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Manual: For Building Muscle And Lose Fat

The Only Manual You'll Ever Need
To Build Muscle And Strength
That Last & Keep You Lean Like A
Model

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Preface

This manual is about how to build muscle and lose fat. The goal of this book is to give you the basics and understanding that doesn't leave you confused or frustrated. This will cover all the main aspects as well as practical application, it will tell you how and why things work the way they do.

This manual guarantees your growth if you apply the principles. But to reach and experience your body's highest possibility is by tweaking these principles to fit your body and its needs. If you do this your journey will be effortless and bountiful with results.

A heads up, this manual will not cover everything and all the nuances as it shouldn't. That is something you learn on your journey, so experiment with your body around these principles to see the best results. So without further ado, let's get into the first chapter.

Chapter 1: Introduction

Attaining Your Ideal

Whether you're an experienced fitness enthusiast or never even touched a weight before. You will have probably encountered a ton of advice, both valuable and counterproductive.

The purpose of this Manual is none other than to provide you with straightforward, no B.S. on what works and what doesn't. The best advice is advice that is specifically tailored to your specific circumstance.

This Manual aims to give you a clear understanding of the principles of muscle building and losing fat and encourages you to experiment to find your optimum performance.

Fine Tuning For Optimum Performance

As there are countless scenarios and situations, this Manual can't provide a solution for everyone's current point. However, it will give you the foundation for building your dream body but it's up to you to bring it to fruition.

On your fitness journey it is paramount to stay close to the principles but more importantly, evolve with them. So, experiment and become self-reliant and competent; knowing what to do, how to do it, and being able to do it well.

Main Demographics: Weight Loss, Muscle Gain, and Leanness

This is customized to assist these two groups of individuals: those desiring weight loss and those striving for more muscle and getting ripped.

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While conventional wisdom may suggest losing weight before focusing on building muscle, we propose the idea of killing two birds with one stone: achieving both goals simultaneously, and saving you your precious time and effort.

The truth is, acknowledging that your starting point will be a big deterrent on how your journey will start. So if you want to lose weight then your diet will be different from someone who is gaining weight. Essentially your training regimen will be impacted as well. By acknowledging and respecting these obstacles, you'll be better equipped to solve the problem straight on.

Chapter 2: Body Composition

Understanding Body Composition And How It Impacts You

Body Composition is a ratio between fat and muscle but not only limited to that. This chapter delves into how body fat and muscle placement impact your physique and some practical applications that will work for you.

Body Distribution: Beyond Appearances

Body composition is multifaceted with different distributions of fat and muscles in different areas. One common example is the person who doesn't look overweight but just looks flabby —commonly referred to as “skinny fat.” Another example is the person who doesn't need to lift a weight to look like they work out.

Why is this so? Well, genetics, more specifically somatotypes. These somatotypes form the foundation of your body's distribution of fat, general body shape, and your body's characteristics and traits. Here are the three somatotypes:

- Ectomorphs: A lean, rectangular build with shoulder and waist width alike.
- Mesomorphs: An inverted triangle for the upper body, broad shoulders, and a narrower waist.
- Endomorphs: A stockier frame, with robust shoulders and a wider waist.

While these somatotypes provide you with your body's framework. A balanced body will reign supreme for everyday functions and longevity. However, the accentuation of certain muscles will give you a more attractive appeal. Such as:

- For Men: Prioritize shoulders, back, chest, and triceps.
- For Women: Focus on glutes, thighs, shoulders, and back.

This will help to set you at the gold standard, with a mesomorph-like appearance for men and an hourglass figure for women—accentuated hips, a slender waist, and a well-defined upper body. Keep in mind though, that having a great body is having a healthy, strong, functional body. The natural by-product of a healthier body is a more attractive body.

Body Fat's Role And What Is A Healthy Amount

Body fat can be one of the main obstacles in your journey of reaching your ideal. Lower body fat levels help to make you look leaner and give you a more prominent muscle look. Another symptom of low body fat is a more chiseled face. Finding your optimal body fat percentage is pivotal:

- For Men: Aim for a healthy range of 8% to 15% body fat (B.F).
- For Women: Target a range of 18% to 28% B.F.

This is a delicate equilibrium, as extreme levels of low body fat can disrupt hormones, leading to symptoms such as reduced libido, irritability, and low energy. While fat plays an important role in the body, having too much fat is no good, and having no fat is no damn good either. You want to be careful if you are pregnant, even then you don't want to be too overweight and put too much stress on the body.

Navigating Genetic Influence

Again, genetics play a huge role in determining your body fat composition and unique characteristics. You may find that you operate mentally sharper at a higher body fat percentage, around 20% or you

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can function as normal in a lower digit around 6%. These are the extremes but note if you don't feel generally good and have low energy at a low body fat. Wait a week then change something to increase your body fat. Small increments to hone in on what your body needs is the best solution.

By gauging your body's response and how you feel you can hone in on your lowest body fat and still function like normal. With this in mind, you will get much closer to your optimum body.

Chapter 3: How Muscle Is Built And Why It Matters

Every skilled competent person knows the basics or pillars in their field. So we will be discussing the principles of building muscle and burning fat to give you a strong foundation. In this chapter, we'll cover the core elements that drive these processes and prepare you with the knowledge needed for effective progress.

Muscle Building: The Three Key Pillars

Muscle building is a straightforward process dependent on three essential pillars. Let's explore each pillar in depth:

- **Stress Creation:** Create stress that is greater than the body is used to by taking the muscle to failure or close to it. By doing this it stimulates a response from the body to recover and with enough recovery time, it will compensate for future stresses. **By creating stress in the muscles, the body's natural response is to make more muscles with enough recovery.**
- **Recovery:** Time allocated to repair and build new muscle fibers to be better adapted in anticipation of similar or greater resistance in the future. **The time for the body to repair and build new muscles.**
- **Nutrition:** Provides the body with the essential fuel to facilitate the recuperation process as well as to compensate, known as muscle growth. **Gives the energy to fuel the body and properly recover and grow new muscles.**

These pillars will serve as a troubleshooting tool in your arsenal if you ever find yourself at a plateau, not growing, and even regressing in muscle mass.

If such problems occur it can be attributed to a violation of one or more pillars i.e. overtraining (violation of recovery), lack of nutrition (violation of nutrition), and or a lack of intensity (violation of stress creation).

Workouts Don't Get Easier, You Just Get Stronger

As you get stronger with time you must apply more stress to stimulate growth such as more weight, more repetitions, or a shorter amount of time to finish the workout. With heavier weights, the greater the stress will be on the muscles.

It is paramount at this point to provide adequate rest which translates to more rest days, generally training again after 2 - 3 days after the soreness is gone. That will make sure you recover fully and grow on those 2 days after the soreness. Additionally, as you gain more muscle you'll have to eat more protein (aim for 1 gram of protein per pound of body weight) to keep up with the maintenance of your new muscles.

The Only Fat Lost Pillar

The only pillar to lose fat is to move more than you eat. Time in this equation will impact how much muscle you'll lose during that time. The faster the time it takes you to lose weight the greater the likelihood of muscle loss in the process.

So how much do you have to move? Well, let's first understand what it takes to maintain your current weight. If you're severely overweight and you don't move much you have entered a vicious cycle, the fatter you are the fewer calories you burn.

Your body naturally wants to keep your organs warm in order to function, so when you have a lot of insulation (fat) your body doesn't have to work as hard to keep the organs warm (burn fewer calories).

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For maintenance of your current weight, understand that if you are very active throughout the day you'll burn around 15 calories per pound of body weight. The opposite however a couch potato will burn roughly 12 - 13 calories. For example, if a person was 200lbs and was a couch potato they'll need roughly 2400 - 2600 calories to maintain. So if you restrict 500 calories daily and move more you will lose roughly 1lb of fat a week. So move more than you eat. More on this in Chapter 6.

Chapter 4: High-Intensity Training (H.I.T)

Workouts That Work

A successful workout promotes gradual improvement in the minimal amount of time required. So what kind of workouts promote that? Well, there are two main training styles that we'll cover: volume training and high-intensity training (H.I.T).

Traditional volume training can yield effective results in the beginning but they demand significant time and attention, and the risk of overtraining looms. You can progress but there comes a point where it's not time efficient.

Volume training is beneficial for size however it is temporary, as 7-10 lbs of your body weight will be stored as glycogen in your muscles. If you take 2 or more weeks off you will have a solid potential to lose the stored glycogen, making you look less muscular. Although you might lose that size and weight, you won't totally lose all of your progress, you'll gain that size back after training again.

While you might look smaller after not training for a bit your strength should be relatively the same if not a little better or worse. However, if you are worried about your size or strength decreasing after your layoff (not training for a significant length of time), you'll gain it back twice as fast because of muscle memory.

The upside to volume training will make you move more and help you burn off more calories and eventually fat. It is very helpful for anyone who wants to lose weight, but it will take up more time.

On the other hand high-intensity training (H.I.T), requires a minimal amount of time in the gym. H.I.T. is a strength-based workout that has the capacity to keep muscles for a longer time of inactivity. With a short

amount of time per workout and only about 1 - 3 workouts a week, you should have no worries about overtraining let alone injuries.

The muscles you gain from this training style will stay the same anywhere from 2 to 20 weeks if not more on a layoff. Again, genetics play a big role here as individuals can vary from one extreme (2 weeks) to another (20 weeks or more) for muscle deterioration on a layoff.

More About Volume Training

Volume Training: This approach focuses on volume over an amount of time to achieve complete exertion and a pump as a consequence. Often in pyramid or reverse pyramid sets. For instance, performing 4 sets of bench presses, increasing weight while decreasing repetitions.

While effective, it can be demanding, taking anywhere from 1 to 2 hours per session, and a high potential risk of overexertion and stagnation lingers if not done properly.

With this training, you generally don't focus on lower repetition, or heavier weights as you are more concerned with completing the remaining set. You'll generally train 4-6 times a week with this method.

High-Intensity Training (H.I.T)

The focal point for H.I.T is a single, all-out set that pushes your limits in the first set. Instead of spreading intensity over multiple sets, H.I.T condenses it into one all-out set for the targeted muscle group. You can complete a H.I.T. session within 15 to 45 minutes, or even less, depending on your pace.

Training this way you'll likely be huffing and puffing, so you won't be able to do long workout sessions training this way. The second part of H.I.T. is

the emphasis on full recovery, to ensure the highest possibility of progress in strength and eventually size.

One argument towards H.I.T. is that it is more likely to provide you with an injury. With H.I.T. there is an emphasis on slow controlled form which reduces the chance of injury as there is no weight throwing but controlled lifting.

As this training requires high intensity, H.I.T. demands time for your body to rest, allowing you to fully recover and minimize burnout and injury whilst still growing muscle. You'll train anywhere from 1 to 3 times a week while doing H.I.T.

Also, note that high-intensity training (H.I.T) and high-intensity interval training (H.I.I.T) are not the same. As H.I.I.T focuses on shorter forced rest periods. This does not allow you to recover enough to perform your next lift at your strongest and limit muscle stimulus but instead burn more calories.

H.I.T. is more strength-oriented, so during the workout, you give yourself a minimal amount of time to recover. Then proceed to do your next lift. As a consequence of strength, you'll naturally build muscle. So H.I.T. is to build muscle and H.I.I.T. is a glorified cardio workout.

Comparison Of H.I.T And Volume Training

Consider this scenario: H.I.T takes 20 - 45 minutes per session, totaling 1 hour to 2 hours and 15 minutes per week, when training 3 times a week at most. In contrast, traditional volume training needs 4 to 6 weekly sessions, each lasting 1 to 2 hours—accumulating 6 to 12 hours weekly.

Over a month, volume training takes up to 24-48 hours, while H.I.T. requires just 4-9 hours or less! With fewer hours spent in the gym, to attain similar if not better lasting results, it is obvious which one is more time effective.

However, volume training does have an advantage over H.I.T. if you are trying to lose weight. Volume training will help you move more and encourage more fat loss but you will be at a high risk of overtraining and gaining less substantial muscles.

To gain the benefits from both, gaining strength and losing fat, just supplement your H.I.T. with more physical activities on your rest days. More on this in Chapter 8: Workouts.

In A Nutshell,

Any workout plan that is oriented towards measurable progress and full recovery should attain satisfactory results. Even in volume or H.I.I.T., you could see continuous progress, as long as you apply progressive overload.

However, H.I.T. will be one of the shorter workout styles and encourage more strength. As a result of getting stronger, you'll have more permanent muscle and eventually grow more muscle.

When your time enters the equation, H.I.T. seems to be more logically sound. You gain similar if not better results without as much risk of overtraining and the tolls it has on your body. For weight loss, while doing H.I.T. just supplement it with physical activities on your rest days, more on this in chapter 8. So take the path with the least amount of resistance and you'll be on a path of competence and efficiency.

Chapter 5: Optimising Recovery and Rest

The Importance Of Rest Days

They are necessities when it comes to your muscle growth. Each set, each rep, has a toll on your body and system. It's during that rest time that your body recuperates so the muscles can be repaired and build up.

Think of rest days as the days dedicated to building your muscles. All of the stress, micro-tears, and damage from your workouts can encourage your current muscles to build more and improve already existing muscle fibers.

How Many Rest Days Do You Need?

Your rest days will likely increase as you get stronger. A good number of days would be around 3 - 4 rest days but for the best results go by how recovered you feel.

Take into account though that you may need less time than 3 days or up to a week or more! Again genetics play a huge role in your ability to fully recover and grow. Eventually, with time you should be able to gauge how much rest you need, and once in a while add another rest day to avoid complacency and plateaus.

If you come across a plateau/sticking point in your progress then follow this tip: When in doubt take another rest day or 2.

Over-Training

If you do over-train by chance, take enough time to recover. When you over-train, the muscle is stimulated more than is needed. Your body will

end up spending more time recovering just to repair what damage has occurred and then grow.

When the body is trained and doesn't get enough rest to fully repair and grow, it can be considered overtraining. With not enough rest your muscles and strength will go down and lose progress.

To avoid over-training, give the muscle the minimal amount of stress needed for the muscle-building process to occur. Usually, the first set taken to failure is enough for the targeted muscle. If you do think you need more, try 2 sets then compare it with the single set, and see what is gaining you progress.

Finally, make sure you are recovering enough by taking enough rest days to feel fully recovered.

Ways to optimize your recovery

Here are some things you can do to optimize your recovery; sleep, stretching, cold showers, fasting, and daily movement.

Sleep

Getting enough sleep is one thing but getting quality sleep is the main reason to even sleep. Sleep has many benefits associated with feeling and being refreshed/recovered, especially when it comes to burning fat and building muscle. So what are some things you can do to improve the quality of your sleep? Here are some things you could do to improve your sleep:

- Breathe slower (about 4 seconds in and 4 seconds out) this replicates your breath when you are sleeping and influences your body to go to sleep.

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- Aim to sleep around 10 PM at the latest but if your lifestyle makes that difficult then just aim to get around 8 hours in bed
- Don't gorge yourself full of food or water an hour before bed
- Avoid caffeine after 2 pm in the day
- Don't lay in bed watching a screen
- Simply relax in your bed if you can't sleep, this is better than keeping the body moving.
- Move during the day so you can feel tired at night, **this will impact your sleep massively**
- Take a cold shower before bed, this will help to lower your body's temperature and in turn make you more susceptible to sleep
- Make sure your room is in a cooler temperature around 71F - 65F (21C - 18C) this will help you to relax and help you go to sleep faster
- Make sure you have enough time in bed, about 8 hours even if you can't sleep
- Finally try to spend time in the sun first thing in the morning, this will help your circadian rhythm (body's knowledge when it is day and when it is night, to stay awake or to go to sleep.)

As the quality of sleep varies from person to person, so does the sleep time you minimally need. Again gauge how much you need minimally and from there try to find your ideal. A good starting point would be 8 hours but again experiment and see how your body feels and looks with less sleep or more sleep. Try 7 or 9 hours of sleep for a week and see if there is a noticeable difference in how you function mentally and if you recover faster.

Once you hone in on your ideal sleep, it should be around 8 hours but can vary, on what you need sleep-wise and see if the additional sleep has more benefits or if it's marginal, then find that sweet spot for quality sleep. It is good to keep in mind that less sleep is considered good if you have other things going on in your life. However, a lack of sleep can have dire consequences so be

mindful. Symptoms of lack of sleep may affect your day-to-day performance and prove to be counterproductive.

It is important to get this right as it will be one of the main contributors to your muscle growth. In principle, when in doubt, sleep more to encourage quality, and at the very least find some time to take a 20-minute nap if you are a very busy person. In short, better quality sleep is indicative of your lifestyle, so be mindful.

Stretching

Stretching can be a helpful tool for recovery but you don't really need it. Stretching is good for muscles after the workout but never before unless it's dynamic stretching. If you do static stretching before your workout you will actually increase the chance of an injury as well as decrease your performance. If you absolutely need to stretch before a workout then try dynamic stretching ie. moving the body and not isolations, ex. 5-10 jumping jacks or some arm circles.

Some benefits from stretching after a workout are better circulation, better mobility with time, and a better mind-muscle connection. What kind of stretches should I do after a workout? Static and dynamic as long as you don't make the stretching a workout itself you should be fine.

Cold Showers

Cold showers have amazing benefits for recovery. Some of the benefits include;

- Better circulation
- Reduced muscle soreness
- Increased metabolism

- Higher alertness
- Improved immunity
- And more

Cold showers are great but how long do you need to take one to experience the benefits? Generally, if you stay in the cold water for 2 minutes you will gain most of the benefits, any longer and it's just preference. However, you might want to be cautious about taking them immediately after your workout, as cold showers may hinder the muscle-building process. If you do want to take one make sure it's later such as 1 hour after your workout or better yet just take one before your workout.

To gain the most out of cold showers experiment with it on yourself. You may find it has no downsides on your muscle building or a noticeable improvement in fat loss. Cold showers are a fantastic tool and at a bare minimum take at least 3 a week to experience the benefits. In the end, it is solely based on whether it accomplishes your goals faster or not, again take the time to experiment and see what works for you.

Fasting

This is one of the most powerful tools you have within you already. Essentially all fasting is, is a choice to starve if you had no choice it would be called starving. So you might ask "But why on earth would I want to starve by choice isn't that a bad thing?" Actually no, fasting is very beneficial as the body has more time to digest the food and use it more efficiently.

For example, Suppose you had 2 janitors, one has to constantly clean up from morning to night. The second would have more time to clean up until another load of work shows up. So, which janitor would do a better cleaning job? The second one of course. If you give your body more time

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to process the food you eat, the more efficient your body will be at using and cleaning it up.

So how do you put this into practice? So for the sake of simplicity, we will be focusing on 2 methods: **Intermittent fasting**, and **day fasts**.

Intermittent fasting is basically restricting the time you eat so you have a short eating window. There are a lot of different variations such as the 8/16, 6/18, 4/20 (eating hour/not eating), and even O.M.A.D (one meal a day).

Day fasts are days that you do not eat on and can even last 2 - 3 days but start slow at first. This is a tremendous tool to lose fat. This can be done 2 -3 times a week or once every 2 weeks based on your goals.

The longer the period of not eating the more the benefits stack such as increased H.G.H (human growth hormone), more cells recycled (made more efficient), longevity genes activated, and burn more fat. As for the visual changes, you will look leaner because your stomach is shrinking, more alert, with less acne as the body has more time to filter out the toxins, healthier looking skin, and an overall healthier appearance.

So test out what eating window and fasting days work for you and it may take some time to get used to it, like a week or a little more. Some people may experience irritability, moodiness, low energy, or even anxiety in the first stages, however with time this will disappear.

As for muscle deterioration, the longer you fast the more the body produces H.G.H. which preserves muscles as they are valuable assets to the body. The body will use the muscles up if it has gone without food for a while, this could be 3 days or more. If you are lean you may just want to fast for a day every 2 weeks if you want the benefits fasting provides, again goal dependent. Also for your fast days make sure there are in the middle of your rest days, so you have a couple of days to eat before your next workout.

For intermittent fasting try to gradually increase the time of not eating until you reach a window between 6/18 and O.M.A.D. Through this time window, you will experience the top end of the benefits. However, if you are trying to gain weight, just make sure you are eating enough during the eating windows. **Pay Attention To The Weight Scale.** You don't need to gain unnecessary fat while trying to gain muscle.

For fasting days if your goal is to lose weight then start with intermittent fasting and gradually incorporate fasting days. Aim for 2 or more times a week depending on your starting point. Finally, make sure you physically move on your fasting days, nothing intense just going for a 15 - 30 minute walk.

Daily Movement

Daily movement makes sure your body is functioning as it is supposed to. The principle is if you don't use it you lose it, our bodies are very intelligent so much so that it adapts to get better at what it is doing. Suppose you sit on the couch most if not all day, your body will adjust accordingly slowing your metabolism down, slowing your blood circulation down because you aren't active, burning fat slower, and other effects that would make you a better couch potato.

With having movement daily you increase your circulation within your body, so the body gets what nutrients it needs at that time and recovers faster. It is important to know that you don't need to do cardio, as walking is sufficient as it is.

So if you're fat or lean, aim for at least 30 minutes a day of walking. If you want to lose weight fast then add 10 minutes of jumping jacks, on your rest days. Eventually, work up to a burpee jumping jack for 10 - 15 minutes. In the end, the more you move the more fat you will burn.

IN A NUTSHELL

To gain the most out of these tools you must know what your goal is and how these will serve it. But essentially get enough sleep to feel alert and awake (around 8 hours). Stretch to have a better mind-muscle connection, but only after a workout or on rest days. Cold showers are great, try to aim for 2 minutes and if you can do longer there is no harm in that. Fasting is a superpower to look great and to stay healthy, aim for a 6-hour eating window or even less if you can. Also, try fasting a full day once in a while or more depending on how much fat you want to burn.

For movement aim for at least 30 minutes a day of walking whether that's shopping or something else. For moving more, to burn more fat aim to do 10 minutes of jumping jacks. Work up to burpee jumping jacks for 15 minutes for severe fat loss.

Finally, to understand recovery, just know **with circulation comes recuperation.**

Chapter 6: Diet And Eating

What Is The Perfect Diet?

Quite simply the definition of a diet is what a person habitually eats. It's a lifestyle, in order to reach your full potential in building muscle and recovering faster there are certain things you must eat and stay conscious of.

Now to address the elephant in the room, you kind of have to enjoy what you're doing to make it a consistent lifestyle. So a diet that works for you will have to be enjoyable while getting all of your dietary needs met, that is the perfect diet.

Your body is a complex machine and through understanding and applying principles, diet will be easy. So what does your body need? There are three main categories that your body needs:

1. **Macronutrients** - Consist of carbohydrates, protein, and fats. These are more like the foundation builders that build the bulk of the work. Macronutrients fuel your body to help repair/replace damaged tissues, cells, and wear and tear on the system. These will give you the required energy to operate throughout the day, which is why your body needs a larger amount of macronutrients in your diet.
2. **Micronutrients** - Consists of vitamins and minerals. It's helpful to think of these more as the actual workers who build the body and keep it mint and maintained. Without micronutrients, you wouldn't be able to be as efficient at absorbing and applying the macronutrients. Vitamins and minerals have a considerable influence on your hormones (chemical messengers that run in your bloodstream to promote, regulate, and grow cells.) It is crucial to have micronutrients in your diet but you don't need that much.

3. Water/Fluid - Considering your body is made of more than half of water, it's kind of important to drink water. Besides that, it'll help you rejuvenate, recover faster, and stay healthy while keeping your mind sharp and avoiding headaches. A healthy amount of water will vary from person to person but a good base is around 8 cups of water a day. Again pay attention to your body and adjust accordingly, but don't skimp on water.

A Quick Little Disclaimer

As most fruit, vegetables, and grains have become genetically modified organisms (GMOs) and are sprayed the piss out of with chemicals and toxins for plant competitors and bugs. Most of our food from the Western world has become less nutritionally dense because of soil depletion from Western farming practices i.e. spraying pesticides on G.M.O plants that are then monocropped (growing only a specific plant or tree in quantity.)

Most fruits, vegetables and grains from such practices now consist more of sugar, water, and fewer nutrients, while vegetables have a lower amount of minerals and vitamins. It is paramount to eat organic food from wild foraging (harvesting responsibly from wild plants and trees, so that the plant or tree can still thrive, grow, and reproduce), buy from a farmer who grows organic foods, or better yet grow your own garden without pesticides or G.M.O plants and become self-sufficient.

As mentioned above our foods are sprayed with chemicals from head to toe, better yet leaf to stem. To understand the impact this has on our body we will first need to understand more about the gut. Our bodies actually don't eat our food but rather our microbiome (gut bacteria, and other living organisms).

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When we eat food it goes to the large intestine to be broken down by one of two acids; a more acidic acid (for meat, dairy, nuts, and processed foods i.e. Captain Crunch) or a more alkaline acid (for vegetables and fruits.) Once our food is past the large intestine it goes into the small intestine where our microbiome then starts to eat the already broken food down and fart as the by-product which our body uses as fuel to operate.

However, when we consume foods that contain pesticides our microbiome takes a toll. As pesticides are designed chemicals to kill competitor plants and bugs it also kills some of the bacteria in our microbiome. On top of all that, when we eat processed foods that our body has not evolved to digest, it then gets confused about which acid to use in our large intestine and uses a mixture of both. Diluting the acid so it is neither acidic nor alkaline, essentially it doesn't fully break down the processed food.

Once this partially broken-down processed food comes into our small intestine it sticks onto the walls of the intestine where our micro bacteria live. It clogs the housing for the micro bacteria so you can't have as many bacteria breaking down the processed food that likely has some traces of pesticides that kill our healthy bacteria. Making the food stay longer inside of you. By definition, you are suffocating from the inside.

In short, our modern food, mainly processed food, is bringing stagnation to our gut, and in turn, it affects our whole body. So, when we don't circulate and start stagnating we are not creating or growing, and in reason, we start dying. If your goal is to stay healthy and look good then stick with organic whole foods.

So What Is A Healthy Diet For Building Muscle And Losing Fat

A healthy diet would be a ketogenic diet or a low-carb diet which is a restriction of carbohydrates (50 grams or less), eating more fat and more vegetables, and avoiding sugar and processed foods. However, this is quite strict and will cut 80% if not more of your current foods out of your diet. But for the healthiest diet go for keto and do your own research on it, some helpful video resources included on YouTube are: Dr. Eric Berg DC, Dr. Sten Ekberg, and Thomas DeLauer.

Now for a diet where you can enjoy regular food and eat out somewhere and still be healthy and build muscle, this is for you. With such a diet there are three main pillars behind it: **Fasting**, **Veggie intake**, and **Protein intake**. If you follow these pillars and make sure you're not overeating or undereating you should see satisfactory results. So without further ado let's get into it.

Fasting

Fasting is the act of restricting food for an amount of time until you eat again. Why should you fast in the first place? Fasting gives the body time to go through itself to replace, fix, and develop new cells for a better functioning body while recycling cancer cells (cells that don't follow protocol.) This is called autophagy which means self-eat. While fasting the body will produce more human growth hormone (H.G.H) as time goes on without food. H.G.H is produced in order to preserve muscle, so the body can use the muscle to find and get food to avoid starvation. Although H.G.H is increased during fasting, autophagy on the other hand takes place around 18-20 hours of no food consumption.

So how do you apply fasting to your life? For starters, start out slow and eat after 12 PM, then once you get used to that, increase the time until 1 or 2 PM, eventually increasing ever so more. The goal is to get to around

18 - 20 hours of not eating this will get the eating window shortened down to 6 - 4 hours.

While fasting like this per day (which is called intermittent fasting) you will gain the benefits of autophagy, an increase in H.G.H, and other benefits that promote a healthier functioning body.

For fat loss, this will be a great start, and for additional speed, you should incorporate 24-hour fasts and at most 36-hour fasts. 24 or 36 hours of fasting is unlikely to degenerate muscle mass unlike if you fast for 5 days. You still want to be mindful and observant of your body, especially if you are already lean, as you could lose some muscle if you do a longer fast than the usual intermittent fast. A 24-hour fast or longer fast will help the body to break down and get rid of any processed food or unbroken-down foods that remain in your small intestine. For someone who is lean, aim for a 24-hour fast once every two weeks or once a month but again experiment and see what works for you. For someone who wants to get rid of fat try a 24 - hour fast once or twice a week.

Veggie Intake

Why should you even eat vegetables? Simply because these green foods are full of micronutrients that will preserve your body, encourage longevity, and keep the body healthy. Micronutrients will affect your hormones so you can stay focused and perform optimally if you stay on top of your dietary needs.

The easiest way to make sure you are getting enough micronutrients is by eating enough veggies in the day. Around 5 - 6 cups of veggies is a good start but more is better (around 8 or more). Make sure all of your veggies are organically grown by yourself or by someone else.

An alternative to eating veggies is to make a veggie drink. What is the perfect veggie drink? The one that makes you drink a veggie drink. Don't worry if you are missing nutrients as it is far better to drink a veggie drink that has 60% of the nutrients you need instead of not having one. So here are some vegetables you may want to consider using: Broccoli, lemon (it's not a vegetable but it's high in vitamin C), celery, cucumber, spinach, kale, carrots, tomatoes, green peppers, yellow peppers, red peppers, wheat grass, and others based on your preference.

You don't have to be strict and just have vegetables in it, you can have fruits like apples, bananas, or dates. Remember to be observant and notice if you are starting to get acne, this may be a result of the fruits containing too much sugar. Finally, to make the ideal veggie drink make sure the container you are blending in is 80% full of water, this will help the blender and yourself.

Tip: If you want to lose weight, at the beginning or near the end of your eating window drink a veggie drink. This will prevent you from overeating if that's a problem. Also if you do have a cheat day and eat a lot, don't make the mistake of not having a veggie drink that day. As this will help flush out your cheat meals that night or the next day.

Protein Intake

As long as you make sure your protein intake is according to your maintenance, you shouldn't have to worry about losing muscle. Protein intake is simple, 1 lb of body weight is 1 gram of protein to maintain your muscles. An example, if you weigh 200 lbs or 170 lbs and your ideal weight is 180 lbs then eat 180g. If you weigh more than your ideal weight, then eat the grams of protein according to your ideal. If you want to gain weight then add 10 grams of protein to your current maintenance protein intake.

In reality, if you want to be 100% sure you're doing almost everything right then count your daily grams of protein. However, you really don't

have to count protein daily, as long as you are eating enough meat, beans, eggs, or other protein-filled meals.

Beyond The Principles

While following these principles your diet will be different than someone else's. Just a forewarning of any calorie-fixed diet should be monitored by yourself and adjusted as genetics, metabolism, and circumstances influence your caloric maintenance. Genetically you may be more prone to burn more calories (higher metabolism) or you might be doing demanding physical work for your job, which has an influence on how many calories you burn.

How many calories do you need to eat in a day? Well, simplicity is always the best, so you can count calories, but this is very time-consuming over the span of a week or a month! What I personally do is go by how I feel, if I'm right stuffed, or if I'm comfortably full after my meals. See how the weight scale reacts. Each day you will weigh yourself in the morning first thing and at night as the last thing you'll do, this will help you to gauge if you are losing weight or gaining.

During that time if you are losing weight but are getting stronger you are likely gaining muscle and if not, question if recovery and training intensity requirements are being fulfilled. From there you can adjust ie. eat less, eat more, or eat the same while applying the principles to meet your goals, to lose weight and or gain muscle.

Calories Burn During Daily Activity

How does your activity affect how many calories you burn? So at the most, you will burn around 15 calories per lb of body weight, if you are very active throughout the day ie. laying bricks or on your feet all day moving. On the opposite spectrum, the least you can burn is around 11 -

12 calories per lb of bodyweight, if you aren't active during the day ie. an office job, or are a couch potato.

The last thing to consider is your base line, so if you have a considerable amount of excessive fat, then that will help you burn fewer calories. With extra fat, it acts as insulation and helps keep the body warm, especially the gut, where all the important organs are.

For example; let's say you weigh 235 lbs and want to weigh 170 lbs and your job is an office clerk and you don't get much activity. To maintain your current weight at 235 lbs you would have to times your body weight by your daily activity level. So say you didn't do much on that day, your body would need around 12 calories per pound of your body weight (235 lb), which would equal 2820 calories to maintain your current weight.

It is important to mention that if you are lean you don't have as much insulation (fat), so your body will work more to stay warm and will burn more calories to keep warm.

How Many Calories Do You Need To Burn To Lose Weight?

When thinking of calories it is easier to think of them as energy units. When you move you use energy (calories) and when you move more than you are consuming you then use stored energy (fat.) So how much do you have to move to burn 1 lb of fat? In 1 lb of fat, there is roughly 3500 calories. In 1lb of muscle there are 600 calories, so the body will prefer to burn the fat instead of the muscle. However, in certain circumstances, the body will use muscle as energy if in dire strait ie. lower body fat, and fasting/starving for a while.

So for ease of understanding and applying how to lose fat let's take these two main people and demonstrate what their diets would look like; the overweight and the main gainer.

The Overweight

For this type of person let's say they weighed 235 lbs and want to weigh 170 lbs. Their diet would consist of the three pillars (Fasting, veggie intake, and Protein intake) and restricting some food to lose weight. What would that look like? For starters if the person wanted to lose weight fast, then loose skin might be a problem. So how do you lose weight without worrying about loose skin? There are two solutions to this predicament:

1. Lose slower - Aim to lose 1 lb of fat a week, this can be done if you minus 500 calories from each day. That would be like not eating 3 eggs, 2 small toasts with butter and an avocado. With a reduction in daily calories (-500 calories) over a week (7 days) it would add up to 1 lb of fat (3500 calories), gone. Over a month you would have 4 lbs less of fat and over 1 year you would lose around 48 lbs of fat.

On top of all that if you eat in a short eating window around 4 hours a day then not eating for 20 hours that day, you could also try O.M.A.D (one meal a day.) for better results. Your stomach will naturally shrink due to less frequent meals in a day resulting in a better prevention of loose skin during fat loss.

Another thing you could experiment with is fasting a full day (not eating) once or twice a week. If you fast around once a week and you weigh 235 lbs while moving and staying moderately active it would take around 13 calories per lb of bodyweight (235 lbs) to maintain your weight (a caloric intake of 3055 calories). You would then be in a caloric deficit of 3055 calories, on top of all that you eat 500 calories less every day. You would be looking at close to 7 lbs of fat loss per month and 83 lbs of fat gone per year! At that rate, if you weighed 235 lbs and your goal weight was 170 lbs you could get there in 9 ½ months following this path.

While restricting calories and fastin, it is important to be following the high intensity program (H.I.T). While on your rest days, you should be moving such as walking for 30 minutes or more, jumping jacks for 10 - 15 minutes whilst not taking to complete failure (huffing and puffing for 2 -3 minutes straight). Working on the rowing machine for 15 - 30 minutes is great, again don't train to complete failure.

As for cardio such as jogging and the rowing machine, they may take away from your recovery for H.I.T. so you must be vigilant. As H.I.T. will help you to gain muscle and preserve it. If you just do cardio your body isn't replacing the fat with muscle and that will likely lead to loose skin. So H.I.T. and weight lifting will help to prevent loose skin as long as there is adequate recovery time for the muscle-building process to take place.

2. Extreme - This will push you to your limits but will guarantee you results. While doing this extreme diet it is most optimal to self-reflect, if you are doing too much or pushing yourself too hard. Besides that, let's get into it.

For starters, you want to be at least moderately active to very active. This would include doing 30 minutes of burpees burpee jumping jacks a day or jumping jacks if you can't do burpees. Aim for 30 minutes or more of walking per day also. If you have a low physical active job then do 15 - 30 minutes of burpees or jumping jacks after work, if you can. For your diet aim for O.M.A.D (one meal a day) with the meal being a big bowl of salad. Here is the recipe:

Salad recipe:

- 1 Green, yellow, orange, or red pepper, doesn't matter
- 1 ½ cucumbers
- 4 to 6 medium carrots

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- ½ to ¾ head of lettuce
- 1 broccoli head
- 3 to 6 cups of spinach
- As much olives as you would like or no olives, your choice
- As much cheese as you would like, with moderation
- 1 to 2 handfuls of nuts of your choice, almonds, pecans, or walnut
- 7 slices of bacon / 50 grams of bacon
- Radishes if you wish, about a handful
- 3 stalks of celery
- 1 medium onion, your choice
- 2 to 3 garlic, your choice
- 1 avocado, your choice

This salad is approximately 1150 calories. It is important not to add any dressings or sauces to this as most sauces contain lots of calories. However, by the end of this meal, you should be full but not totally stuffed, if you are still hungry drink 2 cups of water and wait 10 minutes. If it is a common occurrence it is unlikely but if it is then drink 2 cups of water before you eat.

Whilst doing your diet as such you can incorporate 2 fasting days in your week if not 1 will be sufficient. Their placement is crucial as you should fast the following day or two after your workout. Have a day to eat before your next workout too. Here is an example:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
H.I.T	Rest	Rest	Fast	Rest	H.I.T	Rest
Rest	Fast	Rest	H.I.T	Rest	Rest	Fast
Rest	H.I.T	Rest	Rest	Fast	Rest	H.I.T

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So your fast days will be somewhere in the middle of your rest days. This chart doesn't take into account how much rest you will need before your next workout. You will have to find how much rest is appropriate for your body, as it will change from workout to workout. You may notice you need less time on some weeks or more time to feel fully recovered on others.

Remember do not neglect H.I.T. so on those days just do H.I.T. workouts and then aim for at least 30 minutes of walking. Forewarning: You may feel less energized and you might not perform as well on your H.I.T days but you'll still progress.

So how much can you expect to lose doing this program and how fast? Well if your body weight was 235 lbs and you wanted to be down to 170 lbs, you would have to lose 65 lbs. If you're very active in a day, about 15 calories per lb of body weight for maintenance. That would be 3525 calories to maintain your current weight and activity.

However, if you do O.M.A.D every day except on the fasting days, with the suggested salad above your regular caloric intake will be around 1200 calories. With everything combined; fasting, O.M.A.D, high activity, and H.I.T. you should lose around 4 lbs a week and in one month 16 pounds. You should get down to 170 lbs if you are starting at 235 lbs in about 4 - 4 ½ months.

What about cheat days? Yes, you can have them but try to have them the day before your fast. On your cheat day, you can eat whatever you would like, ice cream, fries, or pie it doesn't matter. However to do damage control try to eat later in the day, somewhere around 2 pm or 7 pm, and then eat whatever you would like. This will help you get used to skipping breakfast and lunch.

The Main gainer

For the main gainer the main purpose is to stay the same weight and transform the fat into muscle. As a consequence the muscle you gain and continue to gain, the body will naturally want to eat more. That's how you'll gain more muscle while staying relatively lean.

So, say for all purposes you were 150 lbs and wanted to put on enough muscle to reach 160 lbs. One major factor involved is your genetic potential and how long you have been training. Besides that, what do you need to eat and how much? Well if 1 lb of muscle is 600 calories then to build 10 lbs in 1 year, you would need to eat 6000 calories for that year. So per day, you'll need an additional 16 calories.

What does this mean? It means you don't have to eat to bulk up, then do a cut for lowering fat, while losing some portion of the muscle you gain, and then repeat. Hence the name Yoyo diet.

So to apply this knowledge in your life, just eat enough till you're full and if you are still hungry eat more during your eating window. The best tools you'll have to gauge whether you're gaining fat or muscle are; the mirror, the weight scale, and your progression in strength.

If for whatever reason you think you are losing muscle, check if you are getting progressively stronger, allowing enough time for recovery, training hard enough, or not eating enough food or protein. So if you lost weight but you are still strong, you probably just lost fat.

Also if you have a hard time getting stronger make sure you have enough rest. It could very well be that your body has gotten used to the exercises, so change it up either in the exercise itself or lowering the weight and doing higher reps for that one workout. This might help shock the muscle and you should continue to see progress.

In A Nutshell

Diet can be complicated but it can also be made effortless by following principles and guidelines. Here are the principles to follow:

Principle 1: For intermittent fasting, aim for a 6/18 or a 4/20 eating window, 4 being the eating window and 20 being the fasting. This will help your body to run more efficiently and provide you with all the health benefits associated with fasting. Such as autophagy, human growth hormone, alertness, and really no downside.

Principle 2: Make sure you are getting enough veggies in the day. Try to aim for 4 - 6 cups of veggies per day but more is better, you can also opt to make a veggie drink instead. Veggies will help supplement you with vitamins and minerals to make sure you are running 100%.

Principle 3: For protein intake, you can track it, just make sure you're eating 1 gram of protein per lb of your body weight. However, this can be unnecessary as long as you are eating enough protein of some kind, you should be fine.

Here are some guidelines to follow:

- **Drink enough water** throughout the day, around 8 cups should be sufficient. However, drink more if you feel you need to.
- **Pay attention;** notice if you are gaining more weight, progressing in strength, nuances in your body through the mirror, how full you feel after a meal, how much you are eating, and how recovered you feel.
- **Adjust your diet and lifestyle.** This will project you to your ideal body. Eat more, eat less, or experiment with fasting times or days. Again the best path to success is made on its way, implement what works for you and then trash the rest.

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You should see optimal results by applying the 3 principles and the guidelines. These will get you to where you want to be but you must be able to embrace change. These principles and guidelines aren't a one-time thing, they are a lifestyle. If you ever run into a rut or a plateau, go through this manual again and you'll likely find out what you are doing wrong.

Chapter 7: Progression

Progressive overload is the act of increasing the weight, reps, or shortening the time of your workout. For the muscles to grow they must be a higher stimulus of stress than what the muscles are used to. With such a stimulus, growth is bound to happen.

The Three Levels Of Strength

When it comes to building muscle it is crucial to understand that there are three levels of strength:

1. Positive (Raising) - This is your weakest strength level as it takes more effort to move a weight through the desired range of motion.
2. Static (Holding) - This strength level is the second strongest as it is easier to hold a weight than it is to lift but harder than to lower
3. Negative (Lowering) - This is the strongest strength level because when you are lowering the weight you are working more with gravity.

To further solidify this concept imagine doing a military press, What part is the most difficult? Lifting/pressing, then holding it in place, and finally lowering seems to be the easiest. Just remember that to go to complete muscular failure means to go past positive failure and bring the other 2 strengths to failure as well.

When should you switch exercises in your program?

The best time to replace exercises in your program is every 4 - 6 weeks. This will keep your body from becoming accustomed to repetitive movements and exercises and encourage the body to be in anticipation. When in a state of muscular anticipation, the body will spend more resources on your muscles, for future stresses. To keep the body

guessing, make sure to involved and change up your tools for intensity from workout to workout. More on this below.

Tools For Intensity

In high-intensity training, progress is always measured by increasing the weight, reps, or decreasing the time it takes you to finish your workout. Continuous progress is a by-product of increased intensity. To increase intensity, there are different methods to accomplish this:

1. **Superset** - When you finish a set immediately go to the next set without rest. Ex. Going to chin-ups after you have finished pull-ups. This saves a lot more time in the gym by adding more intensity.
2. **Pre-exhaustion** - Doing an isolation exercise and then going to a compound exercise to assist the already fatigued targeted muscle with a fresh muscle. Ex. Finish lying tricep extensions with a close grip bench press as the chest in the press will help the triceps to reach failure.
3. **Rest Pause** - When taking an exercise to failure, rest for no longer than 10 seconds and then perform again. This will further stress the muscle fibers and bring you closer to failure. Ex. doing dumbbell laterals to positive failure and waiting for 10 seconds to then perform a couple more.
4. **Drop Set** - Decreasing the current weight after positive failure to a lighter weight. Ex. Doing a bench press and going to positive failure and then decreasing the weight to perform some more reps.
5. **Forced Negatives** - Going past positive failure and using momentum or a gym buddy to assist you with lowering the weight slowly. Ex. After positive failure doing a barbell curl, use momentum to fling the weight up and slowly lower it under control.

6. Static Holds - Holding/lifting after positive failure, will exhaust your static strength. Ex. Farmer walks after dumbbell shrugs. Or after positive failure on dumbbell laterals, lift the weight to do another rep, and keep this intent for a couple of seconds even though you can't do another. This will take the muscle to static failure if done right.
7. Forced Repetitions - When a muscle is taken to positive failure and assisted past. This is done with the help of an outside force, to complete more repetitions i.e. momentum or a gym partner. Ex. Bench press to positive failure and get your gym partner to lift just enough so you can complete another repetition.
8. Partial repetitions - Not taking the exercise through the range of motion. This can be applied to a set close to positive failure but cannot do another full repetition. For Ex. On the straight bar push-down when you can't do another full-range repetition, you'll begin partial reps until you reach positive failure.

With these tools, you can take your sets to failure. To get the most out of this you need to be able to lift the heaviest you can, but with control. Control is going through the movement slowly on the way up (3 seconds) and down (4 seconds). Also, make a point to pause at the top of the movement, then proceed to lower.

In A Nutshell

Progression is being able to lift more weight, perform more reps, or shorten your workout time. If you do not experience one or more of these attributes on a regular basis, then consider what principle you violated. Not recovering long enough, not going intense enough, or not eating well enough.

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The tools for intensity will also help you to see regular progress. By challenging the body and keeping it guessing. The body has to compensate if all 3 principles of building muscle are followed.

To avoid stagnation, you should change your workouts every 4 - 6 weeks. With changing your workouts make sure to involve different tools of intensity. This should be your bread and butter, use the tools of intensity wisely and you'll always see progress.

Chapter 8: Workouts

These workouts are designed with the goal of being productive and yet time-efficient workouts. This manual won't cover how to do the proper form for any and all exercises listed. So it is important that you take the time to learn it yourself. This may take the first few sessions of the regimen. However, take your time and make sure your form is correct before adding weight.

Essentially the workouts will be an upper, lower, upper regimen. The days will be labeled with letters for ease of comprehension, as follows:

- A. Shoulders, Chest, and Triceps
- B. Legs and Calves
- C. Back, Biceps, Rear Delts, and Forearms

This workout regimen will combine muscle groups that use each other in exercising the target muscle. For example, the shoulders are used slightly in the dumbbell press and the upper chest is used slightly in the military press, whilst the triceps are used in both exercises.

To get the most out of this workout regimen, you must perform strict repetitions (reps.) To do strict reps the weight in motion must be controlled and moved deliberately. Not swinging the weight up using momentum and lowering it with no resistance.

For example: while doing a dumbbell curl you will lift the weight up slowly (around 3 seconds) then pause, then lower it slightly slower (around 4 seconds.) Also note, that in this regimen, you will see parenthesis beside your set reps (...). These are for intermediates or advanced trainers for further muscle stimulus.

THRIVE NOURISH GROW

In each workout strive to reach complete failure or around 85% to failure at least. During the workout in between sets, try to take a minimal amount of time to recover your breath.

Do not sacrifice your rest time in order to race against the clock, that is counterproductive. Make sure your rest is sufficient enough, this may take anywhere from 1 - 4 minutes. But with practice try to shorten that rest time to 1 - 2 minutes.

In the workout regimen, there will be 2 parts; part 1 being the first 6 weeks, and part 2 being the last 6 weeks. This change in exercises between parts 1 and 2 will ensure that the muscles won't get used to any specific exercises and will maintain optimal growth.

In each workout you will do a warm-up set, this will prevent injury and prepare your muscles to perform. These warm-ups will be 5 reps (30% of your actual set weight), then 3 reps (60% of your A.S weight), and finally 1 rep (100% of your A.S weight.) Worth noting that the warm-ups should not be taken to failure.

Finally, if you feel you could do more reps than the listed reps, by all means, go past the listed reps. The listed reps are there as a guideline, the main goal is to out perform your previous workout.

(Part 1, First 6 Weeks)

A: Shoulders, Chest, and Triceps

Clean And Jerks:

Warm up: 5 reps, 3 reps, and 1 rep

Actual set: 5 - 10 reps (drop set 40% of initial weight for 6 - 12 reps)

Flat Bench Dumbbell Flys:

A.S: 6 - 10 reps (Superset dips to failure or 85% to failure)

Straight Bar Pushdown:

A.S: 6 - 12 reps (Drop set 40% initial weight)

Dumbbell Laterals:

A.S: 6 -12 reps (Rest pause, then do force negative reps to failure)

Additional Information On Part 1, Workout A:

Clean And Jerk: Note after the 1st set move immediately to perform your drop set. This exercise will challenge your cardiovascular system and may prevent you from reaching muscular failure. However, with time this exercise will improve your cardiovascular system, and help you reach muscular failure. Practice form especially for this exercise.

Flat bench Dumbbell Fly: Make sure the superset is quick with little to no rest time in between. As you're doing the dips, if you feel you reached failure, still push with all your might to perform another. Even if you can't.

Straight Bar Pull Down: Focus on the position that the arms are fully extended then slowly release back up. This will activate the triceps even further; make sure the drop set is quick in transition. But make sure throughout the exercise that it is controlled and deliberate.

Dumbbell Laterals: Make sure you use a little bit of momentum to assist the weight up at shoulder level, then have a distinct hold then slowly lower it. After the set is finished, rest for 10 seconds, and use momentum once again then slow the weight down at shoulder level. Do this until you cannot go slow any longer. At that point try to raise the weight even though you cannot, keep this intensity for around 3 seconds. This will guarantee you a complete muscular failure.

B: Legs and Calves

Pistol Squat:

Warm up: 5 reps, 3 reps, 1 rep

Actual Set: 5 - 12 (Rest Pause)

Standing One Leg Calf Raise With Dumbbell:

A.S: 12 - 15 reps (Rest pause)

Additional Information On Part 1, Workout B:

Pistol Squat: This may take some time to find balance. If need be you can use a wall or a beam to help you balance. Eventually, however, you want to balance completely on your own and even add weight.

For additional weight use a dumbbell. For the ending reps of the set and the rest-pause, make sure that you go slower on the way down. Make sure you get to a point where you can't raise yourself back up, this is when you want to push more, at least around 3 seconds. This will take you to failure.

Calve Raise: In this exercise, you eventually want to add weight in the form of a dumbbell. Feel free to use your other hand to hold onto something to keep balance. Most importantly slow the lowering of the rep, especially the last reps, and make sure to hit failure ie. trying to raise yourself after positive failure resulting in a hold (hold around 3 seconds.)

C: Back, Biceps, Rear Delts, and Forearms

Weighted pull up:

Warm up: 5 reps, 3 reps, 1 rep

Actual set: 5 - 10 reps (drop set body weight to 85% - 100% failure)

Standing Barbell Curl:

A.S: 5 - 10 reps (forced negative reps till failure or 85% failure)

Bent Over Dumbbell Laterals:

A.S: 8 - 15 reps (Rest pause and forced negative reps)

Reverse Grip Barbell Curl:

A.S: 8 - 15 reps (Forced negatives)

Additional Information On Part 1, Workout C

Weighted pull-ups: The last few reps will be the most important so when it comes to the moment of not being able to do another, persist for at least 2 - 4 seconds. This will help you grow and get to muscular failure. If you can't do at least 5 - 7 bodyweight pull-ups then opt for the lat pull-down exercise. Eventually, you will build yourself up to do a pull-up.

Standing Barbell Curl: On your last rep make sure you go your slowest on the way down, and even periodically stopping and holding the weight. This also applies to the force negative rep. To get the weight back up for the forced negative, you'll have to use the momentum of your body weight to get it up.

Bent Over Dumbbell Laterals: For this exercise use a little bit of momentum to get the weight at shoulder level. Don't try to hold it in place

but slowly lower it, this also applies to the rest pause. Most importantly after you can't lower the weight slowly (around 2 - 3 seconds) try to raise the weight up, you'll end up holding it. That will help to take you to muscular failure.

Reverse Barbell Curl: This will target your forearms and use your bicep muscles as well. Choose a lighter weight to allow you to raise and lower the bar with control for at least 8 reps. For the last reps lower the bar at the slowest possible speed and periodically stopping, this also applies to the force negatives. For the force negatives, you'll likely have to use momentum to swing the bar up and then perform.

(Part 2, The Last 6 Weeks)

A: Shoulders, Chest, and Triceps

Standing Barbell Shoulder Press:

Warm up: 5 reps, 3 reps, 1 rep

Actual Set: 5 - 10 reps (Drop set 40% for 8 - 12 reps)

Incline Dumbbell Bench Press:

Actual set: 6 - 10 reps (Drop set 40% for 6 - 12 reps)

Lying Tricep Extension:

Actual set: 6 - 10 reps (Superset close grip bench press to failure)

Leaning Dumbbell Lateral Raise:

Actual set: 6 - 12 reps (drop set 40% - 50% of the weight)

Additional Information On Part 2, Workout A:

Standing Barbell Shoulder Press: On this exercise try not to lock out your elbows at the top position and make sure to lower at the upper chest level. At the last rep make sure to lower the bar the slowest that you can. This also applies to the drop set as well. To make sure of complete muscular failure, once you can't raise the bar, carefully use a little bit of momentum to get the bar up. Focus heavily on lowering the bar very slowly.

Incline Dumbbell Bench Press: Aim for a 15 - 45 degree bench angle and perform your sets controlled and deliberate as usual. On your last rep make sure to slowly lower the weight and do partial reps as you are coming down. Once you are near the starting position push again to perform another. This will at best hold the weight and allow you to have a better chance of reaching muscular failure. This also applies to the drop set.

Lying Tricep Extension: Focus as usual on performing the exercise with control, and attempting another rep for 3 - 4 seconds when you can't perform another. After this point, waste no time doing your superset on a close-grip bench press.

You may be too tired to swing the weight over your head. So leave the weight on the floor, then grab it standing up, and then rest it on your legs while gripping it once you're sitting on the bench. Finally lay back on the bench with the weight now on your chest and perform your set.

During this set focus on lowering and raising the bar slowly, around 4 seconds down and 3 seconds up. At the end of this set finish by lowering the bar at the slowest possible speed, while periodically trying to hold/attempting to raise the weight up again. Do this until failure.

Leaning Dumbbell Lateral Raise: For this exercise, you will raise the weight and then slowly lower it. Near the end of your final reps, make sure you slow down when lowering and incorporate some holds.

For both the 1st set and the drop set make sure that when you can't do another rep, attempt to do one last one as this will turn into a hold (hold intensity around 3 - 4 seconds).

B: Legs and Calves

Bulgarian Split Squats:

Warm up: 5 reps, 3 reps, 1 rep

Actual Set: 6 - 12 reps (Slow negative)

Standing Calve Raise:

A.S: 8 - 15 reps (Drop set 40% till failure or 85% to failure)

Additional Information On Part 2, Workout B:

Bulgarian Split Squat: For this exercise, you'll work the muscle the most when you are going down. So concentrate on going slow and controlled for both up and down on this movement.

Near the last few reps go extra slow around 4 - 5 seconds, finally, you'll get to the bottom of the movement and won't be able to get back up. At this point, attempt another rep this will result in a hold. Hold the intensity for at least 2 - 3 seconds.

Once you fail, reset to the top position and go down at the slowest speed you can. You'll be able to do 1 - 3 reps of these. This will result in sufficient stimulus for the muscle to grow. However prioritize safety, if you feel you have done enough to stimulate muscle growth then stop.

Standing Calve Raise: Focus on going to positive failure then attempt another rep, resulting in a hold (hold intensity for around 3 seconds.)

After that, drop set your dumbbell's weight and repeat the process ie. going to positive failure and lowering the weight the slowest you can from the top position. Followed by a last-ditch effort to raise the weight, resulting in a hold (hold intensity roughly around 3 seconds.)

C: Back, Biceps, Rear Delts, and Forearms

Weight Chin Ups:

Warm up: 5 reps, 3 reps, 1 rep

Actual set: 5 - 10 reps (Drop set to body weight to failure)

Dumbbell Contrecreation Curl:

Actual Set: 6 - 12 reps (Forced negatives till failure or 85% to failure)

Bent Over Barbell Row:

A.S: 6 - 10 reps (Forced negatives to failure)

Deadlift:

Warm up: 3 reps (50% A.S weight), 1 rep (100% A.S weight)

A.S: 6 - 10 reps (Rest pause, 1 - 3 reps)

Additional information: Part 2, Workout C

Weighted Chin Ups: This is similar to how you should approach a pull-up. However, you can lift more by doing chin-ups. Once again go to positive failure (not being physically able to lift yourself up with proper form) and attempt another and hold this intensity for around 3 - 4 seconds.

After you have done this then go to your drop set, which will be just your body weight. Proceed to repeat the process with your body weight.

Dumbbell Concentration Curl: On this exercise make sure to take your time and squeeze the bicep as you're lifting and lowering slowly. This will bring more attention to the bicep and bring a better mind and body connection. So take around 3 seconds up and 4 seconds for lowering during the lift.

Once you come to positive failure you'll want to help assist the weight up with your other hand. However, assist with minimal effort so the bulk of the lift is still on the target arm. Once at the top of the movement, lower as slowly as possible (around 4 - 5 seconds) and periodically hold the weight for a short amount of time. You'll be able to do around 1 - 4 reps of this style.

Bent Over Barbell Row: With this exercise, it is okay to use a little bit of momentum to get the weight up to the top position. But make sure you are still lifting the weight up and not just using momentum. After the weight is at the top position, lower it slowly and control it for around 4 seconds. Once you are close to failure make sure you attempt another rep when you can't and hold that intensity for around 3 - 4 seconds.

After you go to failure, use enough momentum to get the weight at the top. Once there lower it as slowly as possible without sacrificing form. When you can't perform another, attempt to do a positive rep and hold this intensity for around 3 seconds. With these force negatives reps expect to get around 1 - 3 reps.

Deadlift: With this exercise, you want to take your time learning the form. When executing this lift, focus on bringing the weight up to the top position with proper form.

It may also help to have your hands gripping in different directions, ie. with the left palm facing toward you and your right palm facing away from you or vice versa. When you are lowering the weight remember to protect your back by following proper form.

Once you have reached a point where you can't perform another. Rest for 10 seconds and attempt to lift the weight again, you may be able to do 1 - 3 reps doing this.

The Only Exercises You'll Ever Need:

Not all exercises are created equally and not everyone can do all exercises. So we'll cover in this section what exercises are efficient substitutes for different muscle groups. It is important to listen to your body and avoid exercises that do not feel comfortable.

For example, it is not wise to do deadlifts if you currently have back problems. Also, some exercises that demand your body to be in some what shape already, such as pull-ups or chin-ups. For this reason, you might want to build up to it or do a different exercise.

Also, you may notice that specific muscle groups will be missing such as quads, thighs, traps, abs, and more. These missing muscles will be grouped into bigger groups ie. traps into the category of back and quads and thighs in the category of legs.

However, the exercises listed will crossover and work other muscles. For example, the deadlift will work the traps, thighs, abs, and back. Or the Bulgarian split squat, working your quads, thighs, and forearms.

Don't make the mistake of assuming you need a specific exercise to target one muscle group. This will lead you to work out longer and possibly lead to overtraining.

The underline exercises are there because they are the only ones you need. If however, you are overweight or not strong enough, you will find that the underline exercises will be too difficult. That is why most exercises with a *star* beside them, will help you gain strength and help you to eventually be able to do the underline exercises.

Although there are a lot of exercises listed, this doesn't mean you have to be pigeonholed to these specific exercises. However, the listed exercises will make you continually progress. But most importantly, make

sure you stimulate/stress the muscle enough each time to encourage growth.

Without Further Ado, Here Are The Exercises:

Front Shoulders:

- *Seated dumbbell overhead press*
- *Military press*
- *Standing barbell overhead press*
- Clean and jerk
- Handstand push-ups
- Pike push ups

Side Shoulders:

- Leaning dumbbell lateral raise
- *Seated dumbbell lateral raise*
- *Standing dumbbell lateral raise*
- Leaning cable lateral raise
- *One arm cable lateral raise*

Rear Shoulders:

- *Bent over barbell rows*
- Bent over dumbbell lateral raises
- Seated bent over lateral raises
- *Incline bench barbell rows (30 degrees)*
- *Pec deck rear delt fly*

Chest:

- *Incline dumbbell bench press (10 - 45 degrees)*
- *Incline barbell bench press (10 - 45 degrees)*
- Weighted dips
- *Flat barbell bench press*
- *Flat dumbbell bench press*
- *Dumbbell flyes*
- *Cable crossovers*

- *The pec deck*

Triceps:

- *Straight bar pull down*
- Diamond push ups
- *Lying tricep extension*
- Dips
- *Close grip bench press*

Legs:

- *Bulgarian split squats (Dumbbell or Bodyweight)*
- Pistol squats
- *Barbell/bodyweight squats*
- Leg press

Calves:

- Single leg calf raise
- *Barbell seated calf raise*
- *Dumbbell seated calf raise*
- *Machine calf raise*

Back:

- Weighted pull ups
- Weighted chin ups
- *Lat pulldown*
- Deadlifts
- *Single arm dumbbell row*
- *Seated cable row*

Biceps:

- *Standing barbell curl*
- *Preacher curl*

- *Concentrated dumbbell curl*
- *Reverse incline bench barbell curl (45 degrees)*
- *Incline bench dumbbell curl*
- *Straight bar cable curls*
- *Hammer curls*

Forearms:

- *Farmer walks/dumbbell static holds*
- *Reverse barbell curl*
- Deadlift
- *Barbell underhand wrist curl*
- *Plate pinch*
- Dead hangs (weighted or not)
- *Dumbbell shrugs*

A Tip:

After your workouts, especially any exercises where you press the weight over your head. Perform a dead hang as long as you can, around 1 minute or more if you can. This will help you to reset any nerves, joints, or muscles that get out of place. This will also help with your posture as well.

Now What About Exercises During Your Rest Days?

The best exercises to do on your rest days aren't workouts themselves. The whole purpose of rest days is to give your body time to recover and grow muscle.

As we mentioned before, it is counterproductive to work out before your body fully recovers and compensates through muscle growth.

So what should you do that doesn't impair recovery and still helps you lose fat? Here are some things you may want to do:

- Walking
- Skipping
- Yoga
- Other alternatives

So let's go into more depth on each one. As well as how to optimize it towards burning fat and staying lean.

Walking

Aim for at least 30 minutes a day, this could be a small hike or just going outside the house. If you feel this isn't enough however aim for 45 minutes each day, you can always scale it up. The ideal would be around 1 hour and 30 minutes.

This is a low-intensity activity, so you could do this for a couple of hours and it still wouldn't hinder your recovery ability. The benefit of walking is that your calves will pump your blood to your heart. This will create better circulation and help your body to recover.

Walking is a great activity and should be done every day. The bare minimum of walking each day that you should aim for is around 30 minutes, but more is better. This is roughly around 3000 - 4000 steps. For the best results try for around 10,000 steps per day, this would be roughly an hour and a half.

For fat loss, each standard will make you reach your goal weight quicker:

- 30 minutes is the bare minimum
- 60 minutes is good
- 90 minutes is amazing
- 120 minutes is exceptional

Remember walking is great for helping you to lose fat. However, it will not guarantee fat loss as the adage goes: you can't outrun a bad diet.

Skipping

This is a great activity that uses your whole body. For skipping try to aim for 10 - 20 minutes but don't feel obligated to skip every day. Pay attention to how your body feels and adjust accordingly, less skipping or possibly more.

Again, skipping shouldn't be intense enough to be considered a workout. The purpose is to get your body moving. One benefit of skipping is that it'll move your blood more and improve your circulation.

Skipping is great if you want to save time walking but burn a similar amount of calories.

For Fat Loss: Each Higher Standard Will Make You Burn More

Calories

- 5 - 10 minutes, is a good start (doesn't stress your body that much)
- 10 - 15 minutes, is a good range to stay in (may or may not stress your body, pay attention and cut back if you have to)
- 15 - 20 minutes, it'll burn more calories (May be counter-productive, cut back if you need to)

Also note: Skipping should be done once in a while during your rest days. During skipping be aware that you may put more stress on the muscles and hence it might become counter-productive.

Never skip the day after your workout, try to skip on the 2nd or 3rd rest day. Also don't skip the day before your workout, ideally. Again,

experiment and see if you can do it on all of your rest days with no toll on your recovery.

Yoga

Yoga is quite variable; how long you pose, how far you push yourself, how fast you move, and more. Yoga should be more of a complement to getting lean.

Yoga can be quite beneficial such as better mind-muscle connection, stretching the muscles, improving circulation, and far more.

A good start would be 5 - 10 minutes a day. This is not something that will make you lose fat fast, but for the stretching benefits, you should try to incorporate it. A good amount would be 15 - 30 minutes per day or every other day.

Other alternatives

These alternatives will burn more calories but aren't a guarantee to lose fat. Also note that while doing these it may hinder your recovery process. So I personally don't do these regularly but they are very beneficial to do atleast once a week.

Here are some alternatives:

- Biking
- Sprinting
- Jogging
- Rowing
- Long Hikes
- Swimming
- Sports
- Kicking boxing
- And Similar Cardio Or Physical Exertion Activities

This is by no means a list of things you should avoid, just know that they may delay or impair your recovery.

If you do want to participate in one or more of these activities, try to do these in the middle of your rest period. So don't do these the day after your workout or the day before your workout. But if you find you can do these on your rest days with no negative effects on your recovery, then do them. These will help you to lose weight faster.

If by chance after doing these activities you feel you need an additional rest day or 2, then take it. Again pay attention to your body and give enough rest days so you feel fully recovered before your next workout.

In A Nutshell,

Your workouts should primarily be focused on improving each time through; shorter workout time, more reps, or more weight. During your workout, your sets should be taken close to or to failure every time.

In addition to this, you should give yourself enough time to recover, roughly 2 - 3 days after you aren't sore from your workout. This could take anywhere from 3 - 4 days or 5 - 8 days until your next workout.

For losing fat make sure you are burning more calories than you consume. As you build more muscle, you'll begin to burn more calories as a result. To help you continuously burn calories, aim for at least 30 minutes a day of walking. The ideal is to walk 1 hour and 30 minutes each day.

If you want to burn calories faster, exercise on your rest days that demand physical exertion. Those exercises may have a chance to negatively impact your recovery, so experiment with your body. So try to do them in the middle of your rest period. Recommend exercises for this

THRIVE NOURISH GROW

purpose are skipping, rowing, swimming, hiking, bicycling, kickboxing, and sprinting.

Also, note that any physical exertion on your day fasts will probably have a negative impact on your recovery, so aim for light activities on that day. Again, experiment with your body, you might be able to get away with demanding activities on your fast days with little to no hindrance on your recovery ability.

Just remember to avoid overtraining and adjust accordingly (more or less rest days) as well as avoid eating too much. The main way you are going to lose fat is by eating less, while moving more will just help.

Chapter 9: Tracking Progress

What Is An Effective Way To Track Progress?

To measure your progress you should keep track of your workouts, this allows you to compare your past to your present. I personally like using a notebook to do this function, however, you can use your phone or something similar.

In your notebook you'll be covering these 4 changes on your journey:

- Your Body Weight
- Changes In Your Workout
- Changes In Your Pictures
- Changes In Your Body Measurements

How To Keep Track Of Your Body Weight

Your body weight can be measured by weighing yourself every morning. If you do weigh yourself later in the day, your weight will be different and likely heavier.

So to avoid any confusion be aware that your body weight will fluctuate around 3 - 7 lbs in a day. This can be because you just ate or even if you just drank a lot of water. However, in the morning this will give you a more consistent time to weigh yourself and your stomach will likely be closer to being empty.

Keeping track of your body weight will be easy if you track it before all of your workouts.

Tracking Your Workouts:

When it comes to tracking your workouts, some considerations must be involved. Here is a list of some considerations:

1. Length of your workout.

Quite simply how long your workout takes to complete. This is a great way to see if you are improving your cardiovascular system. By finishing quicker your cardiovascular system is recovering faster, hence it is improving.

2. Your set's weight.

The weight that you'll be doing reps with during your set. An improvement in your weight is in direct correlation to your strength, the heavier you lift the stronger you get.

This also helps you to tell if you are getting stronger than the last time you worked out. Lifting more than last time is a good sign that you are getting progressively stronger.

3. How many reps you've finished

The number of reps you have finished in a set. Keeping track of how many reps you have done, will give you a target to challenge and surpass for your next workout.

This will help you to tell if you are progressing; being able to do more reps than last time with the same weight.

4. The rest time between your last and current workout.

The inactive days in between your current and last workout. As you get stronger, your strength will put more stress on your body and hence you need more rest to recover fully.

Tracking this will help you experiment to see if you make progress with fewer or more rest days. Sometimes you need more rest days and other times you need fewer rest days. Go by how recovered you feel on a general basis. However, once in a while add another rest day to avoid the body getting used to your workout regimen.

5. The date for each of your workouts.

The specific date of your workout. This is crucial as it helps you keep track of your last workout and the days in between your last and your current workout.

This will also help you to see your progress in the long run. To see the growth and changes in your journey, from the beginning to the present.

How To Track Your Pictures:

One of the most dramatic ways to see progress is by photos. Which is seeing your own body physically change over time.

Some tips on how to take pictures of your body

1. Make sure in each picture your body posture and angle are the same. You may want to flex or not, but keep it the same as last time.
2. Have your camera pointed in such a way to see your body i.e. your upper body and your abdomen area. If you wish you can even take photos of different angles such as a back photo or a leg photo. The ideal is to take a photo of your full body, back and front.

Just make sure to repeat the angles consistently, so you can compare them in the future.

3. Make sure the time you take your photo is consistent. For example, take your photos after your workout or before, but not both. This is to avoid confusion. You could also take your progress pictures on your rest days if you wish.
4. Simply stay consistent. Make sure you take a photo every other time you workout or at least every 2 weeks.

Keeping Track Of Your Body Measurements:

When it comes to tracking your body measurements there are 6 main parts to focus on. The chest, arms, upper leg, calves, waist, and forearms.

The Chest

When measuring the chest make sure the tape measures around your upper torso and overlaps, this will give you an accurate measurement. Make sure the tape is at or slightly above your nipple line and is even. It is important not to flex or droop your shoulders as this will throw off the measurements. This will measure both your chest and back.

Arms

Measuring the arms targets both the bicep and tricep. To start: Stick your arm to the side or the front of your body and raise it until it is somewhat perpendicular. Next, bend your arm to a 90-degree angle. Measure while flexing the bicep, make sure the measuring tape is straight and overlaps around the highest peak of the bicep. This will give you an accurate measurement.

Upper Legs

Start by standing up and relaxing the legs. You will want to relax the legs and then measure slightly above the midpoint of the upper leg. Make sure the measuring tape overlaps and is not on an angle.

Calves

Standing upright with both feet relaxed and equally bearing weight. Measure around the fullest part of your calves. Make sure to overlap the measuring tape and that it is even around your calf.

Waist

Start by standing upright and relaxing your abdomen. Now take your tape and bring it around your lower back and overlap it around the belly button. There should be no angle or crookedness in the tape. Also, do not flex or suck in your stomach, as this will distort the measurement.

It is best to measure your waist before you eat anything in the day. The best time is usually in the morning for this reason.

Forearms

Make a fist and angle it roughly 45 - 90 degrees down from your forearm. While flexing your forearm at this angle, overlap the measuring tape around your widest point. The tape should be even and not on an angle or crooked.

Putting It Into Practice

To track all 4 aspects; bodyweight, workout, pictures, and measurements. It is easy to track these by using a notebook on your workout days. So, how do you start?

Step One: Start by weighing yourself every day in the morning or just on your workout days. Write your weight every workout you do. Also, try to weigh yourself when you haven't eaten anything.

Step Two: Measure the muscles you'll be training that day. For example, if you were working the chest then measure the chest. Do not measure after your workout as you'll have a pump and it may distort the results.

With measuring you don't have to measure every workout but try for at least once every 2 to 3 weeks.

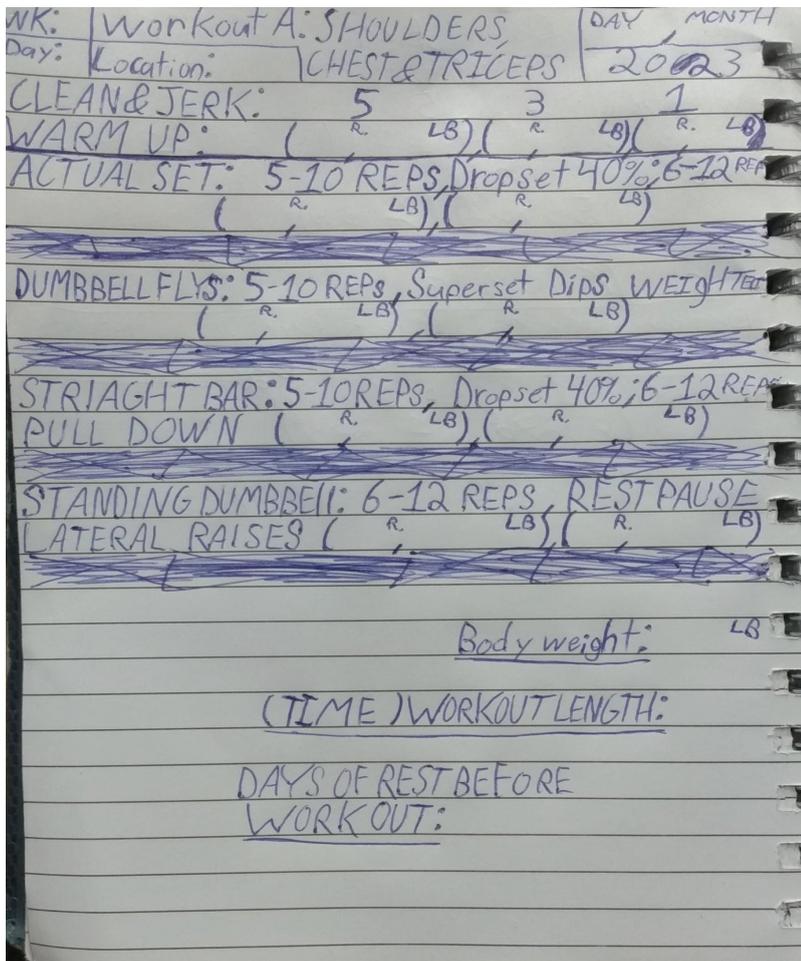
Step Three: Track all of your lifts, and the time it takes you to finish your workout. Most importantly do not forget the date.

Step Four: Take a picture on your workout day to help you stay consistent. This can be once a week or every two weeks. Make sure the picture is taken the same i.e. angle, pose, flexing or not, and timing before or after the workout.

Here Is An Example

To best illustrate this I'll show you what my workout notebook looks like to cover all of these aspects. As long as your workout notebook covers the 4 main aspects. You'll be able to reflect and see how much you've progressed.

Here is my example:



Notice that there is no body measurement. This is because you don't have to do that every workout or even take a picture every workout.

As long as you stay consistent with tracking your workout lifts and your body weight, you should be good. These two things will help you identify whether you should do something different or stay with the same pattern.

For the pictures and body measurements, you don't need to do them as consistently. However, it gives you more depth on how far your journey has come.

In A Nutshell

Tracking progress comes down to consistently measuring your results to see and review whether you are improving or not. This can be done by measuring these four aspects: **Body weight, Workout improvements, Progress pictures, and Body measurements.**

To track all of these easily and consistently make sure you update it through your workout notebook. Your notebook will track all of these. The main ones to keep track of for each workout are your body weight and the workout itself.

Taking progress pictures should be taken at least every 2 weeks but every month is also fine. For your body measurements, every month will be sufficient.

To be on top of your diet and weight loss, measure your weight every morning for the most accurate measurement. By seeing if your weight is improving or not, you can restrict more food if you need to or eat the same amount.

The same for your workouts, if you are seeing that you are gaining strength. By doing more reps with the same weight, increasing your set weight, and or shorting the time it takes you to finish a workout. These are signs you are improving. If none of these occur your safe bet is to increase your rest days or to increase your intensity if you are not going all out.

Tracking your progress's main purpose is to help you gauge your improvement. Whether you need to make changes or not in order to see improvement. However, your body is not linear and you may not see the same progress as before, this is fine. As long as you see continuous progress no matter the degree, you are improving.

Chapter 10: Fitness Standards And Realistic Standards

When it comes to fitness standards it can be easy to feel defeated if you compare your lifts to Olympic lift records. As you start your journey, don't expect to reach your maximum potential in the first, second, or fifth year of lifting. However, your first 3 years will be the bulk of your muscle gains, but this does not mean you can make considerable progress afterward.

So What Standards Should You Aim For?

For every exercise, there is a different standard. So what are the main exercises we should be focusing on improving? Here are the ones you should focus on:

Shoulder Exercises

Standing Barbell Overhead Press.

Beginners -

Men: Barbell weight is 40% of your body weight for 5 reps.

Women: Barbell weight is 30% of your body weight for 5 reps.

Intermediate -

Men: Barbell weight is 75% of your body weight for 5 reps.

Women: Barbell weight is 50% of your body weight for 5 reps.

Advance -

Men: Barbell weight is 100% of your body weight for 5 reps.

Women: Barbell weight is 70% of your body weight for 5 reps.

Elite -

Men: Barbell weight is 125% of your body weight for 5 reps.

Women: Barbell weight is 90% of your body weight for 5 reps.

Clean and Jerk

Beginner -

Men: Barbell weight is 70% of your body weight for 5 reps.

Women: Barbell weight is 50% of your body weight for 5 reps.

Intermediate -

Men: Barbell weight is 110% of your body weight for 5 reps.

Women: Barbell weight is 90% of your body weight for 5 reps.

Advance -

Men: Barbell weight is 150% of your body weight for 5 reps.

Women: Barbell weight is 110% of your body weight for 5 reps.

Elite -

Men: Barbell weight is 175% of your body weight for 5 reps.

Women: Barbell weight is 140% of your body weight for 5 reps.

Dumbbell Laterals

Beginner -

Men: Per Dumbbell weight is 10% of your body weight for 5 reps.

Women: Per Dumbbell weight is 7% of your body weight for 5 reps.

Intermediate -

Men: Per Dumbbell weight is 20% of your body weight for 5 reps.

Women: Per Dumbbell weight is 15% of your body weight for 5 reps

Advance -

Men: Per Dumbbell weight is 25% of your body weight for 5 reps.

Women: Per Dumbbell weight is 20% of your body weight for 5 reps.

Elite -

Men: Per Dumbbell weight is 30% of your body weight for 5 reps.

Women: Per Dumbbell weight is 25% of your body weight for 5 reps.

Bentover Barbell Row

Beginner -

Men: Barbell weight is 40% of your body weight for 5 reps.

Women: Barbell weight is 30% of your body weight for 5 reps.

Intermediate -

Men: Barbell weight is 80% of your body weight for 5 reps.

Women: Barbell weight is 50% of your body weight for 5 reps.

Advance -

Men: Barbell weight is 120% of your body weight for 5 reps.

Women: Barbell weight is 80% of your body weight for 5 reps.

Elite -

Men: Barbell weight is 150% of your body weight for 5 reps.

Women: Barbell weight is 110% of your body weight for 5 reps.

Back Exercises

Weighted Pull-Up

Beginner - Body weight for both men and women. For 3 - 7 reps.

Intermediate -

Men: Pull-up belt weight is 30% of your body weight for 5 reps.

Women: Pull-up belt weight is 15% of your body weight for 5 reps.

Advance -

Men: Pull-up belt weight is 50% of your body weight for 5 reps.

Women: Pull-up belt weight is 30% of your body weight for 5 reps.

Elite -

Men: Pull-up belt weight is 80% of your body weight for 5 reps.

Women: Pull-up belt weight is 40% of your body weight for 5 reps.

Weighted Chin Up

Beginner -

Bodyweight for both men and women. For 4 - 8 reps.

Intermediate -

Men: Chin-up belt weight is 30% of your body weight for 5 reps.

Women: Chin-up belt weight is 15% of your body weight for 5 reps.

Advance -

Men: Chin-up belt weight is 60% of your body weight for 5 reps.

Women: Chin-up belt weight is 30% of your body weight for 5 reps.

Elite -

Men: Chin-up belt weight is 90% of your body weight for 5 reps.

Women: Chin-up belt weight is 50% of your body weight for 5 reps.

Deadlift

Beginner -

Men: Barbell weight is 80% of your body weight for 5 reps.

Women: Barbell weight is 60% of your body weight for 5 reps.

Intermediate -

Men: Barbell weight is 160% of your body weight for 5 reps.

Women: Barbell weight is 130% of your body weight for 5 reps.

Advance -

Men: Barbell weight is 200% of your body weight for 5 reps.

Women: Barbell weight is 160% of your body weight for 5 reps.

Elite -

Men: Barbell weight is 230% of your body weight for 5 reps.

Women: Barbell weight is 200% of your body weight for 5 reps.

Chest Exercises

Incline Dumbbell Bench Press

Beginner -

Men: Per Dumbbell weight is 20% of your body weight for 5 reps.

Women: Per Dumbbell weight is 15% of your body weight for 5 reps.

Intermediate -

Men: Per Dumbbell weight is 40% of your body weight for 5 reps.

Women: Per Dumbbell weight is 20% of your body weight for 5 reps.

Advance -

Men: Per Dumbbell weight is 50% of your body weight for 5 reps.

Women: Per Dumbbell weight is 30% of your body weight for 5 reps.

Elite -

Men: Per Dumbbell weight is 60% of your body weight for 5 reps.

Women: Per Dumbbell weight is 45% of your body weight for 5 reps.

Weighted Dips

Beginner -

Body weight for both men and women. For 3 - 9 reps.

Intermediate -

Men: Dip belt weight is 50% of your body weight for 5 reps.

Women: Dip belt weight is 30% of your body weight for 5 reps.

Advance -

Men: Dip belt weight is 80% of your body weight for 5 reps.

Women: Dip belt weight is 50% of your body weight for 5 reps.

Elite -

Men: Dip belt weight is 120% of your body weight for 5 reps.

Women: Dip belt weight is 80% of your body weight for 5 reps.

Triceps

Lying Bench Tricep Extensions

Beginner -

Men: Barbell weight is 15% of your body weight for 5 reps.

Women: Barbell weight is 10% of your body weight for 5 reps.

Intermediate -

Men: Barbell weight is 40% of your body weight for 5 reps.

Women: Barbell weight is 20% of your body weight for 5 reps.

Advance -

Men: Barbell weight is 60% of your body weight for 5 reps.

Women: Barbell weight is 35% of your body weight for 5 reps.

Elite -

Men: Barbell weight is 75% of your body weight for 5 reps.

Women: Barbell weight is 50% of your body weight for 5 reps.

Straight Bar Push Down

Beginner -

Men: Barbell weight is 20% of your body weight for 5 reps.

Women: Barbell weight is 10% of your body weight for 5 reps.

Intermediate -

Men: Barbell weight is 40% of your body weight for 5 reps.

Women: Barbell weight is 25% of your body weight for 5 reps.

Advance -

Men: Barbell weight is 50% of your body weight for 5 reps.

Women: Barbell weight is 35% of your body weight for 5 reps.

Elite -

Men: Barbell weight is 60% of your body weight for 5 reps.

Women: Barbell weight is 50% of your body weight for 5 reps.

Biceps

Standing Barbell Curl

Beginner -

Men: Barbell weight is 30% of your body weight for 5 reps.

Women: Barbell weight is 20% of your body weight for 5 reps.

Intermediate -

Men: Barbell weight is 60% of your body weight for 5 reps.

Women: Barbell weight is 40% of your body weight for 5 reps.

Advance -

Men: Barbell weight is 75% of your body weight for 5 reps.

Women: Barbell weight is 50% of your body weight for 5 reps.

Elite -

Men: Barbell weight is 90% of your body weight for 5 reps.

Women: Barbell weight is 70% of your body weight for 5 reps.

Concentrated Dumbbell Curl

Beginner -

Men: Dumbbell weight is 20% of your body weight for 5 reps.

Women: Dumbbell weight is 15% of your body weight for 5 reps.

Intermediate -

Men: Dumbbell weight is 30% of your body weight for 5 reps.

Women: Dumbbell weight is 20% of your body weight for 5 reps.

Advance -

Men: Dumbbell weight is 40% of your body weight for 5 reps.

Women: Dumbbell weight is 30% of your body weight for 5 reps.

Elite -

Men: Dumbbell weight is 50% of your body weight for 5 reps.

Women: Dumbbell weight is 40% of your body weight for 5 reps.

Legs

Dumbbell Bulgarian Split Squat

Beginner -

Men: Per Dumbbell weight is 20% of your body weight for 5 reps.

Women: Per Dumbbell weight is 15% of your body weight for 5 reps.

Intermediate -

Men: Per Dumbbell weight is 40% of your body weight for 5 reps.

Women: Per Dumbbell weight is 30% of your body weight for 5 reps.

Advance -

Men: Per Dumbbell weight is 50% of your body weight for 5 reps.

Women: Per Dumbbell weight is 40% of your body weight for 5 reps.

Elite -

Men: Per Dumbbell weight is 60% of your body weight for 5 reps.

Women: Per Dumbbell weight is 50% of your body weight for 5 reps.

Dumbbell Pistol Squat

Beginner -

Body weight for both men and women. For 10 reps.

Intermediate -

Men: Dumbbell weight is 30% of your body weight for 5 reps.

Women: Dumbbell weight is 20% of your body weight for 5 reps.

Advance -

Men: Dumbbell weight is 50% of your body weight for 5 reps.

Women: Dumbbell weight is 35% of your body weight for 5 reps.

Elite -

Men: Dumbbell weight is 60% of your body weight for 5 reps.

Women: Dumbbell weight is 50% of your body weight for 5 reps.

Single Leg Calf Raise With Dumbbell

Beginner -

Men: Dumbbell weight is 20% of your body weight for 5 reps.

Women: Dumbbell weight is 15% of your body weight for 5 reps.

Intermediate -

Men: Dumbbell weight is 30% of your body weight for 5 reps.

Women: Dumbbell weight is 20% of your body weight for 5 reps.

Advance -

Men: Dumbbell weight is 50% of your body weight for 5 reps.

Women: Dumbbell weight is 30% of your body weight for 5 reps.

Elite -

Men: Dumbbell weight is 60% of your body weight for 5 reps.

Women: Dumbbell weight is 50% of your body weight for 5 reps.

For More Depth

These standards are what I think are reasonable based on my experience and by no means are an official strength standard. However, for some of these exercises, you'll need to build up to, such as pull-ups or the pistol squat, if you are a beginner.

To find out each standard, multiply your body weight by the percentage shown in order to find the lift's weight. For example, if you are a 170 lb man doing the clean and jerk at an advanced level. You would need to

multiply your body weight by 150%, which will give you your lift's weight, 255 lbs.

In A Nutshell

Having a fitness standard or a reachable goal is good, but don't forget to appreciate your current progress. It may take you a while to gain enough strength to reach the level of advance, in one or more of these exercises. To reach the level of an elite is to have countless time training and growing, as well as being probably genetically gifted.

With your strength increasing you will see your body morph more into a mesomorph or into an hourglass. However, we won't be covering body measurement standards in this manual. But keep looking back to the strength guideline if you ever want extra motivation and to see how far you have progressed.

Chapter 11: Conclusion

We have covered how your body works and how to get it towards your most optimal; lean and strong. By stimulating stress in the targeted muscles, allowing enough time to recover usually 4 - 7 days, and eating enough to make sure you are full but not stuffed.

For your training make sure to take each set to failure or beat your last workout session in some capacity. By doing more reps with the same weight, lifting heavy weights, or finishing your workout in a shorter amount of time. Aim to switch your workouts every 4 - 6 weeks to avoid the body getting used to a schedule.

The time it takes you to recover will change so go by how your body feels. A good guideline is to train after 1 - 3 days after you finish feeling sore. For example, if you trained on Monday and you stop feeling sore on Thursday, you'll then work out the coming Saturday or Monday. When in doubt take another rest day and once in a while add another rest day to keep the body guessing.

For diet, restrict your eating window to only eating after 2 p.m. to stay lean or after 5 - 7 p.m. to lose weight. As mentioned before it is alright to eat a little earlier or a little later, make sure you don't eat breakfast or lunch though.

If you want to lose fat then consider restricting your food intake per day. This could be not eating another plate at supper time or skipping chips at night. This is more effective than working off the extra food you ate. You can't outrun a bad diet.

For drinking water, aim for at least 8 cups a day, you may need more or less. If you are getting headaches often, that may be because you aren't getting enough water in the day. Also, try to eat whole foods and as naturally as you can

The 3 Diet Principles:

1. **Fasting** - For intermittent fasting, try to eat after 2 p.m. or 4 p.m. The ideal is to eat in a 4-hour eating window but you might have to work up to it. For a 24-hour fast aim for once every month or two. The frequency will depend on your goals. To lose weight, fast at least once every week or 2.
2. **Veggie Intake** - Get at least 5 - 8 cups of veggies in your diet per day. I find it easiest to get that amount through a veggie drink but you could eat it as is. Also, try to eat it raw as it will keep more of the vitamins and minerals.
3. **Protein intake** - Eat enough protein, (1 gram per pound of body weight) you don't have to count your protein grams, just make sure you are eating enough.

With principle 1, the exceptions to whole-day fasting and intermittent fasting are if you are in your growth spurt, pregnant, and or have a medical condition. If this is you then skip fasting until you can do so and ask your doctor first.

For your 24-hour fast, aim to fast in between your rest period. For example, if you trained on Monday then fast on Wednesday or Thursday. When you do fast be aware that you will feel weaker and maybe sore. So, don't do H.I.T. on your 24-hour fast. In the end, experiment with fasting and see what works for you.

For tracking your progress make sure you have a workout notebook to keep track of your lifts, and your current body weight. On an occasion take a progress picture to visually see the physical improvements on your journey. With time you'll see your improvements and compare them to the strength standards in this manual. For any significant progress, this requires consistency.

In A Nutshell

To gain the most out of this manual, follow the principles and adjust it to what works for you. It is nearly impossible to write an exact protocol that will suit your needs and work with your body right off the hop.

With these principles with minor tweaking, you should see progress and live a sustainable lifestyle to maintain your ideal physique. Things you may have to adjust are the following: Rest days, Eating window, Daily food intake, Workout intensity, Circulating exercises, and much more.

As you put the knowledge you gain from this manual, you will begin to see nuances and notice what works and what doesn't. All the principles in this manual will work for you, you just have to apply them, see how your body reacts, and adjust from there.

The last thing to do is to apply yourself and see what works for you. So have fun and notice the upcoming changes in your physique.

What's The Next Step?

If you enjoyed this manual, you'll probably enjoy my articles on Thrivenourishgrow.com. By keeping up with our articles you can fill your knowledge gaps and become that much more proficient. Also by joining my Newsletter list, I will notify you about our newest articles that you'll enjoy, so you don't get spam and only receive articles and promotions that benefit you.

If you enjoyed and benefited from the material in this manual and want to show your appreciation, you can donate to me at <https://www.paypal.com/paypalme/ThriveNourishGrow> or you can go to Thrivenourishgrow.com and scroll down to the bottom of the web page to find the donate button.

THRIVE NOURISH GROW

Thank you for taking the time to read and absorb the material in this manual. Until next time.

Sincerely,
Edwin Keeshig.