



THE ULTIMATE BEGINNER GUIDE

YOUR TRANSFORMATION BLUEPRINT

**COMPLETE KNOWLEDGE
LIBRARY TO START
TRANSFORMING
YOURSELF TODAY**

Reps and Runs

STRATEGY & MINDSET3

1. INTRODUCTION 4

2. MINDSET 6

3. GOAL SETTING 11

4. TRACKING PROGRESS..... 32

FUNDAMENTALS OF RESISTANCE TRAINING AND CARDIOVASCULAR EXERCISE 33

5. PROGRESSIVE OVERLOAD..... 34

6. MIND- MUSCLE CONNECTION..... 36

7. MUSCLE FIBRES AND REP RANGES 37

8. CONCENTRIC, ECCENTRIC AND ISOMETRIC MOVEMENTS AND USING THESE TO YOUR ADVANTAGE 39

9. IMPROVING WEAK BODY PARTS..... 44

10. CARDIO 46

PLANNING47

11. SETTING A WORKOUT ROUTINE – DAYS AND TIMES..... 48

12. EXERCISE SELECTION AND DESIGNING A WORKOUT PLAN 50

NUTRITION51

13. MACROS EXPLAINED..... 52

14. DIVIDING YOUR PLATE – MAIN MEALS 56

15. DIET HACKS TO KEEP YOU CONSISTENT 57

16. CARB CYCLING, INTERMITTENT FASTING, CHEAT MEALS AND REFEED DAYS..... 60

17. GUIDE TO GROCERY SHOPPING AND HOW TO READ NUTRITION LABELS..... 63

18. SUPPLEMENTATION..... 66

19. CONSIDERATION OF PRE AND POST WORKOUT MEALS..... 73

IMPLEMENTATION.....75

20. WHERE TO START? 76

21. ADVICE FOR DIFFERENT BODY TYPES: 78

22. WHAT IS BODY RECOMPOSITION (BUILDING MUSCLE AND LOSING FAT AT THE SAME TIME)? 79

23. TYPES OF PLATEAUS AND HOW TO BREAK PAST THEM 80

24. GUIDELINES FOR OBESE INDIVIDUALS: 82

25. GAME PLAN TO GET SHREDDED..... 84

26. GAME PLAN TO LEAN BULK 87

27. REST AND RECOVERY 89

28. HIRING A TRAINER..... 90

EXERCISE LIBRARY.....91

29. CHEST 93

30. BACK 96

31. SHOULDERS 98

32. BICEPS..... 100

33. TRICEPS	102
34. LEGS:	104
35. ABS:	107
36. STRETCHING AND MOBILITY.....	110
IMPORTANT TOPICS.....	112
37. DOES EXERCISE FORM MATTER?	113
38. REST AND RECOVERY	114
39. SUSTAINABILITY – HOW TO MAINTAIN A PHYSIQUE.....	115
40. MUSCLE IMBALANCE HOW TO FIX IT.....	116
41. TESTOSTERONE & TIPS TO BOOST IT.....	118
42. IMPORTANCE OF CONSISTENCY	120
43. SEXUAL HEALTH AND MY HONEST OPINION.....	121
FINAL WORDS.....	123
44. OUTRO.....	124

A photograph of a muscular man in a gym setting, with a white text box overlaid on the top half of the image. The man is shirtless, showing his well-defined muscles, and is holding a barbell. The lighting is dramatic, highlighting the contours of his body against a dark background. The text box is white and contains the text "Section 01" and "Strategy & Mindset".

Section 01

Strategy & Mindset

Chapter 01

Introduction



Hi, I am Wahaj, a full-time working professional and a chartered accountant. I am also an ACE certified personal trainer. I have an 9-year experience in weight training, cardiovascular exercise and helping,

I have always had a passion for sports and having played football for most of my teenage and early twenties, I took fitness as a hobby following an ankle injury, not knowing that one day it will become a lifestyle that I won't ever quit.

I will acknowledge that I am not a competitive athlete, but I have acquired a great deal of knowledge studying exercise and nutrition, implementing various plans over the years as well as doing my certification in the same field which has put me in a position to transfer my knowledge to the wider community.

I believe there is a lot of content out there on the internet with many conflicting opinions about what you should and what you should not do but I have condensed this down in an easy to refer e-book which you can open and read whenever a doubt pops up. It covers the main topics that can without a doubt set you up on your fitness journey. It covers not only the information aspect but also my own experiences and knowledge to help you make a more informed decision.

Please make sure to read every chapter in this E-book as I have summarised years of trial and error and really put in a lot of effort to write each and every sentence within this e-book. This is not a generic E-book. I used zero AI to write it unlike many other authors out there who are just using pre-written templates.

Disclaimer!

This is my work. I wrote it with my own hands. Each and every line of this E-book is thought, planned, crafted and then reviewed by me.

And therefore, this does not give right to you to repurpose, reproduce, modify or distribute any contents of this E-Book. All of the facts, images, and charts are the property of Reps and Runs which is a platform I created for busy professionals to get and stay in shape.

Chapter 02

Mindset.

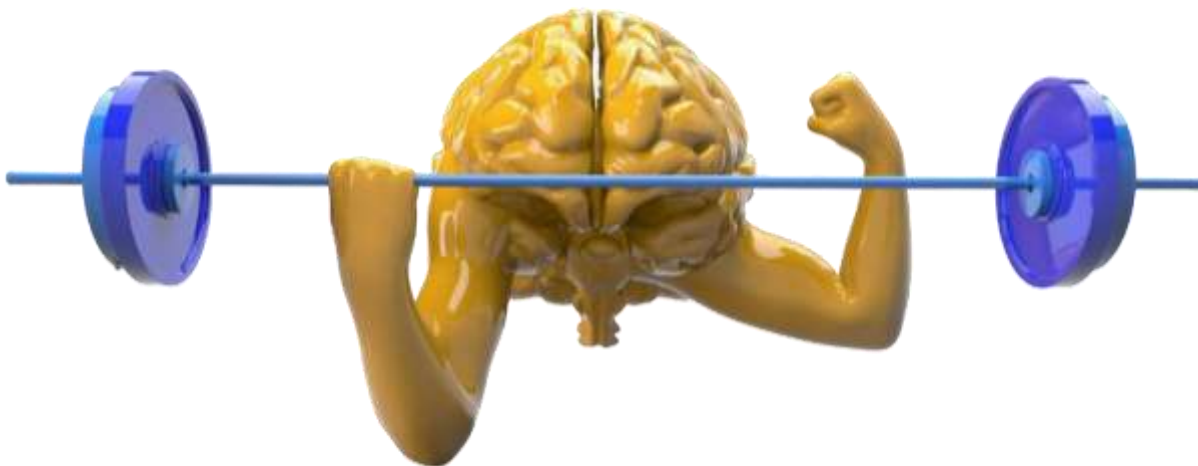
Okay enough about me, it's time we dive straight into the purpose of the book which is to get you disciplined, motivated and up and running with your fitness journey. This book is mainly aimed at people like me who are working a demanding 9-5 job/running a business that is not really a 9-5 and there are times where you tend to work even longer hours. In situations like these, it's easy to slip away and binge eating your way until your old clothes don't fit. Yes, I know the pain and sometimes it feels that fitness is not for you.

Afterall, you are supposed to work right and that's the purpose of your life? To work and get paid. You can never look like the fitness models/trainers out there and the only excuse you give yourself is 'well they do it for a living – if I had done that, I'll look like them too'.

Believe me, that is not the right mindset. Having been training consistently over an extended period of time, I have learned that if you put in the work and are true to yourself you can achieve a physique that looks better than most gym trainers. In this book, I will give you all the tools which enabled me to maintain a decent physique while simultaneously progressing at my workplace.

Most gym trainers will ask you to buy their meal plans and their training plans. But what they don't help you with is the mindset. When it comes to improving your fitness journey, be it weight loss and muscle gain, mindset is the number 1 factor. Things won't change until you have that go-getter attitude where you will be able to get up out of the bed, put on your gym clothes on, prepare a workout drink and take that dreaded walk to the gym. That looks so simple, doesn't it?

But the reality is this is the most difficult thing that most people struggle with and a lot of them fail at this very moment. The reasons? Well, its simple, sometimes it will be cold, sometimes it



will be rainy and sometimes it will be windy. Other times, your room might feel cosy, your favourite game may be on. But trust me just those few minutes of you making that decision and taking the walk to the gym regardless would go a long way to give you consistent and ever-lasting results.

A quick way to deal with this is to tell yourself that you will go to the gym and workout for just 5 minutes and return home. Trust me when you reach there you will see how your mood switches and you will feel that drive to put in the effort. The environment at gyms is a game



changer and that's why I'd recommend that even if you have a home or an apartment gym its sometimes good to go to a public gym where the vibe is completely different. But its okay if you don't have access to a public gym you can still achieve a lot with this '5-minute' rule that I have mentioned above. You can use it to do home workouts for example. Just tell yourself I will stop after 5 minutes and trust me it will keep you engaged for longer. Our brains are funny. They have a habit of forming patterns in the direction you take them. The issue is that you need to take them in the right direction.

A lot of people fail to identify what they want to achieve. The first step as part of the mindset is to have a vision and a goal. If you don't have one you NEED to create one. It can be as simple as I am going to go shirtless on a beach. Or I am going to inspire people in general – people at my workplace, my family, people I love. I want to earn their respect. Of-course it's not easy to maintain fitness when you are supposed to work the whole week. But doing the difficult things gets your morale high and makes you feel good about yourself. If you haven't been through this, you are missing big time on what your body and mind can do.

The second step is to create a deadline – by when are you going to make this goal a reality? This creates a sense of urgency and will keep you on track. Your drive is the highest when you make up your mind in the first instance, as time goes by that drive goes down, that's human nature. You got to grab the drive when its fresh and that's when you decide that you will do it, no matter what. People are sometimes so reluctant to get that gym membership that they'll keep thinking and procrastinating without further action.

The third step is to create a plan of how you will achieve that goal. You have two options here – first by educating yourself (which this E-book will do for you) or investing in a mentor or a coach to help you along the way as they take out a lot of guess work and you don't really need to spend time educating yourself. Good mentors/coaches are expensive and the more experienced/qualified they are, the more they will cost. That's how the world works unfortunately. But don't worry it's because this reason that I put something like this for you so that you have every chance of transforming yourself and get knowledge from someone who has not only transformed himself but also help people get some insane results from their knowledge And therefore, this does not give right to you to repurpose, reproduce, modify or distribute any contents of this E-Book. All of the facts, images, charts are the property of Reps and Runs which is a platform I created for busy professionals to get and stay in shape.

It is tailored to keep in mind all challenges, big and small that an individual faces in their fitness journey be it training, nutrition, rest and how to ensure that you are always motivated and progressing.

The aim of this E-book is to bring you to a point where you are get you entirely self-sufficient so that you never spend your money on any falsely advertised coaching programme ever again. Yes, you read that right so congratulations on taking this step to make this tiny investment in your well-being.

I am confident that once you have read through each and every chapter you would have all the knowledge to kick-start or even to fast track your way to being a better version of yourself, both physically and mentally.

The only thing this book will lack is the accountability, but we have got you covered with that if you have joined our [Facebook community](#) where there are a lot of like-minded people on the same mission as you – to improve their physical and mental health and to be a better version of themselves.

Getting yourself disciplined – areas of focus

Getting to the next level requires a strong mindset. Before you achieve something physically, you should have already achieved it in your mind. It's a famous saying and I believe this is actually true.

The methodologies I used to transform myself were simple. I cut-off triggers that allowed me to be distracted and I suggest you do the same.

For example, don't bring in your house a bunch of junk food – remember if you have access to something you would always end up consuming it.

Identify what the triggers for your failure are, if its time being spent on the phone, set limits for your apps, if its skipping breakfast, make sure to have something prepared before you sleep. Same goes for your workouts, prepare your workout drinks, and pack your gym bag in advance so that you don't have to struggle to make it and lose motivation during the process. If its negative people cut them off.

Start getting appropriate night sleep. There is no replacement for sleeping at night which means sleeping for the same time during the day does not give you any additional benefit.

Scrolling is again not great. If you are mindlessly scrolling, chances are you are not doing anything productive. Even if you are watching loads of productive videos on the internet, you are actually not doing anything yourself but giving yourself the impression that you are doing something. Read this again. This will fix a lot of your problems.

As you reduce screen time, also quit the habit of watching explicit content – that is the worst thing you could do to your body and mind. Its just like another drug that you are not taking in your digestive system but it's going directly to your brain. Always value real relationships over something virtual and artificial. You should only follow real people who bring out the best in you and motivate you to be a better version of yourself.

Hang out more with people who have the same mindset as you, who want to get better and use their time wisely. Your circle has a big influence on you so make sure you have friends who are aligned with your goals. I am not saying that everyone you make friends with should be a gym goer, but they should possess habits such as using their time wisely and be driven to achieve great things in life.

Get social support from your friends and family. Tell them you really want to change yourself and ask them for their support. Get a gym partner or just find one.

Don't have this complex when you see someone better than you. Instead talk to them and ask them how they got there, what was their journey like. Make friends with them. You will only grow with this mindset rather than saying you can't be like them or hating on them which will only put you further down.

Find a hobby that you absolutely love doing and set a goal that you are going to do something with this, maybe get better at it or maybe to help others get better at it. This way you will not only feel better but your life will instantly feel more purposeful. Very few people get to do this and if you can make this happen, trust me things will only get better for you.

Stop judging yourself by way of comparison to others. Remember no one is the best in the world. Even Mr Olympia who cannot say otherwise as everyone is always in a position to say that there is someone doing better than them. You need to stop thinking with this mindset. If you do, you will never be able to succeed in life. The comparison you make should only be with the version that you were before. And this doesn't have to be an improvement over a daily basis. It could be an improvement over weeks or months. You just want to be in a position that when you look back at yourself in a year's time you can easily say that you have improved. And

that doesn't have to be all physical. Any improvement be it physical, mental, financial, or spiritual is an improvement and you should always credit yourself for making that.

That said, everyone of us has their strengths and you should always evaluate yourself by making sure you include all your strengths and qualities together. It DOES NOT HAVE TO BE FITNESS. Your strengths could be anything, from your intelligence, creativity, academics, sports or even being great at video games. So always count these things. There is a high chance that you will be excelling in one thing more and doing it better than your favourite influencer. Use it as your motivation. Remember our mindset is the most crucial piece of the puzzle. It could make you or break you so make sure you have got this taken care of.

And last but not least, don't be afraid to be alone. If you think people around you aren't the right fit be brave to choose your own path. Spending time alone can help you align your goals and discover your true self. So don't worry if you don't have the right people around you. As you progress in your journey you will see that the people you meet in the process of your growth would be far better than the people you left behind

If you think you have not got the right people around you to motivate you or support you, we have created a community where everyone pushes the other person to go up and do great things – make sure to join us on [facebook](#). We are not a typical community, we are a community that push one another and celebrate small wins, no matter what they are.

Join Facebook Community

At the end of your life you want to make sure that you did something with your life and not let it go to waste and just grow old with time. That will be the worse suffering ever. Instead, you want to suffer and sacrifice your wants now, so that you can achieve what many would never be able to achieve.

Potentially your life could have a whole of purpose then, people could look up to you and you could even help others be a better version of themselves. Just some food for thought.

That said my friend, I now want to give you some insight on how to set goals. Throughout my education and path to becoming a Chartered Accountant, an ACE certified personal trainer and working for top notch organizations in the world, continuously progressing through the ranks and building a six figure E-Commerce business alongside that I could tell you a thing or two about setting goals.

***Remember, there are two things that separate winners from losers.
They are suffering and sacrifice.***

And needless to say, I have maintained a well-balanced physique throughout this time which is another differentiating factor that I believe sets me above most trainers out there. So in this next chapter, I will teach you all you need to know about setting goals.

Goal Setting

How to set goals

Defining your goal :

This is perhaps the most important step in your transformation journey as it gives you a clear direction in which you are headed. Quite often you need mentors to do it for you as they have the expertise and skill set to guide you through the path. But when you are doing things yourself you just need to spend a bit more time and effort into defining your own goal. Once it is defined, the execution becomes way easier as you are able to get ahead of distractions and focus on the path to achieving your goal.

Setting a 'smart' goal is important. And this is literally what it means. I have defined and explained each attribute that you would need to consider once setting your goal.

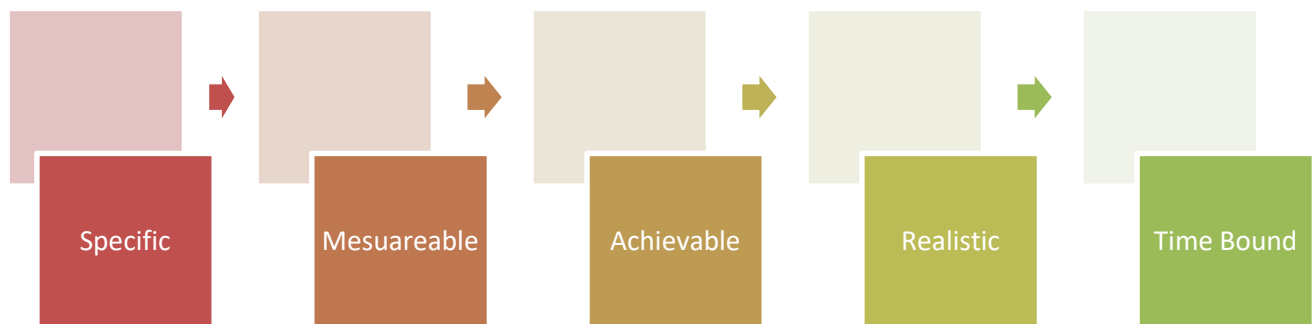
S - Specific

M - Measurable

A - Achievable

R - Realistic

T - Time bound



Specific:

When we say specific, we mean that must be precise enough so you can target it. You cannot just say I want to look good. Alternatively, I want to build muscle or lose fat. You need to define your approximate body fat % you need to get to or if you want to look a certain way you need to define it clearly.

On the other hand, if your goal is to be at a certain bodyweight level you need to define that specifically.

Measurable

A goal should be measurable. For example, if you have a goal of losing weight of about 5 kgs. You need to be able to track it properly and you can do that easily by recording and logging in your weight on the machine. Similarly, you can track your progress on fat loss by taking measurements and progress pictures. A lower measurement on the waist or clothes fitting differently from the waist/hips is a good indicator that you are losing fat. Moreover, you can easily track these changes.

Achievable

A goal should be achievable such that it should be something that the human body or you can achieve given your daily life commitments, your resources and your situation. If you are working a day, job and have a family and you have set a goal for yourself to go the gym for 4 hours on a daily basis. Then that is simply not achievable because your time is limited. So always, make sure to tailor your goals in accordance with what you are capable of achieving given a busy schedule and other commitments/limitations. This way you will be able to build and progress to your goal much effectively and will not lose drive as in your mind you will always know that this is something you can achieve.

Relevant:

A goal should be relevant which means it should be aligned to your long-term goals. Being fit for example could be relevant as it helps you in so many ways - you get more productive, you increase your self-confidence and it you may even inspire others around you.

However, whatever your goal is make sure it is relevant to you so that it would always be something of importance.

Time bound:

Last but not least, your goals should be time bound meaning they should have some form of rough timeline in terms of when you want to achieve them. These can range anywhere between 3 months to 12 months as this time is long enough to see some visible changes. If your goal is crazy like losing 100-200lbs it may take more time and it may be extended to see completion over a period of 2 years.

You need to give time for results to come as short cuts and quick fixes do work but you are more likely to relapse putting on even more weight when you go back to normal eating ways.

Process based goals versus outcome-based goals:

Alright, let's break it down. So, process-based goals and outcome-based goals are two different approaches to setting your goals, and they each have their own merits.

Let's start with process-based goals. These are all about focusing on the journey rather than the destination. With process-based goals, you're more concerned with the steps you need to take rather than the specific outcome. For example, if you're trying to get fit, a process-based goal might be to exercise for 30 minutes every day. The emphasis here is on the action you're taking consistently. These are super important and I tell all my clients to always have some process based goals no matter what they do. Process based goals ensure that you are able to be consistent in the long run and they lead to building good habits which then make the outcome-based goals much easier to achieve.



As the name suggests outcome-based goals are all about the end result. So, using the fitness example again, an outcome-based goal might be to lose 10 pounds. With this approach, you're fixated on achieving a specific outcome, regardless of the steps you take to get there.

On the other hand, outcome-based goals can provide clarity and a sense of direction. They give you a clear target to aim for, which can be really motivating. However, they can also be discouraging if you don't achieve the desired outcome, even if you've made progress along the way.

My advice to you would be to keep the outcome-based goals in mind always but always break them down into smaller components. For example, if your goal is to have a shredded six pack from 25% body fat. The first outcome-based goal should be to get the waist down by an inch in about a month. Clearly this is much doable than immediately aiming for the six pack and will give you a great sense of achievement once you smash it. Then the next step would be to have a flat upper stomach which may also take you sometime, but you may get to it quicker than

having a fully shredded core. These quick wins are really important as they give you a sense that you are not only following a process but are also seeing positive changes overtime.

In summary always focus on process-based goals on a daily and weekly basis and always break down outcome based goals into smaller milestones that you could maybe achieve in a period of one or two months' time. This helps you stay on track for the much longer term and eventually lets you hit the target. I hope this concept was clear to you and you can now surely be more consistent and motivated for your fitness journey.

I am sure you are now in the mood to get going, so we will dive into the next chapter and a key part of your transformation ie; tracking.

Tracking

Once that goal is set, the next step is to calculate what you need to do to reach for that goal. Again, tons of content available on the internet that will show you how to achieve fat loss, muscle gain or whatever your goal is but what people really struggle with is calculating their macros. This is where the 'everybody is different approach' comes in. What works for others might not work for you and vice versa. So how do I figure this out? That leads me to the next step which is tracking. If you have chosen, your path you got to start keeping track of your weight on a daily basis. Even the best fitness pros out their track their weight so they know what's working for them and what's not.

Below are the things you need to track when it comes to fitness:

1. **Blood work – at least 2 times a year or quarterly**
2. **Weight**
3. **Body measurements**
4. **Calories and macros**
5. **Fat levels**
6. **Progress – both appearance and work in the gym**

Bloodwork

Bloodwork is critical to fitness and most athletes recommend it but a lot of average people tend to overlook it. Knowing levels of various blood components, such as HDL and LDL cholesterol as well as testosterone and estrogen levels can allow you to tweak your diet or fitness plan to optimise these hormones which in turn helps speed up your fat loss/muscle building results. It also allows you to view any nutritional deficiencies you may have so that you can take steps to counter these. Supplements can come in handy, but I would recommend you always consult a health professional before using any supplements for countering your deficiencies.

Some tests you should do regularly are below:

Complete Blood count – this provides a good overview of your overall health and measures the amount of red, white blood cells and platelets – it's a pretty standard test that anyone should get done.

Blood pressure

High blood pressure is one of the most prevalent health issues today.

Make sure you are frequently monitoring it throughout your lifetime and keeping it under control. You can do it as much as you like but once a month is ideal. This doesn't need a blood sample so you would need a device which measures it and can do so at your convenience.

Lipid Profile test – This is a crucial one and monitors the level of cholesterol and triglycerides (which are molecules produced when your body breaks down fats) in your blood.

Broadly speaking there are three types of cholesterol.

- **High-density lipoprotein (HDL) cholesterol** - HDL cholesterol is referred to as “good” cholesterol – its found in healthy fats and helps remove bad cholesterol from your blood.
- **Low-density lipoprotein (LDL) cholesterol**- LDL cholesterol is referred to as “bad” cholesterol. Too much of it can cause cholesterol to build up on the walls of your arteries. This raises your risk of heart attack/stroke/cardiovascular disease.
- **Triglycerides.** When you eat, your body breaks down fats in your food into smaller molecules called triglycerides. High levels of triglycerides in your blood increase your risk of developing cardiovascular disease. Having obesity or unmanaged diabetes, drinking too much alcohol, and eating a high calorie diet can all contribute to high triglyceride levels.
- **Very low-density lipoprotein (VLDL).** Your blood also contains another type of cholesterol linked to cardiovascular disease called VLDL. VLDL is often not mentioned on cholesterol tests because it's not directly measured. Instead, VLDL levels are calculated by assuming VLDL levels are 20 percent of your triglyceride levels. Your VLDL levels are not used to determine treatment for elevated cholesterol.
- This is the total amount of cholesterol in your blood. It's the sum of your LDL, HDL, and VLDL cholesterol. Total cholesterol and HDL cholesterol are the the only levels that are directly measured. LDL and VLDL are both calculated values based on the the measurement of your total cholesterol, HDL, and triglycerides.

Ideal results for most adults are as follows:

Test	Normal Range
LDL:	less than 100 mg/dL
HDL:	40 to 60 mg/dL (a higher number is better)
Total cholesterol:	less than 200 mg/dL
Triglycerides:	less than 150 mg/dL
VLDL levels:	under 30 mg/dL

Metabolic health markers

These are very important if you are someone who is looking to keep fit and be disease free. Some of the key ones I would recommend getting tested are the below:

- **Fasting insulin:** < 15mIU/mL
- **Fasting glucose:** < 100 mg/dL (5.6 mmol/L)
- **HbA1c:** 4-5.6%

These are markers for insulin sensitivity. Values above these ranges can indicate pre-diabetes or diabetes. So its important to get these checked and monitored on a regular basis.

Total and free testosterone

These levels are some of the best indicators of your health overall. If you have low T, it indicates that your lifestyle is sub optimal which means you need to improve your eating habits, sleeping habits as well as activity levels. 300-1000 nanograms per decileter (ng/DL) are normal ranges for total testosterone levels – I would encourage you to always maintain T levels closer to 500 or above to see optimal results. I have given some tips to do just that in one of the sections in this E-Book. Do check the

Weight

Daily weight tracking is essential and noting the readings down in a diary has always worked best for me. The trick here is to weigh yourself at a similar time in a similar state (with or without clothes) and to use a digital scale. I prefer weighing early morning in a fasted state. I also use a digital scale and keep the reading units in 'lbs' as opposed to kgs. This purely serves as a motivational factor as even small variances in weight appear larger when they are converted into lbs. Moreover, you may know that if you are training for a while and trying to gain muscle mass, you will realistically gain 1/2kg of muscle mass per month – seeing these movements on the scale overtime can be a tedious process and is likely to take the motivation away from you whilst you are still working towards that. However, when readings are in lbs you will see a greater variance on the scale which will keep your morale high.

This is because a 'kg' equals 2.2 lbs so movements in 'lbs' are more visible than movements in kgs. A quick example is if someone who weighs 60kg weighs themselves and the scale shows a reading of 60.1kg. Later in the next week, the weight changes and it becomes 58kg. This looks like just a 2kg variance however converting it into lbs shows a decrease of 4.4lbs. Even though it looks fairly straightforward but if you are aiming for weight loss this will boost your morale significantly. The reverse is applicable for muscle gain. Personally, I use the below scale:

**Salter Ultra Slim Analyser Bathroom Scales,
Measure Weight BMI BMR Body Fat
Percentage Body Water, Slim 25mm Design,
Tough 6mm Glass with Carpet Feet, Easy to
Read Digital Display - Glass : Amazon.co.uk:
Health & Personal Care**



[View Salter Ultra Slim Analyser
Bathroom](#)

Body measurements:

I would say your key body measurements if you are to track improvements to your physique are below.

When recording these measurements, please make sure that you take them with a very thin line of clothing and measure them consistently over time. These measurements should ideally be done without a pump and tracked on a weekly basis.

The main body parts you need to track are below – calves and shoulders are optional (personally I don't worry about them) but I need to include them to be fair.

Shoulders –

Waist -

Chest -

Biceps -

Hips -

Thighs -

Calves –



Measure all body parts: <https://youtu.be/FKRJfnZMKiM?si=oSqi44iixTfCOLMe>



Video link to measure shoulders: <https://youtu.be/7pWgzdfnifw?si=P9ZLezlsrzA0S4Ld>

One key thing to consider with these measurements is to always have them in an unpumped state and ideally without any clothing or very light clothing that stays consistent each time you measure.

Your points of measurement should also be very consistent as the precise measuring points would be almost different for many people.

But the general rule is always measure a body part where the measurement would give you the maximum reading for that body part and this will entirely depend on your body structures.

I cannot stress the importance of taking weekly measurements as the scale would not always move if you are losing fat and also building muscle simultaneously. Your measurements however, would definitely move and therefore its important to track them very precisely as you

cannot always see a quarter of an inch reduce from your waist or a quarter inch increase in your chest.

Calories & Macros

What are macros?

Macros shortened for 'macro-nutrients' comprise of protein, carbs and fats. It's also important to understand the role of each of these macros.

Protein helps to build and repair muscle tissues which is critical to the people who are working out or are engaged in any sort of physical activity. It also assists in immune function and hormone production.

Fats are essential in keeping your body strong both internally and externally. They assist with cell growth and help in the absorption of nutrients as well as improve functioning of internal organs. Hence, they cannot be ignored.

Carbohydrates provide the fuel to your body to function everyday – they are the energy drivers and give you the ability to carry out your daily activities.

More detail on these macros is included in the ['Nutrition'](#) section below.

Now that you have learned the purpose and importance of each of these macros its time to learn about the famous term that everyone talks about which is 'calories'. We will see how these are made.

What are calories?

Calories are a unit of energy – as discussed above your body needs energy each day to carry out its daily activities. We all know energy comes from food and food is made up of macronutrients – ie; proteins, fats and carbs. Each of these macronutrients carries amounts of energy within it. As you normally see food measured in grams for eg; 100 grams of chicken, 150grams of rice, etc, we measure calories the same way but the only difference is we just need to convert the grams into calories for the food we eat. This is simple and is done in the below ratio:

- 1 gram of Protein = 4 calories
- 1 gram of Carbs = 4 calories
- 1 gram of Fat = 9 calories

Okay now that you know the basics it's time we find out the role of calories in your life. Well, it depends on what you want you want to achieve – if you are aiming for fat loss, you should consume less calories than your required intake. If you are aiming for muscle gain you should consume more calories than your required intake.



Calculating maintenance calories – the easy way

This brings us to the question – where do we find our required intake. A simple way to do this is just to go to the below link on my website to get a straightforward break-down of calories and macros:

Reps and Runs – Calorie and Macro calculator

This will ask you your age, level of activity, current height and weight and your goal weight to give you a number of calories that you need to eat whether your goal is to maintain weight/muscle, lose weight/fat or gain weight/muscle mass.

It's important that you write the level of activity as sedentary if you walk no steps or minimal steps during the day and not call yourself highly active even if you are working out 5 days a week. This is because the caloric calculation will always assume that the level of activity you have selected is for your entire day and not just for 3-4 hours. A lot of people fill out these sections incorrectly and therefore they end up overestimating the number of calories they need.

Personally, I would just recommend that you use these websites to get a number which shows your maintenance calories. You should then try and see what works for you – be it muscle gain

or fat loss or just maintaining weight. This is where most people struggle because they go by the book and this is where you need to change. In fitness one approach does not fit all. Everybody is different and reacts differently to all kinds of things be it calorie consumption, suitability to certain types of food and caloric expenditure.

This is the most critical piece, and the fact of the matter is that no one can understand your body better than you do. People may have differing views. "Oh my coach understands my body better than me", but I disagree. Your coach will adapt the same strategy in creating your diet plan which I am telling you now. Basically, what trainers tend to do is to give you a meal plan and then see how your body responds to it. For example, if you sign up for a training and a nutrition plan, the coach will use your information to calculate your maintenance calories and will ask you what you want to achieve. If your goal is fat loss, they will make a diet plan for you that will have you eating less than your maintenance calories so that you start to lose fat (remember the general rule is that if you eat less calories than your requirement you will lose fat). The same is true for weight gain (if you eat in surplus to your maintenance calories, you will gain weight and if you are training the right way you will gain lean muscle mass, but we will come to that later).

To conclude, it is always a game of trial and error where you have to see what works best for your body. Some coaches are good at that and after working with numerous clients they have an idea of what kind of approach works well for a person of a particular age and body type. Therefore, I have nothing against coaches and if you feel you need one, then by all means go for it. But what you should understand is the logic behind how training and nutrition plans are made.

If you do not want to go to these websites which was the easy way out, you need to understand a few concepts first. These have been explained below

How caloric expenditure works:

If you want to understand the concept and the model behind which all these caloric calculating websites work, its worth reading through this section which will clear a lot of your concepts.

To be able to understand how much calories you actually need, its worth understanding a few concepts which are detailed below:

BMR or Basic Metabolic Rate – Put simply this is the amount of calories your body burns at rest and what it needs to survive. This includes energy needed by your organs such as your gut, brain and heart to function on a day-to-day basis. This is often referred to as 'metabolism' in common words. Your BMR can fluctuate depending on the level of your activity, your body composition and consumption of medications/supplements. A higher level of physical activity will lead to an increased BMR, more muscle mass as compared to fat mass will also result in higher BMR and consumption of some caffeine or stimulants can increase BMR.

Its also influenced by certain factors like race/genetics, sex and surface area of the skin but these are things you cannot really change.

There are a number of equations which are used to calculate BMR but the most accurate one is called the Mifflin St-Jeor Equation which computes BMR as:

$$\text{BMR for Men} = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5$$

$$\text{BMR for Women} = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161$$

Activity Levels – This is divided into the below broad categories:	
Sedentary	Desk job/little or no exercise
Lightly Active	Light exercise/sports 1-3 days a week
Moderately Active	Moderate exercise/sports 3-5 days a week
Very Active	Heavy exercise/sports 6-7 days a week
Extremely Active	Very heavy exercise/physical job/training 2x day

EAT or Exercise Activity Thermogenesis - This is the amount of calories you burn during exercise.

Thermic Effect of Food - The thermic effect of food (TEF) is the amount of energy it takes for your body to digest, absorb, and metabolise the food you eat. This is different for each type of food we eat. Broadly we can attribute it into three categories protein, carbs and fats.

- Protein – 20-30%
- Carbohydrates – 5-10%
- Fats – 0-5%

Based on the above, we can safely say that protein is by far the superior macronutrient in terms of helping you burn more calories just by consuming it. This is because your body has to work the hardest in digesting protein than it does for carbs and fats. So if your goal is fat loss, you know what to do – eat more protein (see section on protein below where I have explained how much to consume).

Non-Exercise Activity Thermogenesis NEAT – This is the number of calories you burn throughout the day while carrying out your normal day to day activities such as walking to the bus station, going out for groceries or taking a flight of stairs. This is a highly underrated variable and often times people overlook it. However, if you are someone who wants to maximise their fat loss, I would stress that they look at their non-exercise activities throughout the day and take steps to increase these.

TDEE or Total Daily Energy Expenditure – This is your total amount of calories burned during the day which includes your calories burned at rest + calories burned in exercise + calories burned without exercise.

We calculate TDEE just by multiplying your BMR by an activity factor which is based on your activity level.

Below activity factor table should give you a guide on what activity factor to use when calculating your maintenance calories.

Activity Factor Table

Amount of Exercise/Activity	Description	TDEE/Maintenance
Sedentary	Little or no exercise/desk job	TDEE = 1.2 x BMR
Lightly Active	Light exercise/sports 1 – 3 days/week	TDEE = 1.375 x BMR
Moderately Active	Moderate exercise/sports 3-5 days/week	TDEE = 1.55 x BMR
Very Active	Heavy exercise/sports 6 – 7 days/week	TDEE = 1.725 x BMR
Extremely active	Very heavy exercise/physical job/training 2 x/day	TDEE = 1.9 x BMR

Basically, TDEE refers to your calories that you are spending each day which essentially would be what you need to eat to be able to maintain your bodyweight. It's a good number to start your diet plan with and ensuring you make adjustments to reduce or increase your calories in line with your goals (fat loss/muscle gain).

Finding your right fit of calories - how trial and error works example

We will take a classic example of a 200-pound guy who is looking to reduce fat. In this example we will assume that the activity levels of this person are constant throughout the time and so are his stress levels and sleep schedule as these things can greatly impact on your progress and shouldn't be ignored!

Now, the first step that he will do is to go on the website input his data (height, weight, etc) and then calculate his maintenance calories. In this case for example his maintenance calories come to 3,000. The next step he should do here is to actually eat those calories for a week and see how his weight moves. If his weight stays the same (with all activity levels and sleep patterns remaining constant) that number of maintenance calories which the website gave him is correct because eating those calories maintains his weight. That is why they are called 'maintenance' calories. If for example he goes to 202lbs next week, then those calories determined by the website were not correct and he was basically eating in a surplus to his requirements. He should therefore cut-down on one of the extra food items to reduce calories by 150 and see how this impacts his weight and if his weight then stays constant at 202lbs the next week then his maintenance calories are 2,850 (3,000-150) because that allows him to maintain his weight without any ups and downs.

The next step for him is to further cut down on calories by 150 or more (to be in a caloric deficit of 150 calories) to see weight/fat loss

Fat loss should always be sustainable and programmed over a time period. The shorter the time frame the larger the caloric deficit needs to be. It does not mean that you stop eating completely or eat very less but rather you eat a little less and train/keep yourself active a bit more. This keeps your body in a sane state where the food you are eating is being utilised in activity and your body is getting the fuel it needs to do so.

A pound of body fat may contain anywhere from 3,400 to 3,700 calories. Generally, to lose fat of one pound per week you need to be in a caloric deficit of approx. 3,400-3,700 cals a week – if we assume the exact number is around 3,500 cals for simplicity, this would mean that you should be in a caloric deficit of 500 calories per day to lose 1lb of body fat per week. However, as I have said and will say throughout this book, one approach does not fit everyone – for some this number maybe far less and for some it may be far more. All depends on your genetics and needless to say everyone has different genes.

Dividing calories into protein, carbohydrates and fats

Now that you have got an insight into how calories are calculated and determined its time to split them into how many carbs and fats you should eat.

I am talking here about individuals who are wanting to put/maintain muscle or lose fat. If you don't have this goal, you wouldn't have purchased the E-book. If you have just purchased it for knowledge I recommend you check out the section on Protein below where I detail my recommendations for the average person.

In summary, you need to follow a high protein diet for your goals. And when I say high protein we are talking somewhere in the range of 1-1.2g per pound of your ideal bodyweight. This ideal bodyweight is of course applicable for individuals who are obese. Surely if you are 50 kgs heavier, you cannot afford to eat another 100 grams of protein as that would just make your overall calories go overboard. If you have some degree of fat like maybe around 5-10kgs or alternatively you are skinny fat, then a good starting point would be to go with 1g per pound of

your bodyweight – plain and simple. But always make sure to increase your protein intake gradually – you don't want to be in a situation where you go from 20 to 200 grams the next day, that may cause some stomach issues as your body isn't really used to this. Take it week by week and keep adding an additional protein source till you get to your protein goal.

Protein is a non-negotiable macro – you cannot have carbs and fats on any day but always make sure to religiously have your protein every single day.

The calories that you get from protein would just be the grams of protein that you ate multiplied by 4.

You need to deduct this number from your total maintenance calories to then calculate how much carbs and fats you will need.

Carbs and good fats are also helpful in helping your body function daily – I have described their functions in one of the sections below with examples of which foods will give you these macros.

How much carbs and good fats you consume is a matter of personal choice to be fair and how your body responds to those. A good way to break them down is to first determine the essential quantity of good fats that your body would need. This is usually within the range of 10-25%. You can take the 10% range if you really love carbs and have a high activity level. That way your fat intake will be lower which would make more room for you to have carbs.

On the other hand if you are not wanting to get too much carbs, then its good to go ahead and keep the range of good fats to 25%. You can even keep it somewhere in the middle as you like 15-20%.

As I said its all about exploring what is working well for you, if one range works better than the other, just stick with the better one.

When you have computed your calories from fats, just divide the number by 9 which will give you the grams of fat that you will need to eat during the day.

Once you have got your fat intake calculated, its just a matter of calculating your carbohydrate intake which is the easiest part. Just subtract your total calories from the calories that you are getting from protein and fats and you will get the calories which you will need to get from Carbs.

Divide that number of calories by 4 and you will have your consumption quantity of carbs in grams.

To make sure you know how much protein, carbs and fats are included in specific quantities of different foods, I have also included a macronutrient table for the most common sources of Protein, Carbs and Fats which shows the grams of protein, carbs and good fats broken down for each source of food. You can find it [here](#)

You can always increase or reduce these quantities to ensure you are getting the right amount of protein, carbs and fats for your body requirements.

Example of how to calculate calories

Let's assume you're a 200-pound guy with maintenance calories of 3000. If your goal is to lose fat you need to be in a caloric deficit. A healthy goal for fat loss is 1 pound per week. 1 pound of fat is 3500 calories. So losing one pound of fat a week will require a caloric deficit of 500 cal each day.

To achieve that you need to take 2500 calories (caloric deficit of 500) per day.

Splitting the macros:

So applying the above example of a 200lb guy.

800 calories (bodyweight of 200 lb x 1 gram x 4 calories) should be coming from your protein sources.

The next step is to consider fats. The recommended range for fat intake is 15-25% of your total calories. Taking the higher end of this range you should be taking: $2500 \times 25\% \Rightarrow 625$ calories from fats which is equal to $625/9 \Rightarrow 69$ grams of fat.

So now we have the below:

Calories from protein: 800 (200 gram protein)

Calories from fat: 625 (69 grams fat)

So now you could use the remaining 1075 calories for your carbs which means you can have $(1075 \text{ calories}/4)$ 269 grams of carbohydrates during the day.

Adjusting your calories:

You can always make adjustments to these and opt for the lower end of the fat range if you feel that you need more carbs or vice versa. Or you can change your timing of carbs just before bed as people tend to sleep better after eating carbs at night. If someone tells you it's a rule that you should not eat carbs before bed, then make sure you educate them.

This is all based on trial and error so workout what is working best for you.

If you stay within that caloric deficit range, you will lose fat no matter what you eat provided you are eating the right amount of protein which is essential to retain muscle – otherwise you will lose weight which might comprise of more both muscle and fat. And if you want to keep fat off, you don't want to be losing muscle.

You can always include something you like in your daily eating routine like a kit kat (or any of your favourite chocolate) as long as you hit all your required macros. But make sure the quantity you eat doesn't make you exceed your carb or fat levels by a ton.

This is what we call the flexible dieting approach and this is what most trainers out there promise you when they say *'our plan will factor in eating your favourite foods'*. Now you understand how this all works? Trust me fitness, isn't that complicated.

One important thing to note is that you should always gradually adjust your calories by a range that is somewhere between 10-25% of your maintenance. I would encourage you to always start by the lower end of the range as that gives you more room to adjust things. It may give you some slow progress, but it will always be a steady path and will make things much more sustainable for you.

When adjusting calories for lean muscle gain, your BMR would only go up as your muscle mass increases so you will need to increase your caloric intake as you start to build muscle. If you were a 70kg guy with a maintenance of 2000 calories and you managed to gain 2-3 kgs of muscle mass by eating 2200 calories (surplus of 200), your maintenance calories may now become 2200 which means to gain more muscle mass you would now need to eat about 2400 calories or more.

This is a point that is often overlooked by hard gainers who struggle to build muscle after a certain point.

Cycling calories:

If you are someone who struggles with eating less and wants to eat more and still lose weight, calorie cycling can be of great.

Calorie cycling is simply managing your caloric intake in a way that you feed yourself more on certain days and less on others. This helps longevity and helps you stick to the plan better.

For example; if the caloric calculator tells you that you need 2000 calories to lose fat.

You can spread that over one week and then calculate how many weekly calories you need.

Based on that you can split more calories to be eaten on the days you work out and less on the days you don't.

For example, 2000 calories into 7 days gives you a total of 14,000 calories.

You can have 2200 calories on the days you workout and 1700 calories on the days you don't.

So if you track it all over a week with calorie cycling it will give you the below.

2200 calories on 4 days = 8800

1700 calories on 3 days = 5100

Total calories from caloric cycling = 13,900

Here you can see the weekly average caloric intake is almost similar in both cases but you are eating a little more on some days which can help fight off unnecessary cravings and keep you more fulfilled. Then the days on which you are eating less become less painful as you know you can eat more in the upcoming days.

The next question becomes, how do you change your macros?

On days you are eating lesser calories ie; your non workout days, you should be reducing your calories from carbs and fats and increasing your calories from these macros on workout days.

Protein should ideally stay consistent and can even go a little higher on workout days. It should not come down on any days.

I hope that helps give you some perspective on how this works and you can always implement this hack in your fitness journey.

Fat levels:

Tracking fat levels is tricky because usually the machines in the gym that track your body fat are not effective. These machines are quite expensive as well and whereas it's true that they have a lot of other features such as weight, height and blood pressure measurement there are better alternatives to track your fat progress, sitting at home.

You can even try an MRI scan for greater precision but that cannot be done regularly given its costs and practical difficulties of travelling, appointments, etc.

What you should know however is that whatever method you use to measure your bodyfat you should stick to it because its quite likely that each method will give you a different result.

Now that you are wondering what is advisable, I personally use and recommend the use of bodyfat callipers.

See Image below of how a typical one of these looks like. It comes with a chart and guide where you can see instructions and how to track. I have explained this below.



How and when to use bodyfat callipers?

The commonly used method and the one I personally use is to measure bodyfat by a three-point pinch method. The way of measurement is slightly different for females then it is for males and I have added a couple of video links as a guide for you to follow.

If you are obese (see below), do not use bodyfat callipers as they are most likely going to demotivate you further. Plus when you are obese its way more difficult to pinch your skin precisely leading to more inaccuracies. So remember, one approach never fits everyone. It's a different journey for everyone and we all start somewhere. The chart below should give you a rough idea of your body condition if you choose not to go down the route of using a bodyfat calliper.

Ranges of body fat Women

- **Obese:** 35 percent or more
- **Acceptable:** 25-31 percent
- **Fit:** 21-25 percent
- **Athletic:** 14-20 percent
- **Essential fat levels:** 10-12 percent

Video guide link for women: <https://www.youtube.com/watch?v=EUhRJq8FoxE>

Men

- **Obese:** 25 percent or more
- **Acceptable:** 18-25 percent
- **Fit:** 14-17 percent
- **Athletic:** 6-13 percent
- **Essential:** 3-5 percent



Video guide link for men: <https://www.youtube.com/watch?v=HCUULNT4acs>

Different levels of body fat will look different on each of us. For example, a male with a 12-13% bodyfat might not see his abs until he drops his bodyfat down to 8-9%. Similarly, another male may see abs at 15% body fat. This is purely genetic and how our bodies are made. Some body types are different than others. There are three body types for males and five types for females which you should do some research and study on (as applicable by gender). I would not go into

more detail on these – but having a read of the below article would help you identify your body type and also to understand the tendencies of your body.

That said your body type can always change depending on how structure your nutrition and activity levels. I have carried almost all three body types for men during my lifetime and therefore I can surely say that you can completely achieve what you want to achieve provided you do the work for it.

<https://www.medicalnewstoday.com/articles/body-types#summary>

If you are wondering that you don't want to get into the hassle of buying a bodyfat caliper, that's totally fine. Taking progress pictures can help you visibly identify your bodyfat levels and this is the most widely used way of tracking as most people do not want to get into the complications of tracking their skinfold measurements.

Chapter 04

Tracking progress

Progress comes with time, you will not see your body changing daily but one thing is for sure and you can keep this in your memory forever is that every workout you do and every meal that you have is changing you from the inside.

As progress comes overtime, its important to note that you should track it on a daily basis. This means tracking your weight on a daily basis (at one fixed time) of the day. If you weigh first thing in the morning make sure you always follow it consistently – this is because your bodyweight keeps changing during the day due to the fluid and food intake. I suggest weigh yourself in a fasted state each morning ideally. For more details on how to track weight refer to the weight section above.

For tracking weight you should maintain a log of your daily weight and then compare weekly averages with each other to see how much you have lost. Simply add your daily weight readings for the 7 days and then divide by 7 to get your average weekly weight. Then compare this with your next week to see how things have moved. This will give you a more precise indication of where you are headed. Our day-to-day weight keeps fluctuating based on various factors.

You also want to track your lifts in the gym. Make sure to keep a log of your workouts in a diary or an app which saves the reps and the weight you lifted or the amount of cardio you performed. If your goal is to improve in the gym you have to do more than your previous workout. Check the progressive overload section below for more details.

Aside from tracking your lifts, you should take pictures on a weekly basis at least. Trust me you might not be happy with the way you look at present but taking progress pictures is one of the most important things you can do to keep yourself on the right track. Your body will reveal a lot of changes overtime. An example of this is someone who gains 5lbs of muscle while losing 5lbs of fat. On the scale their weight wont change but their look will change drastically



A close-up, low-angle shot of a muscular man's torso and arms. He is wearing black athletic gear and is in the middle of lifting a large, black, knurled dumbbell with his right hand. The lighting is dramatic, highlighting the contours of his muscles against a dark background. A white rectangular box is overlaid on the upper left portion of the image, containing text.

Section 02

Fundamentals of resistance training and cardiovascular exercise

Progressive overload

Progressive overload means simply increasing your work done in the gym overtime. Your body is smart and it adapts to things quite quickly. I'll give you my example, when I started gym I couldn't curl 4kg weights, they were too heavy for me. But as time went on I started curling 6's and 10's and 12's and so on. Your body grows only when you challenge it, if you lift the same weight each and every week your body will not grow because it has already adapted to the pressure that you put on it initially. That is where progressive overload comes in. In progressive overload you are basically overloading the muscles. I recommend you make it a target to overload every week or atleast every 2 weeks to see progress in the gym. There are 4 ways to incorporate progressive overload:

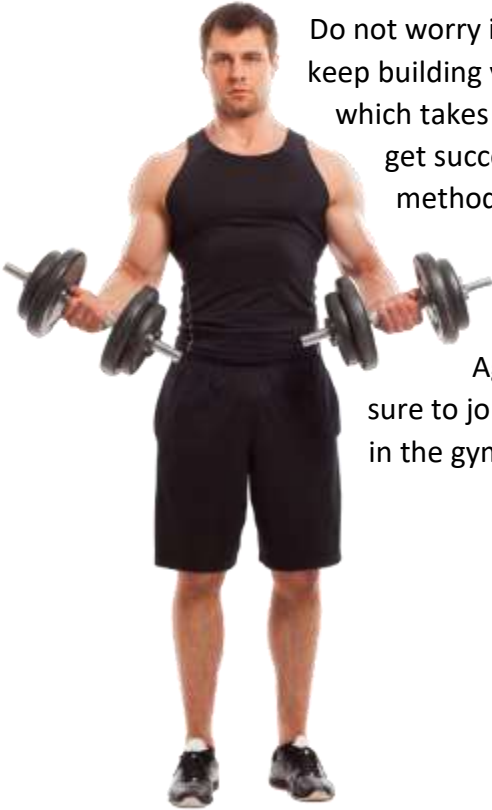
1. **Increase weight** – You can increase the weight in all exercises you perform in the gym. Even increasing 0.5-1kg helps and if you can add that weight in, that is progress. Don't be afraid to add in more if your body is allowing you to.
2. **Increase repetitions (reps)** – You can also increase the number of reps that you do on a particular exercise to push yourself more. For example, if you managed to do 6 reps on a 80kg squat, you could target 7-8 reps in your next workout.
3. **Increase time under tension** – Time under tension simply means the time that you are keeping the muscle under stress. This is usually the concentric part of the movement – for eg; when you are curling the bicep upwards or are lifting a barbell up from your chest. However, for exercises like squats your quads are in tension at all times apart from when you are standing. More time under tension means more muscle growth. To increase time under tension you can try slowing down your movement by 2 or 3 seconds or more (you can count as well) with the same weight in which you were lifting it normally. This will put a greater challenge on the muscles and incorporate progressive overload. For more details on how time under tension works do read the section below on concentric, eccentric and isometric movements.
4. **Decrease rest time in between sets** - If you think it feels easier to do your 3 sets with a 2 minute rest period, you should try do them in 1-1.5 min rest period, the next time you do it. However, I recommend you take at least 45 seconds between each set to appropriately rest and recover before starting the next one.

Remember: You should only incorporate 1 method of progressive overload in your training. I suggest you start with doing more reps first and once you are able to do more reps with the weight, then increase the weight next week. Always have a range for the reps such as 6-8, 8-12,

12-15 and whenever you hit the upper range of the reps, your target should be to increase the weight which again leads you to start from the lower end of the range. Do not worry if you are not able to get through to the lower end. You can always keep building your reps on the same weight until you reach there. It's a process which takes hard work and consistency and only the ones who are disciplined get success. This method is one of the most effective and commonly used methods for progressive overload.

To find out more about the ideal rep ranges for each exercise, please refer to the section below.

Again tracking weight lifted in the gym is super important so make sure to journal it in every workout. This way you know what you want to do in the gym when you go to train.



Chapter 06

Mind- muscle connection

Have you ever wondered what is the key to a great physique when it comes to weight training? Is it lifting heavy weights, is it doing higher reps or doing reps with great form?

While those things do assist in muscle building the first and foremost thing is to connect the mind to the muscle. You are wasting your reps and your sets if you are not activating that mind to muscle connection. Our bodies are programmed in a beautiful way where signals are sent from the brain to your muscles to function. When exercising its key to really focus on the body part you are using to lift the weights. And this is especially true for isolation exercises where you focus on one and only body part at a time.

This aspect generally comes with time so don't worry if you do not get this at first– the longer you have been training the more your body adapts and the more easy it is for you to activate that mind muscle connection. But the point here is to try to achieve it the best you can – as you know your body the best, you will know what hits the muscle the best way possible ie; whether its elbows flared out or tucked in, a narrow grip or a wide grip, etc. Remember, you need to feel the muscle that you are training, contracting and burning out – if you don't you are probably doing it wrong.

The most challenging mind muscle connection is that of the back muscle – its challenging because you don't really see that muscle moving (obviously!). There are a few hacks to trigger that - one of the best ones is that with any back exercise you should always assume that your hands are hooks that you are using to pull the weight.

When doing lat pull downs you should imagine tapping someone with your elbows as your elbows come down. Just assume that there is a wall of bricks underneath which you want to break with your elbows.

Similarly for rowing exercises – imagine the same thing – that you have to crush something behind using your elbows. This will give you an amazing contraction and really activate those back muscles.

The above are just examples. Every muscle requires mind muscle connection be it arms, legs, chest. I would suggest to first get to know your body and try to train with as much mind muscle connection as possible. You will get better with time. People take a while to figure this out and having someone such as a friend or a personal trainer observe you doing the exercise will help this process.

Chapter 07

Muscle fibres and rep ranges

The amount of repetitions depends on your goal. If your goal is purely getting stronger, the rep range would be around 4-6 reps with a 3-5 minute rest period in between.

If your goal is to build muscle, the rep range would be around 6-12 reps which is also called the hypertrophy range. Even though it's said that any reps after 12 go into the endurance range, I like to extend this range to around 15 reps as I believe some isolation movements are well beneficial to be performed up to 15 reps.

As you have seen the above 6-12 is a quite wide range. This is because you will need to do various movements in order to build that muscle or to lose fat. We break these movements into two types:

1. **Compound movements**
2. **Isolation movements**

Compound movements are exercises which use multiple muscle groups in the same exercise. Exercises such as bench press, squats, deadlifts, shoulder press, dumbbell press and pull ups are examples of compound movements. These would incorporate multiple muscle groups. For example, squats, they engage your quads, glutes, lower back and core. Similarly bench press engages your chest, triceps and shoulders. Compound movements are therefore more demanding and more taxing on your nervous system.

Isolation movements are exercises which are focused on a single muscle at a time. Examples are bicep curls, tricep extensions, lat pull down, chest flies. These are more focused on the muscle endurance and are useful for muscle definition.

Progressive overload in terms of lifting heavy is best and easily achieved on compound movements and improvements in your compound lifts will evidence your progress in the gym overtime.

You should include both compound and isolation movements in your workout. A good workout routine always has 1-2 compound exercises per muscle group and 3-4 isolation exercises.

It is ideal to start your workout with compound movements, this is because you are the most energetic then and are able to lift a heavier weight as opposed to when you are mid-way through your workout.

I would suggest you fix the rep range of your compound lifts to 6-8 reps and when doing isolation exercises the range should be anywhere between 10-15 reps. Compound reps should have a greater rest period in between (2-3 or even 4 minutes) whereas isolation movements should ideally have a lower rest period (45-90 seconds).

This is because there are two types of muscle fibres in the body:

1. **Fast twitch muscle fibres** – responsible for muscle size and definition – they are used for activities requiring more power and strength
2. **Slow twitch muscle fibres** – these are smaller fibres and are responsible for muscle endurance.

Fast twitch fibres are larger or the two, but they get fatigued quickly and are hence stimulated better with low reps and a heavier weight. Slow twitch fibres on the other hand are the opposite, they respond better to lower weight and higher reps.

To achieve a complete and impressive physique, its very important to ensure that you target both types of muscle fibres.

However, if you are a beginner and if you want to keep things simple and track your progress evenly across all movements, the rep range I would recommend would be 10-12 reps with a rest time of 60-90 seconds between each set.

As a beginner it is important that you master the form and really understand the mechanics of the exercise. Performing just 6 reps to kick things off in the gym may not be the best option. Performing 10-12 reps will ensure that your body gets more familiar with the mechanics of the exercise. Trust me you will build muscle as a beginner no matter what rep range you do, even if you do 15-20 reps. This is because your body was never exposed to a stimulus (which is resistance or weights) and when it gets that stress, it will change/grow. This is all provided that you are getting enough rest and eating the right foods. Don't worry this e-book has got you covered with both of those topics later.

There you have it, now you understand what rep range will work best and what types of exercises to use in your workouts.

Chapter 08

Concentric, Eccentric and Isometric movements and using these to your advantage

Concentric, Eccentric and Isometric movements, breathing patterns and how to use these movements to your advantage.

Concentric movements is where your muscle shortens and overcomes resistance. This is the movement when you are lifting the weight against the resistance. For example, getting yourself up in squats, pushing the weight down on a tricep pushdown, curling the weight up on bicep curls, pushing the bar up on a bench press, lifting your legs up in a leg raise.

Eccentric movements are where your muscles are being lengthened and are going back to the resting position. It can be thought of as putting brakes on a moving vehicle. Examples of this is the lowering down part of the squat when you are going into a sitting position, moving the weight back up for the tricep pushdown, straightening the arm back to the original position on a bicep curl, moving the bar back down to touch your chest on the bench press, and lowering your legs back down on a leg raise.

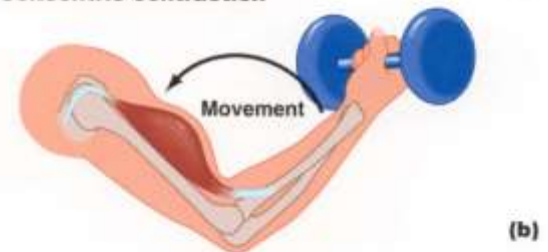
Isometric phase is where no visible movement occurs and the weight resistance matches the muscle tension. This means your muscles are not moving but being held in a form which is putting stress on them. Think of holding a dumbbell, curling it and then holding it in the middle of the rep, not fully down and not fully lifted up. This is called an isometric phase as your arm is held still but your muscles are being worked to hold the dumbbell in its position. Posing is also a good example of isometric movement where you are standing in a contracted position.

Studies have shown that your muscles are stronger and get worked more when they are going through an eccentric motion. And most people ignore this and are very quick to get the weight down. This is a mistake you should avoid. Lowering down weight quickly results in you leaving gains on the table. So make sure to always control the weight down.

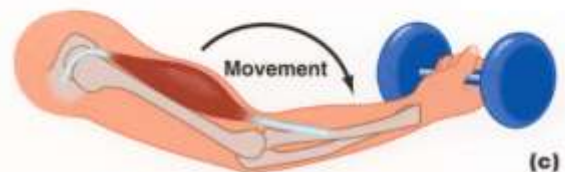
Isometric contraction
Muscle contracts
but does not shorten



Concentric contraction



Eccentric contraction



Concentric movements can be anywhere between 1 to 3 seconds long and eccentric movements can be between 2 to 4 seconds long. For isometric movements there is no limit. You can use them for however long your muscles can withstand them.

Generally, I like to focus on concentric and eccentric movements only and avoid isometrics unless you have exhausted all exercises out there and want to take things to the absolute next level.

A good way to increase progressive overload is by slowing down the eccentric part of the movement. So if you don't want to move a heavier weight its fine, just move a lighter weight but do it slowly. This increases time under tension which is one of the important factors for muscle growth. But even slowing down has its limits (limits of your anaerobic energy system). This simply means you can only perform a movement effectively (or in other words your body will respond best to that movement) when its performed up to a certain time duration. Going above this time duration will give you little benefit. The limit of the anaerobic energy system is 90 seconds after which its said that the benefit of spending more time on the movement would be relatively small. If you are managing to go past this time frame, its best to try to increase the weight rather than slowing down the movement further.

I have found isometric movements work best with arm and leg training, where holding a position while squatting for a few seconds really gives you the burn in your legs. Similarly for biceps and triceps its worth holding the movement mid-way through the rep which really puts more tension on your muscles. For arms this can also be done upon reaching failure where you are just forcing yourself against the resistance which you are not being able to move. Do this for 5 seconds after failure and the burn will be insane.

I would recommend you to use isometric movements when you have advanced a few years into your training and completely mastered the forms for all your exercises.

Breathing during movements:

The inhale/breathing inward should be done during the eccentric part of the movement and the exhale/breathing out should be done during the concentric phase of the movement. You should keep this consistent regardless of whether you're moving at a fast or slow tempo.

Workout volume, intensity and training to failure

How many sets per muscle group?

This is a question with no perfect answer. There have been a lot of researches on this and every theory says something different.

The answer is that the optimum level of sets for you will depend on your physical capacity and ability. Some people respond well to higher volume of sets whereas the others even respond to low volume meaning if they do lower number of sets their bodies will grow better.

Speaking roughly, if your goal is building muscle you should aim for anywhere between 10-20 sets per muscle group per week.

Usually your larger muscles like back, legs, chest would require a higher number of sets (anywhere between 15-20 sets per week). This is because there is a greater range of area to target with each separate exercise and to effectively cover the whole muscle it would mean that you want to divide your efforts between all areas for example back would include upper, lower and mid back with at least a few exercises for each of that areas, legs would include quads, hamstrings, glutes and calves.

Larger muscle groups are also able to sustain more volume than smaller muscle groups (biceps, triceps and delts) which tend to get fatigued more quickly. Therefore for these muscle groups its always best to lower the number of sets to around 10-15 sets per muscle group.

If you are a beginner i would advise you to start with a lower end of this range and move to the upper end of the range as you get more advanced in your training.

The structure of the training with regards to number of reps and weight lifted does not change no matter if you are losing fat or building muscle. You should only increase volume if your body is able to cope up with it (you will know that based on signs of overtraining which are decreased motivation, difficulty sleeping, increased resting heart rate, loss of grip strength and muscle or joint pain). For me I usually increase my volume when I am deep into a fat loss phase, and I want to burn more calories after reaching the lower limit of my calories. Remember, you can always cut down calories until a certain point.

Should you train to failure?

Failure is great for muscle growth and there is no doubt about it but pushing to failure too much and too often can impact recovery and result in overtraining.

Imagine doing 4 sets of an exercise and all done to failure. By the time you get to your fourth set you would be drained and the rest of your workout would likely be impacted by this.

If your exercises are structured in a way where for each body part you are doing 4-5 sets, then i would recommend you not to push to failure in each of those 4-5 sets. But only keep the last couple of sets for failure. That doesnt mean you shouldnt train hard in the first 2-3 sets. The earlier sets should be done close to failure leaving 1 or 2 reps in the tank. This allows you to get the best volume out of your training without over fatiguing yourself.

If you do three sets, again its worth pushing the last two to failure and taking the first one close to failure.

The concept of 'working sets'

Another concept in sets is called the 'working set' concept. If you want to train smart you should definitely give this a try. In this method we keep the sets relatively low but push all sets to failure. This allows you to cut down on your workout volume and increase intensity and we all know that if you want to build muscle intensity beats volume every time. So instead of doing 4 sets for bench press for 8-10 reps do 2 of them to absolute failure. This reduces your volume which is your overall number of reps performed but as you are pushing to failure you may as well get an extra rep or two which you otherwise would not have made an effort for.

What are drop sets and when to use them?

Drop sets as the name suggests involve dropping the weight which means when you reach failure on a set you drop the weight or release the weight (if training on a machine) and pick a lower weight for which you can perform a few more reps. Drop sets help to increase the intensity of training and to reach absolute muscle failure. They are useful if your volume is not too high ie; you are performing only two or three working sets per muscle group for example. So, in this scenario you can use your last set as a drop set where you would drop the weight down by anywhere between 30-50% and then perform more reps to failure.

I don't recommend that you include drop sets right from the start. You can absolutely build muscle or lose fat without adding drop sets. But the body always adapts to training which is why when you reach a phase where your fat loss stops or you think you need a real push to force your body to grow. That's when you start incorporating them. They do make a difference as they involve pushing yourself to the next level. I am a strong advocate of not using all your ammunition in one go. Train smart and always have your safety weapon in the pocket (in this case this will be drop sets) which you will use to help you break past any plateaus you reach.

What are supersets and when to use them?

Supersets are sets where you perform a single set of two different exercises without rest. This can be two exercises for the same body part for eg; Shoulder presses and Side Lateral raises or two exercises with different body parts for eg; bench press and bicep curls.

You can choose the number of reps in line with your workout plan and do the designated reps for each exercise but the important part is that there won't be any rest in between.

Supersets are a great way to increase workout intensity and help save time as well. But I won't recommend these if you are a beginner, the reason being that as a beginner your body will respond regardless of the effort you are making (because it has not been used to any stress before). I am a strong advocate of taking things one step at a time and giving your body the adaptability that it needs.

As you acquire experience and more comfortable with different exercises and can perform them with decent form maintaining mind-to-muscle connection, you can integrate supersets in your workout. Supersets are ideal when you are training opposing muscle groups on the same

day. For example, back/chest or Bicep/Triceps. This gives one muscle time to recover while the other muscle is being trained and also reduces your training time and gets your workout more efficient.

Every exercise does not necessarily have to include a superset. You can use supersets for two exercises right at the end of the workout to burn some extra calories. They are great to use when your body has hit a fat loss plateau. For example at the end of your chest or back workout, you could do 12-15 reps of inverted rows and superset them with 12-15 reps of incline bodyweight push ups. You perform both these exercises without rest which is one superset, rest for a minute or two and then repeat this superset again 1-3 times. This will really give you a solid burn and really burn those extra calories. I have used supersets in the last phase of my transformation to really look shredded.

Cluster sets

As the name suggests Cluster sets involve mini sets with a brief rest time of 10-20 seconds and then lifting the weight with maximal intensity for a rep range of 1-5 reps. For example you did a squat for 6-8 reps – you put the weight back on and then after resting for 20 seconds you squeezed out two more reps, then you rested for another 30 seconds and squeezed out 1 more rep. Cluster sets can be a great addition to your workout routine and to burst through muscle gain plateaus and are best done well for compound movements where you are using a heavier weight and lifting it for a lower amount of reps. They also allow you to up the intensity of your overall workout due to the lower rest time and the heavier weight lifted.

Giant sets

Giant sets are a bigger version of a superset, where you perform three or more exercises consecutively without any rest in between. Once one set of each exercise has been performed, you'll get a rest period before you begin again. You can set this rest period as desired and when your breathing gets to a level where you feel you are able to knock another giant set out. I'd not advise you to add giant sets upfront to your routine unless you are super pressed for time and cannot do more than 15-20 minutes of workout. In which case giant set might be effective at reducing your time in the gym and ensuring you get the most out of your workout. My advice for using giant set would be when you are in your fat loss phase and your results have plateaued. At this point introducing giant sets can further increase your activity levels while getting your heart rate up which can promote further fat loss (provided you are in a caloric deficit).

Chapter 09

Improving weak body parts

Lets face it, we all have weak body parts and for me it was my chest, legs, triceps and abs. My shoulders, biceps and back have been pretty good from the start. Your condition may be different.

Here are a few tips which I can give you that will be useful for you to really get your lagging body parts upto speed:

Lighten the weight and focus on mind muscle connection – a lot of times we get our ego in the way where we just want to move the weight from point A to point B. When doing bench press people are rarely using their chest but rather using their shoulders and triceps to lift the weight. Yes you get the weight lifted and your chest gets worked too but not to the extent that you want it to work. So always make sure you are feeling the muscle which you are training.

Train the weak muscle at the start of your training. For example if you have a push day and chest is the weak muscle start with chest instead of shoulders. Similarly if you are training shoulders and rear delts are weak, start with rear delts. This way that body part gets the maximum attention and energy because you naturally get tired as you progress your workout.

Make sure to appropriately recover the muscle you are training. Always train your muscles again when they have been recovered.

Try training the muscle after your leg session. This works wonders for my tricep gains and my tricep is now one of my stronger body parts thanks to me mostly training it after my legs. Training legs boosts your testosterone which promotes muscle growth.

If possible train the weak muscle twice after appropriate gap. One day you may do strength focused movements with a rep range of 6-8 reps and on the other day you could do hypertrophy focused movements with a rep range of 12-15 reps. This approach exploded my legs and really helped them grow and there is no reason why it will not work for you or for any other weak body part that you have.

Exercise selection – Apart from improving weak body part, this is a common issue that most people have. They just don't select the right exercises based on their body structure and limitations. They are following what has been shown to them. Remember body building is a subjective sport, what works for others might not work for you. Trial and error is a key component of body building and you should only stick to the exercises that are best suited for you and in which you feel the most amount of muscle activation. Make sure you train smart and always structure your workout to have exercise that hit every part of the muscle effectively. For example if you do 4 exercises as part of your chest workout don't do all of them for your middle chest, make sure that they are spread over upper, middle and lower evenly. Or

if your upper chest is weak may be you could do a greater number of exercises for upper chest and split the others evenly between middle and lower chest.

If you implement some or all of these tips, there is no reason why your weak body part won't respond and grow.

Chapter 10

Cardio

Cardio or cardiovascular exercise is any exercise which gets your heart rate up and gets you breathing hard. Just like you train your external muscles by lifting weights, you train your heart and lungs by doing cardio.

My recommendation to you is to choose your cardio exercise based on what you enjoy doing the most.

If you enjoy swimming, go for a swim. If you enjoy playing football, play a game. If you enjoy running, go out and run.

For tracking purposes, I suggest you to get a watch or a tracker that you can attach to monitor duration, calories burned and most importantly your average heart rate.

In terms of duration, you should aim to do about 75 minutes of high intensity cardio per day week or 150 minutes of low/moderate intensity cardio per week.

Low to moderate intensity is anywhere between 50-60% of your max heart rate.

High intensity is anywhere between 70-90% of your maximum heart rate.

You can divide this time across the days that you work out or equally on a daily basis which will give you about 10 minutes of high intensity cardio or 20 minutes of low/moderate intensity cardio every day. You can always do more on certain days and less on the others, as long as you hit your weekly goal.

To calculate your maximum heart rate just deduct your age from 220. Its always helpful to track your heart rate via an app or a smart watch so you know how hard you have worked.

Make sure you always start slow. And build your intensity as your body adapts. Focus on increasing the duration first to at least 20 minutes of cardio per session and then increase intensity as your body gets used to the stress.

The best times to do cardio depend on what your goal is. If you want to build muscle or build strength, avoid doing cardio right before your workout. Do it either after your workout or in a separate session where you are not lifting weights such as in the morning or in the evening (if you are lifting weights in the morning).

If you are training for endurance, then by all means you can do cardio before your weight training session as building muscle and strength is secondary to your goal.

Chapter 11

Setting a workout routine – Days and times

This is one of the most important sections in this book, this is where most will fail and struggle. Setting a routine and then sticking to it. As we have talked about in the mindset section above, you need to have a goal as well as your why.

As we have mentioned time and time again, everyone is different that means you need to figure out what works for you and what does not.

If you feel tired after a day at work, you should try and get up early and make time for your workouts. It helps sets the tone for your day. You are more energetic in the morning and can have improved performance. A morning workout session keeps you fresh throughout the day with no worries of getting in a workout later in the day.

If a morning workout is not for you, that's alright but just make sure you stay disciplined when it comes to working out in the evening. Make sure you get a good meal in an hour or two before your workout so that it keeps your energy levels high. Always look at the bigger picture – what you are achieving in the long run matters the most. Carry your workout clothes with you to your workplace so before you get home you hit the gym. Coming home after work and then heading to the gym is a task that not many people can do but if you have got that super determination in you then by all means go for it. Remember if it was easy, everyone on this planet would be fit and healthy.

In terms of workout frequency, it depends on your priorities. Most of the people follow a 5-6 day workout program in which they will focus one body part per day. For eg; Monday – chest, Tuesday - Back, Wednesday – shoulders, Thursday – Arms, Friday – Rest, Saturday – Legs, Sunday – Rest or if not then doing some abs and cardio on this day.



Busy professionals can even work out 4 days a week which is perfectly normal. You can have 3 days to yourself which can all be weekdays so that you get some rest after your working hours. A 4-day split is designed as follows:

Day	Body Part
Monday	Rest
Tuesday	Back/biceps
Wednesday	Rest
Thursday	Chest/Triceps
Friday	Rest
Saturday	Legs
Sunday	Shoulder/Abs/cardio

You can even do a routine three days a week and do a Pull/Push/legs split which means you train back and biceps on one day, shoulder triceps and chest on one day, and legs on the third day (or you can choose any of these on whichever day you prefer for e.g. legs first and then push day, etc)

Whatever you do, you got to make sure you stay consistent. There are many workout programs to follow but the principle with each stays the same. You have got to be consistent and progressively overload overtime. That's when you will see progress. I recommend that you follow a particular workout program for at least 12 weeks before deciding to switch to another. That does not mean you have to necessarily switch, if you are seeing consistent results you should keep at it for longer.

For your ease, I have added 3 sample workout sessions for each body part – this is the beauty of this E-Book. It will teach you to be your own coach.

Chapter 12

Exercise selection and designing a workout plan

An optimal workout plan should be a mix of compound and isolation exercises. You should have at least one to two compound movements for all muscle groups and the rest of the workout should be isolation movements.

There are loads of exercises for each body part but you can only do as much in one session so the important part is to be smart with your exercise selection. You should understand that each body part is further divided into sub sections and you need to have at least have one exercise for each sub-section of a body part to make sure that you are developing a well rounded and symmetrical physique.

I have explained more about the anatomy of each body part in the [implementation section](#) of this e-book (where we have broken down all body parts one by one and talked about how these are divided and have highlighted the exercises which will help you focus on that body part) but this section gives you a background of why this is so important so that when you read that section you can totally relate and understand which specific areas of the body you need to target.

For simplicity, the rule is to have at least one exercise target each sub-sections of a body part. For example, a chest is divided into three parts, upper, lower and middle. So in your chest workout you should have at least one movement for each of these parts. Whether you choose this to be a compound movement or an isolation movement is a matter of personal choice. As long as you target the muscle it would give you development in that area as opposed to not targeting the area at all. That does not mean you cannot have more than one movement, you certainly can. That's why I said at least one. If you have a weaker upper chest for example it would make more sense to dedicate two movements to your upper chest and one each to your lower and middle chest.

Just make sure that in terms of the number of total sets done each week you follow the guidance I have recommended above and just split these sets into the different exercises that you want to do.

You have to see your body more often (in the mirror or in the pictures) to analyse which part is weak, identify that part and then focus more attention on that (more guidance is included in the weak body part above). This will ensure that you are training smart and getting the best possible outcome from your workout plan that you have designed. That's why tracking your progress is critical.



Section 04

Nutrition

Chapter 13

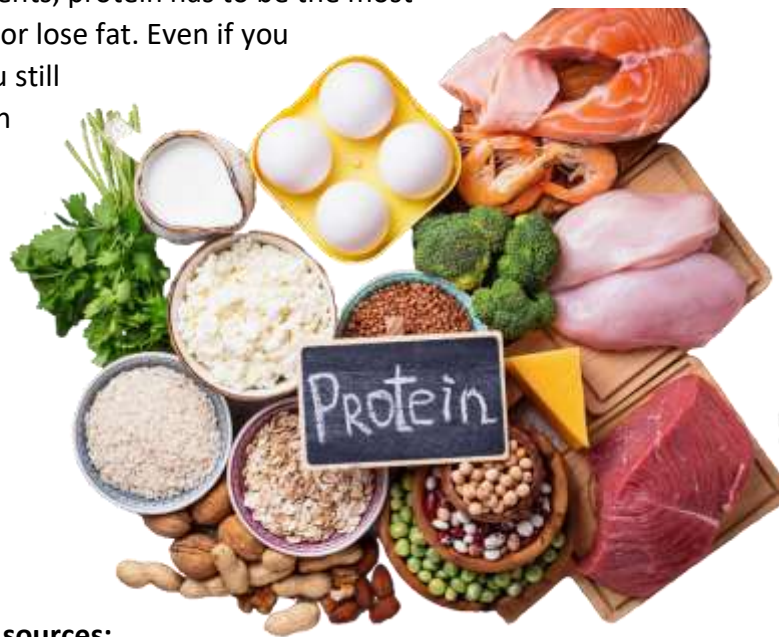
Macros explained

Role of protein – how much to take?

We have discussed the basics of what protein, carbs and fats are in the 'Calories and Macros' section earlier in this e-book. Out of all macronutrients, protein has to be the most important no matter if your goal is to build muscle or lose fat. Even if you do not have a muscle building and fat loss goal, you still need to consume an appropriate amount of protein for your muscles to function effectively.

Some popular food sources of protein include:

- Egg whites
- Chicken
- Fish
- Beef
- Turkey
- Yoghurt



If you are a vegetarian, you can rely on the below sources:

- Lentils
- Red beans
- Chickpea
- Quinoa
- Oats

However, remember that the vegetarian sources mentioned above would also give you a lot of carbohydrates so its important to consider this in your nutrition plan.

If you don't have an active lifestyle and are not working out the requirement is 1-1.2grams of protein per kg of bodyweight.

If you are an active individual who is walking and moving throughout the day you should aim for 1.4-1.6 grams/kg of your bodyweight.

If you are looking to build or preserve muscle mass or lose fat the protein requirement is 1.6-2.4gm/kg of your bodyweight.

If you are an advanced athlete this protein intake can go upto 3.1gm/kg of bodyweight.

However, for people who are overweight or obese they should always do this calculation on their ideal body weight or lean body mass. The lean body mass is basically your body's weight without the fat.

A simple way to calculate your ideal body weight is through the equation below:

$$\text{Ideal Body Weight} = \text{Total body weight} - \text{excess bodyweight.}$$

If you eat very low protein for example less than 40 grams and you want to increase your protein intake do not increase it immediately and start eating 200 grams of protein the next day. Your digestive system will be shocked if you do it.

Sometimes eating a lot of protein can cause digestive issues especially when you have not been used to it before. That is why you see people sometimes blaming protein shakes for digestive issues. While sometimes it may be due to the fact that certain ingredients in protein shakes may not suit them but 90% of the time is due to the fact that they have not been used to consuming that level of protein before.

The solution to this is very simple.

If you are consuming very low protein. Then always start slowly. Add one high protein snack each week. For example, start week 1 with some eggs, week 2 add on some chicken, week 3 add on some fish, week 4 add on a protein shake.

By doing this, you will make sure you are progressing your nutrition gradually and your body gets the time it needs to adapt to these changes.

Carbohydrates and their types

As mentioned above in one of the earlier sections, carbohydrates are the fuel that provides your body with energy to carry out the day to day tasks both physical and mental. You can divide carbs into 3 main types:

1. **Sugars** - this is the simplest form of carbs, fast digesting and available in desserts, candies, sweet biscuits and naturally found in fruits and milk.
2. **Starchy carbs** – these are carbs which give comprised of sugars bonded together and also provide your body with the much needed energy. They include rice, oats, bread, pasta, wholegrains, cereals. Some of these are faster digesting than the others. They are called complex carbs because your body finds it difficult to break these down into simple sugar and therefore, they give you a sustained energy for a longer period. These are carbs including but not limited to toast, brown bread, brown rice, sweet potatoes. On the other hand, simple carbs are fast digesting, and your body easily breaks them down into sugar. These include white bread, white rice, standard potatoes, etc.
3. **Fibrous carbs** – As the name implies, these have a high fibre content. There is a degree of overlap between starchy carbs and fibrous carbs as most of the complex carbs such as oats, brown rice and brown bread are high in fibre. To add, these types of carbs would

mostly include vegetables where there is usually less starch and more fibre. Some widely known sources of fibrous carbs include carrots, broccoli, cucumber, asparagus, peas and beans.

Your diet should have a mix of all the above carbs. It's always best to keep simple sugars (the 1st category) to a minimum but you should not feel deprived and have a very little chunk to make sure you are balancing everything out.

Starchy carbs and fibrous carbs should be your main sources which should form part of most of your meals. Remember, if you wish to have sustained energy for longer periods of time, complex carbs should be your primary fuel source. Fibrous carbs such as vegetables are much useful to keep yourself full whenever you feel hungry.

One tip I would give to you is to always have simple carbs around your workouts which means in your pre and post workout meals. Pre-workout you usually want a source of carbs that will help give you immediate energy right before a workout. Similarly, as a post workout meal, you would need something fast digesting so that you can get the nutrients to your muscles and replenish your depleted energy stores quicker. This is particularly important when you are trying to gain muscle. If you are a hard gainer, I would even recommend you to have simple sugars right after your workouts. Of course take them with your protein as protein is the primary nutrient that you cannot afford to compromise no matter what your goal is (losing fat/building muscle)

As I said above, don't be scared to eat carbs at night just because some 'expert' said. It all depends on how it fits best in your day and if eating carbs at night makes you sleep better, then by all means go for it. Fitness is a sustainable lifestyle, something you enjoy doing. It shouldn't be a torture for you otherwise you would barely do it ever again.

Personally, I have them just before my workout because they provide me with the fuel to push through training and just before bed as I sleep better with carbs in my body. But you may as well have them in the morning after waking up and post workout. You can also have them in every meal of your day, just divide your required intake by the number of meals you eat in the day and you will do just fine.

Fats

Quite often we ignore the importance of good fats. As mentioned in the above section fats are an important contributor to your overall health and internal body function. Although they are more caloric dense than carbs and proteins with 9 calories in 1 gram, they shouldn't be removed or under consumed on purpose.

Some of the foods that you can fit in your diet which will provide you good fats are below:

1. **Avocados** – these are a great fruit to have in your diet to meet your fat intake. While normally the fruits will have a lot of carbs in them, avocados are rich in good fats as well as a source of potassium and fibre.

2. **Almonds** - A typical serving size of almonds is generally one ounce, or 20-24 whole almonds. This serving size contains about 163 calories and 14 grams of fat, primarily healthy monounsaturated fat along with omega-3 fatty acids. Along with this, there are 3.5 grams of fibre and 6 grams of fat.
3. **Egg Yolks** - Whole eggs used to be considered unhealthy because the yolks are high in cholesterol and fat. However, recent studies have shown that cholesterol in eggs does not negatively affect the cholesterol in the blood, at least not in the majority of people (always have regular blood tests done and your physician consulted for any anomalies).
4. **Dark Chocolate** – One of my favourite fat foods that I eat daily is dark chocolate. Make sure you opt for at least 70% of cocoa content. Personally, I use the one with 85% cocoa but I understand it's not what all people will enjoy eating. The higher the cocoa the bitter the taste becomes. Dark chocolate gives you approximately 170 calories per 28-30 grams, with 12 grams' fat, 2-gram protein, 13 grams' carbohydrate.
5. **Cheese** – Yes you heard it right – have this in moderation and it will keep you sane as well as your taste buds happy. Always make sure to measure the quantity you are eating and to find out the calories. 28g of Mozzarella cheese gives you roughly 85 cal with 6 gram of fat and 6 grams of protein.
6. **Extra virgin olive oil** – another great source of fats, extra virgin olive oil has great health benefits but remember one tablespoon of this will give you approximately 120 calories with 14 grams of fat so if you are someone who needs to get their calories up then by all means use this in your daily food.
7. **Peanut butter** – A personal favourite when it comes to hitting my good fat intake. But don't just purchase every other brand in the market. Check for legitimate brands that are well known in selling health and fitness products and get your peanut butter from them. Usually, a good quality peanut butter has this layer of oil which is visible when you open it up. If it's frozen with no layer of oil above, it's not the quality you want. One tablespoon of peanut butter gives you roughly about 95-100 calories with about 8 grams fat and 3-4 grams of protein and carbs.

Don't worry if you're worried about the quantity of food that you will have to consume to hit the right amount of protein. I have included a nutrition chart for you to access [here](#) so that you can easily see how much of that food you need to eat to hit your protein goals. As mentioned in the tracking section, its crucial to get a weighing scale to measure your food.

Chapter 14

Dividing your plate – main meals

Make sure you have read the section above titled as **Dividing calories into protein, carbohydrates and fats** before you read this so you have a broader view of the ultimate goal that you need to achieve when it comes to breaking down your overall calories.

When it comes to dividing your main meals (snacks aside), the principle comes down to the below. Ideally you would want to split your meals evenly so that you are never feeling too deprived during the day. But if you are someone busy and barely are eating on the go then 2 big meals can also make sense for you to have. In terms of splitting plate, always make sure to have a ratio of 30-50% of your plate as protein and 30-60% of your plate as carbs and 10-30% of your plate for Fiber or vegetables. I would suggest have more fibre on days where carb intake is low and you can even load your half of your plate with veggies if you are on a low carb day. Fats are optional as a lot of time they should be had as snacks to facilitate satiety during the day when you feel hungry. And a lot of times if you have cooked something in oil it should have a certain portion of fats on it already. So you don't need to put a precise place for fats on your plate as you can get enough of these by snacking.

Always start your meals with protein as that helps satiety and avoids you falling offtrack with going crazy on carbs and fats. The next thing to move onto after protein are your vegetables and after that the last portion you want to have is your carbs. This is an approach which not only will keep you satisfied but also give you all the valuable macro and micronutrients that you need to help fuel your day, your workouts and also your recovery.

Chapter 15

Diet hacks to keep you consistent

As you may have heard the famous term its 30% gym and 70% diet (some may say 90% diet). I disagree. Its 100% of both. Your workout and diet has to be spot on for you to see fantastic results.

That being said below are some of the diet tips that will help you stay consistent in your fitness journey over time.

Flavour change

You got to switch up flavours of the foods you eat and if you're using protein shakes you can use a different flavour each month when you get a new stack. Switching between strawberry and chocolate always works for me but you might like peanut butter better.

For food flavouring I'd not suggest you to eat boiled food, you should spice it up but avoid too many sauces on it as they are good for nothing calories. You can get a decent flavour by just having the chicken marinated with mixed spice, black pepper, paprika, turmeric, ginger and garlic. That will give you some of the benefits of these herbs and also give you a satisfactory taste. Coriander leaves also provide a great flavour.

The main sources of protein are chicken, fish and beef. Sometimes you may get bored eating the same type of meat so make sure you switch to beef or fish and apply the same hack for different flavours. Make sure to weigh the quantity of food you are eating, always.

Protein bars

Protein bars are a great snack and some are coming with way less sugar content which is a win-win. I personally use the grenade protein bar (chocolate brownie flavour) although there are a lot of other flavours available. These are available online at major supplement stores as well as at some superstores.

They are a good replacement for chocolates that carry nothing but sugar in them and I will repeat again that sugar is not very aesthetic-friendly when it comes to your physique as well as your health.

Sugar free drinks over juices

Yes you heard it right, sugar free drinks are my go-to whenever I need that sweet drink – the main reason being they don't have any calories. I rarely drink sweet shakes and only have these on my cheat days. But everyone is different, you might be more inclined to have sweet drinks more often and that's okay. Remember if it fits in your macros then it wont result in you getting



fat. But remember too much sugar consumption is generally not healthy. You need to provide your body with quality fuel and trust me your body will thank you down the line.

The same goes for sugar free drinks. They also can have adverse effects on your body by creating a serious addiction to drink them all the time. They also spike up your insulin levels which makes it harder to lose fat and also makes you crave sugar more. So always, remember moderation is key.

I'd say if you are having zero sugar drinks 2-3 times a week (in a small to moderate quantity such as 150ml) you should be fine but try not to rely on them.

Vegetables (especially greens)

If you always struggle with eating more and never getting full, this is something that is definitely worth a try. Make sure to add some green veggies like cucumber, spinach, asparagus, broccoli in your diet. I tend to stick to cucumbers. Feel free to add some pepper or light dressing on your salad to make it taste better. The benefit of eating more veggies is that they give you very few calories and satisfy your hunger by keeping your stomach full. So your chances of eating junk are minimal to none.

Whenever I want to cut-down fat to a low level, I add tonnes of veggies in my meals. And if you struggle with binge eating, you should definitely add veggies in your diet.



Refeed days

Refeed days are super important. Lets say you are on a caloric deficit in the entire week where you are eating 150g of carbs in a day. Having a lower carb diet can be challenging and there will be times when your body will crave more and that's okay some craving is okay to have and that's the discipline that all people chasing their goals should have as a bare minimum.

Allow yourself one day where you will eat 300-500g of carbs. This way you will be full and this will make you feel rewarded for the hard work you have done the entire week. Your body will be happy and ready to start sticking to the same diet again for the next week.

Cheat meal (not day!)

You have heard the term cheat days right. While some people are a fan of cheat days i prefer that you have a cheat meal and not a cheat day. Remember refeed days are different than cheat days – In a refeed day you are eating more carbohydrates from sources such as rice, potatoes, bread, etc. But in a cheat day you are eating pretty much anything without tracking what's in that particular meal. Now this will include fried foods with tons of fat such as fried chicken, burgers, icecream shakes which will have carbs but also a ton of sugar. The idea of a cheat day is similar to refeed day. It is supposed to reward you for the hard work you have done over a week or a greater time (depends on your condition at present – more on that below).

When you have a cheat day your discipline is somewhat compromised plus you end up eating way more (and also the wrong type of foods) than what you did all week. I therefore always prefer cheat meals as opposed to cheat day.

You can either have a refeed day where you have just have more good carbs to make you feel fuller or a cheat meal where you have anything you like really.

I have mostly done cheat meals and they have worked quite well for me. While there is no best time for having your cheat meal I would suggest you have them either before your most intense training session or have them on your rest days as the last meal so that this allows you to start the next week feeling motivated to continue your fitness journey.

Chapter 16

Carb Cycling, Intermittent fasting, Cheat meals and Refeed days

Carb cycling simply refers to adjusting your carbs during the week to different quantities per day. How you switch them is really a matter of personal choice but usually its best to up them on your training days and lower them on your resting days. You do this by having high carb days, low/zero carb days and moderate carb days all throughout the week.

Carb cycling is a great tool to break through fat loss plateaus and as such I don't recommend that you start with this immediately. Consistent caloric deficit over time while eating a consistent level of carbs per day should give you the results and you might not even need to do any carb cycling in your journey.

But once your body stops responding to your normal caloric deficit and you have tried increasing activity as well and nothing seems to be giving you the results, then carb cycling is definitely worth a try. It also suits people who are not generally very tolerant to carbs or people who don't have a pretty active lifestyle so they end up spending their rest days sitting and doing nothing.

I recommend you always start with one high carb day where you have 1.5-2 times more carbohydrates in comparison to your moderate carb days.

You can have this high carb day on of your more intense training days so that you could utilise these for optimum performance in the gym as well as facilitating recovery.

Moderate carb days are ones where you can have carbs in line with your average daily caloric requirements. Ideally 1.5-2 grams per pound of your body weight should constitute as moderate carbohydrates. Some people may need more on this but since the information in this e-book is directed to the masses 1.5-2 grams is a good number to start things with especially if you are trying to break a fat loss plateau.

Low carb days are where you have about 0.25-0.5grams of carbs per pound of your bodyweight. This is a very low number and its likely you can easily get these by eating two slices of bread. Its best to keep these days on your rest days where you can live without carbs and don't have to worry about spending your energy on strenuous physical activity.

Zero carb days are where you totally eliminate carbs and you are basically having vegetables to keep yourself full and to get the fibre right.

A good carb cycling plan could be 2 low carb days, 1 zero carb day, 3 moderate carb days and 1 high carb day. You can always adjust things to eliminate zero carb days or increase moderate carb days to 4, etc but always listen to your body as its different for everyone.

Intermittent fasting

Intermittent fasting is another hack that has got me great results. It simply means fasting for a period of 6-8 hours in a day which essentially shortens your eating window as you need to sleep for at least 7-8 hours. So you end up having two main meals and you really struggle to keep up with calories as you can only eat a certain amount in a single meal.

Again, this isn't a sustainable approach but rather is introduced in low caloric phases to accelerate results. The idea is to shorten your eating window which ensures that you don't have much room to keep stuffing food in throughout the day. This also makes sure that you eat nutrient dense foods as you would do your best to feed yourself quality foods rather than junk food. Eating junk food full of sugar and fat makes intermittent fasting pointless and rather than losing fat you end up gaining and looking like crap.

In intermittent fasting you want to eat strategically. You want to have slow digesting carbs such as brown bread/quinoa/brown rice/oats, etc and slow digesting protein (casein/egg protein) as part of your first meal after which you go without eating for a good 6-8 hour window. This gives you sustained energy throughout the day to carry out your day to day activities and even your workouts.

When eating after a period of 6-8 hours you want to have protein in the form of a shake or alternatively chicken/beef along with a fast-digesting carb source such as fruit/white bread or even your favourite chocolate (watch quantities in all cases) so that your body gets immediately fuelled and on its way to recovery.

I have done a free guide earlier in the year on fasting in the month of Ramadan but you could essentially use the same principles in Intermittent fasting.

Feeling hungry all the time – the solution

Do you feel hungry all the time and always wanting to grab a snack or eat a chocolate. The fix is simple but effective. For each time you feel hungry (other than your meal time) its good to drink some water. But you might say 'oh but I am not thirsty – why drink water?' – that's one of the most common error that most people think – they think they only have to drink water when they are thirsty. Your body needs water – 2 litres are generally a minimum but if you are chasing fitness I'd say take this number up to around 3-4 litres in a day. Drinking water periodically keeps you full and alert which means you now have more focus without craving a lot.

The second thing to consider when you feel hungry or not satisfied with your meals is to question whether you have had your required amount of fats consumed. Its always a good idea to include some almonds, nuts in your snack which satisfies your craving as well as keeps you on track with your caloric consumption. I have made this mistake where I totally skipped fats and realised that I was never satisfied and always felt that there is something missing and I need more carbs or more protein. But when I made this small change of incorporating good fats

in my diet I realised that I was not in fact hungry for more food but my body was needing some good fats. Make this change if you have not already and you will see better results.

Guide to grocery shopping and how to read nutrition labels

See an example of a nutrition label below and note the items you need to pay attention to when you pick something up in a supermarket.

1 Serving Size
The label presents serving sizes as the amount that most people actually consume in a sitting. This is not necessarily the same as how much one should eat per serving. All of the nutrition information on the label is based on one serving. If you eat twice the serving size shown here, multiply the nutrient and calorie values by two.

2 Calories
The number of calories listed represents the total calories from fat, carbohydrate, and protein (manufacturers are allowed to round this value to the nearest 5- or 10-calorie increment). 100 calories per serving is considered moderate, while 400 calories or more per serving is considered high. A 5'4", 138-lb active woman needs about 2,200 calories each day. A 5'10", 174-lb active man needs about 2,900 calories.

3 Total Fat
Fat is calorie-dense and, if consumed in large portions, can increase the risk of weight problems. While once vilified, most fat, in and of itself, is not bad. Adults should consume 20 to 35% of total calories from fat.

4 Saturated Fat
Saturated fat is part of the total fat in food. It is listed separately because it plays an important role in raising blood cholesterol and your risk of heart disease. Eat less than 10% of total calories from saturated fat.

5 Trans Fat
Trans fat works a lot like saturated fat, except it is worse. This fat starts out as a liquid unsaturated fat, but then food manufacturers add some hydrogen to it, turning it into a solid saturated fat (that is what "partially hydrogenated" means when you see it in the food ingredients). They do this to increase the shelf-life of the product, but in the body the trans fat damages the blood vessels and contributes to increasing blood cholesterol and the risk of heart disease. Individuals should consume as little trans fat as possible.

6 Cholesterol
Many foods that are high in cholesterol are also high in saturated fat, which can contribute to heart disease. Dietary cholesterol itself likely does not cause health problems.

Nutrition Facts

8 Servings Per Container	
Serving Size	2/3 cup (55g)
Amount Per Serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Daily Value
Daily Values are listed based on a 2,000-calorie daily eating plan. Your calorie and nutrient needs may be a little bit more or less based on your age, sex, and activity level (see <https://fnic.nal.usda.gov/fnic/interactiveDRI/>). For saturated fat, trans fat, sodium, and added sugars, choose foods with a low % (5% or less) Daily Value. For dietary fiber, vitamins, and minerals, your Daily Value goal is to reach 100% of each.

Ingredients: *This portion of the label lists all of the foods and additives contained in a product, in descending order by weight.*

Allergens: *This portion of the label identifies which of the most common allergens may be present in the product.*

(More nutrients may be listed on some labels)

mcg = micrograms (1,000 mcg = 1 mg)
mg = milligrams (1,000 mg = 1 g)
g = grams (about 28 g = 1 ounce)

7 Sodium
You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure in some people. So, keep your sodium intake low—less than 2,300 mg each day.

8 Total Carbohydrate
Carbohydrates are in foods like bread, potatoes, fruits, and vegetables, as well as processed foods. Carbohydrate is further broken down into dietary fiber and sugars. Consume foods high in fiber often and those high in sugars, especially added sugars, less often. Adults should consume 45 to 65% of total calories from carbohydrates.

9 Dietary Fiber
There are two kinds of dietary fiber: soluble and insoluble. Fruits, vegetables, whole-grain foods, and beans, peas, and lentils are all good sources and can help reduce the risk of heart disease and cancer. Individuals should try to eat 14 grams of dietary fiber for every 1,000 calories consumed.

10 Sugars
Too much sugar contributes to weight gain and increased risk of diseases like diabetes and fatty liver disease. Foods like fruits and dairy products contain natural sugars (fructose and lactose), but also may contain added sugars. It is recommended to consume less than 10% of total calories from added sugar, or less than 50 g per day based on a 2,000-calorie dietary pattern.

11 Protein
To limit saturated fat, eat small servings of lean meat, fish, and poultry. Use skim or low-fat milk, yogurt, and cheese. Try vegetable proteins like beans, grains, and cereals. Adults should consume 10 to 35% of total calories from protein.

12 Vitamins and Minerals
Your goal here is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a winning score.

To simplify you need to monitor the amount of macros and calories in whatever you are buying as well as the sugar content within it.

A lot of the time snacks are advertised as low fat and low sugar but still have a tonne of sugar within them. They are also advertised as high protein but the quantity of protein is barely 5grams. So make sure whenever you pick something up from the super market, don't just read the front of it but read the back of the label where a breakdown of all macronutrients is provided. This will also show the quantity of sugar.

A nutrition fact label will also tell you how many servings are included within one pack – see example below where the entire pack has 8 serving and each serving is 55 grams and gives you 230 calories. If you consume the whole pack of this you will be consuming about $230 \times 8 = 1,840$ calories.

So always make sure you are tracking how much of food you eat.

A couple of helpful tips when you go to the super market are below:

- Never go to the supermarket when you are hungry. Always have a meal before you go otherwise you will always be tempted to have those flashy and tasty snacks and bring them home. And when you bring something home, you can't just throw it away can you?
- Always do your grocery shopping in advance. Buy a week's worth of meals so that you have no excuse to order junk or to consume anything unhealthy. This way you are more likely to stick to whats better for you.

How much sugar should you consume in a day

A lot of foods that you intake have sugar within them. This includes rice, bread, fruits, milk. When we talk about restricting sugar, we usually mean added sugar which comes from plain sugar and processed foods such as snacks, fruit juices and chocolates. Its this type of sugar that we need to restrict to a minimum.

Although the intake of added sugar will vary person to person for example those exercising or physically active can have a greater tolerance for added sugars whereas those who are sedentary might not have that much leverage.

The general guidelines are below:

Men should aim to consume no more than 36 grams or 150 calories of added sugar per day which is equal to about 9 teaspoon

Women should aim to consume no more than 25 grams or 100 calories of added sugar per day which is equal to about 6 teaspoon.

Reading nutrition labels will help you get this in check so whenever you are going to the grocery store, make sure to read the nutrition labels to identify how much sugar you are consuming with each serving of your favourite snack.

You will be surprised that what doesn't even feel anything in your tummy has double the amount of sugar than your daily limit. This is why many people think that they are doing everything to get in shape but just cannot hit their goals. Its because of these little things that they just ignore.

Once you get this habit built of looking at nutrition labels, you will always feel in control about what you want to buy and what you don't. It only takes a few seconds to read it so do not think that this is a huge task. You got this!

Do not ignore micros

Micronutrients are vitamins and minerals that you get from a variety of food sources such as fruits and veggies but quite a lot of time they can go un-noticed and people lose track of them. Now, I wont recommend you to take a particular vitamin as each one of us has different needs but I would highly suggest that you have some sort of multi vitamin tablet incorporated in your daily plan.

But before purchasing any of that know find out what your body needs, either get a bloodwork done or consult your physician asking them for a recommended dose or brand. Fish oils are another important supplement which you can add in your diet but as above I would recommend that you only take your recommended dosage after consultation with your physician.

Chapter 18

Supplementation

As the term states 'supplementation' the idea is that this will 'supplement' your diet. Protein supplements are commonly amongst people in the fitness world. A point to remember is that protein shakes are not putting you at an advantage but are rather enabling you to meet your daily protein intake. A typical protein shake has about 20-25g of protein. The same can be found in about 4 whole eggs but some people would rather have 4 whole eggs once in a day rather than twice so on their second time they will just have a protein shake. This is the purpose of protein shakes which is to help facilitate your protein targets for a day without them being too taxing on your digestive system. If you are already meeting your protein requirements by food, then you don't need protein shakes. Its simple. I have seen people build mind blowing physiques without using any form of supplementation.

There is a common misconception that protein shakes have steroids which is a myth. However, as there are many fake brands in the market these days, you need to do your research whenever you are buying a protein or any other workout supplement. Protein is necessary for all adults irrespective of gender and the recommended intake for an average non-lifting person is approximately 0.75g per kg of their bodyweight. But before using any supplements (even the ones you know are authentic), its important that you understand the nutritional components and consult with your physician or a nutritionist.

Mass gainers is another product that a lot of hard gainers are attracted to. Mass gainers to be honest are an overrated supplement because they are mostly calories from carbohydrates and sugar which means that having them on a regular basis would not be helping you with quality muscle but rather just adding more and more fat. You might put on weight which will make you happy but unfortunately most of that would be fat. As an alternative, if you struggle with eating whole food, then I suggest blending your food sources into a smoothie for eg instead of a bowl of salad you can have a green smoothie which is a mixture of green salad and fruits. You can add a sweet fruit to the smoothie to help with the taste and that takes care of your salad. There are many other products in the market that replace foods with not as much carbohydrate content (as mass gainers) in them. Products like instant oats which can be consumed in a liquid form and liquid egg whites which can be mixed with those oats are some examples. But when purchasing these products, please do consult with your physician or nutritionist as each of us are sensitive to different types of ingredients.



I have added some common supplements that are worth considering in your fitness journey and also some which are not really worth it. This by no means is a recommendation and you should only add these if you are sure that you are not allergic to any of the ingredients in the supplements as well as ensuring that you purchase them from a legitimate source.

1. **Whey Protein**
2. **Creatine**
3. **Branch chain Amino Acids**
4. **Multivitamins**
5. **Fish Oil**
6. **Mass Gainers**
7. **Pre-workout**

Whey Protein

Whey Protein is the most widely used supplement when it comes to fitness or bodybuilding. This does not mean that only people who are working out should take it. If you do not, get enough protein from your daily food intake, anyone can use it. But that being said, if you have a pre-existing condition or allergy you should always check the ingredients included in the brand you use because usually there are differences in some ingredients. For example, some Whey Protein brands have digestive enzymes added within them for better performance and some even have an element of Creatine. So always make sure to thoroughly read the nutrition labels and get a physician's advice if you are allergic to any of the ingredients.

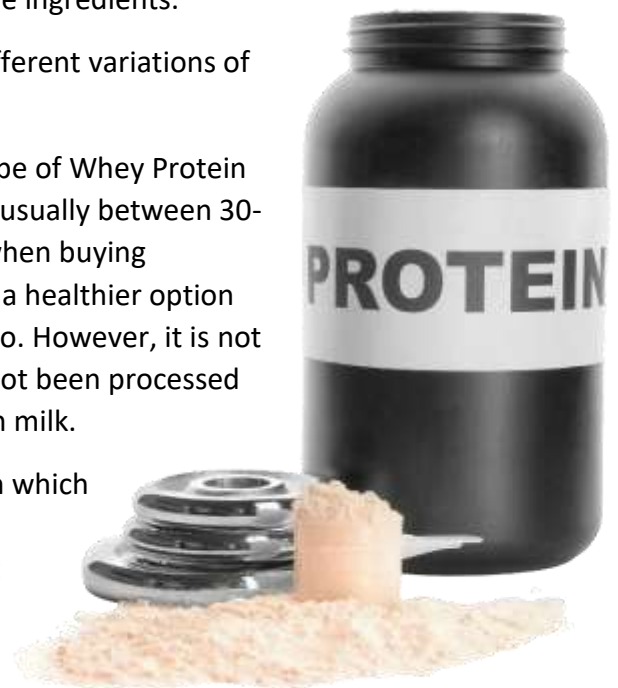
Whey Protein is derived from milk and there are three different variations of this product:

Whey Protein Concentrate: This is the least processed type of Whey Protein with a protein content of upto 80% however the range is usually between 30-80% so make sure you read the nutrition label carefully when buying concentrate. As this is least processed, it is considered as a healthier option and is widely available as well and is the cheapest type too. However, it is not suited for people who are lactose intolerant since it has not been processed to remove the naturally occurring fat and lactose found in milk.

Whey Protein Isolate: This is a pure form of whey protein which has been processed to remove all fat and lactose. It is therefore usually about 90% pure protein and is the most commonly used type in most whey protein supplements. Due to its purity and better quality, it is more expensive than Whey Protein concentrate.

Whey Protein Hydrolysate: This is the purest form of whey (more than 90%) and the most expensive as well. This type has been pre-digested so that it gets absorbed faster allowing you to speed up the recovery process.

So, which one these should you use then? The answer depends on your goals. If you are an athlete or serious about your fitness goals, Isolate is your best bet. I do not recommend



spending your bucks on Hydrolyzed Whey unless you are planning to compete or are really wanting to really narrow down on that definition. If that's not your goal, don't bother wasting your money on Hydrolysed protein as Isolate should do the job for you.

If you are just an average guy who is not lactose intolerant and just needs to up their protein intake you can even go with the concentrate option as it might save you a few bucks and give you at least some form of protein. Its still better than drinking a banana shake (no offence just talking from a protein content standpoint)

One serving of Whey protein usually gives you about 20-30 grams of protein. Your daily consumption of protein shake will depend on your protein requirements but on an average people who work out can consume about 1-3 servings of Whey protein per day. If you consume 1 serving, its best to take it right after your workout. If you are consuming two servings, you may consume one first thing in the morning and the other after you work out.

Creatine:

Creatine is one of the most effective supplements out there that has been researched and proven to increase performance as well as muscle mass. It works by boosting your energy system and gives your cellular system the ability to match the intensity of exercise. This really helps you get those extra reps in where you would fail otherwise. And guess what that does? That allows you to build more muscle. Creatine also pulls water into your muscle cells causing them to swell which makes you look bigger. It is therefore important that you consume an appropriate amount of water when supplementing with creatine and make a conscious effort to stay hydrated at all times.

Apart from this creatine helps increase bone density and mental focus, all of which really help contribute to improved performance not only in the gym but also in your day to day activities.

The dosage of creatine depends. Some people like to load it first and then maintain it. They will initially have a higher dose of creatine 10-20grams per day for 7 days, then have a maintenance dosage at 3-5 grams per day. I would recommend you to just stick to the standard dose of 3-5 grams per day. It's always best to take creatine as a pre or post workout for optimal results although you can really take it at any time during the day. You can mix it with water, juice or your protein shake.

Creatine is safe to consume year-round but I'd advise you to come off it every 12 weeks and take a break of 4-6 weeks before starting it again. This allows your body to recover

Beef, Salmon, Chicken and Lamb are sources where you can get creatine naturally, but you will have to eat a tonne of these to get to 5 grams of creatine. This is why supplementation comes in handy.

As with all supplements, do make sure to consult with your physician as every human being has a different health status. Creatine supplements should be avoided in case you have a pre-existing liver or kidney disease or if you struggle with high blood pressure. In this case make sure you consult with a medical expert before you hop on this supplement.

Branch Chain Amino Acids (BCAA)

There are 20 different amino acids that make up the thousands of different proteins in the human body. Nine of the 20 are considered essential amino acids, meaning they cannot be made by your body and must be obtained through your diet. Of the nine essential amino acids, three are considered branched-chain amino acids (BCAAs) and are called leucine, isoleucine, and valine.

'Branched-chain' refers to the chemical structure of BCAAs, which are found in protein-rich foods such as eggs, meat, and dairy products. They are also a popular dietary supplement sold primarily in powder form. BCAA's help increase muscle growth by increasing muscle protein synthesis and also contribute to a reduction in muscle soreness or fatigue.

A lot of people think that BCAA's are a luxury supplement. I agree – if you can afford them go for it, they would definitely add speed to your recovery. But if not, then don't worry you can get these from some protein shakes (do remember to check the ingredients to ensure the shake has BCAA's) as well as from protein rich foods such as eggs, meat and dairy products. In my opinion the best time to supplement BCAA's is before or during your workout. You can mix them up in your favourite drink.

EAA (Essential Amino Acids)

This is a supplement which is a superior version of BCAAs because it has all the nine essential amino acids that your body needs to grow. But it is by no means true that you cannot get these amino acids from natural protein sources or from whey protein. As this is a superior version of BCAA it definitely has advantages over BCAA but it is at the same time more expensive as well.

Multi vitamins/Minerals:

As the name suggests, these supplements have multiple vitamins and minerals all blended into a single source such as tablet or a syrup. You should be careful about which vitamin/mineral you are taking in as over consumption of these can also do you harm. Before purchasing any multi vitamin make sure to do your research on the quantities of different vitamins included in the supplement and then compare these to the average daily intake of vitamins. Multi vitamins don't usually have excessive dosages, but this check is always worth doing.

For your benefit I have added a vitamin and mineral cheat sheet for your ease of reference. It gives a good summary on the key benefits of each as well as alerts you on signs of any deficiencies:

It is also worth having a vitamin profile check done so that you can find out exactly which vitamin you are deficient in. That way you only supplement what you require more of. The dosages of vitamins in a multi vitamin are never excessive so it maybe the case that you are taking a multi vitamin but that multi vitamin might not be sufficient on its own to supplement

your deficiency. You may then need a stand alone supplement to make sure that your deficiency is taken care of.

For example, lets suppose you have a calcium deficiency then the daily intake of calcium is supposed to be 1000mg. The multi vitamin that you purchased is giving you only 500mg so it's likely that even after using the multi vitamin you will still be deficient in Calcium. So you will probably need an additional 'Calcium only' supplement of 500mg.

This is just an example and it can be different for everyone. When making these decisions its always best to analyse your health and any pre-existing medical conditions and make the decision to supplement after consultation with a physician.

The best time to take multi vitamins is in the morning with break-fast or in afternoon after lunch. Typically the earlier you take them in the day the better it is. But that doesn't mean you can't take them at night in case you forgot to take them during the day.

Some great vitamins, minerals and herbs for people who are working out are:

- Vitamins A, C, D, E, K, B12, B6
- Iron
- Magnesium (Glycinate preferable)
- Zinc
- KSM-66 Ashwagandha

Whenever buying vitamins, always check the nutrition facts label to see how much of the recommended daily value (RDV) that multi vitamin has. This will tell you how much quantity of vitamins that supplement is giving you. This value would usually be expressed in a % of a daily value. If its 100% that means this is giving you the recommended dietary allowance for an average adult. If its above or below you should evaluate whether you need more and whether a lesser quantity would be sufficient.

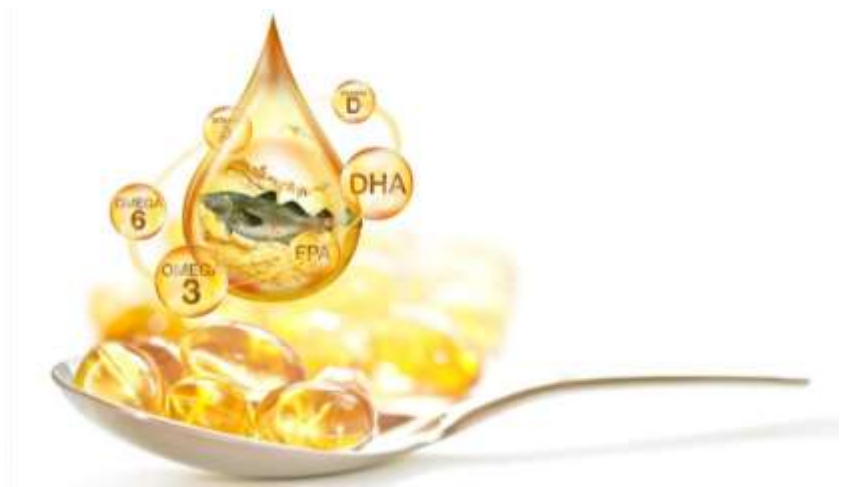
If you are training you certainly can take more of some vitamins but how much more is subjective and depends on the person specifically. Consult a health professional for the precise quantities of these or if you have a medical condition.

Fish Oils:

Fish oil supplements exist in the form of syrups or tablets and they contain omega-3 fatty acids, which are very important for your health. If you don't eat a lot of oily fish, taking a fish oil supplement could help you get enough omega-3 fatty acids.

The main types of omega-3s in fish oil are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), while the type found in plant sources is mainly alpha-linolenic acid (ALA).

Although ALA is an essential fatty acid, EPA and DHA have many more health benefits.



Fish Oil have immense benefits as they support brain function, heart health, vision and also help to maintain healthy cholesterol levels in your body. A minimum of 250-500mg of EPA and DHA is recommended for healthy adults. This is usually obtained by consuming 1000mg of fish oils. Fish oil requirement can go as high as 3000mg if you are engaged in physical activity/weight training. As with other supplements its important to get your blood work done and assess where you stand with your cholesterol levels before blindly starting to take fish oil supplements.

Pre-workout:

Preworkouts have gained a lot of popularity especially with so many brands and athletes promoting them. You will be surprised to know that I have never used a pre-workout. Which is why I don't really recommend people to do the same. For me its always giving knowledge based on my experience rather than blindly suggesting people do things that are being talked about. That said, I am not against pre-workouts as they can certainly give you the boost that you need. But the point is, they are not critical and you should rather learn to adapt without them rather than always be reliant on a substance to give you mental boost.

If you feel drained or sleepy, you can always get some caffeine in. Coffee and Green tea can give you an added boost. If you are very sensitive to caffeine you might as well try zero calorie drinks which have a low amount of caffeine present within them.

If you have a pre-existing medical condition such as high blood pressure or a heart disease than I would strongly recommend you consult with your physician before purchasing any pre-workouts.

Mass Gainers:

Mass Gainers have gained a lot of popularity mainly amongst people who struggle putting on weight and muscle mass. If you are looking to gain fat or just weight in general mass gainers can help you get those calories in. But if you are looking to build quality muscle, I would suggest you not to spend your hard-earned money on these.

This is because although mass gainers give you super high calories in each serving, they have a lot of sugar, fat and carbohydrates that contribute to fat gain rather than muscle gain.

Plus even if you needed that much carbs and fat to gain muscle, you would be better off eating whole foods rather than just drinking calories. There is no replacement for whole foods and the more whole food you eat the better your physique will grow.

In my opinion mass gainers are not worth the money and you can save yourself a fortune if you stick to natural food sources. Even if you need a drink sometimes, its better to just make a smoothie with some milk and fruits of your choice and if you up the quantity you will get the same amount of carbs and sugar from this as a mass gainer will give you.

Chapter 19

Consideration of pre and post workout meals

Now you may have heard about consuming meals and the fact that it doesn't matter on when you should be eating a certain food as long as you're hitting your caloric goals for the day but in my opinion if you want to optimise your recovery and performance in the gym below are the considerations that you should have in mind and they will vary a little when you are losing fat or building muscle.

Pre-workout meals:

The pre-workout meal should be a moderate calorie meal that gives you at least 10%-20% of your total daily calories. It should be high in protein and carbs. As a starting point aim to split the two (protein/carbs) equally.

You can keep the protein ratio higher if you are going crazy with the cut/fatloss or if you are going for a lower carb diet (as protein always gets you to burn more calories as compared to carbs due to its higher thermic effect)

You can even keep the ratio as 60:40 or even 70:30. But don't lower it down further as you need a reasonable amount of carbs to push through. Usually, fast digesting carbs work best as they give you instant energy. So anything like white rice, white bread or even some biscuits are good to go.

Your ability to digest the meals will differ from person to person but generally you are okay to give a timeframe of more than an hour before you actually get into training.

Post workout meals:

In terms of post workout meal, Protein is again a must have. No matter whether you are building muscle or losing fat go for a minimum of 20g protein post workout. This can be in the form of a protein shake as well or can come from your favourite protein source (you would know more about sources of protein if you have read the other sections on nutrition within this E-book or alternatively you can just check the section on the macro listings of various foods). For carbs, the quantity depends on your overall calories and the diet you are following on the particular day (low carb, high carb). But generally, if you have the same amount of carbs as your protein or even double that amount that works fine.

It will vary from person to person of course. But it's always good to include some fast-digesting carbs which help kickstart the recovery process sooner. You may even have some form of sugar glucose alongside with your protein. But make sure you get these carbs in.

When the goal is fat loss, my personal experience is that its best to delay your carbs a bit. Don't consume them right after workout. After workout, just consume protein. Then give yourself 1 or 2 hours before you have a proper meal with protein, carbs and/or fats.

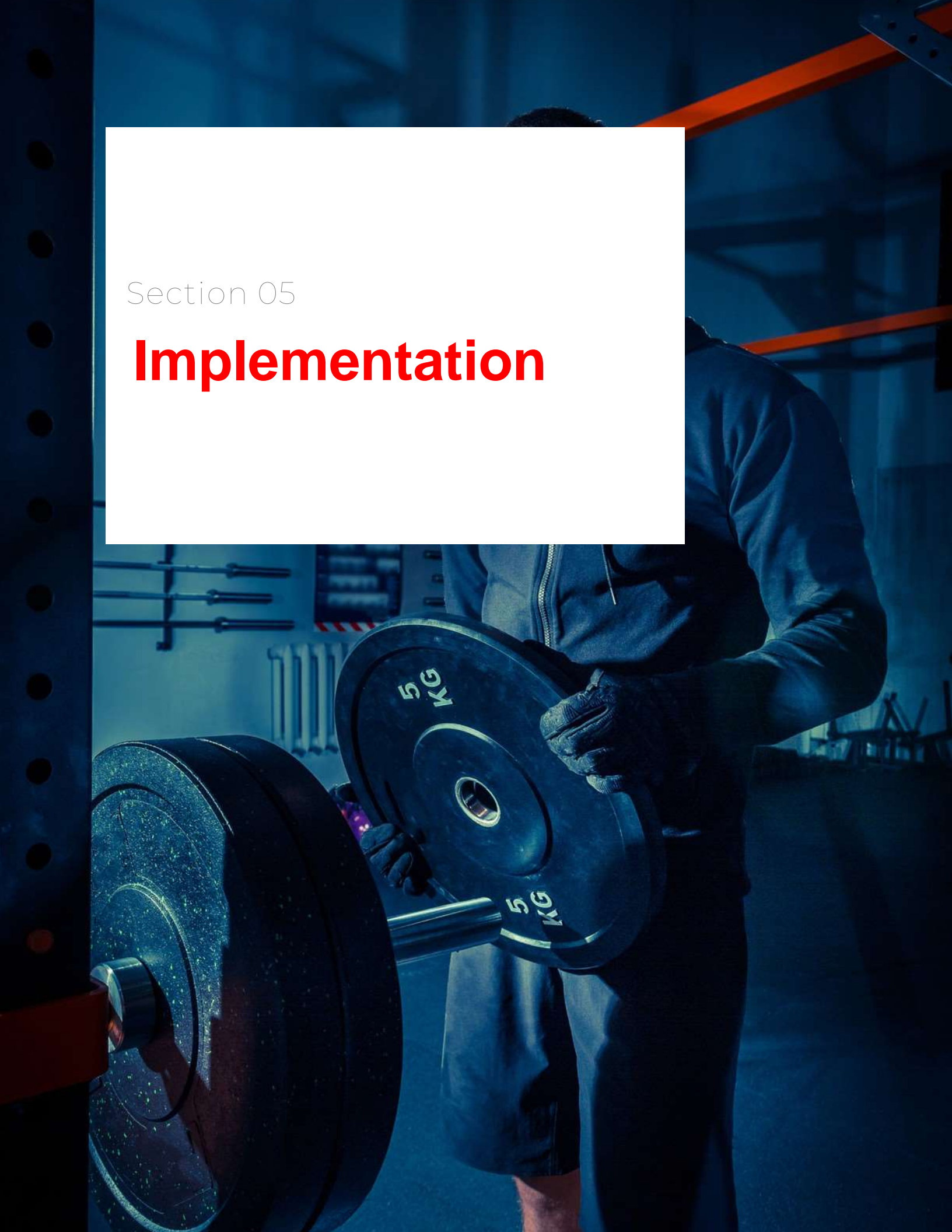
Now there is no scientific evidence that this helps you, but a lot of things are learnt by implementation and this is one of those which has benefitted me a lot. So, I just thought its worth sharing with you.

It's always best to avoid fats around your pre and post workout meals as they digest really slow and can impact your workouts and also slow down digestion when it comes to recovery. But if you want to have a low quantity of fats such as one tablespoon of peanut butter or one or two egg yolks that should still be fine as it won't really have a significant impact on your performance.

Just don't have a bunch of dry fruits or something cooked in a whole lot of oil as that won't be ideal.

Section 05

Implementation



Chapter 20

Where to start?

Okay so here's the thing. You have got all the information in this E-book now. Maybe its a lot to digest and maybe there is some you will need for later or at more advanced stages.

So the big question becomes: where do you begin?

I would say the first thing to do is to examine your current lifestyle. Ask yourself the below questions:

1. Do I know how much calories i need to maintain my weight?
2. Am I tracking my weight daily?
3. Is my body used to exercise?
4. Am I eating the right amount of protein?
5. Am I getting 7-8 hours of sleep?
6. Is my sugar intake in check?
7. Have I measured the key body measurements such as biceps, chest, abdomen, hips and thighs and am i tracking these weekly?
8. Do I take regular pictures of myself and how I look in the mirror?



If the answer to most or all of this is no, then guess what, you got work to do my friend. You can't say I don't know to any of the questions here because these topics have been covered somewhere above in this E-Book.

Best thing to do is to start taking ACTION – I mean literally! – See below how this action needs to be taken – this is something you can start now, today! – there is absolutely no excuse for this.

ASSIGN priorities Sort your priorities and fix a schedule. Block time for workouts. No matter its home, gym, park or whatever. You need to take time out for yourself.

CREATE create a workout and diet journal - where you log in your daily food and diet – this can be in a physical diary or in a mobile application. Fat secret is an app that you can use to login your daily diet. Knowing your maintenance calories is super important and for a start you should use an online calculator. If your weight is staying the same that means what you are eating is your maintenance calories.

TRACK your weight daily and body measurements with progress pictures on a weekly basis. All these should be tracked at a similar time during the day to track consistently over a period of time.

INVEST in a good measuring scale where you can measure the quantities of foods you eat. You can simply find out the macros for the quantities you are eating very easily online (google, my fitness pal, etc)

OCCASIONAL bloodwork Get a blood work done if you haven't done this in the last 6 months to see where you lack in terms of vitamins/mineral and hormonal deficiencies. Not many coaches will tell you this but this is the most important thing that anyone should be doing. When doing bloodwork, if you are struggling with fat loss and muscle gain its important to also include the total testosterone and free testosterone tests. To achieve results (especially if you are a man), you need testosterone to be optimized.

NO – learn to say no. This is the hardest part. Examine habits that are preventing you from working on yourself and are taking you away from the life that you want. Excessive alcohol consumption, smoking, binge watching Netflix or scrolling endlessly on your phone.

REMEMBER - don't try to be perfect right from the start, take it slow and steady. Aim to do a little better each day or each week. For example, if you have had an unhealthy lifestyle, don't expect it to turn around into a super healthy lifestyle the next day. It will take time. I suggest don't quit eating all junk food the next day. Eliminate one junk food source each week and replace it with a healthy meal.

Chapter 21

Advice for different body types:

Everyone starts somewhere. This means to achieve a transformation the key thing is to start. And once that's done it triggers your body to achieve great things. But your body will always adapt to the stress you put on it. So progressively challenging it is important.

Refer to the progressive overload principle I talk about in my ebook above.

Remember the rule: If bodyfat is over 15% lose some fat to bring it to 15% or less. The reason for this is simple, at higher body fat levels it's difficult to track progress of lean muscle building as you cannot see muscles clearly. Plus, at higher body fat levels, your testosterone levels tend to drop which means your tendency to muscle decreases and your ability to gain fat increases

Once it's there start to create a slight surplus so that your body starts to build lean muscle. Increase surplus as body continues to progress but eat quality and not junk.

If your bodyfat is under 15% you can build muscle and stay in a slight surplus.

If you are skinny fat (no muscle on arms, chest and shoulders and just fat around belly), stick to maintenance calories and create a deficit of no more than 10-15% of your total maintenance calories.

The above conditions should let you know on where you should start but if you are still unsure reach out to me or my team and someone will get back to you.



Chapter 22

What is body recomposition (building muscle and losing fat at the same time)?

Building muscle and losing fat at the same time? Can you do it?

The short answer is 'yes'. The process of losing fat and building muscle at the same time is also called body recomposition. Its something a lot of people do and i have also done this a number of times.

But there are certain conditions for it:

1. You have just started training
2. You are training again after a long gap where its also called doing a body recomposition.
3. You are genetically blessed
4. You are on performance enhancing drugs

I would add one more rule to it which would be that you have created a very low caloric deficit which is usually the case when you are skinny fat and you are eating high quality foods and also taking care of the micronutrient intake and managing your sleep and stress levels really well. You may experience muscle growth by this method as well.

In case you don't meet any of the conditions above i would advise you target a goal first either muscle building or fat loss.

When you are muscle building, your goal should always be to minimize fat addition as you will be in a caloric surplus.

When you are losing fat, your goal should always be to preserve your muscle mass as much as possible as you will be in a caloric deficit. In this case you can also increase the level of protein to the higher end of the range (refer how much protein should you eat section above) to maximise muscle retention. But only do it if you are already taking a good amount of protein and your body has adapted to this process.

Body recomposition involves figuring out your maintenance calories and generally involves eating at maintenance or creating a very slight caloric deficit of no more than 10-15% of your maintenance calories. The other factors remain the same such as exercises, reps and sets and rest times.

Chapter 23

Types of plateaus and how to break past them

Breaking plateaus the right way:

This is the hurdle that many people face. As you start training your body tends to adapt to the phase. And it happens with everyone. Generally, the more advanced you become the harder it gets to put on more muscle mass. Unless you are getting some performance enhancing drugs which is a totally different ball game.

There are three types of plateaus:

Workout

These happen when your body has adapted to a routine and you are struggling with increasing weight or the number of reps. You are eating and sleeping right but just not progressing in the gym.

You have three options. Take a deload week. And then resume training again.

The second option is to take a longer rest between your sets to give your body more recovery time but ensuring that it does not increase more than 4 minutes. I have found that this option works really well when you are into your transformation journey and your body just continues to make more progress as your workouts gets challenging. By giving more rest between sets you allow your body to recover and consistently make progress.

The third option is to change your workout routine. This is when you have exhausted both option 1 and 2.

How to change your workout routine is totally up to you. Here are a few examples of how changing your workout routine works:

You can change the order of the exercises:

For example, if you used to start your workout with incline bench press you can start with cable flies. And pump your inner chest first before hitting the incline chest. Similarly, if you used to do leg extensions

Or you could change the type of exercise:

For example, if you used to do dumbbell bench presses for chest, you can switch to a barbell or a smith machine bench press.

The third way to change is the way you were performing the exercises which is by altering your rep range or by changing the timing of movement:

For example, if you were training between 6-8 for compound movements and 12-15 for isolation movements it may be a good idea to change movements between 10-12 for all exercises just to give your body a change from what it was used to. But remember if your goal is building hypertrophy its always best to stick near to a 6-12 range for optimal results.

Making these changes, alters your body's response as it gets a different type of stimulus than it always used to get. This forces it to create new neuromuscular pathways that it had previously not experienced which can be beneficial if your aim is to grow continuously.

Diet plateaus:

In certain cases, plateaus are diet driven rather than workout driven. When you don't progress in the gym ask yourself this question. Are you eating enough?

Let's suppose your maintenance calories were 2000 and you were eating in a surplus of 250 calories. Now eating those surplus calories for over two months gained you 4kgs of muscle mass. Now in the third month you can't gain more or progress in the gym. You are trying really hard but you can't. This is likely to be because your new maintenance calories after gaining that amount of muscle mass are now at 2250 which means to gain more you would have to create a further surplus. This is because as you gain weight and your body mass increases, your body needs more calories to move itself. Its science, the heavier your body is, the more energy is required to move it. So always keep tracking your weight and diet especially if you have any fat loss or muscle building goals and adjust them accordingly.

I would recommend to always gradually increase or reduce calories and do not aim to create a deficit of more than 15-20% of your calories.

Goal Plateaus:

This section applies to experienced lifters who have been training for a few years so if you are in your initial years of training or just starting out, feel free to skip this. Its, important to understand this concept of magical rebound. You can't continue to gain muscle or lose fat for your entire life. But what you can do is to optimise this process so that you get the best out of your physique. Its not a bad idea to sometimes switch to a mini cut even when you are in a gaining phase. What that does is that it gives your body a break from the routine diet that you have made it accustomed to. By creating a deficit and depleting your glycogen stores for some time, when you go back to the gaining phase again, your body gets much impressive results. This is called the concept of 'magical rebound' and its important you apply this concept when you have spent a lot of time in one direction (whether fat loss or muscle gain). Just switch a month or two to the opposite and then get back to the original plan. Not only does it make things interesting in general, but it gives your body a great boost to excel in the direction you are planning to go in.

Chapter 24

Guidelines for obese individuals:

If you are an obese individual (with a fat percentage of 30% for men and over 35% for women) you don't need to go crazy with the workouts. As a starting point, you need to move more just start by walking for 5 minutes, then increase duration to 10 minutes and aim to get to 20 minutes of consistently walking.

Also try standing up during the day and moving to get some household things done for example, to do some house chores or going out to get something from the supermarket. Try to incorporate movement in your day-to-day life activities. You will be surprised at how your body will respond to this if you have not done this already.

The next step is to add basic movements such as assisted push ups (with your knees on the ground) or wall push ups, just pressing your self against the wall in a vertical push up position. For leg movements just grab a chair and do sit stands for as many reps as you can. Just sit down on the chair and stand up. This may sound silly but if you haven't done any sort of physical activity your body will adapt and show you some positive changes. You will also feel better having done at least some physical activity during the year. As you adapt to these activity levels, the next progression is doing regular pushups or atleast giving them a try. Don't be disheartened if it takes a few months to get to this level. Your body will take its time to adapt. Nothing happens overnight. You just have to stay consistent.

What to do when you hit a weight loss/fat loss plateau?

It happens either due to body's natural adaptation to a low caloric diet where the body becomes resistant to losing fat as it realises that this is the only source of energy you have left.

The other reason that it happens is due to the fact that you have lost so much weight that your baseline level of maintenance calories gets even lower and your body demands that you eat even less. This is not practical as there is a limit to which you can reduce your calories. The same adaptation also happens when you are creating a surplus. After creating surplus there comes a point when your body adapts to the level of calories that you are consuming.

The fix is quite simple:

- Do not create huge caloric deficits and don't create them in one go. Gradually reduce your calories and make sure you set a limit until which you are going to cut them down. To keep the fat loss process consistent and ongoing, do not cut them down by more than 20-25% of your maintenance calories.
- Incorporate refeed days where you up your calories. If you are in a caloric deficit, on a refeed day you can increase your calories to maintenance or even 10% more than that. Refeed days are explained in the section above. Refeed day once a week is ideal for skinny fat guys and if you fall in the obese category once in every 10-14 days is good.

- If you are in a constant caloric deficit period for over 12 weeks or more, gradually start to increase calories every week by 50-100 calories until you go back to your pre-diet caloric levels which would be your starting maintenance calories. Eat at your maintenance calories for about a week. And then resume your diet again. But make sure to eat quality foods and avoid junk at all costs as you don't want to destroy the hard work you did by reducing your calories in the first place. This term is also referred to as reverse dieting and is actively being used by athletes and body builders.

Chapter 25

Game plan to get shredded.

If your game plan is to get shredded your approach should be fat loss, simple as that. This applies to body recomposition as well which is technically fat loss. This means that you will focus on muscle retention and eat in a caloric deficit. You may even build muscle in this case but that is just down to factors such as the quality of your diet, sleep, your age and your general ability to build muscle which is different for each and every one of us.

Its best to divide your transformation plan into Phases as suggested below.

Phase I

Phase I – where you get your body adapted to training – the idea is to maximise the muscle growth and to minimise fat gain. In terms of diet you want to start getting to healthier ways. The idea should be to eat at or around your maintenance and find what helps maintain your weight. Also replace unhealthy foods with healthier choices. For example as opposed to having fried food which is full of saturated fats have something natural such as chicken, eggs or fish cooked in a tablespoon of olive oil. You can still have junk but replace every junk item you used to have with something healthy. Do this until you have got your diet 90% clean. You can still enjoy some junk or sweets if you feel like but don't let it turn into a spree. This is where discipline comes in handy. Duration of this phase can last anywhere between 2-6 weeks depending on how new you are to all this. One thing is important to do in this phase is for you to figure out what you need to eat to maintain your current body weight.

Week 1 and 2 – do not push to failure this week – get your muscles used to training, they will hurt if you just started.

If you are already in training then I would suggest to take a de-load week and give this program a brand new start as you may have been doing different sets or reps than what is suggested in this program.

Week 3 – take last set of all exercises to failure

Week 4-6 – take atleast the last 2 sets of all exercises to failure

Phase II

Phase II – this is the phase where we get deeper into diet and are aware of our maintenance calories which by Phase I we should now know. We simply create a deficit of 10-15% of our total maintenance calories. If you are skinny fat, do not create a higher deficit than this number. Monitor your weight on a daily and then take weekly averages to see how your weight is moving. Also check body measurements and progress pics on a weekly basis as scale does not always move. If your condition doesn't change or there is no measurement you may choose to

reduce a further 5-10% of your calories provided you are very overweight and obese. Then you need to monitor changes and see if you are losing weight. A healthy weight loss should be 1-2 lb per week. Even if you are losing 0.5lb that should still keep you motivated as this means you are still creating a caloric deficit. If the condition still doesn't change you need to ask yourself whether you are actually eating the correct quantities. Sometime we just underestimate the amount of calories that we are consuming. For example, we will have a tiny bag of chips without realising that it can give you 200 calories without you even realising that you have eaten something. So always make sure to ask yourself this question.

Make sure to add in a day atleast every 7-10 days, where you consume a higher amount of calories by increasing carbs to allow your body to also feel good and to give it a little boost so that it continues to keep you motivated in your diet.

In terms of workouts, these should get super intense in this phase as well. Training should be to failure in all sets or atleast in the last 2 sets. That means completely exhausting yourself in the last rep such that you cannot do another one. Even when you reduce calories your strength should not go down. You should be lifting the same amount of weight as you did before.

Cardio should be a norm in this phase and ideally you should do a steady state cardio session for 25 minutes after your workout or first thing in the morning on every other day.

Give this phase approximately 8-10 weeks to show some results.

Phase III

Depending on how far you have gone in terms of a caloric deficit and the results you have seen in phase 2, this phase could either be a slight easier where you slightly increase the calories by 5-10% which should enable continued progression in your workouts and possibly increases in strength gains as your body breaks through the plateaus that it may have hit in phase II.

Or it could be simply be a continuation of Phase II where if you want to take the shreds to the next level depending on the condition. You can do this by increasing activity levels further and by adding super sets and giant sets to your workouts. Giant sets are simply super sets taken to another level where you actually do 4 or more different exercises in a row. The number of supersets can vary but after you end each workout you could do a superset of two muscle groups from your upper body such as chest/back or shoulder/biceps and biceps/triceps. This is just to increase your caloric burn and activity and promote energy expenditure. As you can only restrict calories to a certain amount, you should always try to increase your activity once that point is hit.

This continuation phase could last for about 4-6 weeks before you see some real results. After this time I suggest you take the route of the first step in phase 3 and go back to the phase II level of activity but increase your calories by 5-10% just to give your body a boost in terms of strength gains. You can up calories by another 10% if you wish and your body condition is maintained.

Remember if you are a beginner and never trained before I would advise you to increase Phase I to around 8-12 weeks where you get your body used to the training. Trust me even if you don't go till failure in the first month, you will still experience growth because your muscles have never experienced this stimulus before. Your body is like a machine which gets adapted to everything you put it through so don't strive to do everything at once as it will likely adapt to it leaving you with little options on what to try next.

At the same time its also important to keep track of your diet, rest and recovery. You can restrict calories but you can only do so until a certain point. My advice would be if you are a male avoid reducing calories below 1200 and if you are a woman don't let your calories fall below 1000 no matter what. Restricting calories and doing that over a long of period of time (weeks or months) could seriously endanger your health and the way your body works. If you are trying hard to lose weight and keep on reducing calories, your body adjusts to that number and as a result begins to think that its your new maintenance. It then refuses to shred fat and holds onto it. The emphasis should always be on eating sufficient food but quality food and then increasing your activity levels to create a caloric deficit when you have already reached your minimum caloric requirement.

Chapter 26

Game plan to lean bulk

The game plan to lean bulk is actually more simple but also much more difficult than the fat loss phase. It is difficult because it needs patience and real persistence. I don't really like to put this in phases as this is largely dependent on your genetic capability to build muscle which varies by age and gender. That's why you see fat loss coaches out there because losing weight is much more simpler and easier to do. Building lean muscle is the hardest part and that's where most people struggle.

But guess what, I have done both. I have put on muscle when I was skinny and I have lost fat when I was fat. So I know exactly what it takes to pack on quality lean muscle and I am going to share it with you so that you are not left guessing.

Start with Phase I - it will remain the same for lean bulk as it is there to get your body adapted to training.

You don't necessarily need a phase II and phase III. The idea is to grow in strength over time. Keep intensity medium to high and keep yourself in phase II.

Limit cardio to once or twice per week and mostly do steady state cardio not very high intensity.

Progressive overload is key to muscle growth (refer to the progressive overload section in this E-book - [add hyperlink](#))

Testosterone is another key component when it comes to muscle gain so make sure to get your testosterone levels checked if you seem to be doing everything right but not getting results.

Read more about how to maximise testosterone in this [here](#) (refer link to testosterone section) - make sure to address each and every point here to maximise your chances of gaining muscle.

We emphasise recovery more in bulk phases and tailor training to be smarter in these phases. We do minimum with maximum intensity. For example limiting the sets performed to 2 sets instead of 4 or 5 and pushing them both to failure works wonders.

See my guide above on how many sets to perform and how many reps to perform per body part and use this very intelligently for bulking. Avoid repeating the same exercises for one area of the body part especially if they hit one body part from the same angle.

For example; if you already did a compound movement for upper chest in the form of incline dumbbell press don't waste your energy doing an incline barbell bench. Move on to the next type of exercise for upper chest which could hit it from a different angle such as a low cable cross over.

Doing this consistently will get you results. So trust in the process and be honest in yourself. Be honest that you pushed intensity to the maximum.

Your potential to gain muscle is the highest when you just start training. This phase lasts anywhere between 3-12 months and most people usually put the most amount of muscle in

this time frame. After that progression slows down and it gets a whole lot difficult to pack on muscle.

Its then that you need to switch up your routine or get into a cutting phase to get some magical rebound before hopping onto the gaining phase again. You have to find these ways to trick your body to keep growing. Adding in a creatine supplement is valuable at this stage as it is really helpful to give you the added boost to lift more weight and really enhance your ability to do more in the gym. This then results to continued progression which is why you need to always keep something in your ammunition and not exhaust all your reserves from the beginning.

Chapter 27

Rest and recovery

Remember fitness is a triangle that revolves around 3 things. Your workouts, diet and rest. Rest is by far the most underrated factor when it comes to contributing to your results. You build muscle not in the gym but outside of it when you are resting. In the gym, you break your muscles down and the muscle fibres need rest to grow stronger than before. Hence giving your body appropriate recovery time before your next workout is very important. When your muscles are already sore from your last workout it isn't a good idea to train that body part which is sore again. Your workout would just not be productive. Give the body time to recover and heal. That is why its recommended that you at least take a day off in the week.

You also should make sure you get around 7-8 hours of sleep on a daily basis. Night sleep is optimal for recovery but those working night shifts can sleep during the day. This is because sleeping at night releases the right hormones that allow your body to recover. Remember you are naturally programmed to work during the day and rest during the night so make sure you hit bed timely. This is known as the circadian rhythm of your body where your stress hormones which allow you to power through tasks rise during the day and hormones which facilitate recovery and repair happen at night. Make sure to stick to a decent routine and to practice it on weekends too.

You can't progress without having a proper amount of sleep and you will see the difference in your workouts if you get your sleeping habits right.

Its also important to take a break from working out after 8-10 weeks of intense training. It allows your body to recover and muscles to feel fresh again. If you think that you do not want to miss the gym during this time (which is a week) you can train to a very low intensity in that week which is also known as de-load week. A de-load week is the time in which you reduce your training volume by 50-60%. It can be the reps, the weight and the number of sets. Don't go until failure, just feel the muscle pump a bit and that's it you're done. A de-load week is meant to give your body the much needed rest and recovery that it needs after 8-10 weeks of intense training.

Lastly, there should also be 1-2 days in your week where you just give your body some rest. But that does not mean that you just lie down the whole day doing nothing. You should take a walk do some light stretches just to keep your blood flowing. Basically moving is essential even on rest days as it helps you recover faster by maintaining appropriate blood flow throughout your body. Resting which includes stretching and some movement is known as active recovery and resting without any sort of movement falls under passive recovery. Active recovery is always preferable. My advice to you would be to set a goal for yourself for example; walking 5000 steps on rest days. This makes sure you do some form of movement which in turn enhances your recovery time.

Chapter 28

Hiring a trainer

Even though there is knowledge available online and people can easily access workout plans and nutrition guides, but starting on your own can sometimes be overwhelming. There is a lot of information that has to be kept in mind and tracked and a lot of trial-and-error work to be done before you finally get things right. That is where the services of a personal trainer come in. Personal trainers can both provide you physical or online coaching in terms of how you are performing your exercises, they can make changes in your plans as needed and they can find ways to make your body grow in the best way possible.

But remember, you should always hire a trainer who has completed their degree in fitness or nutrition. You do not want to hire a person who themselves have done no study and are basically without a basic certification. Having knowledge is the first attribute of a fitness trainer and knowledge comes from study. The best evidence for study is having a certification in your name.

You cannot listen to someone's advice just based on their physique. People can build great physiques under coaches or even with the assistance of drugs and then pretend to be the all-knowing. You want to stay away from such individuals. A good trainer is someone who has the right knowledge, who understands human behaviour, respects confidentiality of their clients and is very professional in their dealing.

A good trainer will be someone who will be certified and someone who will tell you your weak points. You should ask them about why they are recommending a certain plan to you and they should be able to highlight the reasons of a particular programme being recommended to you or even a particular exercise. A good trainer will be adaptable and he will understand your specific needs and limitations and build a program that is tailored around that. A good trainer will never recommend you fast and non-sustainable diets or even supplements. If you hire a trainer and he is recommending you without a nutritionist's advice then you want to stay away from them. There are trainers who are selling fake supplements to their clients and sadly this is the ugly side of the fitness industry which is often ignored. If a trainer is personally selling you tablets or supplements that means he is not legit and is trying to scam you one way or the other. There are stories of such trainers who have literally ruined the lives of their clients by selling them either fake supplements or even steroids in the form of these tablets and powders.

Keeping in mind all of the above facts, you should always make a well thought decision of selecting a personal trainer.

A photograph of a muscular man performing a deadlift exercise. He is shown from the waist up, leaning forward with his back flat, holding a barbell with both hands. The lighting is dramatic, highlighting the contours of his muscles. A white rectangular box is overlaid on the upper left portion of the image, containing text.

Section 06

Exercise Library

Now let's get to the fun part, the part you all paid for, is to design and create your own workout plan and how to select exercises. But don't underestimate the value of all the content that you have read above. The value is always in the details for example how many reps and sets and how much to rest and how many exercises per body part is sufficient? Its all been explained to you before. So now you just need to create your own workout plan, choosing the exercises below and applying the principles which I have explained above. And use these for the rest of your life.

A workout plan should always be followed for atleast 8-12 weeks before considering any changes. And we will be doing the same.

Feel free to change the exercises (both compound and isolation) as desired if you think that exercise is better suited to you and you are more familiar with it. Fitness is never a one size fits all approach therefore this ebook has provided you with the knowledge and insight of how to design your own workout plan so if you have read through the e-book carefully you should be in a position to design your own workout plan.

All exercises and the muscles they target are named for you in the exercise library section with videos on each of these exercises linked in the description.

Chapter 29

Chest

Your chest is basically divided into three parts – upper, lower and middle. Incline movements target your upper chest, Flat movements such as flat bench press or where the cable is positioned in the centre target your middle chest and decline bench press movements and chest dips target your lower chest. Make sure to have atleast one of each of these three movements in your routine for complete chest development.

Also do not be crazy and do both barbell and dumbbell variation of the same exercise. For example doing a flat barbell bench press and after that proceeding to do a flat dumbbell bench press. This would not give you any added benefit as you are working the same area over and over.

If you feel like you need a change – you can alternate between a dumbbell and barbell movement each week. Dumbbells are also the safer option than barbells especially if you are training alone or have no one to spot or assist you. Always have a spotter when doing barbell bench presses for your safety.

Dumbbell Bench presses also give you a greater range of motion as you are able to bring your elbows down much lower without the barbell coming in the way.

Flat Barbell Bench Press (Compound movement)

[How To Do A Barbell Bench Press Correctly - YouTube](#)

Flat Dumbbell Bench Press (Compound movement)

[Flat Dumbbell Bench Press - YouTube](#)

Incline Barbell Bench Press (Compound movement)

[How To Do A Barbell Incline Bench Press - YouTube](#)

Incline dumbbell Bench Press (Compound movement)

[How To Do A Dumbbell Incline Press - YouTube](#)

Decline Barbell Bench Press (Compound movement)

[Decline Barbell Bench Press - Chest Exercise - YouTube](#)

[Decline Dumbbell Bench Press \(Compound movement\)](#)

[Decline dumbbell bench press - YouTube](#)

[Chest dips \(Compound movement\)](#)

[Dips Chest Version - Chest Exercise - Bodybuilding.com - YouTube](#)

[Pec Deck Flies \(Isolation movement\)](#)

[How To Use The Chest Fly Machine - YouTube](#)

[Cable crossover – Incline chest \(Isolation movement\)](#)

[Standing Incline Cable Chest Fly - YouTube](#)

[Cable crossover – mid chest \(Isolation movement\)](#)

[Mid-Cable Mid Crossover - YouTube](#)

[Cable cross over – Decline chest \(Isolation movement\)](#)

[How To Do A High To Low Cable Fly/ Cable Crossover - YouTube](#)

[Push ups – Incline \(Compound movement\)](#)

[How to do an Incline Push up | Tiger Fitness - YouTube](#)

[Push ups – Middle/standard](#)

[How to Do a Push-Up Properly | Gym Workout - YouTube](#)

[Push ups – Decline \(Compound movement\)](#)

[How To Do A Decline Push Up - YouTube](#)

[Dumbbell raises – Chest \(Isolation movement\)](#)

[Upright Frontal Raises For Chest - YouTube](#)

Dumbbell pull over (Compound movement)

[Dumbbell Pullover - Chest Exercise - YouTube](#)

Chest machine press (Compound movement)

[How To Use The Chest Press Machine - YouTube](#)

Cable flies on incline bench (Isolation movement)

[How to do an Incline Cable Fly | Tiger Fitness - YouTube](#)

Cable flies on straight bench (Isolation movement)

[How to do a Flat Bench Cable Fly | Tiger Fitness - YouTube](#)

Chapter 30

Back

Remember to include both horizontal and vertical pulling movements. Vertical pulls (ie; pull ups or pull downs) mostly target your width and horizontal pulls or rowing movements such as bent over rows and seated cable rows primarily target thickness of the back.

Rack Pulls (compound movement)

[How To Do A Rack Pull - YouTube](#)

Bent over rows (compound movement)

[Bent Over Barbell Row - OPEX Exercise Library - YouTube](#)

T-Bar Rows (Compound movement)

[How To Do T Bar Rows \(Landmine Rows\) - YouTube](#)

Deadlifts (Compound movement)

[The BEST Deadlift Tutorial | Step By Step - YouTube](#)

Pull ups (Compound movement)

[The PERFECT Pull Up \(5 Steps\) - YouTube](#)

Inverted pull ups (Compound movement)

[Inverted Rows - YouTube](#)

Chest supported dumbbell rows (Compound movement)

[Chest Supported Incline Dumbbell Row - OPEX Exercise Library - YouTube](#)

Single arm dumbbell row (Compound movement)

[Single Arm Supported Dumbbell Row - YouTube](#)

Chest supported T-Bar Rows (Compound movement)

[Chest Supported T-Bar Row - YouTube](#)

Lat pull downs (overhand grip) (Isolation movement)

[How To Do A Lat Pulldown - YouTube](#)

Lat pull downs (underhand grip) (Isolation movement)

[How To Do A Reverse Grip Lat Pulldown - YouTube](#)

Single arm cable pull downs (Isolation movement)

[Single Arm Cable Lat Pulldown Machine - YouTube](#)

Seated cable rows (Isolation movement)

[How To Do A Seated Cable Row - YouTube](#)

Single arm cable rows (Isolation movement)

[Single Arm Cable Row - Tutorial - YouTube](#)

V Bar Pull downs (Isolation movement)

[V-Bar Cable Lat Pulldown Machine - YouTube](#)

Back Hyperextensions (Isolation movement)

[Hyperextensions \(Back Extensions\) - Core / Back Exercise - Bodybuilding.com - YouTube](#)

Back straight arm pull downs (Isolation movement)

[How To Do Straight Arm Lat Pulldowns - YouTube](#)

Back rope arm pull downs (Isolation movement)

[Rope Straight Arm Pulldown - YouTube](#)

Chapter 31

Shoulders

Shoulders are divided into 4 components the three being deltoid muscles and the fourth being your traps which give you an overall muscular look. The three deltoid muscles also called 'delts' are your front/anterior delts, side/lateral/medial delts and the rear/posterior delts.

My advise for shoulders is to have maximum of 2 excercises each for your front, side, rear delts and traps. Personally I like to have one exercise for the parts which are strong and do 2 for the parts which are weak. Shoulders are one of your small muscles so keep it short but intense.

Barbell overhead press – Standing (compound movement)

[Barbell Overhead Press - How To - YouTube](#)

Dumbbell overhead press – Sitting (Compound movement)

[How To Do A Seated Shoulder Press - YouTube](#)

Dumbbell Shrugs (Compound movement)

[Dumbbell Shrugs Tutorial - YouTube](#)

Barbell Shrugs (Compound movement)

[How To Do Barbell Shrugs - YouTube](#)

Dumbbell side lateral raise (Isolation movement)

[Lateral Raise - YouTube](#)

Cable side lateral raises – single arm (Isolation movement)

[How To Do Cable Lateral Raises - YouTube](#)

Machine side lateral raise (Isolation movement)

[How To Do A SEATED MACHINE LATERAL RAISE | Exercise Demonstration Video and Guide - YouTube](#)

Front dumbbell raises (Isolation movement)

[How To Do Standing Dumbbell Front Raises! - YouTube](#)

Rear delt flies (Isolation movement)

[How To Do A Rear Delt Fly - YouTube](#)

Chest supported rear delt flies (Isolation movement)

[DB Chest Supported Rear Delt Fly - YouTube](#)

Barbell behind the back rear delt raises (Isolation movement)

[Rear delt raise with a barbell - YouTube](#)

Face Pulls (Isolation movement)

[How To Do Cable Face Pulls - YouTube](#)

Chapter 32

Biceps

Biceps are broken down into two heads – ie; short head and long head. The short head (or the inner head as its located on the inner side of each arm) is responsible for giving your biceps the width or thickness/fullness. Your long head (or the outer head as its located on the outer side of each arm) is responsible for giving your biceps their peak which is always impressive when you flex your muscles.

The shape of your biceps is genetic so don't worry if you don't see a clear peak as you may see other bodybuilders have. What matters is that your bicep looks in good shape and you are at a decent body fat percentage.

I hate to break it to you but you only need 2-3 exercises for your biceps and to ensure that they grow. Your exercise selection should have exercises that target both heads of the biceps and the ones you are most comfortable doing and which work for you.

I have listed down my Biceps exercises below:

1. Incline dumbbell curl (bench) – you can do this in two ways – either with both hands working together or with alternating arms. If you use alternating arms this will allow you to lift more heavy as your concentration is directed to one arm at a single time. Personally I like to use one arm at a time but doing one arm at a time does take you more time to complete a set so keep that in mind.

[Incline Dumbbell Curls - YouTube](#)

2. Barbell curl straight bar
[Barbell Curl - Biceps Exercise - Bodybuilding.com \(youtube.com\)](#)
3. Barbell curl EZ (Curl) bar – EZ bar offers greater bicep activation and lesser strain on wrists as compared to barbell curl straight bar.
[EZ-Bar Curl - Biceps Exercise - Bodybuilding.com - YouTube](#)
4. Reverse EZ bar curl
[Reverse EZ Bar Curl \(youtube.com\)](#)
5. Hammer Curl - Same comment as on incline dumbbell curl – you can do this with alternating arms or with both arms together – Another variation you can add is to do these while standing or sitting. If you prefer to challenge yourself do it seated. If you just want to continue lifting heavy and more heavy you can do these while standing.

[Hammer Curl - Biceps Exercise - Bodybuilding.com \(youtube.com\)](#)

6. Barbell preacher curl

[Preacher Curl - Biceps Exercise - Bodybuilding.com \(youtube.com\)](#)

7. Dumbbell preacher curl – You can do this by using a single hand dumbbell or use both hands and lift the dumbbell at the same time.

[Liv White User Story short \(youtube.com\)](#)

8. Machine preacher curl –

[MACHINE PREACHER CURL \(youtube.com\)](#)

9. Dumbbell concentration curl

[Concentration Curls - Biceps Exercise - Bodybuilding.com \(youtube.com\)](#)

10. Bicep rope curl

[ROPE HAMMER CURL \(youtube.com\)](#)

11. Bicep single arm cable curl

[Single Arm Face Away Cable Curl \(youtube.com\)](#)

12. Bicep cable curls (both arms)

[Use Chrome for safe browsing \(youtube.com\)](#)

Generally all exercises will in some way work both bicep heads but there are some movements which work the long head more and the short head less and vice versa,

Bar curls or dumbbell curls primarily target the long head of your biceps whereas preacher curl or concentration curls primarily target the short head of your biceps. If you want to target the shorter head or the peak of the bicep you should do more wide grip curls on a barbell. Make sure to have at least one exercise that is more long head focused and one exercise that is short head focused.

Chapter 33

Triceps

Triceps is 2/3rd of your arms so if you want to grow big arms, make sure to focus on your triceps.

Tricep is divided into three parts, the long head, the lateral head and the medial head. The medial head is quite small and gets trained in other pushing movements such as shoulder presses and bench presses.

Below are the exercises that you can use to target your triceps:

Close grip bench press

[How To Do A Close Grip Barbell Bench Press \(youtube.com\)](#)

Triceps EZ bar skull crusher – can be performed on an incline bench or a flat bench

[EZ BAR SKULL CRUSHER \(youtube.com\)](#)

Triceps Dumbbell skull crusher

[Dumbbell Skull Crusher - OPEX Exercise Library \(youtube.com\)](#)

Weighted bench dips or bodyweight bench dips

[How To Do A Bodyweight Triceps Dip - YouTube](#)

[Weighted Bench Dip - YouTube](#)

Triceps overhead dumbbell press

[Single Dumbbell Overhead Triceps Extension - OPEX Exercise Library - YouTube](#)

Triceps single hand dumbbells

[Single Arm Dumbbell Overhead Triceps Extension - OPEX Exercise Library - YouTube](#)

Triceps single hand cable push down

[Single Arm Cable Triceps Pushdown - YouTube](#)

Triceps pushdown (standard)

[How To Do A Triceps Pushdown - YouTube](#)

Triceps overhead rope extension

[Overhead Cable Triceps Extension - YouTube](#)

Triceps rope pull downs

[How to Do Triceps Rope Pulldowns - YouTube](#)

Diamond push ups

[Diamond Push Up - YouTube](#)

Machine dips

[How To Do A MACHINE SEATED DIP | Exercise Demonstration Video and Guide - YouTube](#)

Triceps cable kick backs (single arm)

[Single Arm Dumbbell Triceps Kickback - YouTube](#)

Chapter 34

Legs

I have said it before, and I will say it again. If I had a choice to train just one body part for the rest of my life, it would definitely be legs. Legs are 50% of your body and you cannot just ignore them.

They need to be trained and they need to be trained hard, more than any other body part. Developing legs is challenging and not many people actually develop them near good enough as the rest of their bodies.

We divide legs into 4 parts, quads, hamstrings, glutes and calves. You can choose to do an entire leg day which targets all these parts or you could do split between movements and keep them for separate days for eg; quads and calves on one day and hamstrings and glutes on another. It all depends on your personal preference. You could even do quads, hamstrings and calves on one day and glutes can be trained on any other day.

I usually do quads, hamstrings and calves on the same day but again we're all different.

People often have this ego when training legs that if they don't squat a shitload of weight, their legs won't grow. Well lifting heavy will grow your legs don't get me wrong but what you need to make sure is that you also exhaust your legs in the process. Most people run out of breath when lifting heavy and hence have to stop before their muscles get fatigued because their cardiovascular system gives up first. The fix for this is simple to implement one or all of the three options below:

1. You should improve your cardiovascular system health – try getting in 10-15 mins of moderate intensity cardio per week to enable you to sustain intense workouts.
2. Focus on nutrition – if you are in a caloric deficit it may be a good idea to have a cheat meal or a refeed day a day before your leg day so that your energy levels are boosted. Trust me, legs demand way more energy than any other body part as they are the largest of all your body parts.
3. Pre-exhaust your legs by doing an exercise such as leg extensions before you do your squats. That way you won't be lifting that heavy on squats yes, but even the light weight will feel twice as heavy and it will create that quad burn like you never had before.

Fatiguing your muscles is crucial for legs and you need to make sure that your legs are being completely exhausted to force them into growth.

Below are some exercises labelled with the area of focus:

1. **Barbell back squats (Compound movement – quad focused)**
[How To Do A Barbell Back Squat \(youtube.com\)](#)
2. **Barbell front squats (Compound movement – quad focused)**

[Front Squat with Bodybuilder Grip | Exercise Guide \(youtube.com\)](#)

3. Smith Machine back squats (Compound movement – quad focused)

[How To: Smith Machine Squat \(Quad Focus\) | Form Tutorial - YouTube](#)

4. Goblet squats (compound movement – quad focused)

[Heel Elevated Goblet Squat For Blasting Quads - YouTube](#)

5. Sissy squats (Compound movement/ quad focused)

[Hand Supported Sissy Squats - YouTube](#)

6. Body weight squats (Compound movement/quad focused)

[Bodyweight Squat - YouTube](#)

7. Leg press (Isolation movement) – Close stance targets more outer quads, wide stance targets more inner quads. Feet lower down the plane target more quads, feet higher up the plane target more glutes and hamstrings. Make sure your hips do not get up from the pad.

[Leg Press Mechanics Part 1 - 45 degree Realities - YouTube](#)

8. Leg Extensions (Quad focused) – can be done by single leg too to target muscle imbalances

[How To Do A Leg Extension - YouTube](#)

9. Walking lunges (Compound movement - Target quads and glutes) – can use dumbbells to make these challenging

<https://www.youtube.com/watch?v=mAgbXQdd4LM&pp=ygUXd2Fsa2luZyBsdW5nZX MgCHVyZSBneW0%3D>

10. Standing alternate lunge (targets quads and glutes) – Compound movement

[How To Do A Forward Lunge - YouTube](#)

11. Bulgarian split squats (Quad and hamstring focused) – Compound movement

[How to Bulgarian Split Squat \(QUAD VS GLUTE\) - YouTube](#)

12. Romanian deadlifts or RDL (barbell) (Hamstring focused – compound movement)

[The Romanian Deadlift \(RDL\): Gym Shorts \(How To\) \(youtube.com\)](#)

13. Dumbbell deadlifts (Hamstring focused compound movement)

[COMPOUND EXERCISES - How to do a Dumbbell Deadlift \(youtube.com\)](#)

14. Lying Leg curl (Hamstring focused Isolation movement) – can be done by single leg too to target muscle imbalances –

[How To Use The Prone Leg Curl Machine - YouTube](#)

15. Seated leg curl (Hamstring focused) – can be done by single leg too to target muscle imbalances

[Seated Hamstring Curl Eccentric | Machine | Strength and Conditioning Exercises \(youtube.com\)](#)

16. Barbell Hip thrusts (Glute focused – compound movement)

[The Barbell Hip Thrust \(youtube.com\)](#)

17. Smith Machine Hip Thrusts (Glute focused – compound movement)

[Smith Machine Hip Thrusts - YouTube](#)

18. Machine Hip Thrusts (Glute focused compound movement)

[HOW TO: use the Hip Thrust Machine | instructional video | Team Empire \(youtube.com\)](#)

19. Seated Calf raises (Isolation movement)

[Seated Calf Raise Machine \(youtube.com\)](#)

[Seated Calf Raises - YouTube](#)

20. Standing Calf raises (Isolation movement)

[Standing Calf Raise \(youtube.com\)](#)

[Hammer Strength Select Standing Calf Raise \(youtube.com\)](#)

Calf raises on leg press (Isolation movement)

[Leg Press Calves - YouTube](#)

Chapter 35

Abs

Tips to Abs

Everyone has abdominal muscles; the truth is that only a few people will ever see them. This is because they will have to drop the body fat to a relatively low percentage and not everyone is willing to do that. Why not? Because it takes work and effort and these days everyone likes to be lazy. The systems of the world have been built to make us that way. The people in the centuries before were more fit because they were moving often and didn't have the luxury of getting an uber instead of a 10 minute walk.

The key tip for getting shredded abs is being in a caloric deficit, that simply means eating less than you consume/burn. Pretty sure everyone told you this. Well don't worry, I have some more information that less people talk about.

My recommendation is that you should train your abs for 10-15 minutes and do 2,3 or even 4 circuits of upper and lower ab exercises (you can choose any 3-4 ab exercises and do them without rest to failure and that's one circuit) with a maximum rest of 30 seconds in between each circuit. The key to having a strong core is to keep it engaged and allow minimal rest time in between.

The other part when it comes to core training is the range of motion. Some of the people will curve their back when doing crunches whereas this is a no no. You should keep your back straight and the abs should be flexed even when you are contracting them. Do not keep your core loose.

When you are doing a plank a lot of people will keep their core loose and not flex it. You are not achieving the maximum out of that position until you have kept your glutes squeezed and core flexed inwards. You will find that this position is a lot more harder to hold as it works your abs way better.

A key tip which I am sure no one has given you is to strengthen your lower back muscles and to work on their flexibility and stability. The stronger your lower back is, the more effectively you would be able to perform ab movements. Both your lower back and abs complement each other as they are on the opposing sides of your body. So, if one side becomes stronger it effectively helps support the other side better. If you have a strong core already, doing movements which involve lower back work such as squats or rack pulls or hyperextensions would become easier. This is why you should be smart about your training and know what to strengthen which body part.

Remember, abs are just another muscle in the body so it's important you keep making your abs work more as your progress. You will notice that as you progress, your ab workouts will get easier for example; the exercise which took you to failure in 10 seconds would now last 20 seconds and so on (but remember the limits of the anaerobic energy system talked about

above). It's important to track this and keep increasing your reps to failure or alternatively you can add some weight in your ab exercises for eg; when doing crunches on a decline bench use a 5 kg plate or when doing a plank – keep a 10kg weight plate on your back to make your exercise more challenging. This will develop the ab muscles and make them more prominent.

High intensity cardio is another hack that you should try and implement – keeping your heart rate up throughout the cardio session will help you burn more fat as you do cardio. For me personally its always running but you can also try swimming, cycling or even playing a sport such as football or tennis. I personally do a cardio session for 15-20 minutes. That involves running at moderate speed for 2 mins and then slowing down to walk for 1 minute and then repeating this all over until 15-20 minutes have passed. This can be done easily on a treadmill where you can track the time that you have been running for and easily switch the speeds as well. However, nothing beats an outdoor run which is of course more challenging than running on a treadmill. I suggest you always alternate between these two (ie; sometimes run outdoors and sometimes run on a treadmill). The best time to do this is in a fasted state in the morning upon waking up or after your training session. These times result in the maximum fat loss. Now, you may find some videos that say that this is not true as there is no scientific research on this but somethings are better learnt by experience. This has worked for the coaches I trained with, this has worked for the clients I trained and there is no reason why this would not work for you.

Exercises for abs:

What if i told you that you don't have to do tonnes of exercises for abs?

What if i told you all these circuits that you see on social media are not worth your time and effort?

They are content just for the sake of making content.

Its time you get smarter with your training.

Key things for abs is that you need to focus on exercises that give you the best contraction. Your aim should be to feel the burn and pressure on your core rather than just doing the movement from point A to point B.

Abs are divided into various components (example upper, lower, obliques) and having a well-defined set of abs ensures that you target all these muscles.

Below are a list of all ab exercises that I have done at some point during by 10 years of training. As you can see the list isn't expanding on pages which pretty much evidence the point I made above. Even out of these I have chosen movements that have given me the best results and written them write below this section.

- sit ups [How To Sit up | Nuffield Health - YouTube](#)
- Lying leg raise [Lying Leg Raises - YouTube](#)
- Planks [How To Do A Plank - YouTube](#)

- Mountain climbers [How To Do Mountain Climbers - YouTube](#)
- Decline ab crunch [How To Do Decline Sit Ups - YouTube](#)
- Rope crunch [Kneeling Rope Crunch With Proper Form - YouTube](#)
- Ab machine crunch [Abdominal Crunch Machine - YouTube](#)
- Scissor kicks [How to properly do the scissor kick core exercise - YouTube](#)
- Leg raise and hold [Leg Raise Hold - How To - YouTube](#)
- Vacuum [Stomach Vacuum | Ab Exercises Guide - YouTube](#)
- Ab rollers [How To Do Ab Wheel Rollouts - YouTube](#)
- Side bends with resistance only in one hand (the side opposite to the resistance gets worked) [Dumbbell Side Bends - YouTube](#)
- Hanging leg raises [Hanging Straight Leg Raise - YouTube](#)
- Back supported leg raises [Back Supported Hanging Leg Raises - YouTube](#)

As a matter of honesty, the below exercises have always done the job for me when it comes to abs:

- Side leg raises [Side Lying Leg Raises - YouTube](#)
- Side planks [Side Plank - YouTube](#)
- Hanging leg raises [Hanging Straight Leg Raise - YouTube](#)
- Back supported leg raises [Back Supported Hanging Leg Raises - YouTube](#)
- Knee bends on decline bench [Knee raises Decline bench - YouTube](#)
- Leg raises on decline bench [How To Do A DECLINE LEG RAISE | Exercise Demonstration Video and Guide - YouTube](#)
- Hold leg raises in the air till failure [Leg Raise Hold - How To - YouTube](#)
- Vacuum [Stomach Vacuum | Ab Exercises Guide - YouTube](#)
- Leg raises on flat bench [Flat Bench Lying Leg Raises - YouTube](#)

Chapter 36

Stretching and Mobility

Stretching and mobility work is super important if you are someone who is into resistance training as our muscles tend to get stiff over time if they are not stretched and the flexibility element is not worked on. Cardio will help a bit in ensuring that your muscles move freely but the importance of stretching and mobility exercises cannot be ignored.

Static stretches are the ones in which you stand, sit or lie still and hold a single position for the duration of the stretch which is usually about 15-30 seconds.

Dynamic stretches are controlled movements that prepare your muscles, ligaments and other soft tissues for performance and safety. They are movements in which your body parts go through a range of motion and you keep repeating that for the duration of the stretch.

Dynamic stretches are super helpful in your warm up as they activate your nervous system better and prepare your muscles for the movements that you will perform later in your workout.

On the other hand, static stretches are an excellent choice to include after you have done your workouts as they help reduce muscle stiffness and soreness which helps you get on the path to recovery sooner than later. These help with recovery.

You can use the below static stretches for each part:

Biceps

[Bicep wall stretch - YouTube](#)

[Bicep behind the back and Brachii muscle stretch - YouTube](#)

Triceps

[Overhead triceps stretch – YouTube](#)

[Cross body arm stretch - YouTube](#)

Back

[Bar hang – YouTube](#)

[Child's pose - YouTube](#)

Shoulder

[Cross body arm stretch - YouTube](#)

[Behind the back shoulder stretch - YouTube](#)

Chest

[Wall pec stretch - YouTube](#)

[Seated chest stretch - YouTube](#)

Legs

[Standing quad stretch – YouTube](#)

[Knee to wall quad stretch - YouTube](#)

[Standing hamstring stretch – YouTube](#)

[Sitting hamstring stretch - YouTube](#)

[Calf stretch](#)

Dynamic stretches are best divided into upper and lower body stretches with upper body dynamic stretches preparing you for compound moves for chest back and shoulders and lower body stretches preparing you for training your quads, glutes and hamstrings.

Upper body dynamic stretches:

[Cat cow stretch - YouTube](#)

[Dynamic chest stretch – YouTube](#)

[Dynamic chest and shoulder stretch - YouTube](#)

Lower body dynamic stretches:

[Hip flexor and hamstring rock - YouTube](#)

[Kneeling glute stretch - YouTube](#)

[Dynamic groin stretch – YouTube](#)

[Dynamic calf stretch - YouTube](#)

Section 07

Important Topics

Chapter 37

Does exercise form matter?

You have always been told that form should be given priority over weight. But then you may have seen bodybuilders doing exercises and you wondering ‘how the hell are they doing this – this is wrong form’ – Yes you are right – they do it with the wrong form all the time and yet they have incredible physiques. There is a reason for this. They have perfected the form and exhausted each and every way that exercise should have been done. They have exhausted all avenues for growing their body and now they just want to maximise growth by getting as much leverage as they possibly can by lifting a heavier weight.

You on the other hand a beginner or a few years into training do not have to go down this route. Remember its about training for longevity and avoiding injuries down the road. Also some of the body builders still practice good form so don’t try give yourself this excuse to follow a footsteps of a bodybuilder.

There are instances where you can compromise on your form. This can be done on isolation exercises such as bicep curl, triceps push downs or lateral raises where you have reached absolute failure and you just want to fatigue the muscle beyond its limit. When reaching failure, you can do partial reps on these movements which can promote growth even without the proper form. This is because your muscle has failed to perform another rep with good form and you are pushing your limits beyond this point. This is also a great way to push through plateaus and to make sure that the body continues to grow muscle or lose fat (whatever your goal is).



Chapter 38

Rest and recovery

Remember fitness is a triangle that revolves around 3 things. Your workouts, diet and rest. Rest is by far the most underrated factor when it comes to contributing to your results. You build muscle not in the gym but outside of it when you are resting. In the gym, you break your muscles down and the muscle fibres need rest to grow stronger than before. Hence giving your body appropriate recovery time before your next workout is very important. When your muscles are already sore from your last workout it isn't a good idea to train that body part which is sore again. Your workout would just not be productive. Give the body time to recover and heal. That is why its recommended that you at least take a day off in the week.

You also should make sure you get around 7-8 hours of sleep on a daily basis. Night sleep is optimal for recovery but those working night shifts can sleep during the day. This is because sleeping at night releases the right hormones that allow your body to recover. Remember you are naturally programmed to work during the day and rest during the night so make sure you hit bed timely. This is known as the circadian rhythm of your body where your stress hormones which allow you to power through tasks rise during the day and hormones which facilitate recovery and repair happen at night. Make sure to stick to a decent routine and to practice it on weekends too.

You can't progress without having a proper amount of sleep and you will see the difference in your workouts if you get your sleeping habits right.

Its also important to take a break from working out after 8-10 weeks of intense training. It allows your body to recover and muscles to feel fresh again. If you think that you do not want to miss the gym during this time (which is a week) you can train to a very low intensity in that week which is also known as de-load week. A de-load week is the time in which you reduce your training volume by 50-60%. It can be the reps, the weight and the number of sets. Don't go until failure, just feel the muscle pump a bit and that's it you're done. A de-load week is meant to give your body the much needed rest and recovery that it needs after 8-10 weeks of intense training.

Lastly, there should also be 1-2 days in your week where you just give your body some rest. But that does not mean that you just lie down the whole day doing nothing. You should take a walk do some light stretches just to keep your blood flowing. Basically moving is essential even on rest days as it helps you recover faster by maintaining appropriate blood flow throughout your body. Resting which includes stretching and some movement is known as active recovery and resting without any sort of movement falls under passive recovery. Active recovery is always preferable. My advice to you would be to set a goal for yourself for example; walking 5000 steps on rest days. This makes sure you do some form of movement which in turn enhances your recovery time.

Chapter 39

Sustainability – How to maintain a physique

Carrying a decent physique for over 10 years, I can tell you upfront that to maintain a physique you still need to work and push yourself. Your muscles lose their form when you stop training. Your body isn't naturally programmed to be muscular. It is something you trick it to do. So if you want to maintain it, you must give it the challenge so that it knows that it needs to hold these muscles for you. But the good news is, you do not have to push this hard for the rest of your life. Once you have built a decent foundation and are at a decent body fat percentage of lets say 10-15%, you can maintain your physique even if you train 3 days a week but just watch what you eat. Don't go crazy on sugar, keep cheat meals to max 1-2 a week and keep your activity levels up during the day (even outside the gym) and don't just sit around being lazy all day. Make sure you atleast are getting 2-3k steps per day and embrace this as your lifestyle. And one more thing, keep your protein intake high always. Start all your main meals with protein as that's a non-negotiable.

In terms of workouts as well, don't push past failure and don't max out each and every time. There will be phases where you just want to go and push close to failure. This is normal in maintenance phases and the idea is to build sustainability so that you can maintain results for the rest of your life. The desire to stay in peak condition is relative and is different for everyone so don't kill yourself if you are not looking 100%. Getting back in the game is easier when you are at 70-80% of your best rather than totally quitting and starting from 10% again. And staying at 70-80% is absolutely doable and sustainable. We want to make this a part of us and a habit that we keep for the rest of our lives. Its not a nice to have for a few days and then we lose it all.

But even if you lose it, the time it takes for you to build it back would be far less than it would be for someone who is just starting. And now that you have this E-book it should be even easier

Chapter 40

Muscle imbalance how to fix it

There are two types of muscle imbalances. Muscle imbalances that are genetic like scoliosis or your bones being structured in a certain way genetically.

Or they can be caused by certain lifestyle changes like poor posture, sitting for prolonged periods or usually leaning on one side.

The changes that are caused by poor lifestyle can be fixed by taking the right measures such as making a conscious effort to fix your posture (for eg avoiding slouching and sitting straight) as well as incorporating a routine that works on strengthening the areas of your weak muscles that are leading you to compromise your position.

Training shoulders, back and chest for example would ensure you stay more upright when you stand and your shoulders are not slouching downwards.

And that is why its critical that you train your whole body effectively.

Core strength is absolutely critical when it comes to stability and balance. So training abs would definitely help you not only with your posture but also with your execution of other exercises. As a bonus i have included an ab routine as a supplement to this ebook.

The other topic when it comes to muscle imbalances is of one side being stronger than the other. This is natural as well which means if you are right-handed its natural your right hand would have more strength but to fix so that both hands have more or less equal strength it's always a good idea to incorporate unilateral movements.

Unilateral movements are movements which work one side independently of the other. Such as single arm triceps extension instead of double hand triceps pushdown.

Using dumbbells instead of barbells also helps to fix this issue as you have a separate dumbbell in each hand which makes sure that the stronger arm does not overtake the total weight you are lifting.

Another tip to avoid creating muscle imbalances due to exercise is looking yourself into a mirror while doing any particular movement to ensure your form is okay and you are not leaning on one side. Alternatively, you can always record yourself to observe any compromises in your form and make sure to avoid these on your next set.

The other consideration is for people who have a significant difference in strength on each side. For example, doing 10 reps with right side and doing only 3-4 with the left side

For them the suggestion is to do the same number of reps with their stronger side as they do for the weaker side. But this is a quick fix and may not help long term.

The longer term fix is to have them tested for neuromuscular imbalances. And this is something that no fitness trainer talks about. Because they don't really know about it.

Your body comprises of many nerves and the system that controls it is your central nervous system. The key point which dictates how the nerves in your body will receive the signals is the upper cervical vertebrae C1 which is also called the Atlas.

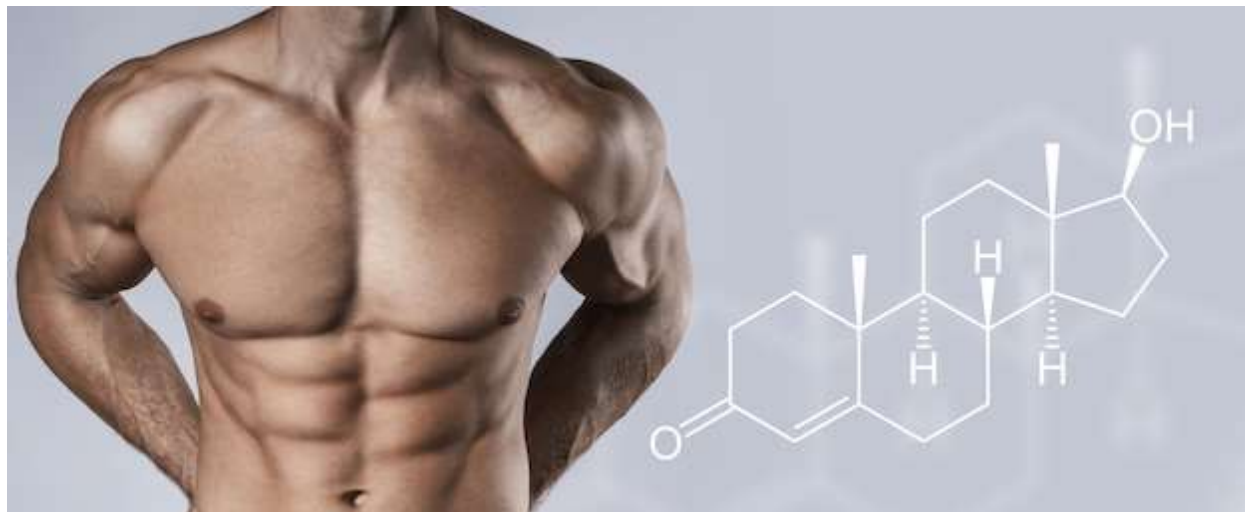
In some people this vertebrae can be misaligned and this can happen due to poor lifestyle, posture, injuries and a whole lot of other reasons. The starting point for such people is to get themselves consulted with a specialist or Atlas orthognal and have their neuro muscular assessment performed. This helps them identify the root cause of their muscle imbalance and fixing this root cause then helps massively in fixing their muscle imbalance as well as a whole lot of other health benefits that come when your nerves are distributing signals evenly throughout your organs.

You should definitely do some research on this and guess what youtube videos have already been made on this topic so feel free to explore and thank me later!

Chapter 41

Testosterone & Tips to Boost It

Testosterone is the number one male hormone that is required for you to build muscle and lose fat and here are all the tips that you need to boost it:



Limit Alcohol consumption

Excessive alcohol consumption can suppress testosterone production. Limiting your intake or avoiding alcohol altogether can help maintain healthy testosterone levels. I would suggest avoiding it altogether for best results.

Getting 7-8 hours of sleep

Getting enough quality sleep is crucial for maintaining healthy testosterone levels. Aim for 7-9 hours of sleep per night and try to maintain a consistent sleep schedule. As also discussed in the rest and recovery section there is no alternative for a quality night's sleep as hormone production is maximized at night-time.

Lifting heavy weights

Your testosterone levels rise after exercise, especially intense, heavy strength training. Although the rise is temporary but if done consistently this prompts good sleeping patterns and healthy eating habits which cumulatively account for the testosterone increase. Lifting heavy also triggers the release of growth hormones.

Training legs

If there was one muscle group I could train for the rest of my life it would be legs, that's how important I rate them. They are more than half of your body and no wonder that training legs has countless benefits and boosting testosterone is one of them. Leg training boosts testosterone which in turn not only burns fat but also helps your upper body look good as high

testosterone levels help muscle protein synthesis which is the process by which your cells produce protein molecules and use it to build your muscles.

Eating good fats in diet

Good fats such as egg yolks, almonds, avacados, olive oil are excellent to boost your hormone levels especially testosterone so make sure to add them in your diet. However, just be careful in your fat loss phases as they do give you higher calories. So make sure if you have upped good fats, you have reduced your carbs accordingly to balance your overall caloric intake.

Dropping bodyfat and staying between 12-15% body fat range

Your testosterone is compromised at single digit body fat levels – you are not naturally programmed to look extremely shredded. At higher body fat levels (usually over 15-17%), your testosterone drops as well and you get more tendency to put on fat rather than build muscle. 12-15% is the best body fat range which you could sustain for the rest of your life. It will keep you looking good with abs and defined muscles, would look great in clothes and equally good without them. I have found that this is the sweet spot that everyone should aim for.

Avoid Excessive Estrogen Exposure:

You should limit your exposure to processed foods and unfiltered water as these have compounds that inhibit testosterone and are not great for the body. Again limiting quantities is key as its not possible to avoid them altogether for the rest of your life. Using plastic bottles is also something which isn't great for your health so watching this and not reusing plastic bottles is important to minimize any adverse effects on your health.

Supplementation

Supplements such as Ashwagandha, Shilajit, Zinc, Magnesium have been shown to improve testosterone levels. You can always add them in your diet but make sure to consult with an expert before you do. These supplements are not magic and just taking them alone wouldn't improve your testosterone. Your overall lifestyle would need to change to be able to really see the results.

These supplements have properties that calm you down, reduce anxiety and help you sleep better which in turn results in improved testosterone levels. There, you just got more educated!

Chapter 42

Importance of consistency

I am not going to repeat what you keep hearing 'consistency is key' but what I am going to tell you is that consistency is very underrated. As humans we are all different and some will see changes quicker than others. It doesn't mean that the process doesn't work. It just means that it works differently for you than it does for others.

Most people carry out a routine for a few weeks and get demotivated by the scale not changing or their body not showing signs of progress. That is a bad approach. It just means that you have basically quit and are not willing to stick to the process in the long run. Fitness is a marathon not a sprint and if you sprint, you might achieve quick results but this is not going to be lasting for life.

People can lose weight fast if they create a very large caloric deficit but no one can actually sustain eating those low calories for the rest of their lives. Therefore, the better approach is to always take things step by step. Increase/reduce calories gradually. This creates better adaptability and gives you sustainable results. It also is the better option for your overall mental and physical health as well.

If you are changing your ways after a period of eating crap and not working out over a number of months or years, chances are your body will need time to adjust and show changes. How can you expect all those days of no discipline magically get you transformed within 1 or 2 weeks of starting a plan?

The bottom line is to always give yourself some time and track your results so that you always ensure that you are in a deficit or surplus and can better stick to it on a long term basis. If you are completely sure that you are doing everything right, time is your best bet. Believe me things will change, just do not quit and let your effort go to waste.



Chapter 43

Sexual health and my honest opinion

Now I am not a sexual health expert or a coach but a few tips that I would like to give guys who are aiming to achieve an aesthetic physique without the need to go down the enhanced route.

A lot of these topics are not openly discussed and talked about which is why I want to mention and detail out my stance on these here.

Sexual desire is a natural thing and happens to each and every one of us. There is no shame in admitting and you are not bad for having it in the first place. It's actually a normal thing.



But it's important that sexual desire should be a thing coming to you naturally rather than be induced by a trigger. Watching explicit content, etc is not created by sexual desire. It's a habit that you have created and as a result it triggers you to carry out a sexual act which for most guys is masturbation. You didn't masturbate because you were sexually deprived, you masturbated because of the trigger which is pornography or maybe something else.

Having said that there's two ways that guys fulfil their sexual urges. Sex or masturbation.

The short answer is masturbation ruins fitness levels. It does not do this directly but indirectly. It kills your motivation and drive and so it becomes harder for you to be consistent and progress. It does not have a meaning to it which makes you feel that guilt that you did something you shouldn't have done.

The second thing is to avoid porn as that makes things worse (as I have said above too)

You need to engage in meaningful relationships. Going out and speaking to real women is what the goal should be. Having sex in a relationship (preferably marriage from a religious point of view) is better than masturbating.

Most people won't agree with me saying it's the same thing being released but it's different if you take a step back.

Sex is an exchange of energies and it boosts your testosterone. It's a natural thing and how humans are made to exist. It gives you satisfaction and fulfilment. That's how humans are meant to fulfil their sexual needs.

Having said that if someone's goal is to build muscle/get shredded or build a crazy physique, they should always practice moderation. Their ejaculation frequency will have to be lower than someone who doesn't have these goals. It's the same as eating if you see it. You need to eat in a controlled way if you have to see results. Then how can you just keep on ejaculating every day and also achieve your fitness goals. Common sense right.

And for those who say it doesn't effect anything are the ones who either are enhanced, don't know their shit or just want others not to succeed in their goals. If the thing has the power to bring another human being in this world then how can it not be important. Food for thought.

How much lower your sex frequency should be really depends and varies person to person. Some people would be okay with twice a week someone would be okay with once in two weeks. So don't kill yourself if you did it little more or little less in some days. Broadly consistent keep it moderate and as long as you see signs of progression in your physique and in your performance you can always make adjustments to it.

If someone struggles to get in a relationship or marriage he should just focus on avoiding porn and keeping himself busy. That's why I have created this community that we can always engage and talk goals, aspirations and set backs. It keeps us motivated and on track with a positive environment for everyone.

If someone has a very bad habit of masturbating every day they should decrease it gradually. But putting a stop to porn in the first place is very important.

The next step is to avoid any other trigger points which cause you to fall victim to this habit. These will be different for everyone. For some its depression, being alone and some might be triggered when they view some woman on social media. But they need to understand masturbation does not help in the real world.

Fasting also helps. Maybe a good idea is to go on a slight caloric deficit so that your hormones stay in control. Engage in competitive sports that allow you to look forward to something. Follow a purpose that helps you focused on that clear long term vision.

You can share this in our community, we love talking about goals and if people are on the same path as you, who knows they can team up with you as well.

Section 08

Final Words

Chapter 44

Outro

That's it folks. This is all the key knowledge you need to know and implement in order to kickstart and conquer your fitness goals. Make sure you start implementing as many of these tips as are applicable to you and I can guarantee you will see some great results in your fitness journey if you stick to a plan.

I know keeping fit is not easy, especially with not many people living this lifestyle but trust me your body will thank you for maintaining this lifestyle down the years. It's something many people realise they should have done much earlier. But it's never too late to make a commitment especially when it's about your well-being and overall health.

There are 24 hours in a day and if you sleep 8 hours, you have 16 remaining. Now I fully understand many of us have different priorities and struggles and the availability of the rest of the 16 hours will be vary depending on what your priorities are but if you can dedicate at least 3 to 4 hours of your time per week to physical activity/resistance training and get your eating habits right, that should lead to a big change in your lifestyle and how you function as an individual. It might even reduce the time on other areas of your life as you become more mentally and physically fit to do that work even quicker. Pretty sure no one told you this 😊

Remember knowledge is useless without implementation and implementation becomes useless without knowledge. So do not be afraid to refer back or re-read the sections within this E-book.

If you are looking for someone to take care of everything for you without you having to do any efforts to create your own workout and diet plan, you can apply for my premium online coaching program on my website below. My program is a completely done for you program and takes the guesswork out of the equation, where I do each and everything for you from planning your workouts, tracking your performance, adjusting your calories, suggesting you meals, advising on rest and most importantly holding you accountable so that you do not lose track of your goals.

But the sad part is that I don't work with everyone. Only with people who are willing to go all in on changing themselves. If you think you are that person, make sure to apply on the online coaching application form on the below link:

[Online Application Form – Reps & Runs \(repsandrums.com\)](https://repsandrums.com)

Make sure to give me a follow (**see link to my Instagram profile**) as I post my daily workouts/lifestyle on my stories as well as some inspirational posts/reels to keep my audience motivated as well as educated. I wish you all the very best with your fitness goals and hope you crush them with ease. Here's to a better, fitter and smarter you!

Instagram profile link: [Wahaj Siddiqui](#)