

Moths of Steel

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About: This manual aims to be a good beginner guide that lays out the training and dieting techniques I've used as well as give a basic rundown of many topics people often hear when undergoing a weight loss journey. While I cannot guarantee that you will see the same results I have by following this guide, I do believe that by following it you will see serious improvements to your physical and possibly even your emotional health. Lastly I am by no means a professional trainer and encourage people to do their own research. However, the information here can be backed up by legitimate sources and have been tested by myself before being written.

Overview: this manual will be split into three main parts. Supplements, Routines, and Diet it is encouraged that readers read all three parts.

Supplements

I wanted to start here because some supplements are a source of slight controversy and many questions. So I will begin by stating the only form of supplements I take: adult multivitamins, whey protein powder, and the occasional pre-workout. I do not take creatine, any kind of steroid, or testosterone boosters.

Now there's a lot of questions about creatine, and I'll go through some of the more common ones. I'm very simplified terms, creatine is a performance-enhancing supplement that causes body water to inflate your muscles and let you lift heavier weights for longer. There is some debate on possible harmful side effects of creatine and whether it's caused by taking it correctly or not. I advise anyone interested in taking creatine or any other kind of legal performance enhancers to please do your own research and decide if you think it's right for you on your own.

Now onto the ones I take, which are thankfully much more straightforward; multivitamins don't need much explanation. Even if you're not going on a fairly strict diet like mine, I recommend taking a daily multivitamin since it's rare for any diet to consistently meet your daily intake of vitamins. For whey, whey is simply concentrated protein in a powder and then mixed with water to create a milk-like drink. The average serving will account for about 60% of your daily protein intake. It's also essential to buy one that doesn't contain soy as it is known to be harmful to muscle growth. I personally recommend Body Fortress. Protein plays a massive role in building muscle, so naturally, protein powder is a big help on your journey to physical improvement.

Routines

I will share some videos of good beginner full-body workouts that hit the majority of your muscles with both weights and calisthenics, as well as a complete routine for the gym. This section will consist of a lot of links to simple videos to help assure proper form. In addition, I will show videos about mistakes to avoid and some yoga to do on off days or as a warm-up. I strongly recommend you watch everything and mix both weights and calisthenics and find what balance of the two works best for you.

Weights: if you have some weights, then I strongly recommend the videos posted by Cyrus Pichler here <https://www.tiktok.com/@cyrus.pichler/video/6902950967847832837>. He breaks down things in a speedy and easy-to-understand way. For a more thorough routine, I recommend this video by Buff Dudes Workouts which only requires dumbbells <https://m.youtube.com/watch?v=LpF7hn0ZPWg>. Another piece of great home equipment is the resistance band abs he's a great full body routine with one by Bodybuilding.com <https://m.youtube.com/watch?v=GMMsCZ-fynI>

Calisthenics: for those without equipment and/ or stuck at homes, I recommend this video by Bullyjuice <https://m.youtube.com/watch?v=8tmLAVyiuXs> he gives a basic rundown. Also, please do not attempt the handstands. He just likes to do that to show he knows what he's doing and is not part of the routine. Also, with how often I get requests for ab routines, I feel it necessary to share the video I based my abdominal workout on <https://m.youtube.com/watch?v=IN6mLO5vqC8>

Gym: this video is long but gives a good basic overview of getting a full-body workout at the gym by Naomi Kong <https://m.youtube.com/watch?v=ySwgYYgRZvE>. I strongly recommend it for those new to going to the gym.

Mistakes to avoid: here is a good video by Sean Nalewanyj on lifting mistakes and advice to avoid in the gym <https://m.youtube.com/watch?v=q9Cux6Ed20g>

Yoga: here is a great beginner yoga video that's good for burning belly fat by Your Yoga Gym https://m.youtube.com/watch?v=k_nK89g-69w as well as one for warming up by SarahBethYoga <https://m.youtube.com/watch?v=ftLAqXeOJ8k>

Diet

Yes, the dreaded D-word! Dieting is often portrayed as this scary and complicated thing that deprives you of happiness by having you cut out all the foods you love and keep track of every micro you eat. However, you honestly don't really need to do most of that too seriously to improve yourself. Doing easy stuff like replacing chips with baby carrots or cutting out soda makes a big difference in the long run. You can also see this as a chance to improve your culinary abilities as knowing how to cook opens a lot of tasty options for you! I'm living proof of this. While I work out almost daily, I wouldn't have lost all the weight if I had kept to my old diet. So I'm going to run through all three meals of the day plus snacks. I'll say what I usually go for. While lunch and dinner are pretty interchangeable, I'm gonna lay out lunch as if you're eating at work and only have about 30 mins to eat lunch. I'll also be touching on eating regiments like bulking, calorie deficits, and finally what macros are and how to get a decent calculation of how many you should personally take each day.

Breakfast

Eggs: eggs are low calorie, high in protein, and are incredibly versatile. Scrambled, sunny side up, omelets, the list goes on. They also pair well with almost any vegetable, which is always a great way to improve taste and nutritional value. I normally eat my eggs with a side of microwaved turkey sausages.

Oatmeal: Oatmeal is by far the healthiest way to take in your carbs due to glycemic index which with hunger and fat loss, high fiber, and isn't nearly as processed as other carbs

Cereal: while most cereal is a sugary pile of empty calories, some healthy opinions are out there. There are some high protein/ keto friendly cereals out there but unfortunately most are on the more pricey side.

While I put a lot of emphasis on eating a high protein diet many experts agree that it's smart to eat most of your protein at the start of the day since this will be what your body first feeds on throughout the day.

Breakfast is also when I usually take my multivitamin.

Lunch and Dinner

Microwave meals: there's no shortage of healthy microwave meals for you to choose from while staying reasonably cheap. Just keep an eye on the nutritional facts on the box to find the best fit.

Tuna: Almost everything about tuna makes it an ideal pick for dieting. Tasty, cheap, low calorie, and filled with protein and omega-3 (which boosts your metabolism). However there is the concern that most canned tuna contains microplastics. For this reason I personally tend to avoid canned tuna and only eat it from other sources once a week at most.

Salad: a nice simple salad made with mixed greens, leftover chicken, and other veggies is never a wrong choice for a work lunch. I will say you should avoid adding dressings. If you must add something, I recommend balsamic vinegar.

Dinner

Meat: While most meats will be a vital part of your diet if your goal is weight loss chicken will be your go to throughout your journey. The reason why is because meats are the most common natural source of protein.

Chicken: a big player in pretty much any diet, chicken is high in protein and versatile with many creative ways to keep your Diet from tasting boring! Like most food items, you'll want to buy chicken in bulk. Personally, I buy a 5 pack of chicken breast for about \$10, then cut them in half and cut the fat out. I then place each piece in a plastic baggie and freeze them. When preparing the chicken, I recommend tenderizing it to flatten it out; this helps cook it faster and keeps it from drying out. Also, don't be afraid to marinate the chicken. Chicken is highly versatile, so feel free to surf the web and find what looks healthy and tasty. Personally, I like marinating my chicken in teriyaki marinade, shredding it, and sautéing it with veggies.

Snacks

Fruit and veggies: I don't need to explain why eating fruits and veggies is a good idea. Just lay off the ranch. If you're eating vegetables, if you really need something to add flavor to vegetables, I recommend something like Laughing Cow cheese. A personal favorite is a banana with peanut butter, broccoli and carrots are a fantastic way of satisfying the urge to crunch on something. Others include sugar-free apple sauce and sugar-free fruit cups.

Protein bars: these are high in protein and an excellent way to feel like you're having a treat since they often taste like candy bars. However it is very important to keep an eye on the nutritional facts on them as there are some protein bars that are basically candy bars with how much sugar and how little protein is actually in them.

Cheats: Personally I find it easy to resist the urge to cheat by finding small simple things that satisfy my cravings such as taking a bar of dark chocolate and breaking it into small one inch square pieces and having a square once a day or freezing a cup of greek yogurt with a popsicle stick as a substitute for ice cream. These are usually enough to fill a craving but small enough that you're likely to burn off the calories by just walking. However there will obviously be times where the craving for a burger or pizza is too much and you will crack under the pressure. Obviously you can get away with having the occasional cheat meal. I recommend you try to limit it to about once a week depending how strict you want to be. Also, as a footnote, I recommend deleting apps like Grub Hub off your phone while dieting to avoid temptations.

Calorie Deficit: calorie deficits are a pretty simple concept. Still, they can be tricky to actually do if you don't have the proper setup, but luckily that's what this manual is for. In simple terms, a calorie deficit is a form of fasting where you eat about 300-500 fewer calories daily (based on a typical 2000-2500 calorie daily intake). The main problem with fasting most of the time is that your body will think it's starving, and will start to eat away at muscle as well as fat in order to fuel itself. A calorie deficit avoids this by giving you enough to function as you normally would while still burning fat. Obviously, counting calories is a significant part of a deficit, but that can easily be done with a calorie calculator like <https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>, which is used by my friend Reigenomix. Also, don't worry if you end up going something like 50-100 calories over or under one day, it will not throw you off.

Bulking: bulking is basically the opposite of a calorie deficit, where you consume an excess of calories to put on weight to build more muscle mass. Bulking comes in two variants clean and dirty. Dirty is just eating whatever you want without much regard for nutrients (i.e., fast food) and is generally harmful in the long run. While clean is sticking to a healthier but still higher calorie diet to avoid unwanted fat and is usually better in the long run. After you've put on about 4-6 weeks of bulking, you will move on to the next step, which is cutting. Cutting is basically going into a calorie deficit to burn off the body fat from bulking while keeping the muscle mass you've

gained. When cutting, you generally can expect to lose 1-2 pounds a week if done correctly. Bulking is more complicated than a calorie deficit and should only really be done if you are closer to an average or lower BMI. I actually haven't tried it myself, so I heavily recommend researching it more yourself if you want to give it a try.

Macros: When macros (macronutrients) come up in discussions about dieting it's in reference to the nutrients our body needs to function and the amount of them our body needs to gain muscle as well as lose fat. A common mistake people make in regards to macros is they tend to hyperfixate the exact target amount they need to stick to perfectly. While it is important to stay close to your targeted intake of macros going slightly over or under it won't derail your progress. While there are many ways to calculate your targeted macro intake I recommend the calculator from Functional Bodybuilding as well as watching their guide on how to correctly use it [Here](#).

Closing

As a final reminder, this manual is only meant to be a rundown of what I've used to lose a lot of weight in a short time while working a fulltime job as well as not needing a personal trainer or other expensive hands on guidance. I heavily suggest all readers check out other guides to get a more well-rounded understanding of fitness. Thank you all for taking the time to read this, and I wish you nothing but the best of luck in your fitness journey! If you have any additional questions, please reach out to me on discord @Metal_Hatty#2949

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