

8-Week + 6-Month Transformation Protocol

Start: 21 Oct 2025 **Weight:** 100.3 kg **Body Fat:** 34.8 % **Age:** 25 y

Core Strategy

Diet: OMAD (One Meal a Day), high-protein (≥ 2 g/kg = 200 g protein), ≤ 1500 kcal/day
Activity: 4 h/day treadmill walk (2.4 km h^{-1}) + resistance training (4× / week)
Supplements: Creatine 5 g daily ($\frac{3}{4}$ tbsp), electrolytes Na 3–4 g + K 3 g + Mg 400 mg, multivitamin
Hydration: ≥ 3 L water/day
Refeed: Every 2–3 weeks at maintenance (~2700 kcal) with moderate carbohydrates

Daily To-Do Routine

Time	Task
Morning (fasted)	2 h treadmill walk (LISS) + 1 L water + electrolytes
Midday	15 min core bench work (sit-ups, plank, leg raises)
Evening (1–2 h pre-meal)	Resistance session (45–60 min): pull-ups, push-ups, squats, bridges, rows using body weight equipment
Post-training / Meal (OMAD)	High-protein meal (lean beef, eggs, veg, olive oil), creatine 5 g in water
Night	7–8 h sleep, stretching 10 min

Training Split

- **Mon / Thu:** Pull (core, push-ups, pull-ups, rows)
 - **Tue / Fri:** Lower body (squats, split squats, glute bridge)
 - **Wed / Sat:** Walking + core only
 - **Sun:** Rest / 2 h walk
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8-Week Prediction (≈ Dec 15 2025)

Expected weight: 83–88 kg **Body Fat:** 22–25 % **Loss:** $\approx 13\text{--}17$ kg ($\approx 1.6\text{--}2.1$ kg / week)
Appearance: Major waist reduction (~ 10 cm), flat abdomen, defined jawline, visible arm and chest contours. Endurance high; slight muscle flatness without carbs.

6-Month Projection (≈ Apr 2026)

Target weight: ≈ 60 kg **Body Fat:** 10–12 % **Total loss:** ≈ 40 kg **Condition:** Athletic, vascular forearms, visible abs, angular face, small waist (<80 cm). Strength to weight ratio ↑, fatigue low if protein maintained. **Transition:** Gradually raise calories to ~2000 kcal/day for maintenance to avoid rebound.

Physiological Trajectory

Stage	Weeks	Weight (kg)	Fat %	Key Visible Traits
Start	0	100	34.8	Soft abdomen, rounded face
Phase 1	4	93–95	29	Face leans out, waist –6 cm
Phase 2	8	83–88	22–25	Flat stomach, upper body definition
Phase 3	16	74–75	18–20	Visible muscle lines, abdomen tight
Phase 4	24	60	10–12	Defined abs, vascular arms, angular physique

Key Notes

- Skip loading phase for creatine; steady 5 g daily is adequate.
 - Maintain protein ≥ 200 g/day from lean beef, eggs, fish.
 - Monitor fatigue and hydration; reduce walking to 3 h/day after 70 kg.
 - Expect metabolic adaptation (~–200 kcal TDEE per 10 kg lost).
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Summary Statement

With unwavering adherence—1500 kcal OMAD, high protein, 4 h daily walks, and 4× weekly resistance—he will fall from 100.3 kg (34.8 % fat) to ≈ 85 kg in 8 weeks and ≈ 60 kg in 6 months. Appearance will evolve from soft and rounded to lean, defined, and athletically angular, with a visible six-pack and sharpened facial features by April 2026.