

A muscular man is shown from the chest up, standing in a forest. He is wearing blue athletic shorts with a white waistband that has the Under Armour logo and the word 'UNDER' visible. The background consists of tall, thin trees and dense foliage, all with a dark, teal-green color cast. The entire image is framed by a thin red border.

KAI GREENE

TURN YOUR FAT BURNING UP TO

ELEVEN

CHAPTER ONE

ELEVEN LAWS OF DIET AND TRAINING

There is a great power that lives within you. One that can vanquish any monster, should you learn to harness it. To do so, you must become more. You must draw on your strengths and learn to silence your own fears. Here are the Eleven laws of diet and training to transform you into something beyond this world.

- I. CONSISTENCY IS THE ONLY PATH TO SUCCESS.**
- II. YOU SHALL NOT MOVE THE WEIGHT WITHOUT PURPOSE.**
- III. HIGH REPS AND LOW REPS CAN BOTH BUILD MUSCLE.**
- IV. CARBS ARE YOUR ALLY.**
- V. YOU WILL NOT EXERCISE BEFORE YOU PRIME THE MECHANISM.**
- VI. YOUR POWERS HAVE A LIMIT.**
- VII. YOU WILL BE HONEST ABOUT YOUR INTAKE.**
- VIII. YOU WILL ALWAYS INCORPORATE CARDIO.**
- IX. EGO DESTROYS. HUMILITY BUILDS.**
- X. COMPOUND LIFTS COMPOUND RESULTS.**
- XI. THOU SHALL NOT CHEAT.**

CHAPTER TWO

DUNGEON MASTER'S GUIDE: CALCULATING YOUR EXACT NUTRITIONAL NEEDS

You have begun your journey and are heading out into the dark and confusing world of sports nutrition. It is wrought with conflicting information and wolves in sheep's clothing. "How much protein do you need?", you ask the locker room behemoth. When do carbs fuel your quest? When do they over encumber your character? You can roll the dice on who to trust and maybe deal a critical blow to your fat stores. Or you may end up wandering the gym and grocery store for years before you wind up back where you started. Or worse.

No longer. Here is an easy way to fast track your path to your final boss.

There are 3 main classes of macronutrients who will either further your journey: protein, fats, and carbs.

DESTROY YOUR FAT STORES. REVEAL YOUR FORM.

Protein is the building block of muscle. This will be the source of your compounding strength. Protein is a valuable weapon during fat loss. It is satiating which means it helps you feel full as you eat less. It is also thermogenic, which means it increases your metabolic rate when consumed. However, it is not the only macronutrient in your arsenal. All too often gym travelers will trounce protein's as the sole hero of our story. This is not true. Excess protein, just as a sword far too heavy to swing, shall impair and even forfeit your battle against fat loss. Protein can be converted to carbohydrates in the liver, which can derail your low carb efforts.

It also still carries 4 calories/gram. If you eat protein (which can often be coupled with saturated fat) beyond your needs, you risk entering a caloric surplus and actually feeding your fat stores.

Carbohydrates are your fuel source. They grant you energy and fortify your will for your battles with the iron beasts. Carbs can be stored in your muscle and liver as glycogen. These are mobilized when you call upon them to help you contract your muscles and move the immovable. They spike insulin, a hormone that will help you deliver nutrients to your cells. They also prevent muscle protein breakdown, ensuring that you do not degrade your armor as you seek to build strength.

Fats carry the name of the enemy, but they will be invaluable during your quest. These are the monsters that align with you. Fats are the most calorie dense macronutrient. They pack 9 calories per gram, but they are also the most satiating. Using fats wisely in your journey will help you stay full and avoid common dietary pitfalls. Fats allow you to digest the fat soluble vitamins A, D, E, and K. They are also required for optimum hormone production, including ideal testosterone levels. Do not fear fats, allow their gifts to supercharge your journey and carry you to parts unknown.

So what should your character's nutrition sheet look like?

Determine your Basal Metabolic Rate (how much you burn at rest) through the following 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.

Now we must find your Total Daily Energy Expenditure.

If you spend your whole day sitting, multiply your BMR by 1.2

If you are moderately active, multiply your BMR by 1.4

If you are very active, multiply your BMR by 1.6

If you are extremely active and/or have a very labor intensive job, multiply your BMR by 1.9

The number you get is how much energy you expend each day to journey as you are.

To burn fat, you must force your body to feed off the fat stores it has. This means burning more than you consume. Take your Total Daily Energy Expenditure and multiply it by 0.9 if you want to lose weight slowly and keep the most muscle, 0.8 to lose weight at a steady pace (recommended) or 0.75 to lose weight quickly.

Now that you know your calorie needs, let's break it down into the three macronutrients: proteins, fats, and carbs.

PROTEIN

Multiply your bodyweight times 1.2 - 1.5.

If you are leaner, choose the higher range.

FATS

Multiply your caloric intake by .15 - .25.

If you prefer fatty foods, choose the higher range.

CARBS

Multiply your protein amount by 4 and your fat amount by 9.

Add them together and subtract them from your Caloric intake.

Here is your character sheet to a successful fat loss journey:

Ex:

$(TDEE \times .8) = \text{Caloric intake}$

$\text{Bodyweight} \times 1.2 = \text{Protein intake}$

$\text{Caloric intake} \times .2 = \text{Fat intake}$

$\text{Caloric intake} - (4 \times \text{Protein intake} + 9 \times \text{Fat intake}) = \text{Carb intake}$

These are the numbers you must achieve each day through your diet. Achieve these goals and the Demogorgon shall fall before you.

CHAPTER THREE

YOUR SHOPPING LIST TO BUILD A MONSTROUS PHYSIQUE WITH EASE (EGGOS INCLUDED)

You will need to prepare for the journey ahead. You need supplies to fuel your quest towards the Demogorgon. There will be daily trials and battles that require adequate sustenance. Choose each item carefully. These are the source of your strength and endurance. You may find yourself weary on lower calories. This will sap you of your power and test your will. You will need so be sure to choose high fiber foods and low calorie, high volume choices to counter this spell. Special items will be marked below that are exceptionally high volume and low calorie.

Stock up and good luck.

PROTEINS

99% ground meats (turkey, beef, bison, chicken)

98% lean chicken, pork, or turkey breasts

Top round or sirloin beef

Light Tuna

Lean Fish (tilapia, trout, sea bass, etc)

Salmon



VEGETARIAN

Egg Whites

Fat Free Greek Yogurt

Fat Free Cottage Cheese

Fat Free Cheeses

Whey Protein



VEGETARIAN/VEGAN

Chickpeas

Lentils

Tofu

Seitan

Edamame



CARBOHYDRATES

Whole Grain Eggo waffles (calorie free butter spray and walden farms syrup)

Oatmeal

High Fiber Cereals (All Bran, Fiber One)

Whole Wheat Pasta

Potatoes

Sweet Potatoes

Brown Rice

Almond Milk

Fresh Fruit

Fresh Vegetables



CARBOHYDRATES (Special Items)

647 Bread (High fiber, low calorie)

Miracle Noodles (0 calorie, adopts the properties of sauces)

Cauliflower Rice (low calorie rice replacement)

Broccoli Rice (low calorie rice replacement)

High Fiber Sandwich Wraps (Tumaro's Low in Carb Wrap, Gem Wrap)

FATS

Seed oil (olive, flaxseed, avocado)

Avocado

Seeds and nuts (almond butter, peanut butter)

Grass Fed Butter



CONDIMENTS

All low salt seasonings

Fresh Herbs

Low Carb Sauces (stir fry sauce, low sugar pasta sauce, etc)

CONDIMENTS (SPECIAL ITEMS)

Calorie Free Butter Spray (0 calorie butter flavor)

Walden Farms Syrup (0 calorie flavored syrups)

G Hughes BBQ sauce, Honey Mustard, Sugar Free Ketchup

(<10 calorie, high flavor sauces)

Bolthouse Dressings (Low calorie, high flavor dressings for salads and wraps)



CHAPTER FOUR

MIND OVER MUSCLE

The brute worries only about moving the boulder. They do not think about the path ahead, or how one wrong move can destroy it. You are after more than just one powerful lift. Your goal is to go the distance, slay the monster, and emerge a hero. This will require a tactical approach. You will need to unlock the latent and most important weapon you wield: the mind muscle connection. By mentally focusing on the muscle you wish to target you can command the full force of your power. By using your minds eye to see the individual fibers fire and move the weight, you may be able to increase the muscle activation.

The development of the human movement system has always been a whole body experience. When you were began this quest, your mind had to command your arms and legs to move with great effort. Eventually, you began to crawl which develops the core strength, knee drive, and extension of the knee and hip to walk. The body develops the ability to stabilize itself to walk and move forward then optimizes the new movement pattern out of the infinite pathways available. Your body had a goal of moving from your current place in space to another, your brain programmed each muscle to fire and provide the needed actions to move you to your bottle. You've mastered the tutorial. Now it is time to harness the power for greater purpose.

You are only permitted so many moves before the creatures of exhaustion and muscle damage move upon you. You must make each movement with purposeful efficiency to move through the dungeon and emerge victorious. Any wasted effort delays your chances of success.

Before you begin your daily quest, you must perform the following warm up to command your true potential.

Perform all movements twice, twice on each side if applicable. Each stretch should be held for at least 20-30 seconds.

- Deep Squat Hold
- Standing Hamstring Stretch
- Standing Split Stretch (each leg and down the middle)
- Kneeling Hip Stretch
- Runners Quad Stretch with Fall Back and Forward
- Lying Knee Pull
- Cobra Stretch
- Frog Stretch with Glute activation
- Deep Squat with Glute activation
- Deep Squat with Upper Body Twist and Reach to ceiling



Deep Squat Hold



Hamstring Stretch



Cobra Stretch

CHAPTER FIVE

THE UPSIDE DOWN METHOD: AN 8 WEEK INTENSIVE TRANSFORMATION TRAINING AND DIET PROGRAM

CHARACTER STATS

- 220 lbs
- 5'10"
- 25
- Male
- Moderately Active x 1.4
- Not Lean
- Goal: Moderate Fat Loss

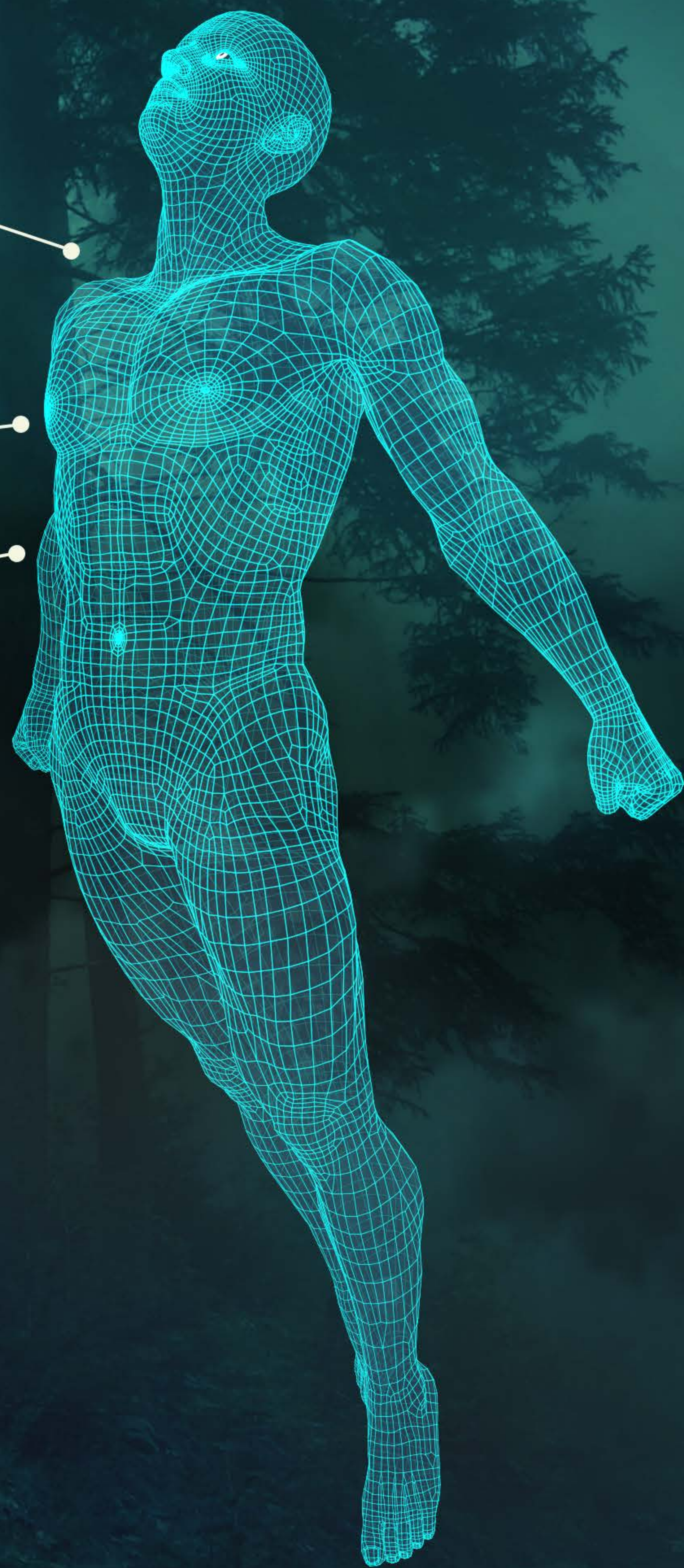
TDEE 2992

- Calories: 2315
- Protein: 259 g
- Carbs: 214 g
- Fats: 46 g

BREAKFAST

43 g protein, 13 g fat, 29 g carbs

- 6 egg whites
- 2 eggo waffles
- ¼ cup fat free cheddar cheese
- 1/2 tablespoon grassfed butter
- 2 servings walden farms pancake syrup



LUNCH

59 g protein, 12 g fat, 13 g carbs

- 6 oz 99% fat free chicken breast
- 8 oz shirataki miracle noodles
- 1 oz fat free mozzarella cheese
- ½ oz peanuts
- ½ cup Ragu light alfredo sauce
- 2 cups broccoli



PRE WORKOUT

51 g protein, 6 g fat, 98 g carbs

- 5 oz 99% fat free ground turkey
- 2 oz raw whole wheat pasta
- ½ cup tomato sauce
- ¼ butternut squash



POST WORKOUT

59 g protein, 4 g fat, 57 g carbs

- 1 serving whey protein
- 6 oz sliced banana
- 2 cup oatmeal



DINNER

47 g protein, 11 g fat, 17 g carbs

- 6 oz 99% fat free chicken breast
- 10 oz cauliflower rice
- 6 spears of asparagus
- 2 oz avocado
- 1 tablespoon of grassfed butter



STRANGER LEANS

Phase One: The Up Side Down Cuts

Often used to create muscle growth, strip sets combined with super sets are a great way to increase the amount of reps you can get done in a short amount of time. Keeping the reps fast and light with minimal rest will allow the intensity to increase, pumping that heart rate up to burn fat and ready yourself to run as fast as you can in the upside down.

Each pair of exercises are going to be performed in a superset. The second exercise of each pair is a strip set. To perform a strip-set do a set and then take 20% of that weight off and do another set, then take another 20% of the weight off and do another set, continue to take 20% of the weight off for a fourth and final set.

DAY 1

Perform 8-10 reps for 6 sets for each exercise with no rest between exercises. After you perform one set of each exercise rest 45 seconds until you begin the next superset.

- Standing Dumbbell Shoulder Press
- Wide Grip Lat Pull Down
- Leg Press
- Standing Calf Raises
- Dumbbell Pull Overs
- Wide Grip Barbell Upright Rows
- Seated Calf Raises
- Leg Extensions



Seated Calf Raise

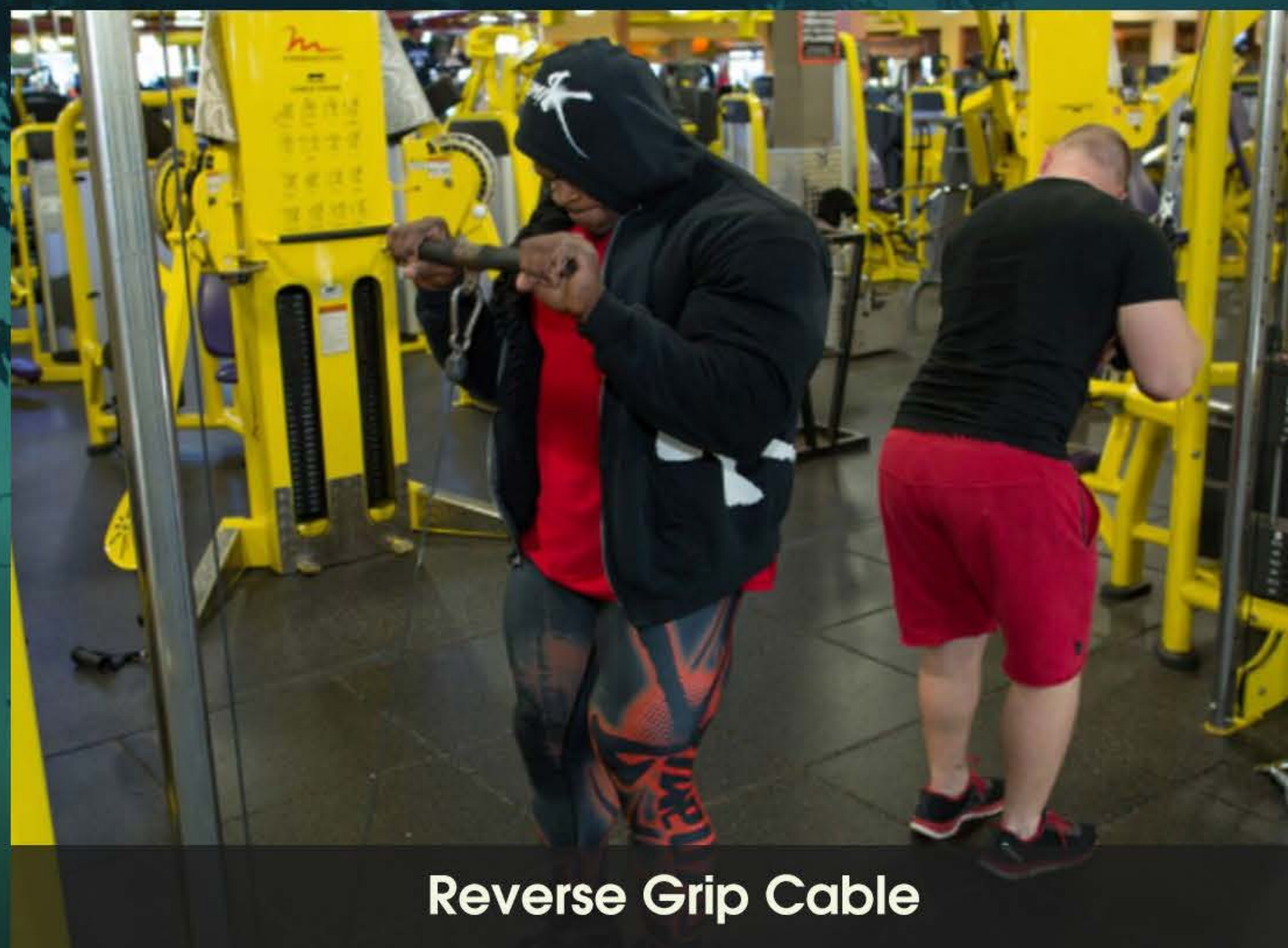


Wide Grip BB Upright Row

DAY 2

Perform 8-10 reps for 6 sets for each exercise with no rest between exercises. After you perform one set of each exercise rest 45 seconds until you begin the next superset.

- Dumbbell Incline Press
- Wide Grip Cable Rows
- Straight Leg Barbell Deadlift
- Barbell Hip Thrusts
- Ez-bar Skull Crushers
- Reverse Grip Cable Curls
- Resistance Band Anterior Calf Curls
- Hamstring Curls



Reverse Grip Cable

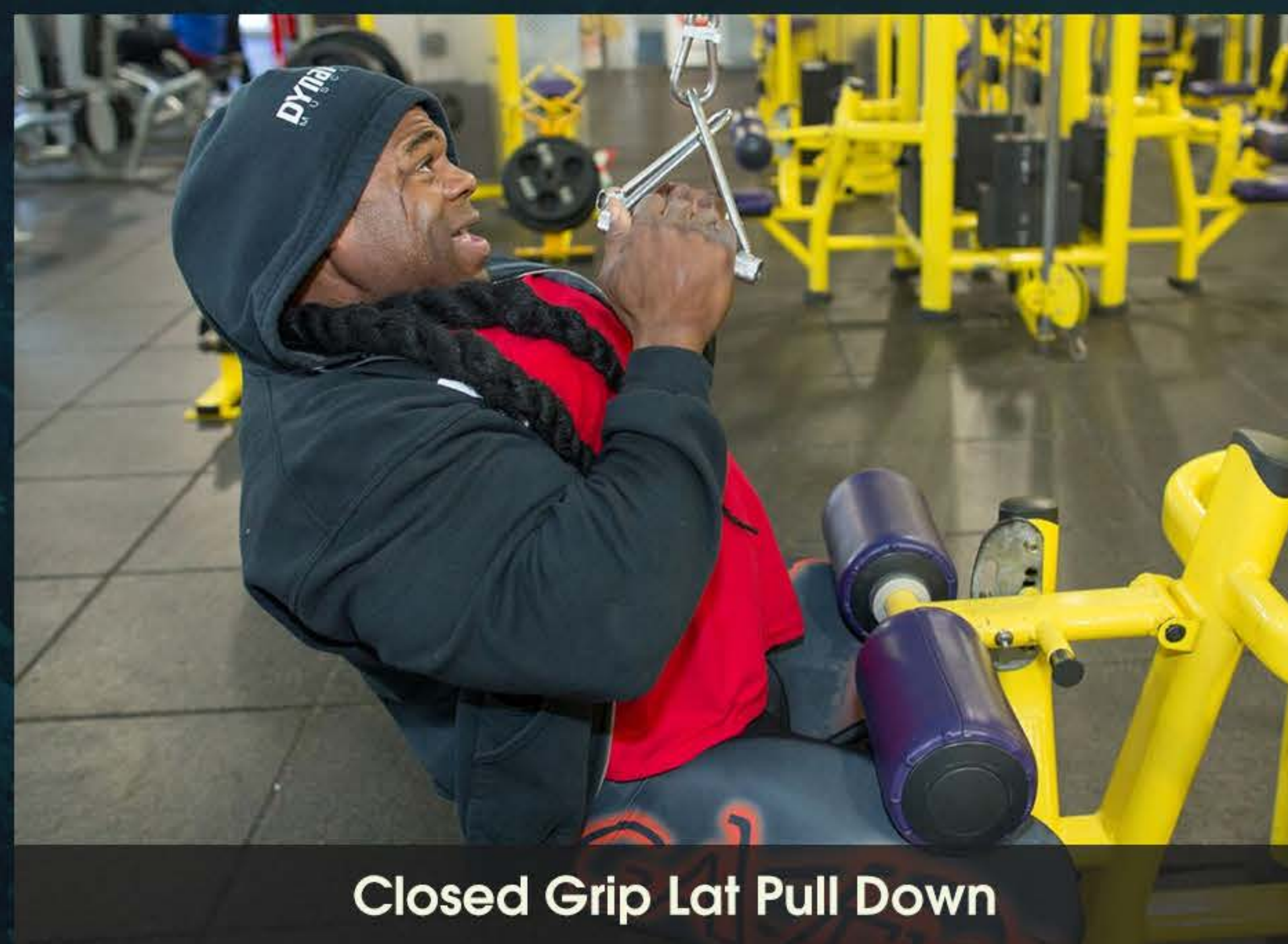
DAY 3

Rest Day, even the strongest take time off to hoard some chocolate pudding.

DAY 4

Perform 12-14 reps for 6 sets for each exercise with no rest between exercises. After you perform one set of each exercise rest 30 seconds until you begin the next superset.

- Closed Grip Lat Pull Down
- Dumbbell Shrugs
- Front Smith Machine Squats
- Standing Smith Machine Calf Raise



Closed Grip Lat Pull Down

- Dumbbell Side Raises
- Dumbbell Bent Over Reverse Flies
- Adductor Machine
- Leg Extensions

DAY 5

Perform 12-14 reps for 6 sets for each exercise with no rest between exercises. After you perform one set of each exercise rest 30 seconds until you begin the next superset.

- Single Arm Dumbbell Row
- Bench Press
- Dumbbell Straight Leg Dead Lift
- Hamstring Curls
- Barbell Shoulder Press
- Supinated Grip Front Raise with Ez-bar
- Lying Hamstring Curls
- Barbell Deadlifts

DAY 6

Today is a cardio day. You get to pick what type of cardio you do. I'm a fan of slow up-hill walking, you may be a fan of the HIIT style cardio. Cardio can be a tough monster to tame, testing your mental as well as physical might. You get to decide the cardio you do because they are both equally effective physically, whichever keeps you mentally in the game is the one that is right for you.



Bent Over DB Reverse Flies



Dumbbell Side Raises

DAY 7

Cardio Day

STRANGER LEANS

Phase Two: The Eleventh Circle of Fat Loss

There's no way around it, intensity is the killer of all beasts. To build muscle or burn fat, increasing intensity is the goal. How much activity can you fit into a limited amount of time to elevate and keep your heart rate elevated. Breathing heavy like you just saw a ghost is the goal.

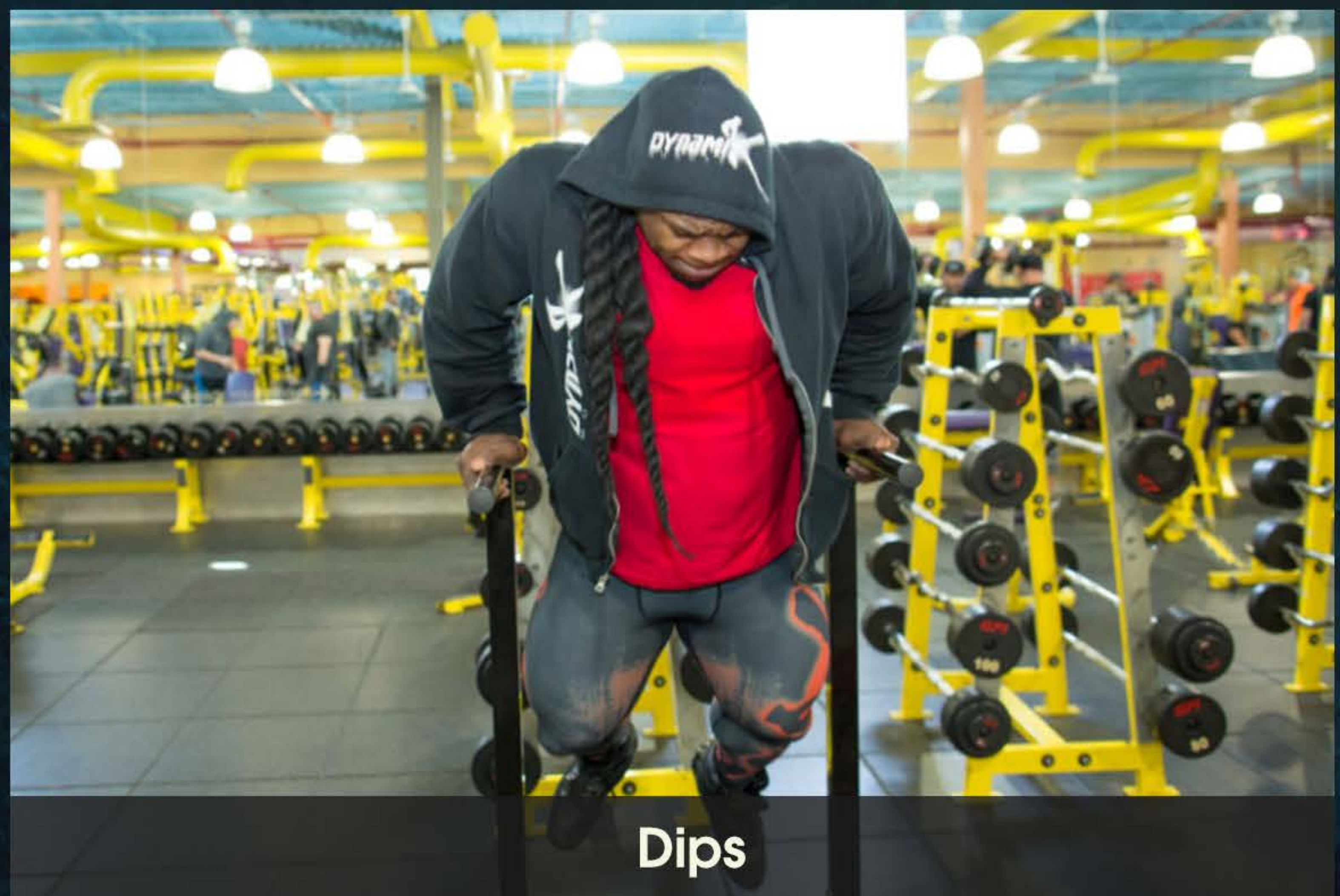
In this program you will be working the entire body each day, every set of each exercise is to failure. Each day is comprised of triple sets, similar to supersets but with three exercises, moving from one exercise to the next without rest between them until one set of all three are done. Perform each exercise with moderate weight (about 60-70%), each exercise to failure.

DAY 1

Perform 6 sets of each exercise going until failure for each exercise. Once you reach failure in the first exercise, without rest move to the next. When 6 sets of each are completed, rest 60 seconds and move on to the next triple set.

- Pull Ups
- Barbell Squats
- Dips

- Dumbbell Pendley Row
- Dumbbell Deadlifts
- Bench Press



Dips

- Decline Cable Reverse Flies
- Seated Calf Raises
- Incline Cable Reverse Flies

DAY 2

Cardio Day. You get to pick what type of cardio you do. I'm a fan of slow up-hill walking, you may be a fan of the HIIT style cardio. Cardio can be a tough monster to tame, testing your mental as well as physical might. You get to decide the cardio you do because they are both equally effective physically, whichever keeps you mentally in the game is the one that is right for you.

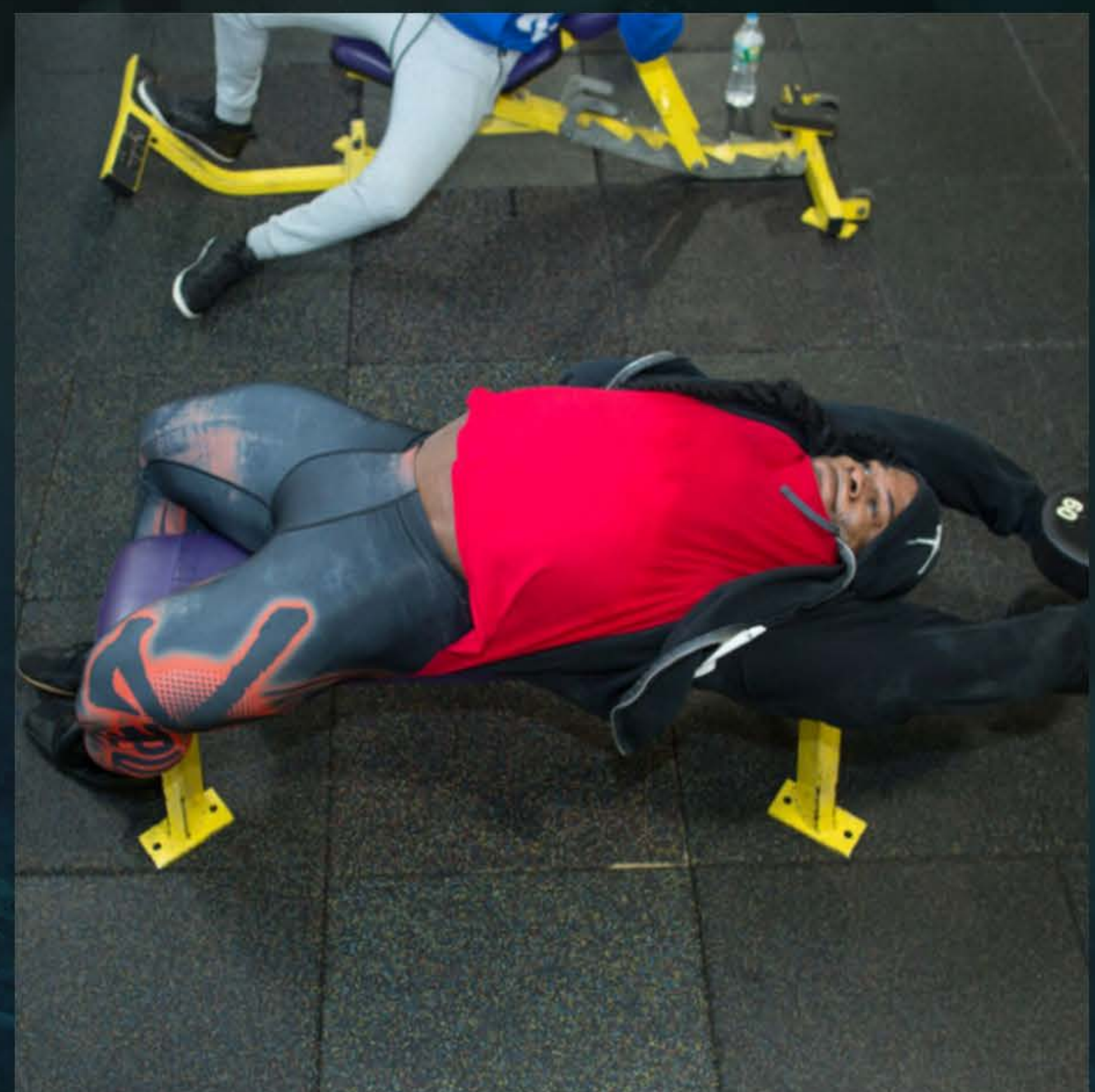
DAY 3

Perform 6 sets of each exercise going until failure for each exercise. Once you reach failure in the first exercise, without rest move to the next. When 6 sets of each are completed, rest 60 seconds and move on to the next triple set.

- Barbell Glute Bridges
- Dumbbell Lateral Raises
- Hack Squats

- Leg Extensions
- Dumbbell Bent Over Reverse Flies
- Hamstring Curls

- Dumbbell Shrugs
- Dumbbell Lateral Lunges
- Dumbbell Pull Overs



Dumbbell Pull Overs

- Dumbbell Arnold Press
- Dumbbell Lateral Step Up
- Supinated Cable Front Raise

DAY 4

Cardio Day

DAY 5

Perform 6 sets of each exercise going until failure for each exercise. Once you reach failure in the first exercise, without rest move to the next. When 6 sets of each are completed, rest 60 seconds and move on to the next triple set.

- Dumbbell Incline Flies
- Dumbbell Goblet Squats
- Incline Svend Press
- Dumbbell Incline Reverse Flies
- Single Dumbbell Straight Leg Deadlift
- Barbell Pendley Row
- Reverse Grip Pull Ups
- Leg Press Calf Raises
- Single Arm Dumbbell Shoulder Press
- Leg Extensions
- Machine Preacher Curls
- Lying Hamstring Curls
- Adductor Machine
- Tricep Cable Push Downs
- Abductor Machine



Barbell Pendley Row



Leg Press Calf Raises



Tricep Cable Push Down

DAY 6

Cardio Day

DAY 7

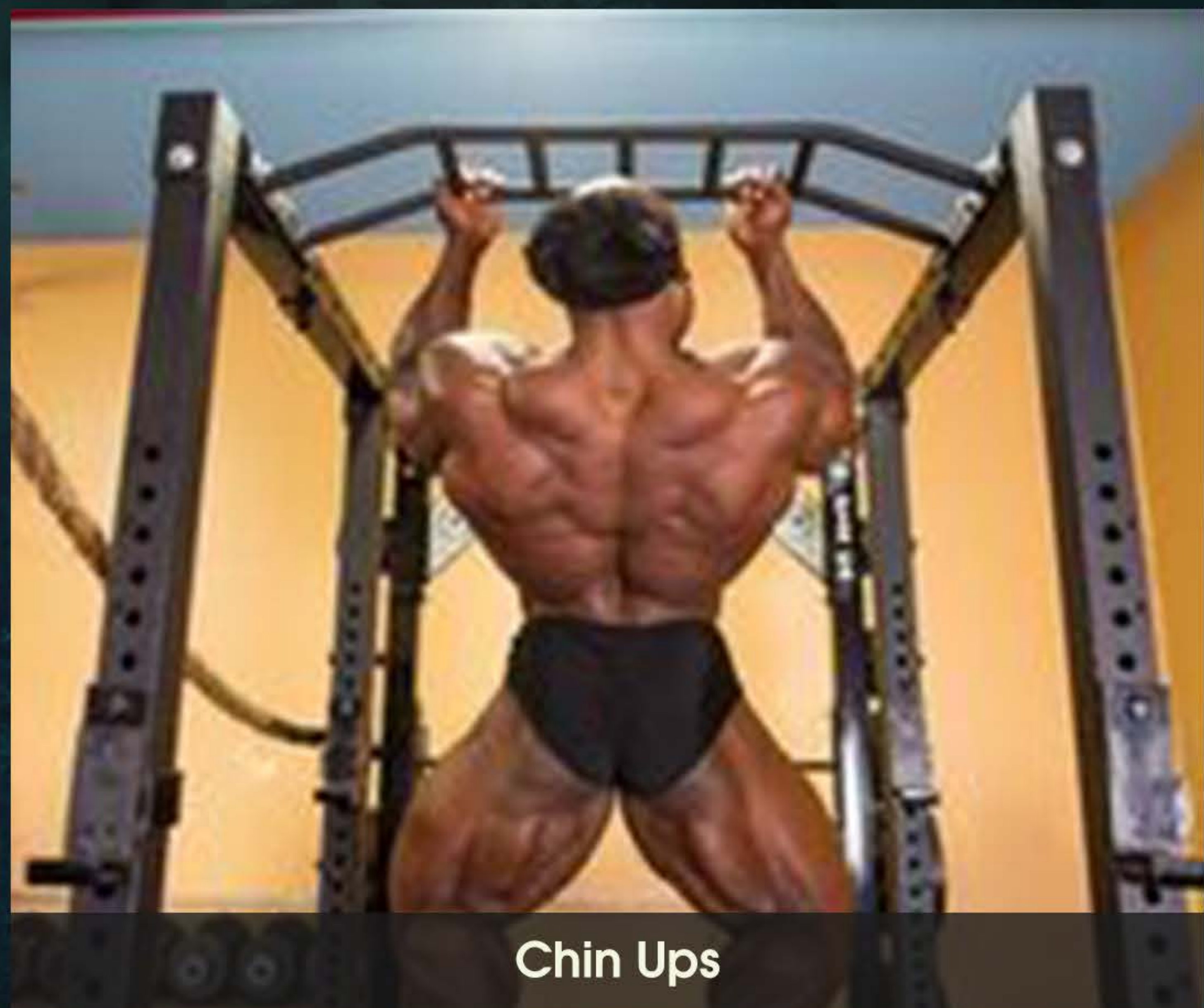
Perform 6 sets of each exercise going until failure for each exercise. Once you reach failure in the first exercise, without rest move to the next. When 6 sets of each are completed, rest 60 seconds and move on to the next triple set.

- **Hack Squats**
- **Barbell Curls**
- **Reverse Hack Squats**

- **Barbell Deadlifts**
- **Overhead Dumbbell Triceps Extensions**
- **Straight Leg Barbell Deadlifts**

- **Dumbbell Arnold Press**
- **Leg Extensions**
- **Wide Grip Lat Pull Downs**

- **Machine Flies**
- **Lying Leg Curls**
- **Chin Ups**



Chin Ups

A muscular man with a shaved head and intense expression is shown from the chest up, wearing blue Under Armour briefs. He is standing in a dark, misty forest with tall trees and dense foliage. The lighting is dramatic, highlighting his physique. The word "END" is centered in the image, flanked by two red horizontal lines.

END