**Antonio’s Personal Diet Plan!**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Time:** | **Meal** | **Protein** | **Carbs** | **Fat** | **Calories** |
| **8:00AM** | * 3 egg Whole * 4 egg whites * Cup of Old Fashion Style Oatmeal * Multi-Vitamin Pack, 3 omega 3 pills | **46** | **50** | **23** | **441** |
| **11:00AM** | |  | | --- | | * 8oz. Chicken Breast * 6oz. Sweet Potato | | **46** | **36** | **5** | **364** |
| **2:00PM**  **2 hours before gym** | * 15oz Sweet Potato * 8oz Chicken Breast | **46** | **90** | **5** | **595** |
| **5:30PM**  **(Post Gym)** | |  | | --- | | * 2 scoops of 100% Whey Gold Standard Protein shake * 1 Banana | | **44** | **57** | **6** | **415** |
| **8:30PM** | * 7 Oz. Steak * Salad w/balsamic vinegar dressing * Glass of 2% Milk (2 Cups) | **59** | **15** | **17** | **300** |
| **12:00AM**  **Hour before bed** | * Tilapia 20oz * Half a Cup of Old Fashion Style Oatmeal | **112** | **25** | **16** | **790** |
|  | | **353** | **270** | **72** | **3200** |

**Alright Antonio. So here is what your diet consists of:**

**45%: Protein**

**35%: Carbs**

**20%: Fat**

**Your goal is to gain a large amount of lean muscle while staying lean. Once you begin the exercise regime I have listed below, your BMR (Basal Metabolic Rate) will be 3,100 calories a day. That is the amount of calories your body burns a day. But we want you to gain the most amount of muscle while staying lean. So I raised your BMR from 3,100 to 3,200 calories a day. Raising your BMR by 100 calories will allow your muscles a lot more nutrients to grow off in recovery mode and puts you into an elevated catabolic state. Protein is the essential key in gaining muscle size, which is why I have it at 45% of your diet. As you wake in your morning, your body is in a stressed catabolic state. So to preserve as much muscle as possible I have you eating 15% of your daily carbs in the morning. Than 2 hours before the gym you are eating 35% of your daily carbs. I want you to eat the meal 2 hours before so that you are digesting it by the time you lift. You will have vast amounts of energy throughout your workouts. You will be eating 6 meals a day. The reason as to why I have you eating this many meals a day is first, you are going to be eating more to gain more lean muscle mass. Also having spaced your meals 2 ½-3 ½ hours a part this will keep your metabolism running the entire day, thus burning calories every single second of the day. You can have a cheat meal twice a week. Continue drinking water. One gallon minimum a day. Staying hydrated will help keep your muscle replenished and growing. Water will make your skin clearer, maximize your longevity, and just make you a healthier person in general. You should do this bulking style diet until the day you want to start cutting. If you have any questions, please feel free to contact me at my personal email: [Seid.jeff@yahoo.com](mailto:Seid.jeff@yahoo.com)**

**Here are the supplements that I currently use, and you should use too:**

* **Protein 100% Whey Gold Standard**

**<http://www.optimumnutrition.com/products/100-whey-gold-standard-p-201.html>**

* **BCAA’S Xtend**

**<http://www.bodybuilding.com/store/sv/xtend.html>**

* **Multi-Vitamin (Optimen)**

**<http://www.bodybuilding.com/store/opt/men.html>**

* **Creatine: Con Cret**

**<http://www.bodybuilding.com/store/pmh/concret.html>**

**Antonio’s Workout Routine**

**Weeks 1, 3, 5, etc. Workout**

\* **HIIT: High Intensity Interval Training is currently the number one cardio way to lose fat, fast, while maintaining lean muscle mass amongst bodybuilders. I currently perform this particular HIIT routine every other day. This particular type of HIIT uses a stationary bike. You can use HIIT is many, many different fashions. Start off on level 5 for 30 seconds. Once it has been 30 seconds, bump the level up to 15 and keep your RPM (Rotations Per Minute) over 100. After 30 seconds, jump back down to level 5 and coast at a slow rate for 30 seconds. Repeat for 10-15 minutes. Perform at the very end of your workout. You can also do HIIT on a treadmill, a track, etc.**

**Monday: Chest/Calves/HIIT**

Super Set:

* Incline Bench: 4 sets of 10, 8, 8, drop set 6, failure
* Incline Fly’s: 4 sets of 10, 10, 8, 8

Single Set:

* Cable Cross Overs: 4 sets of 15, 10, 8, drop set 8, failure

Super Set:

* Dumbbell Flat Bench: 4 sets of 10, 8, 8, 6
* Dips: 4 sets to failure

Super Set:

* Incline Bench Machine: 3 sets of 10
* Pushups: 3 sets, failure

Single Set:

* Pullovers: 3 sets of 15

Single Sets:

* Standing Calf Raises: 4 sets of 15
* Donkey Calf Raises: 4 sets of 15
* Seated Calf Raises: 4 sets of 15
* **HIIT**

**Tuesday: Back/Abs**

Single Set:

* Deadlifts: 4 sets of 15, 10, 8, 6

Super Set:

* Bent Over Rows: 4 sets of 12, 10, 8, 8
* Chainsaws: 4 sets of 12, 10, 10, 8

Super Set:

* T-Bar Rows: 4 sets of 12, 10, 8, drop set 8, 6
* Wide Grip Pull Ups: 4 sets, failure

Super Set:

* Seated Rows: 4 sets of 10, 8, 8, 6
* Wide Grip Lat Pull Downs: 4 sets of 12, 10, 8, 8

Single Set:

* Good Mornings: 3 sets of 12

Perform Six Pack Attack, attached in email.

**Wednesday: Legs/Calves/HIIT**

Super Set:

* Leg Press: 4 sets of 15, 10, 8, 8
* Quad Ext: 4 sets of 10-12

Super Set:

* Squats: 4 sets of 12, 10, 8, 8
* Hack Squats: 4 sets of 10,10,8,8

Super Set:

* Stiff Legged Deadlifts: 3 sets of 10-12
* Leg Curls: 3 sets of 12-15

Single Sets:

* Standing Calf Raises: 4 sets of 15
* Donkey Calf Raises: 4 sets of 15
* Seated Calf Raises: 4 sets of 15

**HIIT**

**Thursday: Shoulders/Abs**

Tri-Set:

* Dumbbell Shoulder Press: 4 sets of 10, 8, 8, 8
* Alt. Front Lateral Raises: 4 sets of 12, 10, 8, 8
* Side Lateral Raises: 4 sets of 12, 10, 8, 8

Super Set:

* Arnold Press: 3 sets of 10, 8, 8
* Cable Upright Rows: 3 sets of 8-10

Super Set:

* Bent Over Lateral Raise: 3 sets of 8-10
* Upright Rows: 3 sets of 12-15

Single Set:

* Shrugs: 4 sets of 15

Perform Six Pack Attack, attached in email.

**Friday: Arms/Calves/HIIT**

Super Set:

* Barbell Curls: 4 sets of 10, 10, 8, drop set 8, 8
* Incline Bench Skull Crushers: 4 sets of 12, 10, 8, drops set 8,8

Super Set:

* Machine Curls: 4 sets of 8-10
* Pushdowns: 4 sets of 8-10

Super Set:

* Incline Curls: 4 sets of 8-10
* Kickbacks: 4 sets of 10-12

Super Set:

* Concentration Curls: 4 sets of 8-10
* One Arm Extensions: 4 sets of 10-12

Single Sets:

* Standing Calf Raises: 4 sets of 15
* Donkey Calf Raises: 4 sets of 15
* Seated Calf Raises: 4 sets of 15

**HIIT**

**Saturday: Off**

* Rest

**Sunday: Off**

* Rest

**Weeks 2, 4, 6, etc. Workout**

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**Monday: Chest/Abs/HIIT**

Super Set:

* 4 sets of Incline Dumbbell Press, 8-10 reps
* 4 sets of Incline Dumbbell Flies, 8-10 reps

Single Set:

* 3 sets of Bench Press, 8-10 reps

Super Set:

* 3 sets of Machine Flies, 10-12 reps
* 3 sets of Push Ups, Failure

Perform Six Pack Attack, attached in email.

**HIIT**

**Tuesday: Legs/Calves**

Single Set:

* Squats: 5 sets of 15, 10, 8, 8, 6

Super Set:

* Front Squats: 4 sets of 12, 10, 8, 8
* Hack Squats: 4 sets of 12,10,8,8

Super Set:

* Quad Ext: 3 sets of 10-12
* Leg Curls: 3 sets of 10-12

Single Sets:

* Standing Calf Raises: 4 sets of 15
* Donkey Calf Raises: 4 sets of 15
* Seated Calf Raises: 4 sets of 15

**Wednesday: Back/Abs/HIIT**

* 3 sets of Lat Pulldowns 8-10 reps
* 4 sets of Deadlifts 8-10 reps
* 3 sets of Bent Over Rows 8-10 reps
* 3 sets of Dumbell Rows 8-10 reps
* 3 sets of Hyperextensions 8-10 reps

Perform Six Pack Attack, attached in email.

**HIIT**

**Thursday: Chest/Shoulders/Traps/Calves**

* Incline Bench: 8-10 reps

Super Set:

* Flat Bench: 5x5
* Floor Dumbbell Presses (Lay on back on floor, perform db bench): 5x8-10

Single Set:

* 4 sets of Dumbbell Shoulder Press

Super Set:

* Upright Rows: 3 sets of 8-10
* Lateral Raises: 3 sets of 8-10

Super Set:

* 3 sets of front raises 8-10 reps
* 3 sets of Lying Rear Delt Raises 8-10 rep

Single Set:

* Dumbbell Shrugs 3x15

Single Sets:

* Standing Calf Raises: 4 sets of 15
* Donkey Calf Raises: 4 sets of 15
* Seated Calf Raises: 4 sets of 15

**Friday: Biceps/Tris/HIIT**

Super Set:

* 21’s: 4 sets
* Push Downs: 4 sets of 8-10

Super Set:

* Incline Curls: 3 sets of 8-10
* Skull Crushers: 3 sets of 8-10

Super Set:

* Concentration Curls: 3 sets of 12-15
* Single Arm Ext.: 3 sets of 12-15

**HIIT**

**Saturday: Off**

* Rest

**Sunday: Off**

* Rest