

ULISSES PRESENTS

GET ABS



DIET PLAN
ABS TRAINING
SUPPLEMENT LIST
TRAINING PROGRAM

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PRO

30 PAGES

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INTRODUCTION

The main functions of the abdominal musculature are to permit movement through the trunk, transfer power from the upper to lower extremities (and vice versa) and lastly to protect the spine and nervous structures in the trunk (spinal cord and peripheral nerves).

When we plan abs training we need to cross-reference any plan against a criteria of what should be included. Some people like to think of their criteria as the different movements that occur in the trunk, with my body building background I am all about using the different muscular layers as my criteria. For that reason all my workouts are designed in order that one part of the abdominal wall is isolated. Of course we can never "switch off" the other muscles as they all act together but in my programme design there are exercises I use that offer more emphasis on the TVA, obliques and rectus abdominis.



BEGINNER TRAINING PROGRAM

Introduction

The beginner program covers all the basics of abdominal wall training. Even if you are a well-seasoned gym goer it's worth going over this program in case it throws up any particular weaknesses you might have from previously unbalanced program. This workout is appropriate for people looking to get all their abdominal wall musculature firing well and developing at a consistent rate. This is also a useful program if you have not yet fully recovered from harder ab workouts from the day before but want to fill out your workout.

- It is recommended you train your abdominals on an empty stomach
& then perform your cardio session in the morning for optimal muscle contractions.
- If you cannot train abs in the morning it is best to train after your workout along with your cardio.
- This program is designed for every alternate day, for a total of 3 days in a week. See page.27 for Important Tips and a Bonus Ab Wor

BEGINNER PROGRAM ROUTINES

<u>EXCERCISE</u>	<u>REPS</u>	<u>SETS</u>
Crunches	12, 15, 18, 22	4
Oblique Crunches	12, 15, 18, 22	4
Reverse Crunches	12, 15, 18, 22	4
Plank	60 seconds per set	4

<u>EXCERCISE</u>	<u>REPS</u>	<u>SETS</u>
Straight Leg Crunches	12, 15, 18, 22	4
Cross Crunches	12, 15, 18, 22	4
Scissors	12, 15, 18, 22	4
Side Plank	60 seconds per set	4

<u>EXCERCISE</u>	<u>REPS</u>	<u>SETS</u>
Flutter Kicks	12, 15, 18, 22	4
Heel Touches	12, 15, 18, 22	4
Mountain Climbers	12, 15, 18, 22	4
Plank Jacks	60 seconds per set	4

BEGINNER PROGRAM

DAY 1

<u>EXCERCISE</u>	<u>REPS</u>	<u>SETS</u>
Crunches	12, 15, 18, 22	4
Oblique Crunches	12, 15, 18, 22	4
Reverse Crunches	12, 15, 18, 22	4
Plank	60 seconds per set	4

PERFORM CARDIO RIGHT AFTER ABDOMINAL TRAINING

LOW-INTENSITY-STEADY-STATE

BEGINNER PROGRAM

DAY 2

PERFORM CARDIO - NO ABDOMINAL TRAINING



“Dedication has No Limitations

BEGINNER PROGRAM

DAY 3

<u>EXCERCISE</u>	<u>REPS</u>	<u>SETS</u>
Straight Leg Crunches	12, 15, 18, 22	4
Cross Crunches	12, 15, 18, 22	4
Scissors	12, 15, 18, 22	4
Side Plank	60 seconds per set	4

PERFORM CARDIO RIGHT AFTER ABDOMINAL TRAINING

LOW-INTENSITY-STEADY-STATE

BEGINNER PROGRAM

DAY 4

PERFORM CARDIO - NO ABDOMINAL TRAINING



"Train hard in silence and let success make the noise"

BEGINNER PROGRAM

DAY 5

<u>EXCERCISE</u>	<u>REPS</u>	<u>SETS</u>
Flutter Kicks	12, 15, 18, 22	4
Heel Touches	12, 15, 18, 22	4
Mountain Climbers	12, 15, 18, 22	4
Plank Jacks	12, 15, 18, 22	4

PERFORM CARDIO RIGHT AFTER ABDOMINAL TRAINING

FUNCTIONAL-CIRCUIT-CARDIO

CARDIO PROGRAM

GUIDELINES

- Cardio should be done in the morning after your abdominal training
- Take a serving for BCAA's prior to any cardio session
- We alternate between forms of cardio, Low Intensity Steady State & High Intensity Interval Training & Function Circuit Cardio, to provide a stimulating variety. However, if a specific type of cardio is more effective for you, continue with it.
- Beginner trainees must complete their cardio session on their abdominal training day.
 - If you are time constrained to complete your cardio session, train your abdominals after your regular lifting session followed by your cardio regime
- Take 1 serving of the thermogenic supplement (training days only) before your abdominal training in the morning.

CARDIO PROGRAM

Low Intensity Steady State Cardio Vascular

- This is the simplest form of cardio that you can do but it is important that you start here before trying your hand at the HIIT and functional circuit cardio.
- This type of cardio is also the first place to start because it tends to take the least amount of energy so won't interfere with your resistance training.
- When doing low intensity steady state cardio the trick is in the name, keep your heart rate to about 75% of your maximum heart rate. As a rule you can take 220 and subtract your age to give you an approximate maximum heart rate. Eg. If you are 30 years old your maximum heart rate is 190, as such, you need to keep your beats per minute to around 142.
- You can use a treadmill, bike, rowing machine or cross trainer – the goal is simply to accumulate some time for the same speed with no increases in intensity or difficulty.
- Perform 25 minutes of steady pace cardio with a 5 minute cool down

CARDIO PROGRAM

High Intensity Interval Training

- HIIT is a great way of training when you want to push yourself to the limit and is the most efficient way of burning fat. The reason for this is that it is the form of training that creates a fat-burning effect that continues long after your workout.

- **BIKE HIIT ROUTINE**

- 1) Warm up for 5 minutes until you are ready for some hard bike efforts.
- 2) Sprint at your hardest effort for 15 seconds.
- 3) Pedal lightly for 45 seconds.
- 4) Repeat this 15-second work/45 second recover cycle for 10 repetitions.
- 5) Take 5 minutes to gently warm down until your heart rate is steady before finishing up.

CARDIO PROGRAM

High Intensity Interval Training

- **TREADMILL INCLINE HIIT ROUTINE**

- 1)** Warm up for 5 minutes until you are ready for some sprint efforts.
- 2)** Put the treadmill onto a steep incline (I usually use 75% of the maximum incline that the treadmill offers, so level 10-12 if it goes up to level 15).
- 3)** Increase the speed to the point at which you are working hard to overcome the resistance.
- 4)** Similarly to the bike, sprint for 15 seconds before either taking your feet off for 45 seconds or reducing the speed to a walk.
- 5)** Repeat this work/recover cycle 10 times or until you fatigue. When you can do 15 then you should increase the speed rather than adding more cycles.
- 6)** Remove the incline and reduce the speed to a walking pace (5kph) for 5 minutes or as long as it takes to recover.

CARDIO PROGRAM

Functional Circuit Cardio

Perform consecutively for **5 ROUNDS**

- Skip for 2 minutes
- 15 Bosu Burpess
- 15 Bosu Pushups

Using a Bosu adds more core stability and core balance

ABDOMINAL STRETCHES

POST-WORKOUT MAINTENANCE

TYPE	TIME IN THE STRETCHED POSITION
McKenzie Press Up/Ab Stretch	10-20 seconds
Lumbar Roll Stretch	10-20 seconds
Foam Rolling Spine	10-20 seconds
Lat Stretch on Swiss Ball	10-20 seconds

DIET PLAN

GUIDELINES

- The following dietary plan is a standard lean program specifically designed for optimal results for beginner male & female trainees respectively.
- Beginners must take the thermogenic aid before training abdominals, prior to meal 1.
- One serving of BCAA's is required before any cardio session.
- Taking casien protein in meal 7 is only optional for women if it is too calorie heavy for you to digest. Its intake can help subside your cravings.
- Take 1 serving of ZMA on training days with meal 7 (men & women)

BEGINNERS LEAN DIET PLAN - 1

MEN

Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	Fibre (g)	Sodium (g)	Salt (g)
Oxy Shred -EHP Labs	1 serving									
Abs Training										
BCAA Capsules	1 serving									
Cardio Routine										
Meal 1										
Hydrolysed Whey Isolate	29.4g Serving	111	24	1.6	1.2	1	0.6	0	0.075	0.188
Multi-Vitamins										
Meal 2										
Porridge Oats	50g	190	5.5	30.2	0.8	4.1	0.8	4.3	trace	trace
Skimmed Milk	200ml	73	7.2	9.8	9.8	0.6	0.2	0	0.1	0.2
Meal 3 - Snack										
Total 0% Fat Greek Yogurt	1 Small Pot (170g)	97	17.5	6.8	6.8	0	0	0	0.065	0.162
Pumpkin Seeds	20g	124	7	6.7	0.2	9.2	1.8	0.8	trace	trace
Banana	medium (120g)	105	1.3	27	14.4	0.4	0.1	3.1	0.1	Trace
BCAA Capsules	4 Caps									
Regular Lifting Session										
Meal 4 - Post Workout Shake										
Hydrolysed Whey Isolate	29.4g Serving	111	24	1.6	1.2	1	0.6	0	0.075	0.188
BCAA Capsules	4 Caps									
Glutamine Powder	5g Serving									
Total 0% Fat Greek Yogurt	1 Small Pot (170g)	97	17.5	6.8	6.8	0	0	0	0.0646	0.162
Meal 5										
2 fillet tilapia	310g	430	86.8	0	0	9	4	0	0.4	1
Sweet Potato Baked/Boiled No	4 ounces	84	1	20	8	0	0	4	0.3	
Broccoli	100g	38	3.3	2.3	1.4	0.9	0.2	3.6	trace	trace
Asparagus	80g	23	2.3	1.6	1.5	0.5	trace	1.4	trace	trace
Green Beans	80g	23	1.5	2.6	1.8	0.4	trace	1.8	trace	trace
Meal 6										
Chicken Breast	2 Breasts (130g each)	360	74.8	0	0	6.8	2	0	0.2	0.5
Tomato	1 Tomato (80g)	14	0.6	2.5	2.5	0.2	trace	0.8	trace	trace
Cucumber	1/4 portion (90g)	10	0.6	1.4	1.3	trace	trace	0.5	trace	trace
Spring Onion	4 Onions (50g)	14	1	1.6	1.4	0.2	trace	0.8	trace	trace
Meal 7										
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2	0.4	0.242	0.6
Fish Oil Capsules	2 Softgels	20	0	0	0	2		0	0	0
Daily Total:		1927 kcal	276.3G	123.9G	59.4G	35.8G	9.9G	21.5G	1.5G	2.8G

BEGINNERS LEAN DIET PLAN - 2

MEN

Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	Fibre (g)	Sodium (g)	Salt (g)
Oxy Shred -EHP Labs	1 serving									
Abs Training										
BCAA Capsules	1 serving									
Cardio Routine										
Meal 1										
Hydrolysed Whey Isolate	29.4g Serving	111	24	1.6	1.2	1	0.6	0	0.075	0.188
Multi-Vitamins										
Meal 2										
Porridge Oats	50g	190	5.5	30.2	0.8	4.1	0.8	4.3	trace	trace
Skimmed Milk	200ml	73	7.2	9.8	9.8	0.6	0.2	0	0.1	0.2
Blueberries	1 cup (150gr)	84	1	21	15	0	0	3.6	1.5	trace
Almonds	40g	252	8.4	2.8	1.6	22.4	1.6	2.8	trace	trace
Meal 3 - Snack										
Oat Cakes	2 Oat Cakes	72	1.6	8.6	0.2	3.8	1.4	1.2	0.12	0.18
Cottage Cheese	120g	76	11.4	6	4.2	0.6	0.4	0	0.2	0.6
Pumpkin Seeds	10g	62	3.4	1.8	0.1	4.6	0.9	0.4	trace	trace
BCAA Capsules	4 Caps									
Regular Lifting Session										
Meal 4 - Post Workout Shake										
Hydrolysed Whey Isolate	29.4g Serving	111	24	1.6	1.2	1	0.6	0	0.075	0.188
BCAA Capsules	4 Caps									
Glutamine Powder	5g Serving									
Meal 5										
Turkey Breasts	2 Breasts (200g each)	400	89.2	0	0	4.8	2.4	0	0.4	1.2
Cooked brown Rice	100gr/half cup	111	3	23	0	0.9	0.2	2	0.5	0.2
Mixed Leaf Salad	45g	8	0.4	0.8	0.8	0.2	trace	0.6	trace	trace
Tomato	1 Tomato (80g)	14	0.6	2.5	2.5	0.2	trace	0.8	trace	trace
Rocket	50g	9	0.4	8.5	0.8	0.25	0.05	0.7	trace	trace
Meal 6										
Cod Fillets	2 Fillet (140g each)	230	50.2	0	0	2.6	0.6	0	0.2	0.8
Green Beans	80g	23	1.5	2.6	1.8	0.4	trace	1.8	trace	trace
1spoon+Petits Pois Peas (Frozen)	80g (3 Table Spoons)	49	4	4.3	2.3	0.7	0.2	4.4	trace	trace
Watercress	Half Pack (42.5g)	6	0.8	0.4	trace	trace	trace	0.6	0.1	trace
Meal 7										
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2	0.4	0.242	0.6
Fish Oil Capsules	2 Softgels	20	0	0	0	2		0	0	0
Daily Total:		1904 kcal	237.0G	126.9G	42.6G	49.5G	9.6G	23.6G	3.4G	4.0G

BEGINNERS LEAN DIET PLAN - 3

MEN

Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	Fibre (g)	Sodium (g)	Salt (g)
Oxy Shred -EHP Labs	1 serving									
Abs Training										
BCAA Capsules	1 serving									
Cardio Routine										
Meal 1										
Hydrolysed Whey Isolate	29.4g Serving	111	24	1.6	1.2	1	0.6	0	0.075	0.188
Multi-Vitamins										
Meal 2										
Porridge Oats	50g	190	5.5	30.2	0.8	4.1	0.8	4.3	trace	trace
Skimmed Milk	200ml	73	7.2	9.8	9.8	0.6	0.2	0	0.1	0.2
Egg Whites (Scrambled)	6	103	22	1.5		0.4	0		0.3	
Meal 3 - Snack										
Hard Boiled Eggs	4 Medium Eggs	264	25.6	trace	trace	18.4	5.2	0	0.2	0.6
Blueberries	1 cup (150gr)	84	1	21	15	0	0	3.6	1.5	trace
BCAA Capsules	4 Caps									
Regular Lifting Session										
Meal 4 - Post Workout Shake										
Hydrolysed Whey Isolate	29.4g Serving	111	24	1.6	1.2	1	0.6	0	0.075	0.188
BCAA Capsules	4 Caps									
Glutamine Powder	5g Serving									
Pumpkin Seeds	40g	246	13.6	7.2	0.4	18.4	3.6	1.6	trace	trace
Meal 5										
Lean Mince Beef	250g	310	52	0	0	11.2	5	0	0.2	0.8
Egg	1 Egg	66	6.4	trace	trace	4.6	1.3	0	0.05	0.15
Onion Brown	1 Medium (110g)	42	1.4	8.6	6.1	0.2	0	2	0	0
Black Ground Pepper	Few Pinches									
Chilli Powder	Pinch									
Mixed Leaf Salad	45g	8	0.4	0.8	0.8	0.2	trace	0.6	trace	trace
Cooked brown Rice	100gr/half cup	111	3	23	0	0.9	0.2	2	0.5	0.2
Meal 6										
Lean Beef Steak Fried With No Fat	155g	215	43.4	0	0	4.5	2	0	0.2	0.5
Aubergine	1 Aubergine (450g)	90	4.1	9.9	9	1.8	0.45	9	trace	trace
Beansprouts	100g	34	2.9	3.7	2.1	0.5	0.1	1.5	0.1	0.3
Meal 7										
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2	0.4	0.242	0.6
Fish Oil Capsules	2 Softgels	20	0	0	0	2		0	0	0
Daily Total:		2081 kcal	236.9G	120.3G	46.7G	69.3G	19.7G	25.0G	3.5G	3.5G

BEGINNERS LEAN DIET PLAN – 1

WOMEN

Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	mono (g)	poly (g)	Fibre (g)	Sodium (g)	Salt (g)
Oxy Shred -EHP Labs	1 serving											
Abs Training												
BCAA Capsules	1 serving											
Cardio Routine												
Meal 1												
Hydrolysed Whey Isolate	29.4g Serving	111	24	1.6	1.2	1	0.6			0	0.075	0.188
Multi-Vitamins												
Meal 2												
Egg Whites (scrambled)	4	68	15	1	1	0	0	0	0	0	0.2	
Porridge Oats	30g	114	3.3	18.12	0.5	2.5	0.5	1.9	1.1	2.6	trace	trace
Skimmed Milk	100ml	37	3.6	4.9	4.9	0.3	0.1			0	0.1	0.1
Spinach	100g	29	2.8	1.6	1.5	0.8	0.1			2.1	trace	trace
BCAA Capsules	4 Caps											
Meal 3												
Tinned Tuna Steak - John Wes	1 Tin (130g)	154	35.9	trace	trace	1.3	0.4			trace	0.5	1.3
Mixed Leaf Salad	45g	8	0.4	0.8	0.8	0.2	trace			0.6	trace	trace
Sweet Potato Baked/Boiled No	2 ounces	42	0.5	10	4	0	0			2	0.15	
Regular Lifting Session												
Meal4 - Post Workout Shake												
Hydrolysed Whey Isolate	29.4g Serving	111	24	1.6	1.2	1	0.6			0	0.075	0.188
BCAA Capsules	4 Caps											
Glutamine Powder	5g Serving											
Meal 5												
2 Lamb Chops	Chops 55g each - grilled	200	29.8	0	0	8.4	4.4	2.8	0.4	0	0.2	0.4
Cauliflower	100g	38	3.6	3	2.5	0.9	0.2			1.8	trace	trace
Broccoli	100g	38	3.3	2.3	1.4	0.9	0.2			3.6	trace	trace
Quinoa	100 gr cooked	120	4.4	21	1	2	0.2	0.5	1	3	0.1	0.1
Meal 6												
Chicken Breast	1 Breasts (130g)	180	37.4	0	0	3.4	1	1.5	0.7	0	0.1	0.3
Mushrooms	100g	16	1.8	0.4	0.2	0.5	0.1			1.1	trace	trace
Carrot	1 Medium (61g)	25	1	6	3	0	0			2	trace	trace
Asparagus	80g	23	2.3	1.6	1.5	0.5	trace			1.4	trace	trace
Meal 7												
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2			0.4	0.242	0.6
Fish Oil Capsules	2 Softgels	20	0	0	0	2				0	0	0
Daily Total:		1448 kcal	217.5G	76.9G	26.2G	26.2G	8.6G	6.7G	3.2G	20.6G	1.7G	3.2G

BEGINNERS LEAN DIET PLAN - 2

WOMEN

Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	mono (g)	poly (g)	Fibre (g)	Sodium (g)	Salt (g)
Oxy Shred -EHP Labs	1 serving											
Abs Training												
BCAA Capsules	1 serving											
Cardio Routine												
Meal 1												
Hydrolysed Whey Isolate	29.4g Serving	111	24	1.6	1.2	1	0.6			0	0.075	0.188
Multi-Vitamins												
Meal 2												
Porridge Oats	30g	114	3.3	18.12	0.5	2.5	0.5	1.9	1.1	2.6	trace	trace
Skimmed Milk	100ml	37	3.6	4.9	4.9	0.3	0.1			0	0.1	0.1
Egg Whites	6	103	22	1.5		0.4	0	0	0		0.3	
BCAA Capsules	4 Caps											
Meal 3												
Turkey Breasts	1 Breasts (100g each)	84	15	0	0	1	0.2	0.2	0.1	0	0.1	0.4
Cooked brown Rice	100gr/half cup	111	3	23	0	0.9	0.2	0.3	0.3	2	0.5	0.2
Avocado	Half/100gr	160	2	9	1	15	2.1	9.8	1.8	7	0.7	0.1
Regular Lifting Session												
Meal 4 - Post Workout Shake												
Hydrolysed Whey Isolate	29.4g Serving	111	24	1.6	1.2	1	0.6			0	0.075	0.188
BCAA Capsules	4 Caps											
Glutamine Powder	5g Serving											
Meal 5												
Turkey Breasts	1 Breasts (100g each)	84	15	0	0	1	0.2	0.2	0.1	0	0.1	0.4
Sweet Potato Baked/Boiled No	4 ounces	84	1	20	8	0	0			4	0.3	
Carrot	1 Medium (61g)	25	1	6	3	0	0			2	trace	trace
Broccoli	100g	38	3.3	2.3	1.4	0.9	0.2			3.6	trace	trace
Meal 6												
Chicken Breast	130g Breast	180	37.4	0	0	3.4	1	1.5	0.7	0	0.1	0.25
Watercress	Half Pack (42.5g)	6	0.8	0.4	trace	trace	trace			0.6	0.1	0.4
Spinach	100g	29	2.8	1.6	1.5	0.8	0.1			2.1	trace	trace
Meal 7												
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2			0.4	0.242	0.6
Fish Oil Capsules	2 Softgels	20	0	0	0	2				0	0	0
Daily Total:		1411 kcal	182.6G	93.0G	24.2G	30.7G	6.0G	13.9G	4.1G	24.3G	2.7G	2.8G

BEGINNERS LEAN DIET PLAN - 3

WOMEN

Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	mono (g)	poly (g)	Fibre (g)	Sodium (g)	Salt (g)
Oxy Shred -EHP Labs	1 serving											
Abs Training												
BCAA Capsules	1 serving											
Cardio Routine												
Meal 1												
Hydrolysed Whey Isolate	29.4g Serving	111	24	1.6	1.2	1	0.6			0	0.075	0.188
Multi-Vitamins												
Meal 2												
Egg Whites (scrambled)	4	68	15	1	1	0	0	0	0	0	0.2	
Porridge Oats	30g	114	3.3	18.12	0.5	2.5	0.5	1.9	1.1	2.6	trace	trace
Skimmed Milk	100ml	37	3.6	4.9	4.9	0.3	0.1			0	0.1	0.1
BCAA Capsules	4 Caps											
Meal 3												
Total 0% Fat Greek Yogurt	1 Small Pot (170g)	97	17.5	6.8	6.8	0	0			0	0.0646	0.162
Blueberries	1 cup (150gr)	84	1	21	15	0	0			3.6	1.5	trace
Medium sized Banana (half)	59 g	52.5	0.5	13.5	9	trace	0	0	0	1.5	0	0
Regular Lifting Session												
Meal 4 - Post Workout Shake												
Hydrolysed Whey Isolate	29.4g Serving	111	24	1.6	1.2	1	0.6			0	0.075	0.188
BCAA Capsules	5g Serving											
Glutamine Powder	4 Caps											
Meal 5												
Chicken Breast	130g Breast	180	37.4	0	0	3.4	1	1.5	0.7	0	0.1	0.25
Quinoa	100 gr cooked	120	4.4	21	1	2	0.2	0.5	1	3	0.1	0.1
Cherry Tomatoes	5 Tomatoes (60g)	12	0.4	1.9	1.9	0.2	trace			0.6	trace	trace
Mixed Leaf Salad	45g	8	0.4	0.8	0.8	0.2	trace			0.6	trace	trace
Meal 6												
Salmon Fillet	1 Fillets (140g each)	225	27	0	0	18.3	3.4	9	5.7	0	0.1	0.4
Cucumber	1/4 portion (90g)	10	0.6	1.4	1.3	trace	trace			0.5	trace	trace
Mixed Leaf Salad	45g	8	0.4	0.8	0.8	0.2	trace			0.6	trace	trace
Watercress	Half Pack (42.5g)	6	0.8	0.4	trace	trace	trace			0.6	0.1	0.4
Meal 7												
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2			0.4	0.242	0.6
Fish Oil Capsules	2 Softgels	20	0	0	0	2				0	0	0
Daily Total:		1378 kcal	184.7G	97.8G	46.9G	31.6G	6.6G	12.9G	8.5G	14.0G	2.7G	2.4G

SUPPLEMENT ADVICE

Thermogenic Aids

Thermogenics are as the name suggests, fat burners. They form an essential part of my supplement quota and allow me to keep a year round peeled look. They work by inducing hyper-lipolysis that is a mechanism whereby fat is transported from subcutaneous tissue to your cells to be burned as fuel. Thermogenics also stimulate your nervous control on cellular activity to boost your metablosim. My favourite is Oxyshred by EHP Labs.

Whey Isolate

Whey Isolate is a vastly rich protein source generally consisting of over 90% protein in a typical serving. It is highly bioavailable which means our bodies absorb it very well when it reaches our gut and because it is low lactose it suits a wide range of individuals. Its low fat content also makes it a great building block for lean muscle mass.

Vitamin C

A very common health supplement and I use it simply to support my immune system. It acts as an antioxidant by specifically acting on aqueous free radicals and also aids the uptake of non-harm iron sources.

Casein

Casein is an incredibly important supplement for those looking to sustain and gain mass due to its slow burning nature. To generalise most of us sleep between 6-8 hours a night and during this time we starve our bodies of nutrients! Taking a slow burning high protein source before you got to sleep will prevent excessive muscle breakdown during the night and it's high BCAA (we will come on to speak of these later) also makes it a powerful maintainer of muscle.

L-Glutamine

This is an amino acid that is deemed to be non-essential in most people but in those that train regularly to a high intensity this amino acid becomes condition-essential. It is the most abundant amino acid in the human body and bodybuilders are particularly fond of it due to it's location – skeletal muscle. L-Glutamine is a great way to support a clean and balanced diet.

Branched Chain Amino Acids (BCAAs)

BCAAs are three amino acids; leucine, isoleucine and valine – all of which are essential amino acids. They are essential because they are not produced in the body nor are they a product of any physiological reactions so we need to make sure they feature strongly in our diets. They help maintain lean tissue, preserve glycogen stores, reduce post-exercise muscle soreness and prevent tissue breakdown.

Vitamin E

Another antioxidant but this particular vitamin acts on free radicals associated with polyunsaturated fats, the more unstable kind. This vitamin acts in harmony with selenium (found in brazil nuts) and vitamin C (found in a whole host of citrus fruits as well as red and green peppers).

Fish Oil

What a great supplement, but please make sure you buy a good quality brand as it can be a mine field out there. Fish oil has been proven to aid in burning fat by protecting against insulin resistance, it is anti-inflammatory in nature so has a role to play in the immune system, it increases the synthesis of protein in the body and lastly it speeds up metabolism on a cellular level.

ZMA (Zinc & Magnesium combo)

This is something I rely heavily on for consistency in my training, how? Sleep. Yes, sleep. Supplementing with magnesium has been seen to improve sleep satisfaction and total hours slept in athletes and as such that has a profound effect on recovery. Recover quicker, train harder. It really is as simple as that, added to that most of us who are involved in high volume exercise will have some form of magnesium and/or zinc deficiency this becomes an important supplement for me. It's best taken 90 minutes after my 7th meal, and well before my 8th on an empty stomach for optimal absorption.

IMPORTANT TIPS

+ Bonus Abs Routine

- Abdominal training is best done first in the morning after taking the thermogenic supplement for better optimal contractions of the abdominal wall.
- Cardio is recommended to be done after your abdominal training in the morning.
- Take a serving of BCAA prior to any cardio session.
- Male trainees must drink at least a gallon of water a day, while women should have at least half a gallon

<u>EXCERCISE</u>	<u>REPS</u>	<u>SETS</u>
TRX Knee Tucks	12, 15, 18, 22, last set to failure	5
TRX Climbers	12, 15, 18, 22, last set to failure	5
TRX Plank Press	12, 15, 18, 22, last set to failure	5
Weighted KB Sit-Ups	12, 15, 18, 22, last set to failure	5

YOUR NOTES

