



SAMA HOOLE

THE FAST WAY TO FAT LOSS

A 30 DAY TRANSFORMATION GUIDE



FASTING PLAN

16-22 Hour Fast

TRAINING PROGRAMME

With Variations for Men and Women

CARDIO PROTOCOLS

Extra workouts for stubborn fat loss

A 30 DAY FAT PURGE



SAMA HOOLE



Stronger. Smarter. Slimmer.

I've been taking on clients for four years at this point while working as a transformation coach. Looking the part is only a fraction of the story, and my focus has been on ticking all the boxes that make it possible to upgrade both the body and the mind.

With that sort of synergy in place, you can begin building towards your true physical potential, and feel great in the process..

I use a training style that focuses on muscle activation, dietary protocols that promote adherence and efficiency, along with lifestyle hacks to build up the perfect routine.

Genesis Fitness is about embracing and enjoying the process of body transformation. The more you understand, the sounder the mind will become, and the easier it will be to continue hauling the body along. Stronger. Smarter. Shape focused.

THE FAST WAY FOR FAT LOSS



FASTING

- Take on a diet that has been practised over millennia.
- Discover the enhancements for fat loss.
- Use simple hacks to make for a smooth experience.

TRAINING

- Target strength and muscle gain.
- Keep hard-earned muscle during a diet.
- Choose a male-specific or female programme.



CARDIO

- Remove stubborn fat around stomach and thighs.
- Use protocols that don't suppress strength.
- Reduce stress and maintain energy across the diet.



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THE FAST WAY FOR FAT LOSS

Weight loss is easy. Maintaining it, not so much. But that's what it takes to reach the results. A programme that actually changes the way your metabolism works.

If this is your first stab at fasting, I'll be covering all the reasons why it's one of the most durable and effective diets out there. If you've already been testing these waters, there's going to be some protocols that will get you to the next level.

The blueprint here is to push past the fluff and build a diet and training strategy that will push on and deliver regardless of how many failed attempts you've already stacked up. These methods are backed by scientific research and I've set them up here to boost adherence over the 30 days, allowing the best possible results that your body can conjure up.

Who Can Benefit From This Programme?

I wouldn't claim this book is a fit for everyone. Not most people, in fact. Making hard and fast fixes to your diet and training regimes can be a test too far for people who prefer the idea of coasting along. But it is highly effective at what it does, and that's giving up a challenge that could take physical and mental shape to an altogether better level.

The following list makes up the main goals of the programme, and will help you make a decision on whether it will be worth the time, effort, and the sacrifice.

Targeted Fat Loss

Shedding unwanted pounds takes the agenda here. Over the next 30 days, you'll expect to lose 2-3lbs per week. That may not be as much as other diet books are promising these days, but it will succeed by routes that most of them fail. For one, the fat is going to make the majority of the weight lost, once the drop of water from the first week is accounted for.

And that leads to the second point: It's sustainable. A higher rate could be promised, but only at the cost of shedding muscle to get there. It may feel great to watch the numbers tick over every time you climb on the scales, but that well runs dry pretty quickly.

Suitable For Those With – Stalled weight loss, poor food adherence.

Muscle Gain

There is every chance for seemingly improbable to happen; that is if you follow the accompanying resistance programme. You absolutely can build muscle on a deficit if you're a beginner, coming in with less than a year of consistent training. Even if you're perched a little further on, making smart improvements to the way you wield a dumbbell can force the body into making some upgrades.

That being said, the potential here for muscle gain is going to be highly dependent on your training age. But I wouldn't dwell on that topic for long. Simply holding onto muscle while dropping fat is going to have the result of making you look fuller and stronger.

Suitable For Those With – Slow strength gain, joint issues.

Improved Energy

Whether you're reading this from the comforts of an office desk, or stealing a quick breath between shifts of lugging bags of cement, this programme is going to freshen up your game. The diet and lifting protocols will jolt the body moving in a direction that won't just make you physically fitter. And that's just as well, because what you perceive as energy isn't just down to how many calories you have left in the tank.

Suitable For Those With – Poor motivation and focus, mood swings.

Potent Habit Building

30 days won't be enough to arrive at any remotely ambitious transformation. That can take months, possibly years. But it will make for the perfect platform. The Fast Way To Fat Loss is a deep dive into a consistent weekly regime that repays the sweat with a steady stream of results. The best thing? It gets easier. These fasts are habit friendly, grooving you into a healthy routine that's simple to practice and hard to give up. Continuing from here won't look so daunting if you're looking and feeling better by the day.

Suitable For Those With – Low willpower and adherence.

The Disclaimer: Before We Kick Things Off

You should have been wondering at the very point you glanced at the title, what are the cons of following a fasting regime? I generally like to save people's time, so I'll cover this before we touch the introduction to this book.

If you have diabetes, pregnancies, or any other niggling issues, please consult your doctor before entertaining these ideas.

This Programme Is Intense

Fast Away The Fat is a challenge. If it weren't, everyone would be doing this on a whim, and there would be little reason for me to write this book.

So let's be thankful that it is, and go over the possible side effects that we will try and avoid, but will probably happen at some level anyway.

The Likely Side Effects Of Fast Away The Fat

An Upsetting Change To Your Daily Regime

If you haven't already been skipping breakfast because you're too lazy to whip something up in the blind hour of the morning, then this programme is going to be up against your normal habit patterns. That's a stern test for anyone's mental flexibility. Once you've adapted, the regime will become a force for consistency, but the initial period of 1-2 weeks will be difficult to navigate.

Waves Of Hunger

the first wave of hunger during a fast doesn't last forever. And you don't have to just trust me on this. Head to page to see the truth of hunger laid out in graph form. It might feel impossible to resist, but that nagging discomfort will pass after 15-30 minutes. What follows is a return to mental baseline. You'll feel absolutely fine, and won't have any particular need for that food you've just been drooling over.

It's a tough hurdle, but it's worth the mental focus and easy caloric deficit that it brings.

FAST AWAY THE FAT IS A CHALLENGE, AND THAT MIGHT JUST BE WHAT YOU NEED

This is a tight window of opportunity. There are just 30 days laid out for Fast Away The Fat to cover, so we have every reason to go through this with the goal of getting the most out of weight loss.

For that reason, the calorie deficits have to be sizeable, which may come as too big of a shock if you haven't even got round to cutting down on your midnight fridge-raids yet. If you still give into regular rampant snacking that sees your longest fast occupy the slot between 2 and 5AM, then the length of the fasts outlined in the oncoming programme will most likely be a step off the plank.

If breakfast is a fact of life that will have to be prised from your cold fingers, then this programme may be asking a little too much. But you don't have to cut me off here and give up on the book, because I will include alternatives that will allow you to drop down to a lower difficulty.

Even if you end up heading along a slightly lower rate of fat loss, that proposition is a distance better than the normal cycle of weight loss getting balanced out by subsequent weight gain.

Possible Death?

What happens if you fast for too long? Yep, you die. But that idea isn't worth entertaining, because even if you somehow misread a few of my instructions and went through the entire spell of 30 days with nothing but water, you'd probably still be alive and kicking.

A mad Scotsman, Angus Barbieri once went 382 freaking days with nothing but tea, coffee, soda water, and multivitamins. I'm not saying we should try and set world records here, but it shows just how far we can push the body and get away with it.

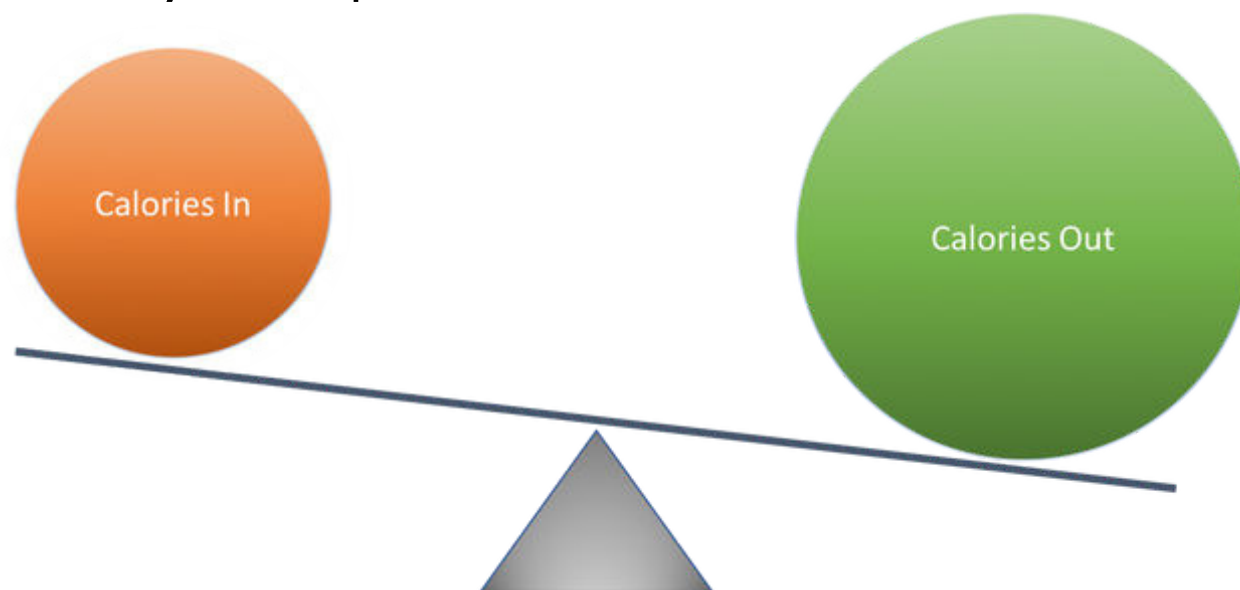
The length of the fasts here, ranging from 16 to 24 hours, aren't in any way long enough for you to start to experience the dangers of prolonged fasting.

In Short

Fast Away The Fat is a tough programme, but the same will be found in any diet guide that seeks out sharp weight loss. More importantly, it's not dangerous. It's a natural form of dieting that won't bring up any issues that can't be addressed. I'm not your doctor, but chances are you're in fine fettle to take this on.

Insulin : The Hidden Key For Fat Loss

Is there more to weight loss than the simple struggle of keeping up a caloric deficit? Ultimately this is the critical aspect that everyone needs to get on lock before they start finding ways of making the diet game excessively complicated.



Calories in Vs Calories out

This is the mundane formula taken from Newton's Fourth Law Of Thermodynamics. Energy can't be created or destroyed, so your body mass will be dictated by the sum of calories being eaten, weighed against the calories being burnt up for various processes such as running a mile and staying alive till the next day. If you just eat mince pies for the week, but keep them to just four or five per day without giving into the temptation of whacking on the extra cream, you're going to lose weight.

The problem that crops up here, is that it's going to make you feel lousy and lethargic. That's understandable, because you might as well be eating a plate of sugar and calling it a day. It feels great in the very immediate short term, but that little high can quickly turn to self loathing and an increased yearning for another bite. So it's miserable and hard to sustain without overeating and jarring that magic energy formula.

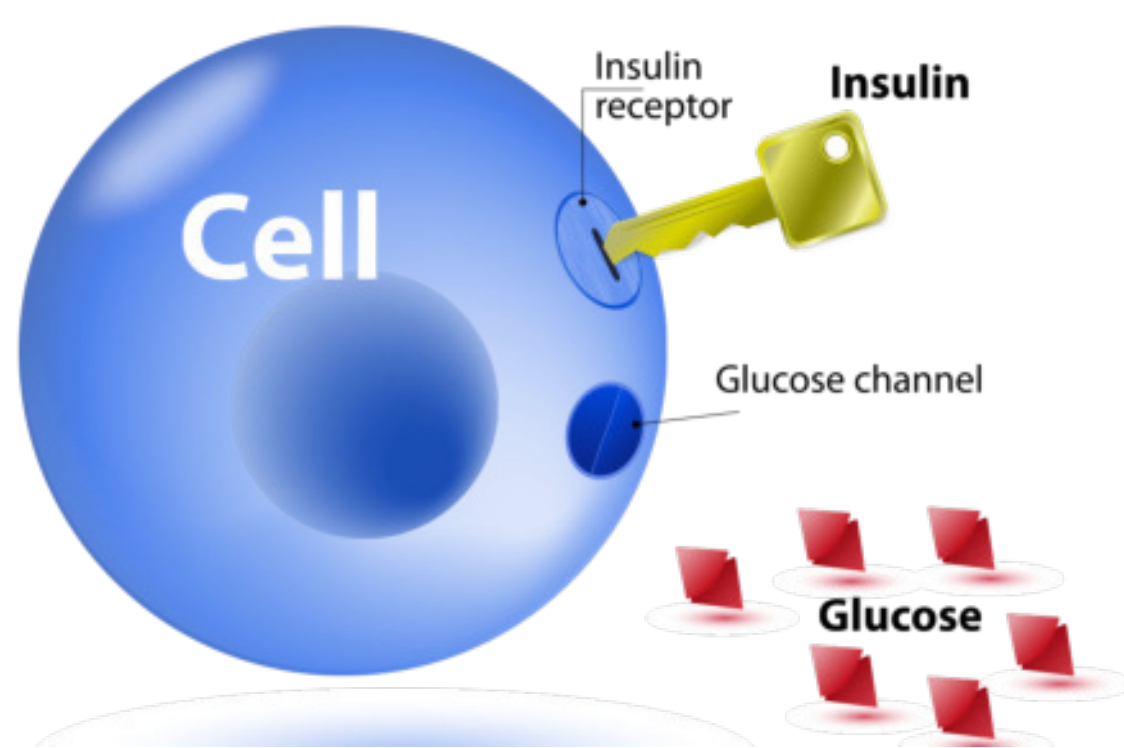
Let's make things less dramatic, and fill your day up with plates of chicken and rice instead. This is the diet of choice for the vast majority of lifters, and it has been since the 1950's. High in protein, low on fat, with plenty of room for the comfort of carbs. It's decidedly more healthy than throwing in sugar bombs, and can be easily managed to fit inside a caloric deficit, but there's still an element that might need fixing. This is the next stage of dieting.

The Insulin Problem

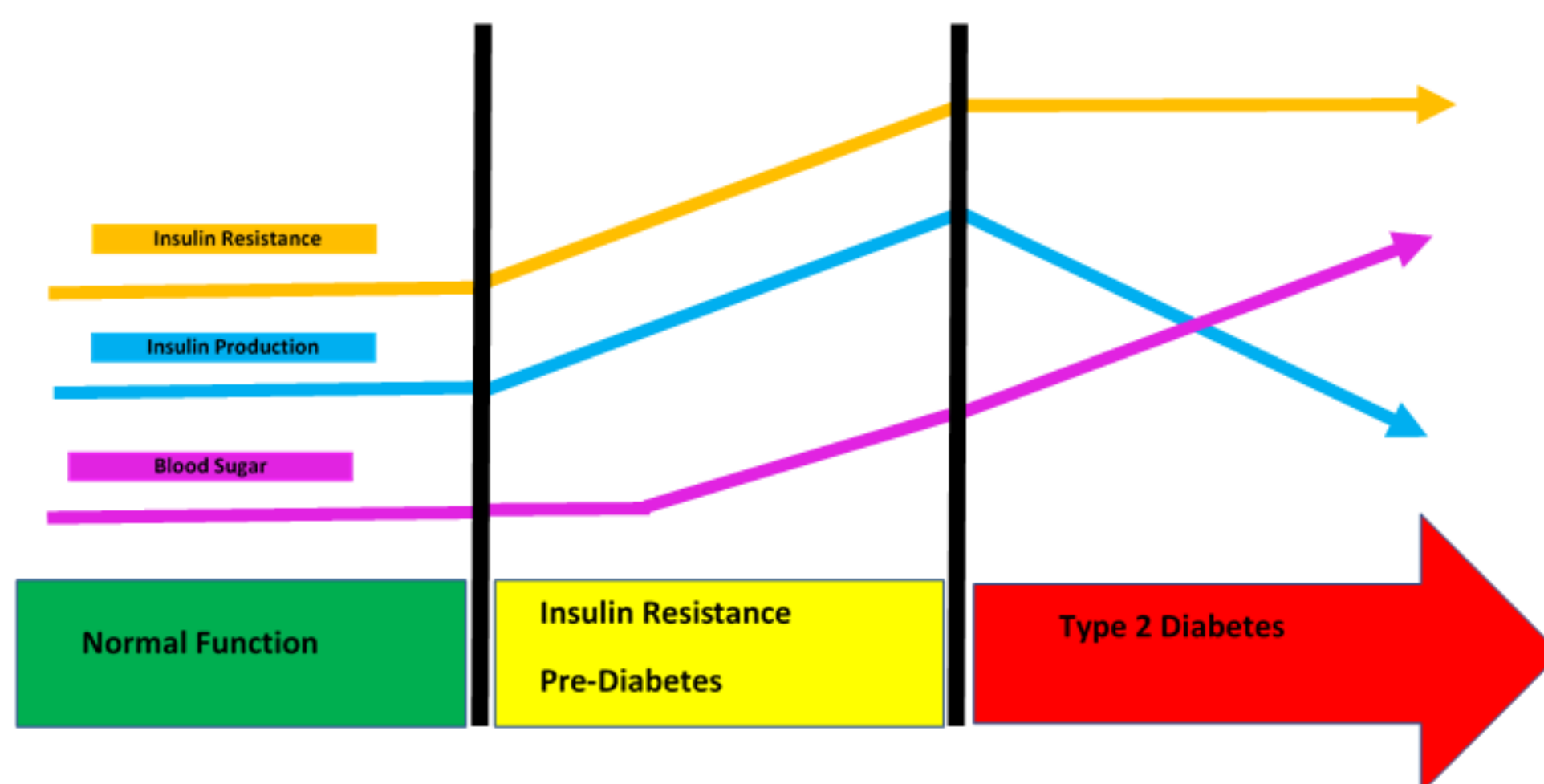
Could you get away with flicking this eBook over to the recycle bin and making do with the typical diet? If you've been rampaging your way through every fad diet under the sun with little to show beyond slumped shoulders, the answer is a possible no. You may well have an insulin issue that isn't going away.

This is the hormone that you're more likely to connect with type 1 & 2 diabetics, rather than general Joe's and Jane's. Type 1's suffer from a lack of insulin, while Type 2's have a lack of insulin sensitivity. The former is genetic and impossible to fix, while the latter issue is the one that we should be concerned with.

Many of us are conducting a dangerous dance with prediabetes, which comes before the onset of Type 2 diabetes, and can take years before becoming the real thing. That's because many of us are insulin resistant, and that's the precise problem that's preventing a caloric deficit from working its boring magic.



Insulin can be seen as the key that opens the gates of energy storing cells across the body. It's secreted as a response to any meal, whether that's made up of carbs, protein, or even fat. But it's going to be particularly sensitive to refined carbs, and that happens to occupy the biggest slot in modern households, with about 42% of their daily caloric intake coming from these low-quality carbs.



Progression of Insulin Resistance and Type 2 Diabetes

With our predisposition towards carbs, it's worth understanding just how insulin and insulin resistance can affect us. And as a spoiler, it's not great.

INSULIN ALLOWS INCOMING SUGAR INTO THE CELLS, AND IT'S BAD NEWS IF YOU'RE RESISTANT

Why Insulin Resistance Blunts The Caloric Deficit

Here are a few key and unfortunate ways insulin problems can prematurely bring the curtains down on progress.

1. An Inability To Process Carbs

Without the cells opening up in the presence of insulin, sizable chunks of the carbs ingested in your last meal are going to hang around in the bloodstream with no home to go to. They'll reach dizzy heights before the body decides to up the dose of insulin in order to clear the influx of sugar. The excessive reaction usually results in blood sugar bottoming out and spiking hunger again.

The body is now back to where it was less than an hour ago. It's an easy trap to fall into.

2. The Fat Loss Brake

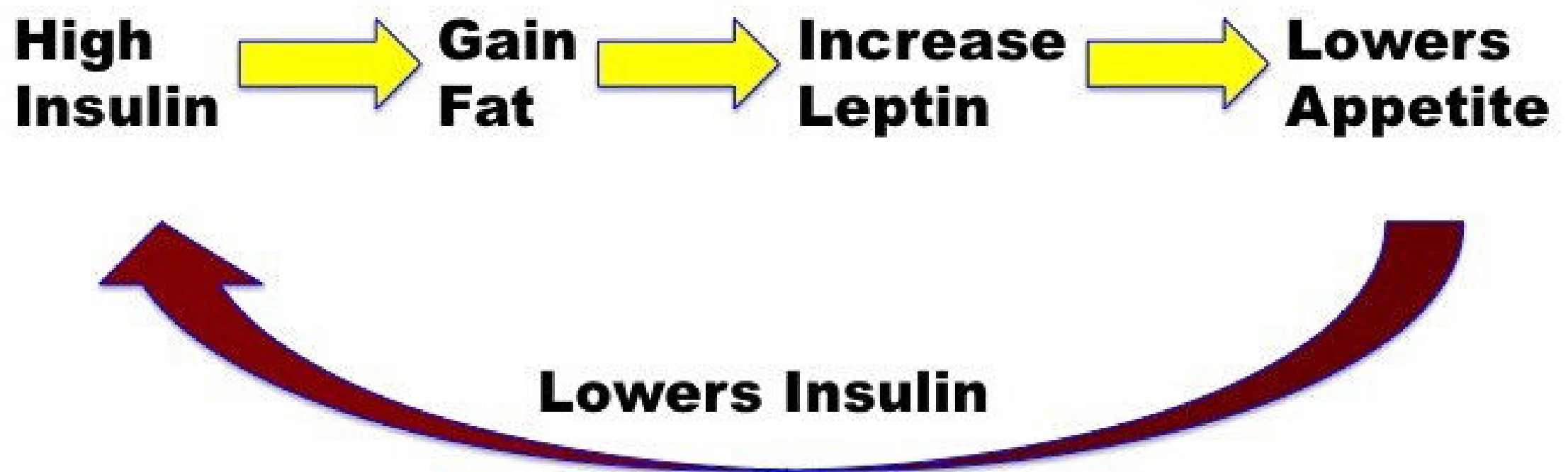
Insulin isn't the enemy, but while it's hanging around the bloodstream in an anxious effort to clear up the stubborn sugar, you're not burning up any of your fat stores. Insulin blocks the body from mobilising fat cells for energy, and that's another reason why constant snacking works against you.

3. Encourages More Weight Gain

Regardless of what you might think, the body does actually fight against weight gain. When fat stores are added, leptin, a regulatory hormone, rises. It increases the metabolic rate by increasing the T3 to T4 conversion over in the thyroid, and doubles that up by restricting ghrelin, the hunger hormone.

These changes are made to force weight loss. However, things don't work out so well in the presence of insulin resistance. This causes the brain to resist the hormonal effects of leptin, snuffing out the drive to shed unwanted weight, and allowing ghrelin to stay high and thyroid to keep low. As a result, you're keep fat gain in the driving seat.

Body Weight 'Thermostat'



3. Fixing It Takes Effort

What causes insulin resistance? Typically it's with the credit of years and decades of taking in excessive sugar. So it's not always simple to unravel. Weight training and a caloric deficit are key players in bucking the trend, but for many resistant individuals, there's a mountain ahead.

A typical diet will be accompanied by constant, inevitable periods of hunger, irritability, and lethargy. Meals may end up just making you hungrier. And unfortunately humans aren't machines when it comes to dieting, we're emotional eaters. Sticking by the schedule will be a challenge that won't feel worth the slow pace you're making.

I'm not going to jump on the soap box and declare the energies in vs energies out formula that belongs back with the dinosaurs. It works perfectly as the base of the diet. What comes next, is the method that improves on it.

2

THE DIET OF THE DINOSAURS

You fast by having nothing but water for an extended period ranging from 16 hours to 14 days, giving up on a meal or two to get there. It's quite easy to see how that could be good for weight loss, but there's plenty more on the bone.

The standard schedule is to eat every 4-6 hours, and this code of conduct has wired us to get hungry if we don't get there in time. This isn't a biological rule, it's been dictated by expectations rather than necessity.

Forms of fasting have been existing as long as humans have been walking the earth. Which was understandable, because fridges didn't come into play until a few years later. Access to food was unreliable. You might kill a deer, eat your share, and then go for several days before you come up on some berries in the undergrowth.

That was abstinence out of necessity, not exactly the sort of diet we can replicate, but the fact remains that this fasting is a mechanism that the body is attuned to. Being able to run off stored energy is a feature that's a necessity for survival.

Removing choice from the picture makes it an entirely different, easier, ballgame. Short of booking a week off work, boarding up the windows, and barricading yourself in your own home, it's not going to work.

Voluntary fasting on the other hand, has still been around for several millennia, with ancient cultures taking it on for all kinds of religious and spiritual experiences.

Types Of Fasting

7+ Days – Long-distance fasting, typically done once every few months, could compromise training intensity, but does get you losing a ton of fat.

2-3 Days – Extended fasts, typically once every few weeks. A milder version of long-distance fasting, without the hallucinations and potential risk of dehydration.

1 Day – Alternate day fasting, where you shun food every other day. Can be done throughout the month, but it's a little intense and makes it hard to maintain training intensity

5/2 – Fasting over 2 days in the week, with a return back to normal feeding in the other 5. It's been making the rounds recently, and it would technically work. However, leaving all the hard work for two days in the week does feel like tempting our procrastinating skills.

16-24 Hour Daily Fasting – Finally we have intermittent fasting. It's not particularly intense, and leaves plenty of energy for training. What you're essentially doing is combining underfeeding with overfeeding each day. It's a combination that makes it completely unlike the standard weight loss diet, which uses continuous energy restriction (CER) to get the job done.

Extended fasts can eventually take you to places of mild hallucinations and feelings of euphoria, and those side effects often being the target for these ordeals. We won't touch any ground on this, as it's far too drastic to be combined with any intense training. Instead, we'll look at the short term, with the more practical version.

Intermittent Fasting

For The Purposes Of This Programme

Recommended

- 6 Daily 16-24 Hours Fasts Per Week
- 2 Meals Per Day, 2 Snacks
- An Extra Sugar Snack Allowed Around Training
- Water Is Always On The Table

Pass

- 4 Daily 16 Hour Fasts Per Week
- 2-4 Meals Per Day
- Snacks Only Allowed Around Training
- 2-3 Litres Of Water Per Day

Intermittent fasting is a diet that has been put through its paces more than any of its competitors, including the fence-occupying caloric deficit. Until very recently, it's been treated with cold sniffs, but the pendulum has swung wildly in the other direction. The fitness market has been flooded with variations of short term fasting. It has become a fad, and that's not a bad thing.

Labelling something a fad diet can prompt people to dismiss it out of hand and move on to the next option. But here's the thing, a lot of these diets work perfectly well, they just ended up getting too popular for their own good. This naturally produces a kickback from critics and the audience who then throw ridicule at it for not being the miracle diet that the diet book writers and rabid fans hold it up to be.

And so the cycle continues, and the stage is emptied for the next fad programme to arrive and occupy.

The Mediterranean diet, keto, paleo, they all get the job done concerning weight loss. With their success, they've all become the flavour of the month at one point or another. And with that popularity, fitness writers have queued up to release their overblown versions that squeeze the diet for everything it's worth.

So while I always advise and welcome treating fitness programmes with hefty doses of scepticism, it should be matched with a willingness to approach things open-minded.

A Word Of Warning

I don't see Intermittent Fasting as simply a diet with physical benefits. The mental side of eating is far more important to understand, and dominate. So if it looks like I'm dwelling for a little too long on psycho-analytic sides, just have some patience and let me paint out the situation.

If you simply want the physical angle, there will be plenty of that over the following features. Everyone gets their fill.

How To Fast?

On the face, it's a simple sum. Just lock the cupboards, delete the local takeaways from your contact list, and deal in empty plates. But there are a few things that can worm their way into the picture, one group being artificial sweeteners. They might be zero calories and have little to no effect on insulin, but there is still the risk of sparking up cravings. So I would advise against them. Coffee gets a pass, so does tea. Water is always on the menu.

When To Fast?

This can prove to be the stumbling block of the programme. You're chomping at the bit to get the fasting underway, and then you're slammed with the realisation that it's just not the ideal fit for your work life grind. It might be that you can only train first thing in the morning. Maybe work starts hard and fast, and that makes for a daunting juggle alongside an empty belly.

But there's no reason why either issue should stop you from diving headfirst into the next 30 days of fasts. It could well be the boost that you've been craving over the mornings. And if that's confusing, I'll be clearing it up over the next few pages, as I get into the physiological and mental benefits of fasting.

The classic place for fasts tend to be from 5-6PM, over to 11-12AM the next day. While it doesn't have to be set in stone, copying your meal routine will allow the brain to write new habits over old ones. That makes the process of fasting a lot simpler.



**A TYPICAL FAST IS DONE FROM EARLY EVENING TO MIDDAY
THE NEXT DAY**

Why To Fast

I've given you an idea of how intermittent fasting can be done, but this is the crucial bit. Is it worth the trouble of throwing a spanner in the cogs of your routine? Making the call on that warrants looking at the differences it offers over its main opponent : Continuous Energy Restriction (CER). Which applies to any diet that simply restricts energy across the day and week.

Twelve Benefits of IF

1. Increasing Insulin Sensitivity

This issue that we’ve already explored and dwelt on, forms the primary mechanism by which IF can offer an upgrade to the traditional caloric deficit.

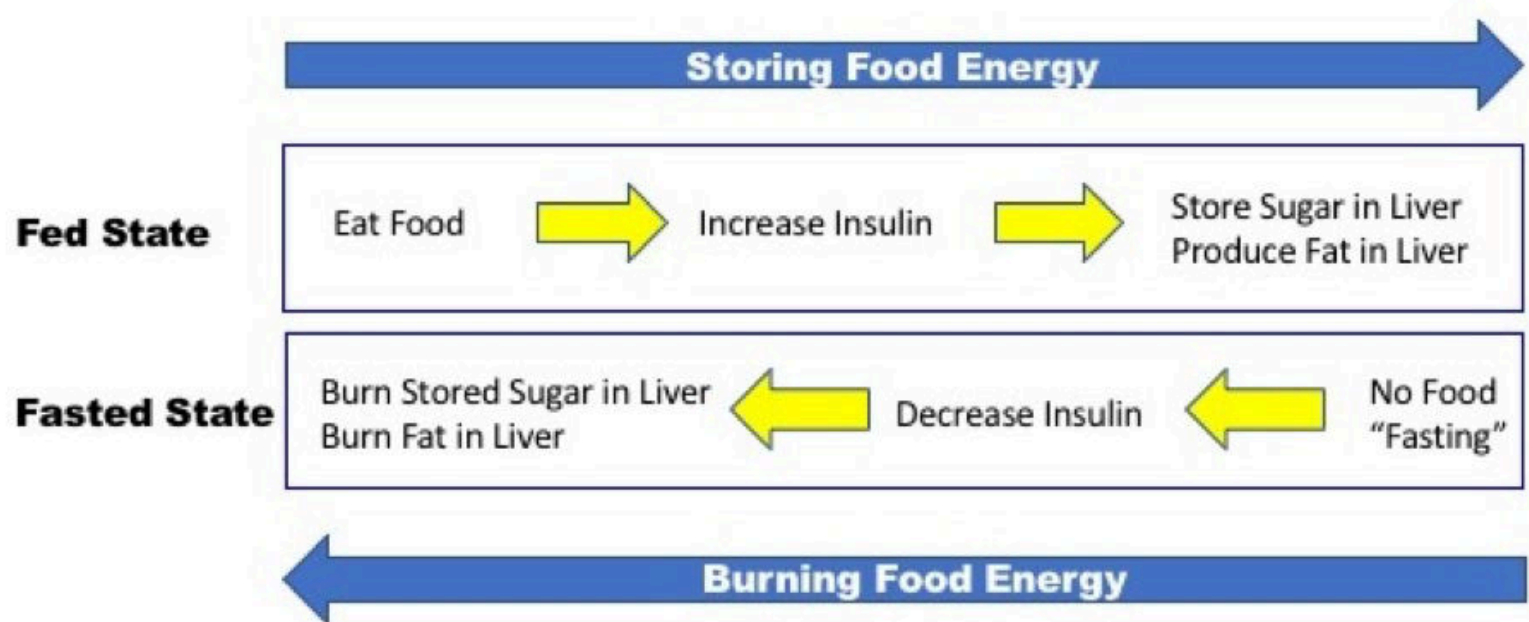
Let’s go back over the troublesome points of insulin again. Insulin is the hormone that enables energy storage after a meal. Excessive food, especially carbs, can hasten the onset of insulin resistance, which can eventually form into Type 2 Diabetes. Which will royally screw you over.

The body reacts to sugar, or carbs, like any other drug. Excessive dosing causes resistance, and then a spiral of unwanted side effects. Too much of it over a good period of time will gradually cause a decline in the sensitivity of the cell-opening receptors that insulin binds to. As the receptors refuse to respond, the body reflexively raises the levels of insulin in order to shuttle the carbs into the liver and muscle. Blood sugar levels crash up and down, but at least it works. At first.

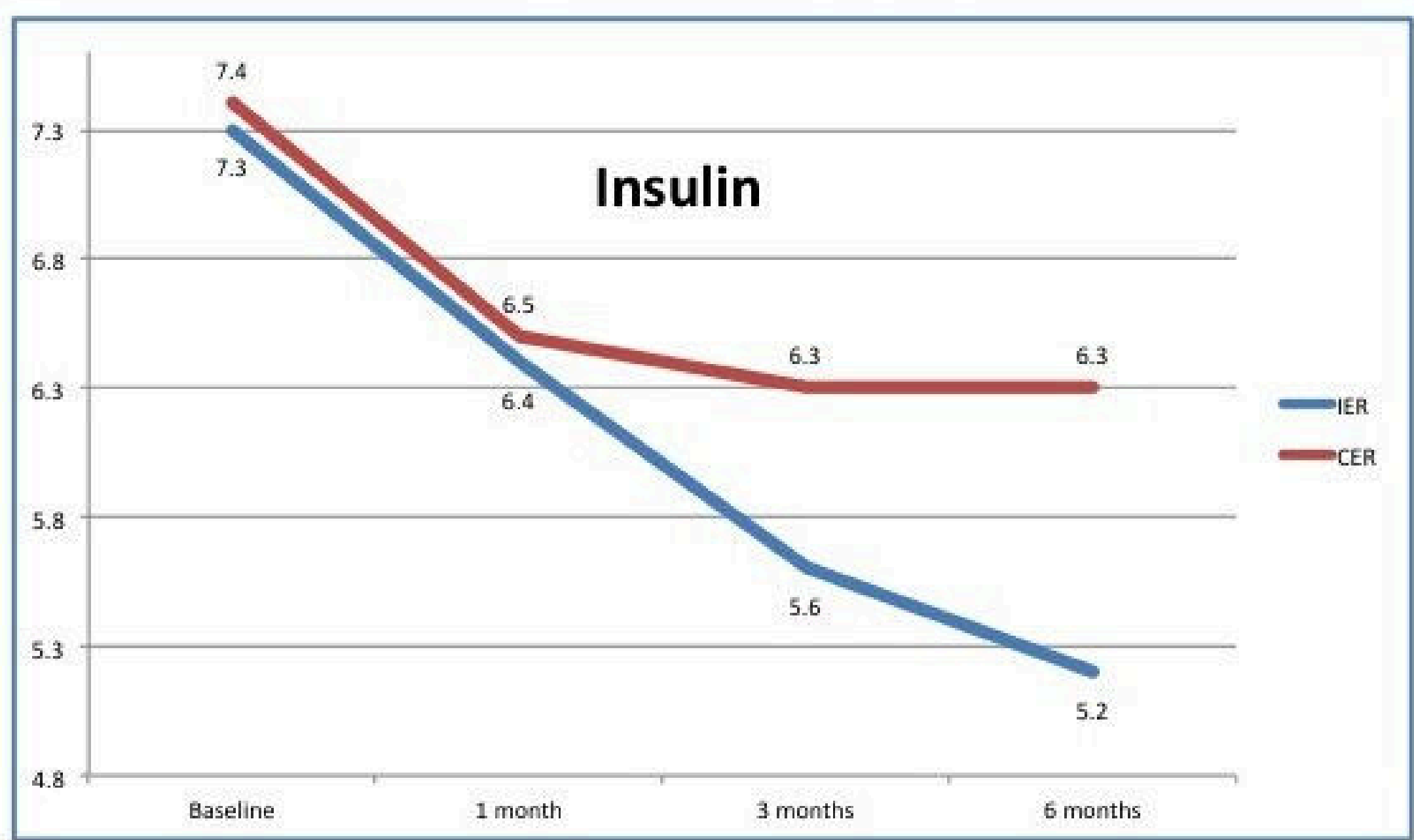
That’s because once you reach a threshold of resistance, the carbs are stuck in the bloodstream and forced to convert into triglycerides. That’s when you start piling on the fat. Making matters worse, the fact that insulin is now chronically loitering in the bloodstream, ensures that the body blocks the fat cells from moving to the mitochondria to be burnt off for energy.

This is where we can push IF into fix the chaos. It’s a simple mechanic. Just like a steady influx of carbs brings about resistance, the lack of it will increase sensitivity. The body needs downtime. Depending on how long you’ve spent in carb-city, this process may take months to unravel, but you have to make the start happen.

Even in the short term, the lack of food will prevent insulin from being released, allowing a clear passage for fat mobilisation.



IER vs CER



Int J Obes (Lond). 2011 May ; 35(5): 714–727 Harvie MN

Intermittent Fasting Vs Continuous Energy Restriction

A comparison of insulin levels across both diets.

2. Emptying Glycogen To Further Fat Loss

Reducing insulin is one way to release the brakes guarding fat loss, glycogen provides the next. This is the body’s preferred energy source that’s stored in the muscles and liver. While stocks are plenty, there is little need to burn fat for fuel.

That’s why simply reducing calories with the CER method doesn't work for many insulin resistant dieters. The traditional Calories In vs Calories Out model isn’t a complete one. You could technically use your glycogen reserves to make up for energy needs, without tapping into body fat stores. As long as you keep eating, glycogen will continue to replenish itself.

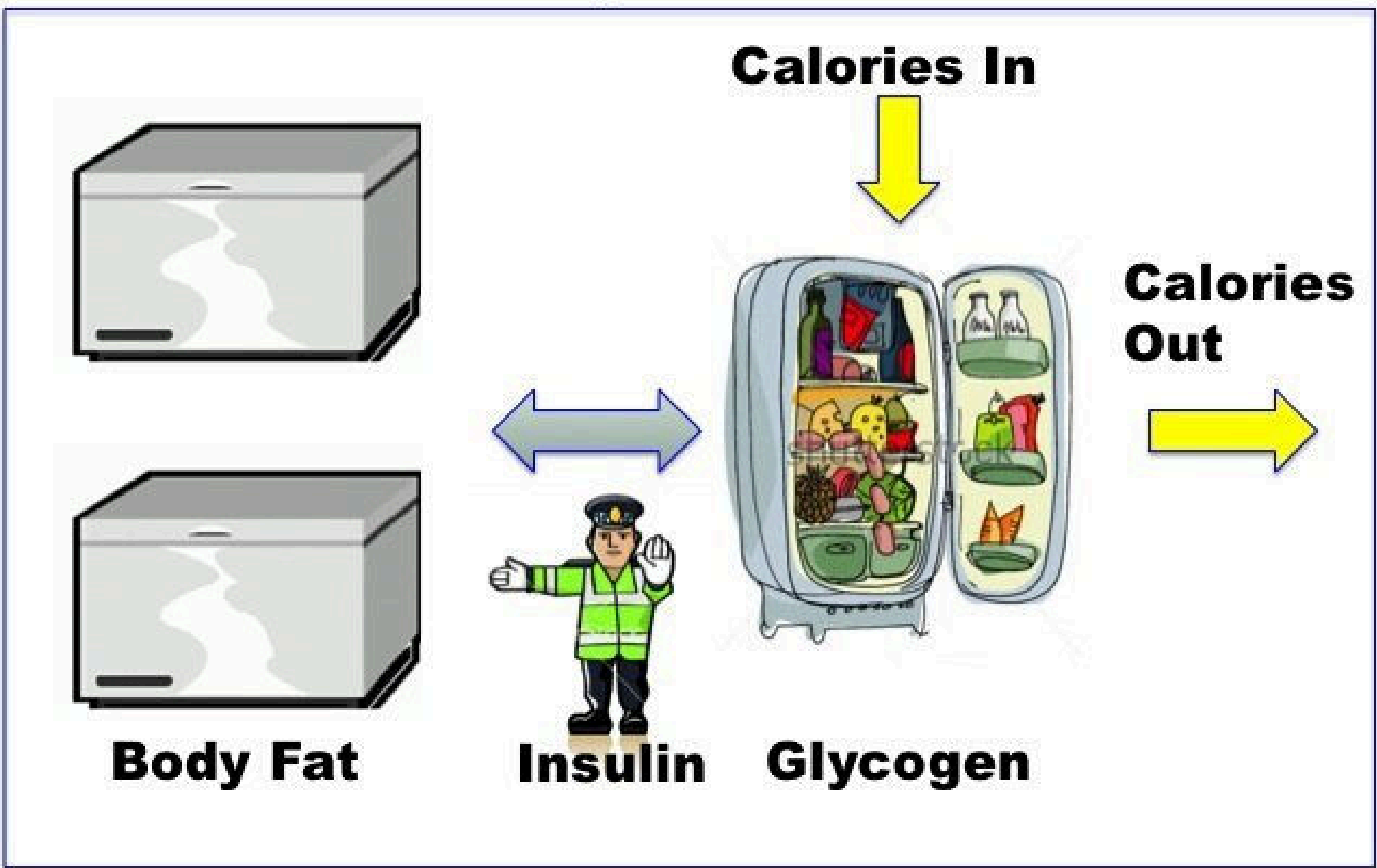
So the solution can be to simply not eat. Fasting will naturally deplete glycogen until it can no longer provide the body the fuel it needs. Once that step has been breached, fat will be more readily used during both exercise and rest.



Calories In Vs Calories Out

This weight loss equation is very straightforward. The sink can be filled from the top, and emptied from the bottom. All energy is stored in the same place.

Two Compartment Model



The Updated Energy Formula

Here, energy is stored separately. Glycogen is stored in a fridge, and body fat is stored in freezers. The energy in the fridge is easier to reach, and is the body's preferred fuel choice. The freezers can be blocked off while insulin is present, ensuring the body balances out energy by continuing to fill and refill the fridge.

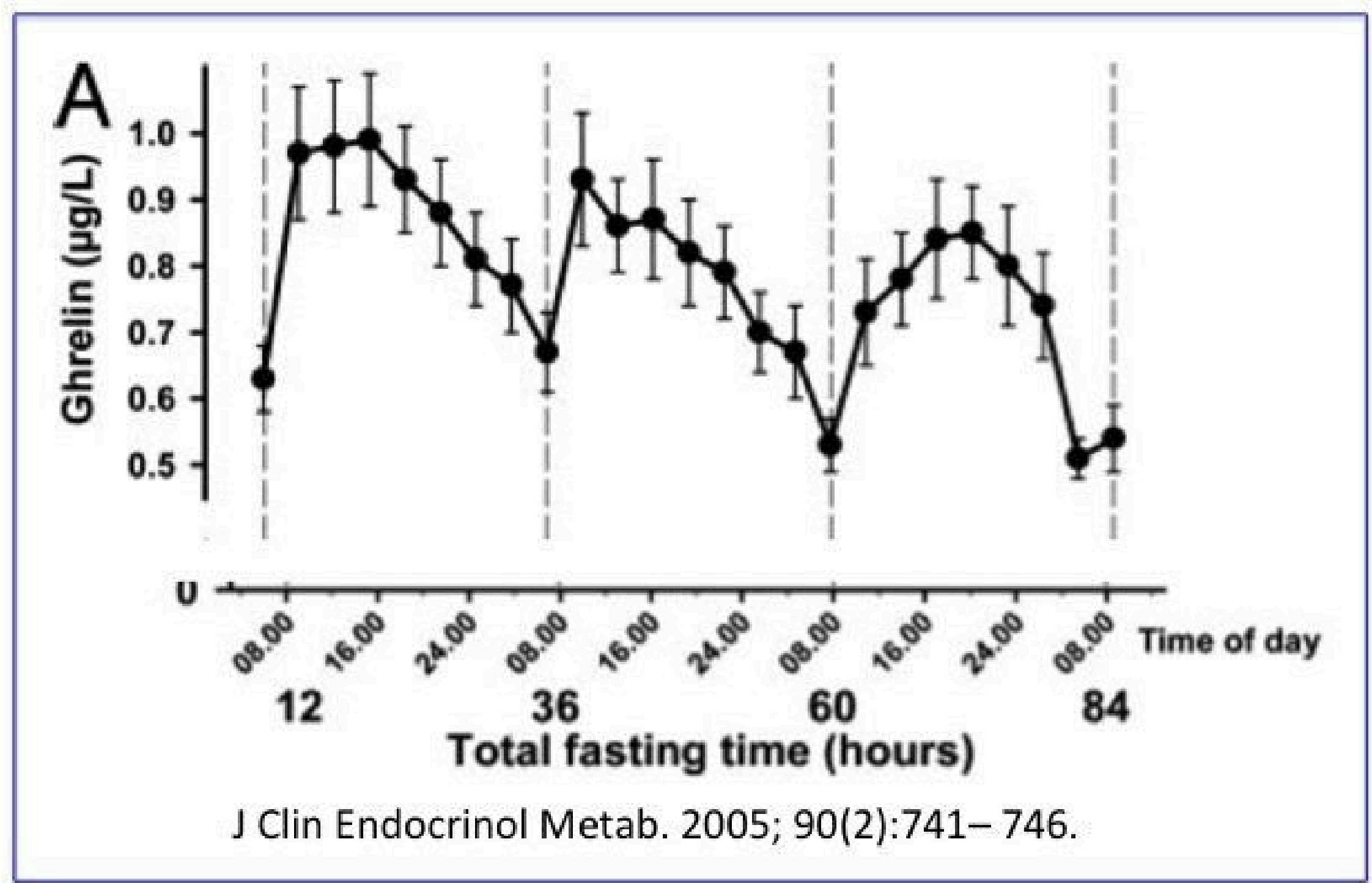
3. Suppressing Hunger

When you think you're in dire need of food, you can probably still survive perfectly fine. Hunger is a state of mind, and generally shows itself as an emotional impulse rather than physical discomfort. When you feel that niggling itch to raid the fridge or open an app for a takeaway, that sensation is rarely caused by the body's desperate need for food. Habits and memories play a much larger part.

Sometimes the best way to beat a problem is going to be by wading through it. There will be brief periods in a fast where hunger flares up to near unbearable levels, but if you can hold firm and wait it out, that feeling subsides. In its place, there'll be a renewed lease of energy and a confusing lack of appetite.

That's because hunger comes in waves, or as a short response to a stimuli, it doesn't arrive with the intent of lasting. Most people just won't have the patience to match its pull.

As you get used to the rhythms of a fasting routine, your ability to deal with hunger will improve drastically, giving you the freedom to go for large stretches without noticing any discomfort. The noisiest diet demon will have been solved and dealt with.



Ghrelin Levels During A Fast

Looking at how the hunger hormone rises and falls over the day. It never hangs around for long. You just need to hold out a little longer.

4. The Brain Boost

Even after ending my last diet that had spanned 4-5 months, I couldn't resist the temptation of sticking with IF through the new weight gaining phase. And that's very much because I relish the way it makes me feel. Fasting results in the brain feeling sharper, focused, in control. It's a clear contrast to the foggy brain days when I lapse due to having a decent breakfast.

There's a certain point that you will reach during a fast, where you will experience certain sides of euphoria. At the minimum, there will be an onset of feelings of well-being.

Looking at it objectively, time spent without the distraction food allows you the freedom to think. And because of the appetite suppressing effects I mentioned earlier, the mind won't be masked by a cloud of hunger.

The reduction in inflammation, blood sugar flux, and oxidative stress that intermittent fasting causes has a positive effect on the brain. Unstable systems occurring in the body can often lead to parallels in cognitive ability. Fasting also increases BDNF, which is a hormone that helps grow new brain cells. This in turn makes the brain more resistant to stress.

5. Willpower

Skipping breakfast isn't a simple transition for those who feel like they need the morning boost to step out of the front door. Fighting past that initial wave of hunger requires discipline, and training that mentality will inevitably bleed over into other areas in life. It's about being able to ignore nagging physical and mental impulses and look over to the promise of long-term benefits.

Again, it's a state of mind. If you can appreciate and define hunger for what it is, you'll be in the perfect state to move past it and practice the same technique without other emotional sensations that threaten to drag you down. Anger, pity, regret, these are feelings that occupy a similar spot. Not necessarily as negatives, but things that you need to be able to master.

LIMBIC, OR EMOTIONAL HUNGER, AND SOMATIC, PHYSICAL HUNGER ARE TWO VERY DIFFERENT THINGS.

6. Stress Tolerance

Stress is not inherently a bad thing. However in the context of the busy modern lifestyle, where you get assaulted on all sides by a host of daily obstacles, dealing with it is a necessity. Otherwise, and this is taken in the context of dieting and weight loss, you're fighting a battle that has been preemptively decided against you.

That's where we can bring in the positive stresses that can encourage the system to adapt. Exercise is stressful on the body, so is fasting. Both will force it to adapt and become better able to withstand the same event in the future.

It may sound excessive to people who are reading this while tucked up under the covers with warm socks on, but everyone should strive to intentionally let in some form of discomfort into the daily grind. Being able to push past it and reach whatever finish line they've put in front of them, that's going to make for a winning tradition. Life is unfair, don't let the body go to sleep on it. Embracing that fact brings your coping mechanisms to an altogether better level.

7. Improved Cardiovascular Health

Besides the upsides to fasted cardio, fasting has been shown to lower blood sugar, inflammation, triglycerides, all risk factors in heart disease. Which gives you better odds for living longer, and making it through to the end of this weight loss programme.

8. Autophagy

In case this is the first you're hearing about this, autophagy is the process that occurs as the body recycles old cell matter, clearing up the deadwood and creating new healthy ones in their place. It's a critical part of staving off diseases and retaining some resemblance of a healthy, functioning immune system.

Insulin and MTOR however, turn off the running of autophagy as soon as a new package of food hits the system. I realise at this point that I haven't introduced MTOR. This is the muscle-creating pathway that gets activated for similar reasons to insulin. While this is a mechanism that we all want to get a sizeable piece of, that switch can't remain on all the time. Fasting offers the body some much needed downtime to go about its main mission and ensure that you make it through to a ripe old age.

9. Powerful Habit Building

IF is extraordinarily good at habit building, and this will readily take shape as you settle into the rhythm of timed feeding and fasting windows. Working through the outlined programme, you'll learn how to avoid the temptations of hunger and boredom. With each week, things get a little easier, as you reach the ideal setting of any diet. The autopilot.

Staying on autopilot means that you'll be able to follow a diet through to the day's end without having to make many conscious decisions. You're not staring at the office ceiling wondering what you'll pick out of the sandwich aisle. You're not coming home to an empty fridge and heading back to cobble something together. There's a plan, you're sticking to it, and it's not going to take much mental effort to do so.

Decision making has been shown to get progressively worse through the day, as your cognitive capabilities begin to erode. Leaving it up to your evening self to figure things out on the spot, can easily lead to the day getting ruined, as you pick out excessive amounts of carbs and portion sizes that powerlifters would balk at. And once you have notched up that little loss, the rest of the week can start to unravel with the ensuing spiral of guilt and self-loathing.

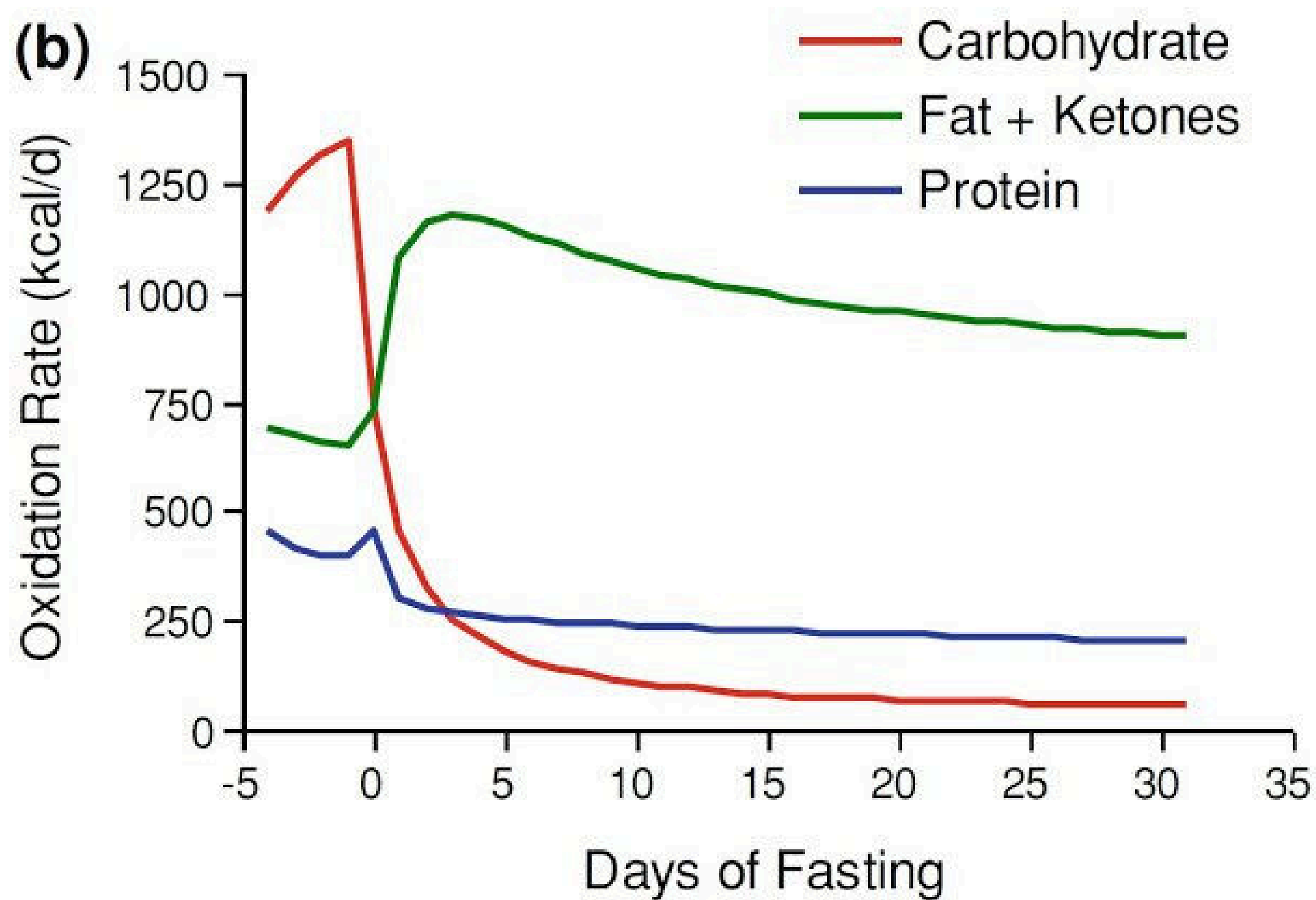
It may sound pessimistic, but it's a sound mental habit to think of the most negative of outcomes, you're unlikely to be too disappointed with the way things ultimately turn out.

Fasting will spare the burden of choice, as you won't have many meals to plan out. You'll also be conditioning the mind to pull away from incessant snacking and evening binges. It's not for everyone, but a few rules can make the process of dieting a lot less mentally intensive.

10. Muscle Loss Is The Remotest Of Possibilities

Losing shape is going to be the anxious worry occupying front and centre of fitness folk who are used to the tradition of eating protein rich meals every few hours. But I'm going to have to dismiss it out of hand. I've practiced fasting for over a year, and at no point have I felt any loss of strength or muscle.

Fasting is a natural phenomenon, and it would be unusual if the body wasn't adept at holding on to healthy weight while you forage around for the next meal.



Oxidation Rates Over Multiple Days Of Fasting

This shows which stores are being used in the body during a fast. Carbs go down straight away, that's expected. But so does protein. This suggests that the body looks to protect muscle mass during abstinence.

11. Muscle Gain Is Likely

Assuming you play your cards sensibly, and arm an IF diet with the dual defence of high protein intake and a strength training regime, you're not going to lose any muscle.

People have been put through studies of 14 day fasts without experiencing any drops in lean mass, let alone any hormonal disturbances that could signal worsening performance. If you decided to train right alongside it, just as this programme will lay out, there will be the very real chance of experiencing muscle gain.

It may sound fanciful, but there are several situations where muscle gains can be reached with weight loss protocols. If you're still to wrap up your first year of, and I have to stress that word out, intensive weight training, then it's going to be inevitable. If you're reasonably experienced, the muscle-protecting effects of fasting, combined with the opportunity to have an extra large meal before training, there's going to be a perfect set-up for muscle gain.

So if you're going through severe anxiety about holding on to hard earned shape, don't let it get to you. Fasting is very much barbell-friendly. We'll be ensuring that by keeping the abstinence under 24 hours. Since this book is purely there for the purposes of maximising fat loss over a relatively short period, we'll gloss over the extended fasts and concentrate on the effects of more narrow and achievable windows. This doesn't have to become a spiritual awakening, it's just a fitness one.

12. Performance Boosts

There's an interesting phenomenon that takes place in the later stages of the fast. Adrenaline and noradrenaline start to spike. The body isn't going to roll over and accept the lack of food. These hormones work to raise the heart rate, mobilise fuel, and ready the system for battle. In one respect, the fuel that's being mobilised will be largely fat at this stage, which is another feather for our weight busting cap.

In the context of performance, you will often find an extra boost of energy in training sessions placed late on in the fast. At the least, you're not going to be treading through treacle for the workout's run-time.

FASTING IS VERY MUCH BARBELL FRIENDLY



An Extra Layer For The Programme - Carb Cycling

It's been simple so far, but now the heat's going to ratchet up a little.

There is one more thing that we'll be adding to the diet, and that's carb cycling. During the week, you'll go through 2-3 days of low carbs, followed by a day of higher carbs. You'd be right in thinking I've just made it more complicated, but the results will be worth the extra brain furrows.

Fasting itself is designed to speed up fat loss by increasing insulin sensitivity and emptying glycogen. And as it happens, there's another form of dieting that works through the same channels. So we're going to throw it into the mix.

When you look up how much carbs make up low carbs, you might find the numbers are defined loosely. But here we'll keep it to 60 grams or less. 60g for men, 30g for women. No grains, no sugar, just a smattering of vegetables, nuts and dairy to make up the total.

Carbs are by far the main instigators of insulin. Protein and fats also prompt insulin, but nowhere near the same level. So I'm not going to start on a rant that sugar is the root of all evil, but for the purposes of 30 days of speedy fat loss, it will be worth keeping them on the shelf.

Keeping carbs at a low level will repeat many of the same things that fasting does. Increased insulin sensitivity due to the lack of sugar spikes, which consequently prevents fluctuating hunger. Glycogen, which is stored sugar, will also decrease faster due to the lack of supply. What we'll see here is the amplification of the boosts already created by intermittent fasting.

Low carbs, when combined with fasting, will drive the body to rely even more on fat for its fuel. That's essentially striking gold when it comes to easy and consistent weight loss.

The issue that we'll be tempting into existence, is the complete abandonment of the diet due to the fact that most, if not all, of the foods that you like are being shovelled over to the forbidden list.

Cereal is off the menu, in case you were just going to move that over to lunch instead for your fast. Bread, pasta, rice, potatoes, sweets, are all binned.

Some of you might be able to make the jump without an anxious sweat. Using fat, as ketones, for fuel can often lead to a constant sated feeling with hunger almost rubbed from existence. Mental energy can also be felt to improve as the brain switches energy sources.

But that's not going to be the case across the board when it comes to the readers of this programme. There will be people who find the transition too abrupt, and their cravings for all things carbs may become an unbearable nuisance.

And then there's the problem that arises with training, and the goals of building muscle. Glycogen is the primary source for high intensity activity, which includes trying to lift heavy. If glycogen is bottoming out, you can't be expected to throw weights around.

That's where the cycling part comes into play, the inclusion of a day of high carbs that solves both issues. Foods are slotted back on the menu, and glycogen is replenished. It stops the programme from becoming overwhelming.

Everyone's weekly routine is a little different, so I've laid out two different versions of carbohydrate cycling across the week. Pick your preferred version, or test out both over successive weeks.

Carb Cycling - A Version

Monday - Low Carbs
Tuesday - Low Carbs
Wednesday - High Carbs
Thursday - Low Carbs
Friday - Low Carbs
Saturday - High Carbs
Sunday - High Carbs

Carb Cycling - B Version

Monday - Low Carbs
Tuesday - Low Carbs
Wednesday - High Carbs
Thursday - Low Carbs
Friday - High Carbs
Saturday - High Carbs
Sunday - Low Carbs

If you’re worrying about what foods can be included in a low carbohydrate diet, and what can’t, don’t worry. The guide is on page.

Fast Away The Fat - Key Tips For Smooth Sailing

I’ve explained the reasons why Intermittent Fasting can be a real force for sustainable fat loss, but it’s another matter to be able to execute it. At the end of the day, it can be a radical change to many of your lifestyles. If you’re unable to get settled, the initial excitement of starting a new promising diet can fade, and your routine will revert back to the norm.

With all the issues that can flare up, the hunger and angst from skipping breakfast being foremost, it would be worth arming yourself with a list of hacks that can suppress these symptoms and make adhering to the diet a lot less daunting. Bar a few unlucky days where life gets in the way of the tried and tested routine, getting to the end of the fast won’t feel like an almighty slog.

Fast Away The Fat - Hacks

1. Just Wait A Little Longer

The first one up is also the one that is the most important to be stressed for cultivating a winning approach to fasting. Everything else in the day may be set perfectly in place, and it would still come down to your mental ability to wait out a few more moments of nagging hunger in order to progress to the promised land of mental comfort and physical energy.

So when you arrive at that early point in the day where you aren't sitting down and tucking into a bowl of cereal, the mind will create a fuss and send signals for the stomach to join in the protest. It might build into the state where you feel like you have no option but to cave in, and this is where you need to trust in the fact that hunger is mental and momentary.

Obviously that truth won't apply to everyone out there. Hunger may take on an urgent state that needs a quick fix. This is known as somatic, or physical hunger. The deep-rooted drive for food felt when a person is famished. Unless you're jumping into the diet at 5% body-fat and malnourished, this is not happening within 24 hours.

Instead, what we experience is most likely limbic hunger. An emotional need for specific foods that occurs when one is not starving. Fasting enables you to meet this, experience it, and push past it. With practice, emotional hunger shows up with less and less intensity, enabling an altogether gentler picture for dieting.

So chances are, you just need to wait. Within 15 to 30 minutes, the feeling should have passed. Exhale and continue about your day.

2. Meal Prep

Plan ahead of time. There will be days that will find you arriving at the end of the fast: tired, angry, and with complete disregard for regular portion sizes. Oh there's nothing in the fridge?

'Time for a takeaway.'

'I think I really need that second helping of rice.'

I'm not saying that ruins the week, it's just very easy to get into the habit, to the point where it becomes a rampaging train that's difficult to stop.

But what if there was already a meal waiting? Even if you would prefer something fresher, it's there, you've already committed. Quick zap in the microwave and you can tuck in. Going one better and fixing up 2-7 servings at a time saves a lot of time and a lot of heart-break.

3. Start The Fast Earlier

The later it is, the more tired you are, the easier it is to overeat compulsively. Willpower won't be particularly high at this stage, so it's best framed as a danger-zone. High threat, out-of-bounds. But it's an easy fix if you can relax enough on your evening traditions. End the eating window around 6PM, slamming the door on late-night temptations.

A bonus reason: eating too close to bedtime can make the body a little too busy, diverting energy from recovery to aid digestion, and leave you waking up finding yourself in a worse state than the evening before.

4. Keep the munchies out of the room

And out of the house for better effect. The more steps you have to get through in order to get your hands on some junk food, the better. If that bar of chocolate is lying on the table at arms reach, it's going to disappear within the hour. Which was probably the idea anyway, but testing your willpower like that will never be a winning battle.

At the risk of going full militant on your domestic game, try to prevent these foods from gaining easy access to you. Out of sight, out of mind.

5. It's Time To Bring Up Protein

What's the great equaliser in the myriad of diets that work? It's high protein intake, believe it or not. Atkins, Paleo, The Zone, they all insist on a level of protein that is larger than what the average person cooks up. The aiding features of this macro-nutrient are special enough to warrant their own list, but I'll keep it concise.

Protein is the most satiating of the three macros, is necessary for holding on to lean mass, contains numerous nutrients, and has the wonderful effect of stabilising blood sugar levels.

Each of these play crucial roles in making fasting into an easier affair. In particular, keeping blood sugar levels from falling dramatically will help you avoid the sugar cravings that inevitably follow.

So whenever you're planning your next meal, start by selecting a protein source at its base. Which leads us on to the next slice.

6. Raise Fat

Fat calories come up as a close second for the purposes of keeping the embers of hunger from sparking to the forefront. Contrary to generic food labelling, they're not a hazard for diets. Good quality fats are easy to find, and while being energy dense, are actually reasonably hard to overeat on as these sources aren't especially addictive. Fats like live oil, animal fats, eggs, contain many extra nutrients to go with the gift of quelling the stomach for hours at a time.

Carbs on the other hand, are far more enticing and lay down the carpet for compulsive snacking. The feeling of fullness that might immediately follow doesn't stay for long. The due date of the next meal will now look impossibly far away.

7. More Fibre

Carbs aren't that suitable for fasting. Unless you pile up on the fibrous versions. That doesn't necessarily mean picking whole-grain bread instead of white, that won't make a huge difference. The GI, which judges how quickly it raises blood sugar, is roughly the same. Carbs all end up being processed into sugar once they enter the body, and options like bread are a mere few steps away from being broken down. So next time you reach for a half dozen slices of toast, it might be worth imagining that plate to be a mound of sugar.

The much-hyped and traditional white rice is not much better. Going for a legume like chickpeas however, will be a much better option. The GI of chickpeas is 36, matched up against white bread's 70, and whole wheat's 64. Green vegetables would also work well, they just don't provide as much energy unless you go by the bucket.

This means blood sugar will be far more stable, less prone to crash after a large meal, which is going to be the set-up in this fasting programme. The fibre plays a big part in keeping GI low, by slowing down the digestive process, allowing the body the time it needs to absorb the nutrients.

8. Use Salt Liberally

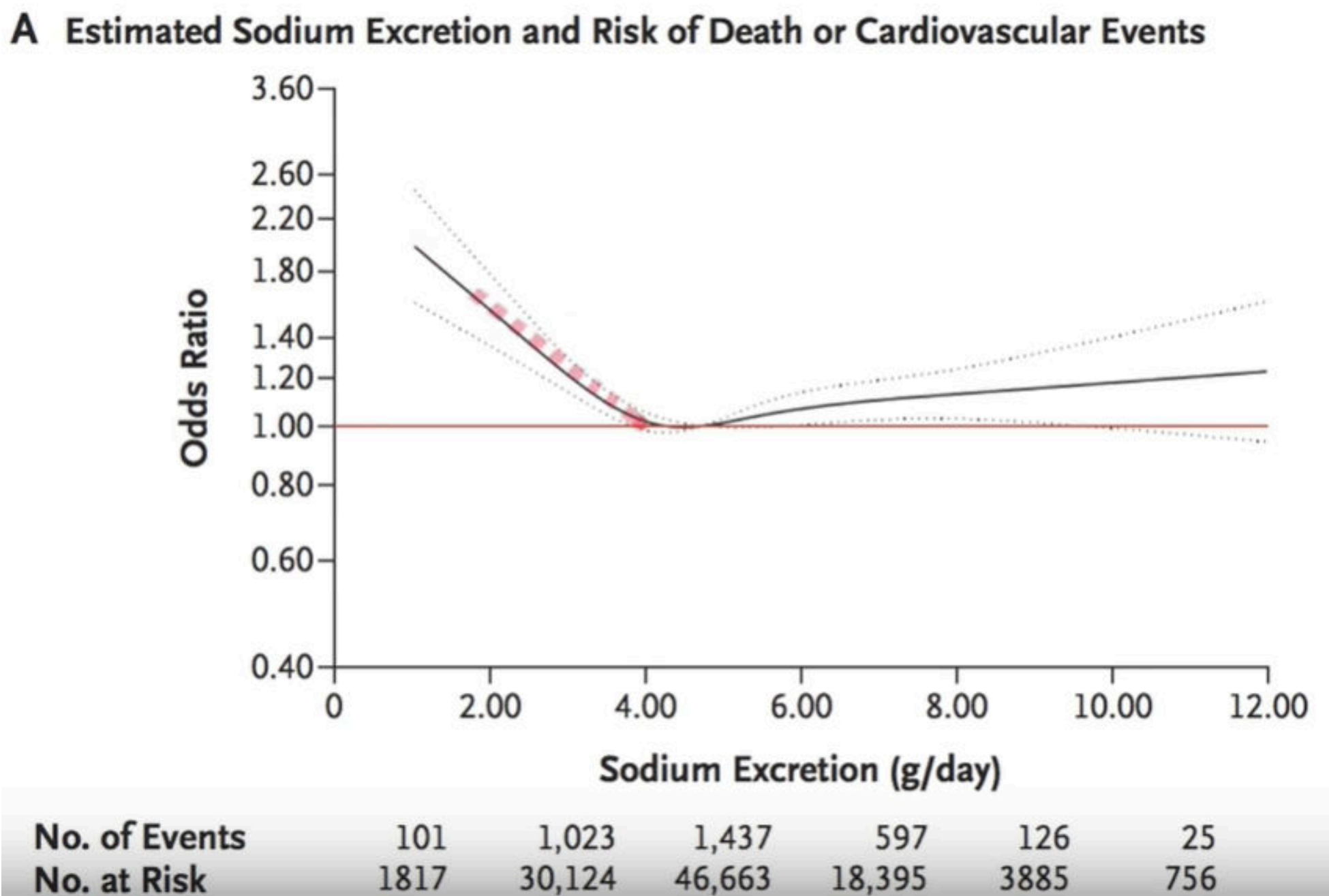
Salt has been much-demonised, once it was correlated with high blood pressure and heart disease.

So this is naturally a topic where you'll be well served to do your own research, rather than taking my points and running with it. I'll hold my hands up and admit that I'm not a doctor, or any specialist for that matter.

The WHO (World Health Organisation) recommends the limit for sodium being set at 2 grams per day. Which is at poverty levels. That's less than a teaspoon of salt. There's not one country that's managed to get their intake below that milestone, and maybe there's no point in trying. Over recent studies, it's been shown that excessive sodium intake of 6g produces a smaller spike in heart risk than eating under 2g, at which point the line skyrockets. There's seemingly more danger in taking too little. Especially when concerning fasting.

During fasts, the only real danger can be due to dehydration, which concerns the loss of minerals from the body. It won't be a health risk within our 16-24 hour time-frames, but it will throw a spanner into the mix. Lethargy, brain fog, dizziness, hunger, are typical side effects of inadequate sodium levels. So peppering the stuff all over your main meal will be an excellent way of preventing that. A full teaspoon does the trick.

In case you're understandably worried, any issue with sodium levels can be balanced out by taking in plenty of water and potassium in the same meal. This would be a pick of any greens, which should be in your toolkit nonetheless.



Sodium Intake Against Cardiovascular Risk

The study shows an increased relative risk with intakes lower than 4g, compared to taking over 6g per day.

9. Hydrate Plenty

Much of the purpose of fasting is forming a better connection with hunger, just as I mentioned in the first point. Often what you perceive as hunger, is merely a niggling mental itch that is ready enough to go away if it's ignored long enough.

Consuming extra water has no real downside unless you go in too competitively, and allows you to temporarily fill up that empty feeling in the stomach. Along with optimal salt intake, it will also ensure that the body stays fresh and hydrated through the latter stages of the fasting spell.

Most of us drink under 2 litres of water a day, which is already sub-par for any individual. Dehydration hits the body long before the brain starts to send out a few signals that it can use a little more water. That doesn't mean it's unnoticeable. The biggest tell would be that it's been a few months since you last saw clear liquid hitting the toilet bowl.

Now we couple in the effects weights and cardio, and the body now needs a serious dose of extra in order to continue performing. I'd set the minimum recommendations at 3 litres for women and 4 for men. For inexperienced drinkers, it may be a scarier jump than the task of extending the fasting. But this skill is easy to practise, and only gets better. Getting hands on a 2 litre jug would be the first point of call in order to make hydration a convenient feature of your day.

I would advise against drinking bottles of diet coke to get there. Technically, there's no extra calories being ingested, but the effects of artificial sweeteners on fasting is difficult to discern. Even if a sweetener doesn't spike insulin levels, it would stand against the abstaining willpower you're in the midst of building.

The best call would be to play it safe and stick with water, tea, coffee, with no sweetening additives thrown in. That doesn't mean no flavour. Peppermint for instance, would be absolutely fine.

10. Use An App

Finally, make a game of it. Set marks so that you can come back and take them down. A simple app like Zero Calorie Fasting can record the length of your fasts over the month, compelling you to stick with it until the timer ticks over the 16 hour milestone. Now it becomes competitive fasting, and that's not as dangerous as it sounds.

3

SETTING UP THE DIET

Beyond Fasting - Setting Up The Diet

Calculating Your Calories

And now we're rolling it back to the truth of calories. It doesn't matter how long you're fasting, if it doesn't end up with you in a deficit. I use IF for weight gain, just like I would with fat loss, and it works perfectly fine. The calories go up, and the scale begins to climb. You can't mess with basic physics.

The assets of IF are in curbing hunger and an easy way of limiting food intake. What will outline now is going to be far more manageable when set within the confines of a narrow eating window.

Now, there are a host of calculators readily available online, and they will all point to a similar range of calories. But they're all going to be estimates. Ones that will be close to the mark, but still guesses. There are simply too many things going on in the body to accurately measure.

There's the Resting Metabolic Rate (RMR), Thermic Energy Of Food (TEF), Thermic Energy Of Activity (TEA) and Non Exercise Activity Thermogenesis (NEAT). The last one in particular can jump wildly from person to person, and can be the key player in people with inexplicably slow or fast metabolisms.

So I'm going to go ahead and keep things uncomplicated. Instead of using one of the long-winded calculations, we'll just multiply your weight in pounds by 10-11 to get the calories. 10 for women, 11 for men. That gets you to the same range that the other equations occupy.

For example, a 200lb male gets 2200 calories. A 120lb female is dealt with 1200. Maybe those cookie-cutter diet programmes aren't too far off the mark.

Now For The Macros

Protein

Once you've figured out what calories you have gathered in your budget, it's time to divide the quota amongst the three major types of nutrition. Protein, the protagonist. Fats the right hand man, and carbs to make up the numbers. I'm once again going to go with the route of simplicity.

That being said, taking protein above 1g per lb has no real effect besides restricting how many calories can go from the budget into fats, so I wouldn't go above that mark.

Protein Recommendation

1g Per lb For Men

0.8g Per lb For Women

To illustrate this, we'll bring back our examples of a 200lb male and 120lb female, who can now be named Gary and Sue.

Gary gets 200g of Protein

Sue receives 96g. We don't have to be super strict about this number. A 20% margin can be allowed.

Fats

While protein stays at a consistent number from Monday through to Sunday, fats and carbs will be the macros that change places during the carb cycling. Depending on the day, one of them will make up your main energy source. It's quite likely that you'll be able to determine over the next 30 days, whether one of them suits you better.

On low carb days, fats will be high, with carbs set to 60g. So the amount of fat can be calculated from the following equation.

$(\text{Your Calories}) - (\text{Protein Grams} \times 4) - (60 \times 4) \div 9 \text{ (Fat Calories)} = \text{Fat Grams}$

So taking the example of our budding fasters.

Gary

$$(2200) - (200 \times 4) - (60 \times 4) \div 9 = 128\text{g Fat}$$

Sue

$$(1200) - (96 \times 4) - (60 \times 4) \div 9 = 64\text{g Fat}$$

As for high carb days, the extra calories are taken from fat. This can be done by setting the fat at 15% of total calories.

$$(\text{Your Calories}) \div 100 \times 15 \div 9 = \text{Fat Grams}$$

Gary

$$(2200) \div 100 \times 15 \div 9 = 37\text{g Fat}$$

Sue

$$(1200) \div 100 \times 15 \div 9 = 20\text{g Fat}$$

Carbs

The last macro-nutrient can be easily selected by subtracting protein and fat from your total daily calories. So it will work out like this.

Low Carb Day

Gay - 60g

Sue - 30g

High Carb Day

$$(\text{Your Calories}) - (\text{Fat Grams} \times 9) - (\text{Protein Grams} \times 4) \div 4 = \text{Carb Grams}$$

Gary

$$(2200) - (37 \times 9) - (200 \times 4) \div 4 = 267\text{g Carbs}$$

Sue

$$(1200) - (20 \times 9) - (96 \times 4) \div 4 = 159\text{g Carbs}$$

And that's the bases covered. There's always the topic of micro-nutrients and total fibre intake, but this is already running the risk of turning into a fully fledged novel. So instead of saddling up another layer, build your meals by borrowing from the food recommendations on Page 48. That will be enough to ensure that the diet scores across all areas.

Protein Recommendations

Reaching the protein target may be a struggle if you're old fashioned and not used to having more than a slither of meat on your plate. But once you step up the portion sizes, it gets a whole lot easier.

The general rule of thumb is that a portion of protein shapes up to the size of a clenched fist. If you're in the habit of reading labels and weighing everything you eat, aim for at least 20 grams of protein per meal.

The chart that follows will list out practically all the available proteins, but here's the gist. Animal meat and protein powder make up the best options for quality and quantity. That's not to say that it's going to be omnivore or bust, you'll just have to eat a little bit more protein sources to get there as a veggie.

Beyond the two classic suspects, low fat dairy and eggs are also sizeable sources for protein. They make up the second stage for preferred sources.

For Vegans

There's still hope, you don't have to wave goodbye to the chances of ever seeing your protein count stack up above a hundred grams. Vegan protein powder is widely available, and actually comes flavoured these days. Which is a necessity, as I found out a few years ago when I decided to go the student route and budget in some unflavoured chickpea protein. That does wonders for testing out your gag reflex.

Speaking of chickpeas, they'll make a fantastic carbohydrate source due to their high fibre count and reasonable protein boosts. Other legumes will also make for smart carb choices. You could even work it into a low carb day due to the relatively insignificant carb portions.

SEE PAGE 48 FOR THE FULL LIST OF FOOD RECOMMENDATIONS

It's not all rainbows with legumes, although it's borderline. Excessive amounts may take a little while longer to settle and digest, so you might find that you have to keep it to within 200g or so to prevent gas and other GI distress.

The Danger List

There aren't any particular proteins that need to be avoided. That being said, soy protein sources can be pro-inflammatory for some individuals. They're found in most protein bars, and veggie meat alternatives, so it would be worth paying attention to how you feel after putting down a sizable amount.

Fats

Fatty foods are often divided into healthy and unhealthy categories. Saturated fats, which for the most part are animal products found in meat and dairy, have been consistently demonised as the weapon of cardiac disease and other unsavoury ailments. Vegetable fats, found as nuts and oils, are held up as the heart-friendly variety.

This is another classic myth built up from the science-heavy 1950's, that we'd be taking at face value at the detriment of our freedom to pick from a diverse range of foods. When scanning through snippets of research studies, saturated fats can be linked with cardiac problems in just as much as they can be framed as doing the opposite.

Many of these studies are helmed or scanned and publicised by people who are looking for any clues that match up with the beliefs already imprinted in their heads. There is simply too much money to be made in marketing of nutritional research, and that makes reading into a snippet from the daily mail health section a little tricky.

Without getting carried off, let's back to the matter of saturated fats. A simple middle-of-the-road plan is to place it on a spectrum. Too little, and you run into insufficient hormonal problems that can wreck a diet by grinding the body down and turning each day into a game of survival.

Go for too much, and the calories start to spill over and scrub your deficit off the board. We'll stick with the range in between, by avoiding most dairy fats, and animal fats over 20%. Besides bacon, that's just too delicious to drop.



SATURATED FATS GET DEMONISED, FOR NO GOOD REASON

Saturated / Animal Fats

There's a wealth of options available, and it's not worth passing up on as long as you're not otherwise ethically or practically inclined. You're getting the bulk of your protein targets in addition to the fats. In fact, there's a carnivore diet that's been picking up steam amongst the fitness community.

Not that I would recommend it, as I haven't looked into it, but the fact that people have gone through significant periods of time dining on just meat, without any health problems, seems to suggest that animals alone can cover most of our nutritional bases.

Fatty fish, such as salmon and mackerel are ridiculously healthy thanks to the additional inclusion of Omega 3's, which are essential for the body and anti-inflammatory. Beef, especially grass-fed, has a host of extra boosts to minerals and vitamins such as iron and B6. Eggs are a source of cholesterol, which is the base of hormone production, and acetyl-choline, a chief instigator of neural focus. Full-fat greek yogurt and reduced fat cheese are an important provider of calcium. Chicken thighs and pork also make good options, especially for varying up the flavour. Weeks of starting your day with a small heap of boiled eggs and tuna might start to grind on you.

Unsaturated / Vegetable Fats

Unsaturated fats, which include both the monounsaturated and polyunsaturated kinds, are also a great fit. Good quality olive oil contains polyphenols, while making for the easiest of fat fixes for your dinner plate. Just get the rest ready, the meat, the carbs, the veg, and slam down the olive oil coating.

Nuts are also wise choices for their flexibility. Ground down, or bought as a nut butter, they can be mixed into home-made recipes for protein snacks. Coconut oil isn't the flavour of the year anymore, but it's still the same product that it was in 2015. Avocados can be made into guacamole that also covers the problem of saucing up your bland dishes.

The Danger List

Refined vegetable oils have poor nutritional content and come saddled with guilt of adding to the environment debt.

Most baked and dairy goods often have excessive amounts of fat calories thrown in with measly levels of nutritional quality. The latter issue can spell the end for the diet. If you're settling for a caloric deficit, the best thing to do is make sure that those calories come loaded with tons of fibre, minerals, and vitamins. Doing so will help you maintain great energy levels in spite of the fact that you're technically starving yourself.

Carbohydrates

On Low Carb Days

It's worth making a point to recap on how many unsuspecting foods still have carbs, or sugar. Fruits, grains, potatoes and sweets are the obvious options, but the list goes on. If you don't get handle on it, your low carb day might not end fulfilling its duties. Nuts contain a moderate amount of sugar, as do dairy and legumes. That's not to say they're de facto banned from low carb days, you just have to be sensible and avoid them piling up over the 60g ceiling.

Vegetables do contain sugar, but for the most part, they're balanced out by indigestible fibre, and can be eaten in any amount. I'll draw the line at green peas and carrots, because the calories can start to climb. Tomatoes are fair game, and make for great sauces.

On High Carb Days

Legumes, such as chickpeas and kidney beans, make for ideal sources thanks to their low calories, low GI index, and high fibre content. You'll be getting the most out of your budget, and staying away from hunger-sparking sugar spikes. Sweet potato runs them pretty close, while lending a bit more flavour.

Rice, rice cakes, tortilla wraps, and pasta can be added from there to make up the numbers. Eating a thousand calories worth of high fibre foods might sit a little too heavy in the stomach, so more refined carbs are less intense alternatives.

The Danger List

Bread, sweets, and fruit juice are nutritionally sparse and likely to mess up with the whole insulin transformation we're orchestrating here. So for the purpose of making the diet an easier process, I'll advise against them.

The cravings might be enough to get your fingers to start twitching towards the takeaway, but try to hold firm. Treat them like you would a bunch of noisy children throwing tantrums to get your attention. The longer you ignore them, the quieter their protests get. On the other hand, letting them win just invites the same situation to repeat itself a few hours down the line.

Training - A Hidden Exception To The Carb Rule

For many of you, the only time you can train is at a stupid hour in the morning. You might find that it's impossible to find enough energy at this point just to stop your shoulders slumping as you head towards the squat rack.

Even if you're lucky enough to be training in the afternoon, long enough to get your fingers warm and get your first meal in, you still might feel bogged down by the fact that it's a low carb day. And that's understandable. Weight training is a huge drain on glycogen, and if you're running in with low levels to begin with, the gym isn't going to be spectacular.

So here I'll recommend 25g dose of sugar for women, and 50 for men, to be taken during any resistance workout. Not that the difference in metabolism is that high between genders, women just preferentially burn more fat during training, so wouldn't need as much sugar fuel.

How you pick the sugar source is up to your preference, but the easiest options are to either get a pack of flavoured dextrose powder to dump in your shaker, or get a pack of gummy bears to snack on during the session. The key thing to note here is that these carbs are not included in the daily calorie count. They're to be kept off the books.

It may sound like a contradiction to the objectives of this fat loss programme. But the carbs won't interfere with fat burning, despite what I've said on my insulin soapbox. Once you get in the gym, the goals change. It's not longer about fat loss, it's about training the muscles with as much weight as your technique can muster.

When you finish the session, it's back to the status quo of furthering fat loss. The more muscle you can gain, or retain, the easier it will be to shift unwanted weight in your off time. And regardless of how many puddles of sweat you can leave on the gym floor, there's going to be far more calories burnt in the 23 hours left in the day.

And as far as the insulin spike goes, that's going to be rapidly cleared out by the muscles during the course of the training session. It ceases to be an issue in the aftermath.

The benefits of getting more weight on the bar, and getting an early start on the post-session recovery process, makes the sugar a worthwhile addition. Not to mention, it's a green light for picking up a packet off the sweet aisle on your way to the gym, adding that extra layer of excitement for the pre-workout ritual.

The Sample Meal Plans For Gary And Sue

Naturally, due to the huge scope for variety between individuals based on weight and gender, I won't be able to set down a plan that's going to work for everyone here. That's not mentioning the issues with ethics, tastebuds, allergies, and such that create great divides amongst our palette. But I can use our friend to give you an idea on how it could be set up for an individual budgeting for 2200 calories. From there, it will be the simple matter of reducing the portion sizes, swapping in your preferred foods from the Meal Builder template, and whittling it down or inflating up to fit calorie targets.

A calorie counting app like MyFitnessPal will be a great choice to go along with this programme. Just keep in mind that the nutritional data are often user-generated, and some foods may be completely off the mark. If you're wondering why 100g of Bananas have 2000 calories, don't strain yourself.



HEAD TO PAGE 49 & 50 FOR THE MEAL PLANS

How To Fix Slow Weight Loss

Given that the calorie formula only provides an estimate that can sometimes be too far north or south of the mark, you will have to pay attention to how your weight changes over the first week of the programme.

The best course from the outset will be to weigh yourself daily, in the morning with the robes off, and record the weights in an app, or an excell sheet if you want to practice your skills. That will allow you to write off any anomalies that crop up. Higher salt content, carbs, fiber, and fluctuating hormones can all seriously tamper with the numbers blinking under your feet. Put the days together and go with the average of the first week.

Situation A : Losing 2+ lbs In The Week

Pat yourself on the back and keep going. Don't change a working system.

Situation B : Losing 1-1.5 lbs In The Week

Pat yourself on the back and keep going. There's every chance it's going to pick up in the next week, and it's one worth taking. Drop 5% of your calories if you're feeling twitchy.

Situation C : Losing -1lbs In The Week

There's still the possibility of water weight schewing the scales, but it's 30 days, so we don't have time for patience. Drop 10% of your calories, just make sure that's not cutting below your protein requirements.

Situation D - Gaining 1+ lb In The Week

Wipe away the tears and turn the situation into a win by calling this the beginning of your mass gaining phase. Live large, leave a giant coffin.

4

THE FAST PLAN

RESOURCES

GENESIS PORTION GUIDE

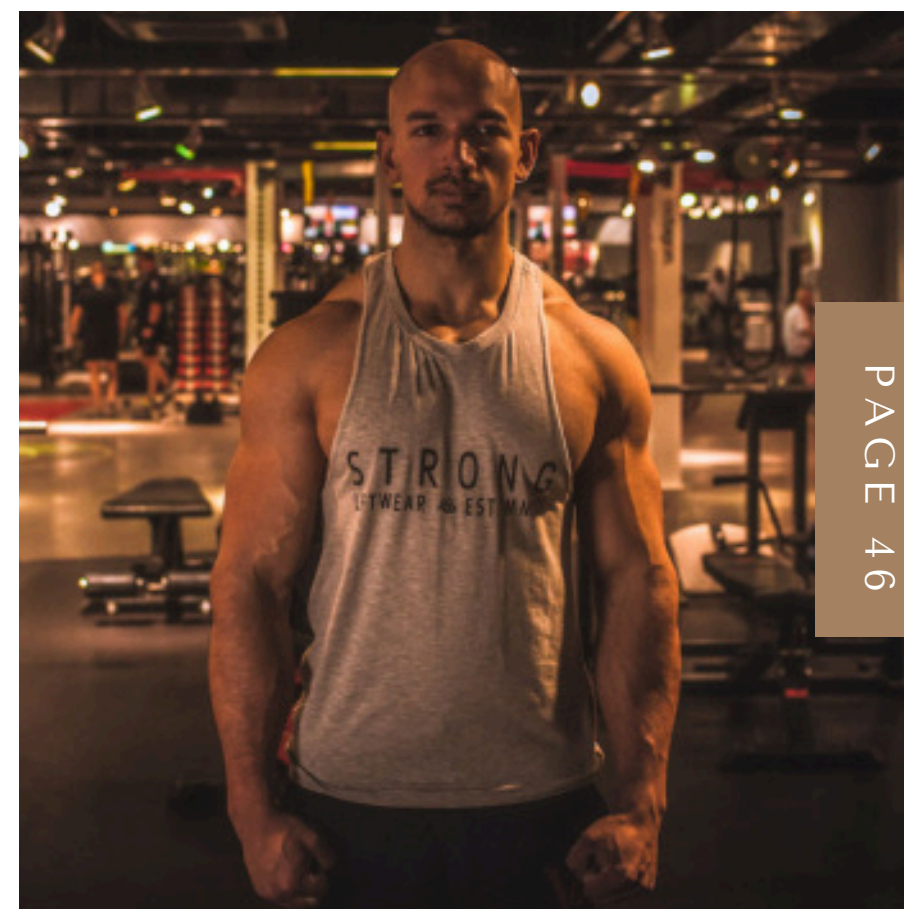
MEAL BUILDER

MALE SAMPLE MEAL PLAN

FEMALE SAMPLE MEAL PLAN

WEEK 1

- 16-18 HOUR FASTS
- 3-4 LOW CARB DAYS PER WEEK
- 2 MEALS, 2 SNACKS



PAGE 46

WEEK 2

- 18-20 HOUR FASTS
- 3-4 LOW CARB DAYS PER WEEK
- 2 MEALS, 2 SNACKS



WEEK 3

- 20 HOUR FASTS
- 4 LOW CARB DAYS PER WEEK
- 2 MEALS, 2 SNACKS



WEEK 4

- 22 HOUR FASTS
- 4 LOW CARB DAYS PER WEEK
- 2 MEALS, 1 SNACK

GENESIS FITNESS PORTION GUIDE



15G
FAT FROM OIL



15G
FAT FROM NUTS



15G
FAT FROM NUT BUTTER



20G
OF PROTEIN



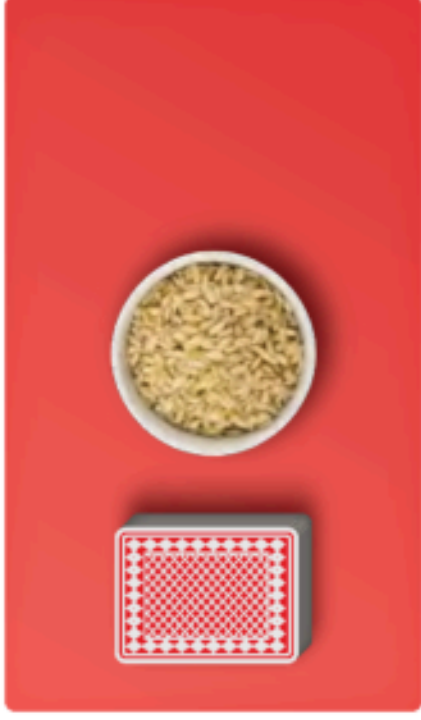
40G
OF PROTEIN



1 CUP
VEGGIES



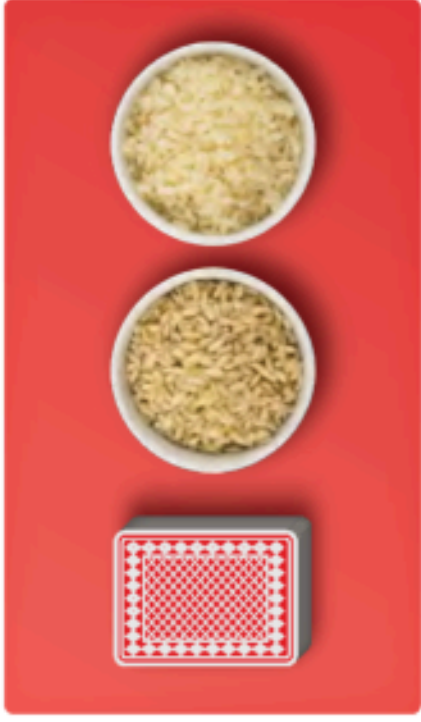
2 CUPS
VEGGIES



30G
CARBS FROM GRAINS



30G
CARBS FROM FRUIT



60G
CARBS FROM GRAINS



60G
CARBS FROM FRUIT

	Super Healthy - Maximise	Healthy - Maximise	Moderate - Portion Control	Unhealthy - Restrict to Cheat Meals	Avoid
Protein	Any Meat 10% Fat Or Lower / Any Fish / Low-Fat Greek Yogurt, Cottage Cheese, Quark / Egg-Whites / Any Protein Powder / Skimmed Milk / Soya Milk	Semi-Skimmed Milk / Eggs / Full-Fat Greek Yogurt / Chickpeas / Soy / Seitan / Beans / Lentils	Meat - 12-20% Fat / Whole Milk / Fat Reduced Cheese / Nuts / Nut Butters	Meat - 25% Or Higher / Full-Fat Dairy	
Vegetables	Any Greens (Without Added Fat)	Beans / Tomato / Cauliflower			
Fats	Any Nuts / Avocado Oil / Coconut Oil / Olive Oil / Canola Oil / Any Meat 5-20% Fat	Any Natural Nut Butters / Full-Fat Greek Yogurt	Whole Milk / Fat-Reduced Cheese / Dark Chocolate / Cacao Powder / Real Mayo	Full-Fat Dairy / Chocolate / Butter / High-Fat Sauces / Bakery Goods	Trans-Fats
Carbs	Sweet Potato / Rice / Rice Cakes / Whole Wheat Pasta / Oatmeal / Any Fruit / Any Legumes / Chickpeas / Beans / Quinoa / Green Peas / Lentils	Tortilla Wraps / Whole Grain Bread / Stevia Sweetener	Bread / 0 Calorie Drinks / White Potato	Sweets / Chocolate / Bakery Goods / Chips / Drinks Over 100 Calories / Fruit Juice	Soda

GARY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12PM Average per meal: 1000 calories	<ul style="list-style-type: none">• 400g Full-Fat Beef Mince• 10g Olive Oil• 100-200g Green Veg• Spicy Salsa Sauce	<ul style="list-style-type: none">• 400g Boneless Chicken Thigh• 10g Olive Oil• 100-200g Green Veg• Soy Sauce	<ul style="list-style-type: none">• 200g Full-Fat Beef Mince• 200g Boiled Chickpeas• 100g Crushed Tomatoes• Onion & Spices• 50-100g Green Veg	<ul style="list-style-type: none">• 400g Boneless Chicken Thigh• 10g Olive Oil• 100-200g Green Veg• Soy Sauce	<ul style="list-style-type: none">• Blend• 1 Protein Shake• 50g Peanut Butter• 100g Fat Greek Yogurt• 20g Olive Oil• 20g Frozen Berries	<ul style="list-style-type: none">• 200g 10% Beef Mince• 100g Basmati Rice Dry• 50g Low-Fat Sauce	<ul style="list-style-type: none">• 150g Protein• Granola or Any Low-Fat Cereal
3PM Average per meal: 200 calories	<ul style="list-style-type: none">• 250g Full-Fat Greek Yogurt• Stevia To Sweeten• 1 Protein Shake	<ul style="list-style-type: none">• 1 Handful Salted Cashew Nuts (20g)• 1 Handful Berries (20g)	<ul style="list-style-type: none">• 250g Skyr Yogurt Flavoured	<ul style="list-style-type: none">• 250g Cottage Cheese• 1/2 Protein Scoop	<ul style="list-style-type: none">• 250g Full-Fat Greek Yogurt• Handful of Blueberries	<ul style="list-style-type: none">• 250g Skyr Yogurt Flavoured	<ul style="list-style-type: none">• 3 Pieces Of Fruit
4PM Average per meal: 200 calories	<ul style="list-style-type: none">• 1 Protein Shake• 30g Peanut Butter	<ul style="list-style-type: none">• 3 String Cheese Pieces	<ul style="list-style-type: none">• 1 Protein Shake• 20g Cream Cheese• Coconut Milk	<ul style="list-style-type: none">• 1 Protein Shake• 20g Peanut Butter• 10g Chopped Nuts• 10g Dark Chocolate Chips• 1 Tablespoon Protein Powder• Dash of Coconut Milk	<ul style="list-style-type: none">• 1 Protein Shake• 50g Berries	<ul style="list-style-type: none">• 1 Protein Shake• 20g Cream Cheese• 50g Frozen Berries• Coconut Milk	
5:30PM Average per meal: 800 calories	<ul style="list-style-type: none">• 200g Salmon• 10g Olive Oil• 100g Green Veg• Soy Sauce	<ul style="list-style-type: none">• 2 Cans of Tuna• 2 Tablespoons Real Mayo• 100g Lettuce• Onion Flakes• 50g Tomatoes	<ul style="list-style-type: none">• 200g Salmon• 100g Dry Pasta• Light Salad Dressing• Veg	<ul style="list-style-type: none">• 250g 10% Beef Mince• 50g Cheddar Cheese Diced• Diced Pickle, Lettuce, Onions• 2 Tablespoons Mayo	<ul style="list-style-type: none">• 250g 10% Beef Mince• 50g Cheddar Cheese Diced• Diced Pickle, Lettuce, Onions• 2 Tablespoons Mayo	<ul style="list-style-type: none">• Free Meal• Low Fat• Under 1000 Calories	<ul style="list-style-type: none">• 100g Basmati Rice• 200g Salmon• Stir Fry Sauce• 200g Mixed Stir Fry Veg

SUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12PM Average per meal: 600 calories	<ul style="list-style-type: none">• 200g Full-Fat Beef Mince• 10g Olive Oil• 100-200g Green Veg• Spicy Salsa Sauce	<ul style="list-style-type: none">• 200g Boneless Chicken Thigh• 10g Olive Oil• 100-200g Green Veg• Soy Sauce	<ul style="list-style-type: none">• 100g Full-Fat Beef Mince• 100g Boiled Chickpeas• 100g Crushed Tomatoes• Onion & Spices• 50-100g Green Veg	<ul style="list-style-type: none">• 200g Boneless Chicken Thigh• 10g Olive Oil• 100-200g Green Veg• Soy Sauce	<ul style="list-style-type: none">• Blend• 1 Protein Shake• 20g Peanut Butter• 200g Fat Greek Yogurt• Almond Milk• 20g Frozen Berries	<ul style="list-style-type: none">• 100g 10% Beef Mince• 50g Basmati Rice Dry• 50g Low-Fat Sauce• Veg	<ul style="list-style-type: none">• 100g Protein• Granola or Any Low-Fat Cereal
3PM Average per meal: 200 calories	<ul style="list-style-type: none">• 250g Full-Fat Greek Yogurt• Stevia To Sweeten	<ul style="list-style-type: none">• 1 Handful Berries (20g)	<ul style="list-style-type: none">• 250g Skyr Yogurt Flavoured	<ul style="list-style-type: none">• 100g Cottage Cheese• 1/2 Protein Scoop	<ul style="list-style-type: none">• 2 Bacon Rashers	<ul style="list-style-type: none">• 250g Skyr Yogurt Flavoured	<ul style="list-style-type: none">• 3 Pieces Of Fruit
4PM Average per meal: 100 calories	<ul style="list-style-type: none">• 1 Protein Shake	<ul style="list-style-type: none">• 2 String Cheese Pieces	<ul style="list-style-type: none">• 1 Protein Shake	<ul style="list-style-type: none">• 1 Protein Shake• Almond Milk	<ul style="list-style-type: none">• Mix and Ball Up• 20g Peanut Butter• 10g Chopped Nuts• 10g Dark Chocolate Chips• 1 Tablespoon Protein Powder• Dash of Coconut Milk	<ul style="list-style-type: none">• 1 Protein Shake• 50g Berries	<ul style="list-style-type: none">• 1 Protein Shake• 20g Cream Cheese• 50g Frozen Berries• Coconut Milk
5:30PM Average per meal: 300 calories	<ul style="list-style-type: none">• 100g Salmon• 10g Olive Oil• 100g Green Veg• Soy Sauce	<ul style="list-style-type: none">• 1 Cans of Tuna• 1 Tablespoons Real Mayo• 100g Lettuce• Onion Flakes	<ul style="list-style-type: none">• 100g Salmon• 50g Dry Pasta• Light Salad Dressing• Veg	<ul style="list-style-type: none">• 100g 10% Beef Mince• 30g Cheddar Cheese Diced• Diced Pickle, Lettuce, Onions• 1 Tablespoon Mayo	<ul style="list-style-type: none">• 100g 10% Beef Mince• 30g Cheddar Cheese Diced• Diced Pickle, Lettuce, Onions• 1 Tablespoon Mayo	<ul style="list-style-type: none">• Free Meal• Low Fat Under 500 Calories	<ul style="list-style-type: none">• 30g Basmati Rice• 100g Salmon• Stir Fry Sauce• 200g Mixed Stir Fry Veg

5

THE WEIGHT PROGRAMME

For The Purposes Of This Programme

Recommended
5 Sessions Per Week

Pass
3 Sessions Per Week

Weight Training For Fat Loss - Why Most Get It Wrong

Success in the gym and seeing real progress in shape is going to be massively reliant on your ability to train properly. So we're going to have to address that with a programme that runs alongside the fasting protocols.

The objectives for resistance training are simple, but something that droves of gym-goers struggle to grasp. Lift more weight. Train harder.

When the standard fit person adjusts his or her training for fat loss, they tend to head off eagerly in the complete opposite direction. They bring the weight down and raise the reps to get the workouts to reach lung-busting levels.

Guys do it, girls do it, all in the name of the holy grail of the 'Tone Zone'. That is, shredding down to reveal the hard muscle underneath.

Here's the mistake. Looking past the fact that this is a myth, that you have to actually build the muscle first in order to see it, tone zoning is completely inefficient for the purposes of fat loss.

By teaming up with the crossfit cults and training in this barbaric manner, you're increasing your workload as your calories decrease. You can think of a caloric surplus and deficit as taking the shape of building blocks. When you're in a deficit, there isn't going to be any energy left over at the day's end.

So your ability to recover from an intense session is going to take a knock. And by that I don't mean you should go full sloth mode and start hibernating for five minutes between sets of wrist extensions.

You should still be looking to up the ante and train harder on a weight loss programme, because embracing discomfort is a key mental asset for dieting. I'm merely saying that once we've entered the state of a deficit, energy is now a premium commodity, and spending it on lighter weights is a poor use of precious ammunition.

There are four major reasons why high reps make for a terrible idea on a diet, and often lead to the premature end of whatever programme you managed to pick off instagram.

1. There's A Great Shot At Losing Gains

Muscle is going to be worked the most by one mechanism: weight on the bar. Throwing that aside in order to get the satisfaction of wringing your shirt over a bucket at the end of a session, will significantly increase the chances of losing precious mass.

2. Which Leads To Less Fat Loss

Muscle is the trinity of your wife, child, and best friend while on a diet. There's going to some of you who are hyper-focused on getting rid of the wobbly stuff and couldn't care less about lean mass that gets taken out along the way. Unfortunately, as with most things in a diet, all these mechanisms are heavily reliant on each other in order to succeed.

Muscle loss in the context of weight loss, leads to smaller drops in fat. There is potential for larger amounts of weight loss, but that's coming at the cost of muscle, and that side effect can deal the diet a quick death.

Drops in lean mass throw a switch in the body, which goes from defense into attack, driving up your chances of weight regain. The hunger hormone ghrelin rises and the metabolic rate slows down. All of a sudden, you'll be swimming up against a current of grief.

3. You'll Lose Intensity

Stomping into the gym on your first session with your headphones blasting out Eye Of The Tiger, may be setting you up for a fall. Whatever effort you can conjure up in the gym will only get worse as fatigue starts to buffer up over the weeks that follow. The fight we're having is over a downward slope.

Without the extra calories left over at the end of the day, as would be happening in a surplus, the body's simply not going to have the means to build you back up at the end of the day.

4. Possibly Get Injured

This fatigue, along with costing intensity, is going to spoil your technique and adeptness at wielding a barbell. While you can fling and froth around machines to your mind's delight, doing the same with a piece of free weight can be highly dangerous. All it takes is one false twist of the torso, a little wobble, and the gravity of the weight is now sitting in exactly the place it shouldn't be. The unstoppable force meets the moveable object, and something snaps.

Any decent injury will rob you of the ability to train seriously, and can easily just dump you out of the gym altogether. In which case this programme will be regressed to fasting and long crutch-assisted morning walks.

But at least the physios will love you.

In Short

The primary focus of weight training during a diet is to keep the muscle. Losing those hard-earned pounds will only offset the progress made possible through fasting, by metabolic slowdown, heightened cravings, and a lack of obvious muscle tone as you diet down.

With low weight, high reps, you're setting up for an almighty struggle to make it through to the podium finish of reaching your target weight.

This programme will take you towards the safety of the opposite direction, and place the priority upon heavier resistance. With the focused rhythm that a fasting diet brings, there will be every chance for beginner and intermediate lifters to experience gains in muscle. Even if it doesn't turn out to be the case, you're going to be perfectly set to retain all the muscle you had stepping into the diet.

Why Women Should Train Differently To Men For Fat Loss

Before I get blindsided by a pitchfork, there's nothing particularly wrong with a girl getting her hands on a standard bodybuilding programme. It probably won't ignite her worst fears when she finishes her workout and turns to glimpse the mirror.

The issue is that while there's no realistic downside, as getting too bulky is a fantasy for just as many men, women training exactly like their counterparts won't match the relentless goal-breaching specificity that this programme looks to offer up. Gender to gender, we have a range of strengths and weakness, and different images of the dream body posterized over our minds.

If you're just starting to approach the idea of lifting a dumbbell, you probably haven't been spending much time looking out of the kitchen window and wondering about the gender differences and practicalities in training.

Here's a list of reasons that can clue you up, and set the stage for the following weight programme. In case you're curled up and getting ready for the inevitable bad news about how women have the picked up the evolutionary short-straw, stay still, don't change anything. But here's a quick spoiler: there are some upsides to being a woman looking to train for fat loss.

The List Of Gender- Related Differences

Men Have More Testosterone

And therefore have the chance to gain more muscle, it's that simple. Men produce 20 times more testosterone on a daily basis, compared with women. The difference is particularly stark in the upper body, where the distribution of testosterone receptors are higher. So women shouldn't get too nervous about packing on pounds of muscle over the 30 days. Even if you threw the fasting too the wayside and juggled the weights with tubs of ben and jerry's, you couldn't add enough muscle to turn bulky. That's no more than a myth.

The Fast Way Solution

The Male Programme will include more upper body exercises, due to the extra potential for muscular development there. If it's just the arms you really want, we'll unfortunately still have to find some space for legs for the purposes of maximising fat loss.

Women Don't Have To Rest As Long

Oestrogen still gets a bad rap. Over the years, it's often been connected with causing fat storage. But its effects are very much positive. For one, it actually limits fat gain in the stomach area. This is shown clearly in the transition to menopause, where oestrogen ceases to be the dominant hormone and often results in a hefty midriff.

In the context of training, oestrogen is anti-catabolic, protecting the muscle against excess damage. This is part of what causes post exercise soreness, keeping you clutching for the handrails as you navigate down stairways. It can end up being detrimental if you're unable to fully recover, limiting strength gains by the fact that you're rarely turning up at the gym in your best shape.

The Fast Way Solution

Thanks to oestrogen, that won't create as big of a problem in women, who will be better insulated from muscle damage. The Female Programme will include less rest in between sets and sessions, taking advantage of quicker recovery.

Training without adding specificity for your goals is just setting up for mediocre results that won't get much more out of you than the odd momentary flicker of motivation. It's not enough to keep yourself focused, and sticking to the straight and narrow. With all the interest of avoiding turning this into part cookie cutter programme, part junk, I'll set up two parallel-running programmes for men and women.

Generalising Glutes Vs Arms

I'm going to draw broad strokes across fitness-verse. There will be those who firmly stand outside of these camps, but for the most part we end up working with the physique ideals that most appeal to us.

The Male Programme

While having a flat bum is disastrous for anyone, guys will much rather train for hours and years on end getting their biceps to grow that extra half inch. That’s the calling card, the status symbol that Arnie referred to. For the purpose of building the desirable johnny bravo look, I’ll include a greater portion of upper body work. Except the legs still get steamrollered.

Monday : Push : Strength Focused
Tuesday : Pull
Wednesday : Legs : Strength Focused
Thursday : Cardio
Friday : Legs : High Rep Focused
Saturday : Upper Body : Strength Focused
Sunday : Rest

Muscle Frequency

Upper Body : 2 x Week
Legs : 2 x Week

The Female Band And Barbell Programme

Women will often be apprehensive about adding unwanted thickness with weight training, so the easy way to counteract the suspicion is by focusing on building areas that will make other spots look smaller and slimmer by the illusion of perspective. The best example of that being the glutes. Better shape, especially in the upper shelf of the gluteus maximus will heavily contrast with the waist, making it smaller without even any trimming taking place.

The upper body still gets love, but won’t need as much frequency as the legs will. If you’re just in it for the biceps, don’t worry, this isn’t going to turn you into a centaur.

The Weekly Training Split

Monday : Whole Body : Strength Focused
Tuesday : Whole Body : Leg Focused
Wednesday : Cardio
Thursday : Whole Body : Strength Focused
Friday : Cardio
Saturday : Whole Body : Upper Body Focused
Sunday : Rest

Muscle Frequency

Upper Body : 4 x Week

Legs : 4 x Week

Built For Strength & Shape

Week 1 - Week 3 - The Strength Phase

Both programmes will be taken through a strength block, the reps will decrease gradually from 10-12 on Week 1, down to 5-8 on Week 3. This lays down the perfect opportunity for you to gear up for some personal bests, so don't miss your chance. If you're going to do less reps on exercise, you'll have the extra energy and focus needed to go a weight or several higher.

As anyone who's gone past the happy-go-lucky beginner stage of weight training, you're not necessarily going to gain much strength over a period of three weeks. But you will be able to test out your peak levels, and the weights are going to jump up if the body's been coasting all this time.

WEEK 4 - THE SHAPE PHASE

This can also be tagged as the deload section. The reps go back up, the weight comes down, and the focus will be redirected to burning the muscle and filling it up. The joints get some respite, the muscles look fuller, and you'll be ready to begin the quest for weight again. But that's for a time outside the scope of this programme.

A Few Quick Pointers Before You Start

Don't Mess Up Sets And Reps

I don't want the risk of you overtraining on my conscience. These workouts are designed to be wrapped up within the hour. If you're still lumbering around the gym two hours later, you may have misread the programme. So let's have a look at how sets and reps are laid out.

Example A - Bench Press (4*15 / 12 / 10 / 8)

4 sets of the exercise, with the first being 15 reps.

Example B – Seated Row (3*12)

3 sets of the exercise, with each set being 12 reps

Rest Time Is 1-2 Minutes

Try not to spend too long doodling between sets, or this will turn into the blockbuster marathon experience. Spend 1 minute for accessory exercises, and 2 minutes for the big compounds.

Print Them Out

This makes life a lot easier, as opposed to having to scroll down endlessly to find your workout. As a great addition, you can also then record your weights on the given column.

6

GENESIS HYPERTROPHY THE MALE PROGRAMME

Compound Lift Progressions (Kg)			
Lift	Starting Weight	Current Weight	End Weight
Flat Bench Press			
Barbell Overhead Press			
Wide Lat Pulldown			
Barbell Squat			
Single Arm Dumbbell Row			
Incline Barbell Bench Press			

Days	
Mon	Push - Strength
Tuesday	Pull
Wednesday	Legs - Strength
Friday	Pull & Legs
Saturday	Upper Body - Strength

Week 1 - Genesis Hypertrophy

Mon			
Lift	Sets*Reps	Enter Your Weights	Notes
Pec Deck	3*12		Hold For 2 Seconds In The Middle
Chest Machine Press	3*12		Sink Deeper Than Usual
Flat Barbell Bench Press	4*15 / 12 / 10 / 10		Pyramid - Add Weight Each Set
Dumbbell Chest Flyes	3*12		Superset - Complete Both Exercises Without Rest
Dumbbell Hex Press	3*12		
Incline Machine Press	3*15 / 12 / 10		Pyramid
Barbell Overhead Press	3*15 / 12 / 10		Pyramid
Dumbbell Lateral Raises	3*10		Giant Set - Complete All Exercises Without Rest
Dumbbell Upright Rows	3*10		
Rope Pushdowns	3*10		
Rope Overhead Extensions	3*10		
Tuesday			
Lift	Sets*Reps	Weight	Notes
Single Arm Lat Pulldown	3*15 on each side		Superset
Single Arm Cable Row	3*15		
Wide Lat Pulldown	3*20 / 15 / 12		Pyramid
Dumbbell Pullovers	3*12		Superset
Band Pull-Aparts	3*12		
Seated Row	3*12		
Bar Hangs	3*Failure		
Dumbbell Zotterman Curls	3*12		Superset
Dumbbell Hammer Curls	3*12		
Cable Rope Crunches	3*15		Superset
Lying Leg Raises	3*15		
Wednesday			
Lift	Sets*Reps	Weight	Notes
Leg Extensions	3*15		Superset
Bodyweight Bottom Pause Squats	3*12		
Barbell Box Squats	4*15 / 12 / 10 / 10		Pyramid
Leg Press	3*15 / 12 / 10		Pyramid
Kettlebell Walking Lunges	3*10		Superset
Wall-Sit	3*30 Seconds		
Leg Curls	3*12		Superset
Slow Kettlebell Deadlift	3*12		
Hanging Leg Raises	3*12		Giant Set
Bosu Ball Crunches	3*15		
Hollow Plank	3*20 Seconds		

Friday			
Lift	Sets*Reps	Weight	Notes
Bodyweight Lunges	3*20		Superset
Single Leg Kettlebell Deadlifts	3*12		
Leg Extensions	2*12		1 Second Top Hold
Leg Curls	2*12		1 Second Top Hold
Leg Press	3*12		Superset
Leg Press Top Hold	3*20 Seconds		
Dumbbell Romanian Deadlifts	3*15 / 12 / 10		
Side Plank Crunches	3*12		Giant Set
Cable Rope Crunches	3*12		
Side Plank Crunches	3*30 Seconds		
Kettlebell Standing Calf Raises	3*20		
Saturday			
Lift	Sets*Reps	Weight	Notes
Dumbbell Lateral Raises	2*20		Superset
Rope Facepulls	2*10		
Cable Bar Pullover	3*10		
Single Arm Dumbbell Row	4*15 / 12 / 10 / 10		Pyramid
Cable Chest Flyes	3*10		Superset
Slow Lowering Pushups	3*10		
Incline Barbell Bench Press	4*15 / 12 / 10 / 10		Pyramid
Dumbbell Arnie Overhead Press	2*12		Superset
Band Pull-Aparts with 3 Second Hold	2*15		
Rope Pushdowns	2*12		Superset
Rope Curls	2*12		

Week 2 - Genesis Hypertrophy

Mon			
Lift	Sets*Reps	Enter Your Weights	Notes
Pec Deck	3*10		Hold For 2 Seconds In The Middle
Chest Machine Press	3*10		Sink Deeper Than Usual
Flat Barbell Bench Press	4*15 / 10 / 8 / 8		Pyramid - Add Weight Each Set
Dumbbell Chest Flyes	3*10		Superset - Complete Both Exercises Without Rest
Dumbbell Hex Press	3*10		
Incline Machine Press	3*15 / 10 / 8		Pyramid
Barbell Overhead Press	3*15 / 10 / 8		Pyramid
Dumbbell Lateral Raises	3*8		Giant Set - Complete All Exercises Without Rest
Dumbbell Upright Rows	3*8		
Rope Pushdowns	3*8		
Rope Overhead Extensions	3*8		
Tuesday			
Lift	Sets*Reps	Weight	Notes
Single Arm Lat Pulldown	3*12 on each side		Superset
Single Arm Cable Row	3*12		
Wide Lat Pulldown	3*12 / 10 / 10		Pyramid
Dumbbell Pullovers	3*10		Superset
Band Pull-Aparts	3*12		
Seated Row	3*10		
Bar Hangs	3*Failure		
Dumbbell Zotterman Curls	3*12		Superset
Dumbbell Hammer Curls	3*12		
Cable Rope Crunches	3*15		Superset
Lying Leg Raises	3*15		
Wednesday			
Lift	Sets*Reps	Weight	Notes
Leg Extensions	3*12		Superset
Bodyweight Bottom Pause Squats	3*12		
Barbell Box Squats	4*12 / 10 / 8 / 8		Pyramid
Leg Press	3*12 / 10 / 8		Pyramid
Kettlebell Walking Lunges	3*8		Superset
Wall-Sit	3*30 Seconds		
Leg Curls	3*10		Superset
Slow Kettlebell Deadlift	3*12		
Hanging Leg Raises	3*12		Giant Set
Bosu Ball Crunches	3*15		
Hollow Plank	3*20 Seconds		

Friday			
Lift	Sets*Reps	Weight	Notes
Bodyweight Lunges	3*20		Superset
Single Leg Kettlebell Deadlifts	3*10		
Leg Extensions	2*12		
Leg Curls	2*12		1 Second Top Hold
Leg Press	3*10		Superset
Leg Press Top Hold	3*20 Seconds		
Dumbbell Romanian Deadlifts	3*12 / 10 / 8		
Side Plank Crunches	3*12		Giant Set
Cable Rope Crunches	3*12		
Side Plank Crunches	3*30 Seconds		
Kettlebell Standing Calf Raises	3*20		
Saturday			
Lift	Sets*Reps	Weight	Notes
Dumbbell Lateral Raises	2*12		Superset
Rope Facepulls	2*10		
Cable Bar Pullover	3*8		
Single Arm Dumbbell Row	4*12 / 10 / 8 / 8		Pyramid
Cable Chest Flyes	3*8		Superset
Slow Lowering Pushups	3*10		
Incline Barbell Bench Press	4*12 / 10 / 8 / 8		Pyramid
Dumbbell Arnie Overhead Press	2*10		Superset
Band Pull-Aparts with 3 Second Hold	2*15		
Rope Pushdowns	2*10		Superset
Rope Curls	2*10		

Week 3 - Genesis Hypertrophy

Mon			
Lift	Sets*Reps	Enter Your Weights	Notes
Pec Deck	3*10		Hold For 2 Seconds In The Middle
Chest Machine Press	3*10		Sink Deeper Than Usual
Flat Barbell Bench Press	4*15 / 10 / 8 / 5		Pyramid - Add Weight Each Set
Dumbbell Chest Flyes	3*8		Superset - Complete Both Exercises Without Rest
Dumbbell Hex Press	3*8		
Incline Machine Press	3*15 / 8 / 5		Pyramid
Barbell Overhead Press	3*15 / 8 / 5		Pyramid
Dumbbell Lateral Raises	3*6		Giant Set - Complete All Exercises Without Rest
Dumbbell Upright Rows	3*6		
Rope Pushdowns	3*6		
Rope Overhead Extensions	3*6		
Tuesday			
Lift	Sets*Reps	Weight	Notes
Single Arm Lat Pulldown	3*10 on each side		Superset
Single Arm Cable Row	3*12		
Wide Lat Pulldown	3*10		Pyramid
Dumbbell Pullovers	3*10		Superset
Band Pull-Aparts	3*12		
Seated Row	3*10		
Bar Hangs	3*Failure		
Dumbbell Zotterman Curls	3*12		Superset
Dumbbell Hammer Curls	3*12		
Cable Rope Crunches	3*15		Superset
Lying Leg Raises	3*15		
Wednesday			
Lift	Sets*Reps	Weight	Notes
Leg Extensions	3*10		Superset
Bodyweight Bottom Pause Squats	3*12		
Barbell Box Squats	4*12 / 10 / 8 / 5		Pyramid
Leg Press	3*10 / 8 / 5		Pyramid
Kettlebell Walking Lunges	3*5		Superset
Wall-Sit	3*30 Seconds		
Leg Curls	3*8		Superset
Slow Kettlebell Deadlift	3*8		
Hanging Leg Raises	3*12		Giant Set
Bosu Ball Crunches	3*15		
Hollow Plank	3*20 Seconds		

Friday			
Lift	Sets*Reps	Weight	Notes
Bodyweight Lunges	3*20		Superset
Single Leg Kettlebell Deadlifts	3*8		
Leg Extensions	2*10		1 Second Top Hold
Leg Curls	2*10		1 Second Top Hold
Leg Press	3*8		Superset
Leg Press Top Hold	3*20 Seconds		
Dumbbell Romanian Deadlifts	3*8		
Side Plank Crunches	3*12		Giant Set
Cable Rope Crunches	3*12		
Side Plank Crunches	3*30 Seconds		
Kettlebell Standing Calf Raises	3*20		
Saturday			
Lift	Sets*Reps	Weight	Notes
Dumbbell Lateral Raises	2*10		Superset
Rope Facepulls	2*8		
Cable Bar Pullover	3*8		
Single Arm Dumbbell Row	4*5		Pyramid
Cable Chest Flyes	3*8		Superset
Slow Lowering Pushups	3*10		
Incline Barbell Bench Press	4*5		Pyramid
Dumbbell Arnie Overhead Press	2*8		Superset
Band Pull-Aparts with 3 Second Hold	2*15		
Rope Pushdowns	2*8		Superset
Rope Curls	2*8		

Week 4 - Genesis Hypertrophy

Mon			
Lift	Sets*Reps	Enter Your Weights	Notes
Pec Deck	3*15		Hold For 2 Seconds In The Middle
Chest Machine Press	3*15		Sink Deeper Than Usual
Flat Barbell Bench Press	4*15 / 12 / 10 / 10		Pyramid - Add Weight Each Set
Dumbbell Chest Flyes	3*12		Superset - Complete Both Exercises Without Rest
Dumbbell Hex Press	3*12		
Incline Machine Press	3*12		Pyramid
Barbell Overhead Press	3*12		Pyramid
Dumbbell Lateral Raises	3*10		Giant Set - Complete All Exercises Without Rest
Dumbbell Upright Rows	3*10		
Rope Pushdowns	3*10		
Rope Overhead Extensions	3*10		
Tuesday			
Lift	Sets*Reps	Weight	Notes
Single Arm Lat Pulldown	3*15 on each side		Superset
Single Arm Cable Row	3*15		
Wide Lat Pulldown	3*15		Pyramid
Dumbbell Pullovers	3*12		Superset
Band Pull-Aparts	3*12		
Seated Row	3*15		
Bar Hangs	3*Failure		
Dumbbell Zotterman Curls	3*12		Superset
Dumbbell Hammer Curls	3*12		
Cable Rope Crunches	3*15		Superset
Lying Leg Raises	3*15		
Wednesday			
Lift	Sets*Reps	Weight	Notes
Leg Extensions	3*15		Superset
Bodyweight Bottom Pause Squats	3*12		
Barbell Box Squats	4*12		Pyramid
Leg Press	3*12		Pyramid
Kettlebell Walking Lunges	3*12		Superset
Wall-Sit	3*30 Seconds		
Leg Curls	3*15		Superset
Slow Kettlebell Deadlift	3*12		
Hanging Leg Raises	3*12		Giant Set
Bosu Ball Crunches	3*15		
Hollow Plank	3*20 Seconds		

Friday			
Lift	Sets*Reps	Weight	Notes
Bodyweight Lunges	3*20		Superset
Single Leg Kettlebell Deadlifts	3*12		
Leg Extensions	2*15		1 Second Top Hold
Leg Curls	2*15		1 Second Top Hold
Leg Press	3*15		Superset
Leg Press Top Hold	3*20 Seconds		
Dumbbell Romanian Deadlifts	3*15		
Side Plank Crunches	3*12		Giant Set
Cable Rope Crunches	3*12		
Side Plank Crunches	3*30 Seconds		
Kettlebell Standing Calf Raises	3*20		
Saturday			
Lift	Sets*Reps	Weight	Notes
Dumbbell Lateral Raises	2*20		Superset
Rope Facepulls	2*10		
Cable Bar Pullover	3*12		
Single Arm Dumbbell Row	3*12		Pyramid
Cable Chest Flyes	3*12		Superset
Slow Lowering Pushups	3*10		
Incline Barbell Bench Press	3*12		Pyramid
Dumbbell Arnie Overhead Press	2*12		Superset
Band Pull-Aparts with 3 Second Hold	2*15		
Rope Pushdowns	2*15		Superset
Rope Curls	2*15		

7

GENESIS GLUTES THE FEMALE PROGRAMME

Compound Lift Progressions (Kg)			
Lift	Starting Weight	Current Weight	End Weight
Hip Thrust			
Box Squat			
Dumbbell Squat			
Single Arm Dumbbell Row			
Chest Machine Press			

Days	
Mon	Whole Body - Strength
Tuesday	Whole Body - Leg Focused
Thursday	Whole Body - Strength Focused
Saturday	Whole Body - Upper Body Focused

Week 1 - Genesis Glutes

Mon			
Lift	Sets*Reps	Enter Your Weights	Notes
Abduction Machine	3*12		Hold For 2 Seconds Out Wide
Side to Side Band Walks	3*20 (Each Side)		
Banded Barbell Hip Thrust	4*15 / 12 / 10 / 10		Pyramid - Add Weight Each Set
Single Leg Kettlebell Deadlift	3*12		Superset - Complete Both Exercises Without Rest
Dumbbell Goblet Squat	3*12		
Chest Machine Press	3*15 / 12 / 10		Pyramid
Seated Row	3*15 / 12 / 10		Pyramid
Dumbbell Lateral Raises	3*10		Superset
Dumbbell Overhead Press	3*10		
Slow Sit-Ups	3*10		Superset
Lying Knee Crunches	3*10		
Tuesday			
Lift	Sets*Reps	Weight	Notes
Lying Band Side Clams	3*15 on each side		Superset
Lying Band Side Raises	3*15		
Dumbbell Goblet Squat	3*20 / 15 / 12		Pyramid
Single Leg Hip Thrust	3*12		Superset
Barbell Hip Thrust	3*12		
Dumbbell Romanian Deadlifts	3*12		
Bar Hangs	3*Failure		
Dumbbell Bench Press	3*12		Superset
Bent Over Dumbbell Rows	3*12		
Cable Rope Crunches	3*15		Superset
Lying Leg Raises	3*15		

Thursday			
Lift	Sets*Reps	Weight	Notes
Abduction Machine	3*15		Superset
Bodyweight Bottom Pause Squats	3*12		
Banded Barbell Box Squats	4*15 / 12 / 10 / 10		Pyramid
Bulgarian Squats	3*15 / 12 / 10		Pyramid
Banded Fire Hydrants	3*10		Superset
Banded Kickbacks	3*10		
Floor Dumbbell Press	3*12		Superset
TRX Rows	3*12		
Wide Lat Pulldown	3*12		Pyramid
Bosu Ball Crunches	3*15		Superset
Hollow Plank	3*20 Seconds		
Saturday			
Lift	Sets*Reps	Weight	Notes
Dumbbell Lateral Raises	2*20		Superset
Rope Facepulls	2*10		
Dumbbell Overhead Press	3*10		
Single Arm Dumbbell Row	4*15 / 12 / 10 / 10		Pyramid
Chest Machine Press	3*10		Superset
Slow Lowering Pushups	3*10		
Banded Barbell Hip Thrust	4*15 / 12 / 10 / 10		Pyramid
Bodyweight Banded Hip Thrust	2*12		Superset
Hip Thrust Abductions At Top	2*15		
Side Plank Crunches	2*12		Superset
Bosu Ball Crunches	2*12		

Week 2 - Genesis Glutes

Mon			
Lift	Sets*Reps	Enter Your Weights	Notes
Abduction Machine	3*10		Hold For 2 Seconds Out Wide
Side to Side Band Walks	3*20		
Banded Barbell Hip Thrust	4*15 / 10 / 8 / 8		Pyramid - Add Weight Each Set
Single Leg Kettlebell Deadlift	3*10		Superset - Complete Both Exercises Without Rest
Dumbbell Goblet Squat	3*10		
Chest Machine Press	3*15 / 10 / 8		Pyramid
Seated Row	3*15 / 10 / 8		Pyramid
Dumbbell Lateral Raises	3*8		Superset
Dumbbell Overhead Press	3*8		
Slow Sit-Ups	3*8		Superset
Lying Knee Crunches	3*8		
Tuesday			
Lift	Sets*Reps	Weight	Notes
Lying Band Side Clams	3*12 on each side		Superset
Lying Band Side Raises	3*12		
Dumbbell Goblet Squat	3*12 / 10 / 10		Pyramid
Single Leg Hip Thrust	3*10		Superset
Barbell Hip Thrust	3*12		
Dumbbell Romanian Deadlifts	3*10		
Bar Hangs	3*Failure		
Dumbbell Bench Press	3*12		Superset
Bent Over Dumbbell Rows	3*12		
Cable Rope Crunches	3*15		Superset
Lying Leg Raises	3*15		

GENESIS GLUTES

Thursday			
Lift	Sets*Reps	Weight	Notes
Abduction Machine	3*12		Superset
Bodyweight Bottom Pause Squats	3*12		
Banded Barbell Box Squats	4*12 / 10 / 8 / 8		Pyramid
Bulgarian Squats	3*12 / 10 / 8		Pyramid
Banded Fire Hydrants	3*12		Superset
Banded Kickbacks	3*12		
Floor Dumbbell Press	3*10		Superset
TRX Rows	3*12		
Wide Lat Pulldown	3*12		Pyramid
Bosu Ball Crunches	3*15		Superset
Hollow Plank	3*20 Seconds		
Saturday			
Lift	Sets*Reps	Weight	Notes
Dumbbell Lateral Raises	2*12		Superset
Rope Facepulls	2*10		
Dumbbell Overhead Press	3*8		
Single Arm Dumbbell Row	4*12 / 10 / 8 / 8		Pyramid
Chest Machine Press	3*8		Superset
Slow Lowering Pushups	3*10		
Banded Barbell Hip Thrust	4*12 / 10 / 8 / 8		Pyramid
Bodyweight Banded Hip Thrust	2*15		Superset
Hip Thrust Abductions At Top	2*15		
Side Plank Crunches	2*15		Superset
Bosu Ball Crunches	2*15		

Week 3 - Genesis Glutes

Mon			
Lift	Sets*Reps	Enter Your Weights	Notes
Abduction Machine	3*10		Hold For 2 Seconds Out Wide
Side to Side Band Walks	3*20		
Banded Barbell Hip Thrust	4*15 / 10 / 8 / 5		Pyramid - Add Weight Each Set
Single Leg Kettlebell Deadlift	3*8		Superset - Complete Both Exercises Without Rest
Dumbbell Goblet Squat	3*8		
Chest Machine Press	3*15 / 8 / 5		Pyramid
Seated Row	3*15 / 8 / 5		Pyramid
Dumbbell Lateral Raises	3*6		Superset
Dumbbell Overhead Press	3*6		
Slow Sit-Ups	3*6		Superset
Lying Knee Crunches	3*6		
Tuesday			
Lift	Sets*Reps	Weight	Notes
Lying Band Side Clams	3*10 on each side		Superset
Lying Band Side Raises	3*12		
Dumbbell Goblet Squat	3*10		Pyramid
Single Leg Hip Thrust	3*10		Superset
Barbell Hip Thrust	3*12		
Dumbbell Romanian Deadlifts	3*10		
Bar Hangs	3*Failure		
Dumbbell Bench Press	3*12		Superset
Bent Over Dumbbell Rows	3*12		
Cable Rope Crunches	3*15		Superset
Lying Leg Raises	3*15		

Thursday			
Lift	Sets*Reps	Weight	Notes
Abduction Machine	3*10		Superset
Bodyweight Bottom Pause Squats	3*12		
Banded Barbell Box Squats	4*12 / 10 / 8 / 5		Pyramid
Bulgarian Squats	3*10 / 8 / 5		Pyramid
Banded Fire Hydrants	3*12		Superset
Banded Kickbacks	3*12		
Floor Dumbbell Press	3*8		Superset
TRX Rows	3*8		
Wide Lat Pulldown	3*12		Pyramid
Bosu Ball Crunches	3*15		Superset
Hollow Plank	3*20 Seconds		
Saturday			
Lift	Sets*Reps	Weight	Notes
Dumbbell Lateral Raises	2*10		Superset
Rope Facepulls	2*8		
Dumbbell Overhead Press	3*8		
Single Arm Dumbbell Row	4*5		Pyramid
Chest Machine Press	3*8		Superset
Slow Lowering Pushups	3*10		
Banded Barbell Hip Thrust	4*5		Pyramid
Bodyweight Banded Hip Thrust	2*20		Superset
Hip Thrust Abductions At Top	2*20		
Side Plank Crunches	2*15		Superset
Bosu Ball Crunches	2*15		

Week 4 - Genesis Glutes

Mon			
Lift	Sets*Reps	Enter Your Weights	Notes
Abduction Machine	3*15		Hold For 2 Seconds Out Wide
Side to Side Band Walks	3*20		
Banded Barbell Hip Thrust	4*15 / 12 / 10 / 10		Pyramid - Add Weight Each Set
Single Leg Kettlebell Deadlift	3*12		Superset - Complete Both Exercises Without Rest
Dumbbell Goblet Squat	3*12		
Chest Machine Press	3*12		Pyramid
Seated Row	3*12		Pyramid
Dumbbell Lateral Raises	3*10		Superset
Dumbbell Overhead Press	3*10		
Slow Sit-Ups	3*10		Superset
Lying Knee Crunches	3*10		
Tuesday			
Lift	Sets*Reps	Weight	Notes
Lying Band Side Clams	3*15 on each side		Superset
Lying Band Side Raises	3*15		
Dumbbell Goblet Squat	3*15		Pyramid
Single Leg Hip Thrust	3*12		Superset
Barbell Hip Thrust	3*12		
Dumbbell Romanian Deadlifts	3*15		
Bar Hangs	3*Failure		
Dumbbell Bench Press	3*12		Superset
Bent Over Dumbbell Rows	3*12		
Cable Rope Crunches	3*15		Superset
Lying Leg Raises	3*15		

Thursday			
Lift	Sets*Reps	Weight	Notes
Abduction Machine	3*15		Superset
Bodyweight Bottom Pause Squats	3*12		
Banded Barbell Box Squats	4*12		Pyramid
Bulgarian Squats	3*12		Pyramid
Banded Fire Hydrants	3*20		Superset
Banded Kickbacks	3*20		
Floor Dumbbell Press	3*15		Superset
TRX Rows	3*12		
Wide Lat Pulldown	3*12		Pyramid
Bosu Ball Crunches	3*15		Superset
Hollow Plank	3*20 Seconds		
Saturday			
Lift	Sets*Reps	Weight	Notes
Dumbbell Lateral Raises	2*20		Superset
Rope Facepulls	2*10		
Dumbbell Overhead Press	3*12		
Single Arm Dumbbell Row	3*12		Pyramid
Chest Machine Press	3*12		Superset
Slow Lowering Pushups	3*10		
Banded Barbell Hip Thrust	3*12		Pyramid
Bodyweight Banded Hip Thrust	2*20		Superset
Hip Thrust Abductions At Top	2*20		
Side Plank Crunches	2*15		Superset
Bosu Ball Crunches	2*15		

8

THE CARDIO
PROTOCOLS**For The Purposes Of This Programme**

Recommended

5 Sessions of 10–30 Minutes Per Week

Pass

3 Sessions of 20 Minutes Per Week

Why I Chose Steady State Cardio Over High Intensity Intervals

Training for the pure purpose of burning calories can be a huge misstep for the reasons we've laid out, from excessive fatigue to a greater likelihood of injury. Unfortunately, jumping on a treadmill going full blast for five minutes tends to be the first point of call for people who've just decided the mirror doesn't like them anymore.

And that's not to say that cardio is all downsides. Just because it hurts and doesn't cater to the mobility of powerlifters, doesn't allow me to brush it off completely. There are a host of beneficial effects if you utilise them correctly. And by this, I mean sticking to steady state cardio as the primary version through the programme.

First up, what's the difference? High intensity interval training, or H.I.I.T, involves all-out or near maximal effort balanced out by rest periods. The idea is to wear your tarzan mentality everywhere you go, and push stamina and speed to dizzy, stomach-churning levels. It's flashy, can be molded into a myriad of forms, and appeals to busy entrepreneurs by promising to burn more calories in less time.

Steady state cardio is simply trundling away underneath the lactic threshold ceiling, without tempting pain and gastric upset by venturing out too far. You should be able to work up a sweat at some point, and there needs to be levels of mild discomfort, but not enough to get you holding your sides and dragging in huge breaths.

It's not quite as marketable, but tends to be practiced more, thanks to a low barrier for entry. Anyone can do it, even if the best they can do at the outset is a walk masquerading as a jog.

Now I've laid out the respective options, why would I pick the boring version for a programme that is essentially a 30 day dash? The thing is, steady state is actually set-up to be faster.

1. It's A Low-Risk Way Of Freeing Up More Calories

It's a no-brainer for someone who spends most of the day parked on their backside, while not wanting to have to get by on sub-1400 calories. A few minutes of steady intensity incumbent biking or treadmill walking will allow them the extra slice of sweet potato that they were desperately lacking.

In all seriousness, burning a few hundred more calories will allow the unfortunate likes of slender, sedentary people to get more nutrients in their diet, making for easier progress. The body fulfills its requirements, and doesn't go into weight-conserving mode.

It's low-risk just as long as you don't get carried away and start using the extra calorie burn as a crutch for a carefree diet. This formula doesn't work so well if you decide to throw the switch and pile on several hours of intervals and circuits across your week.

This sets the perfect stage the accumulation of both fatigue and cortisol. These holds onto the weight that you're desperately trying to get rid of, while driving up cravings in an effort to repair the crashes of energy after a session.

So you can comfortably add extra spots of cardio to this programme, but not the tough kind. Just kick-back and listen to the latest Joe Rogan podcast without getting all masochistic.

2. It Burns The Same Amount - More Or Less

Over the past decade or so, much has been made about the secret weapon of intervals: the Afterburn Effect.

That is, excess post-exercise oxygen consumption, or EPOC. Once a session of intervals has been completed, the body continues to burn off calories for several hours.

It set-up the perfect platform for marketing superior forms of fat-loss. Go berserk on a bike for 30 minutes, and you reap the rewards for hours on end. The ensuing double chocolate chip frappe at starbucks came guilt-free. Except like with most things fitness, reality leant on the disappointing side. While EPOC is technically accurate, the amount of calories is dreadfully insignificant.

In one study, subjects who exercised for 80 minutes at 70% VO2 max (about 80% of maximum heart rate) had an EPOC lasting 7 hours. That's a level of intensity that only highly trained athletes can manage. Making it a pipedream for most of us. Even then, it only amounted to a measly 80 extra calories burned.

EPOC ranges between 7-14% of the energy burnt off during the activity. Weighing that up, you can easily match the total of a HIIT session by putting in a few more minutes of steady state. HIIT may burn slightly brighter, but for a shorter period. So I think we can call the sides level.

3. Fasted Cardio For Burning Stubborn Fat

The lack of insulin, a potent brake of fat mobilisation, in the bloodstream during a fast will give you a window to attack the fat stores that aren't going away quietly. For men, these spots are typically on the lower back and over the elusive fifth and sixth packs. Women tend to have less issues there, but more over the glutes and thighs.

These stubborn areas have a greater alpha receptor density, which spell out bad news. Alpha receptors are highly sensitive to insulin. In response to any presence of the hormone in the bloodstream, they block fat cells from being burnt up for energy.

And that's not to say fasted cardio is a must for getting a six-pack. You can absolutely still get there without having to train on an empty stomach. It just takes longer. In the cases where you don't have an opportunity to catch a workout, try to stay on your feet and move as much as you can.

FASTED CARDIO ISN'T A MUST FOR LOSING STUBBORN FAT, IT JUST GETS YOU THERE QUICKER

4. Improved Work Capacity

Work capacity measures how much volume you can get through in the time constraints of a training session. In the context of weight training, there isn't much benefit from going over the hour mark, and my plans are designed to slot within those arbitrary lines. Volume is the sum of weights x reps, and is a key metric of muscle gain. Unless it's thrown together with poor technique and non-existent intensity, improving this equation is going to keep your physique moving through the levels.

Any form of cardio will have the knock-on effect of improving work capacity, but steady state training is simply more specific to our chosen style of throwing weights around the gym floor. It will hone in on the ability to maintain a consistent intensity across the session without grinding to a halt. You're not looking to bust your lungs over a set of twenty snatches staggering into ten burpees.

HIIT is more suited to increasing maximum speed, which at no point becomes relevant to this weight training programme. What we need from our conditioning, is a steady heart-rate that occasionally jumps up, before being brought back down to the norm.

5. Cooling Down The Adrenals

Stepping into the gym is not that different from entering a battlefield. And by that, I don't mean you should be wandering around starr-eyed, tensed up in anticipation of being blind-sided by a rogue kettlebell. Lifting heavy is highly intensive on the body, and needs your adrenals to be firing on all cylinders. It's a state of extreme stress, and that's a good thing.

Cortisol and adrenaline are produced by the adrenal gland when the body is under strain and in need of energy. So for the purposes of ending up with a few personal bests at the end of the hour, you need to get stressed.

This is something everyone tends to do pretty well, because we're already feeling the stress before we've rolled out from under the covers. The part where most people get it wrong, comes up at the end of the session. That's when they put their weights back on the rack and storm out of the gym. The adrenals remain jacked up to the hilt, not allowing the nervous system to transition from the fight-or-flight response, into the restorative effects of the rest-and-digest system.

This can become a serious issue over time, leading to poor recovery and chronic cortisol levels. And it's easily resolved. Even five minutes of steady state cardio allows your heart-rate to return closer to baseline, initiating that much-needed transition from war to peacetime.

Of course, with intervals, you're just revving up for another round.

6. Improving CO₂ Tolerance

This is a topic that I've touched on several times over on my blogs, with good reason. Once again, I have to take some time to race through the mechanisms here. Your ability to oxygenate the muscles is highly dependent on the body's tolerance to CO₂ levels. Without the presence of the gas in the lungs, inhaled oxygen can't move on into the blood.

And now onto the practicalities for cardio. With the typical deep mouth-breathing that we go through during interval training, excessive carbon dioxide is lost, gradually eroding the body's tolerance in its absence. This leads to a lack of breathing efficiency, as you're forced into larger inhales to compensate.

It will be quite easy to see if you're already prone to overbreathing. Try this test. Inhale and exhale through the nose, and see how long you can last before you feel a clear impulse to breathe in again. If it's under 20 seconds, there's work to be done.

Practicing nose-breathing during cardio will train the body to adapt to lower volumes of air, thereby increasing CO₂ tolerance and reversing the process. This will see consequential improvements to your V_{O2} max, or your ability to sustain intensity across a session.

In Short – The contest between steady state and intervals mirrors the comparisons of heavy and high rep training. Weigh them up against each other, and you'll hopefully find that steady state is a better blend for your training session. There's less fatigue for similar levels of calorie burn, and several nifty features that can push the throttle on stubborn fat loss and work capacity.

But the main thing is that it's easier. And when in pursuit of weight loss, you'll be better placed swimming downstream.

The Cardio Protocol Overview

Now that I've hopefully persuaded you to take it easy and not go full throttle on the nearest treadmill, we can put together the last of the fat loss trinity.

Zone 2 Cardio

We'll avoid the H.I.I.T for the most part and settle for the slow burn. On some days you'll be thankful for that, because steady's going to be your ceiling after a gruelling workout. We'll place cardio after the workout for two reasons. For one, the fatigue you're inevitably picking during a round of cardio is going to make it harder to focus during weight exercises, which are far more demanding on technique. So avoiding cardio before training, and simply adding it up after instead, will avoid the possibility of one pulling down the other.

Secondly, weight training uses a ton of glycogen for fuel. Adding that to the fact that glycogen stores have already been depleted through fasting, there's a great chance to force the body to use fat instead during a cardio session. It's one of the best ways of tapping into stubborn fat areas, which are usually blocked off from getting mobilised for fuel.

To maintain decent intensity levels and preventing the cardio phases from devolving into sleepy affairs, we'll use the Zone 2 method. This involves testing the upper limits of your aerobic endurance, without running the risk of escalating past the anaerobic threshold and turning up the lactic acid burn.

It's simple to execute and follow.

1. Keep your lips pursed and breathe solely through the nose.
 2. Build up the pace, a notch at a time. The breaths should be coming a little faster, but not as sharp inhales.
 3. Once you reach a pace where you're tempted to open your mouth and haul in air, resist the temptation and hang in there for the rest of the workout.
- That's Zone 2 cardio.

Beyond the fact that this is aerobic and therefore using fat for fuel, you'll also be seeing improvements to your regular endurance and efficiency at using fuel. That's going to do far more to improve daily life, compared to H.I.I.T, which is more potent at improving your maximum speed. Your best pace isn't going to be too relevant unless you're big into sports.

H.I.I.T - The Last Week

There is a surprise in store over on Week 4 of the programme, where interval training makes an appearance. The reasoning for this is that some types of stubborn fat in the stomach and thighs are difficult to budge without an initial dose of adrenaline. So setting up a quick spot of pre-workout H.I.I.T will get the fat loss process up and running.

For Intervals, use the following protocols.

Use a bike or a stair machine

1. Start at a steady pace for 1 minute.
2. Jam the speed up and go full tilt for 30 seconds.
3. Return back to steady state for 1 minute.
4. Keep bouncing back and forth for 10 minutes.
5. You should feel like you've been through the wars by the time you're out.
6. Then it's time to get back on the weights.



Steady State Post Workout **10 MINUTES**



Steady State Post Workout **15 MINUTES**



Steady State Post Workout **20 MINUTES**



H.I.I.T Pre Workout **10 MINUTES**
Steady State Post Workout **10 MINUTES**

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BEYOND THE PROGRAMME

By reading this, I'll assume you've made it through to the end of the 30 day programme. Or you just decided to skip the hard stuff, and settle for learning the theory of weight loss instead. Either option is absolutely fine, I wouldn't expect to see everyone jumping headfirst into a physically and mentally demanding routine.

For those who've completed the fasts, there's no need to call it a day. You can grind your way to incredible results within a month, as long as you stick to the task and pass on the breakfast biscuits. But the ground made will pale in significance to the progress made by continuing the programme over 3-4 months.

One of the four main goals of this programme is now going to be your best friend moving forward. Habit change. Even over this relatively short window of time, the brain will be able to settle into a rhythm that's now becoming hardwired into the system. The daily patterns involved with fasting and training are being enacted and driven by the subconscious mind.

That is precisely the state that a successful diet programme needs to get to. Having to continually refocus your efforts for lifestyle change, constantly making decisions on the spot, that's mentally draining and unsustainable. But if you can place many of those decisions on autopilot, the puzzle has been solved. What's even better, you'll now have focus to spare, attention that you can now divert to taking things up another notch.

Fit awakening is an infinite game. There's always improvements that can be made, another rung to grab on to. There's no reason to let complacency and demotivation creep back in. Keep aiming higher. Be emotional about your dreams, and set calculated human goals to carve a trail towards them.

Coaching At Genesis Fitness

Fast. Fuel. Focus. Train. Sleep. These are the five pillars that you need to go through and dominate in order to achieve a real and meaningful upgrade to your fitness lifestyle. Whether you're in the general vicinity of Wrexham, or have access to the wide web, I offer in depth training and coaching at my company, Genesis Fitness.

Personal Training

Don't lift like you're suicidal. Settle for lifting better. Injuries get written out of the picture, and results take their place. Master technique and muscle activation with me, and take on fully fledged training and diet plans that will allow you chip away at your goals across the whole week.

Personal Training Offers



<https://fitawakening.co.uk/personaltraining/>

Online Training

There isn't anyone around who won't benefit from a programme. Doodling in the gym doesn't get you anywhere. Intuitive eating doesn't work if you don't already have the food awareness and portion control. My online training programmes come in the form of monthly subscriptions, where you can get brand new and updated training and diet plans each week. This comes alongside email support for fixing all the hurdles that inevitably follow in the transformative lifestyle.

Online Training Offers



<https://fitawakening.co.uk/onlinecoaching/>

Further Reading

Looking to find out more about the five pillars? My blog already has countless articles on each subject, with plenty more to come.

The Fit Trail Blog



<https://fitawakening.co.uk/blog/>



**STRONGER. SHARPER.
SLIMMER.**