



STRICTLY AESTHETIC
A BLOG FOR EVERYONE

A TOTALLY SHREDDING PROGRAM

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- Chapter One - The Lean Appearance



Nowadays it is really prestigious to have a lean and solid body. In our present society people are suffering to lose weight, that's why the lean appearance is truly cherished and respected.

Who on planet earth wouldn't want to have a lean and solid physique ?? like that of Scott Adkins from "Undisputed" movie franchise or Daniel Craig from "007" franchise . for example, viewers and movie critics still talk about Scott Adkins's physique in "Undisputed 2" that was released 10 years ago, without any doubt this wouldn't happen If Scott Adkins didn't hustle hard to get the body he wants. Remember It's all about **TAKING ACTION**.

I presume you are wondering, what makes Adkins and Craig look so good ? The answer is pretty simple ,they got themselves below 10 % body fat. At this point you get the classic beach look that everyone wants to have by summer. Only a very low amount of people walk around with such a lean physique .

Having six-pack abs doesn't mean that you are LEAN !

The vast majority of people believe that having six pack abs proves their leanness but that is totally incorrect. When they understand that they were wrong they start to bulk up during winter. This method is inefficient at most of the times.

Facial Transformation

Truly amazing things happen to your face when you get lean. Your face will start to appear more jagged and sculpted, moreover your jaw lines and cheekbones will become more blatant and defined, this is truly amazing ! For this reason fitness models are usually slim and lean.

Your Wardrobe

When you have a decent amount of muscle and low body fat percentage, clothes you usually wear will look way better and more stylish. This is exceptionally true for those guys that tend to care about their style and attire .

Athleticism

The vast majority of professional athletes tend to be very lean and sculptured , basically "excessive body fat" is the basic factor that may prevent you from running faster , jumping higher and walking for a longer period of longer , its like doing push ups or sit ups with a vest that weights 10 kg (22 lbs) , believe me its way more challenging that way.

Your Health

To be totally honest with you getting lean is pretty challenging, getting to the lean state and maintaining it requires some hard work . You need to consume your food strictly according to your body needs, without any exceptions you should consume healthy and nutritious food while restricting fast food . Unfortunately the vast majority of people nowadays eat too much and too often for no apparent reason , without any doubt this puts their bodies into a massive stress.

Confidence Booster

Having the capability of being in control of how your body looks , is a massive confidence booster , when you will finish reading this Ebook you will be able to understand and master your eating scheme/diet and know how to lose your fat ,therefore maintain your leanness. The question is , How many people can say that they are in total control of how they look with confidence ? I presume not much !

Grades Of Lean Body

People always ask, What is the limit of being LEAN ?

From our viewpoint anything from 8 % to 12 % body fat is perfect and on point . In most cases when people start to going above 12 % body fat , they start to lose their lean appearance.

If you go under 6-8 % you will start to look idiotically lean, moreover it is not realistic to maintain for a long time.

You must choose your own path. For some people getting to 11-12% body fat is going to be totally ideal. And that is perfect !

Some other people would want to get to 10% or lower. That is also perfect! You have your own goals that you need to hustle hard for to accomplish.

9-10% body fat

Part of the Body is Becoming Really Defined.
Some Body Parts Dimmed By Fat.
Look Better With Shirt Off .
Face Will Start to Appear More Prominent.
People Will Consider You Physically Fit.

Note

This state is easy to maintain year round. You look great in a shirt and still quite impressive with a shirt off. Furthermore, your testosterone levels won't get messed up from being too lean.

8% body fat

Equal Definition Over Body Parts.

No Noticeable Fat on Any Body Part.

Look Perfect In Clothes, But More Remarkable With Shirt Off.

Face Becomes More Angular.

Notes

At this point all the cuts are starting to fully appear all over your body, you look perfect with or without lightning , sitting or standing.

Moreover, you will see some awesome vascularity kicking in at this point , 8 - 9 % body-fat is nice to maintain during the summer time , please do not try to maintain this body-fat level all year long as you're putting yourself in risk of having testosterone issues.

Final Comments

At this point you should have some basic awareness of the advantages of being lean and muscular.

Moreover, you should also have a general idea of the level of leanness you are aiming for .

YOUR NOTES

-Chapter Two- Strength And Muscularity



For the sake of having a phenomenal physique you need to be lean, muscular and strong.

Having a low body fat percentage and six pack abs is not enough at all.

The combo of strength, muscularity and toned muscles is what the "A totally shredding program"

Sadly, this type of physique is essentially inaudible nowadays. There are tons of over bulked gym bros out there that can lift enormous weights but can barely do 6 chin-ups. These same gym bros essentially live and breathe in the gym and kitchen, but their bodies are totally unattractive and lack any definition.

Furthermore, there are tons of guys with lean and toned bodies but have no muscle development. Those "fit" bros may have a good definition but usually they look like skinny teens that lack strength and some muscle mass.

Finally, there is a small group of men who actually walk around with toned and muscular bodies all year round. These men usually take their nutrition and workout very sincerely. Most of them work in the fitness industry and modeling.

Sadly, those men follow strict diets and training routines inspired by the "professionals" ; the "professionals" that inject scary amounts of steroids. Natural gym bros on harsh diets can't handle nearly the same amount as guys on anabolic steroids.

Therefore, these natural gym bros put in plenty of time and hustling for slight to no added advantage. When these natural gym bros need to cut down to a single digit body fat percentage for a photo-shoot or tournament they usually look very slim and lose some muscle mass.

It wasn't always like that !

A century ago when men were lean, muscular and amazingly powerful. They didn't use steroids, advanced supplements or anything. Yet they looked much better and stronger than the top gym bros at your gym nowadays.

It is the prevailing dieting trend of eating every 2 hours with pre, post and during workout diet that makes it hard to be lean and muscular. Sadly, It is the mainstream high stress routines that people nowadays are following, that makes it extremely hard to develop strength and gain muscle mass.

People need to take couple of steps backward and become more self-conscious, 80% of diet/workout advice is to get you to spend more, more and more money.

We're going to crush some myths, and provide you with the **REAL** way to develop the physique you always wanted to have.

Accomplishing the Muscular Appearance

Constructing a nicely developed, lean physique requires a very delicate approach. This approach requires some serious strength training, diet and cardio.

Training for Hard & Solid Muscle Mass

To obtain a magnificent lean body, strength training is necessary!

Training frequency, routine choice, sets/reps and rest periods are all important in developing a solid body in the most **aesthetic** way.

Muscle development is going to be slow but after months of persistent and steady training it will be worth it in the end of the day. Furthermore, the muscle that you will gain will be solid and dense. You will look phenomenal every single day whether you are in or out of the gym.

On the hand, those who hurry to put on some size by following super high stress routines – "total waste of time" – become slaves to the gym. They appear lean one day but slim and weak another day. If they take more than a week off from working out they will start losing muscle. Their muscles look enormous and jacked during their training, but by the time they get home from the gym their temporary pumped appearance is simply gone.

Diet for Muscle Gains & Fat Loss

Diet is the most crucial aspect of our ebook. Without a proper diet you will never get to a low body fat. The diet must be set up in a way that gives you a chance to freely eat at a caloric deficit condition to lose any extra fat you have. Moreover, it is critical to provide your body with the right amount of protein and carbohydrates to allow muscle development. also, the diet must be understandable, easy to follow. Simplicity is an important aspect on the road for success.

Cardio & Fat Loss

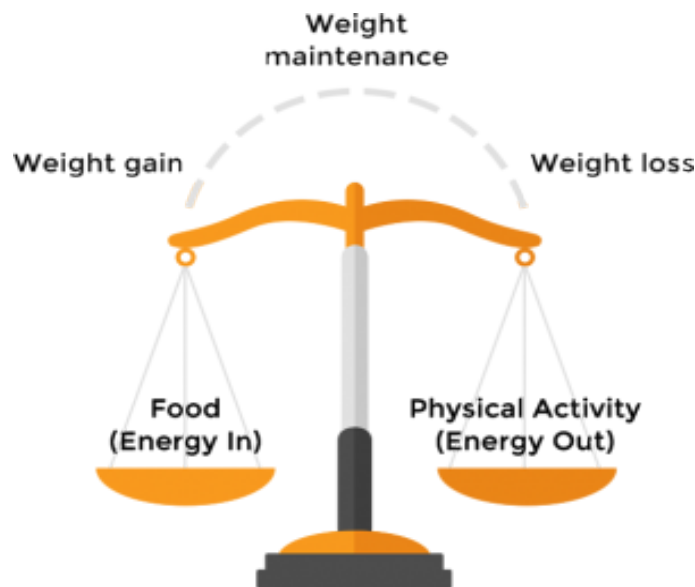
When you become skilled in dieting and training, cardiovascular training becomes less meaningful.

We truly believe that it is crucial to get in physical activity on daily basis. Exercise has a bundle of benefits that increase your dietary loyalty. furthermore, physical activity will increase your energy expenditure, which will therefore increase your caloric deficit.

YOUR NOTES

Chapter Three

Understanding The Way Caloric Deficit Works



Having a low body fat basically means looking phenomenal (only if you have some muscle mass packed). In order to have a low body fat it is obligatory that you consume food at a caloric deficit. By consuming less calories than your body burns, it will be enforced to use stored energy (fat) for energy.

Nevertheless, this is much easier said than done. Nowadays it very hard to consume food at a caloric deficit.

In this chapter we're going to understand the most efficient strategy to understand what does it mean eating at a deficit. Moreover, most of those strategies will also serve to increase your lean body mass absorption and advance your mental activity
Let's get started!

Record Your Calories

You're not going to save money without tracking your expenses. Why would you lose body fat without tracking your calorie consumption?

When you don't know how many calories you are consuming, reducing body fat becomes much more hard. Thus it is crucial that you record your caloric intake.

You're most probably won't overeat because you know precisely how much to eat and when to stop.

Nowadays with all the advanced technology , you could simply download a calorie tracker application on your smart-phone, tablet or whatever and simply track your calorie intake.

You will need a digital food scale to know the proper weight of a particular food you're going to consume then find what you're going to eat in the application, add the serving and let the app do it's job ;)

Get Rid of Snacks and Junk Beverages

When eating at a caloric deficit it is extremely important to get rid of all the junk food and junk beverages out of your dieting scheme.

Any junk drinks should be removed from your dieting scheme because they make you feel full. The only drinks you should consume are tea, coffee , water. Only exception here is if you're going to drink some alcoholic beverages during the weekend. ultimately, you should have fun from time to time.

Forget About the Breakfast and Burn Some Fat

Did you know that when you wake up your body is in the ideal fat burning condition because there is no food energy left in your body, moreover your insulin levels are pretty low at this point.

If you eat your first meal after 6-7 hours from waking up your body will be burning fat this whole time.

in addition, when your body is in a fasted mode, it gives you a massive increase in adrenaline levels and energy levels although you're hungry (fasting mode)

After couple of weeks your system(body) will start getting used to skipping breakfast, you will start getting less hungry during the fasting period. This method of skipping breakfast and having your first meal after 6-7 hours from waking up gives you a chance to eat large meals and feel significantly full and happy while staying in a caloric deficit.

Food Variety

When being in a caloric deficit, your food variety is crucial . You are obligated to choose the foods you consume very carefully.

Eating lean protein and some vegetables will get you pretty full . As well as , conservative amounts of carbohydrates like yams ,Greek yoghurt and fruits are also quite filling . A balanced intake of fats should be contained in your scheme to lower your hunger level.

When you're eating a meal of protein sources like beef, salmon or eggs you're already receiving a good amount of fats, but if you're having a lean protein meal then you could add cheese, nuts or avocado's to have the suitable fat intake.

Protein Intake

When you're on a caloric deficit, protein plays the most crucial role because having protein makes you feel full.

If you're on a caloric deficit diet, with a low protein consumption, it will be a horrific experience for you physically and mentally. Nevertheless, when your protein consumption is very high, it is relevantly easier to stay full. Moreover, Protein will build and reconstruct your muscle tissue and preserve muscle mass when being on a caloric deficit.

Higher protein dieting always surpass lower protein dieting that has exactly the same calories. We advise adjusting your protein intake at approximately 40% of your total daily calories when being on a caloric deficit scheme. 40 % is more protein than you actually need but it will make your diet more enjoyable and simpler.

Carbohydrates

Carbohydrates are the most productive sources of your daily energy intake. When we are on a diet we are willing to burn body fat for energy not carbohydrates. For that reason carbohydrates should be lowered to boost the fat burning process.

We advise keeping carbohydrates around 30-35% of your total daily calories.

twice per week, preferably on the day of your strength training, carbohydrates should be increased. This will promote muscle growth and reconstruction of your exhausted muscles.

Moreover, increasing carbohydrates will significantly increase a hormone called leptin, which in turn will prevent your metabolism from slowing down and it will keep your hunger balance under control.

So its very important to include carbohydrates refeeds into your dieting scheme .Limiting calories creates an anabolic boom effect. When you change to a high calorie day , you will have a chance to separate a lot of micro-nutrients towards developing muscle mass.

Fats

Finally we'll talk about fats, Fats are very heavy caloric nutrients with approximately 9 calories per gram .Therefore , our fat intake needs to be kept under control when being on a caloric deficit

If you wont concentrate on your fat intake then your calorie scheme might get mixed up pretty fast. A handful of nuts or few grams of fatty meat and you'll end up consuming 200/300 calories from fats , that's why you need to understand how much fats daily you could eat.

You can't lower your fat too considerably. Doing so will result in you being/feeling very hungry and testosterone levels will start decreasing, that's why you should include conservative amounts of fats in every meal you consume.

Your total fat intake should approximately be 25/30% of your daily caloric intake. Below 25% and you will start having hunger problems and most likely testosterone issues.

Caloric Deficit + Coffee = ?

Caffeine is a hugely efficient stimulant when you are on caloric deficit. Caffeine boosts your metabolic level, suppresses your appetite and boosts your energy levels. This surely makes your dieting scheme much more efficient and simple.

Having 2 cups of coffee during your fasting period in the morning is the most effective strategy, while fasting in the morning you will be start getting hungry, that's why drinking 2 cups of coffee during that period will suppress your appetite while burning fat at the same time

After your fasting period finishes you will be eating your first meal, at this point you won't need any appetite suppressants. Moreover, we do not recommend you drinking coffee after your fasting period ends as coffee tend to prevent you from sleeping, in our case sleeping is crucial as muscle growth and recovery happen when you're asleep.

Note : Please do not add any sugar or full cream milk into your coffee, learn to drink your coffee black

Adding it UP

Our goal is to make your fat loss journey as effortless as possible, the method we will be adopting is to wake up and drink a cup of black coffee or black tea in the morning. Try to drink as much water as possible, never get thirsty, dehydration is your worst enemy.

Then we will be eating two big meals per day: lunch and dinner. Meals should consist of proteins that give you the feeling of being full. Moreover, you should eat vegetables, yums and healthy fats to reach your appropriate daily fat intake.

Also, you should have one mini meal between lunch and dinner or in the evening. This meal should consist of something quite simple like an omelet or cottage cheese.

If you're feeling lazy, you could have one protein bar for the mini meal (ONLY ONE PROTEIN BAR !)

Your dieting scheme will look like this

Morning – Black Tea or Black Coffee

Lunch – Lean Meat, Veggies, Yums/Potatoes

Dinner – Lean Meat, Veggies, Yums/ Potatoes

Mini meal – Protein Bar, Cottage Cheese or Omelet

Choice 1

- Lunch (4-6 hours after waking up)
- Dinner (4-5 hours later)
- Mini Meal (anytime after dinner)

Choice 2

- Lunch (4-6 hours after waking up)
- Mini Meal (3-4 hours later)
- Dinner (3-5 hours later)

Note

You shouldn't panic about ending your fasting at the same time everyday. One day you could finish your fasting early and other day you wont have a chance to eat your last meal . Moreover, there's no problem with eating before going to sleep. Eating before going to sleep won't slow down your fat loss process.

- Chapter Four - **Shredding Cutting Method**



An outstanding diet should be simple and clear. If a diet is hard to follow, requires a lot of time for cooking and is costly then you most probably won't follow it.

On the contrary, if a diet is quite simple, genuine and beneficial then you most likely follow it till the end and even enjoy it.

In this chapter we're going to assist you with deciding how many calories you should be consuming daily and how to adapt a dieting scheme that fits your daily lifestyle

How much fat can you lose weekly?

Our diet scheme is designed so that you could burn between 1-1.5 lbs (0.45-0.65 kg) of fat weekly. At this point it is the most constructive and safe mechanism of losing fat , you won't lose any muscle or strength, you're most probably going to gain some muscle. Some people try to lose 2-4 lbs of fat per week but sadly they end up being very skinny because they lose most of their muscle mass.

Please acknowledge that you may lose 4-5 lbs during the first week of dieting because you will lose plenty of water weight, that is a totally natural response from your body when you start following a diet/being on a caloric deficit. After the first week the level of your fat loss will be stabilized , which is 1-1.5 lbs per week.

when burning 1-1.5 lbs of fat weekly , your caloric deficit should be around 500-700 calories. This is a balanced deficit but definitely convenient, specially when applying our dieting scheme/method.

Note

When your body fat gets below 10 % you should reduce the amount of fat you lose per week from 1-1.5 lbs to 0.5-1 lbs per week. Moreover, your caloric deficit should also be reduced from 500-700 calories to 350-500 calories.

Counting Your Macros

Phase 1 – Know Your Maintenance Calories

The most authentic approach we recommend for knowing your maintenance calories is to multiply your weight (using pounds "LBS") by 15

This is just a basic rule, you may change your maintenance calories based on your rate of fat loss. This basic calculation rule works with the vast majority of people but for some people this rule doesn't quite work that's why they should either increase or decrease some calories from their total maintenance calories

This is totally fine, you can easily add or reduce 200-250 calories to/from your total maintenance calories to keep fat loss at 1-1.5 lbs weekly.

Pounds x 15 = Your Maintenance Calories

For example

200 lbs x 15 = 3000 calories

Phase 2 – Calorie Intake (Caloric Deficit)

After knowing your maintenance calories , you could easily adjust your fat loss calorie intake. We advise you a 20% calorie deficit. Calculate that by multiplying your weight (Pounds"LBS") by 12

Weight(LBS) x 12 = Your daily calories intake
(Your 20% caloric deficit is already included)

For example

Maintenance calories = 200 lbs x 15 = 3000 calories

Caloric deficit = 200 lbs x 12 = 2400 calories (20% caloric deficit)

Phase 3 – Protein Intake (Daily Intake)

Your daily protein intake should be composed of nearly 40% of your daily calories when being on a caloric deficit. This approach will keep you full most of the time and will keep your lean muscle mass in control. While having some room for fats and carbs in your dieting scheme.

So if you're consuming 2400 calories , you will have to multiply 2400 calories by 0.4

Example 2400 x 0.4 = 960 protein calories

0.4 means 4 calories per gram of protein. You will have to divide your protein calories by 4 to know the grams of protein you should be consuming per day.

Example 960/4 = 240 grams of protein daily

Phase 4 – Fat Intake

Fats should compose 30% of your total calories. To calculate the amount of fats that you will need, multiply your calories by 0.3 and you will have the total amount of calories that consist of fats. Divide the number you get by 9 to get the exact number of fats in the form of grams.

(1 gram of fat is composed of 9 calories)

For example

2400 calories x 0.3 = 720 calories that consist of fats
720/9 = 80 grams of fat daily

Phase 5 – Carbohydrates Intake

Carbohydrates should be composed of approximately 30% of your total calories. To calculate it you will have to multiply your calories by 0.3. You will get the calories that consist of carbohydrates.

Divide the number you get by 4 to get in the form of grams

For example

2400 calories x 0.3 = 720 calories that consist of carbs
720/4 = 180 grams of carbohydrates daily

Lets sum it up

Calories = 2400

Protein = 240 grams

Fats = 80 grams

Carbs = 180 grams

Developing your meal scheme

This is just an approximate calculation. On your 2nd/3rd week of dieting if you are losing more than 2 lbs weekly then you should increase your calories by 200-250 per day, but if you are losing less than 1 lbs weekly, you will have to decrease your caloric intake by 200/300 calories. We advice you not to change anything in your protein intake, you could change the amount of fats or carbs you consume.

Meal Scheme

Once you know your daily calorie,macro-nutrient intake you can set up your meal scheme. If you will be eating three meals then compose your first two main meals so that they be around 40% of your total calories for each meal. Your evening mini meal will make up around 20% of your total daily calories.

For example

Calories = 2400

Protein = 240 grams

Fats = 80 grams

Carbs = 180 grams

Lunch or Dinner Meal Nutrients

960 calories (40% of daily calories)

95 grams protein (40% of daily protein)

30 grams of fat (40% of daily fat)

70 grams of carbohydrates (40% of daily carbs)

Based on 2400 calories diet.

Example

450g of lean meat

310g of yams

1tsp of oil

Fibrous Vegetables

Notes

When eating lean meat we advise you having protein sources that have around 2-3g of protein per gram of fat. This includes beef or turkey, sirloin steak and salmon.

Example

- 100g of lean meat is about 20-25g of protein and 7g of fat.
- 100g of potatoes or yams is about 20-22g of carbohydrates.
- 1 tablespoon of oil is around 5-7g of fat.

You can elevate the amount of protein, carbs and fats to reach your macros for that meal. Moreover, keep things as simple as possible and do not concentrate on small details.

YOUR NOTES

Evening Mini Meal

480 calories (20% of daily calories)

50g of protein (20% of daily protein) **Based on 2400 calories diet.**

15g of fat (20% of daily fat)

35g of carbs (20% of daily carbs)

You could have the "Mini Meal" either between lunch and dinner or after your dinner late at night.

Both choices are amazing and work pretty well. The time of having your mini meal is strictly based on your lifestyle.

What to have for this meal ?

We advice having something simple and easy on your stomach.

2% Cottage cheese or 2% plain greek yogurt, scrambled eggs (1-2 whole eggs and 1/2 cup of egg whites), or a protein shake with some nuts.

You should choose one of those meals and add some carbs to the meal of your choice , carbs like an apple , berries or 2-3 rice cakes. We recommend those meals for your mini meal because all of them are very slow in digestion. So if this meal is your last meal then you'll have amino acids in your body for 10-18 hours, which is of course great for muscle development and recovery.

Mini Meal Portion Instructions

Greek Yogurt / Cottage Cheese

420g of 2% cottage cheese or 2% plain Greek yogurt
+ 1 apple

Scrambled Eggs

Scrambled Eggs (1-2 whole eggs and 1/2 cup egg whites)
1 banana or a bowl of berries, strawberries

Protein Shake

40g of protein from whey protein
1 small banana
15g of almonds

Meal Scheme Example for 200-lb male

Breakfast – 1-2 cups of black coffee or black tea and lots of water

Lunch – 95 protein, 70g carbs, 30g fat

450g of lean meat
310g of potatoes or yams or 100g of rice/pasta/buckwheat
1 tbs of oil
Fibrous Vegetables

Dinner – 95g protein, 70g carbs, 30g fat

450g lean meat
310g of potatoes or yams or 100g of rice/pasta/buckwheat
3 teaspoons of oil
Fibrous Veggies

Small meal – 50g protein, 35g carbs, 15g fat

420g of 2% cottage cheese
+ 1 apple

Refeed Period

When being on a caloric deficit for a long time, your leptin level will start getting unbalanced. Leptin is a hormone that is responsible for your metabolic rate and appetite.

When leptin level decline, your metabolic rate decelerate and appetite level increases. Generally leptin is handled by your calorie intake. When your body fat percentage decreases, your leptin rate gets reduced ,making it hard to continue burning fat or even maintaining a low body fat percentage. By using refeed days method you can increase your leptin levels considerably.

Moreover, refeed days also get your body into an anabolic state, which helps you develop muscle gains.

Carbohydrates should make up the most of your calories on your refeed days because carbohydrates have the most effect on leptin levels. For you information, fats have nearly zero effect on your leptin levels.

We advice you having 2 refeed days weekly, please do not make your refeed days two days after each other, refeed days should be separated by at least 2 days.

On reefered days we advice consuming 16 calories per pound of your weight. Protein should make up appropriately 30% of your total calories, fat should approximately be 25% of total calories and carbohydrates should be around 45% of your total calories.

Reefered day **example** for a 200lb male

200 lbs x 16 = 3200 calories

Protein = 3200 x 0.3 = 960 protein calories
960 / 4 = 240g of protein

Fat = 3200 x 0.25 = 800 fat calories
800 / 9 = 90g of fat

Carbs = 3200 x 0.45 = 1450 carb calories
1450 / 4 = 360g of carbs

Macros

- 240g of protein
- 90g of fat
- 360g of carbs

Weekly Scheme Example

- Monday – Low calories (12 cal per pound)
- Tuesday – High calories (16 cal per pound)
- Wednesday – Low calories (12 cal per pound)
- Thursday – Low calories (12 cal per pound)
- Friday – Low calories (12 cal per pound)
- Saturday – High calories (16 cal per pound)
- Sunday – Low calories (12 cal per pound)

YOUR NOTES

Accelerated Fat Loss Condition

If you want to lose fat without gaining significant muscle mass, then we would advise you having only one reefered day weekly. This approach is the best if you have 15 or more lbs of fat to burn. If you have 5-10 lbs of fat then we would recommend you to keep the 2 reefered days scheme.

A male who is 190 lbs and 20-25% body fat and wants to go down to 7-10% should use one reefered day method until he's down at about 13-15% body-fat.

When they go down to 175 lbs they're incredibly happy with how they look, but sadly its going to be pretty hard to keep on going on a caloric deficit. Because after significant weight loss their body has less fat assets accessible. Therefore, their leptin levels will drop as a protection from starvation.

The smallest decrease in leptin is enough to boost your hunger rate. Therefore, making it very hard to follow a diet. Decrease in leptin will also slow down your metabolism rate, not massively but it will take some time from you to lose fat.

That's why adding second reefered day is recommended. You'll be in a better mood, have more strength and your training will be more energetic.

Getting below 10% body fat

When you're at 10% body fat and want to get below 10 % percent body-fat , we advice you to focus on losing 1/2 a pound of fat per week. This level of fat loss will make things much easier for you, especially when you get to one digit body fat percentage.

Losing fat at a slow pace is quite easy. For example, if at this point you are losing 1 pound of fat weekly, then you're on a 3500 caloric deficit. The easiest way to lose fat at a slow pace is to increase your caloric intake by half (1500-1750 calories). We strongly recommend that you keep your 1-2 reefered days as they are, add the extra calories to your caloric deficit days.

This means that you should add around 250-300 calories on each of your caloric deficit days. The boost in calories should mostly come from carbohydrates.

For example you're consuming 2000 calories daily with 200g of protein, 65g of fat and 150g of carbs. So you should add around 75 extra grams of carbs, you will end up adding about 300 calories to your dieting scheme which means your daily calories intake will be at around 2300 calories per day. thus you will be having 225g of carbs.

Please acknowledge that you may gain 1-2 lbs simply from the boost in your carbs intake . Don't get fooled by this, the weight gain comes from water and muscle glycogen, but in reality you will look more leaner and jacked than ever before.

YOUR NOTES

- Chapter Five - **Adaptable Dieting**

We truly believe in the adaptable dieting approach. This approach is about reaching your daily macros every single day of your caloric deficit, without following a useless strict diet for nothing.

Without any doubt, you still should be consuming mostly healthy, whole, natural foods. This will allow you to have the feeling of fullness and satisfaction.

Adaptable dieting gives you the opportunity to have dessert or sweets couple of times weekly. **The most crucial thing is that you don't go beyond your macros for that specific day.**

You could eat a portion of ice cream on a specific day, but you'll have to reduce the amount of carbs & fats when you'll be having your lunch or dinner. At this point you had a portion of ice cream while still being on a caloric deficit.

This method works perfectly when having two big meals during the day. Simply because having big meals gives you the chance to add dessert or sweets relatively simpler. If you were to follow a mainstream weight loss diet which would instruct you to eat at least 5 times a day then it would be nearly impossible for you to add any kind of dessert into your scheme.

Note : Don't have more than 20% of your calories on a specific day from junk food / sweets.

Moreover, if you don't want to have any type of sweets then simply don't add them to your scheme. You just have to know that the option of having a dessert is always available for you.

Meal Scheme Example That includes a Dessert

If you want to have a dessert after having your dinner while chilling and checking your social media page , then you could harshly reduce your carbs portion from your dinner or even eliminate carbs from your dinner, you basically eliminated about 350-400 calories from your dinner, now you could have your dessert without worrying about anything. If you're planning to have your dessert on a reefered day then you could reduce the carbs&fats from your lunch or dinner by half.



What about alcohol consumption?

Your fitness and dieting scheme should be a part of your normal daily lifestyle, not the opposite.

Getting into a wow shape is truly amazing, but you have to know that its not the most important thing in life. Living your life, Going out and having fun, socializing shouldn't be stopped when you're working hard to get your WOW body. Above mentioned things are as equally important as getting into shape.

When you get obsessed over your fitness and dieting scheme, you are most probably going to fail epically. But when you combine your working out and nutritional work into your life, your transformational journey becomes much easier and advantageous.

You could easily go out and have 2-3 drinks 1-2 times per week without worrying about anything. having lots of fun and enjoying life ! This method keeps you always motivated and ready for more challenges . It's not like you're giving away your ordinary lifestyle and taking a great body for an exchange.

Do not ever choose between living your ordinary life and getting the WOW body.

Quitting The Alcoholic Mentality

We want to eliminate the mainstream alcohol drinking mindset from your mind. The excessive drinking generally has 2 reasons.

First reason is pretty logic , people deprive themselves of alcohol for a long period of time , when the day comes they keep drinking to the most horrible conditions. When you as a person that workouts understand that consuming alcohol does not have to negatively affect your gym goals, this will not be a problem for you anymore in the future.

Second reason is very common in our society. When Going out to clubs , parties people drink to get in the "MOOD" to become more relaxed and social. Getting in the mood actually means masking your anxiety by drinking alcohol.



Alcohol is basically getting us out of our heads and helps us get more social and present. When you're drunk, you don't give a f*** about what is going on around you, this includes not giving a f*** about what people think of you. Moreover, you stop judging yourself. You simply start having fun when you're under influence of alcohol.

Nowadays nearly everyone is stuck in their heads, restraining our real identity. It's not even about lacking confidence. But It's about us worrying way too much about how we see ourselves and how others see us.

You need to terminate this mindset and stop thinking about what others think of you. You are who you are, go on your path and fulfill your dreams even if they sound hard to accomplish.

Establish a Sober Existence

When having the ability to be sober and being completely in the mood is fascinating. Without any doubt you'll save lots of cash on alcoholic drinks. Moreover, You'll get in a better shape physically wise and after some time you'll gain some real confidence, you will completely eliminate your false confidence. Furthermore, you'll improve your social skills.

Developing this sober existence is not as easy as it sounds. You wont be able to just stand up, go out and stop caring about what others think of, or stop being in your head.

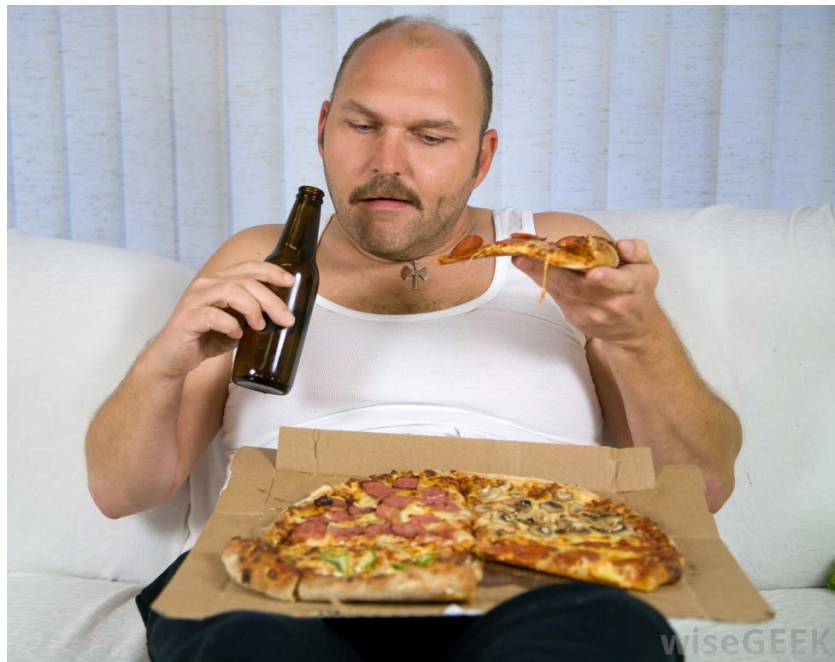
You already have all the needed skills since day one but those skills won't help you if you wont develop them. It might even be weird at first, you'll have to escape from your comfort zone to accomplish that , and in no time your ego will let go. Just take action and you'll reach this fascinating state where you are totally relaxed and confident.

We recommend you either reading or listening to Eckhart Tolle books. You will be shocked about yourself as his books truly inspires and changes people's mindsets to the better !

Fitting Alcohol Into Your Scheme

When you'll be having some alcoholic beverages, then you should reduce or eliminate carbs and fats in one of your big meals to have the ability to drink couple of alcoholic beverages. You could either remove carbs from your lunch meal or reduce the amount of carbohydrates from your dinner. Both methods work , so the choice is after you.

The most crucial thing is to refrain from having high calorie alcoholic drinks and to refrain from having high calorie eating after drinking alcohol. This is the most efficient recipe for catastrophy.



YOUR NOTES

-Chapter Six- **Strength Program**

Strength training chapter of our program is the fundamental part of having the physique you always wanted. Of course without strength training you will get lean and slim but will massively lack muscle mass and definition. Strength training is compulsory to get the WOW look.

In our program we don't want to make you spend hours in the gym , simply because our goal is not building lots of muscle and ending up being a human bulldozer but having an average level of muscle mass with a sufficiently low body fat . therefore, you will have to spend maximum one hour in the gym.

Furthermore, while being on a caloric deficit your recovering capability gets slower. Therefore, if you go too far with the number of sets, reps then you'll most probably get injuries and muscle strains due to reduced recovery ability.

Growing muscle mass using low reps and lengthy recovery periods will guarantee you a WOW body most of the time since this type of muscle growing does not depend on blood, water retention and glycogen.

How to develop an attractive physique

The main key to accomplishing the WOW Physique is to get solid in your basic movements. Those movements include shoulder presses, dead lifts, incline presses, weighted chins and rows. More than 70% of your muscle development will be achieved from building powerful basic movements.

Strength Training Plan

Let's start with your strength training plan/scheme, we advice you to work out three days per week (not on consecutive basis)

Pumping iron workout will focus on your upper-body with concentration on your shoulders, platinum fitness workout will focus on your lower body and core and finally force fitness workout will focus on your upper-body with emphasis on your chest.



Pumping Iron Workout – Shoulders & Back

1. Weighted Chin-ups: 2 sets – (1st set) 6 reps (2nd set) 6-8 reps
2. Standing Barbell Press: 2 sets – (1st set) 6 reps (2nd set) 6-8 reps
3. Seated Cable Rows: 2 sets – (1st set) 6 reps (2nd set) 6-8 reps
4. Lateral Raises: 4 sets x 15 reps
5. Hanging Leg Raises: 2 sets x 15 reps

Platinum Fitness Workout– Lowerbody and Biceps

1. Single Leg Squats: 2 sets – (1st set) 8 reps (2nd set) 8-10 reps
2. Romanian Dead-lifts: 2 sets – (1st set) 8 reps (2nd set) 8-10 reps
3. Standing Calf Raises: 2 sets – (1st set) 10 reps (2nd set) 10-15 reps
4. Barbell Curls: 2 sets – (1st set) 8 reps (2nd set) 8-10 reps
5. Hammer Curls: 2 sets – 10 reps

Force Fitness Workout – Chest & Triceps

1. Incline Bench Press: 2 sets – (1st set) 6 reps (2nd set) 6-8 reps
2. Flat Bench Press: 2 sets – (1st set) 6 reps (2nd set) 6-8 reps
3. Skull Crushers: 2 sets – (1st set) 8 reps (2nd set) 8-10 reps
4. Rear Delt Flies: 4 sets x 15 reps
5. Abs Wheel Roll outs: 2 sets x 15 reps

NOTES

RPT FORMULA

RPT stands for Reverse Pyramid Training. Basically you will go with your heavy set at the beginning, and then decrease the weight on your next set. This approach strongly boosts your strength and energy.

If you are going to lift light weights and then on the next set lift heavy weight, you would most probably get fatigued and even injured. Moreover, you wouldn't be developing close to the same level of strength and energy.

Therefore, when you're lifting your heavy weights first, you'll have the opportunity to lift heavier weights, you'll develop better strength and muscle mass.

You'll do your first set with heavy weight, then you're going to take a rest for 3 minutes before starting with your 2nd set but with lighter weight this time. This is truly the most efficient approach for muscle development and growth while being on a caloric deficit. We guarantee that you're going to see a difference in no time.

We advice you to reduce the weight on your second set by 15-20%. Target to get 2 more reps on your lighter weight set.

For Example

Incline Bench: (1st Set) 200 lbs x 6 reps, (2nd Set) 170 lbs x 8 reps

Warming up for RPT

Never start your heavy set before warming up or you'll have a great chance of having an injury. Therefore, we recommend you warming up before doing your heavy set.

Warm up example

100 lbs x 5 reps (warm up phase 1)

140 lbs x 3 reps (warm up phase 2)

160 lbs x 1 rep (warm up phase 3)

Your journey with RPT

Following the RPT method is quite easy and simple. We recommend going up to the high end of each rep range before increasing the weight.

For Example:

when you have ability to do 6 reps on your first set with a given weight, in the next exercise you should increase both sets by 5-10 lbs.

Incline Bench Press Example

Week 1 - (1st set) 200 lbs x 6, (2nd set) 180 lbs x 8

Week 2 - (1st set) 205 lbs x 5, (2nd set) 185 lbs x 7

Week 3 - (1st set) 205 lbs x 6, (2nd set) 185 lbs x 8

Week 4 - (1st set) 210 lbs x 5, (2nd set) 190 lbs x 7



YOUR NOTES

Pushing Your Limits

In most cases, muscle gains are on its peek for 6-12 weeks from starting this program , then your progress will slow down. Adding extra weights or increasing your reps will become extremely hard and will result in you being fatigued. But , there are some techniques that could partially fix that.

Method #1 – Alter the reps

If you usually do 5-6 reps on your first set , consider decreasing the weight and doing 8-10 reps on your first set and 10-12 on your second set. Using this method you will still be able to produce muscle gains and strength gains.

Method #2 – Mastering Rotation

Another efficient approach we would recommend is rotation. You should have three various exercises for your core lifts. Rotate them every 4-5 weeks or when you hit your limit.

Exercises and their alternatives:

1. **Incline Bench** – Incline Barbell, Incline Dumbbell and Incline Barbell off racks
2. **Weighted Chins** – Weighted chin ups, weighted pull ups and weighted neutral grip chins
3. **Shoulder Press** – Standing Barbell Press, Seated DB Press, Push Press
4. **Rows** – Seated Cable Rows, Bent Over DB Rows, Bent Over Barbell Rows
5. **Single leg Squats** – Pistol squats, Bulgarian split squats, reverse lunges
6. **Deadlifts** – Romanian Deadlifts, conventional deadlifts, sumo deadlifts

- Chapter Seven - **Cardio + Fat Loss = ?**

Sadly, cardio is the most misinterpreted exercise nowadays. Especially when it comes to talking about fat loss.

Very small amount of people actually give cardio the credit it deserves. On one side we have people that overestimate cardio training, On the other side we have people that simply ignore cardio and think of it as a total waste of time.

In this chapter we'll do our best to crush all the myths concerning cardiovascular training and its effect on fat loss and health.

No to Cardio?

The latest trend in the industry is to lift weights .therefore, develop muscles and have a healthy diet to lose fat or stay fit. Without any doubt this can be an effective method and great for people that are just starting to get into fitness.

The lift and diet approach only works well for two types of people. First type – people that just want to maintain their weight and don't want to get into a caloric deficit. Second type – people who are fairly active during the day and have larger energy expenditures during the day.

However, for those of us who are mostly inactive, this "no cardio" approach can mean one of two things when it comes to losing weight:

- 1) You lose weight at a slow rate
- 2) You have to consume very low calories

Sadly, the vast majority of people nowadays are inactive. We drive to work, sit all day and spend insignificant amount of time on our feet. Nowadays if a person walks for 20-30 minutes it is basically considered to be an accomplishment since our lifestyle nowadays is HORRIBLE !

Advantage of Cardio Exercise

When we increase our movement and walk for at least 45 minutes , we burn around 300-400 calories. This gives us a chance to do some changes in our dieting scheme.

Studies show that inactive people, getting 30-45 minutes of exercise on non-lifting days can amazingly help. You'll be enjoying this method as you'll be eating considerably more food and burn fat. Moreover, 30-45 minutes of cardio is pretty short.



Too much of a good thing

There's always a chance that someone will think that a fair amount of cardio is beneficial, therefore an severe amount of cardio will be even more helpful. This cycle of thinking is harmful and has more disadvantages than advantages.

When doing too much cardio you can cause a condition called cardio compensation. This is where you reach a point where any extra calories burned will have a result of you becoming hungry. This is specifically appropriate when doing longer cardio sessions (1-2 hours). These long cardio sessions usually create an insistent appetite. Moreover, very long cardio sessions can harm your ability to recover and badly impact your muscle development.

Putting Cardio Into Your Viewpoint

let's set an example, you do cardio for 1 hour and burned 400-500 calories. A portion of dessert after dinner could totally waste that one hour of cardio. In this case you traded one hour cardio session for a dessert .

This scheme is quite common with people who only use cardio to stay fit. Without any doubt this is not the best method for your body balance.

Nevertheless, we do not recommend using this approach. We advice you to take good care of your nutritional scheme and use cardiovascular training efficiently.

Why Cardio Should Be Used ?

We'll try to pass our cardio mindset to you, and explain why cardio carries so much value for you .

Let's presume that you're a typical guy who isn't very physically active besides doing 3 strength workouts weekly. On your strength training days your maintenance calorie necessities are around 2500 calories. Nevertheless, on your rest days your maintenance necessities are slightly lower at 2100-2200 calories. On your lifting days you can have about 2000 calories and be at an optimum 500 calorie deficit. Sadly, on your rest days you need to lower your calories down to around 1600 to be at that same 500 calorie deficit.

Wouldn't it be far more easier to exercise at a comfy intensity for 30-45 minutes and consume 2000 calories than being obligated to eat very low calories ?

If you agree then cardio is definitely for you! So eventually , with cardio, you should be eating below your caloric necessities. Cardio will help increase that caloric deficit so that you can lose fat at an enjoyable level.

Cardio Tips & Hints

If you want to do cardio to get lean then it's an element of burning calories while avoiding over-training and increased hunger rate. Don't let the appeal of a mega charged metabolic state mislead you . That's a total myth. The after burn effect of intense exercise is at best, around 20% of calories are burned.

Basically, which type of cardio you should do , strictly depends on what you like.

1. Aim to burn 1.5-2 calories per pound of your body-weight.
2. Refrain activity that slows down recovery for strength and muscle developing workouts.

Acknowledge those two point and you're clear.

The options are infinite! You can go for a long walk, alternate walking and jogging, mountain bike, jump rope, hit up the cardio machines, play a multitude of sports, swim, hike, dance...

Cardio Workout Scheme

1.) Treadmill I-P

2 min walk / 1 min jog x 6-8

or

1:15 walk / 45 second run x 10-12

For this exercise we recommend a 3 degree incline and walk at 3.5 mph. For the first interval run we recommend speed of 6 mph. With each interval that passes try to build up the speed. go up by 0.5 or 1 mph each interval.

Note: We'll be tracking calories during cardio. Make sure to manually enter your weight into the machine for a more accurate calorie burn reading.



2.) SSC Workout

15-20 minutes

During the first intervals , you should be able to burn around 200-400 calories. This mainly depends on your body-weight, cardiovascular health and level of hard work.

During the second intervals of the workout you will aim to burn the remainder of your calorie target off. Go at a low to moderate intensity for active recovery and fat burning.

Again the options are infinite for cardiovascular exercises, we recommend elliptical style machine, the one with the handles that you can push. We advise you to stay away from the bike and the rower for a reason: The vast majority of people spend their day in a seating position, why do that while exercising?

The best types exercises for this part of the cardio workout include: jumping rope, elliptical (pushing handles) and incline walking.

Calorie Goals

We advice aiming to burn about 1.5-2 calories per pound of body-weight. For example if you're 150 lbs, you would aim to burn 225-300 calories per cardio session. This is a reasonable number, shouldn't take too long to complete and will result in a equivalently smaller boost in appetite than calories burned. So you might find that it's just as easy to consume 2000 calories per day on complete rest days as cardio days.

Walking Method

Instead of going to the gym for cardio is to simply get 40-60 minutes of energetic walking. **Aim to walk about 5 km.**

Walking method is actually better than a typical gym treadmill , especially on non-lifting days. You could plug in an audiobook go for a 45-60 minute walk. You can break this into two halves , walk in the morning for 30 minutes and in the evening for 30 minutes.

You kill two birds with one stone; You get some reading done and burn a moderate amount of calories.

YOUR NOTES

- Chapter Eight - **Maintenance Mode**

Our last topic of discussion will be about activating your maintenance mode. You've achieved your goal weight and body fat percentage and now you want to maintain your level of leanness.

Eating at maintenance can actually be very problematic for many people. Because we usually become relaxed about our diet. We're cheerful about the way we look, therefore we ease up on our diet significantly. We start eating more and consume more processed foods. All of the habits that we developed during our dieting stage will start to vanish.

This is definitely not how you activate your maintenance mode. We actually advise using the cutting approach for your maintenance. Consume lots of lean protein and vegetables, conservative amounts of junk food and alcohol.

Basically, the only difference between cutting and maintenance is that when eating at maintenance you'll be consuming more calories.

Adjust macros for your maintenance mode

If you were losing 1 lbs of fat per week during the end of your cut. There are 3500 calories in a pound of fat, this means that you can boost your weekly caloric intake by 3500. That's an additional 500 calories per day. If at the end of your cut you were only dropping 0.5 lbs per week then you'd have an extra 250 calories per day to increase.

Or if you were losing 1.5 lbs per weekly; in this case you'd have an additional 750 calories per day to consume..

So when going on a maintenance mode, all you will do is increase your calorie intake to stop/prevent a caloric deficit that you were having before. Please acknowledge that you may gain 2-4 lbs simply from consuming more calories. This happens due to higher water retention and glycogen. If you're eating at maintenance then this is definitely not from fat gain. After this initial weight gain, your weight will get back on its track.

If you carry on gaining weight after about 2 weeks from activating your maintenance mode then you'll need to reduce your calories by 250-300.

When adding additional calories to your diet, it's your choice on how you do it. You may want to only add an extra 200 or so during the week and then add more calories on the weekend. or you might prefer to increase calories by the same amount each day. How you do it is completely up to you !

Maintenance Dieting Scheme

- Calories – 15 calories per pound of body-weight
- Protein – 32% of total calories
- Fat – 28% of total calories
- Carbs – 40% of total calories



- Chapter Nine - **Crucial Fitness Standards**

We always find it very motivating to have fitness standards to look up for in leanness, strength and body measurements. This should serve as motivation, to give your training and nutrition a sense of purpose.

When you start seeing improvement, you will start to believe in yourself and your ability to completely transform your body.

Body Fat Percentage

Good – 11-12% body fat

Great – 9-10% body fat

Wow – 8-9% body fat

Waist Measurement

Good – 46.5% of height

Great – 45.5% of height

Wow - 44.5% of height

Incline Bench Press

Good 1.15x body-weight for 5 reps

Great – 1.25x body-weight for 5 reps

Wow – 1.35x body-weight for 5 reps

–

Weighted Chin ups

Good – 45% body-weight for 5 reps

Great – 55% body-weight for 5 reps

Wow – 65% body-weight for 5 reps

Standing Barbell Shoulder Press

Good – 0.8x body-weight for 5 reps

Great – 0.9x body-weight for 5 reps

Wow – 1x body-weight for 5 reps

Bodyweight Pistol Squats

Good – 5 reps

Great – 10 reps

Wow – 15 reps

Bodyweight for the Wow Physique

5'7 – 155 lbs

5'8 – 160 lbs

5'9 – 165 lbs

5'10 – 170 lbs

5'11 – 175 lbs

6'0 – 180 lbs

6'1 – 185 lbs

6'2 – 190 lbs

YOUR NOTES

"THE END"

We gave you all the needed instruments for you to get the physique of your dreams.

One simple thing is left, you standing up and start taking **ACTION ! its time for you to get your life handled .**

We gave you the blueprint, now you have to do the work. **YOU** have to. If you follow this program and all the instructions you'll **WILL see results.**

This program is based on non-mainstream mindset. Therefore , it will crush a lot of myths that mainstream narrative provide to us.

Just one more thing, it will the following things for you to succeed. **Dedication, focus and commitment**

We sincerely appreciate you investing in this program and we are looking forward to see your transformation!



YOUR NOTES