TRANSFORMATION E-BOOK

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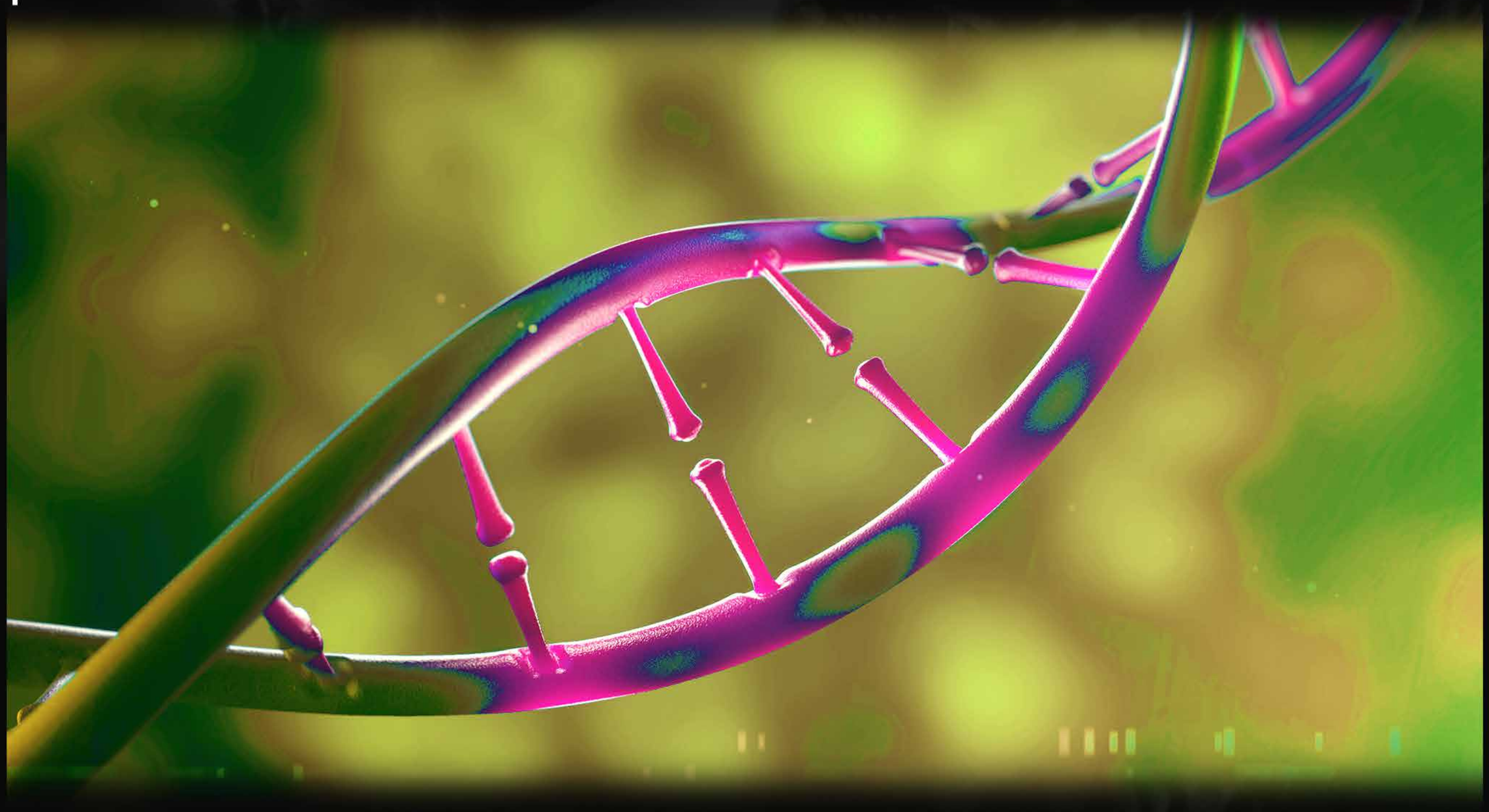
HEART/TRANSFORMATION

WHAT DOESN'T MAKE A TRANSFORMATION

GENETICS - This is the rallying cry of those incapable of transforming. How often have you heard, "I wish I had his genetics" or "the weight just falls off her". Those who cannot see the light that exists within us all will try to demean or delegitimize their brothers or sisters.

Yes, some people have great genetics for bodybuilding. Some people can build muscle with half as much volume and some people can burn fat with twice as many calories. Yet even those chosen few must commit to their goals to unleash their true potential.



You cannot become your best self by looking for blame in others. If you seek a reason why you cannot transform, you will find it. If you search for a path to become your best self, you may walk it.

HEART/TRANSFORMATION

POOR PLANNING

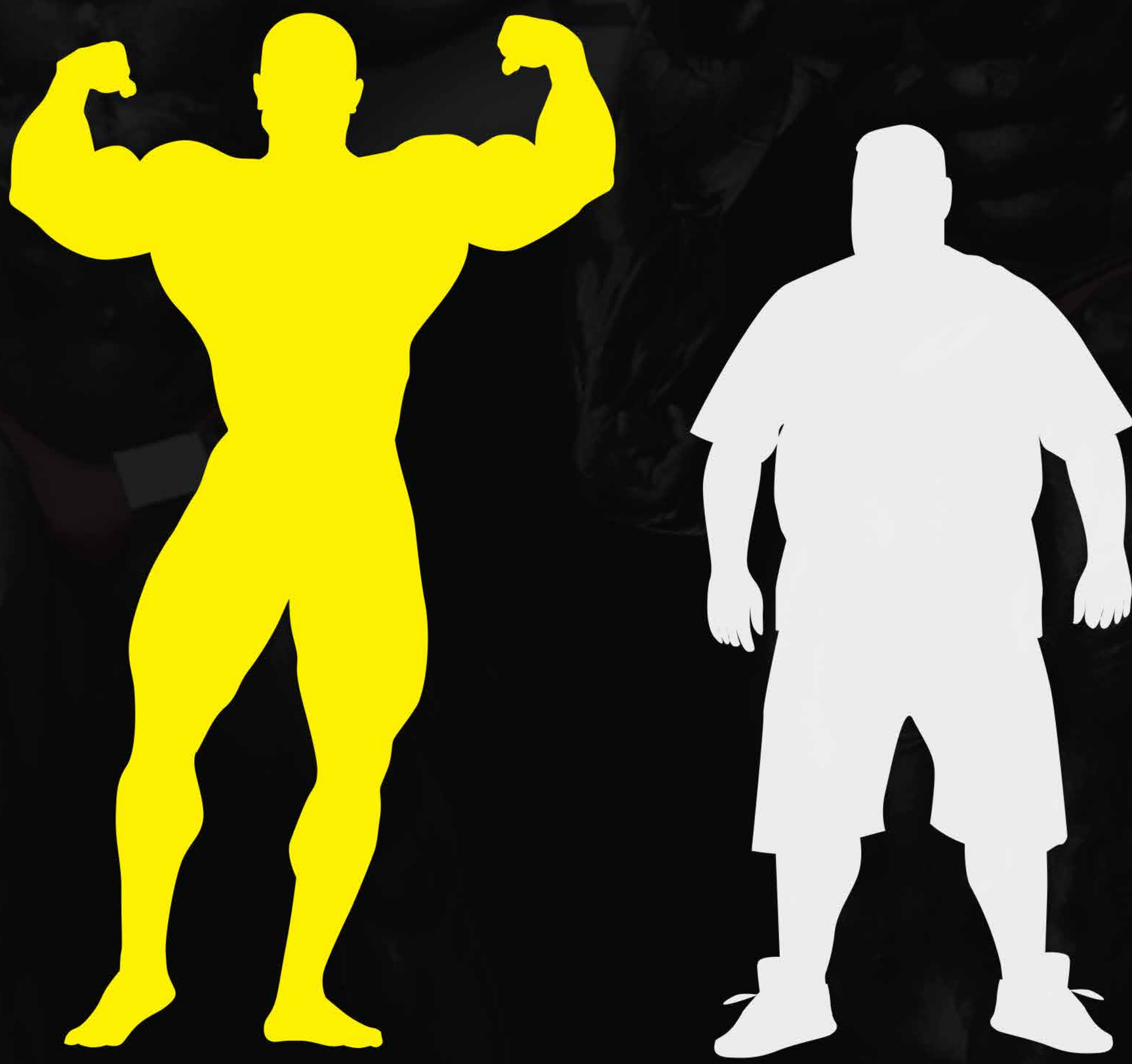
Proper preparation prevents poor performance. You should never enter the gym or a meal and wonder what you are going to do. To properly succeed you must envision your path going forward. You must plan your steps accordingly.

The secret to staying on plan is undoubtedly to have a plan. Prep your food for the week ahead every Sunday night. Place your meals for the next day in the refrigerator and the rest of the meals for the next days in your freezer. Further, you should plan out your workouts for the week ahead of time. Your workouts should be targeted and purposeful to ensure maximal returns. It is much easier to stay on your diet and workout when you know exactly what they are.

HEART/TRANSFORMATION

DETERMINING YOUR CALORIC INTAKE DURING THIS TRANSFORMATION

Every person's caloric needs differ. Your height, weight, age, biological sex, and workout activity determine your total caloric needs. For ex: a 6', 250 lb male linebacker who works out 6 times a week can have double the caloric needs as a 5'4", 150 lb male computer programmer who walks 3 times per week for 30 minutes. Therefore, a cutting plan for the 6' linebacker could actually be a bulking plan for the 5'4" computer programmer. Diets are relative to the person's genetic makeup, experience, and lifestyle.



HEART/TRANSFORMATION

DETERMINING YOUR CALORIC INTAKE DURING THIS TRANSFORMATION

Burning fat or building muscle is relative to your caloric baseline. You must eat more than your burn to build muscle and eat less than you burn to burn fat. Building muscle requires additional calories to build tissue whereas burning fat relies on the body breaking down stored energy to fuel your caloric needs. You cannot burn fat and build muscle simultaneously as one requires eating more than you burn while the other requires eating less.

Transformations, in terms of bodybuilding, are highly visible endeavors. You cannot build significant lean muscle mass in 6 weeks unless you are completely new to training. Therefore, this transformation will focus on preserving lean muscle mass while depleting your fat stores. This will create a lean, full, and muscular physique. You may be down 20 lbs, but you will paradoxically look significantly bigger.

DIET/TRANSFORMATION

PROTEINS

Protein is the building block of muscle that is used to build and repair tissues. Each gram of protein provides roughly 4 calories per gram. Protein is a powerful tool for transformations. It is satiating, meaning it leaves you feeling full, and thermogenic, helps increase your metabolic rate. During a calorically restrictive diet, higher protein is needed to help preserve your muscle mass.

DIET/TRANSFORMATION

CARBS

Carbs are the primary source of fuel for your cells. Each gram of carbs provides around 4 calories per gram. Carbs provide energy and can be stored in your muscles and liver as glycogen which is why your muscles look and feel fuller post carb up. Simple carbs can help spike insulin, a hormone that shuttles nutrients into the cells. Complex carbs contain fiber, an indigestible food that can stabilize blood sugar, help with cholesterol, and keep you feeling full.

Carbs are often vilified during fat loss transformations. Carbohydrates are protein sparing, meaning that they can prevent your body from breaking down muscle tissue during fat loss. Do not mistakenly cut out carbohydrates in favor of protein. Protein can be converted to carbohydrates in the liver, providing a suboptimal source of this valuable nutrient.

DIET/TRANSFORMATION

FATS

Fats are a rich source of energy, providing 9 calories per gram. These molecules help with absorption of the fat-soluble vitamins: A, D, E, and K. Fats are also crucial to optimal hormone production, including testosterone. Furthermore, fats are the most satiating and can help delay the gastric emptying of food. You want to keep fats at a sustainable level for hormone health but want to limit their intake due to their exceptionally high caloric content.

DIET/TRANSFORMATION

WEEK 1 - NUTRITION PLAN

STEP 1. Multiply your TDEE X 0.85 to get your daily caloric intake.

STEP 2. Determine your macronutrient intake.

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 3. Divide up your macronutrients between the following meals.

Meal 1:
Protein: 20% of protein total/Carbs: 20% of carbs total/Fats: 25% of fat total

Meal 2:
Protein: 20% of protein total/Carbs: 10% of carb total/Fats: 25% of fat total

Meal 3:
Protein: 20% of protein total/Carbs: 10% of carb total/Fats: 25% of fat total

Pre-Workout:
Protein: 20% of protein total/Carbs: 40% of carb total/Fats: 23% of fat total

Post Workout:
Protein: 20% of protein total/Carbs: 20% of carb total/Fats: 2% of fat total

CARDIO
2 HIIT SESSIONS OF 15 MINUTES POST WORKOUT
1 STEADY STATE 45 MINUTE CARDIO SESSION

DIET/TRANSFORMATION

WEEK 2 - NUTRITION PLAN

STEP 1. Multiply your week 1 TDEE by 0.95 to get your daily caloric intake.

STEP 2. Determine your macronutrient intake.

Protein in grams= (Bodyweight x 1.25)
Fats in grams= (Calorie intake x 0.20)/ 9
Carbs: [Caloric intake – ((protein in grams x 4) + (fats in grams x 9))] / 4

STEP 3. Divide up your macronutrients between the following meals.

Meal 1:
Protein: 20% of protein total/Carbs: 20% of carbs total/Fats: 25% of fat total

Meal 2:
Protein: 20% of protein total/Carbs: 10% of carb total/Fats: 25% of fat total

Meal 3:
Protein: 20% of protein total/Carbs: 5% of carb total/Fats: 25% of fat total

Pre-Workout:
Protein: 20% of protein total/Carbs: 40% of carb total/Fats: 23% of fat total

Post Workout:
Protein: 20% of protein total/Carbs: 20% of carb total/Fats: 2% of fat total

CARDIO
3 HIIT SESSIONS OF 15 MINUTES POST WORKOUT
1 STEADY STATE 45 MINUTE CARDIO SESSION

DIET/TRANSFORMATION

WEEK 3 - NUTRITION PLAN

STEP 1. Multiply your week 2 TDEE by 0.95 to get your daily caloric intake.

STEP 2. Determine your macronutrient intake.

Protein in grams= (Bodyweight x 1.3)
Fats in grams= (Calorie intake x 0.20)/ 9
Carbs: [Caloric intake – ((protein in grams x 4) + (fats in grams x 9))] / 4

STEP 3. Divide up your macronutrients between the following meals.

Meal 1:
Protein: 20% of protein total/Carbs: 20% of carbs total/Fats: 25% of fat total

Meal 2:
Protein: 20% of protein total/Carbs: 5% of carb total/Fats: 25% of fat total

Meal 3:
Protein: 20% of protein total/Carbs: 5% of carb total/Fats: 25% of fat total

Pre-Workout:
Protein: 20% of protein total/Carbs: 40% of carb total/Fats: 23% of fat total

Post Workout:
Protein: 20% of protein total/Carbs: 20% of carb total/Fats: 2% of fat total

CARDIO
3 HIIT SESSIONS OF 20 MINUTES POST WORKOUT
2 STEADY STATE 45 MINUTE CARDIO SESSIONS

DIET/TRANSFORMATION

WEEK 4 - NUTRITION PLAN

STEP 1. Multiply your week 3 TDEE X 0.95 to get your daily caloric intake.

STEP 2. Determine your macronutrient intake.

Protein in grams= (Bodyweight x 1.35)
Fats in grams= (Calorie intake x 0.20)/ 9
Carbs: [Caloric intake – ((protein in grams x 4) + (fats in grams x 9))] / 4

STEP 3. Divide up your macronutrients between the following meals.

Meal 1:
Protein: 20% of protein total/Carbs: 10% of carbs total/Fats: 25% of fat total

Meal 2:
Protein: 20% of protein total/Carbs: 5% of carb total/Fats: 25% of fat total

Meal 3:
Protein: 20% of protein total/Carbs: 5% of carb total/Fats: 25% of fat total

Pre-Workout:
Protein: 20% of protein total/Carbs: 40% of carb total/Fats: 23% of fat total

Post Workout
Protein: 20% of protein total/Carbs: 30% of carb total/Fats: 2% of fat total

CARDIO
3 HIIT SESSIONS OF 20 MINUTES POST WORKOUT
2 STEADY STATE 60 MINUTE CARDIO SESSIONS

DIET/TRANSFORMATION

WEEK 5 - NUTRITION PLAN

STEP 1. Multiply your week 4 TDEE X 0.95 to get your daily caloric intake.

STEP 2. Determine your macronutrient intake.

Protein in grams= (Bodyweight x 1.4)
Fats in grams= (Calorie intake x 0.20)/ 9
Carbs: [Caloric intake – ((protein in grams x 4) + (fats in grams x 9))] / 4
STEP 3. Divide up your macronutrients between the following meals.

Meal 1:
Protein: 20% of protein total/Carbs: 10% of carbs total/Fats: 25% of fat total

Meal 2:
Protein: 20% of protein total/Carbs: 5% of carb total/Fats: 25% of fat total

Meal 3:
Protein: 20% of protein total/Carbs: 5% of carb total/Fats: 25% of fat total

Pre-Workout
Protein: 20% of protein total/Carbs: 40% of carb total/Fats: 25% of fat total

Post Workout
Protein: 20% of protein total/Carbs: 40% of carb total/Fats: 25% of fat total

CARDIO
3 HIIT SESSIONS OF 25 MINUTES POST WORKOUT
2 STEADY STATE 60 MINUTE CARDIO SESSIONS

DIET/TRANSFORMATION

WEEK 6 - NUTRITION PLAN

STEP 1. Multiply your week 5 TDEE X 0.9 to get your daily caloric intake.

STEP 2. Determine your macronutrient intake.

Protein in grams= (Bodyweight x 1.5)
Fats in grams= (Calorie intake x 0.20)/ 9
Carbs: [Caloric intake – ((protein in grams x 4) + (fats in grams x 9))] / 4

STEP 3. Divide up your macronutrients between the following meals.

Meal 1:
Protein: 20% of protein total/Carbs: 20% of carbs total/Fats: 25% of fat total

Meal 2:
Protein: 20% of protein total/Carbs: 10% of carb total/Fats: 25% of fat total

Meal 3:
Protein: 20% of protein total/Carbs: 10% of carb total/Fats: 25% of fat total

Pre-Workout:
Protein: 20% of protein total/Carbs: 40% of carb total/Fats: 20% of fat total

Post Workout:
Protein: 20% of protein total/Carbs: 20% of carb total/Fats: 5% of fat total

CARDIO
4 HIIT SESSIONS OF 25 MINUTES POST WORKOUT
2 STEADY STATE CARDIO SESSION

WORKOUT/TRANSFORMATION

Below is your workout routine. You will have two rest days. You can use these days to perform your cardio or for some light stretching.

MONDAY- UPPER

	WEEK 1 60 second rest	WEEK 2 60 second rest	WEEK 3 45 second rest	WEEK 4 45 second rest	WEEK 5 30 second rest	WEEK 6 30 second rest
Dumbbell Bench Press	3 x 8	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10
Dumbbell Bent Over Row	3 x8	3 x10	3 x 12	4 x 10	4 x 12	5 x 10
Standing Overhead Dumbbell Press	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	4 x 12, 1 drop set of 12
Incline Dumbbell Press	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	4 x 12, 1 drop set of 12
Dumbbell Skullcrusher	3 x15	3 x20	4 x 15	4 x 20	4 x20	4 sets until failure
Incline Dumbbell Curl	3 x15	3 x20	4 x 15	4 x 20	4 x20	4 sets until failure

WORKOUT/TRANSFORMATION

Color coded workouts are a superset

TUESDAY- LOWER

	WEEK 1 60 second rest	WEEK 2 60 second rest	WEEK 3 45 second rest	WEEK 4 45 second rest	WEEK 5 30 second rest	WEEK 6 30 second rest
Barbell Squat	3 x 8	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10
Walking Lunge	3 x 8	3 x10	3 x 12	4 x 10	4 x 12	5 x 10
Hack Squat	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	5 x 12
Barbell Hip Thrust	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	5 x 12
Leg extensions	3 x 10	3 x 12	3 x 15	4 x 12	4 x 15	4 x 20
Hamstring curls	3 x 10	3 x 12	3 x 15	4 x 12	4 x 15	4 x 20
Hanging Leg Raise	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	5 x failure
Seated Calf Raise	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	5 x failure

WORKOUT/TRANSFORMATION

Color coded workouts are a superset

THURSDAY - UPPER

	WEEK 1 60 second rest	WEEK 2 60 second rest	WEEK 3 45 second rest	WEEK 4 45 second rest	WEEK 5 30 second rest	WEEK 6 30 second rest
Dumbbell Incline Press	3 x 8	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10
Bent Over Barbell Row	3 x 8	3 x10	3 x 12	4 x 10	4 x 12	5 x 10
Lateral Dumbbell Raise	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	5 x 12
T Bar Row	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	5 x 12
Tricep Kickbacks	3 x 10	3 x 12	3 x 15	4 x 12	4 x 15	4 x 20
Spider Curls	3 x 10	3 x 12	3 x 15	4 x 12	4 x 15	4 x20

FRIDAY - LOWER

	WEEK 1 60 second rest	WEEK 2 60 second rest	WEEK 3 45 second rest	WEEK 4 45 second rest	WEEK 5 30 second rest	WEEK 6 30 second rest
Deadlift	3 x 8	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10
Jefferson Squat	3 x 8	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10
Sissy Squat (weighted)	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	4 x 12, 1 drop set of 12
Lying Hamstring Curls	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	4 x 12, 1 drop set of 12
Standing Calf Raises	3 x15	3 x20	4 x 15	4 x 20	4 x20	4 sets until failure
Decline Sit Ups	3 x15	3 x20	4 x 15	4 x 20	4 x20	4 x 20

WORKOUT/TRANSFORMATION

Color coded workouts are a superset

SATURDAY - LOWER

	WEEK 1 60 second rest	WEEK 2 60 second rest	WEEK 3 45 second rest	WEEK 4 45 second rest	WEEK 5 30 second rest	WEEK 6 30 second rest
Squat	3 x 8	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10
Standing Dumbbell Press	3 x8	3 x10	3 x 12	4 x 10	4 x 12	5 x 10
Bench Press	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	4 x 12, 1 drop set of 12
Dumbbell Deadlift	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	4 x 12, 1 drop set of 12
Pull Up	3 x15	3 x20	4 x 15	4 x 20	4 x20	4 sets until failure
Push Up	3 x15	3 x20	4 x 15	4 x 20	4 x20	4 x 20
V Bar Tricep Pushdown	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	4 x 12, 1 drop set of 12
Dumbbell Curl	3 x 10	3 x 12	4 x 10	4 x 12	5 x 10	4 x 12, 1 drop set of 12

WORKOUT/TRANSFORMATION

CARDIO

You do not NEED to perform cardio to burn fat. However, cardio is a great resource to increase caloric burn. There are two separate styles: HIIT and Steady State. HIIT is more efficient, but it is more physically taxing. Steady State is not as demanding, but you need to perform significantly more cardio to achieve a similar caloric burn. You will perform the amount of cardio recommended each week. You may choose whichever option for HIIT or steady state that you prefer!

HIIT CARDIO

High Intensity Interval Training cardio relies primarily on carbs to fuel the workout. However, this does not mean it doesn't burn fat. HIIT cardio increases your Excess Exercise-Post Oxygen Consumption which greatly increases your caloric needs post workout.

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.

STEADY STATE/LOW INTENSITY CARDIO

Steady state cardio, as the name implies, is performed at a moderate and consistent pace. Common examples are an uphill walk or steady bike ride. It burns more fat than carbs to fuel the movement, but it also burns less calories overall than HIIT. The low intensity means it has very little effect on EPOC. This is a good option if you're feeling run down or enjoy steady state!