So you've been working out for a few months, doing the same routine day in and day out.

You've seen some progress, but lately, you feel like you're hitting a plateau.

You're lifting the same weights, running the same distance, and staring at the mirror, wondering why the changes have slowed down.

You want more—you want to build muscle and lose fat, but you're unsure how to push through this rut.

Sound familiar?

If you are nodding your head in agreement then keep reading. Because in this article we will take you through everything you need to know about body recomposition.

By the end of this article, you will be able to map out exactly how you are going to reach your goal of slimming down on your excess fat stores and building muscle at the same time.

***What is Body Recomposition?***

Body recomp (short for body recomposition) means changing your body's fat and muscle amounts.

It's about losing fat and gaining muscle at the same time.

This is different from the old way of first getting bigger (adding muscle and fat) and then getting smaller (losing fat). Body recomp tries to do both at once.

***Spotlight on Fat Loss***

At first, it might sound like "Okay I get it, it's about losing weight". No, actually It's about losing fat.

In case you didn't know your weight is made up of the following:

- Muscle mass
- Fat mass
- Bone mass
- Water
- Organs
- Other tissues (like skin and connective tissue)

Out of these, the focus is on losing fat mass and increasing your muscle mass.

So that's why during body recomp, your weight on the scale might stay the same or even go up.

This is because muscle is denser than fat.

So, as you lose fat and gain muscle, your body will look different. You'll appear more toned and firm.

Your clothes may fit differently, and you might feel stronger, but the scale might not show much change.

But here is the thing about body recomp. It doesn't happen quickly. It needs time and patience.

Since you're trying to lose fat and gain muscle together, you won't see fast changes like with crash diets. Both healthy fat loss and muscle gain happen slowly.

By doing both, you would be choosing a slow but steady path to lasting results.

***Can You Lose Fat and Gain Muscle at the Same Time?***

Yes, you can lose fat and gain muscle at the same time. This is called body recomposition. It requires a careful balance of diet and exercise.

To lose fat, you need to create a calorie deficit. This means eating fewer calories than your body burns.

To build muscle, you need to challenge your muscles through strength training and eat enough protein.

The key is to aim for a small calorie deficit while increasing your protein intake and doing regular strength training. This lets your body use stored fat for energy while giving it what it needs to build muscle.

This process is usually slower than just trying to lose fat or gain muscle separately. It can be harder for people who are already lean or very fit.

Remember, everyone's body responds differently. Factors like age, gender, fitness level, and genetics all play a role.

Body recomp can take several months to show big results. Consistency in both diet and exercise is a must for seeing desired results.

***How to do Body Recomposition?***

To give you a short and simple answer, for body recomp, you need to be doing the following 4 things:

1. Be on a caloric deficit diet.
2. Consuming 1.6 to 2.2 grams of protein per kilogram of body weight.[5]
3. Following a strength training program where you gradually lift heavier weights.
4. Doing some cardio exercise for overall health and to burn extra calories.

But before we get to how you can do each of these things, you need to assess:

***Your Current Body Composition***

Get an accurate measure of your body fat percentage and lean mass.

This can be done through methods like DEXA scans, bioelectrical impedance, or skinfold measurements.

Knowing your starting point is crucial. There are several ways to measure this:

- DEXA scans use low-dose X-rays and are very accurate but can be expensive.
- Bioelectrical impedance uses a weak electric current to estimate body fat. Many home scales offer this feature.
- Skinfold measurements use calipers to measure fat at specific body points. This method is less accurate but widely available.

Choose a method you can repeat easily to track your progress over time.

***Your Current Fitness Level***

Evaluate your current strength and endurance. This will help you design an appropriate workout plan and track progress.

Test your current abilities:

- For strength, record how much weight you can lift for exercises like squats, bench press, shoulder press, and deadlifts.
- For endurance, see how long you can run or cycle at a moderate pace.
- Also note how many push-ups, pull-ups, or sit-ups you can do.

This information helps you create a suitable workout plan and measure improvements.

***Your Dietary Habits***

Analyze your current eating patterns. Understanding your typical calorie and macronutrient intake will help in making necessary adjustments.

Keep a food diary for a week. Write down everything you eat and drink. Use an app or website to calculate:

- How many calories you typically eat
- How much protein, carbohydrates, and fat you consume
- When you tend to eat your meals

This information will help you make informed changes to your diet for body recomposition.

***Your Overall Goals***

It's important to set realistic, specific long-term goals.

Understand that body recomposition is a gradual process, and dramatic changes won't happen overnight.

Be clear about what you want to achieve. Instead of a vague goal like "get fit," set specific targets. For example:

- "Reduce body fat by 5% in 6 months"
- "Increase squat strength by 50 pounds in 3 months"

Remember, healthy body recomposition is slow.

Expect to see noticeable changes in 2-3 months, with significant changes taking 6 months or more.

***How Much Time Can You Commit***

Figure out how much time you can realistically dedicate to exercise and meal preparation.

Look at your weekly schedule. Body recomposition requires consistent effort:

- You'll need about 3-4 hours per week for strength training
- Add 1-3 hours for cardio exercises
- Plan for extra time to prepare healthy meals

***Importance Of Diet In Body Recomp***

Diet plays a crucial role in body recomposition because it's the foundation for both losing fat and building muscle, which are the main goals of body recomp.

I want you to think of your body as a building under construction.

Just as you need the right materials to build a strong structure, you need the right nutrients to build a strong body.

When you're trying to change your body composition, what you eat is just as important as how you work out.

If you don't eat the right foods, you might end up losing muscle instead of fat, or you might not gain the muscle strength and size you're aiming for. It's all about balance.

You need enough protein to repair and grow muscles, especially after workouts.

Carbohydrates are important too, because they give you the energy you need for those workouts.

And healthy fats are essential for your overall health.

But it's not just about the macronutrients (proteins, carbs, and fats).

You also need to think about vitamins and minerals, which help your body in tons of ways, like keeping your bones strong and your immune system fighting off sickness.

In simple terms, your diet during body recomp is like a tailor-made suit. It needs to fit your body's needs perfectly.

Too much food and you might gain unwanted fat. Too little, and you won't have the energy to workout or the nutrients to build muscle.

So, eating the right things in the right amounts is key to changing your body's shape and strength during body recomp.

***Body Recomposition Diet***

During body recomp, your goal is to lose fat and gain muscle, so let's begin with the most important nutrient for building muscle that will be a big part of your diet, which is protein.

***Eat At least 20 - 40 Grams of Protein with Every Meal***

Protein intake during body comp is important because of something called Muscle Protein Synthesis (MPS).

MPS is how your body makes new proteins to fix muscle fibers that get damaged when you exercise.

This process helps muscles grow, and get better at handling physical activity.

In case you didn't know, proteins are made up of smaller units called amino acids. When you consume protein, your body breaks it down into these amino acids, which then enter your bloodstream.

There are 20 different amino acids, nine of which are essential, meaning your body cannot produce them, and they must come from your diet.

One essential amino acid, leucine, is really important for starting MPS. Leucine tells your muscle cells to begin making new proteins.

It activates a key pathway called the mTOR pathway (mammalian target of rapamycin), which is the primary driver of MPS.

The mTOR pathway controls how cells grow and make proteins. When leucine activates this pathway, it makes muscle cells create new proteins faster. This helps repair damaged muscle fibers and grow new muscle tissue.

This leads to the repair of damaged muscle fibers and the growth of new muscle tissue.

Now to stimulate MPS, you need to consume an adequate amount of protein.[1]

We examined several studies done on this and it suggest that consuming at least 20-40 grams of high-quality protein per meal can maximize MPS.[2]

This amount provides enough leucine to fully activate the mTOR pathway.[3]

Now the exact amount may depend on your individual age, gender, and macro distribution, but it is safe to say eating at least 20 grams per meal helps in building and maintaining lean muscle mass, which is exactly what you want during body recomp.

***Here are some of the best sources of protein:***

- **High Protein Sources:** Chicken breast, turkey breast, white fish (e.g., cod, tilapia), shrimp, egg whites, extra-lean beef

- **Vegetarian Sources:** Tofu, tempeh, edamame, lentils, chickpeas, black beans, quinoa, Greek yogurt, cottage cheese, non/low-fat dairy (e.g., milk, cheese, yogurt)
- **Vegan Sources:** Tofu, tempeh, edamame, lentils, chickpeas, black beans, quinoa, seitan, green peas

***Fuel Your Workouts With Adequate Carb Intake***

To build muscle during body recomp, you need to do resistance training—lifting weights or bodyweight exercises that strengthen your muscles over time.

And to perform these workouts effectively, you need to maintain good energy levels.

If you don't fuel your body properly with the right carbs, you won't have the energy to exercise at the necessary intensity.

And to do that, you need to plan your pre-workout and post-workout meals with something that has a good amount of carbs.

When you eat carbs, your body breaks them down into glucose, which is then either used immediately for energy or stored in your muscles and liver as glycogen.

During exercise, especially high-intensity activities like weightlifting or sprinting, your body relies heavily on these glycogen stores for quick energy. This is because glycogen can be rapidly converted back into glucose and used by your muscles without requiring oxygen, making it an efficient fuel source for intense bursts of activity.

When your glycogen stores are low, you might feel tired, fatigued, or unable to perform at your best during workouts. This is particularly important during body recomposition, where you're trying to build or maintain muscle while losing fat. Adequate carbohydrate intake ensures that you have enough energy to push through challenging workouts, which is essential for stimulating muscle growth and burning calories.

Moreover, having sufficient carbs in your system during exercise helps prevent your body from breaking down muscle protein for energy, a process called catabolism. After your workout, consuming carbs helps replenish those depleted glycogen stores, making sure that your body doesn't have to break down muscle protein for energy purposes.

With that being said, here are some healthy sources of carbs:

- **Whole Grains:** Brown rice, quinoa, oats, whole wheat bread, whole grain pasta, barley, bulgur
- **Fruits:** Bananas, apples, berries (strawberries, blueberries, raspberries), oranges, grapes, pineapple, mango
- **Vegetables:** Sweet potatoes, white potatoes, corn, peas, butternut squash, carrots, beets
- **Legumes:** Lentils, chickpeas, black beans, kidney beans, pinto beans
- **Dairy and Dairy Alternatives:** Milk, yogurt, soy milk, almond milk (fortified), coconut milk (fortified)

***Make Sure to Include Healthy Fats***

Some people choose to drastically reduce or eliminate fat from their diet during body recomposition, often driven by the misconception that "eating fat makes you fat" or the desire to create a larger calorie deficit.

This approach, however, is generally a mistake and can hinder progress. By cutting out fat, individuals deprive their bodies of essential nutrients and disrupt important physiological processes.

Fats are important for hormone production, including those involved in muscle growth and fat metabolism such as testosterone and estrogen.

A very low-fat diet can lead to decreased testosterone levels, potentially slowing muscle growth and fat loss.

Plus the satiety hormone leptin which is responsible for making you feel fuller is also released by your fat cells.

Your body needs a daily dose of healthy fats to maintain many bodily functions.

*Without adequate fat intake, people often find their diets less satisfying and harder to stick to, as fat contributes to feelings of fullness and adds flavor to meals.*

This can lead to increased cravings and potential overeating of other macronutrients, particularly carbohydrates.

So make sure to include healthy fats such as the following:

- **Nuts and Seeds:** Almonds, walnuts, pecans, cashews, chia seeds, flaxseeds, sunflower seeds, pumpkin seeds
- **Oils:** Olive oil, avocado oil, coconut oil, flaxseed oil
- **Fruits:** Avocados, olives
- **Fish and Seafood:** Salmon, mackerel, sardines, trout, herring
- **Nut Butter:** Almond butter, peanut butter, cashew butter
- **Dairy and Dairy Alternatives:** Full-fat yogurt, cheese, full-fat milk, Greek yogurt

***Limit or Avoid Processed Foods***

To lose fat and build muscle, eat fewer calories than you burn.

Processed foods hinder this—they're high in calories, low in nutrients, and easy to overeat.

They cause blood sugar spikes, increased hunger, and fat storage.

Whole foods are more filling, nutrient-dense, and support muscle growth.

Eating healthier whole foods helps you maintain a calorie deficit and improve body composition and health.

Minimize or avoid these processed foods:

- **Sugary Snacks and Sweets:** Candy, chocolate bars, cookies, cakes and pastries, donuts
- **Savory Snacks:** Potato chips, pretzels, cheese puffs, crackers

- **Processed Meats:** Hot dogs, sausages, bacon, deli meats (ham, turkey, salami), pepperoni
- **Frozen and Ready-to-Eat Meals:** Frozen pizzas, TV dinners, microwaveable meals, breaded chicken nuggets or tenders, frozen burritos
- **Fast Food Items:** Burgers, fries, fried chicken, pizza, tacos
- **Canned and Packaged Goods:** Canned soups (especially creamy ones), canned pasta, instant noodles, boxed macaroni and cheese, canned chili
- **Beverages:** Soda, energy drinks, sweetened iced teas, fruit juices with added sugars, flavored milk
- **Baked Goods:** White bread, bagels, muffins, biscuits
- **Condiments and Sauces:** Ketchup, mayonnaise, salad dressings (especially creamy ones), BBQ sauce, sweet and sour sauce
- **Breakfast Foods:** Sugary cereals, instant oatmeal with added sugars, Pop-tarts, breakfast bars, and granola bars (with added sugars)
- **Dessert Items:** Ice cream, pudding cups, sweetened yogurt

***Body Recomp Calorie Calculation***

Here's a step-by-step guide to calculating your calorie intake for body recomp:

***Step 1 - Calculate your maintenance calories***

Maintenance calories are the number of calories you need to consume daily to maintain your current weight.

The Mifflin-St. Jeor equation is a widely respected method:

**For men:** (10 × weight in kg) + (6.25 × height in cm) - (5 × age in years) + 5

**For women:** (10 × weight in kg) + (6.25 × height in cm) - (5 × age in years) - 161

After calculating this basal metabolic rate (BMR), multiply it by an activity factor:

- **Sedentary** (little to no exercise): BMR × 1.2
- **Lightly active** (1-3 days/week): BMR × 1.375
- **Moderately active** (3-5 days/week): BMR × 1.55
- **Very active** (6-7 days/week): BMR × 1.725
- **Extra active** (very intense exercise): BMR × 1.9

Be honest about your activity level.

Consider not just structured exercise, but also daily activities like walking, housework, or active jobs.

This affects your calorie needs and how aggressively you can pursue body recomp.

***Step 2: Adjust for Activity Levels***

Whatever number you get, the next step is to adjust it based on what kind of physical activity you will be doing on a given day.

Here is an example

***On Strength Training Days: Increase Calories By 5-15% Above Maintenance.***

On these days, your body needs extra energy and nutrients to support muscle protein synthesis (MPS) triggered by resistance training.

The slight caloric surplus provides the necessary building blocks for muscle repair and growth.

Research shows that MPS can remain elevated for up to 24-48 hours post-exercise, justifying the increased calorie intake.[4]

The surplus also helps replenish glycogen stores depleted during intense workouts, supporting recovery and performance in subsequent sessions.

So If your maintenance calories are 2200 calories, you can aim for 2310 to 2530 calories on strength training days.

***On Cardio Days: Eat At Maintenance Level.***

Cardiovascular exercise typically burns more calories than strength training but doesn't stimulate MPS to the same extent.

Eating at maintenance on these days ensures adequate energy for the workout and recovery without promoting fat storage.

This approach allows you to benefit from the calorie-burning effects of cardio while maintaining muscle mass.

***On Rest Days: Decrease Calories By 5-10% Below Maintenance.***

On non-training days, your body's energy demands are lower. The slight caloric deficit encourages the body to tap into fat stores for energy, promoting fat loss.

This deficit is small enough to avoid significant muscle catabolism, especially when combined with adequate protein intake.

So again, if your maintenance calories are 2200 calories, you can shoot for 1980 to 2090 calories on rest days.

***For Aggressive Weight Loss: Decrease Calories By 5-10% Below Maintenance on All Days.***

If you have a lot more fat to lose and are less concerned with building muscle, then you can set your calorie level to be lower on all days.

The benefit of this method is you lose weigh much faster than the other methods. The disadvantage is you might have lower energy levels and it becomes harder to build muscle at the same time.

This method may also be harder to be consistent with over time.

***Step 3: Calculate Your Macronutrient Ratio***

**For Protein:**

- Multiply your body weight in kg by 1.6 - 2.2g [6]
- Each gram of protein contains 4 calories

Example: 70kg person aiming for 2g/kg = 140g protein = 560 calories from protein

**For Fat:**

- Multiply your body weight in kg by 0.5-1g
- Each gram of fat contains 9 calories

Example: 70kg person aiming for 0.8g/kg = 56g fat = 504 calories from fat

**Calculate carbohydrate intake:**

- Subtract protein and fat calories from your total daily calorie target
- Divide the remaining calories by 4 (as each gram of carbs contains 4 calories)

**Example:** If total calories are 2000, and 560 are from protein and 504 from fat: 2000 - (560 + 504) = 936 calories left for carbs 936 ÷ 4 = 234g of carbs

So based on these calculations your macronutrient ratio will be

- **Protein** (560/2000 = 28%),
- **Fat** (504/2000 = 25%),
- **Carbs** (936/2000 = 47%)


***Body Recomp Meal Plan***

Keep in mind that the meal plan provided here is just an example. While you are free to adapt the recipes to suit your preferences and needs, your exact calorie and macronutrient requirements will depend on your individual factors.

So make sure to adapt a meal plan that is customized to your individual needs with the help of a professional nutritionist for accurate results.

With that in mind, here's a sample body recomposition meal plan based on a 2000-kcal intake.

| Mealtime | Meal Description | Carbs (g) | Protein (g) | Fat (g) | Calories |
|---|---|---|---|---|---|
| **Breakfast** | Protein-packed Omelette | 30g | 30g | 15g | 365 |
| | 3 egg whites and 1 whole egg | | | | |
| | ½ cup spinach | | | | |
| | ¼ cup diced bell pepper | | | | |
| | ¼ cup crumbled feta cheese | | | | |
| | 1 slice of whole-grain toast | | | | |

| Mealtime | Meal Description | Carbs (g) | Protein (g) | Fat (g) | Calories |
|---|---|---|---|---|---|
| **Lunch** | Grilled Chicken Sandwich with Side Salad | 40g | 40g | 15g | 500 |
| | 6 oz grilled chicken breast | | | | |
| | 2 slices whole wheat bread | | | | |
| | 1 slice of cheese | | | | |
| | Side salad (lettuce, tomatoes, cucumber, olive oil/vinegar dressing) | | | | |

| Mealtime | Meal Description | Carbs (g) | Protein (g) | Fat (g) | Calories |
|---|---|---|---|---|---|
| **Dinner** | Sirloin Burger with Baked Potato | 60g | 35g | 18g | 600 |
| | 4 oz sirloin burger (90% lean) | | | | |
| | 1 whole wheat bun | | | | |
| | 1 medium baked potato with 1 tablespoon shredded cheese and 1 tablespoon low-fat sour cream | | | | |

| Mealtime | Meal Description | Carbs (g) | Protein (g) | Fat (g) | Calories |
|---|---|---|---|---|---|
| **Pre-Workout Snack** | ½ cup nonfat Greek yogurt, apple with 1 tablespoon nut butter | 20g | 10g | 10g | 200 |
| **Post-Workout Snack** | Whey Protein Shake with Bread and Jam | 30g | 25g | 2g | 250 |

| **Totals** | |
|---|---|
| **Nutrient** | **Amount** |
| Protein | 135 g |
| Carbs | 180 g |
| Fat | 60 g |
| Calories | 2015 kcal |

***Body Recomposition Workout***

Whether you are working out at the gym or doing home workouts, if you want to build muscle, your body recomposition routine should include the following elements in your weekly exercise schedule:

***Resistance Training***

Resistance training forms the backbone of any successful body recomposition program.

This type of exercise involves working your muscles against a force or weight, which can include free weights, machines, resistance bands, or even your own body weight.

The primary goals of resistance training in body recomposition are:

1. Building and maintaining lean muscle mass
2. Increasing overall strength
3. Boosting metabolic rate

For ideal results, you have to include resistance training atleast 3-4 times per week, allowing at least one day of rest between sessions for muscle recovery.

Each session should last about 45-60 minutes and target all major muscle groups over the course of a week.

We ll talk about which specific exercises you can do later on.

***Progressive Overload***

While this is not an exercise, it is a must during body recomp.

To continue building muscle, you need to progressively increase the demands on your musculoskeletal system.

This can be done by increasing the weight, changing the sets/reps, adjusting rest periods, or modifying the exercise itself to make it more challenging

Methods to implement progressive overload:

- **Increasing weight:** Add small increments of weight (2.5-5 lbs) to your lifts as you get stronger.
- **Increasing volume:** Perform more total repetitions, either by adding sets or reps per set.
- **Improving form:** Focus on perfecting your technique, which can lead to more effective muscle engagement.
- **Decreasing rest time:** Shorten the rest periods between sets to increase workout intensity.
- **Increasing frequency:** Add an extra training session per week if recovery allows.
- **Changing tempo:** Alter the speed of your repetitions, e.g., slower eccentric (lowering) phase.

Implement progressive overload gradually and consistently. Aim to progress in at least one aspect every 1-2 weeks.

***Compound Lifts***

Compound lifts are strength-training exercises that work multiple muscle groups at the same time.

Unlike isolation exercises, which target a single muscle group, compound lifts such as squats, deadlifts, bench presses, and rows engage several muscles simultaneously.

This makes them highly efficient for building strength and muscle mass, as they mimic natural movements and allow for the use of heavier weights.

For body recomposition, this is ideal because they provide a high level of muscle activation, leading to increased calorie burn and improved metabolic rate.

By engaging large muscle groups you can:

- Stimulate a greater hormonal response, particularly growth hormone and testosterone
- Burn more calories due to the engagement of larger muscle groups
- Improve overall strength and functional fitness
- Save time by working multiple muscles in a single exercise

**Key compound lifts to include in your routine:**

***Squats***

- **Muscles Worked**: Quadriceps, hamstrings, glutes, calves, core
- **Variations**: Back squats, front squats, goblet squats

***Deadlifts***

- **Muscles Worked**: Hamstrings, glutes, back, core

- **Variations**: Conventional, sumo, Romanian

***Bench Press***

- **Muscles Worked**: Chest, shoulders, triceps
- **Variations**: Barbell, dumbbell, incline, decline

***Overhead Press***

- **Muscles Worked**: Shoulders, upper chest, triceps
- **Variations**: Standing barbell, seated dumbbell

***Pull-ups/Chin-ups***

- **Muscles Worked**: Back, biceps, core
- **Variations**: Wide grip, close grip, neutral grip

***Rows***

- **Muscles Worked**: Back, biceps, shoulders
- **Variations**: Barbell rows, dumbbell rows, cable rows

Include 3-4 of these compound lifts into each workout session, performing 3-5 sets of 6-12 repetitions for each exercise.

Adjust the weight and volume based on your current strength level and goals.

***Combining with HIIT***

While lifting heavy weights is crucial for building muscle, it may not be enough on its own to change your body composition, particularly if your goal includes losing fat.

This is where HIIT comes in.

HIIT involves short bursts of intense exercise followed by brief recovery periods, typically lasting 15-30 minutes per session.

***Benefits of HIIT for body recomposition:***

- Efficient fat burning during and after the workout (due to EPOC - Excess Post-exercise Oxygen Consumption)[7]
- Preservation of lean muscle mass[8]
- Improved cardiovascular health and endurance[9]
- Time-efficient workouts

***Incorporating HIIT Into Your Workout Plan***

1. **Frequency:** You can add 2-3 HIIT sessions per week, ideally on days when you're not doing heavy resistance training.
2. **Duration:** Keep sessions between 15-30 minutes, excluding warm-up and cool-down.

3. **Work-to-rest ratio:** Common ratios include:some text
    - 1:1 (e.g., 30 seconds work, 30 seconds rest)
    - 1:2 (e.g., 20 seconds work, 40 seconds rest)
    - 2:1 (e.g., 40 seconds work, 20 seconds rest)
4. **Exercises:** Include a mix of:some text
    - Bodyweight exercises: Burpees, mountain climbers, jump squats, push-ups
    - Cardio activities: Sprinting, cycling, rowing, jumping rope

Gradually increase the intensity and duration of your HIIT workouts as your fitness improves.

Always listen to your body and adjust the workout intensity as needed to prevent overtraining.

***What about Cardio?***

Cardio does have a specific and strategic role in body recomposition.

But it's not the central focus, as resistance training is, it complements the muscle-building process by aiding in fat loss.

The key is to include cardio in a way that supports muscle gain while enhancing fat burning.

For body recomposition, the type and amount of cardio should be carefully considered.

If you are spending a lot of time running outdoors or on the treadmill at low intensities, you could actually be doing more harm than good when we look at it from body recomp perspective.

Because this can lead to muscle adaptations that may not align with muscle-building goals.

These adaptations can make the muscles more efficient at endurance, potentially at the expense of strength and size.

High-intensity interval Training (HIIT) is much more preferable for body recomposition because it can help you burn fat and can also elicit a strength response, activating the muscles in a way that is complementary to resistance training.

For cardio purposes, Moderate-Intensity Steady-State Cardio (MISS) is a suitable option.

This form of cardio involves maintaining 60-70% of your maximum heart rate, striking a balance between intensity and duration.

It's good for burning calories without pushing the body into an endurance adaptation that could hinder muscle gain.

MISS can be incorporated on off-days or after lifting sessions to boost calorie expenditure without compromising the muscle-building process.

You could include this 2 - 3 times in your weekly workout plan.

***Body Recomposition Workout Routine***

Here is a sample workout routine for 8 weeks. This workout is split into cycles of 2, with each cycle lasting for 4 weeks.

Keep in mind, that this workout plan is intended as a general guideline and may not suit everyone's specific needs.

Since everyone has unique goals, physical capabilities, and health considerations, it's crucial to discuss any new workout regimen with your personal trainer to ensure it's the right fit for you.

***Cycle 1: Weeks 1-4***

***Monday: Upper Body Strength***

- **Warm-up:** 10 minutes of dynamic stretching
- **Workout:**some text
    - Bench Press: 4 sets of 6 reps
    - Bent Over Row: 4 sets of 6 reps
    - Overhead Press: 4 sets of 6 reps
    - Pull-Ups: 4 sets to failure
    - Dumbbell Tricep Extension: 3 sets of 8 reps
    - Bicep Curls: 3 sets of 8 reps
- **Cool-down:** 10 minutes of static stretching

***Tuesday: Lower Body Strength***

- **Warm-up:** 10 minutes of dynamic stretching
- **Workout:**some text
    - Squats: 4 sets of 6 reps
    - Deadlifts: 4 sets of 6 reps
    - Lunges: 3 sets of 8 reps per leg
    - Leg Press: 3 sets of 8 reps
    - Calf Raises: 3 sets of 15 reps
- **Cool-down:** 10 minutes of static stretching

***Wednesday: Cardio + Core***

- **Warm-up:** 10 minutes of light cardio
- **Workout:**some text
    - HIIT Cardio: 30 minutes (1 minute high intensity, 1 minute low intensity)
    - Plank: 3 sets of 1 minute

    - Russian Twists: 3 sets of 20 reps
    - Leg Raises: 3 sets of 15 reps
    - Bicycle Crunches: 3 sets of 20 reps
- **Cool-down:** 10 minutes of static stretching

***Thursday: Upper Body Hypertrophy***

- **Warm-up:** 10 minutes of dynamic stretching
- **Workout:**some text
    - Incline Dumbbell Press: 3 sets of 12 reps
    - Seated Cable Row: 3 sets of 12 reps
    - Lateral Raises: 3 sets of 15 reps
    - Face Pulls: 3 sets of 15 reps
    - Tricep Dips: 3 sets of 12 reps
    - Hammer Curls: 3 sets of 12 reps
- **Cool-down:** 10 minutes of static stretching

***Friday: Lower Body Hypertrophy***

- **Warm-up:** 10 minutes of dynamic stretching
- **Workout:**some text
    - Front Squats: 3 sets of 12 reps
    - Romanian Deadlifts: 3 sets of 12 reps
    - Bulgarian Split Squats: 3 sets of 12 reps per leg
    - Leg Curls: 3 sets of 15 reps
    - Seated Calf Raises: 3 sets of 15 reps
- **Cool-down:** 10 minutes of static stretching

***Saturday: Full Body Functional***

- **Warm-up:** 10 minutes of dynamic stretching
- **Workout:**some text
    - Kettlebell Swings: 3 sets of 15 reps
    - TRX Rows: 3 sets of 12 reps
    - Battle Ropes: 3 sets of 30 seconds
    - Medicine Ball Slams: 3 sets of 15 reps
    - Box Jumps: 3 sets of 12 reps

- **Cool-down:** 10 minutes of static stretching

***Sunday: Rest or Active Recovery***

- **Activity Options:**some text
    - Light Yoga: 30-60 minutes
    - Stretching: 30 minutes
    - Walking: 30-60 minutes

*NOTE: Listen to your body, if it feels like its too much, then take an extra rest / active recovery day in the middle of the week.*

***Weeks 5-8 (Cycle 2)***

***Monday: Lower Body***

- Front Squats: 4 sets of 6-8 reps
- Bulgarian Split Squats: 3 sets of 10-12 reps per leg
- Leg Extensions: 3 sets of 12-15 reps
- Standing Calf Raises: 3 sets of 15-20 reps

***Tuesday: Upper Body Push***

- Incline Bench Press: 3 sets of 8-10 reps
- Dumbbell Shoulder Press: 3 sets of 10-12 reps
- Dips: 3 sets of 10-12 reps
- Lateral Raises: 3 sets of 12-15 reps

***Wednesday: Cardio + Core***

- HIIT Cardio: 30 minutes (1 minute high intensity, 1 minute low intensity)
- Ab Wheel Rollouts: 3 sets of 10-15 reps
- Bicycle Crunches: 3 sets of 20-30 reps
- Plank Holds: 3 sets of 60 seconds

***Thursday: Upper Body Pull***

- Weighted Pull-ups or Lat Pulldowns: 3 sets of 6-8 reps
- T-Bar Rows: 3 sets of 8-10 reps
- Seated Cable Rows: 3 sets of 10-12 reps
- Hammer Curls: 3 sets of 12-15 reps

***Friday: Lower Body + Core***

- Sumo Deadlifts: 4 sets of 6-8 reps
- Goblet Squats: 3 sets of 12-15 reps
- Glute Ham Raises: 3 sets of 10-12 reps
- Step-ups: 3 sets of 10-12 reps per leg
- Pallof Press: 3 sets of 12-15 reps per side
- Dragon Flags: 3 sets of 8-10 reps

***Saturday: Full Body HIIT Circuit***

- Perform 4 rounds of the following circuit, take breaks of 30 seconds after each exercise:some text
    1. Box Jumps: 10 reps
    2. Push-ups: 15 reps
    3. Dumbbell Rows: 12 reps per arm
    4. Jump Squats: 20 reps
    5. Battle Ropes: 30 seconds

***Sunday: Rest***

*NOTE: Listen to your body, if it feels like its too much, then take an extra rest / active recovery day in the middle of the week.*

***BONUS HIIT Workout for Body Recomp***

Here's a bonus HIIT workout that you can incorporate into your body recomposition routine.

***Warm-Up (5 Minutes):***

- Jumping Jacks: 1 minute
- Arm Circles: 1 minute
- High Knees: 1 minute
- Leg Swings: 1 minute (30 seconds each leg)
- Light Jog: 1 minute

***HIIT Workout (20 Minutes):***

Perform each exercise at high intensity for 40 seconds, followed by 20 seconds of rest. Repeat the circuit 4 times.

**1. Burpees**

- **Instructions**: Start in a standing position, drop into a squat with your hands on the ground, kick your feet back into a plank position, return your feet to the squat position, and jump up explosively.

- **Duration**: 40 seconds
- **Rest**: 20 seconds

**2. Mountain Climbers**

- **Instructions**: Start in a plank position, then alternately drive your knees towards your chest as quickly as possible.
- **Duration**: 40 seconds
- **Rest**: 20 seconds

**3. Jump Squats**

- **Instructions**: Perform a squat, and then jump up explosively, landing softly and immediately going into the next squat.
- **Duration**: 40 seconds
- **Rest**: 20 seconds

**4. High Knees**

- **Instructions**: Run in place, bringing your knees up to hip level as quickly as possible.
- **Duration**: 40 seconds
- **Rest**: 20 seconds

**5. Push-Ups**

- **Instructions**: Perform a standard push-up with your hands shoulder-width apart, lowering your body until your chest nearly touches the floor, then pushing back up.
- **Duration**: 40 seconds
- **Rest**: 20 seconds

**6. Sprint Intervals**

- **Instructions**: Sprint at full speed for the duration of the exercise.
- **Duration**: 40 seconds
- **Rest**: 20 seconds

***Cool-Down:***

- Light Jog or Walk: 2 minutes
- Stretching: 3 minutes (focus on major muscle groups: legs, arms, back, and shoulders)

***FAQ for Body Recomposition***

***Is HIIT good for body recomposition?***

Yes, HIIT (High-Intensity Interval Training) can be very effective for body recomposition. It helps burn calories and fat while preserving muscle mass. HIIT can boost your metabolism, improve insulin sensitivity, and increase fat oxidation. When combined with proper strength training and nutrition, HIIT can contribute significantly to body recomposition goals.

***How can I speed up my body recomposition?***

To speed up body recomposition:

- Maintain a slight calorie deficit
- Consume adequate protein (1.6-2.2g per kg of body weight)
- Focus on progressive overload in strength training
- Include both resistance training and cardio
- Ensure proper recovery and sleep
- Stay consistent with your diet and exercise routine
- Consider incorporating intermittent fasting
- Manage stress levels

***Which diet is best for body recomposition?***

There's no one diet for body recomposition, but some approaches include:

- High-protein diet
- Balanced macronutrient approach (40% carbs, 30% protein, 30% fat)
- Carb cycling
- Mediterranean diet

The key is to find a sustainable diet that provides adequate protein, controls calories, and includes a variety of nutrient-dense foods.

***Is a low-carb diet good for body recomposition?***

A low-carb diet can be good for body recomposition, especially for those who are insulin resistant or have a significant amount of fat to lose. However, it's not necessary for everyone. Moderate to high-carb diets are easier to follow and sustain, and if you are doing high-intensity workouts, it is preferable to include plenty of carbs in your diet.

***Should I do cardio during body recomposition?***

Yes, including cardio in your body recomposition plan can be beneficial. Cardio helps create a calorie deficit, improves cardiovascular health, and can enhance recovery between strength training sessions. But the kind of cardio you do is important too. Too much slow-intesity cardio can interfere with muscle gain. A combination of HIIT and medium-intensity steady-state cardio, a couple of times a week, can be effective for most people during body recomposition.