



BE YOUR OWN
SUPERHERO
PROGRAMME

BY ZACK CHUG



In this programme, I aim to share my personal experience and provide you with the most effective methods that have helped me achieve my desired physique while maintaining a healthy and sustainable lifestyle. I wish you the best of luck, encourage you to stay strong, and encourage you to stay connected throughout your journey

Yours Truly,

Zack Chug

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FOREWORD BY ZACK CHUG

I would be delighted to assist you in your fitness journey and serve as your mentor. By following my suggestions, you will be pleased with the results as you work towards achieving the physique of your **dreams**.

Drawing from personal experience, I can attest that embarking on a weight loss journey has a transformative impact on various aspects of life. It enhances confidence, self-esteem, and overall health and well-being. To maximise your progress, this program is divided into two sections: workouts and nutrition.

Commence by undertaking the following steps:

1. **Visualise your desired physique** and imagine how you aspire to look and feel in the near future.
2. **Hold onto that mental image firmly**, and ensure that every action and effort you invest in this plan is purposeful, bringing you closer to your ultimate goal.
3. **Document your goal by writing it down** and prominently displaying it, perhaps on your bedroom door. This constant reminder will ensure that your end goal never fades from sight.



REMEMBER THIS !!

First and foremost, I want to express my congratulations to you. By engaging with this program, you have taken a crucial initial step towards transforming your life. It is evident that you possess a strong desire for change and are prepared to put in the necessary effort. Rest assured, this program will support you every step of the way. However, it is vital to recognise that your success on this journey ultimately relies on your personal commitment. While I can provide you with the essential plans and instructions, it is solely your responsibility to implement them.

Furthermore, to attain the desired outcomes and reap the rewards, I emphasise the need for complete dedication. This program extends beyond being a mere workout plan; it entails a comprehensive lifestyle change. The mental and physical benefits derived from these modifications will permeate into every aspect of your life, making you unrecognisable in the most positive sense—both mentally and physically.

Lastly, this program is designed not only to help you build muscle but also to achieve a SHREDDED physique. By adhering to this plan, you will unlock your full potential and evolve into the best version of **YOURSELF !**



THE WORKOUT PLAN

Section 1

A change in normality and setting the scene

- You will not be required to train 5-6 times a week in this program. Such frequency often leads to fatigue and exhaustion.
- Instead, we will focus on 3 INTENSE STRENGTH TRAINING sessions per week. Through my personal experience, I have found this to be the optimal approach for muscle growth.

M	T	W	T	F	S	S
✓	REST	✓	REST	✓	REST	REST

- Allowing for sufficient rest between each session is crucial as it provides your muscles with the opportunity to recover. This recovery period is vital as it is during these moments that muscles are built and strengthened.



Section 1

A change in normality and setting the scene

- Optimal muscle growth is achieved by lifting weights three times per week. Training excessively, such as five to six times per week, does not enhance muscle growth.
- Instead, it leads to increased muscle soreness and hampers future workouts. This program is designed to help you build your desired physique, combining lean muscle mass with strength.
- The goal is not just aesthetics but also to develop genuine strength. By following this plan diligently, you can unlock a version of yourself that you've never seen before.
- Expectations include a potential 10kg progression on the chest press within six weeks, showcasing the effectiveness of the program



Section 2

Strength Training Frequency

One common question I receive is why I advocate for strength training and lifting three times a week on non-consecutive days. Let me explain the reasoning behind this approach:

- After engaging in heavy lifting, it takes approximately 3-4 days for both your central nervous system (CNS) and local nerves to recover fully. This crucial aspect is often overlooked by many individuals.
- When your nerves are fatigued, it negatively impacts your muscles' ability to exert their maximum strength. By allowing for a three-day recovery period between each workout, you provide your CNS with ample time to recuperate before the next session.
- To optimise my training, I prefer to split my workouts into two separate sessions. This division has proven to be highly effective for me personally.



Section 3

Understanding the Reverse Pyramid Training Style

The training style that I find most effective for myself is Reverse Pyramid Training (RPT). Here's how it works:

- In RPT, you begin your workout with the heaviest set when you are fresh and full of energy. This allows you to maximize your performance and lift the highest weight possible.
- Subsequent sets in RPT are performed with lighter weights to maintain volume and stimulate the muscles effectively.
- Unlike training styles that involve performing a high number of repetitions, RPT focuses on a heavy and intense range of 4-8 reps. This approach is designed to improve both strength and endurance.
- It's important to note that performing high reps before your heavy set can lead to lifting a weight much lighter than your potential maximum weight. By lifting below your true potential, you miss out on the opportunity to promote significant muscle mass gains.



Section 4

Application of Reverse Pyramid Training Style

Jumping straight into a heavy set will lead to injury!

PART 1: WARM UP before your first exercise

- Choose a light weight you are comfortable with and perform:
- 2 sets of 6 reps, with a 2-minute rests in between!

PART 2 : THE HEAVY SET

This is to be performed with the highest weight that allows you to reach between 4-5 reps with maximum effort

For example, with incline bench press:

- 100kg x 4 reps (heavy set - maximum effort)
- 90kg x 6 reps
- 75kg x 8 reps, etc, etc

Make sure you:

- **Take 2 MINUTE RESTS** between these sets
(helps for the best recovery and lifting performance.)



Section 4

Application of Reverse Pyramid Training Style

- It is crucial not to rush through your sets or succumb to external pressures to finish quickly. Take your time and prioritise maintaining focus throughout your workout.
- When following the Reverse Pyramid Training (RPT) style, you stimulate **MYOFIBRILLAR HYPERTROPHY**. This type of hypertrophy involves enhanced activation of muscle fibers, leading to increased muscle fiber growth and strength development.
- While the focus of this program is primarily on myofibrillar hypertrophy, a small portion also incorporates **sarcoplasmic hypertrophy**.

(Sarcoplasmic hypertrophy involves utilizing higher volumes and repetitions to account for approximately 25% of muscle growth. This ensures a well-rounded approach to muscle development.)

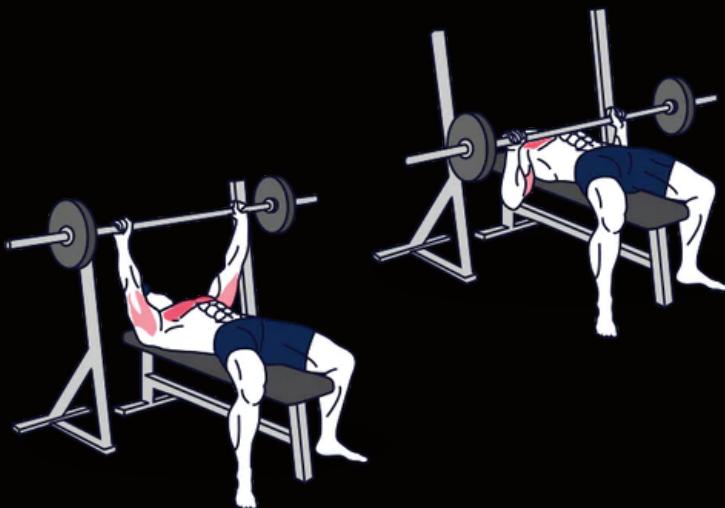


Section 5

The main exercises to build strength

- These are the 4 exercises to track and aim to increase your strength on

1) The Incline Barbell Bench Press:



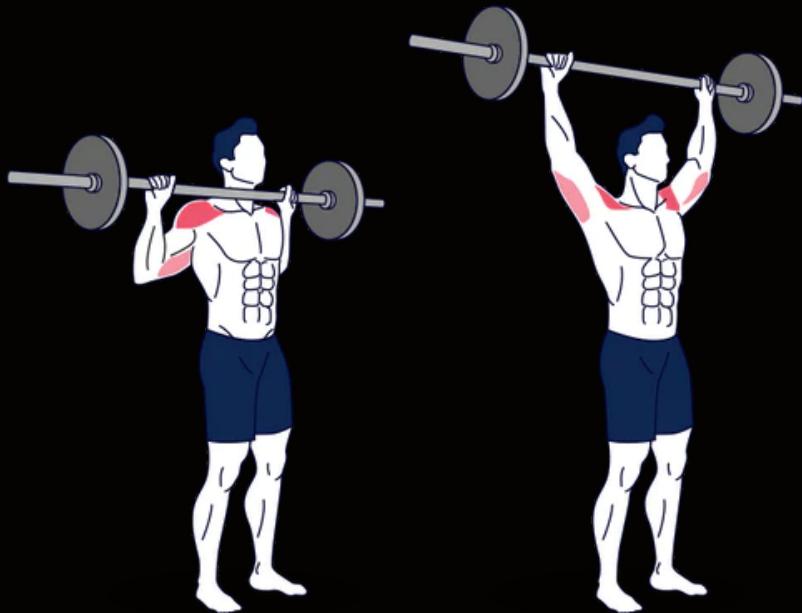
- This workout targets upper chest for aesthetic development, improves upper body strength and power, enhances shoulder stability, adds variation and muscle balance to chest workouts, provides functional carryover to everyday activities and sports.



Section 5

The main exercises to build strength

2) The Standing Shoulder Press:



Credits : Simply_Fitness

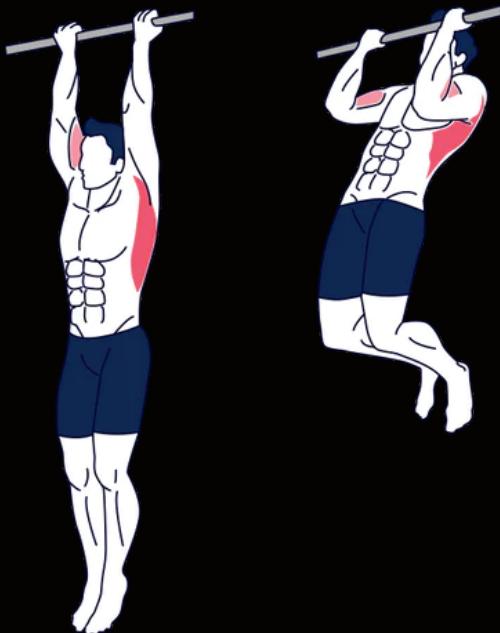
- This is my go-to exercise for shoulder development.
- It targets the deltoid muscles for overall shoulder development, improves upper body strength and stability, enhances core engagement for improved balance, allows for a greater range of motion compared to seated variations, promotes functional shoulder strength



Section 5

The main exercises to build strength

3) Weighted chin-ups / pull-ups (buy a dipping belt for this exercise)



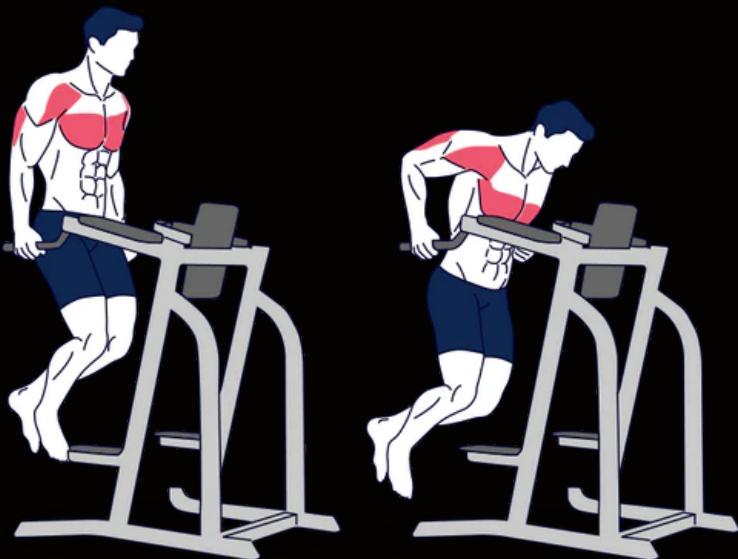
- Here's my secret to developing a wide back: Weighted chin-ups. This exercise is so effective that it significantly reduces the need for additional back and lat training.
- Weighted chin-ups engage the biceps effectively and, when performed without swinging or momentum, isolate and target the back muscles precisely.



Section 5

The main exercises to build strength

4) Weighted Dips:



Credits : Simply_Fitness

- Focusing on triceps is essential since they constitute two-thirds of the muscles in your arm.
- Weighted dips are particularly effective in developing both your chest and assisting with progress on the incline bench press.



Section 6

Workout Plan

Here are a few details that will outline the workout plan:

- **Workout time** → 1 hour 30 minutes MAX.
- **Rest time between sets** → 2 minutes
- **Chug's PRE WORKOUT SECRET** = 0.5g-1g of Himalayan salt with diluted squash and CREATINE

This is split into 2 workouts that I have labelled as **1 and 2**.

*RPT= Reverse Pyramid Training style

Workout 1: Chest, Shoulders, Triceps

- Incline Bench Press: **3 sets (RPT - 4,6,8 reps)**
- Standing Overhead Shoulder Press: **3 sets (RPT - 4, 6, 8)**
- Weighted Dips: **3 sets (RPT - 4, 6, 8)**
- Lateral Raises: **3 sets x 8-12 reps**
- Tricep Rope Push Downs: **3 sets x 8-12 reps**



Section 6

Workout Plan

Workout 2: Back, Biceps, Traps, Legs

- Weighted Chin ups: **3 sets (RPT - 4, 6, 8)**
- Incline Seated Dumbbell curls: **3 sets (RPT - 4, 6, 8)**
- Squats: **3 sets (RPT - 4, 6, 8)**
- Bent Over Flys: **3 sets x 8-10 reps**
- Calf Raises: **6 sets – 12, 10, 8, 6, 6, 6 reps**

Alternate between Workout 1 and Workout 2, 3 times a week on non-consecutive days.

For Example,

Week 1: **121**

Week 2 : **212**

Monday : Workout **1**

Monday : Workout **2**

Wednesday : Workout **2**

Wednesday : Workout **1**

Friday : Workout **1**

Friday : Workout **2**

Then repeat Week 3 as 1, 2, 1, and so on!



Section 6

Workout Plan

Here is a table to illustrate the same idea to make things clearer:

	M	T	W	T	F	S	S
Week 1	1	Fasted Cardio	2	Fasted Cardio	1	REST	REST
Week 2	2	Fasted Cardio	1	Fasted Cardio	2	REST	REST
Week 3	1	Fasted Cardio	2	Fasted Cardio	1	REST	REST
Week 4	2	Fasted Cardio	1	Fasted Cardio	2	REST	REST

Aim to get in 2/3 sessions of fasted cardio per week:

- For 20 minutes in the morning on an empty stomach
- I always recommend incline walking on a treadmill/ Stair-master for cardio
- Both provide an effective cardiovascular stimulus, the days you do cardio aren't that important as long as it's not on a training day.



Section 7

Weekly Progressive Overload

- Achieving overload in your training is crucial for muscle growth. When you lift weights, your muscles undergo microscopic tears, and these tears are repaired and reinforced with the proteins you consume. As a result, the muscles regenerate, becoming slightly larger and stronger.
- However, if you continue lifting the same weight during each session, your body adapts to that weight, and the muscles no longer experience the necessary micro tears. This lack of stimulation halts muscle growth, making your training sessions less effective.
- Progressive overload means you increase all sets by 2.5kg the following week:

For example:

- **Week 1: 100kg x 5, 90 kg x 6, 75kg x 8**
- **Week 2: 100kg x 5, 90 kg x 6, 77.5kg x 8**
- **Week 3: 100kg x 5, 92.5 kg x 6, 75kg x 8**
- **Week 4: 102.5kg x 5, 90 kg x 6, 75kg x 8**



Once you build up to 10 reps on any weight, it is time to level up to the next weight!



THE NUTRITION PLAN

Section 8

"Nutrition is key to achieving defined abs."

- Your nutrition plays a direct and significant role in shaping your physique.
- The 80/20 rule emphasises that 80% of your results come from your diet, while the remaining 20% stems from your gym workouts.
- I can guarantee that if you consume the appropriate number of calories and meet your daily protein requirements, your body will undergo noticeable changes.
- No matter how much you exercise, without a proper nutrition plan and meeting your body's nutritional needs, you won't achieve desired results.
- It is crucial to prioritise tracking your dietary intake.

Insufficient calorie intake = limits muscle growth

Excessive calorie intake = leads to fat gain.



Section 8

"Nutrition is key to achieving defined abs."

- To facilitate tracking, [**MyFitnessPal**](#) is an invaluable tool for monitoring calories and entering daily macronutrient goals.
- Using a food scale for weighing cooked chicken and meats ensures accuracy in portion sizes and overall nutritional intake



Section 9

How to LOSE FAT?

1) CALORIE DEFICIT :

- Calorie deficit is the key: Burn more calories than you consume. It's that simple!
- To determine your maintenance calories, you can use online calculators like Omni calculator. These tools help estimate the number of calories required to maintain your current body weight.
- Remember, you cannot selectively target specific areas for fat loss. Trust the process and focus on overall fat reduction.
- When people ask me how to eliminate love handles or belly fat, the answer is straightforward: Stick to a calorie deficit. Following a regimen that ensures you consume fewer calories than you burn will gradually lead to fat loss in those areas



Section 9

How to LOSE FAT?

2) CARDIO:

- Cardiovascular exercise plays a significant role in calorie burning, contributing to a calorie deficit.
- As mentioned earlier, I highly recommend incorporating fasted cardio into your routine. Aim to perform fasted cardio 2 to 3 times a week for 15 to 20 minutes, preferably on an empty stomach. This approach can further enhance calorie burning and support your overall weight loss efforts.

3) WATER:

- Drinking an adequate amount of water, around 2 to 3 liters per day, is crucial for fat loss. During the fat loss process, fat cells absorb water, leading to a reduction in their size. Additionally, water plays a role in eliminating stubborn fats, which are often challenging to lose.

4) HIGH PROTEIN DIET: (discussed in depth later)

- You need to eat 1g of protein per pound of your bodyweight.
- E.g., If you're 180lbs make sure to eat 180g of protein per day



Section 10

Determining your maintenance calorie level.

DETERMINE your maintenance level calories
[\(Click here to calculate maintenance calories\)](#)
<https://tdeecalculator.net>

Section 11

Weekly calorie plan to be in a calorie deficit

Example = Your maintenance level calories are 2500

	M	T	W	T	F	S	S
Week 1	2400	2400	2400	2400	2400	2400	2600
Week 2	2400	2400	2400	2400	2400	2400	2600
Week 3	2300	2300	2300	2300	2300	2300	2600
Week 4	2300	2300	2300	2300	2300	2300	2600

Why the huge increase in calories on Sunday?
This is called a **REFEED DAY**



Section 12

What is a refeed day?

- Incorporate a controlled day of consuming an additional 100 calories above your regular calorie intake, focusing on carbohydrates.
- This strategic approach aims to increase insulin levels and boost your metabolism, preventing potential fat loss plateaus. By carefully managing this slight calorie increase, you can optimise your body's response and maintain steady progress in your weight loss journey.

Section 13

Strategies to overcome a fat loss plateau

- To initiate progress, start by reducing your daily calorie intake by 50–100 calories and sustain this reduction for two weeks.
- If you do not observe any changes during this period, consider increasing your cardio duration from 20 minutes to 25 minutes. This adjustment aims to further stimulate calorie burning and support your weight loss efforts. Stay consistent and monitor your body's response to make necessary adjustments along the way.



Section 14

Determining protein, fat, and carbohydrate intake

- Protein is the TOP PRIORITY for muscle growth

Here are 4 reasons why HIGH PROTEIN is essential :

- Reduces GHRELIN which is a hormone that makes you hungry
- Body burns the most calories when digesting protein!
- Reduces cravings since it makes you feel full!
- NEEDED for increasing muscle mass

Therefore, I recommend eating DAILY:

One Gram of Protein Per Pound of Bodyweight

- You are **218 lbs** so aim for **218 of protein per day** or more if you can, but never more than 20g over this!

Daily Fat Intake = **25%** of total calories so roughly **60-90g** a day

Daily Carbohydrate Intake = **35%** of your total calories so roughly **200-300g a day**



Section 14

Determining protein, fat, and carbohydrate intake

- **It is IMPORTANT TO REMEMBER:**
- I strongly advise against completely eliminating any food group, such as following a keto or low-fat diet. Each macronutrient has its importance in a balanced diet.
- Protein holds great significance as the most crucial macronutrient. It is essential to ensure that you meet your daily protein target to support muscle growth and repair.
- Carbohydrates and fats can be adjusted on a day-to-day basis based on how you feel, your mood, or energy levels. Finding the right balance is key.
- Low-fat diets can negatively impact your hormonal system by reducing testosterone levels, which can be detrimental to weightlifting and strength training.
- Carbohydrates play a significant role as they provide the main source of energy for lifting heavy weights and improving performance while maintaining optimal glycogen stores in your muscles. They are your ally in achieving your fitness goals



Section 15

Food sources high in protein

(I have daily oats with protein powder & frozen fruit mixed in)

- 0% fat Greek Yoghurt/ Cottage Cheese
- Chicken breast
- Eggs / Milk/ Oats
- Nuts / Pumpkin Seeds/ Chia Seeds
- Lean turkey mince or breast / Lean Beef
- Quinoa / Beans/ Edamame beans/ Lentils
- Tuna /salmon / prawns
- Chicken sausages / Turkey rashers
- Protein yoghurts / Protein bars

Section 16

Frequency of meals in intermittent fasting

SKIP BREAKFAST!!!

- You might be wondering what I'm talking about, but let me explain! Intermittent fasting utilises fat as an energy source for your body when there is no available fuel (food) to burn. This approach can promote fat burning and support your weight loss goals.



Section 16

Frequency of meals in intermittent fasting

BENEFITS of Intermittent Fasting:

- Stabilizes blood sugar levels
- Improves brain health and memory
- Increases insulin sensitivity in the muscles
- Elevates your growth hormone

To prevent muscle breakdown during the fasting period, it is recommended to limit the daily fast to a maximum of 16 hours. For example, fasting from 10 pm until 2 pm the following day.

- During the fasting window, I personally prefer to have either a black coffee or green tea in the morning. These beverages help keep me feeling satisfied and suppress any hunger sensations.
- In my green herbal tea, I add **turmeric and lemon juice** to enhance gut digestion and reduce inflammation.

However, it's vital you consume your daily calories in your eating windows laid out later in this plan.

- Drink cucumber water during the day to keep you feeling full! If you are feeling hungry, drink water!
- Spread out your daily calories in your meals however suit you best!



Section 16

Frequency of meals in intermittent fasting

For Morning trainers

- 0.5g-1g of Himalayan salt with diluted squash and CREATINE before training
- Big Lunch at 1pm
- No snacks in between (drink plenty of water)
- Big Dinner at 6/7pm
- Small snack 2-3 hours later

For Afternoon trainers (like me)

- Skip breakfast
- Eat a Moderate sized lunch at 1pm
- Pre-Workout before training in the afternoon at 3/4pm!
- Big Post Workout Dinner high in carbs at 6pm
- Snack 2-3 hours later

For Evening trainers

- Intermittent fast till lunch at 1pm
- Another meal 2-3 hours before training in the evening!
- Big dinner post workout



Section 16

Frequency of meals in intermittent fasting

Example Meal Schedule (e.g. if your daily calorie intake is 2400)

- Fast until Meal 1 @ 1pm (600 calories)
- Workout -3:00pm
- Meal 2 – 5pm (800 calories)
- Meal 3 - 8pm (1000 calories)



Section 17

My Meal Plans

Fat Free Vinaigrette Salad Dressing / Mustard / Sriracha Sauces are my go-to low calorie sauces for my meals!

Meal 1 (e.g.: to open your fast):

- Oats with Protein powder and frozen fruit
- 0% fat Greek yoghurt with mixed nuts
- Tuna with veg/salad and brown rice
- Protein bar/yoghurt

Meal 2:

- Egg/ Egg whites
- Chicken sausages and turkey rashers
- Quinoa or brown rice
- Half an avocado
- Vegetables e.g., pepper, spinach, tomatoes, (you want a high volume of vegetables to make you feel full for longer)
- Cottage cheese (contains casein slow releasing protein)



Section 17

My Meal Plans

Meal 3:

- Grilled Chicken or Turkey breast
- Lentils
- Sweet potato
- High volume of salad/vegetables
- Shredded mozzarella cheese
- Low calorie Ice cream for dessert

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Section 18

Methods for tracking your progress.

1) Make a note on your phone or use '[Strong App!](#)'! (I recommend)

2) Alternatively use a good old fashioned a note pad!

- Incorporating progressive overload into your training is essential for increasing strength and lifting heavier weights. One effective method to support this is by tracking your lifts.
- Keeping a record of your lifting progress is crucial as it helps you ensure that you are consistently and progressively overloading your muscles.
- Without proper tracking, it becomes easy to forget the weights you lifted in previous sessions, hindering your ability to gauge progress and make appropriate adjustments in your training.

3) Progress Tracking: Weight/Waist Measurement

- To obtain the most accurate results, weigh yourself each week in the morning after using the bathroom. Additionally, measure your waist in a relaxed state.
- If you notice that your weight is increasing while your waist measurement remains the same, it indicates that you are likely building lean muscle mass. This is a positive sign of progress.
- However, if you observe an increase in your waist measurement, it may be an indication that you should consider decreasing your calorie intake.



Section 18

Methods for tracking your progress.

4) Don't get obsessed with weighing yourself every day!
Your scale weight WILL fluctuate! due to;

- **Water retention:** The body can retain water, leading to an increase in water weight reflected on the scale.
- **High salt intake:** Consuming foods high in salt can contribute to temporary water retention, impacting the number on the scale.
- **Elimination:** The weight of feces and urine can add up to approximately 1kg (2.2 lbs) on the scale. Therefore, it is advisable to weigh yourself after using the toilet for more accurate measurements.

5) Progress track using PHOTOS!! (I HIGHLY recommend this !!)

- Pictures are the best way to track your progress!
- I always take my picture with the same pose, lighting and angle

The pictures I take are in the:

- Front pose relaxed, flexed abs and double biceps pose
- Back pose tensed
- Side pose with tensed triceps



Congratulations on completing this fat loss training program! You have dedicated yourself to making positive changes in your life and working towards achieving your goals. Throughout this journey, you have learned the importance of both exercise and nutrition in your pursuit of a healthier and leaner physique.

By following the workouts and implementing the recommended nutrition strategies, you have taken significant steps towards losing fat and improving your overall well-being. Remember that this program is not just a temporary fix but a lifestyle change. The habits and principles you have acquired here should be continued for long-term success.

It is essential to celebrate your achievements and acknowledge the progress you have made. Whether it's shedding pounds, gaining strength, or improving your overall fitness level, every step forward counts. Take a moment to reflect on how far you have come and the obstacles you have overcome.

As you move forward, keep in mind that fitness is a lifelong journey. It is crucial to maintain consistency, stay dedicated, and adapt your training and nutrition as needed. Listen to your body, continue challenging yourself, and seek continuous improvement. Remember, sustainable fat loss is not solely about the numbers on the scale but also about how you feel, your energy levels, and overall well-being. Embrace the positive changes you have made and let them fuel your motivation to continue striving for your best self.

Stay committed, stay motivated, and never lose sight of your goals. You have the power to achieve the body and health you desire. Keep pushing yourself and trust in the process. Your success is within reach!

Best of luck on your ongoing journey to a healthier, fitter, and happier you!

-ZACK CHUG





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SUPERHERO