

INTRODUCTION

MY IDEA FOR THIS PROGRAM IS TO TEACH HOW THE BODY WORKS.

Understanding your metabolism is the most important thing when it comes to manipulating your body. You have to know how much energy your body can take in and how much energy you are expending. The purpose of this diet technique is to keep the metabolism running efficiently. Naturally your body's first go-to source of energy comes from carbs, not fats. Muscle grows faster and stronger with carbs in the diet. We want to keep our muscles strong because that is what keeps the metabolism healthy. With adequate amount of carbs being carefully manipulated, we can lose weight, hold on to muscle, avoid plateaus thru the use of re-feeds and keep our metabolism optimal.

NUTRITION

Nutrition is the one thing that will most greatly dictate your physique

The food you intake is a direct reflection of how you will look and feel.

"MACROS" (Macronutrients)

» PROTEIN - 4kCal per 1 gram (3.0-3.8g of protein per one kilogram of bodyweight)

» CARBOHYDRATES - 4kCal per 1 gram

» FATS - 9kCal per 1gram

SHREL

QUALITY SOURCES

» *PROTEIN - Chicken Breast, Fish, Lean Steaks, Salmon, Turkey breast,*

Egg Whites, Whole Eggs. Whey Protein (40z of chicken = 28g protein)

» *CARBOHYDRATES - Brown Rice, White Rice, Sweet Potato, Red Potato, Whole Grain Pasta, Oats, Fresh Fruits, Vegetables*

(1oz of sweet potato = 6g carbs) (1c. brown rice= 45g carbs)

FATS - Olive Oil, Almond Butter, Avocado, Almonds, Cashews, Coconut Oil (2 tbs peanut butter=17g fat)

HOW MANY MEALS PER DAY? AND HOW OFTEN?

5-7 meals per day. Eating every 2.5-3 hours,

Understanding your macronutrients is imperative to understanding your diet and how to understand portions and what kind of foods you will be eating. Get used to reading labels and measuring your food.

METABOLISM

Think of it like a fire. The more wood you put into the fire, the hotter and bigger it grows. The hotter and bigger it grows, the more wood it will need to continue growing. The larger the fire is, the more efficient the fire gets at burning wood and the more efficient it gets at growing. SIMILARLY, your body does the same thing. When you are training hard and eating a lot of food, your body will crave more food to nourish the growing muscles. If you stop feeding the body, your metabolism will slow down, fat loss will stop and muscle gains will diminish, just as if you were to stop giving wood to a fire, the flame would die out. The better your metabolism, the more food your muscles need to grow.

MAINTAINING A STRONG METABOLISM

When dieting, it is important to keep your metabolism running efficiently. When you are dieting, you are in a caloric deficit. This means that you are burning more calories than you are consuming. This is imperative in order to lose body fat and weight. However, the trick is finding the right number of calories that isn't so low that you start burning away the hard-earned muscle mass. This comes with trial and error. You must do the following things to analyze your metabolism:

STEP 1 : Set a diet for yourself that you believe is an adequate amount of food.

STEP 2 : Follow your set Macros for 5 days

STEP 3 : Analyze weight loss

*Details for each step will be explained next

MAINTAINING A STRONG METABOLISM

STEP 1 : -

Set a diet for yourself that you believe is an adequate amount of food.

Example: 220g protein/250g carbs/50g fat.

This is what we will call our "base diet"

*BASE DIET: this is the diet in which you know your body can handle macros without gaining or losing weight.

*Sample Base Macros for individual body weight.

*Calculating your initial base diet

Protein = body weight (bs) × 1.4

Carbs = body weight (lbs) × 1.4

Fats = body weight (lbs) × 0.25 = grams of protein consumed daily = grams of carbs consumed daily = grams of fats consumed daily

125lbs 175g protein/175g carb/32g fat

150lbs 210g protein/210g carb/38g fat

175lbs 245g protein/245g carb/44g fat

200lbs 280g protein/280g carb/50g fat

225lbs 315g protein/315g carb/56g fat

*These macro splits are in direct proportion to Jeremy's Base Line Diet according to his body weight and macro nutrient consumption. These macros are a good start but will not be exact for everyone.

STEP 2 : -

Follow your set Macros for 5 days.

STEP 3 : -

Analyze weight loss.

*If you are losing weight too fast or gaining weight after following your macros for 5 days, then you know your metabolism is not efficient enough or too efficient to handle that amount of food. Thus you need to make adjustments. If you are losing weight, then slowly up your carbs by 25g per day until you see your weight fluctuation stop. If you are gaining weight, remove 25g carb per day from your diet until you see your weight fluctuation stop.

Once you find the appropriate macros that keep your body at a consistent weight, we can identify the efficiency of our metabolism which will give us the ability to make more calculated decisions with our diet and cardio. Do not worry about adjusting your protein and fats at this time, keep them consistent.

SIDE NOTE: HOW TO IMPROVE METABOLISM

» Eating properly 5-7 portioned meals

Utilizing Fasted Cardio

» Eating clean calories every 2-3 hours

» Staying Hydrated

Increase workout intensity

» Taking a Thermogenic Fat Burner

» Increase Cardio

» Taking Fish Oils & MCT Oils

HOW TO MAP OUT MY DIET

1. Once you establish your Base Diet (we will use my base diet macros as the example) you will need to pick a new amount of macros to continue the shredding process and this is called the Adjusted Diet. It is important to not reduce the calories and macros too significantly. This will cause rapid weight loss along with a loss of muscle mass.

Instead we are looking to gradually decrease the food as much as possible while shredding off body fat and preserving the muscle mass.

2. Start by dropping your BASE DIET carbs by 25-50g (so remove approx 8-16g of carbohydrates from 3 out of your 6 meals), and start following this diet.

You will need to watch the scale each morning.

The goal is to drop between 0-1lbs per/day.

*if you are dropping more than 1lbs over day, that weight loss is too drastic so you may want to add back in some carbohydrates. If your weight doesn't drop, you may want to subtract 25g additional from your diet OR add in additional fasted cardio.

3. Follow this protocol until you have lost

3-4lbs (should take between 5-7 days).

4. Once you lose 3-4lbs, you will need to take a re-feed day

*On this re-feed day you will double up your carbs on every meal. You will eat red meat (sirloin, filet mignon, or salmon) for a protein source for one of your meals that day and you will be allowed to have a "Healthy Cheat meal" ex: double burger with one slice of cheese and an order of sweet potato fries for a post workout meal.

BASE LINE DIET

1c egg white

EXAMPLE

1 scoop protein

3/4c. Oats

MEAL 2

100gm chicken

7oz sweet potato

1/2c. green beans

POST WORK-OUT MEAL

2 scoops Isolate Protein

doz sweet potato

MEAL 3

100gm Chicken Breast

3/4c. brown rice

1/2c. green beans

MEAL 4

7oz Tilapia

3/4c. red potato

MEAL 5

100gm Chicken Breast

Large Mixed Green Salad

1/4 avocado

JEREMY'S MEAL 1

1c egg white

RE-FEED DIET

1 scoop protein

EXAMPLE 1.5c. Oats

MEAL 2

8 egg whites

1 sweet potato

1/2c. green beans

POST WORK-OUT MEAL

CHEAT MEAL**approved cheat

Double Burger* 1 slice cheese optional

1 order Sweet Potato Fries

Diet Coke

MEAL 3

100gm Chicken Breast

1.5c. brown rice

1/2c green beans

Meal 4

2 whole eggs

1.5c red potato

Meal 5

7oz Chicken Breast

Large Mixed Green Salad

1/4 avocado

WHAT TO EXPECT AFTER A RE-FEED?

It is expected that you gain weight after a re-feed day.

A typical weight gain of 2-4lbs is normal after a re-feed day. Do not be alarmed, this is simply because your body has restored its glycogen storages, also water being held due to higher carbs, higher sodium, and extra creatine from the red meat. This temporary

"bloat" will last for 1-2 days. By day 3 you will be more shredded than you were before you took the initial re-feed day.

*How it works

	Example:
Dav 0: Morning of re-feed weight	190lbs
Dav 1 Post Re-Feed: 192-194lbs	(+ 2-4lbs)
Dav 2 Post Re-Feed: 190-191lbs	(+ 0-1lbs)
Dav 3 Post Re-Feed: 189-190lbs	(-0-1lbs)

BASELINE DIET RE-ADJUSTMENT

You must understand that throughout your diet, your baseline diet will adjust. As you lose weight, you may require less calories in order to avoid plateau. That is why it is important to assess your weight frequently. If you notice your scale has stopped moving as much, then we know that we need to drop our calories.

For example, at the beginning of my cut, I may weigh 200lbs consuming 8oz of protein and 8oz carbs per meal; whereas at 8 weeks into the diet I may be weighing 178lbs and by then I would only be consuming 6-6.5oz of protein per meal and 4-6oz of carbs per meal. Your weight is in direct correlation to your diet, however the only variable is the efficiency of the metabolism. So some may be able to eat more than others. But typically this principle is almost uniform.

DIET EXAMPLE

MONTH 1

STARTING WEIGHT 160lbs

Baseline diet: 220g pro 240g carbs 38g fat

*weight always recorded in the morning on empty stomach

DAY 1 (BODY WEIGHT: 160lbs)

Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 2 (BODY WEIGHT: 159.3lbs)

Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 3 (BODY WEIGHT: 158.4lbs)

Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 4 (BODY WEIGHT: 157.6lbs)

Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 5 (BODY WEIGHT: 157.3lbs)

Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 6 (BODY WEIGHT: 156.2lbs)

Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 7 RE-FEED DAY (BODY WEIGHT 156.1lbs)

Re-feed Diet: 220g pro 430g carbs 60g fat

DAY 8 (BODY WEIGHT: 159.2lbs)

Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 9 (BODY WEIGHT: 157.2lbs)

Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 10 (BODY WEIGHT: 156.4lbs)

Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 11 (BODY WEIGHT: 155.8lbs)

Adjusted Diet: 220g pro 215g carbs 38g fat

DAY12 (BODY WEIGHT: 155.8lbs) 38g fat

Adjusted Diet: 220g pro 215g carbs 38g fat

DAY13 (BODY WEIGHT: 155.8lbs) 38g fat

Adjusted Diet: 220g pro 180g carbs 38g fat

*Note weight loss has plateaued for 3 days.

You need to make a change to your Adjusted Diet. Drop your carbs by 25-50grams per day and get the weight loss to continue. If you drop your carbs and your weight still doesn't drop, then you may need to take a re-feed day.

DAY14 (BODY WEIGHT: 155.3lbs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY15 (BODY WEIGHT: 154.3lbs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 16 RE-FEED DAY (BODY WEIGHT 154.3lbs)

Re-feed Diet: 220g pro 400g carbs 60g fat

DAY 17 (BODY WEIGHT: 156.9lbs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 18 (BODY WEIGHT: 154.8lbs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 19 (BODY WEIGHT: 154.0lbs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 20 (BODY WEIGHT: 153.3lbs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 21 (BODY WEIGHT: 152.7 (bs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 22 RE-FEED (BODY WEIGHT: 152.7lbs)

Re-feed Diet: 220g pro 420g carbs 75g fat

DAY 23 (BODY WEIGHT: 156.7lbs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 24 (BODY WEIGHT: 153.3lbs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 25 (BODY WEIGHT: 152.6lbs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 26 (BODY WEIGHT: 152.6lbs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 27 (BODY WEIGHT: 152.6lbs)

Adjusted Diet: 220g pro 155g carbs 38g fat

*Note weight loss has plateaued for 3 days. You need to

make a change to your Adjusted Diet. Drop your carbs by

25-50grams per day and get the weight loss to continue. If you drop your carbs and your weight still doesn't drop, then you may need to take a re-feed day.

DAY 28 (BODY WEIGHT: 152.2lbs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 29 (BODY WEIGHT: 151.21bs)

Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 30 REFEED (BODY WEIGHT 150.9)

Re-feed Diet: 220g pro 440g carbs 75g fat

SHRED

CHEAT MEALS

I definitely am a firm believer in cheat meals during a cut. Your cheat meals will be dictated by your progress and your weight loss. The ideal time for a cheat meal is post workout. Your body is operating at its hottest and most efficient following weight training and your body will utilize the extra calories, carbs, fats and protein to help build more muscle mass. Try to consume your cheat meals on the days you are working a lagging body part. We want to over nourish that muscle to make sure we are getting maximum gains. It is important that we

make smart choices with our cheat meals. These cheat meals serve a purpose to re-vamp your metabolism. Make sure you are eating quality food. No fast food!

FAVORITE CHEAT MEALS

- » Persian Food (kebab koobideh, or chicken Joojeh, basmati rice, hummus
- » In-n-out Burger or Habit Burger (3×1 animal style with fries and diet coke)
- » Sushi or Korean BBQ

CHEAT MEALS TO STAY AWAY FROM

- » Pizza
- » Deep fried foods
- » Meals with low protein
- » Fast Food

TRAINING

During this time we are focused on preserving muscle mass and shredding body fat. Our weight training program will be driven by hypertrophic workouts but also enforcing high intensity and high volume. It is important to put in a lot of "work" in the gym at this time. You should be pushing your limits and giving maximal exertion each day. Dripping head to toe in sweat is expected, and being out of breath in between sets is a given. The term we are going to focus on is "EPOC", which stands for excess post oxygen consumption. This is basically your body's after burner. Think of it like a car engine, the higher you rev your engine the hotter the engine will get and the longer it will take to cool down.

When doing high intensity weight training, your body's "EPOC" increases significantly, yielding more calories burned for a longer period of time.

EPOC is pretty much dictated by the effort you give in the gym.

» Rest time in between sets will be minimized.

Typical rest time will be between 45-60 seconds and as short as 20 seconds.

» Rep range will vary between 10-20 reps. We always want to make sure we are warming up the muscle correctly.

» Stretching/Warming-up: spend an adequate amount of time stretching and warming up your body before each workout. I even suggest doing about 5-10 mins on a spin bike or treadmill to get your body primed for the weight training session. Always do 1 warm-up set per exercise just to give your body a "heads-up" of what is about to come.

» SuperSets: exercises performed back to back.

» DropSets: performing the same exercise back to back, but using lighter weight the 2nd time.

» Tri-Sets: performing 3 back to back exercises before taking rest.

» Partial Reps: coming all the way down and only contracting half way.

>> FST-7: training method created by "The Pro

Creator" Hany Rambod where an exercise is performed back to back for 7 sets typically each set ranging from 8-12 reps. 20-30 seconds of rest in between sets. This is used to optimize blood flow and muscle hypertrophy.

I will provide a training template for you to follow below. The format (sets, reps, rest time) is exactly how you should be training, however don't be hesitant to mix up the exercises from week to week.

(Example: dumbbell incline fly can be substituted with cable incline fly)

SUPPLEMENTATION

Supplementing during a cut can help speed up the process as well as maximize the process.

Taking the right high-quality supplements will give you the extra edge to capitalize on your shred. Supplements DO NOT work alone!

They are meant to "supplement" your diet and workout. If you do not eat correctly and are not training hard, you might as well not even waste your money on supplements. They all work synergistically together! I will be providing a detailed supplementation protocol for you to follow below.

CARDIO

Cardio is imperative to help get you to your most leanest state.

This will help increase thermogenesis (elevate core temp.) which will boost your metabolism and get your body to run a lot more efficiently. We will be incorporating HIIT (high intensity interval training) as well as steady state cardio.

HIIT

HIIT - is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. I prefer hit cardio at the beginning of my cutting phase when I have more body fat on my body.

Example: sprinting 50 yards and then walking 50 yards, repeat.

STEADY STATE CARDIO

Steady State Cardio: form or cardio where you are targeting the fat burning zone but not allowing your heart rate to elevate too high.

Example: brisk walk on incline treadmill or a moderate pace on the stair mill

MINDSET

With every aspect of training, your mindset is the most important factor. Your mind controls everything and what you think your body will follow. So, when entering this program, leave all doubt aside. Start visualizing your shred. Before you train, close your eyes for 30 seconds, visualize your workout, visualize the change, the contractions of each rep, and see yourself at your ideal body weight. These mental stepping stones will change your approach and attitude in the gym. In order to set new PR's (personal records) you must believe in yourself. I cannot tell you of one time that I got under a 4-plate bench press where I told myself, "I don't know if I can do this", and the weight has ever gone up. Before getting underneath a new PR, I have to psych myself up, I have to tell myself "LIGHTWEIGHT", and most importantly I have to believe it!

*YOUR MINDSET IS EVERYTHING! SUCCESS
STARTS FROM WITHIN!*

SUPPLEMENTATION PROTOCOL

*Before taking supplements or training, please consult with your physician to insure that you are healthy enough to complete the physical tasks outlined in this program and healthy enough to take the supplements being recommended. Some of the supplements are high stimulant products, and any one with a heart condition or health issues should seek professional consultation before beginning

SUPPLEMENT LIST

CARNIGEN by EVOGEN

AMINOJECT by EVOGEN

CELL KEM by EVOGEN

CARDIO PROTOCOL

WEEK 1-2

FASTED CARDIO 3x week:

35 mins on Stair Climber (Steady State)

*Minimal 80-100 steps per minute, keep this pace up the entire duration of cardio

FASTED SPRINTS 3x week:

(15) 50 Yard Sprints (HIIT)

*Sprint 50 yards, then walk back 50 yards, then repeat. MINIMAL REST, your rest is the walk back

WEEK 3-4

FASTED CARDIO 4x week:

40 mins on Stair Climber (Steady State)

*Minimal 80-100 steps per minute, keep this pace up the entire duration of cardio

FASTED SPRINTS 2x week:

(20) 50 Yard Sprints (HIIT)

*Sprint 50 yards, then walk back 50 yards, then repeat. MINIMAL REST, your rest is the walk back

WEEK 5-6

FASTED CARDIO 5x week:

40 mins on Stair Climber (Steady State)

*Minimal 80-100 steps per minute, keep this pace up the entire duration of cardio

FASTED SPRINTS 1x week:

(20) 50 Yard Sprints (HIIT)

*Sprint 50 yards, then walk back 50 yards, then repeat. MINIMAL REST, your rest is the walk back

WEEK 7-8

FASTED CARDIO 5x week:

30 mins on Stair Climber (Steady State)

*Minimal 80-100 steps per minute, keep this pace up the entire duration of cardio

FASTED SPRINTS 1x week:

(20) 50 Yard Sprints (HIIT)

*Sprint 50 yards, then walk back 50 yards, then repeat. MINIMAL REST, your rest is the walk back

POST WORKOUT CARDIO: 5x week:

30 mins on Stair Climber (Steady State)

*Minimal 80-100 steps per minute, keep this pace up the entire duration of cardio

NÜTRITION

NUTRITION is the one thing that will most greatly dictate your physique. The food you intake is a direct reflection of how you will look and feel. YOU MUST UNDERSTAND HOW TO COUNT YOUR MACROS! It is simple addition, you all can do it! THIS IS NOT FLEXIBLE DIETING! You must eat clean food but understand how much protein is in your meat, and how many carbs you are eating per meal.

"MACROS" (Macronutrients)

» PROTEIN

4kCal per 1gram (3.0-3.8g of protein per
one kilogram of bodyweight)

» CARBOHYDRATES

4kCal per 1gram

» FATS

9kCal per 1gram

QUALITY SOURCES

» PROTEIN

Chicken Breast, Fish, Lean Steaks, Salmon, Turkey breast, Egg Whites, Whole Eggs, Whey Protein

(4oz of chicken = 28g protein)

» CARBOHYDRATES

Brown Rice, White Rice, Sweet Potato, Red Potato Whole Grain Pasta, Oats, Fresh Fruits, Vegetables

(1oz of sweet potato = 6g carbs)

(1c. brown rice= 45g carbs)

» FATS

Olive Oil, Almond Butter, Avocado, Almonds, Cashews, Coconut Oil (2 tbs peanut butter= 17 g fat)

HOW MANY MEALS PER DAY? AND HOW OFTEN?

5-7 meals per day. Eating every 2.5-3 hours.

PHASE I

WEEK 1 - 4

ABS

TRAIN EVERY OTHER DAY

LEG LIFTS (ADVANCED-HANG FROM PULL UP BAR)

ILLUSTRATION

- LIVE DEMO

5×20reps

FLOOR CRUNCHES

- ILLUSTRATION

5×20 reps

DECLINE BENCH REVERSE CRUNCH

ILLUSTRATION

5×20 reps

WORKOUT SPLIT

PUSH: CHEST , SHOULDERS,TRICEP

PULL : BACK , BICEP

LEG

DAY 1;

Chest: warm up with push ups till failure

Bench press 4 sets

Incline dumbbell press 3sets

Incline bench press 3 sets

Cable cross over 4 sets

Dips 4 sets

Shoulder:

Military press 3 sets

Up right 3 sets

Lateral raises 4 sets

Shrugs 4sets

Tricep:

Skull crushers 4 sets

Cable push down 4 sets

Over head dumbbell press 3 sets

DAY 2 : PULL DAY :

BACK:

Warmup with pull-ups till failure

Lateral pull down 4 sets

Bent over rowing 3sets

Single arm dumbbell rowing 3sets (each hand)

T bar rowing 3 sets

Seated single arm rowing 4 sets for each hand

BICEP:

Dumbbell single arm curls 4 sets

Barbell curls 4 sets

Hammer curls 3 sets

Hammer rope curls 3 sets

DAY 3: LEG DAY

Warmup with free squats 4 sets

Normal weighted squats 4 sets

Bulgarian split dumbbell squats 3 sets

Lunges 4 sets

Leg front extensions 4 sets

Leg ham-curls 4 sets

Weighted leg raises 4sets

Incline running 5mins

R E S T

DAY 5 : PUSH DAY

CHEST :

Incline bench press 4 sets

Incline dumbbell fly 3 sets

Incline dumbbell press 4sets

Cable pec fly 4 sets

Dips 4 sets

Shoulders:

Shoulder press 4 sets

Front +lateral raises (super set) 4sets

Rear delt cable fly 4 sets

Shrugs

TRICEP:

Tricep kickbacks on rope 4 sets

Over head press 4 sets

Rope push down 4 sets

DAY 6: PULL DAY

BACK:

Close grip lat pull down 4sets

Bent over rows 4 sets

T bar rows 3 sets

Incline bench dumbbell rows 4 sets

Seated rows 4sets

BICEP:

Barbell curls 3 sets

Hammer curls 3 sets

Pitcher curls 4 sets

Chin ups

DAY 6: LEG DAY :

Squats 4 sets

Extensions 4 sets

Ham curls 4 sets

Leg press 4 sets

Calf raises 3 sets

Running 10mins

