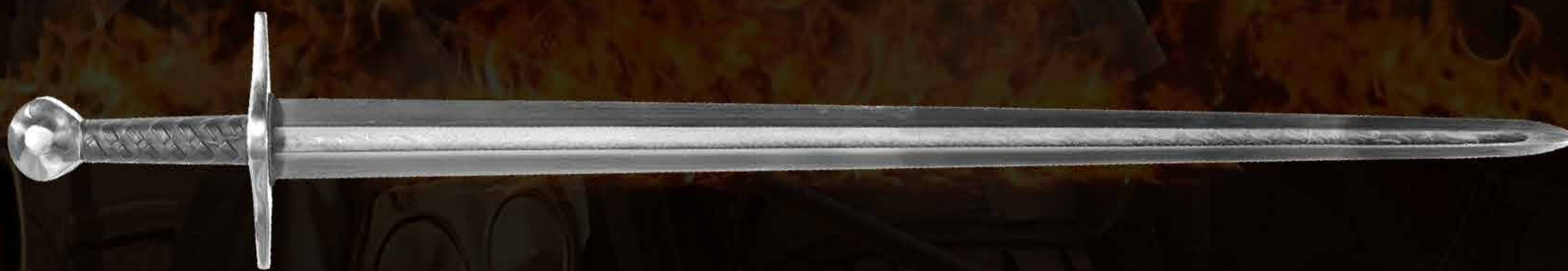
The benefits of a refeed may be primarily mental. They help refill your muscles and provide a momentary break in the war against your body fat. Thus, it may be helpful to consume 1 refeed meal every 1-2 weeks. On these days you will consume calories equivalent to your TDEE. Your macros should be 1 g/ lb of body weight of protein, less than 20% of calories from fat, and the rest from carbohydrates.



THE BATTLE BEGINS

To find your daily 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.

A significant portion of your resting metabolism is controlled by your NEAT (non-exercise activity thermogenesis). These are things like walking around, tapping your toes, fidgeting. You may do these things subconsciously now and, as you get lower in calories, will subconsciously reduce your activity. Luckily, you noticed this sly, sneak attack early. Set alarms on your phone to move around every hour. Make sure to always opt for stairs over the elevator whenever possible. If you are to lose, you will ascend to Valhalla knowing there is nothing more you could have done.



THE BATTLE BEGINS

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 have a larger caloric need than a person with 25% of the same weight. Your goal will 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:

$$\text{BMR} = 370 + (21.6 \times \text{Lean Body Mass}(\text{kg}))$$

$$\text{Lean Body Mass} = (\text{Weight}(\text{kg}) \times (100 - (\text{Body Fat}))) / 100$$

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

$$\text{MEN: } 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$$

$$\text{WOMEN: } 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$$

HOW TO DETERMINE YOUR CALORIC INTAKE FOR YOUR CUT

STEP 1: Use one of the below equations to determine your BMR

CHOICE 1: MIFFLIN ST JEOR

$$\text{MEN: } 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$$

$$\text{WOMEN: } 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$$

THE BATTLE BEGINS

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 1.2= Sedentary Lifestyle (no workout)

BMR X 1.4= Workout 1-2 Times Per Week

BMR X 1.5= Workout 2-3 Times Per Week

BMR X 1.6= Workout 4-5 Times Per Week

BMR X 1.7= Workout 6-7 Times Per Week

BMR X 1.8= Workout 2 x per day

STEP 3 CREATE YOUR DIET: WEEKS 1-4:

Multiply Your TDEE by 0.9 to get your Week 1 to 2 caloric in take

Determine Your Macronutrients

Protein in grams= (Bodyweight x 1.2)

Fats in grams= (Calorie intake x 0.20)/ 9

Carb in grams= [Caloric intake - ((protein in grams x 4)+ (fats in grams x 9))] / 4

STEP 4: WEEKS 5-8

Multiply WEEK 1-4 by 0.9 to get your Week 5 to 8 caloric in take

Determine Your Macronutrients

Protein in grams= (Bodyweight x 1.4)

Fats in grams= (Calorie intake x 0.20)/ 9

Carbs in grams= [Caloric intake - ((protein in grams x 4)+ (fats in grams x 9))] / 4

THE BATTLE BEGINS

CSTEP 5: WEEKS 9-12

Multiply WEEK 1-4 by 0.9 to get your Week 9 to 12 caloric intake

Determine Your Macronutrients

Protein in grams = (Bodyweight x 1.6)

Fats in grams = (Calorie intake x 0.20) / 9

Carbs in grams = [Caloric intake - ((protein in grams x 4) + (fats in grams x 9))] / 4

STEP 6: WEEKS 13-16

Multiply WEEK 1-4 by 0.9 to get your Week 13 to 16 caloric intake

Determine Your Macronutrients

Protein in grams = (Bodyweight x 1.6)

Fats in grams = (Calorie intake x 0.20) / 9

Carbs in grams = [Caloric intake - ((protein in grams x 4) + (fats in grams x 9))] / 4

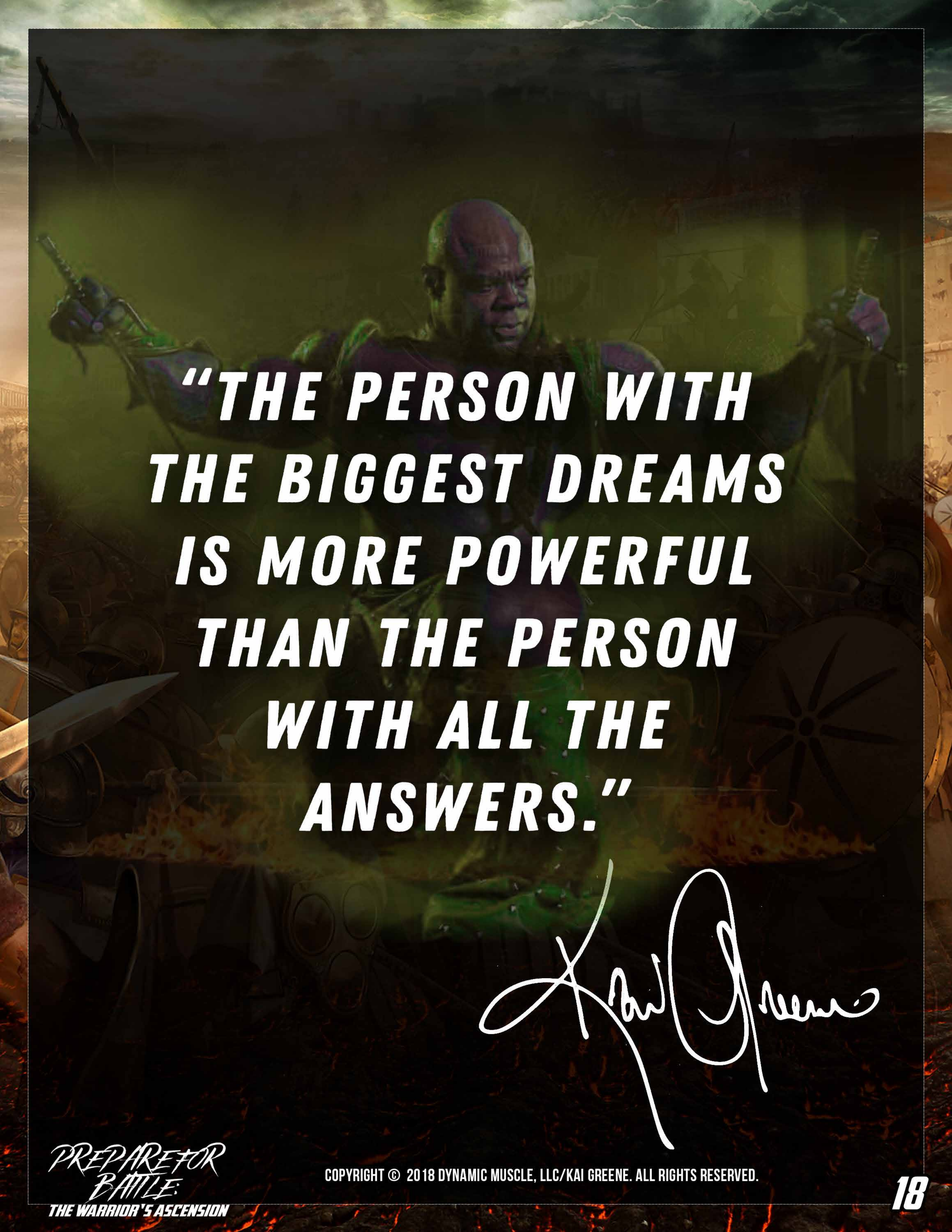
REFEED:

Consume only 1 REFEED per 2 weeks during Weeks 1-8, Consume 1 Refeed per week during Weeks 9-16.

Protein in grams = (Bodyweight x 1)

Fats in grams = (Calorie intake x 0.1) / 9

Carbs: [Caloric intake - ((protein in grams x 4) + (fats in grams x 9))] / 4



**"THE PERSON WITH
THE BIGGEST DREAMS
IS MORE POWERFUL
THAN THE PERSON
WITH ALL THE
ANSWERS."**

Kai Greene