



12 WEEK LEAN BODY
TRANSFORMATION
PROGRAMME

for busy men

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Introduction

Hi guys, welcome to the program, let me start by saying well done in taking your first step to starting the journey to your best body ever.

I'm really excited about being able to help you.

A bit about myself:

My name is Paul Karoullas personal trainer and founder of Lean Body UK, helping busy men get in shape through effective strength building, fat burning workouts and nutrition. During my career I've helped hundreds of busy guys just like you take their first step towards a leaner, fitter and healthier body.

Why I do what I do:

My background and real passion is fitness and nutrition, despite being really busy myself I still manage to work out almost every single day. I've been living, training for the past fifteen years and placed more emphasis on my nutrition in the past ten.

I'll let you know of common misconceptions later and what to expect in the first few chapters before we start going into specifics of how to burn fat and build a lean physique.

I'm all about trying to help you start a lifestyle change.

There is no secret technique or magic pill that will change your body overnight.

Can your body change in 12 weeks – absolutely...

Can you get fitter and stronger in 12 weeks, yes you can...

But there is an element of work and commitment that will be required, not just physical but also mental.

Follow this program and you'll not only see the physical changes, you'll also love, the way you feel.

With so much information out there online and what people are talking about in the gym, it's really hard to know what actually works and sticks, but not only for everyone, but more importantly what works for YOU.

One of the goals for me writing this eBook is to advise against any misconception you might have heard or trying at the moment. Losing fat can be simple but not easy.

I don't teach crash dieting, but what I do teach is a consistent process of setting goals and hitting them and to continue to improve from them from there.

You'll still be able to eat the foods you enjoy but the key factor to that is the consistent process over the week, the month and beyond. Not only will this get you the best results, but it will really teach you how to replicate this in the future, learning during the process and improve the next time round. The thing is anybody can crash diet for a week and lose so many kilograms but as soon as you go back to the usual ways I promise you it will go straight back on.

What if I mess up?

Everybody messes up on their diet and over bingeing happens from time to time, obviously not what you're aiming for but don't beat yourself up about it if it happens, just get back on track the next meal, just something to keep in mind when changing your nutrition habits.

So how do I get lean?

What I'll be covering in this eBook are the three main things you need to do to lose fat & get lean

Be in a calorie deficit

Strength training

Consistency

Let get some common misconceptions out of the way first.

Right, let's jump straight – in.

Lose The Belly Fat

Reducing your belly bulge is more important than just vanity's sake. Excess abdominal fat- visceral fat specifically the fat that surrounds your organs and puffs your belly out into a "beer gut". Storing high amounts of visceral fat is associated with increased risks of a number of health problems including type 2 diabetes.

The challenge so many guys face as we increase in age is that our daily activity levels start to decline. Most popular reasons for this are less time focusing on ourselves with career commitments, spending more time seated on our desk, car or at home on the couch after a long day at the office. Other reasons could be family commitments, most guys start a young family in their 30's which can lead to wanting to give more time to their young family, broken nights of sleep are all factors which can lead to weight gain.

So, we end up in a spiral with less time for exercise, more demands on the work and career front, grabbing fast and convenience foods because we have less time to cook or prepare our meals and potentially lack of sleep all are a recipe for an increase in belly fat.

One of the biggest misconceptions we face when losing fat is can you lose fat and burn muscle; the answer is yes and no. I'm going to go through progressive muscle overload examples in the next few sections but first it's important to clarify exactly what fat is.

Fat is adipose tissue or more importantly stored energy. So, when you're in the gym going through progressive weight training sessions your body adapts to this because it knows it has to because its being introduced to new stresses, important to remember this as this is the key driver to muscle growth. Just the same when you eat more energy that we're supposed to and don't use it gets stored as reserves and so you go into a surplus.

It's really important to understand what fat is, thinking back to fat's original use back in the caveman days, when food wasn't so accessible, the

caveman had to go and hunt for their food, when catching it they'd eat the whole entirety of the food because they were not certain on when the next meal is going to come, so one way to look at fat is reserved energy gained from a surplus of food. More on this later.

For a vast majority of people building muscle and losing fat will not be possible, so you'll have to consider this first.

For the purpose of this eBook, we're going to focus on cutting fat and getting lean. Focus first on 'cutting' first by losing fat and keeping muscle.

This is an important factor to know initially depending where you're at currently and where you want to be in a few months' time.

Good news is that for beginners, building muscle and losing fat may be possible. The reason for this is their bodies are simply not used to much stress on the muscles, so even in a calorie deficit and with effective training techniques, without any strain on the muscles previously, this will be enough to surprise the body and stimulate muscle growth.

One thing I want to encourage you to do is firstly to take pictures of your progress. There's something about taking pictures which inspires us to stay on top of our goals. This helps us feel more accountable to ourselves as well as helping us track the progress of our journey and see where we can improve as we go along. Also write your goals down, your daily weekly and monthly goals. This should include how it is you want to look, how you want to feel? Or it's a personal best you want to achieve.

Just write a goal down and make it realistic, don't beat yourself up if you don't hit it, just see where you can improve and get back on the wagon. With consistent steps you'll notice your progress in the way you feel and the pictures you take. Take a picture when you start weekly, in the same stance and same lighting. When you look back at these over the months you'll see the changes in your physique which will give you that all important motivation to keep going.

I want to challenge you so make sure you're writing down your progress

and taking pictures and looking back at your progress.

As well as this because you are in a calorie deficit you will still be losing fat at the same time technically.

Extremely overweight or obese guys, on the other hand, have so much stored energy and while being in a calorie deficit they'll be able to lose fat alongside the extra calorie burn from exercises. So, whilst adding resistance training to their program they can still be adding to muscle and losing fat at the same time.

As for the majority of people, this won't be possible, so think initially of picking a short-term goal, where we'll place more emphasis on getting that lean, athletic look.

Common Misconceptions

Let's get some common misconceptions out of the way first. Some of the main ones that I come across are being

1. "The more I lift - the more I grow"

Some of the main ones that I come across are being the more weight you can lift on a particular muscle group, the bigger it will grow. Like if you went into the gym and benched pressed as much weight as you could and curl plate upon plate of weight you're then just going to grow bigger. Your chest and your biceps are not the only muscles in your body, you also need to give them rest, actually the more you work on one muscle can actually prohibit progress on that muscle especially without enough of the right nutrients. When you work out the muscle you're actually breaking down the muscle tissue and stressing the fibers, then we feed them the necessary nutrients in order for them to recover and grow.

The muscles then don't begin to recover and build until you sleep, these things all factor in when building muscle, so to conclude the more you work a particular muscle out does not mean it will grow that particular muscle.

This is why I've written a weekly split programme so different muscle groups can recover while the other muscle group has its workout day to give each muscle group its optimal chances of recovery.

2. "More protein will help growth"

Nutritionally the more protein you eat the more muscle you will grow, just isn't true.

Let me explain,

Protein are calories and calories are calories.

So, by eating too much protein for example; same as any other calorie from any other foods whatever your body doesn't use, will get stored as fat. This will make it harder to lose fat and get lean.

3. "Crash dieting will get you into shape"

Another misconception that some people have is that you can lose fat by reducing your food intake and just stop eating by going on some sort of crash diet. These crash diets come in the form of many different names.

Being calories in vs calories out in a lot of ways if you reduce your food intake severely you will lose weight, yes, however, there is a big but.

Here's the thing, firstly, a lot of that weight is going to be water weight and secondly once you start eating normally again that weight going to come right back on and with more.

Putting it simply by stopping eating you're taking away a lot of glycogen stores from your muscles which are to put the carbohydrates your muscle holds, you might have lost some fat too but trust me it's not sustainable and that weight will come right back on!

4. "I have to eat every three hours"

Another misconception when it comes to nutrition is that you have to eat certain type of foods in a certain type of way or at a particular time of day.

The problem with this is that you won't enjoy the process and the lifestyle change that comes with getting lean and subsequently this is likely to result with quitting your plan altogether.

You can still eat the foods that you want, you don't have to be eating

meals at set times of day, you will still have a calorie restricted plan but this does not mean you can't still eat the foods you enjoy, I'm going to tell you more later in the nutrition section where I'll write about macronutrients and how to eat for your goals.

5. "Carbs will make me fat"

Whilst trying to lose fat, as I have explained, you need to be in a calorie deficit. Protein should not be tampered with too much. What you can however do is tune down the amount of carbohydrates you get from, potatoes, rice and bread (yes brown bread also counts).

Fat comes in at 9 calories per gram, that means that your calorie deficit may be easier to achieve by keeping foods which are high in fats to a limit.

6. "Fat burning pills will get you ripped"

Fat loss pills and supplements are everywhere online and media influencer promoting them. Before you go spending your money on fat loss supplements, you need to ensure that all other aspects of your nutrition and taken care-of.

Don't be tricked into thinking fitness models are taking these supplements, yes, they do advertise them on their social media platforms for a commission, their intention is not to help you meet their goals, but to line their pockets.

7. "Fasted cardio"

Cardio gains its popularity with the association it has for losing weight. This does help as doing extra cardio will burn an extra number of calories. Whether you burn calories on a full stomach or with no food in the morning this will not make a difference, calories burnt are simply – calories burnt.

However, we should take into consideration what cardio, not necessarily fasted, can help us with. It can help achieve a calorie deficit, as well as providing numerous health benefits including cardiovascular wellbeing and an increase in stamina.

Guys are quick to moan about how boring cardio is, that's because most people associate cardio with slaving away walking uphill on a treadmill. My advice is to get outdoors and mix things up! Vary the amount of cardio you do, go for a long jog or walk outside, do some hill sprints, play some football or play a game of your favorite racket sport.

Losing fat & getting lean doesn't have to be complicated, as long as its important enough to you, you'll make time for it and fit – it around your lifestyle. So before thinking to try all the fads that are out there and getting 'geeky with all the small things, focus on the three mains mentioned above: calorie deficit, strength training, consistency and keeping it simple.

Mindset & The Lifestyle

This is a big one, yet often gets overlooked. Mindset is actually something that helps massively even before you start!

Most guys (including myself in the past) look at mindset as a modern day 'hype'. However, what no one tell us is that (and what I failed to realise back when) is that you have to go through this step of figuring out why you want to go through this, and clearly understand what has been holding you back in the past. What are the reasons that things HAVE NOT worked out as you would have hoped up to now?

Most guys will have a mental block- also known as self-sabotage switch that goes off. For many guys I work with is making the time to exercise consistency and prepare their meals.

So before starting on your journey, think about these:

Awareness, Acceptance and Responsibility:

- Become aware of your current situation.
- Accept your current reality- weight, scales, waist size etc.
- Take 100% responsibility for your current reality.

Typical Initial responses to taking 100% Responsibility:

- I'm big-boned
- I just can't eat vegetables
- I'm always traveling, its hard for me
- My wife does my cooking
- I don't have time
- I don't have the money
- I've got an injury
- I don't have good genes

Might sound harsh but stop blaming external influences. Your body, your health is 100% down to you. As soon as you realise this and accept responsibility, then you will be empowered to take control and move forward.

The Environment we surround ourselves in can have a massive impact on the food choices we make

For example, it is much more tempting to have a few beers in a beer garden than it is when you're at home, or snacking on junk foods when everyone else is doing the same at the office.

So, the environment we surround ourselves in for most of the day, i.e. work, we need to make sure we are making sure that the environment isn't too detrimental to our nutrition habits.

But how do we do this?

I've put together some tips that will help us move towards our fat loss and strength gain goals we're aiming for.

Take your own packed lunch.

So rather than relying on the canteen or going to the shop where the temptation of buying foods can be really high, and options can be quite limited as well. So by taking your own food with you to work you're going to be in a better position and be more in control of the quality of food you're taking on.

Have a 2-ltr bottle of water with you.

Have a two litre bottle of water on your desk and in the car from the start of the day.

The aim here is to finish that all by the end of the day. A really simple

and easy way to get enough water.

If you find it a struggle to drink enough water, a really cool little thing is to add some fresh lemon or a couple of drops of cordial, this just gives it a hint of flavour and can make drinking water a bit more interesting.

Keep healthy snacks on hand.

If you're a bit of a snacker, try and keep some healthy snacks around you on the desk or in the car. So a couple things you can keep around are: different types of nuts or veg or fruits high in water content, rather than relying on someone who just comes around on a trolley or again, what the canteen has to offer, which can likely be chocolates, biscuits or any other tempting goodies.

Surround yourself with like-minded people

Another simple tip to do is simply surround yourself with people like you who are trying to reach the same goal as you are, weight loss, gaining muscle or performance related. You're all going to be in a fairly similar position where you're aiming for goals which are fitness related, nutrition, weight loss related. You can then be in it together so you're not in it all by yourself, which can be a real struggle sometimes.

So find a group of people who are in a similar position and it makes things a lot easier to be good and be consistent.

Setting a goal and taking the steps

Before starting, make a note on a piece of paper or your phone on how you currently feel about yourself and the way you look.

- How do you currently feel about your physique?
- Do you feel like an inspiration to your family?
- How do you feel about yourself when you look in the mirror?
- How do you feel when you're walking along the beach and you see all these younger and fitter looking guys?

- How do you feel first thing in the morning- are you raring to go or are or would you rather go back to sleep?
- Now, make a record of the following:
- Weight – use scales
- Waist – use a tape measure

Now write down the following sentence – you really have to - it's an important part:

“The way I look and feel about my health and body is a direct result of my previous actions. I’m am totally responsible. But, now I have full control to change things and I am committed to creating long-lasting, healthier habits over the next 12 weeks”.

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2. Have a two litre bottle of water on your desk & in your car from the start of the day.
3. The aim here is to finish that all by the end of the day. A really simple and easy way to get enough water. If you find it a struggle to drink enough water, a really cool little thing is to add some fresh lemon or a couple of drops of cordial, this just gives it a hint of flavour and can make drinking water a bit more interesting.
4. If you're a bit of a snacker, try and keep some healthy snacks around you on the desk or in the car. So a couple things you can keep around are: different types of nuts or veg or fruits high in water content, rather than relying on someone who just comes around on a trolley or again, what the canteen has to offer, which can likely be chocolates, biscuits or any other tempting goodies.
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Accountability

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There's something about taking pictures which inspires us to stay on top of our goals. This helps us feel more accountable to ourselves as well as helping us track the progress of our journey and see where we

can improve as we go along.

Also write your goals down, your daily, weekly and monthly goals. This should include how it is you want to look, how you want to feel? Or it's a personal best you want to achieve.

Just write a goal down try and make it realistic, don't beat yourself up if you don't hit it, just see where you can improve and get back on the wagon.

When you look back at these over the months you'll see the changes in your physique which will give you that all important motivation to keep going.

I want to challenge you so make sure you're writing down your progress and taking pictures and looking back at your progress.

Keep It Simple

The 12-week program is very simple. When I say simple I mean not unnecessarily complicated. There are hundreds of other programs out there that promise to transform in such little time with science and magic. This is not one of them.

People want to reinvent the wheel for some reason. They're afraid that if they don't come with something different people won't buy into it, whereas certain methodologies that have been around for years and are proven to work time and time again are ignored.

When it comes to exercise, the intensity that you work out at is important, but you still have to make sure you complete them properly with good form.

When starting out, let's just get some good habits created before moving onto anything complex. Don't worry about slaving away in the

kitchen and trying to make the perfect meal every time.

This program is specifically for busy men that will not have time to do that sort of thing. Instead focus on fresh ingredients and plenty of water. If you're on the go and need to grab something quick, then just eat a couple slices of meat or a packet of prawns with a bit of salad. Super simple yet super healthy and will keep you focused and alert for hours.

The exercises are also really simple. No need to overdo this. But there is a problem when everything is really easy to do.

Yet this also means it's really easy NOT to do. Don't fall for this trap.

Trust the process. Stay consistent and the results WILL follow.

Progressive Weight Training

Here I want to tell you about the lifting and physical side of your programme and at the same for you to learn through practice and experience yourselves.

Whatever your goals are now and where you're beginning this programme from, you should still be going into the gym and training with intensity. I will also refer to nutrition and where you are with your training and calories, although I'll be writing more about this in later chapters as this plays a part with your training too.

A key thing to remember is that to build muscle you have to break down the muscle fibers. The best drivers of muscle growth you'll find is progressive overload by this I mean putting a greater strain on your muscles, by doing over a given period of time to force it to grow, by putting more of a strain on your muscles over time, gives your body a need to realize and adjust to the demands of the stress you're putting it under.

Some important factors to remember with progressive overload are intensity, frequency and volume. Giving you a brief overview, intensity is what you're giving to your workout and any given repetition you're doing.

Frequency is the amount you train over a given time-frame, I like you to measure this over the week as its easier to plan and monitor. This could be how many times you hit a muscle group in a given time period and also how many times you actually complete a session weekly.

Volume is how many times you hit a muscle in a given workout. For example, you work out on your biceps at a high volume, this could be three sets of twenty repetitions or five sets of ten, this is seen as high volume.

Looking at frequency and volume is something you could aim for example being you hit biceps twice per week with five sets each, performing two

exercises, this can be seen as high frequency and volume. After four weeks doing the same exercises but adding another workout to the week, performing the same exercises can be seen as a progressive overload.

Note however, this is just an example and completing two bicep sessions over the duration of a week is just used as an example, doing this as your main exercises focused is not the best movement to help you burn fat and get lean. There are different muscle splits you can follow over the week, but I'll get into that a bit later.

Training Work Out Day

Now we're going to get into workout splits, this will give you a structure to follow and help you to plan ahead on when and what to do in the gym. This also gives you a good measuring tool to go by so you can measure your progress as you improve.

Here's what we're going to train on each day given and split between muscle groups whilst taking concentric and eccentric movements into consideration.

- Full body
- Upper body
- Lower body
- Cardio day

When starting your quest to reduce belly fat, it's important not to worry too much about hitting specific muscles on each single day. Going for just a 'chest day' or an arms day can be a complete waste, you're not going to optimally grow muscle and shred much fat when you're first starting out unless you're fit into one of the examples previously, this may be possible initially. The best way I can suggest when first starting out is that you'll see great results doing a whole-body workout.

When you go to the gym you'll hit multiple muscle groups, just working each muscle three sets a time, so you might hit a compound back movement, this is when you hit multiple muscles in a given movement, bench press is a great compound movement for example. Bench press will engage muscles such as your chest, triceps and shoulders. A pull up or a deadlift are other examples of compound movements.

You'll be working:

- 2-day whole body split
- 1-day upper body split
- 1-day lower body split

You'll have 1-2 rest days in between workouts, so essentially before you come back around to lower body day again you'll have recovered and the muscle should have repaired itself through good nutrition and rest. This goes for upper too, that's why its beneficial.

A favorite of mine is a push/pull lower body whether you're a beginner or more advanced, here's why, you're getting the most optimal movements covered, you're hitting the biggest muscle groups and obviously if you're training with a lot of intensity that's good too.

So whole body split will consist of push and pull movements coming from upper and lower body muscle groups. Push movements are what it sounds like, everything pushing, for example a push for the upper body can be a chest press, a pull could be a lat-pull-down. A push for the lower body can be a squat and a pull can be a deadlift.

I'll also attach a workout guide of all these sessions along with how you can progress them over 12 weeks and beyond.

I'll also be attaching supplemental resources and supplements which I recommend and use for myself and my clients.

The Importance of Sleep

Now I want to cover the importance of sleep and how it can help you achieve your fat loss goals.

Your body recovers and builds muscle when you sleep, as mentioned previously you don't build the muscle in the gym, there's three components when building muscle, you work out and you're tearing your muscle fibers down, then after that when you eat, when you take on the nutrients when you eat this gives you the refuel that it needs to have energy and building blocks for the muscle to recover and build. Then comes sleep, try and get a minimum of 7 hours sleep a night. Sleep will build muscle and burn fat. Also, its important to mention that when you sleep your hormones re-set. You may notice that if you don't sleep properly you can become more agitated and you get hungrier this can happen because your hormones haven't had a chance to work themselves out which can lead to reaching for foods that contain a high sugar and fat content.

What happens here is that when your body is in this state you won't feel as focused, and you won't have as much energy to push those workouts. The lack of focus with limit the amount of recharge of testosterone.

So, aim to push for 7 hours sleep, may not be as easy with a busy schedule but if you aim to be getting more sleep then over the course of a month or two will make a huge difference in the end. Remember small regular improvements add up to big results!

By also feeling an improvement in your energy levels this will give you more energy in the gym which will add more intensity to your workouts and improve the load on your lifts. You can be eating right and working out every other day but if you're not sleeping right its really going to hinder your results.

Here are a few ways you can use to optimize a good night's sleep:

Optimize your environment. Make your bedroom a place that promotes sleep. Keep all electronics out of your bedroom, darken the room with blackout curtains.

Get to bed at 10pm. Between 10pm-2am you can get the most rejuvenating sleep possible through the optimal hormone secretion and recovery that occurs during those hours. If you can add a few hours stacked on top of those it's a bonus.

Keep cool. Keep yourself cool before going to bed. If you are super-hot, then opt for cold showers in the evening as well.

The Importance Of Nutrition

I now want to stress the importance of nutrition because everything is important, the workouts are important, sleep and recovery are important, but I would argue that nutrition is by far the most important.

Our bodies take the food and nutrients on board and use it to repair new cells and build new muscle, so really focus on what you're taking in, not to say you have to live off chicken and vegetables every day because its 'healthy' but its important to add variation to your diet and as important its all about find a balance and enjoying your lifestyle, if this isn't the case then this will make it difficult for us to achieve and sustain our goals in the long term. During your programme, its all good making consistent and achievable progress, but keeping your healthy eating habits consistent is crucial, just going well for a week and then stopping is not enough time to see any improvements as you'll fall straight back into your previous habits.

I also want to point out that the word healthy is a relative term, you can eat things that you enjoy, and you also want to eat the foods which are 'healthy' but us fitness pros prefer to use the term 'macronutrient dense' or 'micronutrient dense' as a better term.

Macronutrients

We've gone into calories and the tools that can help you stay on track, now I want to go into macronutrients and what's involved with it.

Macronutrients proteins, carbs and fats have different calorie amounts per gram. They also each have different functions and I'll show you what our body utilizes each macronutrient from.

Protein – 4 calories per gram, essential for repairing and building muscle

Carbohydrates – 4 calories per gram, most efficient source of energy for your body

Fat – 9 calories per gram, important for nutrient balance and hormone regulation

Alcohol – 7 calories per gram, pay attention to drinking too many calories****

Protein and carbs both have 4 calories per gram and fat has 9 calories, also included that alcohol has 7 calories per gram, so don't dismiss alcohol calories! Also take into consideration calories you get from fizzy drinks, types of coffee and fruit juices. A lot of people think that a fruit juice is healthy, but if you're looking to shred and you're taking in 500 calories extra per day without realizing from drinks then that's going to have an impact on your daily calorie allowance and macronutrient balance and you'll not going to be seeing any results.

Starting with protein, what you'll need to keep in mind is that it's essential for muscle recovery. Carbs are really the most efficient source of energy for the body and fat is important for nutrient delivery and hormone regulation.

Macronutrients Splits & Balance

What a macronutrient split is the ratio of protein, carbs and fats in your total calories combined. Despite what's out there I don't think there is a specific ratio to follow. However, let's start with protein, when you're starting to lose fat, you want to take a gram-and-a-half of protein per kilogram of bodyweight. So, if you're someone who weighs 80 kilograms, you want to aim to take-in 120 grams of protein per day. That would also equate to 480 calories. Remember there are 4 calories per gram of protein.

So, let's go through another example:

The first thing we want to do is set your protein intake in grams, let's use the previous number of 120 grams, being 480 kcal.

Let's now set your fat intake in grams, let's go with the example of 60 grams of fats which is modest and quite common I find when guys start cutting. So, if 1 gram of fat equates to 9 calories then 60 grams will work out to be 540 calories.

Then with the remaining calories, you have left for your recommended daily calorie allowance you're going to fill that up with carbs.

So, let's say your daily calorie allowance is approx. 2500, and we already have 1020 calories (540 kcal from fats, 480 kcal from protein), then remembering carbs contains 4 calories per gram, then we have 275 gram's allowance per day. This totals to: 2540 kcal daily.

So, for this example, when seeking to lose fat, as rule of thumb I like to start with reducing you calories by 10-15%, so if our maintenance calorie number is 2500 per day, we can reduce that daily calorie intake to around 2200. All you'll have to do is take out 75 grams of carbs per which is 300 kcal or approx. 35 grams of fats which is 315 kcal and this will take you into a daily calorie deficit which will – with consistency put you on the right

path to getting lean.

After one week check your weight and take a note of any visible changes in your physique. After one week if you find yourself not losing any weight, then you're going to reduce your daily intake of calories by another 5%, so in the case of our example this will now be to a round about number 2100 kcal per day.

How To Calculate Your Daily Calorie Expenditure?

A really useful method I use and have used successfully with many of my clients is the Harris Benedict Formula.

The Harris Benedict Equation determines your total daily energy expenditure (calories).

The BMR formula uses the variables of height, weight, age and gender to calculate the Basal Metabolic Rate (BMR).

This tool then uses the Harris Benedict Equation to determine your total daily energy expenditure (calories).

This can be calculated easily on <https://manytools.org/handy/bmr-calculator/> and you can calculate your weight loss number.

How Do I Calculate My Weight Loss Number?

So once you have calculated your daily calorie expenditure from the Harris Benedict Formula, you'll want to compare it to the amount of calories you're consuming per day.

So, for example if you consume 2500 calories per day and your BMR (Basal Metabolic Rate) calculates to 1800.

Taking into consideration your NEAT (Non-Exercise Activity Thermogenesis) and your workouts you'll want to start by taking off 10-15% off your calories to start with, so referring to my example of 2500 calories per day, this will be a 250-400 calorie reduction.

Measuring Progress

Once implementing the above into your lifestyle, you'll obviously need to measure your progress.

Now apart from the traditional method of check the scales regularly there are other ways that will tell you how well you're doing that the scales cannot show you. Some good methods of noticing any changes in your physique are using tape measure around your arms, waist and thighs.

As mentioned photos from different angles are another good way to notice physical changes on a weekly basis and simply seeing how your clothes are fitting are another good way to tell if your are losing fat and building muscle.

Fats

Dietary fats are essential to give your body energy and to support cell growth. They also help protect your organs. Fats importantly help your body absorb some nutrients and produce important hormones, too. Your body definitely needs some fats in your diet.

There are multiple sub fats but for the purpose of this eBook we're going to focus on the two most common fat types being saturated and unsaturated fat.

You don't have to pay attention to these two too much, obviously we want to be choosing more of a healthier fat rather than unhealthy.

However, when starting out or if you've got a high level of fat, main thing

to focus on is the calories you need to be eating and the right ratio of protein, keeping in mind that trans-fats are the bad fat's and we want to avoid consuming too much of that if we can. Trans-fats can be found in fast foods and sweet filled doughnuts and cakes

Carbohydrates

There are two types of carbs.

You have high Glycemic and low Glycemic carbs, what's good to keep in mind is how fast your body metabolizes each one and turns them into energy.

For example, wheat and oats, your bodies going to metabolize those slower and give a steady source of energy over a prolonged period of time whereas something like sweets or a cake will be very fast acting carb and the body will turn that into energy a lot faster but there will be a crash afterwards because being a fast acting carb it doesn't sustain the long dose of energy compared to the previous types.

Something to keep in mind.

Protein

Your protein consumption needs to increase especially after bouts of intense exercise, so increasing your protein intake on days that you exercise is beneficial. Additionally, after strength training reach for a high protein snack or shake shortly after a training session when the muscle is sensitive to nutrients that it can use to repair and grow.

One important thing to realize is eating more protein alone won't necessarily help you shed excess fat in a healthy way. Consuming protein in excessive amounts can still lead to weight gain much like eating excess carbs or fat would, remember protein still contains calories and too much could put unnecessary strain on the kidneys over a long period of time.

But, you can still make protein a pal on your fat loss journey by getting enough of it in your daily diet. Protein helps fill you up as lean protein is a very thermal macronutrient meaning it takes the body a lot more energy to break down therefore resulting in higher calorie burn. MyFitnessPal sets your protein to be 20% of your total calories, which should be enough for the average person for your first three months.

Fibre

Why is Fibre important?

Fibre plays a role in losing fat. Like protein It helps you to feel fuller for longer and adds importance to digestive health and bowel movements.

Fiber in the indigestible parts of plant foods, such as vegetables, fruits, grains and beans. It is a type of carbohydrate that keeps our digestive system healthy. Good sources include wheat bran, corn bran, rice bran, the skins of fruits and vegetables, nuts, seeds, dried beans and wholegrain foods. So be mindful of your fibre intake it's satiating, therefore keeping you feeling fuller for longer – this itself will help you stick to your meal plan and feel more satisfied after eating.

Stay Hydrated

Drinking water is involved in many metabolic processes in our bodies, dehydration can potentially slow down your metabolism, which can halt your progress.

There also is a theory that drinking a glass of water before a meal can help you feel fuller, meaning you eat less calories. A 2009 study by the Department of Human Nutrition, Foods and Exercise in Virginia confirmed this connection, it states that water consumption can actually reduce meal energy intake among middle-aged and older adults.

Being busy throughout the day can prove challenging to remember to get

enough water on board. Here are some things I personally do to keep my daily water levels up. Drink water first thing, You'll be jump-starting your metabolism and helping your brain to wake up by gulping down a glass of water shortly after getting out of bed. Another tip I recommend and do myself is just carry a bottle around with you, in your bag, in the car and just leave one on your desk.

Losing Fat vs Building Muscle

Now guys I want to get into tracking calories in a simple way before beginning to count macronutrient balances. By doing this will enable you to stay in line with your fat loss goals. It also allows you to measure your progress and if you find your goals halting you can make small necessary adjustments to get yourself back on track.

I'm going to go through the ways myself and my clients have achieved great results time and time again. First thing we'll need to find out is how many calories your body needs to take in each day.

A calorie counter like MyFitnessPal is a very easy to use app which nets your calories and macronutrients either by typing in the foods you are consuming or simply scanning the barcode, where then MyFitnessPal pulls up its nutrient and calorie content.

You can find this in the app store, depending on where you live I'm not sure if their available throughout the world. They are however available in the US and UK, but I recommend going to your app store and checking.

What Makes Up Your Daily Calorie Usage

I meet a lot of guys who focus too much on burning calories while their working out, while exercise does make up some of your daily calorie burn, simply existing, moving and digestion also uses calories. So what exactly makes up 'calories-out'

BMR – Basal Metabolic Rate

Your Basal Metabolic Rate (BMR) is the number of calories you would burn if you were asleep all day.

NEAT – Non-Exercise Activity Thermogenesis

NEAT or non-exercise activity thermogenesis are the movements we make when we go about our usual daily activities. NEAT includes the physical movement in our lives that isn't planned exercise or sports—sleeping and eating don't count either. Examples of NEAT include activities such as cooking, shopping, and even small movements such as fidgeting. While it might not seem like a lot, it turns out that NEAT can have quite a substantial impact on our metabolic rates and calorie expenditures. A good way to increase your NEAT daily expenditure is go for a walk, take the stairs or engage in some activity with your kids.

Exercise – Resistance or Cardiovascular exercise

This calorie burn can come from various methods. Number of calories used can depend on the intensity.

Digestion – The Thermal Effect of Food (TEF)

There's no tried and true method exact for figuring out how many calories your body burns while digesting food. The general formula is to multiply the total calories you eat by 10%. So, if you eat 2000 calories a day, you'll burn about 200 calories digesting that food.

A calorie is simply a measurement of energy — the amount of heat required to raise the temperature of a milliliter of water by 1 degree. Your body uses this energy to function.

The caloric amount used to simply survive is known as your basal metabolic rate, or BMR. Activities of daily life, from washing dishes to

showering, also burn some calories and add to your BMR, as does any physical activity you do — whether that's running a marathon or building a house.

Firstly, by gathering some information MyFitnessPal it enables you to see what effects your food consumption is having on your weight. By eating normally or as close to normal as possible over the course of a week and then checking your weight, gives you enough data to adjust your calories. So same foods and same amounts as you would normally eat.

By getting an idea of what you're taking in gives good an indication of what you look like now, regardless of whether that's good or bad or whatever in between.

You never want to aim for more than losing 2kg a week when losing weight. By losing more than that you're going to risk losing muscle. So, let's use this as an example. If you Harris Benedict recommends you eat 2500 calories per day, so for steady fat loss you should be aiming to consuming 2250 calories per day.

So, when cutting weight first I recommend dropping around 10-15 per cent calories a day maximum. When you start to lose weight and then if you stop losing weight for a course of around a week mark, there could be a couple of reasons for that. It can happen, examples could be you may have a lot of water retention or could be down to a type of sodium you're taking on board. I would say give it a week and if you're not losing weight then you may need to drop your calories by another 5-10 per cent.

So, let's get to a couple of scenarios first that could happen to someone. So by going back to our previous example of a guy who requires 2500 calories to lose weight, if his body burns 2500 calories during the day through his body functioning and activity levels and he eats 2500 calories, then he'll maintain his weight. If he eats 3000 calories that's 500 hundred calories more than what his body burns in a day, then he'll gain weight. Now if he eats 500 calories less than 2500 calories what he uses in a day, so that'll be 2000 then yes- he'll lose weight.

You should be aiming to hit your daily calorie numbers each day, doesn't have to be to the exact but use your numbers and a target to aim for. Eating for these goals will give an idea and the knowledge of how many calories you should be eating a day and how to monitor that. I want to go into on how you should be approaching these methods.

Here's the thing with counting calories, when many guys I speak to first start out, their excited and really pumped when they want to do 'this and that' and have all these amazing goals, and they say, "what's the best way I can eat for me to see some amazing goals". The answer is simple, you've got track and monitor your calories, you need to know what you're putting in your body on a daily basis. You don't have to do that every single day and record every single calorie but keep it consistent and will be sustainable.

If you want to be optimal and get the most from your results, you'll need to know what's going in your body on a regular basis. This doesn't need to be as hard as you make it out to be. By using MyFitnessPal, you can even scan a bar code of a packet or box of the foods you consume, and it will come up with the macronutrient content and calculate the calories for you so you don't have to count them yourself. As importantly, counting calories will also give you the knowledge, it can be difficult and a bit of a chore the first week or two, but however, it eventually becomes a habit and you begin to use it without really any effort or much time at all. By going through the process, itself will give you so much knowledge and that experience is paramount.

Having done it myself, you're going to understand how many calories are in certain foods, you'll begin to realize what foods mount up to too many calories, portion sizes and this will in time become more intuitive and effortless. So, you'll not always have to count your calories, eventually you'll know more about portion sizes and particular macronutrient content in foods.

You can also see your macronutrient splits, your carbs, your fats and proteins. I'm a bit low on protein today as you can see. I want to get into some nutrition points and labels. I've put up a random nutrition label to look at:

By going on this page, you can see that the calories count is at the top, so where you can see I've started my cut just at the beginning of Spring as I've just come off a long bulk over the last Winter. I'm currently consuming around 2500 calories compared to 3000 calories when I was building muscle over the past 6 months.

Here you can see that there's 13 calories in each serving (if the serving was 110ml) important thing to look out for is the number of servings in the container, so that calorie number not be the entire packet, there may be two or three servings per container, something to look out for.

So, by referring to the example above there are two servings, there are actually 130 calories in the whole carton. That's something to keep in mind, always make sure you know how many servings there are in there. Then you have how many of those calories come from fats, then breaks down into different types of fats. The great thing about using an app like MyFitnessPal is that it calculates this for you.

Macronutrients

We've gone into calories and the tools that can help you stay on track, now I want to go into macronutrients and what's involved with it.

Macronutrients proteins, carbs and fats have different calorie amounts per gram. They also each have different functions and I'll show you what our body utilizes each macronutrient from.

Protein – 4 calories per gram, essential for repairing and building muscle

Carbohydrates – 4 calories per gram, most efficient source of energy for your body

Fat – 9 calories per gram, important for nutrient balance and hormone regulation

Alcohol – 7 calories per gram, pay attention to drinking calories

Protein and carbs both have 4 calories per gram and fat has 9 calories, also included that alcohol has 7 calories per gram, so don't dismiss alcohol calories! Also take into consideration calories you get from fizzy drinks, types of coffee and fruit juices. A lot of people think that a fruit juice is healthy, but if you're looking to shred and you're taking in 500 calories extra per day without realizing from drinks then that's going to have an impact on your daily calorie allowance and macronutrient balance and you'll not going to be seeing any results.

Starting with protein, what you'll need to keep in mind is that its essential for muscle recovery.

Carbs are really the most efficient source of energy for the body and fat is important for nutrient delivery and hormone regulation.

Example recap:

Going back to our example of a guy who wants to start their cut at 2500 calories:

Recommendations for health to consider

Aim for at least 2 litres of water per day

If you can aim for around 2 litres of water per day that definitely helps or just over. You don't want to drink too much, but 2 litres is a good number to aim for.

Aim for no more than 20 grams of saturated fat per day

Obviously, you can go over on certain days, won't be the end of the world if you do but keep that in mind not to go over too regularly and if you do go over then the next day just get back on track and continue on, but 20 gram's maximum is a good number to aim for. I don't place too much

focus on saturated fat but those are just good numbers to go by.

Aim for at least 20 – 30 grams of fiber per day.

As mentioned fibers great for metabolizing and also keeps you fuller for longer. A good number to aim for is 20-30 grams per day.

Include vegetables or fruit in each meal

Veggies and fruit are very micronutrient dense, containing minerals, vitamins and fiber. They have a high-water content, because of that they fill you up and importantly low in calories! Fruit and veggies definitely play their part. Micronutrients are just as important as macronutrients, they help metabolize, aid hormonal balance and simply help our bodies function on a more optimal level overall.

Aim for more complex carbs

You want to try and aim for complex carbs, yes there is a time and a place for fast acting carbohydrates, don't want to get into science too much but if you are to have fast acting carbs the best time for these will be after your work out. What you're doing when your working out you're breaking down muscle tissue, so after your workout you want to get some good carbs in, that's when your glycogen stores are depleted. I don't want to get into the science and the specifics of certain carbs too much but if you want to look at the glycemic index you can check out this link here: www.glycemicindex.com/. On here you can research certain foods and really delve deep into nutrients and specific optimal timings. Everyone has a different opinion on this but I would say "fast acting" carbs are more beneficial to eat after your workout.

Don't Drink Calories

This is one big mistake I see all the time when guys trying to lose weight they drink too many calories.

Not to say that you need to only drink water forever but especially when you do drink some juices, fizzy drink or alcohol make sure you account for them in your daily calorie targets. Something to think about is you can be eating really well one then and then all of a sudden one or two glasses of one of the above drinks can bump your calories right up for the day, that in effect would put you in a calorie surplus.

Good Macronutrients Food Recommendations

Protein

- Salmon
- Eggs
- White fish
- Beans
- Lentils
- Chicken
- Lean cuts of red meat

Carbohydrates

- Wheat pastas
- Brown rice
- White potatoes
- Sweet potatoes

Fats

- Nuts
- Olive oil
- Avocados

Fruits

- Berries
- Banana's
- Apple

Vegetables

- Broccoli
- Peas
- Peppers
- Spinach
- Cucumbers

Recommended Supplements

First though a bit of a disclaimer, I want to say that you don't need any of these supplements at all. However, if you're finding yourself to not get enough protein or calories in general then you can use these as a top-up.

If there is anything you should be focusing on getting is enough micronutrients and macro dense foods in your diet and of course as mentioned earlier getting your workouts right in the gym and getting enough progressive load in your muscles will in turn yield you the best results whether you're a beginner or at an advanced level.

To the supplements, I use each and every one of these supplements myself and genuinely believe in these.

Protein Supplement:

I'm a big believer in getting enough protein daily, there's nothing better than eating enough of the right foods, however I think protein powder supplements are a great way to supplement your diet- but it is just that- a supplement, and I don't recommend replacing it for food.

This is the shake I use myself Optimum Nutrition Pure Whey is one of the best brands out there as mentioned used by myself and other highly regarded fit pros in the industry. Please also research yourself and check out the reviews for yourself.

So, to summarise, you don't need protein powder as long as your hitting your daily macros from your food then you won't need this. If you're not, then on some days this is a great supplement to give you that 'top-up'.

PRE-WORKOUT

Grenade:

This is not needed whatsoever but I would also mention that when first starting out don't use pre-workout, you don't want to rely on pre-work

every time you train. When you're first starting out I would just go into the gym enjoy it, and get it done. Or I would suggest just try having some caffeine - perhaps, a coffee if you prefer that more. If you do feel you need an extra 'umph' in the gym by all means, try a pre-workout and always read the label. I've shown you Grenade here it's something I use myself.

Full Body Workout Session

Barbell squats 3 x 10

Regressions

Bodyweight squats 3 x 15

Goblet squats 3 x 15

Dead-lifts 3 x 10

Regression

Kettlebell swings 3 x 15

Flat dumbbell press

Regressions

Dumbbell floor press 3 x 12

Chest press machine 3 x 15

Wide grip pull-up 3 x 12

Regression

Wide grip lat-pull-down 3 x 12

Arnold shoulder press 3 x 10

Regression

Dumbbell press 3 x 12

Tricep extension pull-down 3 x 15

Superset

Bicep cable curls 3 x 15

Cardio Workout Session

Option #1

Week 1-3

Jog 1 minute - Walk 1 minute

Week 4-7

Sprint 20 seconds - Walk or stop 40 seconds

Week 8 -12

Sprint 25 seconds - Walk 35 seconds

Option #2

Week 1-4

Low-Medium intensity Uphill Walk - 30 mins

Week 1-5

Low-Medium intensity uphill walk - 45 mins

Week 6+

Cross-Trainer on low-medium intensity uphill walk - 45-60 minutes

Lower Body Workout

Barbell squats 4 x 10 | 90 secs rest

Beginner:

Goblet Squats 3 x 12 | 90 secs rest

Deadlifts 4 x 10 | 90 secs rest

Beginner

Hip Thrust 3 x 12 | 90 secs rest

Lunges 3 x 12 | 120 secs rest

Beginner:

Step-Ups on Bench 3 x 10 | 90 secs rest

Seated Leg Extensions 3 x 12 | 90 secs rest

Beginner 2 x 15 | 90 secs rest

Seated Leg Curl 3 x 12 | 90 secs rest

Beginner 2 x 15 | 90 secs rest

Full Body Workout

Barbell or Chest Dumbbell press 3 x 12 | 90 secs rest

Lateral Pull-Down 3 x 12 | 90 secs rest

Beginner: 2 x 15 | 90 secs rest

Fly Press 3 x 12 | 90 secs rest

Seated Row 3 x 12 | 90 secs rest

Shoulder Military Press or

Seated Dumbbell press 3 x 15 | 90 secs rest

Tricep dips or Rope Extensions 3 x 15 | 90 secs rest

Bicep Curl Barbell 3 x 15 | 90 secs rest

Beginner 2 x 15 | 90 secs rest

Summary

I really want to just end with saying a big thank you. There's a lot of great content in here and if you implement what's written in here, and crucially act on it with putting consistent effort over a period of time you WILL see results.

But here's the thing guys, you have to keep at – it, not just go hard for a month and then give up and lose interest. Its better to go slowly and consistency rather than go all in and completely change your whole lifestyle for a month or so.

Thanks again for reading my eBook and I hope you found a lot of value from it, learnt enough to take you forward with your fat loss and fitness goals, and hope to see you soon!

If you have any additional questions and for more useful content, you can contact me on our social media platforms or via our website.