



I Change

MY FULL REGIMEN TO UNLOCK
MY TRUE POTENTIAL.

A Marc Fitt Program



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General Guideline

If you downloaded this file it's probably because you want to see how I will gain lean muscle mass while dropping my body fat. Over the years, I've developed many training/diet techniques that helped me stay lean and build muscle while traveling the world. I went from 128 to 152 then to 188 lbs at 5'10 in a matter of 5 years. It was 5 years of intense work, dedication and on top of that I did it naturally (without the use of enhancement drugs). If you follow me on social medias, you've seen that I've never lost sight of my abs since I became in shape back in 2011. WOW already 5 years so far, it's insane how time is flying by!



The way I train and eat is really simply, I keep it basic, nothing too fancy. I don't use any app to track my food because for me it's a waste of time to check in my meal 8 times a day. Instead I plan my diet in advance, put the pdf version on my phone or print a copy and I stick to it. If I'm making adjustment to my food, I will usually switch protein source or carbs source, vegetables are usually as much as I want. I also re-evaluate my diet every 2-3 weeks maximum to make sure I'm on the right path to reaching my goal. Gaining/losing weight, your level activity, frequency of training, volume etc. will directly influence you to adjust your diet if you want to attain your goal.

Note: the regimen I designed for myself in this file is not a preparation for a contest or special photoshoot. On another note, it's a regimen I can follow year long to achieve my goal. The current phase I'm in right now is all about gaining back lean muscle mass as I lost around 18 pounds of muscles since last year (end of 2015 until December 2016) due to extended travelling, over work and mostly because I've been lazy on my meal prep.

If you are up for the challenge I welcome you to try this workout, if you do so, you agree to the terms of services of marcfitt.com and you take all responsibilities that comes with a training/diet program.

I created this document as a general guideline of what I will follow for the next 6 weeks.
Let's get into it!

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Training Split

Date:

Phase 1 (1 to 3 weeks long)	Phase 2 (1 to 3 weeks long)
Day 1 Legs	Day 1 Legs
Day 2 Shoulders/Arms	Day 2 Chest & Triceps
Day 3 Chest/Back	Day 3 Back & Biceps
Day 4 Rest	Day 4 Rest
Day 5 Legs	Day 5 Legs & Shoulders
Day 6 Shoulders/Arms	Day 6 Arms
Day 7 Rest	Day 7 Rest

Heavy-light hypertrophy regimen

Most of the exercises in this program are supersets executed in a simple way.

The first exercise is an heavy load for 6 repetitions and the second exercise will be executed 15 sec later for 12 repetitions. The principle behind this is to increase the time under tension during a short period of time as we will be doing 18 repetitions in total and have an average time under tension of 60-75 seconds depending on the tempo you will follow. I usually respect a 3-0-1 tempo (4 sec per rep).

The main idea behind this is to maximize neuromuscular strength, basically set our nervous system to lift heavier weights and maximizing the time under tension of the area we are working on after being exhausted from our "heavy 6 repetitions exercise".

Recruiting two motor units within the same exercise helps recruiting all type of muscles fibers within the muscle.

Lifting heavy and becoming stronger is a direct factor to maximize our growth in a training phase.

Someone who's lifting 50 pounds on dumbbell curl for 10 repetitions will stress more his muscles than someone who's doing the same exercise and repetitions with 30 pounds. That being said, the stronger you get, the better it is to grow. Doing the Heavy-light hypertrophy method will allow us to stimulate our neuromuscular strength.

Note: this program is not solely focused on strength, it's a simple way I found that works really well to recruit more muscle fibers, gaining strength and as a result to maximize gaining size and dropping my body fat %.

- Eat whole & non processed food as much as possible.
- Drink your 4L of water daily.
- Quality/Complete protein sources (Eggs, lean meat, fish, isolate or whey protein if you are on a tighter budget) in order to maximize MPS (Muscle Protein Synthesis).
- MPS Elevation = More Protein Absorption = More Muscle Growth
- High protein diet, carbs around workout and good quality fat to support our daily activities.
- 1 cup of veggies per portion of meat.
- Maximizing Muscle Protein Synthesis over Muscle Protein Breakdown
- BCAA's (I usually 2:1:1 ratio, I want to have around 10g of leucine around my workout. 2.5g before, 2g during, 5g in my post-workout shake to maximize MPS)
- Consuming at least 20g of protein at the time, because studies shows that to start Muscle Protein Synthesis, your body needs at least 20g of protein. I usually go by 30-40g of protein per meal.
- Post-workout shake: 0.25g of protein/pounds, 0.4g of carbs/pounds (I usually go with dextrose or do a mix of dextrose and maltodextrin 50/50), 5 of creatine, 5g of glutamine and 10g of Bcaa's.
- Keep my caffeine intake under 400mg a day.

That's the general guideline, make sure to follow the videos as I will provide additional informations.

Supplements Basics

- Isolate protein (Whey protein if can't afford isolate)
- BCAA before, during and after workout (Hit 8-10g of leucine total)
- Glutamine (15g a day: before after workout and before sleep)
- Creatine (5g post workout)
- Vitamin C
- Multi-vitamins
- Omega-3
- Rhodiola
- Dextrose & Maltodextrine (50/50 ratio)
- L-Carnitine
- CLA
- Dominate (Natural test booster)
- Vitamin D3
- Greens
- Coffee
- Green Tea (Mostly Yerba Mate for me)
- Pre-workout if needed
- Conquer "Pump Matrix" if you want an extra pump

I also created a supplement guide attached to this file, so if you want extra information on some supplements, please read it.

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My Diet

My diet can vary during this program, I usually update it when my weight changes or level of activities increases or decreases. I monitor these changes every 2 weeks with pictures & my weight on the scale. It is more about the way a look than the weight I weigh that will lead to changes. If I feel like I gained too much fat for the ratio of muscle put (look), then I will adjust my diet accordingly. It's just common sense :)

Protein Source

- Chicken
- Fish & Shellfish
- Deer (my dad hunt, I'm lucky)
- Turkey
- Eggs
- Bison
- Beans
- Protein supplements

Carbohydrate Source

- Oatmeal
- Rice (brown and basmati)
- Sweet Potatoes
- Quinoa
- Rice Cake
- Ezekiel bread

Fat Source

- Almonds
- Almond Butter
- Avocado
- Coconut oil
- Olive oil
- Cashews
- Cashew Butter
- Walnuts
- Organic/Grass fed Butter
- Flaxseed oil

Fruits Source

- Blueberries
- Raspberries
- Strawberries
- Grapefruit
- Apple
- Kiwi

Vegetables

- Brocolis
- Spinach
- Peppers
- Cucumbers
- Celeri
- Cauliflower
- Salad
- Mushrooms
- Lettuces
- Garlic
- Asparagus
- Tomatoes

This is a list of what I usually go by per type of food, for sure we can extend the list but that's just a summary of what I eat usually.



Time Between Each meal:
2-3 hours

		Target Calories	Protein	Carbs	Fat
		2830	255	212	107
Meal#1					
Foods	Quantity (g)	Calories	Protein	Carbs	Fat
Coconut Oil	2	18.0	0.0	0.0	2.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
Whole Egg	100	146.0	13.0	1.0	10.0
Egg White	130	62.4	14.3	1.3	0.0
Grass Fed Butter	20	180.0	0.0	0.0	20.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
Omega-3 Cap(1000mg)	2	18.0	0.0	0.0	2.0
Glutamine	5	0.0	0.0	0.0	0.0
Total		424.4	27.3	2.3	34.0

Notes: Multi-vitamins, 2g vitamin C, coconut oil to cook your food

Meal#2					
Foods	Quantity (g)	Calories	Protein	Carbs	Fat
Whey isolate beyond yourself	30	126.4	26.0	1.3	1.9
Blueberries	150	121.5	1.5	25.5	1.5
Almonds (Raw)	25	153.3	5.3	5.5	12.3
Rice Cake (1 rice cake,9g)	27	106.8	3.0	21.0	1.2
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
Total		507.9	35.7	53.3	16.9

Notes:

Meal#3					
Foods	Quantity (g)	Calories	Protein	Carbs	Fat
Chicken, Breast	120	137.8	31.2	0.0	1.4
Spinach	30	8.8	0.9	1.1	0.1
Broccoli	100	41.2	2.8	6.6	0.4
Peppers (Green)	20	4.8	0.2	1.0	0.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
Olive Oil	1	9.0	0.0	0.0	1.0
Coconut Oil	2	18.0	0.0	0.0	2.0
----- NO FOOD-----	0	0.0	0.0	0.0	0.0
Total		219.6	35.1	8.7	4.9

Notes:

Grass Fed Butter in meal#1 is for my coffee.

Pre-workout meal	Meal#4						
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat	
Whey isolate beyond yourself	30	126.4	26.0	1.3	0.0	1.9	
Oatmeal	60	232.5	7.5	40.5	0.0	4.5	
Cinnamon	0.5	1.7	0.0	0.4	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
Total		360.6	33.5	42.2		6.4	
Notes: Take this meal 1h-2h before you workout							

Post-workout shake	Meal#5						
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat	
Whey isolate beyond yourself	60	252.8	52.0	2.6	0.0	3.8	
Dextrose	40	160.0	0.0	40.0	40.0	0.0	
Creatine	5	0.0	0.0	0.0	0.0	0.0	
Glutamine	5	0.0	0.0	0.0	0.0	0.0	
Vitamin C	2	0.0	0.0	0.0	0.0	0.0	
Maltodextrin	30	120.0	0.0	30.0	30.0	0.0	
Bcaa	10	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
Total		532.8	52.0	72.6		3.8	
Notes: Take this shake immediately after your workout							

Post-workout Meal	Meal#6						
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat	
Chicken, Breast	120	137.8	31.2	0.0	0.0	1.4	
Avacado	100	179.0	2.0	9.0	1.0	15.0	
Spinach	40	11.8	1.1	1.5	0.2	0.2	
Peppers (Green)	30	7.2	0.3	1.5	0.6	0.0	
Basmati White Rice	40	139.4	3.4	31.0	0.0	0.2	
Cashew (Raw)	20	120.0	3.6	6.6	1.2	8.8	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
Coconut Oil	2	18.0	0.0	0.0	0.0	2.0	
Total		613.1	41.7	49.6		27.6	
Notes: take this meal 30-60 minutes after your workout.							

	Meal#7						
Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat	
Whey isolate beyond yourself	30	126.4	26.0	1.3	0.0	1.9	
Glutamine	5	0.0	0.0	0.0	0.0	0.0	
Almond Butter	25	150.0	4.7	4.7	0.0	12.5	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
----- NO FOOD-----	0	0.0	0.0	0.0	0.0	0.0	
Total		276.4	30.7	6.0		14.4	
Notes:							



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Date:

Legs

Exercise	Rest	Sets	Reps	Weight	Notes
Leg press superset	0:15	5	6		3 active warm-up sets (Same order/superset but with lighter weight). Increase loads every warm-up sets to work your range of motion and be all warm-up for heavy loads.
Front Barbell Squat	2:00		12		
Straight leg barbell deadlift superset	0:15	5	6		
Seated leg curl	2:00		12		
Prowler superset	0:00	5	0:45		Prowler with max weight you can load to perform 20 feet long sprint in around 30-45 sec. (Hiit training).
Plank	0:00		0:45		
					Workout duration: ± 40 mins



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Date:

Shoulders & Arms

Exercise	Rest	Sets	Reps	Weight	Notes
Handstand Push-ups	0:15	5	6		
Superset					
Standing Dumbbell Press	2:00		12		
Side Dumbbell Raise	1:30	3	12		
Standing Barbell Curl	0:15	5	6		
Superset					
Standing Dumbbell curl	2:00		12		
California press (Ez-bar skullcrusher to close grip press)	0:15	3	6		
Superset					
V-bar Extension	2:00		12		
Decline Bench Crunches	0:00	5	20		Workout duration: ± 40 mins
Superset					
Hanging Leg Raises	0:00	5	20		
Superset					
Side Crunches on floor	0:00	5	20		



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Date:

Chest & back

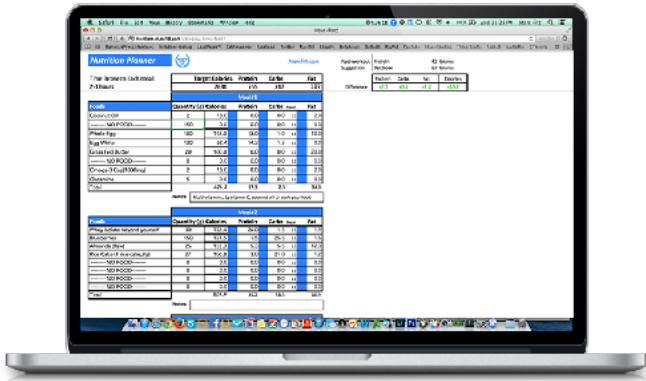
Exercise	Rest	Sets	Reps	Weight	Notes
Bench Press	0:15	5	6		
Superset					
Incline Dumbbell Press	2:00		12		
Dips	0:15	3	6		
Superset					
Dumbbell Flat flies	2:00		12		
Weighted Chin-up	0:15	5	6		
SS					
Latpulldown	2:00		12		
V-bar Mid Row	0:15	3	6		
SS					
Dumbbell Back Flies	2:00		12		
Rowing machine	0:00	5	200		Intense rowing, level 10.
SS			m		
Mountain Climber hands on ball	1:00		40		One leg at the time

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I change - Phase 2

Chest & Shoulders

Exercise	Rest	Sets	Reps	Weight	Notes
Bench press	2:00	4	3		
Db Flat flies	1:30	2	8		
Incline Db press	1:30	3	10		
Db shoulder press	2:00	4	6		
Arnold press	1:30	2	8		
Side Db raise	1:30	3	10		
superset			10		
Cable rear delt flies					



I change - Phase 2

Legs

Exercise	Rest	Sets	Reps	Weight	Notes
Squat	2:00	4	5		
Legs Extension (Drop Sets)	1:30	3	12 8 6		
Straight leg deadlift (barbell)	2:00	4	5		Set bench at a 50 degree angle
Lying leg curl	1:30	3	12 8 6		



I change - Phase 2

Arms

Exercise	Rest	Sets	Reps	Weight	Notes
Barbell curl	1:30	5	8		
Db one arm concentration curl	1:30	3	8		
Standing alternating Db curl	1:30	3	10		
superset					
Triceps rope pushdown			10		
Ez bar skull crusher	1:30	5	8		
One arm reverse pushdown on cable	1:30	3	8		



Worksheet

Date:

I change - Phase 2

Back

Exercise	Rest	Sets	Reps	Weight	Notes
Lat pulldown	1:30	5	5		
superset					
V-bar mid row			5		
Bent over row	1:30	4	8		
Standing pull-over	1:30	3	10		
Db back flies	1:30	3	12		