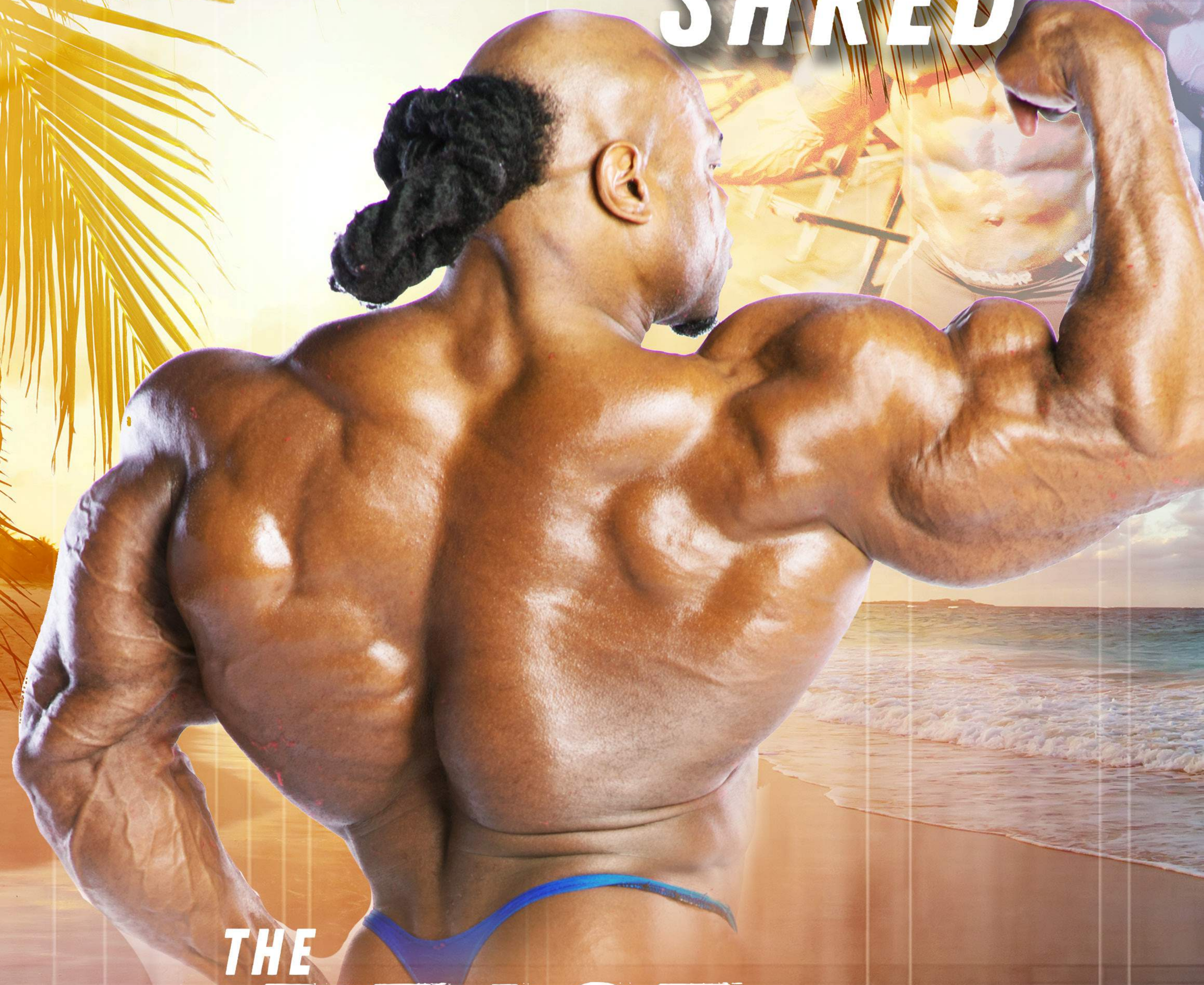


6 WEEK SHRED



THE BEAST OF THE BEACH

Prepared exclusively for a non-sponsor, gym, or coach. Transition: 24

SECRETS OF THE BEAST

THE CREATURE'S DIET

Beasts of the Beach are sighted across the globe. Locals describe them in their own dialect, but the beast itself remains the same. This also applies to their dietary choices. Each beast has certain foods and preferences, but the core of their choices remain consistent regardless of region.

Across the vast oceans, you will find beasts grazing on a varied diet. Still, this diet must be tethered to a specific formula. It is within this formula that you will find the alchemical transformation from man to myth.

THE CREATURE IS NEVER SATIATED

We associate power with consumption. If we consume more, then we will be more. Therefore, fanatical devotees choose protein and healthy fats into an awe-inspiring physique, hoping to trigger the transformation. If it was this simple, then beast sightings would not demand such amazement.

Truthfully, the beast must consume the proper calories and macronutrients to alter their physical form. To reveal the form of beast, we must carve away the prison of man. This requires eating less calories than you consume. To do this, you must use an equation to find out how many calories you burn per day. First you will find your BMR or Basal Metabolic Rate. This is how much you burn per day at rest. Then, you must multiply this number by a variable depending on daily activity level. To acquire your TDEE or Total Daily Energy Expenditure. Eat less calories than this number on a consistent basis to peel away your mortal coil and find the beast within.

SECRETS OF THE BEAST

THE BEAST GRAZES

Beasts roam the coasts, consuming nutrients to power their brawny form. The beast must choose nutrient, fiber rich food sources to maintain its transformation. If the beast consumes excess fried foods, sugary drinks, and excessive alcohol, he will return to his mortal form.

The beast must choose high quality proteins and high-volume, lower calorie foods to maintain his shredded form. One cannot overcome calories in vs calories out. You will still need to eat less than you burn to lose fat. However, you can control your level of satiation through dietary choices. Eating foods that fill your stomach trigger stretch receptors which inform the brain that you're feeling full. Below are some higher volume food choices to help you keep food intake high while controlling for calories.



MIRACLE NOODLES
3 OZ- 15 CALORIES



OATMEAL
½ CUP- 150 CALORIES



CAULIFLOWER RICE
3.5 OZ- 25 CALORIES



SWEET POTATO
5 OZ- 110 CALORIES



EGG WHITES
1 LARGE- 17 CALORIES



ALL BRAN CEREAL
½ CUP- 80 CALORIES

SECRETS OF THE BEAST



AIR POPPED POPCORN
1 CUP- 31 CALORIES



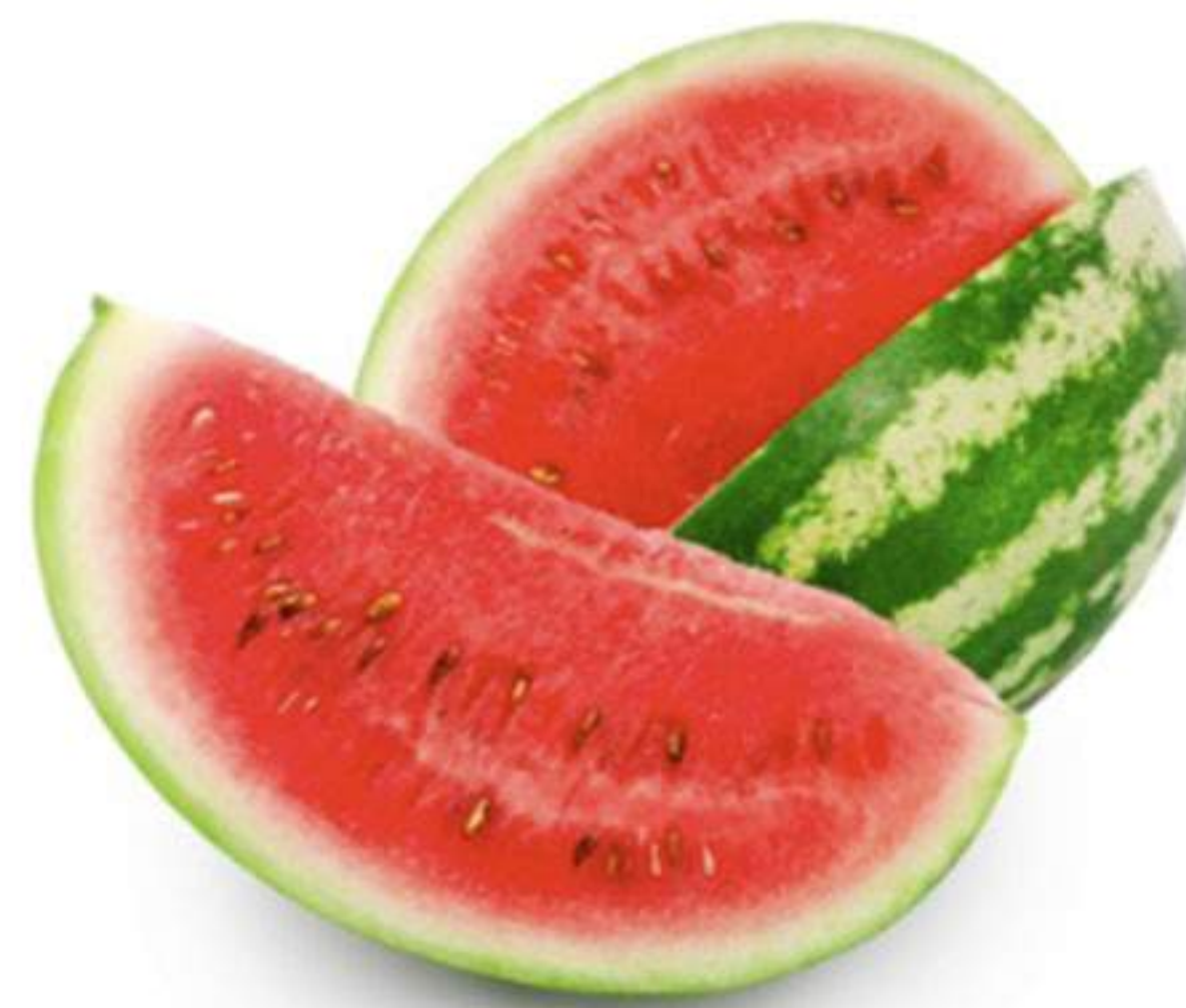
STRAWBERRIES
5 LARGE STRAWBERRIES- 29 CALORIES



APPLES
1 MEDIUM- 95 CALORIES



ORANGES
1 MEDIUM- 69 CALORIES



WATERMELON
10 OZ- 86 CALORIES



VEGETABLES
VARIABLE

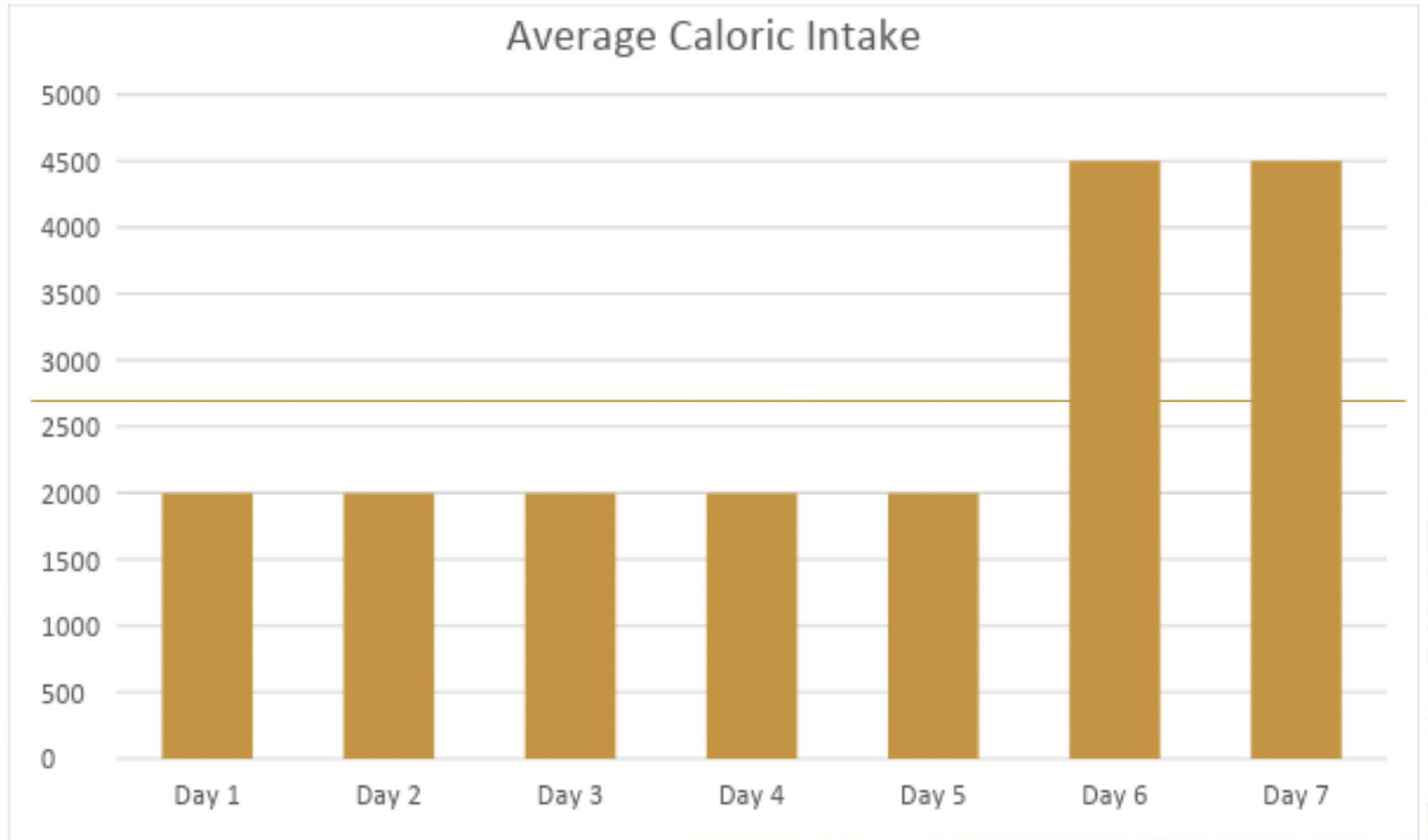
BEAST KILLERS

The beast of the beach is a towering monster who seems impervious to harm. He is swift, muscular, and powerful. Only a fool would dare try to pierce the beast's formidable hide. Still, the beast knows that it is not invulnerable. Each beast can be felled by only one thing, its own hand.

A beast can slay itself through self-sabotage. Weekend binges and alcoholic beverages can reverse the progress you've made. You must consistently be in a caloric deficit. It doesn't matter how strong and dedicated you were during the week, you will never truly capture the beast without complete commitment. For example, if you have 2000 calories per day during the week but 4000 calories on weekends, your average caloric intake is over 2500.

SECRETS OF THE BEAST

▾ CALORIC INTAKE CHART ▸



THE DIET OF THE BEAST

This diet is the simple yet elusive secret to capturing the beast. Uncover your dietary needs to become the legend you seek.

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

CHOICE 1: MIFFLIN ST JEOR

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

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

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

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

STEP 2: Use one of the below equations 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 AND 2:

Multiply Your TDEE by 0.8 to get your Week 1 and 2 calorie intake

Determine Your Macronutrients

Protein in grams= $(\text{Bodyweight} \times 1.2)$

Fats in grams= $(\text{Calorie intake} \times 0.20) / 9$

Carbs: $[\text{Caloric intake} - ((\text{protein in grams} \times 4) + (\text{fats in grams} \times 9))] / 4$

THE DIET OF THE BEAST

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

EXAMPLE: A 6-foot-tall, 23 year old man looking to transform this summer weighs 200 lbs. He works out 5 times per week and does not know his body fat. Below would be his calculations.

HINT: To convert lbs to kg, divide lbs by 2.2. To convert in to cm, multiply by 2.54.

Mifflin St Jeor Equation:

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

$10 \times 90.9 + 6.25 \times 182.88 - 5 \times 23 + 5$

BMR= 1942 calories

$1942 \text{ calories} \times 1.6 = \text{TDEE of } 3107 \text{ calories}$

WEEK 1 AND 2 DIET

$\text{TDEE} \times 0.8 = 2485 \text{ calories}$

$200 \times 1.2 = 240 \text{ g protein}$

$2485 \times 0.2 = 497 / 9 = 55 \text{ g fat}$

$2485 \text{ calories} - (240 \times 4) + (55 \times 9) = 1030 / 4 = 257 \text{ g carbs}$

WEEK 3 AND 4 DIET

$2485 \times 0.9 = 2236 \text{ calories}$

240 g protein

50 g fat

206 g carbs

WEEK 5 AND 6 DIET

$2236 \times 0.9 = 2012 \text{ calories}$

240 g protein | 45 g fat | 162g carbs

THE BEAST'S FOOTSTEPS

CARDIO

Before each workout perform 30 minutes of cardio of your choice.



THE BEAST'S FOOTSTEPS

▾ ABDOMINALS ▽

Perform two of the below ab exercises before beginning the lifts of the day.

Ab Choices:

3 sets of 30 leg lifts

3 sets of 30 decline crunches

3 sets of 30 oblique crunches

3 sets of 30 rope cable crunches



THE BEAST'S FOOTSTEPS

WORKOUT WEEK 1 TO 3

Day 1

Exercises	Sets	Reps	Rest
Squat	3	8	45 seconds
Deadlift	3	8	45 seconds
Jefferson Squats	3	12	45 seconds
Leg Extensions	3	12	45 seconds
Leg Curls	3	12	45 seconds
Seated Calf Raises	3	20	45 seconds
Standing Calf Raises	3	20	45 seconds

SQUAT



THE BEAST'S FOOTSTEPS

WORKOUT WEEK 1 TO 3

Day 2

Exercises	Sets	Reps	Rest
Bench Press	3	8	45 seconds
Incline Press	3	8	45 seconds
Chest Fly	3	12	45 seconds
Dumbbell Shoulder Press	3	12	45 seconds
Skullcrushers	3	12	45 seconds
Lateral Raises	3	20	45 seconds
Rear Delt Cable Flys	3	20	45 seconds

BENCH PRESS



THE BEAST'S FOOTSTEPS

WORKOUT WEEK 1 TO 3

Day 3

Exercises	Sets	Reps	Rest
Barbell Row	3	8	45 seconds
Close Grip Pull Down	3	12	45 seconds
Lat Pull Down	3	12	45 seconds
Neutral Grip Low Cable Row	3	12	45 seconds
Preacher Curls	3	12	45 seconds
Hammer Curls	3	12	45 seconds
Incline Dumbbell Curls	3	20	45 seconds

Day 4

Exercises	Sets	Reps	Rest
Front Squat	3	12	45 seconds
Romanian Deadlift	3	12	45 seconds
Leg Press	3	12	45 seconds
Bulgarian Split Squats	3	12	45 seconds
Leg Curls	3	12	45 seconds
Barbell Lunges	3	12	45 seconds
Seated Calf Raises	3	20	45 seconds

THE BEAST'S FOOTSTEPS

FRONT SQUAT



THE BEAST'S FOOTSTEPS

WORKOUT WEEK 1 TO 3

Day 5

Exercises	Sets	Reps	Rest
Incline Dumbbell Press	3	12	45 seconds
Dumbbell Press	3	12	45 seconds
Cable Chest Flyes	3	12	45 seconds
Dumbbell Lateral Raises	3	12	45 seconds
Overhead Dumbbell Press	3	20	45 seconds
Skull Crushers	3	12	45 seconds
Close Grip Bench Press	3	20	45 seconds

DUMBBELL LATERAL RAISES



THE BEAST'S FOOTSTEPS

WORKOUT WEEK 1 TO 3

Day 6

Exercises	Sets	Reps	Rest
Underhand Barbell Row	3	8	45 seconds
Neutral Grip Pull Down	3	8	45 seconds
Dumbbell Pullover	3	12	45 seconds
T bar Row	3	12	45 seconds
Standing Dumbbell Curl	3	12	45 seconds
Concentration Curl	3	20	45 seconds
Guillotine Curl	3	20	45 seconds

STANDING DUMBBELL CURL



THE BEAST'S FOOTSTEPS

WORKOUT WEEK 1 TO 3

On day 7 it is important to recover your muscles after a long week of shredding.



THE BEAST'S FOOTSTEPS

WORKOUT WEEK 3 TO 6

Add 3 sessions of
workout for 12 weeks

Day 1

Exercises	Sets	Reps	Rest
Bench	4	12	30 seconds
Skull Crushers	4	15	30 seconds
Incline Dumbbell Press	4	12	30 seconds
Tricep Kickbacks	4	15	30 seconds
Close Grip Bench	4	12	30 seconds
Ez Bar Curl	4	15	30 seconds
Shoulder Dumbbell Press	4	12	30 seconds
Wide Grip Upright Row	4	15	30 seconds

LET THE SWEATING BEGIN



THE BEAST'S FOOTSTEPS

WORKOUT WEEK 3 TO 6

Day 2

Exercises	Sets	Reps	Rest
Squat	4	12	30 seconds
Leg Extensions	4	15	30 seconds
Deadlifts	4	12	30 seconds
Leg Curls	4	15	30 seconds
Dumbbell Step Ups	4	12	30 seconds
Leg Press	4	15	30 seconds
Goblet Squat	4	12	30 seconds
Calf Raises	4	15	30 seconds

Day 3

Exercises	Sets	Reps	Rest
Underhand Barbell Row	4	12	30 seconds
Pull Ups	4	15	30 seconds
Lat Pull Down	4	12	30 seconds
Close Grip Pulley Row	4	15	30 seconds
EZ Bar Curl	4	12	30 seconds
Tricep Kickback	4	15	30 seconds
Incline Dumbbell Curl	4	12	30 seconds
Tricep Rope Pushdown	4	15	30 seconds

THE BEAST'S FOOTSTEPS

▽ LAT PULL DOWN ▽



THE BEAST'S FOOTSTEPS

WORKOUT WEEK 3 TO 6

Add 3 sessions of
workout for 12 weeks

Day 4

Exercises	Sets	Reps	Rest
Jefferson Squats	4	12	30 seconds
Leg Extensions	4	15	30 seconds
Deadlift	4	12	30 seconds
Leg Curls	4	15	30 seconds
Bulgarian Split Squats	4	12	30 seconds
Dumbbell Step Ups	4	15	30 seconds
Barbell Lunges	4	12	30 seconds
Seated Calf Raise	4	15	30 seconds

JEFFERSON SQUAT



THE BEAST'S FOOTSTEPS

WORKOUT WEEK 3 TO 6

Add 3 sessions of
workout for 12 weeks

Training
Schedule

Day 5

Exercises	Sets	Reps	Rest
Dumbbell Press	4	12	30 seconds
Dumbbell Skullcrusher	4	15	30 seconds
Incline Machine Press	4	12	30 seconds
Svend Press	4	15	30 seconds
Shoulder Press Machine	4	12	30 seconds
Lateral Raise	4	15	30 seconds
Tricep Press Downs	4	12	30 seconds
Tricep Kickbacks	4	15	30 seconds

LATERAL RAISES



THE BEAST'S FOOTSTEPS

WORKOUT WEEK 3 TO 6

Add 3 sessions of
workout for 12 weeks

Day 6

Exercises	Sets	Reps	Rest
Wide Grip Cable Rows	4	12	30 seconds
Lat Pull Downs	4	15	30 seconds
T Bar Row	4	12	30 seconds
Neutral Grip Row	4	15	30 seconds
EZ Bar Curl	4	12	30 seconds
Hammer Curl	4	15	30 seconds
Standing Dumbbell Curl	4	12	30 seconds
Rear Delt Fly	4	15	30 seconds

EZ BAR CURLS



THE BEAST'S FOOTSTEPS

WORKOUT WEEK 3 TO 6

On day 7 it is important to recover your muscles after a long week of shredding.

