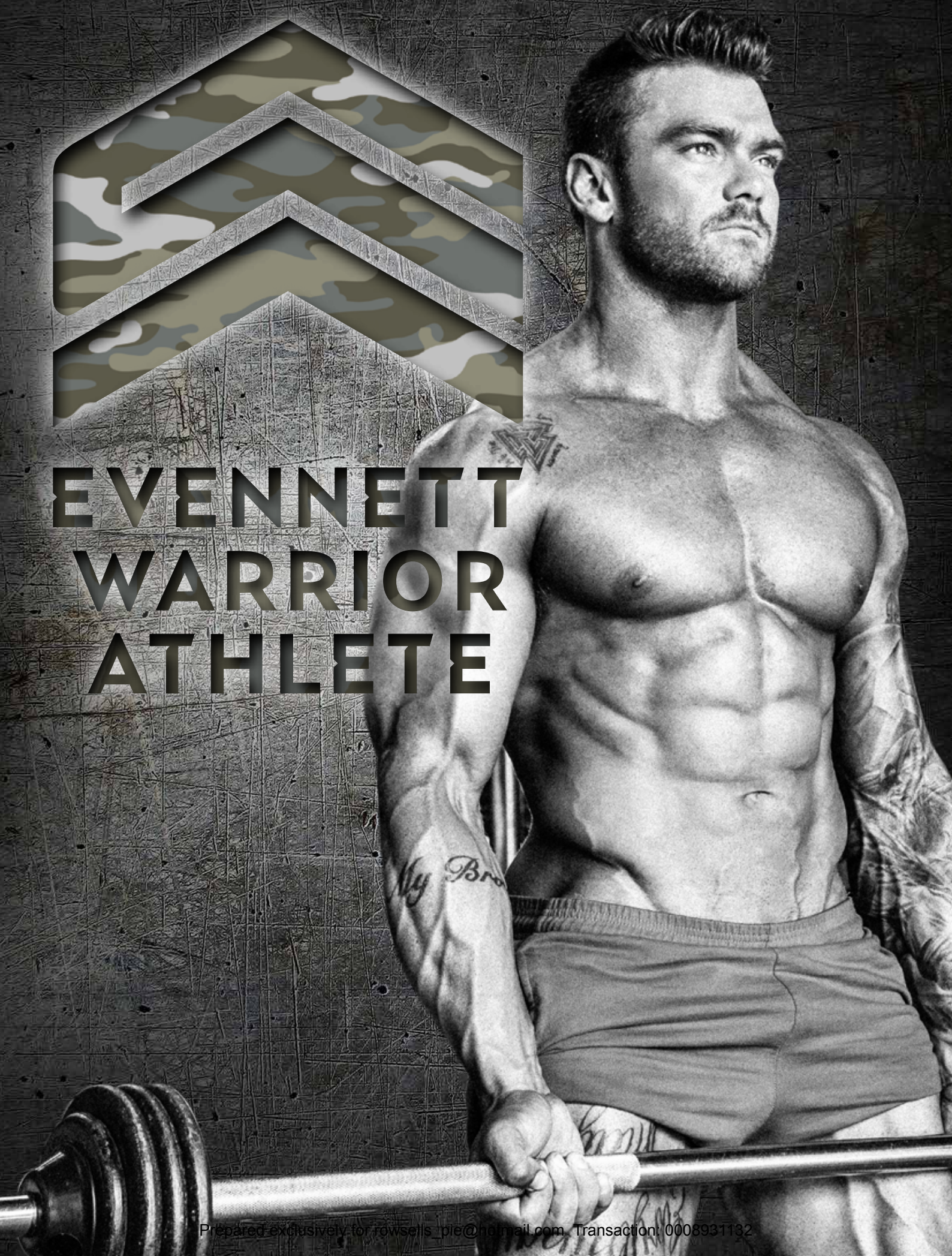




# EVENNETT WARRIOR ATHLETE





## PURCHASING AGREEMENT

### 1. PREAMBLE

The following provides the terms, policies, procedures and conditions to be adhered to by the parties in the Purchase of the Program.

By purchasing the Program the Purchaser agrees to all of the following terms and conditions, subject to the rights granted to the Purchaser by statutory consumer protection legislation, which cannot be excluded, due to the nature of the Program and/or the products and services offered by Evennett.

The Purchase of the Programs is subject to the following terms and conditions. Customers are advised to review these terms and conditions carefully before making the Purchase.

### 2. DEFINITIONS

2.1 For the purpose of this Agreement these following definitions apply;

- (a) "Evennett" refers to the author of the Programs, Scott Evennett as well as Evennett Pty Ltd and its Affiliates;
- (b) "Purchaser" refers to those seeking to purchase the Programs and those who have purchased the Programs and who by purchasing, accepts these terms and conditions;
- (c) "Program (A)" refers to the individual designed program;
- (d) "Program (B)" refers to the generic program;
- (e) "Program" refers to either Program (A), Program (B) or both;
- (f) "Affiliates" refers to any of Evennett's associated entities defined in the Corporations Act 2001 (Cth);
- (g) "Intellectual Property" refers to all of Evennett's proprietary rights and interests including but not limited to copyright, trademarks, designs, patents, character names, writings, digital content, business names, inventions, ideas, symbols, artwork, confidential information and moral rights as defined in the Copyright Act 1966 (Cth).
- (h) "Medical Practitioners" refers to "a person whose primary employment role is to diagnose physical and mental illnesses, disorders and injuries and prescribe medications and treatments that promote or restore good health" defined by the Australian Institute of Health and Welfare.

### 3. ELIGIBILITY

- 3.1 The Purchaser guarantees that they are the age of 15 or over.
- 3.2 Purchasers between the ages of 15–17 seeking to purchase Program (A) must be entered into the purchase by their Parent or Guardian.
- 3.3 Purchasers between the ages of 15–17 seeking to Purchase Program (A) without being entered into the Purchase by their Parent or Guardian will not be delivered the Program.
- 3.4 Parents or Guardians of Purchasers between the ages of 15–17 acknowledge that by entering into the Purchase on behalf of the Purchaser, that they understand this agreement and give consent for the Purchaser to undertake the activities stipulated in the Program.

### 4. MEDICAL AND NUTRITIONAL DISCLAIMER

- 4.1 Evennett are not medical practitioners and as such Evennett does not and cannot provide the Purchaser with medical assistance in any form. The Purchaser is solely responsible for their health and wellbeing and Evennett encourages the Purchaser to seek out qualified medical advice prior to purchasing the Program. The Program does not contain medical advice or assistance and should not be interpreted as medical advice or assistance.
- 4.2 By purchasing the Program the Purchaser acknowledges that Evennett and its affiliates have not provided medical advice and the use of such programs are at the sole risk of the purchaser.

- 4.3 Evennett is not an accredited Nutritionist or Dietician, however the Program has been designed strictly on the advice of an accredited nutritionist and dietician pursuant to the NSW Fitness Industry Code of Practice.
- 4.4 By purchasing the Program the Purchaser acknowledges clause 4.3 and also accepts that it is the sole responsibility of the Purchaser for any individual dietary requirements to be adhered to by the Purchaser.
- 4.5 Evennett advises that the Program is not suited for people with serious medical conditions, minors under the age of 15 and is not formulated to provide adequate nutrition for pregnant women.

### 5. NON-DISTRIBUTION

5.1 The Program is the Intellectual Property of Evennett. Evennett does not give the Purchaser permission for the distribution of the Program of any kind without the express consent of Evennett. To do so would be a violation of Evennett's proprietary rights pursuant to the Copyright Act 1966 (Cth), Trade Marks Act 1995 (Cth), Designs Act 2003 (Cth) and Patents Act 1990 (Cth).

5.2 By purchasing the Program the Purchaser acknowledges that if they are found to violate Evennett's proprietary rights, Evennett may seek appropriate damages resultant from the violation.

### 6. PAYMENT POLICY

6.1 By purchasing the Program ("the Purchase") the Purchaser agrees to:

- (a) pay using a valid credit card (or other form of payment as Evennett may allow);
- (b) provide Evennett with current and complete information as detailed in the purchase order form including full legal name, street address, telephone number, email address, credit card details and billing information as required and without limiting any of Evennett's rights and remedies if it is discovered or believed that any information provided by the Purchaser is inaccurate or not complete;
- (c) pay all costs, fees, charges, applicable taxes and other charges as may be incurred in respect of the Purchase ("the Costs"); and
- (d) pay the Costs in Australian Dollars (AUD \$) unless otherwise indicated.
- (e) pay for the Program, fully acknowledging that Evennett strictly enforces a 'no refund' policy on its Program.

6.2 Payment Policy for Program (A)

6.2.1 The Purchaser may make payment upfront to Evennett on the Purchase of Program (A).

6.2.2 On upfront payment of Program (A) the Purchaser will be provided with the full 12 week program.

6.2.3 Payment may alternatively be made by direct debit in 3 separate and equal installments ("Installment Structure") over 12 weeks.

6.2.4 An installment will be debited immediately on the Purchase of Program (A) ("Purchase Date"). A second installment will be debited after a period of four (4) weeks after the Purchase Date. The final installment will be debited after another period of four (4) weeks after the Second installment was debited.

6.2.5 By opting for the Installment Structure in the Purchase of Program (A), the Purchaser accepts that they will be provided with one third of the program immediately after each direct debit accumulating to the full 12 week program on the accumulated full payment of Program (A).

6.2.6 The Installment Structure may only be varied on written agreement between the Purchaser and Evennett.

6.2.7 By opting for the Installment Structure in the Purchase of Program (A) the Purchaser accepts to be bound by the Installment Structure until

the end of the 12 weeks.

6.3 Payment Policy for Program (B)

6.3.1 The Purchaser must make payment upfront to Evennett on the Purchase of the Program (B).

6.3.2 On full payment of Program (B) the Purchaser will then receive Program (B).

### 7. UPGRADE PROCEDURE

7.1 If the Purchaser wishes to upgrade their Purchase from Program (B) to Program (A) then the Purchaser agrees to:

- (a) pay Evennett the Purchase price of Program (A) upfront; or
- (b) pay Evennett the first payment of the Installment Structure and then be bound by the payment policy for Program (A) stipulated in (Paragraph 6.2.4.) from the time of upgrade onwards.

7.2 Any payments made from Program (B) will not be credited to the Purchase of Program (A).

7.3 The same policy applies for Purchasers wishing to exchange policies from Program (A) to Program (B).

### 8. INDEMNITY

8.1. The Purchaser agrees to indemnify Evennett to the full extent needed from any and all third party claims, liabilities, costs, expenses including solicitor/client costs on an indemnity basis, that Evennett may incur or suffer as a result of the Purchasers improper or illegal use of the Program and/or from the Purchasers breach of any of the Terms and Conditions and/or any facilitation or support by the Purchaser of a third party causing any loss or damage to Evennett.

8.2. The Purchaser agrees to indemnify Evennett for any claims, losses, liabilities, costs or expenses ("Losses") incurred by Evennett, that the Purchaser may cause, or contribute to.

### 9. DELIVERY

9.1 The delivery of the Program is strictly based online.

9.2 The Purchaser will receive the Program by email, to the email address stipulated in the payment instructions (pursuant to paragraph 6.1(b)).

9.3 The Program will only be sent to the one nominated email address.

9.4 If the Purchaser has not received the Program to the stipulated email address after payment or installment, then the Purchaser may email Evennett on [info@evennett.com.au](mailto:info@evennett.com.au) and provide details as to why they may have not received the Program.

9.5 By purchasing the Program the Purchaser accepts that it is at Evennett's discretion to accept the details that the Purchaser has provided and then re-send the Program to the amended email address.

10. No Guarantee

10.1 By purchasing the Program the Purchaser accepts that the outcome of using the Program is solely dependent on the Purchaser.

10.2 Subject to the rights granted to you by statutory consumer protection legislation, which cannot be excluded, due to the nature of the Program and/or the products and services offered by Evennett, the Purchaser accepts that Evennett does not guarantee its results and does not purport to guarantee its results.

11. Non Inclusion

11.1 By purchasing the Program the Purchaser accepts that the Program is limited to meal plans, exercise regimes and other activities stipulated throughout the particulars of the Program.

11.2 The Purchaser accepts all foods stipulated throughout the Program is not included as part of the Purchase. The Purchaser accepts that all foods must be independently sourced by the Purchaser.

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# TESTIMONIALS



**AIDEN K.**



**CHRIS G.**



**BRAD G.**



**ADAM D.**

# TESTIMONIALS

"By far the most effective and challenging and rewarding program I have done. I am 26 and have trained since I was 16 years old. Trying everything from bodybuilding to crossfit. You name it I have tried it. I reached a point in my life where gym was just a day-to-day thing of going through the motions and having no clear direction. Shift work was killing me and it seemed like goals I had set for myself were far in the past. I contacted Scotty and straight away his enthusiasm and passion for fitness stood out. This is not a fad program. There is no quick fix or 2-minute abs. ...even a week after beginning I could feel the difference. My energy levels are through the roof. I destroy my workouts. My outlook on training, nutrition and life in general is much more positive thanks to the mentoring and support from Scotty.

I highly recommend it and I sure as hell will be back for more!!!"

*- Matt P.*

"Before I started with Scotty...my training was lacklustre at best. I was trying to use hypertrophy protocols in the hope of preparing better for military life. After seeking Scotty out and starting the program, it was an eye opener. The first two weeks was hard but I stuck it out. Now 8 weeks in my fitness, stamina and muscular endurance has sky rocketed and I am able to train at a much higher intensity. If you're looking to push yourself mentally physically and hit new goals, then I cannot recommend Scotty high enough."

*- Lachlan W.*

"My time with Scott changed my life for the better. Before meeting Scott, I struggled both physically and emotionally, finding it difficult to put on size, be fit and become confident in who I am as a person. Scott taught me not only fitness techniques, but a lifestyle that encompasses wellbeing and fitness, and has helped me make improvements in myself I never believed I would. The training is hard, but failing is harder."

*- Jonathon*

# INTRO



## PROGRAM INTRODUCTION

Congratulations for initiating the crucial first step in achieving your own personal mission to success. I am forever grateful that you have turned to me to help you along the way. This program is all about your progression and has been created with military precision, trained and tested by myself, to create the ultimate aesthetic and functional physique.

During this program, I will show you how to go from mediocrity to greatness.

### MISSION STATEMENT

We are on a mission to create something of greatness. Greatness is within each of us; we are not here for mediocrity. It's time to separate yourself from the crowd – both physically and mentally. It is time to think and commit like a hardened warrior.

*"You are now a warrior athlete"*





## THE SCOTT EVENNETT STORY

I have always been active, even as a child, and from the age of six I trained and participated in competitive gymnastics. This helped me develop a strong, balanced and flexible foundation. In addition to gymnastics, I was also playing soccer, and when I was 16 I moved from Sydney to the United Kingdom to pursue a professional soccer career. Playing soccer helped me develop power, speed, agility and the fundamental skills I needed for this fast paced game. While the disciplines are ostensibly worlds apart, they both required the same incredible mental focus and physical endurance.

Upon moving back to Australia, I joined the military. For five of the eight years I spent serving in the military, I held a position within the Special Operations Command. This helped me gain extensive knowledge of special operations in counter-terrorism and counter-insurgency across Australia and the Middle East. After three tours to Afghanistan and one tour to East Timor, I turned the mastery I acquired during my military career toward training programs within the health and fitness environment. With the skills I learnt during my years of gymnastics and soccer, together with the principles of bodybuilding and crossfit, I have been able to develop strategies to build the ultimate physique.

I work zealously, not only to shape the bodies of my clientele, but also to shape their minds. Attention to dietary programs and intensive training regimes guarantee physical prowess. Equally crucial is the mental empowerment and



it is pivotal that you gain clarity of mind, a razor sharp mental focus and, most importantly, a true coherence between your inner and outer achievements.

Across my expansive career – as a commando, bodybuilder, entrepreneur and motivational specialist – my strategy combines training, nutrition, diligence and perseverance. Ultimately, the message I wish to impart is: Your personal best is the very least you should expect.

### CHALLENGE ACCEPTED

# Scott

# BEFORE YOU GET STARTED

For the next 12 weeks, you'll get a chance to train, eat and grow like me. This 12-week training and nutrition program is based on how I lift, what I eat and what supplements I use. Don't expect for it to be easy and don't expect to start slow. Expect to train with focus, ferocity, and purpose. Follow what I say and you'll have no choice but to succeed.

*'You need to kill your excuses and become the warrior athlete!'*

This is your 12-week journey toward building a leaner, more muscular you! However, before you get started, you will need to complete a few mission tasks: Goal setting, measurements, and photos.

## GOAL SETTING

What the army found out about goal setting was that most people need to have very clear short-term, mid-term and long-term goals. Set yourself daily, weekly and monthly goals. When you have finished, go through your list of goals and ensure that they are S.M.A.R.T (Specific, Measurable, Attainable, Relevant, and Time-based).

## MEASUREMENTS & PHOTOS

I am a firm believer that 'what gets measured gets done'. Before you start this program, ensure you take your measurements and photos. I believe these methods are by far superior to the scale.

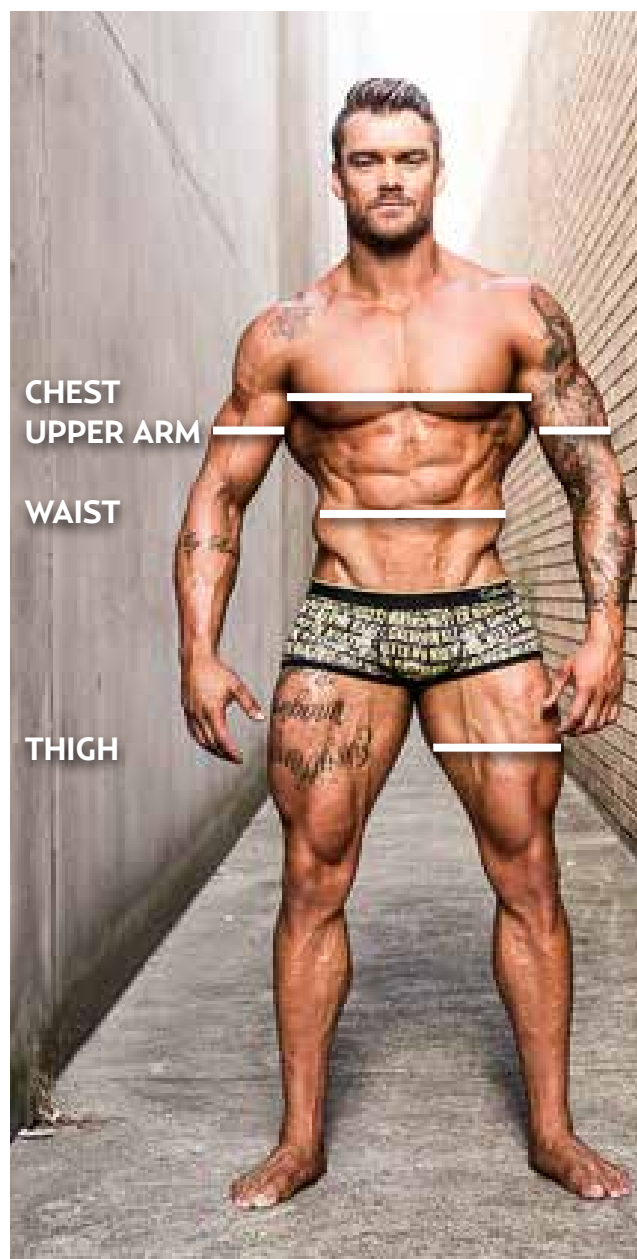
### Measurements

Take your measurements at the following points:

1. Chest
2. Upper arm, relaxed (left and right)
3. Waist
4. Thigh, relaxed (left and right)

### Progress photos

Your progress photos should be taken against a neutral wall with a good lighting. Take them from three different angles (front, side and back), as you may experience a greater difference in one of them.





**SCOTT EVENNETT  
WARRIOR ATHLETE**

# **NUTRITION PRINCIPLES**

***"ELIMINATE THE THREAT"***

# NUTRITION PRINCIPLES

## ***"ELIMINATE THE THREAT"***

### THE PROBLEM WITH TODAY'S DIET

Many of the foods found in the normal diet today are fake, contain little nutritional value and are loaded with chemicals, preservatives, colourings, flavourings and other harmful products. The majority of people that are overweight have a myriad of health problems and are not fuelling their bodies with the correct sources to enable an active and healthy lifestyle. Primitive people of long ago, however, consumed whole natural foods such as fruits, vegetables, wild or free range animal products, seafood, full-fat dairy and unprocessed whole grains. These people were strong, fit, lived an active lifestyle and were virtually free of diseases such as cancer, diabetes, heart disease and tooth decay.

Highly processed foods are making you sick, rotting your teeth, destroying your liver and kidneys, and blocking your arteries. These foods have been severely altered from their natural state and stripped of their nutrients. We don't need these types of foods! We need the right foods to fuel our bodies, not just for energy, but also to provide our bodies with the nutrients it needs to function optimally.

### WHAT FOODS YOU SHOULD AVOID

As I mentioned above, highly processed foods should be avoided and you should focus on nutrient-dense foods. In addition to processed and packaged foods, there are a few more foods that I would suggest you avoid to build your ultimate physique:

- **Processed grains:** Pasta, bread, cereal, muesli
- **Refined sugars:** Lollies, biscuits, chocolate, soft drinks, etc.
- **Low fat or fat-free:** dairy products
- **Vegetable oils**

### WHAT FOODS YOU SHOULD EAT

The foods that you should eat should be as close to their natural state as possible. When possible, choose organic, wild caught or free range. Frozen vegetables and berries are often cheaper and will be a good substitute. Just make sure the frozen berries do not contain any added sugar.

#### Healthy foods

- Fruit & berries
- Vegetables
- **Rice:** Brown or basmati
- Honey
- **Lean red meat:** Lamb, beef, pork
- **Seafood:** salmon, tuna, swordfish, prawns (shrimp), calamari, lobster
- Turkey & chicken
- Eggs & egg white
- **Nuts:** Almonds, macadamia, Brazil nuts, pecans, walnuts, and cashews
- Avocado
- Extra virgin olive oil
- Coconut oil
- **Full-fat, plain dairy products:** Milk, cheese, Greek yoghurt, sour cream, cream



# MACRONUTRIENTS

The foods that you eat contain different ratios of macronutrients and different levels of micronutrients. Your macronutrients are your protein, carbohydrates and fats. These provide your body with energy (calories). Your micronutrients are your vitamins and minerals.

## Protein

High quality proteins are essential for building and repairing muscle tissue. All athletes, who are training to gain lean body mass and maximum strength, must consume enough protein. Examples of good sources of protein include chicken, turkey, low fat red meat, canned (or fresh) tuna/salmon, eggs, egg whites, all fish and nuts (also a source of healthy fats).

## Carbohydrates

Carbohydrates are a vital fuel source for muscles. They help increase performance by providing much-needed energy. Choose only complex carbohydrates like sweet potato, rice, fruits, and vegetables. As mentioned above, it is important that you avoid simple carbs, highly processed sugars and high fructose corn syrup (HFCS).

## Fats

Fats serve several critical functions and they are a major form of stored energy providing twice the energy supplied by carbs and protein. They are essential for normal hormone production, heart and brain health and also help transport other nutrients to places in the body. Good sources of fat include egg yolk, avocado, olives, almonds, cashews, peanuts, olive oil, fatty fish, flaxseed, pine nuts and walnuts.

# MICRONUTRIENTS

In addition to the macronutrients above, unprocessed foods are also high in micronutrients (vitamins and minerals). These are essentials for your health and wellbeing and will also have an enormous impact on your performance. Different foods contain more or less of the different micronutrients and it is, therefore, important to eat a variety of different foods.



# FOOD FOR PERFORMANCE

Every meal is important for overall health and performance. The physical and mental demands in this training plan require appropriate nutritional habits to ensure performance is optimised. This is what I call refuelling the human weapon. Nutrient timings must be frequent, small meals every 2-3 hours throughout the day. This type of feeding pattern will help to keep your energy levels high and give you the proper nutrients for recovery and growth between intense workouts.

The timing of meals is critical to sustaining performance levels, the refeeding interval is no more than 45 minutes post-workout as eating during this time will increase muscle growth, accelerate recovery and restore energy for the next day's training.

You must eat to grow, but this doesn't mean a diet of unhealthy nutrition. Mass gain is not an excuse for eating junk food. To keep a low body fat percentage, you must keep your nutrition tight and eat the right types of foods.

## FLUIDS

Adequate fluids must be ingested to assure mission success so being well hydrated during and post training is absolutely critical. Consuming 2-4 litres of water per day is a must for maximum performance and results. It is also essential that you avoid alcohol and sugar-filled drinks. Alternatives are coconut water, black coffee and tea, which can only be consumed if the water levels remain high.

## HOW TO PREPARE YOUR FOOD

Most foods are best consumed in their raw or natural state, with as little cooking as possible, especially fruit, vegetables and nuts. However, you are allowed to prepare and cook the foods in your meal plan. I would recommend you use the following cooking techniques to minimise the loss of vitamins and minerals:

- **Roasted in the oven:** Chicken, turkey, vegetables, red meat, fish
- **Steamed:** Vegetables, fish
- **Poached:** Eggs, chicken, turkey, fish
- **Pan-fried:** Vegetables, chicken, red meat, prawns (shrimp)
- **Slow cooked:** Chicken, vegetables, red meat

## HOW TO OVERCOME OBSTACLES

- Smart shopping is the first step towards healthy meal preparation. Clean out your cupboards and start from scratch
- Bring your shopping list and fill your trolley with only the foods from your list
- Use a kitchen scale to ensure you eat the correct serving sizes. Weigh your food uncooked, unless otherwise specified
- When eating out, make sensible food choices – you can always find a healthy option!
- Be prepared with healthy snacks at home or "on the go"
- Willpower will only have limited stores, so try to avoid situations where you will need it. It all comes down to planning



## HOW TO USE...

# HOW TO USE THE WARRIOR ATHLETE MEAL PLAN

This warrior athlete meal plan includes my advanced carb cycling meal plan. It is based on a 4-week cycle that you will repeat until you have completed the entire 12-week program. In this plan, you will alter low carb days with higher carb days. The goal of the low carb, ketogenic days are to improve health and help you maintain a lean physique, by keeping insulin levels low, deplete your muscles of glycogen and switching your metabolism to burn fat instead of glucose. Your body will use fats as its main fuel source when glucose availability is low, as it will need an alternative source of energy to glucose. You will be altering these ketogenic days with high carb days. These higher carb days will help restore your muscle glycogen and help with performance and muscle growth. I have found that the best interval is to have a high carb day every 4 days, so 3 days of low carb followed by 1 day of high carb.

*'The food you eat will impact your mission performance'*

The foods are mentioned in grams, however, if you would rather use ounces I have attached a conversion list for you on page 49.



## YOUR 12-WEEK WARRIOR ATHLETE CARB CYCLING PLAN

WEEK	DAY	MEAL PLAN
1, 5, 9	1	Low
	2	Low
	3	Low
	4	High
	5	Low
	6	Low
	7	Low
2, 6, 10	1	High
	2	Low
	3	Low
	4	Low
	5	High
	6	Low
	7	Low
3, 7, 11	1	Low
	2	High
	3	Low
	4	Low
	5	Low
	6	High
	7	Low
4, 8, 12	1	Low
	2	Low
	3	High
	4	Low
	5	Low
	6	Low
	7	High

# MEAL PLANS



# WEEK 1

## DAY 1 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Baby spinach, raw	30	g
	Avocado	90	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Walnuts, shelled, raw	20	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	125	g
	Cauliflower, raw	150	g
	Eggplant (aubergine), with skin, raw	150	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	90	g
	Mushroom, common, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Tomato, common, raw	150	g
	Chicken mince, lean	125	g

# WEEK 1

## DAY 2 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Rocket (arugula)	30	g
	Cheese, cheddar (Bega)	40	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Lamb, rump, lean, raw	100	g
	Walnuts, shelled, raw	20	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	125	g
	Pumpkin, butternut, peeled, raw	100	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Prawns (shrimp), raw	100	g
	Walnuts, shelled, raw	35	g
	Garlic, peeled, raw	1	clove
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Mushroom, common, raw	100	g
	Asparagus, raw	100	g
	Chicken mince, lean	125	g



# WEEK 1

## DAY 3 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Baby spinach, raw	30	g
	Avocado	90	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Pork, fillet, lean, raw	125	g
	Brazil nuts, raw	20	g
	Extra virgin olive oil	1	tbsp.
	Baby spinach, raw	20	g
	Cabbage, red, raw	100	g
MEAL 3	FOOD	QTY	
	Turkey mince, extra lean	100	g
	Zucchini, green, raw	150	g
	Mushroom, common, raw	150	g
	Almonds, with skin, raw	30	g
	Oregano, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	90	g
	Broccoli, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Rocket (arugula)	30	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Asparagus, raw	150	g
	Chicken breast, no skin, raw	125	g

# WEEK 1

## DAY 4 – HIGH CARB

MEAL 1	FOOD	QTY	
	ASN MP 50	40	g
	Oats	0.5	cup
	Banana, raw, peeled	1	medium
	Milk, full fat	200	mL
	Cinnamon, ground	0.5	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Greek yoghurt, plain	170	g
	Honey	15	g
	Cinnamon, ground	0.5	tsp.
	Pear, brown types, with skin, raw	1	medium
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	100	g
	Broccoli, raw	150	g
	Brown rice, raw	0.5	cup
	Basil, dried	1	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	0.25	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Oats	0.5	cup
	ASN MP 50	50	g
MEAL 5	FOOD	QTY	
	Oats	0.5	cup
	Banana, raw, peeled	1	medium
	ASN MP 50	50	g
MEAL 6	FOOD	QTY	
	Rosemary, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Green beans (string beans/snap beans), raw	100	g
	Sweet potato, peeled, raw	300	g
	Beef, sirloin steak, lean, raw	100	g
	Extra virgin olive oil	0.33	tbsp.
	Honey	30	g
	Rice cakes, brown rice (Sun Rice)	40	g

# WEEK 1

## DAY 5 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Rocket (arugula)	30	g
	Cheese, cheddar (Bega)	40	g
	Extra virgin olive oil	1	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Brazil nuts, raw	20	g
	Extra virgin olive oil	1	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	100	g
	Baby spinach, raw	30	g
	Capsicum (bell pepper), raw	100	g
	Almonds, with skin, raw	30	g
	Paprika, ground	1	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Lamb, rump, lean, raw	100	g
	Rosemary, dried	1	tsp.
	Avocado	100	g
	Tomato, common, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Tomato, common, raw	150	g
	Chicken mince, lean	125	g



# WEEK 1

## DAY 6 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Rocket (arugula)	30	g
	Avocado	90	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Walnuts, shelled, raw	30	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Cauliflower, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	125	g
	Broccoli, raw	100	g
	Capsicum (bell pepper), raw	100	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	0.5	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	90	g
	Mushroom, common, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Broccoli, raw	150	g
	Chicken mince, lean	125	g

# WEEK 1

## DAY 7 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Rocket (arugula)	30	g
	Avocado	90	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Walnuts, shelled, raw	30	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Cauliflower, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	125	g
	Broccoli, raw	100	g
	Capsicum (bell pepper), raw	100	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	0.5	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	90	g
	Mushroom, common, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Broccoli, raw	150	g
	Chicken mince, lean	125	g

# WEEK 2

## DAY 1 – HIGH CARB

MEAL 1	FOOD	QTY	
	Sweet potato, peeled, raw	200	g
	Zucchini, green, raw	100	g
	Baby spinach, raw	30	g
	Egg, whole	1	large
	Egg white	5	large
	Cayenne pepper	0.1	tsp.
	Turmeric, ground	0.5	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Greek yoghurt, plain	170	g
	Honey	15	g
	Cinnamon, ground	0.5	tsp.
	Raspberries, raw	150	g
	Banana, raw, peeled	1	medium
MEAL 3	FOOD	QTY	
	Lamb, rump, lean, raw	100	g
	Broccoli, raw	150	g
	Brown rice, raw	0.5	cup
	Rosemary, dried	1	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	0.33	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Oats	0.5	cup
	ASN MP 50	50	g
MEAL 5	FOOD	QTY	
	Oats	0.5	cup
	Blueberries, raw	150	g
	ASN MP 50	50	g
MEAL 6	FOOD	QTY	
	Rosemary, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Green beans (string beans/snap beans), raw	100	g
	Brown rice, raw	0.5	cup
	Turkey mince, extra lean	100	g
	Extra virgin olive oil	0.33	tbsp.
	Honey	30	g
	Rice cakes, brown rice (Sun Rice)	40	g



# WEEK 2

## DAY 2 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Capsicum (bell pepper), raw	100	g
	Avocado	100	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Walnuts, shelled, raw	20	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Turkey mince, extra lean	125	g
	Tomato, common, raw	150	g
	Mushroom, common, raw	150	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	100	g
	Broccoli, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Baby spinach, raw	30	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Tomato, common, raw	150	g
	Chicken breast, no skin, raw	125	g

# WEEK 2

## DAY 3 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Baby spinach, raw	30	g
	Avocado	90	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Walnuts, shelled, raw	20	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	125	g
	Cauliflower, raw	150	g
	Eggplant (aubergine), with skin, raw	150	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	90	g
	Mushroom, common, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Tomato, common, raw	150	g
	Chicken mince, lean, raw	125	g

# WEEK 2

## DAY 4 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Rocket (arugula)	30	g
	Cheese, cheddar (Bega)	40	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Lamb, rump, lean, raw	100	g
	Walnuts, shelled, raw	20	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	125	g
	Pumpkin, butternut, peeled, raw	100	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Prawns (shrimp), raw	100	g
	Walnuts, shelled, raw	35	g
	Garlic, peeled, raw	1	clove
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Mushroom, common, raw	100	g
	Asparagus, raw	100	g
	Chicken mince, lean	125	g



# WEEK 2

## DAY 5 – HIGH CARB

MEAL 1	FOOD	QTY	
	ASN MP 50	40	g
	Oats	0.5	cup
	Banana, raw, peeled	1	medium
	Milk, full fat	200	mL
	Cinnamon, ground	0.5	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Greek yoghurt, plain	170	g
	Cinnamon, ground	0.5	tsp.
	Raspberries, raw	150	g
MEAL 3	FOOD	QTY	
	Prawns (shrimp), raw	125	g
	Broccoli, raw	150	g
	Brown rice, raw	0.5	cup
	Extra virgin olive oil	0.33	tbsp.
	Rosemary, dried	1	tsp.
	Black pepper, ground	1	tsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Oats	0.5	cup
	ASN MP 50	50	g
MEAL 5	FOOD	QTY	
	Oats	0.5	cup
	ASN MP 50	50	g
MEAL 6	FOOD	QTY	
	Rosemary, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Green beans (string beans/snap beans), raw	100	g
	Brown rice, raw	0.5	cup
	Chicken breast, no skin, raw	100	g
	Extra virgin olive oil	0.33	tbsp.
	Honey	30	g
	Rice cakes, brown rice (Sun Rice)	40	g

# WEEK 2

## DAY 6 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Baby spinach, raw	30	g
	Avocado	90	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Pork, fillet, lean, raw	125	g
	Brazil nuts, raw	20	g
	Extra virgin olive oil	1	tbsp.
	Baby spinach, raw	20	g
	Cabbage, red, raw	100	g
MEAL 3	FOOD	QTY	
	Turkey mince, extra lean	100	g
	Zucchini, green, raw	150	g
	Mushroom, common, raw	150	g
	Almonds, with skin, raw	30	g
	Oregano, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	90	g
	Broccoli, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Rocket (arugula)	30	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Asparagus, raw	150	g
	Chicken breast, no skin, raw	125	g

# WEEK 2

## DAY 7 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Rocket (arugula)	30	g
	Cheese, cheddar (Bega)	40	g
	Extra virgin olive oil	1	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Brazil nuts, raw	20	g
	Extra virgin olive oil	1	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	100	g
	Baby spinach, raw	30	g
	Capsicum (bell pepper), raw	100	g
	Almonds, with skin, raw	30	g
	Paprika, ground	1	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Lamb, rump, lean, raw	100	g
	Rosemary, dried	1	tsp.
	Avocado	100	g
	Tomato, common, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Tomato, common, raw	150	g
	Chicken mince, lean	125	g



# WEEK 3

## DAY 1 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Rocket (arugula)	30	g
	Avocado	90	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Walnuts, shelled, raw	30	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Cauliflower, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	125	g
	Broccoli, raw	100	g
	Capsicum (bell pepper), raw	100	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	0.5	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	90	g
	Mushroom, common, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Broccoli, raw	150	g
	Chicken mince, lean	125	g

# WEEK 3

## DAY 2 – HIGH CARB

MEAL 1	FOOD	QTY	
	ASN MP 50	40	g
	Oats	0.5	cup
	Pear, brown types, with skin, raw	1	medium
	Milk, full fat	200	mL
	Cinnamon, ground	0.5	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Greek yoghurt, plain	170	g
	Honey	15	g
	Cinnamon, ground	0.5	tsp.
	Apple, most, with skin, raw	1	medium
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	100	g
	Broccoli, raw	150	g
	Brown rice, raw	0.5	cup
	Basil, dried	1	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	0.25	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Oats	0.5	cup
	ASN MP 50	50	g
MEAL 5	FOOD	QTY	
	Oats	0.5	cup
	Banana, raw, peeled	1	medium
	ASN MP 50	50	g
MEAL 6	FOOD	QTY	
	Rosemary, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Green beans (string beans/snap beans), raw	100	g
	Sweet potato, peeled, raw	300	g
	Beef, sirloin steak, lean, raw	100	g
	Extra virgin olive oil	0.33	tbsp.
	Honey	30	g
	Rice cakes, brown rice (Sun Rice)	40	g

# WEEK 3

## DAY 3 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Capsicum (bell pepper), raw	100	g
	Avocado	100	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Walnuts, shelled, raw	20	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Turkey mince, extra lean	125	g
	Tomato, common, raw	150	g
	Mushroom, common, raw	150	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	100	g
	Broccoli, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Baby spinach, raw	30	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Tomato, common, raw	150	g
	Chicken breast, no skin, raw	125	g

# WEEK 3

## DAY 4 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Capsicum (bell pepper), raw	100	g
	Avocado	100	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Walnuts, shelled, raw	20	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Turkey mince, extra lean	125	g
	Tomato, common, raw	150	g
	Mushroom, common, raw	150	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	100	g
	Broccoli, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Baby spinach, raw	30	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Tomato, common, raw	150	g
	Chicken breast, no skin, raw	125	g



# WEEK 3

## DAY 5 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Baby spinach, raw	30	g
	Avocado	90	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Walnuts, shelled, raw	20	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	125	g
	Cauliflower, raw	150	g
	Eggplant (aubergine), with skin, raw	150	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	90	g
	Mushroom, common, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Tomato, common, raw	150	g
	Chicken mince, lean	125	g

# WEEK 3

## DAY 6 – HIGH CARB

MEAL 1	FOOD	QTY	
	ASN MP 50	40	g
	Oats	0.5	cup
	Blueberries, raw	150	g
	Milk, full fat	200	mL
	Cinnamon, ground	0.5	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Greek yoghurt, plain	170	g
	Honey	15	g
	Cinnamon, ground	0.5	tsp.
	Mango	150	g
MEAL 3	FOOD	QTY	
	Lamb, rump, lean, raw	100	g
	Broccoli, raw	150	g
	Brown rice, raw	0.5	cup
	Rosemary, dried	1	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	0.25	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Oats	0.5	cup
	ASN MP 50	50	g
MEAL 5	FOOD	QTY	
	Oats	0.5	cup
	Banana, raw, peeled	1	medium
	ASN MP 50	50	g
MEAL 6	FOOD	QTY	
	Pink Himalayan salt	0.25	tsp.
	Black pepper, ground	0.5	tsp.
	Green beans (string beans/snap beans), raw	100	g
	Sweet potato, peeled, raw	300	g
	Chicken breast, no skin, raw	100	g
	Extra virgin olive oil	0.33	tbsp.
	Honey	30	g
	Rice cakes, brown rice (Sun Rice)	40	g

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Rocket (arugula)	30	g
	Cheese, cheddar (Bega)	40	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Lamb, rump, lean, raw	100	g
	Walnuts, shelled, raw	20	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	125	g
	Pumpkin, butternut, peeled, raw	100	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
MEAL 5	FOOD	QTY	
	Prawns (shrimp), raw	100	g
	Walnuts, shelled, raw	35	g
	Garlic, peeled, raw	1	clove
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Mushroom, common, raw	100	g
	Asparagus, raw	100	g
	Chicken mince, lean	125	g

# WEEK 4

## DAY 1 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Baby spinach, raw	30	g
	Avocado	90	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Pork, fillet, lean, raw	125	g
	Brazil nuts, raw	20	g
	Extra virgin olive oil	1	tbsp.
	Baby spinach, raw	20	g
	Cabbage, red, raw	100	g
MEAL 3	FOOD	QTY	
	Turkey mince, extra lean	100	g
	Zucchini, green, raw	150	g
	Mushroom, common, raw	150	g
	Almonds, with skin, raw	30	g
	Oregano, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	90	g
	Broccoli, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Rocket (arugula)	30	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Asparagus, raw	150	g
	Chicken breast, no skin, raw	125	g

# WEEK 4

## DAY 2 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Rocket (arugula)	30	g
	Cheese, cheddar (Bega)	40	g
	Extra virgin olive oil	1	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Brazil nuts, raw	20	g
	Extra virgin olive oil	1	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	100	g
	Baby spinach, raw	30	g
	Capsicum (bell pepper), raw	100	g
	Almonds, with skin, raw	30	g
	Paprika, ground	1	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Lamb, steak, lean, raw	100	g
	Rosemary, dried	1	tsp.
	Avocado	100	g
	Tomato, common, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Tomato, common, raw	150	g
	Chicken mince, lean	125	g



# WEEK 4

## DAY 3 – HIGH CARB

MEAL 1	FOOD	QTY	
	ASN MP 50	40	g
	Oats	0.5	cup
	Apple, most, with skin, raw	1	medium
	Milk, full fat	200	mL
	Cinnamon, ground	0.5	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Greek yoghurt, plain	170	g
	Honey	15	g
	Cinnamon, ground	0.5	tsp.
	Pear, brown types, with skin, raw	1	medium
MEAL 3	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Broccoli, raw	150	g
	Brown rice, raw	0.5	cup
	Rosemary, dried	1	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	0.25	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Oats	0.5	cup
	ASN MP 50	50	g
MEAL 5	FOOD	QTY	
	Oats	0.5	cup
	Banana, raw, peeled	1	medium
	ASN MP 50	50	g
MEAL 6	FOOD	QTY	
	Pink Himalayan salt	0.25	tsp.
	Black pepper, ground	0.5	tsp.
	Asparagus, raw	100	g
	Sweet potato, peeled, raw	300	g
	Chicken breast, no skin, raw	100	g
	Extra virgin olive oil	0.33	tbsp.
	Honey	30	g
	Rice cakes, brown rice (Sun Rice)	40	g

# WEEK 4

## DAY 4 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Rocket (arugula)	30	g
	Avocado	90	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Walnuts, shelled, raw	30	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Cauliflower, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	125	g
	Broccoli, raw	100	g
	Capsicum (bell pepper), raw	100	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	0.5	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	90	g
	Mushroom, common, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Broccoli, raw	150	g
	Chicken mince, lean	125	g

# WEEK 4

## DAY 5 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Rocket (arugula)	30	g
	Avocado	90	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Walnuts, shelled, raw	30	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Cauliflower, raw	100	g
MEAL 3	FOOD	QTY	
	Chicken breast, no skin, raw	125	g
	Broccoli, raw	100	g
	Capsicum (bell pepper), raw	100	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	0.5	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	90	g
	Mushroom, common, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Green beans (string beans/snap beans), raw	100	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Broccoli, raw	150	g
	Chicken mince, lean	125	g

# WEEK 4

## DAY 6 – LOW CARB

MEAL 1	FOOD	QTY	
	Egg, whole	1	large
	Egg white	5	large
	Capsicum (bell pepper), raw	100	g
	Avocado	100	g
	Extra virgin olive oil	0.5	tbsp.
	Cayenne pepper	0.1	tsp.
	Black pepper, ground	0.25	tsp.
	Turmeric, ground	0.25	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Walnuts, shelled, raw	20	g
	Extra virgin olive oil	0.5	tbsp.
	Baby spinach, raw	20	g
	Broccoli, raw	100	g
MEAL 3	FOOD	QTY	
	Turkey mince, extra lean	125	g
	Tomato, common, raw	150	g
	Mushroom, common, raw	150	g
	Almonds, with skin, raw	30	g
	Rosemary, dried	2	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	1	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Salmon, no skin, raw	100	g
	Dill, dried	1	tsp.
	Avocado	100	g
	Broccoli, raw	100	g
	Asparagus, raw	150	g
MEAL 5	FOOD	QTY	
	Tuna, canned, in springwater (95g/3.4 oz.)	1	can
	Baby spinach, raw	30	g
	Black pepper, ground	0.5	tsp.
	Avocado	100	g
MEAL 6	FOOD	QTY	
	Basil, dried	1	tsp.
	Black pepper, ground	0.5	tsp.
	Extra virgin olive oil	1	tbsp.
	Zucchini, green, raw	100	g
	Tomato, common, raw	150	g
	Chicken breast, no skin, raw	125	g

# WEEK 4

## DAY 7 – HIGH CARB

MEAL 1	FOOD	QTY	
	ASN MP 50	40	g
	Oats	0.5	cup
	Raspberries, raw	150	g
	Milk, full fat	200	mL
	Cinnamon, ground	0.5	tsp.
	Fish oil, capsules	4	caps
MEAL 2	FOOD	QTY	
	Greek yoghurt, plain	170	g
	Honey	15	g
	Cinnamon, ground	0.5	tsp.
	Apple, most, with skin, raw	1	medium
MEAL 3	FOOD	QTY	
	Beef, sirloin steak, lean, raw	100	g
	Broccoli, raw	150	g
	Capsicum (bell pepper), raw	100	g
	Brown rice, raw	0.5	cup
	Rosemary, dried	1	tsp.
	Black pepper, ground	1	tsp.
	Extra virgin olive oil	0.25	tbsp.
	Fish oil, capsules	4	caps
MEAL 4	FOOD	QTY	
	Oats	0.5	cup
	ASN MP 50	50	g
MEAL 5	FOOD	QTY	
	Oats	0.5	cup
	Banana, raw, peeled	1	medium
	ASN MP 50	50	g
MEAL 6	FOOD	QTY	
	Pink Himalayan salt	0.25	tsp.
	Black pepper, ground	0.5	tsp.
	Mushroom, common, raw	100	g
	Tomato, common, raw	100	g
	Sweet potato, peeled, raw	300	g
	Turkey mince, extra lean	100	g
	Extra virgin olive oil	0.25	tbsp.
	Honey	30	g
	Rice cakes, brown rice (Sun Rice)	40	g





# **SHOPPING LISTS**



## SHOPPING LISTS

Bring your shopping list to the grocery store, local green grocer or butcher to ensure you stock up your fridge, freezer and pantry with high quality foods. I would recommend you buy the vegetables twice per week, as they only stay fresh for a few days.

To save money, you can buy some vegetables, fruit and berries frozen. Just ensure they haven't got any added sugar. Another tip to save money is to bulk buy your meats, poultry and seafood and store the remainder in your freezer.

Feel free to swap up the spices and herbs than the ones suggested. However, ensure you use fresh or dried and not a ready-made mix.

Before you go to the shops, make sure you take a look in your fridge, freezer and pantry. If you already have some of the foods at home you might only need to top up.

**Note:** Raw means that the food is uncooked. You should weigh your food before you cook it so that you get the correct serving size.

# SHOPPING LIST - WEEK 1

FRUITS & BERRIES	Banana, peeled, raw	2 medium
	Pear, brown, with skin, raw	1 medium
VEGETABLES	Rocket (arugula)	150g
	Baby spinach	190g
	Avocado	1420g
	Broccoli, raw	1050g
	Eggplant (aubergine), with skin, raw	150g
	Pumpkin, butternut, peeled, raw	100g
	Mushroom, common, raw	550g
	Asparagus, raw	1000g
	Zucchini, green, raw	650g
	Tomato, common, raw	400g
	Sweet potato, peeled, raw	300g
	Capsicum (bell pepper), raw	300g
	Cabbage, red, raw	100g
EGGS & DAIRY	Egg, whole	6 large
	Egg white	30 large
	Milk, full-fat	200 mL
	Greek yoghurt, plain	170g
MEAT, POULTRY & SEAFOOD	Beef, sirloin, lean, raw	500g
	Lamb, rump, lean, raw	200g
	Pork fillet, lean, raw	125g
	Chicken breast, no skin, raw	700g
	Salmon, no skin, raw	400g
	Chicken mince, lean, raw	625g
	Tuna, canned, in springwater (95g/3.4oz)	6 cans
	Prawns (shrimp), raw	100g
	Turkey mince, extra lean, raw	100g
NUTS & SEEDS	Walnuts, raw	135g
	Almonds, raw	210g
	Brazil nuts, raw	40g
SPICES & HERBS	Pink Himalayan salt	1 container
	Black pepper	1 container
	Cinnamon	1 container
	Cayenne pepper	1 container
	Turmeric	1 container
	Dill, dried	1 container
	Rosemary, dried	1 container
	Basil, dried	1 container
	Paprika, ground	1 container
	Garlic, bulb, raw	1
MISCELLANEOUS	Extra virgin olive oil	1 large bottle
	Oats	1 packet
	ASN MP 50 protein powder	140g
	Fish oil, capsules	56 caps
	Honey	45g
	Brown rice, uncooked	1 packet
	Rice cakes, brown rice, all natural	40g

# SHOPPING LIST - WEEK 2

FRUITS & BERRIES	Banana, peeled, raw	2 medium
	Raspberries, raw	300g
	Blueberries, raw	150g
VEGETABLES	Rocket (arugula)	90g
	Baby spinach	220g
	Avocado	970g
	Broccoli, raw	900g
	Cauliflower, raw	150g
	Eggplant (aubergine), with skin, raw	150g
	Pumpkin, butternut, peeled, raw	100g
	Mushroom, common, raw	500g
	Asparagus, raw	700g
	Green beans (string beans), raw	500g
	Zucchini, green, raw	650g
	Tomato, common, raw	700g
	Sweet potato, peeled, raw	200g
	Capsicum (bell pepper), raw	200g
	Cabbage, red, raw	100g
EGGS & DAIRY	Egg, whole	6 large
	Egg white	30 large
	Cheese, cheddar	80g
	Milk, full-fat	200 mL
	Greek yoghurt, plain	340g
MEAT, POULTRY & SEAFOOD	Beef, sirloin, lean, raw	300g
	Lamb, rump, lean, raw	300g
	Pork fillet, lean, raw	125g
	Chicken breast, no skin, raw	600g
	Salmon, no skin, raw	300g
	Chicken mince, lean, raw	375g
	Tuna, canned, in springwater (95g/3.4oz)	4 cans
	Prawns (shrimp), raw	225g
	Turkey mince, extra lean, raw	325g
NUTS & SEEDS	Walnuts, raw	95g
	Almonds, raw	150g
	Brazil nuts, raw	40g
SPICES & HERBS	Pink Himalayan salt	1 container
	Black pepper	1 container
	Cinnamon	1 container
	Cayenne pepper	1 container
	Turmeric	1 container
	Dill, dried	1 container
	Rosemary, dried	1 container
	Basil, dried	1 container
	Oregano, dried	1 container
	Paprika, ground	1 container
	Garlic, bulb, raw	1 clove
MISCELLANEOUS	Extra virgin olive oil	1 bottle
	Oats	1 packet
	ASN MP 50 protein powder	240g
	Fish oil, capsules	56 caps
	Honey	75g
	Brown rice, uncooked	1 packet
	Rice cakes, brown rice, all natural	80g

# SHOPPING LIST - WEEK 3

FRUITS & BERRIES	Banana, peeled, raw	2 medium
	Pear, brown, with skin	1 medium
	Apple, with skin	1 medium
	Blueberries, raw	150g
	Mango	150g
VEGETABLES	Rocket (arugula)	60g
	Baby spinach	190g
	Avocado	1260g
	Broccoli, raw	1150g
	Cauliflower, raw	250g
	Eggplant (aubergine), with skin, raw	150g
	Pumpkin, butternut, peeled, raw	100g
	Mushroom, common, raw	600g
	Asparagus, raw	650g
	Green beans (string beans), raw	500g
	Zucchini, green, raw	400g
	Tomato, common, raw	750g
	Sweet potato, peeled, raw	600g
	Capsicum (bell pepper), raw	300g
	Cabbage, red, raw	100g
EGGS & DAIRY	Egg, whole	5 large
	Egg white	25 large
	Cheese, cheddar	40g
	Milk, full-fat	400 mL
	Greek yoghurt, plain	340g
MEAT, POULTRY & SEAFOOD	Beef, sirloin, lean, raw	500g
	Lamb, rump, lean, raw	200g
	Chicken breast, no skin, raw	825g
	Salmon, no skin, raw	400g
	Chicken mince, lean, raw	375g
	Tuna, canned, in springwater (95g/3.4oz)	5 cans
	Prawns (shrimp), raw	100g
	Turkey mince, extra lean, raw	325g
NUTS & SEEDS	Walnuts, raw	145g
	Almonds, raw	150g
	Brazil nuts, raw	40g
SPICES & HERBS	Pink Himalayan salt	1 container
	Black pepper	1 container
	Cinnamon	1 container
	Cayenne pepper	1 container
	Turmeric	1 container
	Dill, dried	1 container
	Rosemary, dried	1 container
	Basil, dried	1 container
	Oregano, dried	1 container
	Paprika, ground	1 container
	Garlic, bulb, raw	1 clove
MISCELLANEOUS	Extra virgin olive oil	1 bottle
	Oats	1 packet
	ASN MP 50 protein powder	280g
	Fish oil, capsules	56 caps
	Honey	90g
	Brown rice, uncooked	1 packet
	Rice cakes, brown rice, all natural	80g



# SHOPPING LIST - WEEK 4

FRUITS & BERRIES	Banana, peeled, raw	2 medium
	Pear, brown, with skin	1 medium
	Apple, with skin	2 medium
	Raspberries, raw	150g
VEGETABLES	Rocket (arugula)	120g
	Baby spinach	170g
	Avocado	1240g
	Broccoli, raw	1200g
	Cauliflower, raw	200g
	Mushroom, common, raw	600g
	Asparagus, raw	1000g
	Green beans (string beans), raw	300g
	Zucchini, green, raw	650g
	Tomato, common, raw	650g
	Sweet potato, peeled, raw	600g
	Capsicum (bell pepper), raw	500g
	Cabbage, red, raw	100g
EGGS & DAIRY	Egg, whole	5 large
	Egg white	25 large
	Cheese, cheddar	40g
	Milk, full-fat	400 mL
	Greek yoghurt, plain	340g
MEAT, POULTRY & SEAFOOD	Beef, sirloin, lean, raw	600g
	Lamb, steak, lean, raw	100g
	Chicken breast, no skin, raw	675g
	Salmon, no skin, raw	400g
	Chicken mince, lean, raw	375g
	Tuna, canned, in springwater (95g/3.4oz)	5 cans
	Pork, fillet, lean, raw	125g
	Turkey mince, extra lean, raw	325g
NUTS & SEEDS	Walnuts, raw	80g
	Almonds, raw	150g
	Brazil nuts, raw	40g
SPICES & HERBS	Pink Himalayan salt	1 container
	Black pepper	1 container
	Cinnamon	1 container
	Cayenne pepper	1 container
	Turmeric	1 container
	Dill, dried	1 container
	Rosemary, dried	1 container
	Basil, dried	1 container
	Oregano, dried	1 container
	Paprika, ground	1 container
	Garlic, bulb, raw	1 clove
MISCELLANEOUS	Extra virgin olive oil	1 bottle
	Oats	1 packet
	ASN MP 50 protein powder	280g
	Fish oil, capsules	56 caps
	Honey	90g
	Brown rice, uncooked	1 packet
	Rice cakes, brown rice, all natural	80g



# **CONVERSION TABLES**

# CONVERSION TABLE 1

## GRAMS TO OUNCES

GRAMS	OUNCES	GRAMS	OUNCES	GRAMS	OUNCES	GRAMS	OUNCES	GRAMS	OUNCES
5	0.2	205	7.2	405	14.3	605	21.3	805	28.4
10	0.4	210	7.4	410	14.5	610	21.5	810	28.6
15	0.5	215	7.6	415	14.6	615	21.7	815	28.7
20	0.7	220	7.8	420	14.8	620	21.9	820	28.9
25	0.9	225	7.9	425	15.0	625	22.0	825	29.1
30	1.1	230	8.1	430	15.2	630	22.2	830	29.3
35	1.2	235	8.3	435	15.3	635	22.4	835	29.5
40	1.4	240	8.5	440	15.5	640	22.6	840	29.6
45	1.6	245	8.6	445	15.7	645	22.8	845	29.8
50	1.8	250	8.8	450	15.9	650	22.9	850	30.0
55	1.9	255	9.0	455	16.1	655	23.1	855	30.2
60	2.1	260	9.2	460	16.2	660	23.3	860	30.3
65	2.3	265	9.3	465	16.4	665	23.5	865	30.5
70	2.5	270	9.5	470	16.6	670	23.6	870	30.7
75	2.6	275	9.7	475	16.8	675	23.8	875	30.9
80	2.8	280	9.9	480	16.9	680	24.0	880	31.0
85	3.0	285	10.1	485	17.1	685	24.2	885	31.2
90	3.2	290	10.2	490	17.3	690	24.3	890	31.4
95	3.4	295	10.4	495	17.5	695	24.5	895	31.6
100	3.5	300	10.6	500	17.6	700	24.7	900	31.7

GRAMS TO OUNCES CONT.

GRAMS	OUNCES	GRAMS	OUNCES	GRAMS	OUNCES	GRAMS	OUNCES	GRAMS	OUNCES
105	3.7	305	10.8	505	17.8	705	24.9	905	31.9
110	3.9	310	10.9	510	18.0	710	25.0	910	32.1
115	4.1	315	11.1	515	18.2	715	25.2	915	32.3
120	4.2	320	11.3	520	18.3	720	25.4	920	32.5
125	4.4	325	11.5	525	18.5	725	25.6	925	32.6
130	4.6	330	11.6	530	18.7	730	25.8	930	32.8
135	4.8	335	11.8	535	18.9	735	25.9	935	33.0
140	4.9	340	12.0	540	19.0	740	26.1	940	33.2
145	5.1	345	12.2	545	19.2	745	26.3	945	33.3
150	5.3	350	12.3	550	19.4	750	26.5	950	33.5
155	5.5	355	12.5	555	19.6	755	26.6	955	33.7
160	5.6	360	12.7	560	19.8	760	26.8	960	33.9
165	5.8	365	12.9	565	19.9	765	27.0	965	34.0
170	6.0	370	13.1	570	20.1	770	27.2	970	34.2
175	6.2	375	13.2	575	20.3	775	27.3	975	34.4
180	6.3	380	13.4	580	20.5	780	27.5	980	34.6
185	6.5	385	13.6	585	20.6	785	27.7	985	34.7
190	6.7	390	13.8	590	20.8	790	27.9	990	34.9
195	6.9	395	13.9	595	21.0	795	28.0	995	35.1
200	7.1	400	14.1	600	21.2	800	28.2	1000	35.3

# CONVERSION TABLE 2

## MILLILITRES TO FLUID OUNCES

ML	FL. OZ.	ML	FL. OZ.	ML	FL. OZ.	ML	FL. OZ.	ML	FL. OZ.
5	0.2	205	6.9	405	13.7	605	20.5	805	27.2
10	0.3	210	7.1	410	13.9	610	20.6	810	27.4
15	0.5	215	7.3	415	14.0	615	20.8	815	27.6
20	0.7	220	7.4	420	14.2	620	21.0	820	27.7
25	0.8	225	7.6	425	14.4	625	21.1	825	27.9
30	1.0	230	7.8	430	14.5	630	21.3	830	28.1
35	1.2	235	7.9	435	14.7	635	21.5	835	28.2
40	1.4	240	8.1	440	14.9	640	21.6	840	28.4
45	1.5	245	8.3	445	15.0	645	21.8	845	28.6
50	1.7	250	8.5	450	15.2	650	22.0	850	28.7
55	1.9	255	8.6	455	15.4	655	22.1	855	28.9
60	2.0	260	8.8	460	15.6	660	22.3	860	29.1
65	2.2	265	9.0	465	15.7	665	22.5	865	29.2
70	2.4	270	9.1	470	15.9	670	22.7	870	29.4
75	2.5	275	9.3	475	16.1	675	22.8	875	29.6
80	2.7	280	9.5	480	16.2	680	23.0	880	29.8
85	2.9	285	9.6	485	16.4	685	23.2	885	29.9
90	3.0	290	9.8	490	16.6	690	23.3	890	30.1
95	3.2	295	10.0	495	16.7	695	23.5	895	30.3
100	3.4	300	10.1	500	16.9	700	23.7	900	30.4



MILLILITRES TO FLUID OUNCES CONT.

ML	FL. OZ.	ML	FL. OZ.	ML	FL. OZ.	ML	FL. OZ.	ML	FL. OZ.
105	3.6	305	10.3	505	17.1	705	23.8	905	30.6
110	3.7	310	10.5	510	17.2	710	24.0	910	30.8
115	3.9	315	10.7	515	17.4	715	24.2	915	30.9
120	4.1	320	10.8	520	17.6	720	24.3	920	31.1
125	4.2	325	11.0	525	17.8	725	24.5	925	31.3
130	4.4	330	11.2	530	17.9	730	24.7	930	31.4
135	4.6	335	11.3	535	18.1	735	24.9	935	31.6
140	4.7	340	11.5	540	18.3	740	25.0	940	31.8
145	4.9	345	11.7	545	18.4	745	25.2	945	32.0
150	5.1	350	11.8	550	18.6	750	25.4	950	32.1
155	5.2	355	12.0	555	18.8	755	25.5	955	32.3
160	5.4	360	12.2	560	18.9	760	25.7	960	32.5
165	5.6	365	12.3	565	19.1	765	25.9	965	32.6
170	5.7	370	12.5	570	19.3	770	26.0	970	32.8
175	5.9	375	12.7	575	19.4	775	26.2	975	33.0
180	6.1	380	12.8	580	19.6	780	26.4	980	33.1
185	6.3	385	13.0	585	19.8	785	26.5	985	33.3
190	6.4	390	13.2	590	20.0	790	26.7	990	33.5
195	6.6	395	13.4	595	20.1	795	26.9	995	33.6
200	6.8	400	13.5	600	20.3	800	27.1	1000	33.8



**SCOTT EVENNETT**

**12-WEEK  
WARRIOR  
ATHLETE  
PROGRAM**

During these 12 weeks, you will be performing a large variety of exercises that I have found to work the best to create the ultimate physique. To ensure that you know how to perform these exercises I'll provide you with exclusive access to my exercise library.

**CLICK BELOW TO GET ACCESS TO:**

**WARM-UP VIDEOS**

**EXERCISE VIDEO LIBRARY**



## THIS TRAINING PROGRAM WILL TAKE YOU THROUGH THREE DIFFERENT PHASES.

- Phase 1 (week 1-4) will begin with hypertrophy, incorporating gymnastic/military HIIT circuits to get your metabolism firing.
- Phase 2 (week 5-8) is a strength-focused phase with heavy compound exercises.
- Phase 3 (week 9-12) is where you will take your training to the next level and activate your beast mode.

*Let's begin...*

# WEEKEND WARRIOR TRAINING

*"If you can't follow simple instructions from me, how can you follow complex instructions in the field?"...*

**I challenge you to separate yourself from the pack, complete your weekend training.. or don't!**

It takes a 'special' type of fitness to be in Australia's Special Forces. The type of fitness any competitive bloke would love to have at his disposal. You need the total package – you need to be strong, and at the same time have serious lung power. You need to be fast, yet able to call on the stamina to complete a four-hour march. Agility and flexibility are needed for complex, often awkward movements on land and in water. And then you need mental toughness, which is that final key ingredient Special Forces officers everywhere look for. If you have all these qualities you are a member of a rare breed. Slip up and you are sent back to the pack.

## **WEEKENDS 1, 3, 5, 7, 9, 11**

**PACK MARCH CONDITIONING:** Alternate between these two sessions

- 5km at best speed (20kg, 25kg, 30kg)
- Cover max distance in 1 hour 30 minutes (20kg, 25kg, 30kg)

## **WEEKENDS 2, 4, 6, 8, 10, 12**

Alternate these two Warrior sessions

**"Broken Murph":** (4 rounds best time)

- Run 1km, 25 Pull-ups, 50 Push-ups, 75 BW squats, Run 1km

**"Amphibious Assault"**

- 100 Push-ups then swim 400m just using your arms (no kicking)
- 100 Squats then swim 400m just kicking (no arms)
- 100 Burpee then swim 400m any stroke at best speed.



# TRAINING PRINCIPLES

The principles of variation, intensity and functionality will prepare a soldier for what he encounters overseas. By training by these principles, you will grow and maintain a well-balanced physique. The repetition of bodybuilding exercises both compound and isolated movements, incorporated with gymnastics and military high-intensity training are all used to help muscle growth and functional performance.

## Resistance Training

For gaining the best results in muscle growth and elite performance, it's important that you learn the movements correctly. Correct technique is everything. Train using your mind/muscle connection. By training your mind to think how your specific muscle is contracting and lifting the weight, you will engage more muscle fibres; concentrate and visualize on feeling those muscles doing their job. Working hand-in-hand with this are breathing techniques (see in full in mindset principles section) and lastly, the intensity of your weights sessions must expand the threshold of acceptable pain in every workout. Push past your comfort zone.

## Military High-Intensity Training

MHIT will drive your fitness and athletic potential through the roof. This is my secret weapon to staying lean and fit. Enhancing your stamina, speed and agility using functional movements.

## Gymnastics/Calisthenics

Gymnastics and calisthenics training combined is the ultimate foundation to your strength, increased flexibility and mobility. Training offline will ensure your muscles are strengthened in every direction, not just confined to compound movements, which will promote well balanced strength and power to achieve the aesthetic look.

## MAXIMIZE YOUR RESULTS

Train like a beast with correct technique, but ensure you get optimal recovery, as this will accelerate muscle growth. This combined with a consistent nutritional plan will put on mass and keep you lean. Exceed what you believe you are capable of go for the peak of mental and physical fitness.

**CHALLENGE ACCEPTED**





# PHASE 1

## WEEK 1-4

**CHALLENGE ACCEPTED**

**HYPERTROPHY PHASE:** My introduction to training, a four-day split program incorporating large compound lifts along with isolated exercises, aims to stack on as much muscle as possible. My key is to stay functional whilst creating the ultimate aesthetic physique by following up your weights sessions with some gymnastics/calisthenics exercises, combined with my fat burning Military HIIT (high-intensity interval training) circuits.

### HOT TIPS FOR PHASE 1

- Do some deep-breathing exercises before you start your workout session. Close your eyes and take in a deep breath through your nose, hold it for one or two seconds and let it go through your mouth. Repeat this for a few minutes. Deep breathing before you exercise sets the stage for controlled breathing during your workout. It relaxes you and makes you more conscious of your breathing. Breathe out as you lift the weight. Begin breathing out right as you pick up the weight. For example, on a bench press, you fully exhale through your nose or mouth as you push the barbell away from your chest
- Before all exercises perform 1-2 lighter higher rep sets to warm the muscles up to your heavier sets
- During the negative phase of your repetitions, slow down the movement, make the negative about 3 seconds, then explode out of it
- Be sure to allow enough rest between hypertrophy sets – 60-90 seconds; no longer than 2 minutes
- Train using your mind/muscle connection by training your mind to think how your specific muscle is contracting and lifting the weight you will engage more muscle fibres. Concentrate on feeling those muscles doing their job
- TRAIN WITH INTENSITY – the best stimulus for building muscle is intense weight training in which each set is taken near to, or fully to, absolute "failure," or the point in which another strict repetition cannot be performed
- Eat your protein! This is perhaps the most important of all the advice I can offer. Muscle is protein. Protein is required to build and repair muscle tissue. Not eating enough can hinder your gains, no matter how hard you train.





## Day 1 CHEST AND TRICEPS

### Hot Tips

- Before starting any chest activities, warm-up with some light rotator cuff exercises
- When transitioning between chest and triceps, allow an ample rest period
- During pressing chest exercises, emphasis on the squeeze at the top, flexing the pec for a 1-second contraction
- Be sure to take a wide grip of the bar for incline and decline bench press to ensure emphasis is on the chest, not the triceps.
- During cable tricep pushdowns, keep the elbows squeezed tight by your sides, squeeze the triceps as you straighten your arms at the bottom
- When doing the close grip bench, grab the bar with a narrower than shoulder width grip, lower the bar until it touches your lower chest

### Warm-up:

#### 2 Rounds

- 20 x Arm Circles forward
- 20 x Arm Circles backwards
- 10 x Push-ups

### Session:

**Chest and Triceps** at 70–75% of your rep max.

	EXERCISE	SETS	REPS
1	Incline Barbell Press	3–4	8–10
2	Decline Barbell Press	3–4	8–10
3	Incline Cable Flies	3–4	8–10
4	Cable Triceps Pushdown	3–4	8–10
5	Db Triceps Extension	3–4	8–10
6	Close Grip Barbell Bench Press	3–4	8–10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x XR (ring) Push-ups
- 5 x Toes to Bar (or knees to elbows)
- 5 x XR (ring) Dips
- 5 x Abs Rollouts
- 5 x Squat Tuck Jumps

## Day 2 SHOULDERS AND ABS

### Hot Tips

- As with chest exercises, start any shoulder activities by warming up with some light rotator cuff exercises
- Doing isolated delt exercises gives them ample stress for maximum growth
- Make sure you give an extra squeeze at the top of every shoulder movement
- Make every rep count, slow down and keep your muscles under tension for longer
- Be sure to maintain good scapular control during your shoulder exercises

### Warm-up:

#### 2 Rounds

- 10 x Rock Press
- 25m Lizard Crawl

### Session:

**Shoulder and Abs** at 70–75% of your rep max.

	EXERCISE	SETS	REPS
1	Standing Barbell Overhead Strict Press	3–4	8–10
2	Cable Single Arm Lateral Raise	3–4	8–10
3	Barbell Upright Row	3–4	8–10
4	DB Bent-over Rear Delt Raise	3–4	8–10
5	Cable (rope) Rear Delt Pulls	3–4	8–10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x Handstand Progression
- 20 seconds Hanging L-Sit Hold
- 5 x Skin the Cats
- 60 seconds Full-body Squeeze
- 5 x Burpees

# WEEK 1

## Day 3 BACK AND BICEPS

### Hot Tips

- The most important thing to do on every rep of every set of every back workout is squeeze. Hold the contracted position of each back lift for 1 second
- Your mind is just as important so, when you're lifting, use the "mind/muscle" connection to visualize your back and bicep muscles during lifts
- Using straps can be a good way to target your back without losing the strength through your forearms and biceps when fatigue sets in
- To put more emphasis on the biceps long head, take the grip on the bar a few inches inside shoulder width on your bar
- On your last set of bicep exercises, your muscles are already highly fatigued so go for a high rep set with heavy weights. Now is the time to pump up your arms, drive fluids in there and make them swell

### Warm-up:

#### 2 Rounds

- 10 x Ring Rows
- 5 x Chin-ups

### Session:

Back at 70-75% of your rep max. Make use of drop sets whenever you feel like.

	EXERCISE	SETS	REPS
1	Wide Grip Lat Pulldown	3-4	8-10
2	Underhand Grip Lat Pulldown	3-4	8-10
3	Seated Cable Rows	3-4	8-10
4	DB Romanian Pullover	3-4	8-10
5	EZ Bar Preacher Curl	3-4	8-10
6	DB Hammer Curls	3-4	8-10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x XR (ring) Rows
- 5 x V-ups
- 5 x High Pulls to Bar
- 5 x Windscreen Wipers
- 100 x Double Unders (or 200 single skips)

## Day 4 LEGS AND ABS (Quads, Hamstrings, Glutes, Calves)

### Hot Tips

- If you're not serious about leg training, you're not serious about training, period!
- Before going heavy on the leg exercises, be sure to do 1-2 warm-up sets with lighter weight
- Building big, strong, athletic legs is tough work so it's vital that you hit failure within the required rep ranges. Select weights that will challenge you to do so
- Keep your rest periods relatively short; 60-90 seconds is plenty
- Tempo is an important part of your legs training – the lowering or eccentric phase should be slower and controlled, the second phase is the small pause at the bottom/top or the stretched part of the movement and then the third phase is the raising or concentric phase should be more explosive

### Warm-up:

#### 10 minutes dynamic stretching

#### 3 Rounds

- 25m High Knees
- 25m Butt Kicks
- 25m Lunges
- 25m Cabaret Kicks

### Session:

Legs at 70-75% of your rep max. Make use of drop sets whenever you feel like.

	EXERCISE	SETS	REPS
1	Seated Hamstring Curls	3-4	8-10
2	Stiff Leg Deadlifts	3-4	8-10
3	Back Squats	3-4	8-10
4	Leg Press	3-4	8-10
5	Barbell Lunges	3-4	8-10
6	Standing Calf Raises	3-4	8-10
7	Seated Calf Raises	3-4	8-10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x Back Roll to High Jump
- 5 x Hanging Bent Leg Lifts
- 5 x Back Roll to Long Jump
- 5 x Hanging Oblique Bent Leg Lifts
- 1 x Shuttle sprint (3 cones set 20m apart)

# WEEK 1

## Day 1 CHEST AND TRICEPS

### Hot Tips

- Before starting any chest activities, warm-up with some light rotator cuff exercises
- When transitioning between chest and triceps allow an ample rest period
- During pressing chest exercises, emphasis on the squeeze at the top, flexing the pec for a 1-second contraction
- Be sure to take a wide grip of the bar for incline and decline bench press to ensure emphasis is on the chest, not the triceps
- During cable tricep pushdowns, keep the elbows squeezed tight by your sides, squeeze the triceps as you straighten your arms at the bottom
- When doing the close grip bench, grab the bar with a narrower than shoulder width grip, lower the bar until it touches your lower chest

### Warm-up:

#### 2 Rounds

- 20 x Arm Circles forward
- 20 x Arm Circles backwards
- 10 x Push-ups

### Session:

**Chest and Triceps** at 70–75% of your rep max.

	EXERCISE	SETS	REPS
1	Incline Barbell Press	3–4	8–10
2	Decline Barbell Press	3–4	8–10
3	Incline Cable Flies	3–4	8–10
4	Cable Triceps Pushdown	3–4	8–10
5	DB Triceps Extension	3–4	8–10
6	Close Grip Barbell Bench Press	3–4	8–10
7	DB Hammer Curls	3–4	8–10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x XR (ring) Push-ups
- 5 x Toes to Bar (or knees to elbows)
- 5 x XR (ring) Dips
- 5 x Abs Rollouts
- 5 x Squat Tuck Jumps

## Day 2 SHOULDERS AND ABS

### Hot Tips

- As with chest exercises, start any shoulder activities by warming up with some light rotator cuff exercises
- Doing isolated delt exercises gives them ample stress for maximum growth
- Make sure you give an extra squeeze at the top of every shoulder movement
- Make every rep count, slow down and keep your muscles under tension for longer
- Be sure to maintain good scapular control during your shoulder exercises

### Warm-up:

#### 2 Rounds

- 10 x Rock Press
- 25m Lizard Crawl

### Session:

Shoulder and Abs at 70–75% of your Rep max

	EXERCISE	SETS	REPS
1	Standing Barbell Overhead Strict Press	3–4	8–10
2	Cable Single Arm Lateral Raise	3–4	8–10
3	Barbell Upright Row	3–4	8–10
4	DB Bent – Over Rear Delt Raise	3–4	8–10
5	Cable (rope) Rear Delt Pulls	3–4	8–10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x Handstand Progression
- 20 seconds Hanging L-Sit Hold
- 5 x Skin the Cats
- 60 seconds Full-body Squeeze
- 5 x Burpees

# WEEK 2

## Day 3 BACK AND BICEPS

### Hot Tips

- The most important thing to do on every rep of every set of every back workout is squeeze. Hold the contracted position of each back lift for 1 second
- Your mind is just as important so, when you're lifting, use the "mind/muscle" connection to visualize your back and bicep muscles during lifts.
- Using straps can be a good way to target your back without losing the strength through your forearms and biceps when fatigue sets in
- To put more emphasis on the biceps long head, take the grip on the bar a few inches inside shoulder width on your bar
- On your last set of bicep exercising, your muscles are already highly fatigued so go for a high rep set with heavy weights. Now is time to pump up your arms, drive fluids in there and make them swell.

### Warm-up:

#### 2 Rounds

- 10 x Ring Rows
- 5 x Chin-ups

### Session:

Back at 70-75% of your rep max. Make use of drop sets whenever you feel like.

	EXERCISE	SETS	REPS
1	Wide Grip Lat Pulldown	3-4	8-10
2	Underhand Grip Lat Pulldown	3-4	8-10
3	Seated Cable Rows	3-4	8-10
4	DB Romanian Pullover	3-4	8-10
5	EZ Bar Preacher Curl	3-4	8-10
6	DB Hammer Curls	3-4	8-10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x XR (ring) Rows
- 5 x V-ups
- 5 x High Pulls to Bar
- 5 x Windscreen wipers
- 100 x Double Unders (or 200 single skips)

## Day 4 LEGS AND ABS

### (Quads, Hamstrings, Glutes, Calves)

### Hot Tips

- If you're not serious about leg training, you're not serious about training, period!
- Before going heavy on the leg exercises, be sure to do 1-2 warm-up sets with lighter weight
- Building big, strong, athletic legs is tough work so it's vital that you hit failure within the required rep ranges. Select weights that will challenge you to do so
- Keep your rest periods relatively short; 60-90 seconds is plenty
- Tempo is an important part of your legs training –the lowering or eccentric phase should be slower and controlled, the second phase is the small pause at the bottom/top or the stretched part of the movement and then the third phase is the raising or concentric phase should be more explosive

### Warm-up:

#### 10 minutes dynamic stretching

#### 3 Rounds

- 25m High Knees
- 25m Butt Kicks
- 25m Lunges
- 25m Cabaret Kicks

### Session:

Legs at 70-75% of your rep max. Make use of drop sets whenever you feel like.

	EXERCISE	SETS	REPS
1	Seated Hamstring Curls	3-4	8-10
2	Stiff Leg Deadlifts	3-4	8-10
3	Back Squats	3-4	8-10
4	Leg Press	3-4	8-10
5	Barbell Lunges	3-4	8-10
6	Standing Calf Raises	3-4	8-10
7	Seated Calf Raises	3-4	8-10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x Back Roll to High Jump
- 5 x Hanging Bent Leg Lifts
- 5 x Back Roll to Long Jump
- 5 x Hanging Oblique Bent Leg Lifts
- 1 x Shuttle sprint (3 cones set 20m apart)

# WEEK 2



## Day 1 CHEST AND TRICEPS

### Hot Tips

- Before starting any chest activities, warm-up with some light rotator cuff exercises
- When transitioning between chest and triceps allow an ample rest period
- During pressing chest exercises, emphasis on the squeeze at the top, flexing the pec for a 1-second contraction
- Be sure to take a wide grip of the bar for incline and decline bench press to ensure emphasis is on the chest, not the triceps
- During cable tricep pushdowns, keep the elbows squeezed tight by your sides, squeeze the triceps as you straighten your arms at the bottom
- When doing the close grip bench, grab the bar with a narrower than shoulder width grip, lower the bar until it touches your lower chest

### Warm-up:

#### 2 Rounds

- 20 x Arm Circles forward
- 20 x Arm Circles backwards
- 10 x Push-ups

### Session:

**Chest and Triceps** at 70–75% of your rep max.

	EXERCISE	SETS	REPS
1	Incline Barbell Press	3–4	8–10
2	Decline Barbell Press	3–4	8–10
3	Incline Cable Flies	3–4	8–10
4	Cable Triceps Pushdown	3–4	8–10
5	DB Triceps Extension	3–4	8–10
6	Close Grip Barbell Bench Press	3–4	8–10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x XR (ring) Push-ups
- 5 x Toes to Bar (or knees to elbows)
- 5 x XR (ring) Dips
- 5 x Abs Rollouts
- 5 x Squat Tuck Jumps

## Day 2 SHOULDERS AND ABS

### Hot Tips

- As with chest exercises, start any shoulder activities by warming up with some light rotator cuff exercises
- Doing isolated delt exercises gives them ample stress for maximum growth
- Make sure you give an extra squeeze at the top of every shoulder movement
- Make every rep count, slow down and keep your muscles under tension for longer
- Be sure to maintain good scapular control during your shoulder exercises

### Warm-up:

#### 2 Rounds

- 10 x Rock Press
- 25m Lizard Crawl

### Session:

**Shoulder and Abs** at 70–75% of your rep max.

	EXERCISE	SETS	REPS
1	Standing Barbell Overhead Strict Press	3–4	8–10
2	Cable Single Arm Lateral Raise	3–4	8–10
3	Barbell Upright Row	3–4	8–10
4	DB Bent – Over Rear Delt Raise	3–4	8–10
5	Cable (rope) Rear Delt Pulls	3–4	8–10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x Handstand Progression
- 20 seconds Hanging L- Sit Hold
- 5 x Skin the Cats
- 60 seconds Full-body Squeeze
- 5 x Burpees

# WEEK 3

## Day 3 BACK AND BICEPS

### Hot Tips

- The most important thing to do on every rep of every set of every back workout is squeeze. Hold the contracted position of each back lift for 1 second
- Your mind is just as important so, when you're lifting, use the "mind/muscle" connection to visualize your back and bicep muscles during lifts.
- Using straps can be a good way to target your back without losing the strength through your forearms and biceps when fatigue sets in
- To put more emphasis on the biceps long head, take the grip on the bar a few inches inside shoulder width on your bar
- On your last set of bicep exercising, your muscles are already highly fatigued so go for a high rep set with heavy weights. Now is time to pump up your arms, drive fluids in there and make them swell.

### Warm-up:

#### 2 Rounds

- 10 x Ring Rows
- 5 x Chin-ups

### Session:

Back at 70-75% of your rep max. Make use of drop sets whenever you feel like.

	EXERCISE	SETS	REPS
1	Wide Grip Lat Pulldown	3-4	8-10
2	Underhand Grip Lat Pulldown	3-4	8-10
3	Seated Cable Rows	3-4	8-10
4	DB Romanian Pullover	3-4	8-10
5	EZ Bar Preacher Curl	3-4	8-10
6	DB Hammer Curls	3-4	8-10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x XR (ring) Rows
- 5 x V-ups
- 5 x High Pulls to Bar
- 5 x Windscreen wipers
- 100 x Double Unders (or 200 single skips)

## Day 4 LEGS AND ABS

### (Quads, Hamstrings, Glutes, Calves)

### Hot Tips

- If you're not serious about leg training, you're not serious about training, period!
- Before going heavy on the leg exercises, be sure to do 1-2 warm-up sets with lighter weight
- Building big, strong, athletic legs is tough work so it's vital that you hit failure within the required rep ranges. Select weights that will challenge you to do so
- Keep your rest periods relatively short; 60-90 seconds is plenty
- Tempo is an important part of your legs training –the lowering or eccentric phase should be slower and controlled, the second phase is the small pause at the bottom/top or the stretched part of the movement and then the third phase is the raising or concentric phase should be more explosive

### Warm-up:

#### 10 minutes dynamic stretching

#### 3 Rounds

- 25m High Knees
- 25m Butt Kicks
- 25m Lunges
- 25m Cabaret Kicks

### Session:

Legs at 70-75% of your rep max. Make use of drop sets whenever you feel like.

	EXERCISE	SETS	REPS
1	Seated Hamstring Curls	3-4	8-10
2	Stiff Leg Deadlifts	3-4	8-10
3	Back Squats	3-4	8-10
4	Leg Press	3-4	8-10
5	Barbell Lunges	3-4	8-10
6	Standing Calf Raises	3-4	8-10
7	Seated Calf Raises	3-4	8-10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x Back Roll to High Jump
- 5 x Hanging Bent Leg Lifts
- 5 x Back Roll to Long Jump
- 5 x Hanging Oblique Bent Leg Lifts
- 1 x Shuttle sprint (3 cones set 20m apart)

# WEEK 3

## Day 1 CHEST AND TRICEPS

### Hot Tips

- Before starting any chest activities, warm-up with some light rotator cuff exercises
- When transitioning between chest and triceps allow an ample rest period
- During pressing chest exercises, emphasis on the squeeze at the top, flexing the pec for a 1-second contraction
- Be sure to take a wide grip of the bar for incline and decline bench press to ensure emphasis is on the chest, not the triceps
- During cable tricep pushdowns, keep the elbows squeezed tight by your sides, squeeze the triceps as you straighten your arms at the bottom
- When doing the close grip bench, grab the bar with a narrower than shoulder width grip, lower the bar until it touches your lower chest

### Warm-up:

#### 2 Rounds

- 20 x Arm Circles forward
- 20 x Arm Circles backwards
- 10 x Push-ups

### Session:

**Chest and Triceps** at 70–75% of your rep max.

	EXERCISE	SETS	REPS
1	Incline Barbell Press	3–4	8–10
2	Decline Barbell Press	3–4	8–10
3	Incline Cable Flies	3–4	8–10
4	Cable Triceps Pushdown	3–4	8–10
5	DB Triceps Extension	3–4	8–10
6	Close Grip Barbell Bench Press	3–4	8–10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x XR (ring) Push-ups
- 5 x Toes to Bar (or knees to elbows)
- 5 x XR (ring) Dips
- 5 x Abs Rollouts
- 5 x Squat Tuck Jumps

## Day 2 SHOULDERS AND ABS

### Hot Tips

- As with chest exercises, start any shoulder activities by warming up with some light rotator cuff exercises
- Doing isolated delt exercises gives them ample stress for maximum growth
- Make sure you give an extra squeeze at the top of every shoulder movement
- Make every rep count, slow down and keep your muscles under tension for longer
- Be sure to maintain good scapular control during your shoulder exercises

### Warm-up:

#### 2 Rounds

- 10 x Rock Press
- 25m Lizard Crawl

### Session:

**Shoulder and Abs** at 70–75% of your rep max.

	EXERCISE	SETS	REPS
1	Standing Barbell Overhead Strict Press	3–4	8–10
2	Cable Single Arm Lateral Raise	3–4	8–10
3	Barbell Upright Row	3–4	8–10
4	DB Bent – Over Rear Delt Raise	3–4	8–10
5	Cable (rope) Rear Delt Pulls	3–4	8–10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x Handstand Progression
- 20 seconds Hanging L- Sit Hold
- 5 x Skin the Cats
- 60 seconds Full-body Squeeze
- 5 x Burpees

# WEEK 4

## Day 3 BACK AND BICEPS

### Hot Tips

- The most important thing to do on every rep of every set of every back workout is squeeze. Hold the contracted position of each back lift for 1 second
- Your mind is just as important so, when you're lifting, use the "mind/muscle" connection to visualize your back and bicep muscles during lifts.
- Using straps can be a good way to target your back without losing the strength through your forearms and biceps when fatigue sets in
- To put more emphasis on the biceps long head, take the grip on the bar a few inches inside shoulder width on your bar
- On your last set of bicep exercising, your muscles are already highly fatigued so go for a high rep set with heavy weights. Now is time to pump up your arms, drive fluids in there and make them swell

### Warm-up:

#### 2 Rounds

- 10 x Ring Rows
- 5 x Chin-ups

### Session:

Back at 70-75% of your rep max. Make use of drop sets whenever you feel like.

	EXERCISE	SETS	REPS
1	Wide Grip Lat Pulldown	3-4	8-10
2	Underhand Grip Lat Pulldown	3-4	8-10
3	Seated Cable Rows	3-4	8-10
4	DB Romanian Pullover	3-4	8-10
5	EZ Bar Preacher Curl	3-4	8-10
6	DB Hammer Curls	3-4	8-10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x XR (ring) Rows
- 5 x V-ups
- 5 x High Pulls to Bar
- 5 x Windscreen wipers
- 100 x Double Unders (or 200 single skips)

## Day 4 – LEGS AND ABS

### (Quads, Hamstrings, Glutes, Calves)

### Hot Tips

- If you're not serious about leg training, you're not serious about training, period!
- Before going heavy on the leg exercises, be sure to do 1-2 warm-up sets with lighter weight
- Building big, strong, athletic legs is tough work so it's vital that you hit failure within the required rep ranges. Select weights that will challenge you to do so
- Keep your rest periods relatively short; 60-90 seconds is plenty
- Tempo is an important part of your legs training –the lowering or eccentric phase should be slower and controlled, the second phase is the small pause at the bottom/top or the stretched part of the movement and then the third phase is the raising or concentric phase should be more explosive

### Warm-up:

#### 10 minutes dynamic stretching

#### 3 Rounds

- 25m High Knees
- 25m Butt Kicks
- 25m Lunges
- 25m Cabaret Kicks

### Session:

Legs at 70-75% of your rep max. Make use of drop sets whenever you feel like.

	EXERCISE	SETS	REPS
1	Seated Hamstring Curls	3-4	8-10
2	Stiff Leg Deadlifts	3-4	8-10
3	Back Squats	3-4	8-10
4	Leg Press	3-4	8-10
5	Barbell Lunges	3-4	8-10
6	Standing Calf Raises	3-4	8-10
7	Seated Calf Raises	3-4	8-10

### Gymnastics/Military HIIT

#### 15 minute AMRAP (as many rounds as possible in 15 minutes)

- 5 x Back Roll to High Jump
- 5 x Hanging Bent Leg Lifts
- 5 x Back Roll to Long Jump
- 5 x Hanging Oblique Bent Leg Lifts
- 1 x Shuttle sprint (3 cones set 20m apart)

# WEEK 4

# PHASE 2

## WEEK 5-8

### **STRENGTH PHASE COMBINED WITH HYPERTROPHY COMES NEXT.**

For the past four weeks you have trained your ass off with some of my tough hypertrophy sessions and an introduction to my gymnastics/calisthenics and military HIIT combinations. The next four weeks we focus on building maximum strength and muscle growth. Using more compound lifts for the strength component and isolated exercises for the hypertrophy movement, we also separate your gymnastics/calisthenics from the military HIIT. It's time to focus on building some serious core strength and mobility.

### **HOT TIPS FOR PHASE 2**

- For strength exercises, your goal should be to stay in the 3-5-rep range for 2-3 working sets on the compound movements
- Make sure you rest enough in between sets to completely recover and be ready for your next heavy set. If that means you need to take 3-5 minutes between sets, then so be it. The purpose of these workouts is to move maximum weight! Save short rest periods for your hypertrophy movements
- Move the heavy weight at all costs! Push your weight up each week. Muscles grow in response to increased tension within the muscle. In order to keep stimulating growth, you have to keep increasing the tension caused by lifting, that is, you have to keep adding weight to the bar or DBs
- You have to eat big to get big, but you don't want to pile on body fat so keep it to clean healthy food
- Strength training at lower reps can dramatically change your physique helping you stack on muscle faster so lift heavy with a high workout volume
- You MUST train the primary mass builder every week to build a string, functional well balance physique Squats, Deadlifts, Bench Press Military Press
- Heavier weights necessitate more recovery so makes sure you take extra rest throughout a strength phase for muscles to repair and grow
- EMOM, means Every Minute On the Minute. Complete the exercises as fast as you can and then rest for the remainder of the minute. Once the minute has past, you complete the exercises again. That is, you start each set every minute







## Day 1 CHEST AND TRICEPS

### Hot Tips for Strength Days

- Warm-up with a lighter weight before you start lifting heavy. Do a few sets at a lighter weight and build up to your heavy lift
- To improve your bench press, keep your feet flat on the floor, legs bent and upper back flat against the bench. Grip the bar using a medium-wide grip, lower the bar to the bottom of your chest where you should briefly pause and then press back up above the chest in a straight line
- It's important to include plenty of incline work, nothing looks worse than a weak upper chest
- Take a natural testosterone booster throughout the program. The ASN Tribestinol is the best on the market

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Chest and Triceps Strength at 85-90% of your rep max**

**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

	EXERCISE	SETS	REPS
1	Incline Barbell Bench Press	2 -3	3-5
2	Decline Barbell Bench Press	2 -3	3-5
3	Weighted Bar Dips	2 -3	5-8
4	Cable Flies	2 -3	8-10
5	DB Pullovers	2 -3	5-8
6	Overhead Cable Extension	3	8-10
7	EZ Bar Skull Crushers	3	8-10
8	XR (ring) Push-ups	3	10-12
9	Toes to Bar	3	10-12
10	XR (ring) Dips	3	10-12
11	XR (ring) Flies	3	10-12

### Military HIIT

- 5 Rounds
- 300m Row
  - 20 x Hand Release Push-ups

## Day 2 SHOULDERS AND ABS

### Hot Tips for Strength Days

- Without middle and posterior development, the shoulder can look narrow so be sure to work all three angles on the shoulder as many injuries are caused by imbalances
- Follow your pressing moves with high-intensity higher rep laterals to grow size and definition. You can up the reps from those listed below to 15-20 reps on no strength movements
- The more emphasis on compound and heavy lifting, the better your results will be for the strength phase
- Be sure to progressively overload each week for maximum gains

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Chest and Triceps Strength at 85-90% of your rep max**  
**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

	EXERCISE	SETS	REPS
1	Standing Barbell Military Press	2 -3	3-5
2	Seated DB Shoulder Press	2 -3	3-5
3	Cable Lateral Raises	3	8-10
4	DB Rear Delt Raises	3	8-10
5	Cable (rope) Rear Delt Pulls	3	8-10
6	Handstand Progression	3	5-8
7	L-sit Hold	3	20-30 seconds
8	Skin the Cats	3	3-5
9	Full-body Squeeze	3	60-90 seconds

### Military HIIT

- 10 minute EMOM
- 5 x Burpee Ball Slams
  - 5 x KB Sumo Deadlift High Pulls

# WEEK 5

## Day 3 BACK AND BICEPS

### Hot Tips for Strength Days

- You can't load it up too heavy on pull-ups, it's a good way to pre-work the lats before getting into the heavy lifts
- For the Lat Pulldown, make sure you keep your back upright and pull your elbows as low as you can and give it a nice big squeeze at the bottom – it's all about the contraction
- Don't forget the recovery process: Plenty of sleep, nutrition and supplements for recovery when you are growing
- To maximize your efficiency of your bicep workouts, stand/sit tall to keep your shoulder blades back and down and contract your abs

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Back and Biceps Strength at 85-90% of your rep max**

**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

	EXERCISE	SETS	REPS
1	Weighted Wide Grip Pull-ups	2-3	3 - 5
2	Lat Pulldown	2-3	3 - 5
3	T-bar Rows	3	5 - 8
4	Close Grip Seated Row	3	5 - 8
5	DB Rear Flies	3	10-12
6	Preacher Curls	2-3	3-5
7	Cable Curls	2-3	5-8
8	Hammer Curls	2-3	10-12
9	XR (ring) Rows	3	10-12
10	V-ups	3	15-20
11	Bar High Pulls	3	6-10
12	Hanging Windscreen Wipers	3	10-12

### Military HIIT

- 10,9,8,7,6,5,4,3,2,1 - Sledge Hits
- 10,9,8,7,6,5,4,3,2,1 - Tire Flips
- 200m Row in between each set

## Day 4 LEGS AND ABS (Quads, Hamstrings, Glutes, Calves)

### Hot Tips for Leg Strength Days

- 10 minutes of dynamic stretching before your legs sessions will ensure you are using the best mobility and range of motion for all movements
- Drive from the heels, not the toes, when squatting
- I am a firm believer that squats are ultimately the best exercise for making gains. Make sure you start with squats so your not fatigued from previous exercises
- Full range of motion in leg exercises, like squats, hits the whole muscle. Avoid shallow half squats
- Make sure your legs day is on or just after a high carb day so you have plenty of fuel in the tank
- If you can walk after legs day, you're not doing it right!

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Legs and Abs Strength at 85-90% of your rep max**

**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

	EXERCISE	SETS	REPS
1	Barbell Back Squats	2 -3	3-5
2	Hack Squats	2 -3	3-5
3	Leg Press	2 -3	8 -12
4	Leg Extension	2	8 -12
5	Barbell Stiff Leg Deadlift	2	3 to 6
6	Lying Hamstring Curls	2	8 -12
7	Standing Calf Raises	3	8 -12
8	Calf Raises on Hack Squats	2	8 -12
9	Front Lever Tuck Ball	2-3	Max hold
10	Rear Lever Tuck Ball	2-3	Max hold
11	Hanging Oblique Bent Leg Lifts	2-3	10-12 per side

### Military HIIT

- 5 Rounds for time
- 20 x KB Swings
- 200m Sprints

# WEEK 5

## Day 1 CHEST AND TRICEPS

### Hot Tips for Strength Days

- Warm-up with a lighter weight before you start lifting heavy. Do a few sets at a lighter weight and build up to your heavy lift
- To improve your bench press, keep your feet flat on the floor, legs bent and upper back flat against the bench. Grip the bar using a medium-wide grip, lower the bar to the bottom of your chest where you should briefly pause and then press back up above the chest in a straight line
- It's important to include plenty of incline work, nothing looks worse than a weak upper chest
- Take a natural testosterone booster throughout the program. The ASN Tribestinol is the best on the market

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Chest and Triceps Strength at 85-90% of your rep max**  
**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

EXERCISE		SETS	REPS
1	Incline Barbell Bench Press	2 -3	3-5
2	Decline Barbell Bench Press	2 -3	3-5
3	Weighted Bar Dips	2 -3	5-8
4	Cable Flies	2 -3	8-10
5	DB Pullovers	2 -3	5-8
6	Overhead Cable Extension	3	8-10
7	EZ Bar Skull Crushers	3	8-10
8	XR (ring) Push-ups	3	10-12
9	Toes to Bar	3	10-12
10	XR (ring) Dips	3	10-12
11	XR (ring) Flies	3	10-12

### Military HIIT

5 Rounds for time  
- 8 x Sandbag Cleans  
- 12 x Push-ups  
- 1 x Shuttle run (set 3 cones 20m apart)

## Day 2 SHOULDERS AND ABS

### Hot Tips for Strength Days

- Without middle and posterior development, the shoulder can look narrow so be sure to work all three angles on the shoulder as many injuries are caused by imbalances
- Follow your pressing moves with high-intensity higher rep laterals to grow size and definition. You can up the reps from those listed below to 15-20 reps on no strength movements
- The more emphasis on compound and heavy lifting, the better your results will be for the strength phase
- Be sure to progressively overload each week for maximum gains

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Chest and Triceps Strength at 85-90% of your rep max**  
**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

EXERCISE		SETS	REPS
1	Standing Barbell Military Press	2 -3	3-5
2	Seated DB Shoulder Press	2 -3	3-5
3	Cable Lateral Raises	3	8-10
4	DB Rear Delt Raises	3	8-10
5	Cable (rope) Rear Delt Pulls	3	8-10
6	Handstand Progression	3	5-8
7	L - Sit Hold	3	20-30 seconds
8	Skin the Cats	3	3-5
9	Full-body Squeeze	3	60-90 seconds

### Military HIIT

10 Rounds - 10 minutes  
- 30 seconds on 30 seconds rest on boxing bags

# WEEK 6

## Day 3 BACK AND BICEPS

### Hot Tips for Strength Days

- You can't load it up too heavy on pull-ups, it's a good way to pre-work the lats before getting into the heavy lifts
- For the Lat Pulldown, make sure you keep your back upright and pull your elbows as low as you can and give it a nice big squeeze at the bottom – it's all about the contraction
- Don't forget the recovery process: Plenty of sleep, nutrition and supplements for recovery when you are growing
- To maximize your efficiency of your bicep workouts, stand/sit tall to keep your shoulder blades back and down and contract your abs

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Back and Biceps Strength at 85-90% of your rep max**

**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

	EXERCISE	SETS	REPS
1	Weighted Wide Grip Pull-ups	2-3	3 - 5
2	Lat Pulldown	2-3	3 - 5
3	T-bar Rows	3	5 - 8
4	Close Grip Seated Row	3	5 - 8
5	DB Rear Flies	3	10-12
6	Preacher Curls	2-3	3-5
7	Cable Curls	2-3	5-8
8	Hammer Curls	2-3	10-12
9	XR (ring) Rows	3	10-12
10	V – Ups	3	15-20
11	Bar High Pulls	3	6-10
12	Hanging Windscreen Wipers	3	10-12

### Military HIIT

10-minute EMOM

- 5 x Pull-ups
- 10 x Push-ups
- 15 x Air squats

## Day 4 LEGS AND ABS (Quads, Hamstrings, Glutes, Calves)

### Hot Tips for Leg Strength Days

- 10 minutes of dynamic stretching before your legs sessions will ensure you are using the best mobility and range of motion for all movements
- Drive from the heels, not the toes, when squatting
- I am a firm believer that squats are ultimately the best exercise for making gains. Make sure you start with squats so your not fatigued from previous exercises
- Full range of motion in leg exercises, like squats, hits the whole muscle. Avoid shallow half squats
- Make sure your legs day is on or just after a high carb day so you have plenty of fuel in the tank
- If you can walk after legs day, you're not doing it right!

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Legs and Abs Strength at 85-90% of your rep max**

**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

	EXERCISE	SETS	REPS
1	Barbell Back Squats	2 -3	3-5
2	Hack Squats	2 -3	3-5
3	Leg Press	2 -3	8 -12
4	Leg Extension	2	8 -12
5	Barbell Stiff Leg Deadlift	2	3 to 6
6	Lying Hamstring Curls	2	8 -12
7	Standing Calf Raises	3	8 -12
8	Calf Raises on Hack Squats	2	8 -12
9	Front Lever Tuck Ball	2-3	Max hold
10	Rear Lever Tuck Ball	2-3	Max hold
11	Hanging Oblique Bent Leg Lifts	2-3	10-12 per side

### Military HIIT

12-minute AMRAP

- 8 x Toes to Bar
- 8 x DB Thrusters
- 12 x DB Walking Lunges

# WEEK 6

## Day 1 CHEST AND TRICEPS

### Hot Tips for Strength Days

- Warm-up with a lighter weight before you start lifting heavy. Do a few sets at a lighter weight and build up to your heavy lift
- To improve your bench press, keep your feet flat on the floor, legs bent and upper back flat against the bench. Grip the bar using a medium-wide grip, lower the bar to the bottom of your chest where you should briefly pause and then press back up above the chest in a straight line
- It's important to include plenty of incline work, nothing looks worse than a weak upper chest
- Take a natural testosterone booster throughout the program. The ASN Tribestinol is the best on the market

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Chest and Triceps Strength at 85-90% of your rep max**  
**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

EXERCISE		SETS	REPS
1	Incline Barbell Bench Press	2 -3	3-5
2	Decline Barbell Bench Press	2 -3	3-5
3	Weighted Bar Dips	2 -3	5-8
4	Cable Flies	2 -3	8-10
5	DB Pullovers	2 -3	5-8
6	Overhead Cable Extension	3	8-10
7	EZ Bar Skull Crushers	3	8-10
8	XR (ring) Push-ups	3	10-12
9	Toes to Bar	3	10-12
10	XR (ring) Dips	3	10-12
11	XR (ring) Flies	3	10-12

### Military HIIT

30-20-10 reps for time:

- Push-ups
- Bench Dips
- Burpees

## Day 2 SHOULDERS AND ABS

### Hot Tips for Strength Days

- Without middle and posterior development, the shoulder can look narrow so be sure to work all three angles on the shoulder as many injuries are caused by imbalances
- Follow your pressing moves with high-intensity higher rep laterals to grow size and definition. You can up the reps from those listed below to 15-20 reps on no strength movements
- The more emphasis on compound and heavy lifting, the better your results will be for the strength phase
- Be sure to progressively overload each week for maximum gains

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Chest and Triceps Strength at 85-90% of your rep max**  
**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

EXERCISE		SETS	REPS
1	Standing Barbell Military Press	2 -3	3-5
2	Seated DB Shoulder Press	2 -3	3-5
3	Cable Lateral Raises	3	8-10
4	DB Rear Delt Raises	3	8-10
5	Cable (rope) Rear Delt Pulls	3	8-10
6	Handstand Progression	3	5-8
7	L-Sit Hold	3	20-30 seconds
8	Skin the Cats	3	3-5
9	Full-body Squeeze	3	60-90 seconds

### Military HIIT

6 Rounds for time:

- 8 x Pull-ups
- 16 x Push-ups
- 50m Heavy KB Farmers Carry

# WEEK 7

## Day 3 BACK AND BICEPS

### Hot Tips for Strength Days

- You can't load it up too heavy on pull-ups, it's a good way to pre-work the lats before getting into the heavy lifts
- For the Lat Pulldown, make sure you keep your back upright and pull your elbows as low as you can and give it a nice big squeeze at the bottom – it's all about the contraction
- Don't forget the recovery process: Plenty of sleep, nutrition and supplements for recovery when you are growing
- To maximize your efficiency of your bicep workouts, stand/sit tall to keep your shoulder blades back and down and contract your abs

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Back and Biceps Strength at 85-90% of your rep max**

**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

	EXERCISE	SETS	REPS
1	Weighted Wide Grip Pull-ups	2-3	3 - 5
2	Lat Pulldown	2-3	3 - 5
3	T-bar Rows	3	5 - 8
4	Close Grip Seated Row	3	5 - 8
5	DB Rear Flies	3	10-12
6	Preacher Curls	2-3	3-5
7	Cable Curls	2-3	5-8
8	Hammer Curls	2-3	10-12
9	XR (ring) Rows	3	10-12
10	V – Ups	3	15-20
11	Bar High Pulls	3	6-10
12	Hanging Windscreen Wipers	3	10-12

### Military HIIT

10 minute EMOM

- 5 x Burpee Ball Slams
- 5 x Pull-ups

## Day 4 LEGS AND ABS (Quads, Hamstrings, Glutes, Calves)

### Hot Tips for Leg Strength Days

- 10 minutes of dynamic stretching before your legs sessions will ensure you are using the best mobility and range of motion for all movements
- Drive from the heels, not the toes, when squatting
- I am a firm believer that squats are ultimately the best exercise for making gains. Make sure you start with squats so your not fatigued from previous exercises
- Full range of motion in leg exercises, like squats, hits the whole muscle. Avoid shallow half squats
- Make sure your legs day is on or just after a high carb day so you have plenty of fuel in the tank
- If you can walk after legs day, you're not doing it right!

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Legs and Abs Strength at 85-90% of your rep max**

**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

	EXERCISE	SETS	REPS
1	Barbell Back Squats	2 -3	3-5
2	Hack Squats	2 -3	3-5
3	Leg Press	2 -3	8 -12
4	Leg Extension	2	8 -12
5	Barbell Stiff Leg Deadlift	2	3 to 6
6	Lying Hamstring Curls	2	8 -12
7	Standing Calf Raises	3	8 -12
8	Calf Raises on Hack Squats	2	8 -12
9	Front Lever Tuck Ball	2-3	Max hold
10	Rear Lever Tuck Ball	2-3	Max hold
11	Hanging Oblique Bent Leg Lifts	2-3	10-12 per side

### Military HIIT

- 4 x 400m Sprints – 90 seconds recovery between each set

# WEEK 7



## Day 1 CHEST AND TRICEPS

### Hot Tips for Strength Days

- Warm-up with a lighter weight before you start lifting heavy. Do a few sets at a lighter weight and build up to your heavy lift
- To improve your bench press, keep your feet flat on the floor, legs bent and upper back flat against the bench. Grip the bar using a medium-wide grip, lower the bar to the bottom of your chest where you should briefly pause and then press back up above the chest in a straight line
- It's important to include plenty of incline work, nothing looks worse than a weak upper chest
- Take a natural testosterone booster throughout the program. The ASN Tribestinol is the best on the market

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Chest and Triceps Strength at 85-90% of your rep max**

**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

EXERCISE	SETS	REPS
1 Incline Barbell Bench Press	2 -3	3-5
2 Decline Barbell Bench Press	2 -3	3-5
3 Weighted Bar Dips	2 -3	5-8
4 Cable Flies	2 -3	8-10
5 DB Pullovers	2 -3	5-8
6 Overhead Cable Extension	3	8-10
7 EZ Bar Skull Crushers	3	8-10
8 XR (ring) Push-ups	3	10-12
9 Toes to Bar	3	10-12
10 XR (ring) Dips	3	10-12
11 XR (ring) Flies	3	10-12

### Military HIIT

"Running Snakebite" – for time:

- 10,9,8,7,6,5,4,3,2,1 Pull-ups
- 20,20,20,20,20,20,20,20,20,20 Push-ups
- 1 x Shuttle sprint (3 cones 20m apart)

**Example:** 10 Pull-ups, 20 Push-ups, 1 x shuttle sprint then 9 Pull-ups, 20 Push-ups, 1 x shuttle sprint etc.

## Day 2 SHOULDERS AND ABS

### Hot Tips for Strength Days

- Without middle and posterior development, the shoulder can look narrow so be sure to work all three angles on the shoulder as many injuries are caused by imbalances
- Follow your pressing moves with high-intensity higher rep laterals to grow size and definition. You can up the reps from those listed below to 15-20 reps on no strength movements
- The more emphasis on compound and heavy lifting, the better your results will be for the strength phase
- Be sure to progressively overload each week for maximum gains

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Chest and Triceps Strength at 85-90% of your rep max**  
**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

EXERCISE	SETS	REPS
1 Standing Barbell Military Press	2 -3	3-5
2 Seated DB Shoulder Press	2 -3	3-5
3 Cable Lateral Raises	3	8-10
4 DB Rear Delt Raises	3	8-10
5 Cable (rope) Rear Delt Pulls	3	8-10
6 Handstand Progression	3	5-8
7 L – Sit Hold	3	20-30 seconds
8 Skin the Cats	3	3-5
9 Full-body Squeeze	3	60-90 seconds

### Military HIIT

3 Rounds

- 25 meters Lizard Crawl
- 20 x KB High Pulls
- 20 x V-ups
- 20 x Ball Slams
- 25 meters Lizard Crawl

# WEEK 8



## Day 3 BACK AND BICEPS

### Hot Tips for Strength Days

- You can't load it up too heavy on pull-ups, it's a good way to pre-work the lats before getting into the heavy lifts
- For the Lat Pulldown, make sure you keep your back upright and pull your elbows as low as you can and give it a nice big squeeze at the bottom – it's all about the contraction
- Don't forget the recovery process: Plenty of sleep, nutrition and supplements for recovery when you are growing
- To maximize your efficiency of your bicep workouts, stand/sit tall to keep your shoulder blades back and down and contract your abs

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Back and Biceps Strength at 85-90% of your rep max**

**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

	EXERCISE	SETS	REPS
1	Weighted Wide Grip Pull-ups	2-3	3 - 5
2	Lat Pulldown	2-3	3 - 5
3	T-bar Rows	3	5 - 8
4	Close Grip Seated Row	3	5 - 8
5	DB Rear Flies	3	10-12
6	Preacher Curls	2-3	3-5
7	Cable Curls	2-3	5-8
8	Hammer Curls	2-3	10-12
9	XR (ring) Rows	3	10-12
10	V-ups	3	15-20
11	Bar High Pulls	3	6-10
12	Hanging Windscreen Wipers	3	10-12

### Military HIIT

5 Rounds for time  
- 10 x Power Cleans  
- 10 x Burpees

## Day 4 LEGS AND ABS (Quads, Hamstrings, Glutes, Calves)

### Hot Tips for Leg Strength Days

- 10 minutes of dynamic stretching before your legs sessions will ensure you are using the best mobility and range of motion for all movements
- Drive from the heels, not the toes, when squatting
- I am a firm believer that squats are ultimately the best exercise for making gains. Make sure you start with squats so your not fatigued from previous exercises
- Full range of motion in leg exercises, like squats, hits the whole muscle. Avoid shallow half squats
- Make sure your legs day is on or just after a high carb day so you have plenty of fuel in the tank
- If you can walk after legs day, you're not doing it right!

### Warm-up:

Using 1 -3 Warm-up sets of each exercise at higher rep range and lighter weight for each muscle group

### Session:

**Legs and Abs Strength at 85-90% of your rep max**

**Gymnastics movements will now follow your weights, allow enough rest between sets on gymnastics movements**

	EXERCISE	SETS	REPS
1	Barbell Back Squats	2 -3	3-5
2	Hack Squats	2 -3	3-5
3	Leg Press	2 -3	8 -12
4	Leg Extension	2	8 -12
5	Barbell Stiff Leg Deadlift	2	3 to 6
6	Lying Hamstring Curls	2	8 -12
7	Standing Calf Raises	3	8 -12
8	Calf Raises on Hack Squats	2	8 -12
9	Front Lever Tuck Ball	2-3	Max hold
10	Rear Lever Tuck Ball	2-3	Max hold
11	Hanging Oblique Bent Leg Lifts	2-3	10-12 per side

### Military HIIT

21-15-9 for time  
- Squat Jumps  
- Burpees

# WEEK 8

# PHASE 3

## WEEK 9-12

The next 4 weeks will dictate how far you have come, both physically and mentally, since starting my program. It's time to activate your beast mode, bring out that results-hungry energy as we step into some high-volume training.

Your warm-ups will be German volume training of 10 x 10 reps, moving into skin-tearing pumps with high rep drop sets with supersets of gymnastics/calisthenics. You're going to need your WAR CRY faces and MUST-DO ATTITUDES to smash through the final phase. Not to forget your Military HIIT circuits will also step up a notch.

***"Go hard or go home"***

### HOT TIP FOR PHASE 3

- Your Warm-up consists of German volume training this is 10 x 10 reps of a single exercise. Pick a light to medium weight and make sure you have a strict 90 seconds rest between sets
- Be sure to perform a 5-10-minute dynamic Warm-up before starting your high-volume training
- Drop sets: Starting with a heavy weight, stripping off weight (by roughly 20-30%) as fatigue sets in and you reach muscular failure, then working to a second and third point of muscular failure as reducing the weight. The weight should be dropped quickly with little to no rest between sets
- During the next 4 weeks, reduce the rest time between exercises and increase your training intensity to 110%
- It's hard-hitting, high-volume training so you should be puffed and sweaty every session
- Set your mind right for every session, create a pre-training routine to get you in the mood and pumped up for training. I like to put my headphones on and crank some motivating music or a motivational video. This gets my game face ready and my mind clear for training
- If you can train some of these sessions with a training buddy it will help push you to the next level and motivate you to lift heavier with a spotter on hand





## Day 1 CHEST AND TRICEPS

### Hot Tips for high volume training

- Performing 5–10 minutes of dynamic stretches before your session is essential
- It's important to reach failure on every set, so make sure you're choosing your weights carefully
- Perform a few rotator cuff exercises before your chest workout
- Take a small rest between your drop sets and your gymnastics exercise to ensure you keep correct and safe form and reduce the risk of injury

### Warm-up:

- 10 x 10 Incline Bench Press with a strict 90 seconds rest between sets

### Session:

**Chest and Triceps working at 70–75% of your rep max.**

	EXERCISE	SETS	REPS
1	Decline DB Bench Press	2 x drop sets	10,10,10
2	XR (ring) Push-ups	2	Max reps
3	Incline DB Flies	2 x drop sets	10,10,10
4	XR (ring) Flies	2	Max reps
5	Cable Cross-overs	2 x drop sets	10,10,10
6	Parallel Bar Deficit Push-ups	2	Max reps
7	Skull Crushers	2	25
8	XR (ring) Dips	2	Max reps
9	Cable Triceps Extension	2 x drop sets	10,10,10
10	Toes to Bar	2	Max reps

### Military HIIT

- 50,40,30,20,10 Double Unders (double for single skips)
- 50,40,30,20,10 Military Sit-ups

**Example:** 50 double under, 50 military sit-ups then 40 double under, 40 military sit-ups, etc.

## Day 2 SHOULDERS AND ABS

### Hot Tips for high volume training

- Perform 5–10 minutes of dynamic stretches prior to your shoulders session
- When training your rear delts, it can be difficult not to let your lats and traps take over the movements. Use your mind/muscle connection to make your delts do the work
- Make sure you maintain good scapular control throughout all shoulder movements to prevent injury
- Feel the burn. Your shoulders should be on fire by the end of this high volume session. Be ready for those shoulders to GROW!

### Warm-up:

- 10 x 10 DB Military Press with a strict 90 seconds rest between sets

### Session:

**Shoulders and Abs working at 70–75% of your rep max.**

	EXERCISE	SETS	REPS
1	Standing Barbell Press	2 x drop sets	10,10,10
2	Handstand Progression	2	Max reps
3	Cable Lateral Raises	2 x drop sets	10,10,10
4	L – Sit Hold	2	20–30 seconds
5	Standing DB Bent-over Rear Delt	2 x drop sets	10,10,10
6	Skin the Cats	2	Max reps
7	Decline Weighted Sit-ups	2 x drop sets	10,10,10
8	Full-body Squeeze	2	60–90 seconds
9	Cable Crunches	2 x drop sets	10,10,10
10	Parallel Bar Tuck Ball	2	20–30 seconds

### Military HIIT

10 minute EMOM

- 5 x Burpee Ball Slams
- 5 x KB Sumo Deadlift High Pulls

# WEEK 9



## Day 3 BACK AND BICEPS

### Hot Tips for high volume training

- Perform 5-10 minutes of dynamic stretches prior to your back and biceps session
- Don't forget your "mind/muscle" connection when training your back. Visualise each muscle as you perform the exercise
- During your hammer curl sets, to get that real bicep pump and growth, try this: "Run the rack" means you'll start with a heavy pair of DBs, do as many reps as you can with them, then grab the next lightest pair and do as many reps with that weight as you can. Keep going lighter. Essentially, it's a drop set, but you're doing multiple drops. Take each set to failure

### Warm-up:

- 10 x 10 Lat Pulldown with a strict 90 seconds rest between sets

### Session:

**Back and Biceps working at 70-75% of your rep max.**

	EXERCISE	SETS	REPS
1	Weighted/unweighted Pull-ups	2 x drop sets	10,10,10
2	XR (ring) Rows	2	Max reps
3	Barbell Bent-over Rows	2 x drop sets	10,10,10
4	V-ups	2	25
5	T-bar Rows	2 x drop sets	10,10,10
6	Bar High Pulls	2	Max reps
7	Preacher Curls	2 x drop sets	10,10,10
8	DB Full Half rep curls	2	7,5,3,1's
9	Cable Curls	2 x drop sets	10,10,10
10	Hanging Windscreen Wipers	2	Max reps

### Military HIIT

10 minute EMOM

- 8 x Sledge Hits
- 6 x Burpee (Tire) Box Jumps

## Day 4 LEGS AND ABS

**(Quads, Hamstrings, Glutes, Calves)**

### Hot Tips for high volume training

- Performing 5-10 minutes of dynamic stretches prior to starting your legs session is essential for mobility and full range of motion in exercises to follow
- Be sure to use correct form as you begin to fatigue in these high rep sets
- Pick a higher carb day to pump out your high rep legs session
- Feel the burn. Your legs should be on fire from start to finish during this final phase. It's time to feel that skin-tearing pump as you drive blood into the muscles to make them grow

### Warm-up:

- 10 x 10 Leg Press with a strict 90 seconds rest between sets

### Session:

**Legs and Abs working at 70-75% of your rep max.**

	EXERCISE	SETS	REPS
1	Back Squats	2 x drop sets	10,10,10
2	Box Jump (high)	2	10-12
3	Hack Squats	2 x drop sets	10,10,10
4	Hanging Straight Leg Lifts	2	20-25
5	Barbell Walking Lunges	2 x drop sets	10,10,10
6	Pistol Squats	2	10 per leg
7	Seated Hamstring Curls	2 x drop sets	10,10,10
8	Hanging Oblique Bent Leg Lifts	2	12-15 per side

### Military HIIT

10 minute AMRAP

- 3 x Muscle Ups (or Pull-ups)
- 6 x Handstand Push-up (or your progression)
- 9 x Burpee Broad Jumps

# WEEK 9

## Day 1 CHEST AND TRICEPS

### Hot Tips for high volume training

- Performing 5-10 minutes of dynamic stretches before your session is essential
- It's important to reach failure on every set, so make sure you're choosing your weights carefully
- Perform a few rotator cuff exercises before your chest workout
- Take a small rest between your drop sets and your gymnastics exercise to ensure you keep correct and safe form and reduce the risk of injury

### Warm-up:

- 10 x 10 Incline Bench Press with a strict 90 seconds rest between sets

### Session:

**Chest and Triceps working at 70-75% of your rep max.**

	EXERCISE	SETS	REPS
1	Decline DB Bench Press	2 x drop sets	10,10,10
2	XR (ring) Push-ups	2	Max reps
3	Incline DB Flies	2 x drop sets	10,10,10
4	XR (ring) Flies	2	Max reps
5	Cable Cross-overs	2 x drop sets	10,10,10
6	Parallel Bar Deficit Push-ups	2	Max reps
7	Skull Crushers	2	25
8	XR (ring) Dips	2	Max reps
9	Cable Triceps Extension	2 x drop sets	10,10,10
10	Toes to Bar	2	Max reps

### Military HIIT

3 Rounds

- 25 meters Burpee Broad Jumps
- 20 x Sandbag Press
- 20 x Military Sit-ups
- 20 x Bodyweight Squats
- 25 meters Burpee Broad Jump

Rest 60 seconds

## Day 2 SHOULDERS AND ABS

### Hot Tips for high volume training

- Perform 5-10 minutes of dynamic stretches prior to your shoulders session
- When training your rear delts, it can be difficult not to let your lats and traps take over the movements. Use your mind/muscle connection to make your delts do the work
- Make sure you maintain good scapular control throughout all shoulder movements to prevent injury
- Feel the burn. Your shoulders should be on fire by the end of this high volume session. Be ready for those shoulder to GROW!

### Warm-up:

- 10 x 10 DB Military Press with a strict 90 seconds rest between sets

### Session:

**Shoulders and Abs working at 70-75% of your rep max.**

	EXERCISE	SETS	REPS
1	Standing Barbell Press	2 x drop sets	10,10,10
2	Handstand Progression	2	Max reps
3	Cable Lateral Raises	2 x drop sets	10,10,10
4	L-sit Hold	2	20-30 seconds
5	Standing DB Bent-over Rear Delt	2 x drop sets	10,10,10
6	Skin the Cats	2	Max reps
7	Decline Weighted Sit-ups	2 x drop sets	10,10,10
8	Full-body Squeeze	2	60-90 seconds
9	Cable Crunches	2 x drop sets	10,10,10
10	Parallel Bar Tuck Ball	2	20-30 seconds

### Military HIIT

"Sandbag Complex"

9 minute EMOM

- 6 x Sandbag Thrusters
- 6 x Sandbag Burpee Bag Hops

Rest for remainder of that minute

# WEEK 10



## Day 3 BACK AND BICEPS

### Hot Tips for high volume training

- Perform 5-10 minutes of dynamic stretches prior to your back and biceps session
- Don't forget your "mind/muscle" connection when training your back. Visualise each muscle as you perform the exercise
- During your hammer curl sets, to get that real bicep pump and growth, try this: "Run the rack" means you'll start with a heavy pair of DBs, do as many reps as you can with them, then grab the next lightest pair and do as many reps with that weight as you can. Keep going lighter. Essentially, it's a drop set, but you're doing multiple drops. Take each set to failure

### Warm-up:

- 10 x 10 Lat Pulldown with a strict 90 seconds rest between sets

### Session:

**Back and Biceps working at 70-75% of your rep max.**

	EXERCISE	SETS	REPS
1	Weighted/unweighted Pull-ups	2 x drop sets	10,10,10
2	XR (ring) Rows	2	Max reps
3	Barbell Bent-over Rows	2 x drop sets	10,10,10
4	V-ups	2	25
5	T-bar Rows	2 x drop sets	10,10,10
6	Bar High Pulls	2	Max reps
7	Preacher Curls	2 x drop sets	10,10,10
8	DB Full Half rep curls	2	7,5,3,1's
9	Cable Curls	2 x drop sets	10,10,10
10	Hanging Windscreen Wipers	2	Max reps

### Military HIIT

10 minute AMRAP

- 10 x Ball Slams
- 10 x Sandbag Press
- 5 x Sandbag Get Ups

## Day 4 LEGS AND ABS

**(Quads, Hamstrings, Glutes, Calves)**

### Hot Tips for high volume training

- Performing 5-10 minutes of dynamic stretches prior to starting your legs session is essential for mobility and full range of motion in exercises to follow
- Be sure to use correct form as you begin to fatigue in these high rep sets
- Pick a higher carb day to pump out your high rep legs session
- Feel the burn. Your legs should be on fire from start to finish during this final phase. It's time to feel that skin-tearing pump as you drive blood into the muscles to make them grow

### Warm-up:

- 10 x 10 Leg Press with a strict 90 seconds rest between sets

### Session:

**Legs and Abs working at 70-75% of your rep max.**

	EXERCISE	SETS	REPS
1	Back Squats	2 x drop sets	10,10,10
2	Box Jump (high)	2	10-12
3	Hack Squats	2 x drop sets	10,10,10
4	Hanging Straight Leg Lifts	2	20-25
5	Barbell Walking Lunges	2 x drop sets	10,10,10
6	Pistol Squats	2	10 per leg
7	Seated Hamstring Curls	2 x drop sets	10,10,10
8	Hanging Oblique Bent Leg Lifts	2	12-15 per side

### Military HIIT

10-minute prowler push

- 60 seconds push prowler
- 60-second active rest - hold the plank

# WEEK 10

## Day 1 CHEST AND TRICEPS

### Hot Tips for high volume training

- Performing 5–10 minutes of dynamic stretches before your session is essential
- It's important to reach failure on every set, so make sure you're choosing your weights carefully
- Perform a few rotator cuff exercises before your chest workout
- Take a small rest between your drop sets and your gymnastics exercise to ensure you keep correct and safe form and reduce the risk of injury

### Warm-up:

- 10 x 10 Incline Bench Press with a strict 90 seconds rest between sets

### Session:

**Chest and Triceps working at 70–75% of your rep max.**

	EXERCISE	SETS	REPS
1	Decline DB Bench Press	2 x drop sets	10,10,10
2	XR (ring) Push-ups	2	Max reps
3	Incline DB Flies	2 x drop sets	10,10,10
4	XR (ring) Flies	2	Max reps
5	Cable Cross-overs	2 x drop sets	10,10,10
6	Parallel Bar Deficit Push-ups	2	Max reps
7	Skull Crushers	2	25
8	XR (ring) Dips	2	Max reps
9	Cable Triceps Extension	2 x drop sets	10,10,10
10	Toes to Bar	2	Max reps

### Military HIIT

- 3 x 800m Sprints – 2 minutes rest between sets

## Day 2 SHOULDERS AND ABS

### Hot Tips for high volume training

- Perform 5–10 minutes of dynamic stretches prior to your shoulders session
- When training your rear delts, it can be difficult not to let your lats and traps take over the movements. Use your mind/muscle connection to make your delts do the work
- Make sure you maintain good scapular control throughout all shoulder movements to prevent injury
- Feel the burn. Your shoulders should be on fire by the end of this high volume session. Be ready for those shoulders to GROW!

### Warm-up:

- 10 x 10 DB Military Press with a strict 90 seconds rest between sets

### Session:

**Shoulders and Abs working at 70–75% of your rep max.**

	EXERCISE	SETS	REPS
1	Standing Barbell Press	2 x drop sets	10,10,10
2	Handstand Progression	2	Max reps
3	Cable Lateral Raises	2 x drop sets	10,10,10
4	L – Sit Hold	2	20–30 seconds
5	Standing DB Bent-over Rear Delt	2 x drop sets	10,10,10
6	Skin the Cats	2	Max reps
7	Decline Weighted Sit-ups	2 x drop sets	10,10,10
8	Full-body Squeeze	2	60–90 seconds
9	Cable Crunches	2 x drop sets	10,10,10
10	Parallel Bar Tuck Ball	2	20–30 seconds

### Military HIIT

"Fran"

21–15–9

– Thrusters

– Pull-ups

# WEEK 11

## Day 3 BACK AND BICEPS

### Hot Tips for high volume training

- Perform 5-10 minutes of dynamic stretches prior to your back and biceps session
- Don't forget your "mind/muscle" connection when training your back. Visualise each muscle as you perform the exercise
- During your hammer curl sets, to get that real bicep pump and growth, try this: "Run the rack" means you'll start with a heavy pair of DBs, do as many reps as you can with them, then grab the next lightest pair and do as many reps with that weight as you can. Keep going lighter. Essentially, it's a drop set, but you're doing multiple drops. Take each set to failure

### Warm-up:

- 10 x 10 Lat Pulldown with a strict 90 seconds rest between sets

### Session:

**Back and Biceps working at 70-75% of your rep max.**

	EXERCISE	SETS	REPS
1	Weighted/unweighted Pull-ups	2 x drop sets	10,10,10
2	XR (ring) Rows	2	Max reps
3	Barbell Bent-over Rows	2 x drop sets	10,10,10
4	V-ups	2	25
5	T-bar Rows	2 x drop sets	10,10,10
6	Bar High Pulls	2	Max reps
7	Preacher Curls	2 x drop sets	10,10,10
8	DB Full Half rep curls	2	7,5,3,1's
9	Cable Curls	2 x drop sets	10,10,10
10	Hanging Windscreen Wipers	2	Max reps

### Military HIIT

For time:

- 50 x Burpee Pull-ups

## Day 4 LEGS AND ABS

**(Quads, Hamstrings, Glutes, Calves)**

### Hot Tips for high volume training

- Performing 5-10 minutes of dynamic stretches prior to starting your legs session is essential for mobility and full range of motion in exercises to follow
- Be sure to use correct form as you begin to fatigue in these high rep sets
- Pick a higher carb day to pump out your high rep legs session
- Feel the burn. Your legs should be on fire from start to finish during this final phase. It's time to feel that skin-tearing pump as you drive blood into the muscles to make them grow

### Warm-up:

- 10 x 10 Leg Press with a strict 90 seconds rest between sets

### Session:

**Legs and Abs working at 70-75% of your rep max.**

	EXERCISE	SETS	REPS
1	Back Squats	2 x drop sets	10,10,10
2	Box Jump (high)	2	10-12
3	Hack Squats	2 x drop sets	10,10,10
4	Hanging Straight Leg Lifts	2	20-25
5	Barbell Walking Lunges	2 x drop sets	10,10,10
6	Pistol Squats	2	10 per leg
7	Seated Hamstring Curls	2 x drop sets	10,10,10
8	Hanging Oblique Bent Leg Lifts	2	12-15 per side

### Military HIIT

21-15-9 for time

- Squat Jumps
- Burpees

# WEEK 11

## Day 1 CHEST AND TRICEPS

### Hot Tips for high volume training

- Performing 5–10 minutes of dynamic stretches before your session is essential
- It's important to reach failure on every set, so make sure you're choosing your weights carefully
- Perform a few rotator cuff exercises before your chest workout
- Take a small rest between your drop sets and your gymnastics exercise to ensure you keep correct and safe form and reduce the risk of injury

### Warm-up:

- 10 x 10 Incline Bench Press with a strict 90 seconds rest between sets

### Session:

**Chest and Triceps working at 70–75% of your rep max.**

	EXERCISE	SETS	REPS
1	Decline DB Bench Press	2 x drop sets	10,10,10
2	XR (ring) Push-ups	2	Max reps
3	Incline DB Flies	2 x drop sets	10,10,10
4	XR (ring) Flies	2	Max reps
5	Cable Cross-overs	2 x drop sets	10,10,10
6	Parallel Bar Deficit Push-ups	2	Max reps
7	Skull Crushers	2	25
8	XR (ring) Dips	2	Max reps
9	Cable Triceps Extension	2 x drop sets	10,10,10
10	Toes to Bar	2	Max reps

### Military HIIT

10 minute AMRAP

- 10 x Sledge Hits
- 10 x Tire Box Jumps
- 1 x Prowler Push

## Day 2 SHOULDERS AND ABS

### Hot Tips for high volume training

- Perform 5–10 minutes of dynamic stretches prior to your shoulders session
- When training your rear delts, it can be difficult not to let your lats and traps take over the movements. Use your mind/muscle connection to make your delts do the work
- Make sure you maintain good scapular control throughout all shoulder movements to prevent injury
- Feel the burn. Your shoulders should be on fire by the end of this high volume session. Be ready for those shoulders to GROW!

### Warm-up:

- 10 x 10 DB Military Press with a strict 90 seconds rest between sets

### Session:

**Shoulders and Abs working at 70–75% of your rep max.**

	EXERCISE	SETS	REPS
1	Standing Barbell Press	2 x drop sets	10,10,10
2	Handstand Progression	2	Max reps
3	Cable Lateral Raises	2 x drop sets	10,10,10
4	L – Sit Hold	2	20–30 seconds
5	Standing DB Bent-over Rear Delt	2 x drop sets	10,10,10
6	Skin the Cats	2	Max reps
7	Decline Weighted Sit-ups	2 x drop sets	10,10,10
8	Full-body Squeeze	2	60–90 seconds
9	Cable Crunches	2 x drop sets	10,10,10
10	Parallel Bar Tuck Ball	2	20–30 seconds

### Military HIIT

10 minute AMRAP

- 10 x Ball Slams
- 10 x Sandbag Press
- 5 x Sandbag Get Ups

# WEEK 12

## Day 3 BACK AND BICEPS

### Hot Tips for high volume training

- Perform 5-10 minutes of dynamic stretches prior to your back and biceps session
- Don't forget your "mind/muscle" connection when training your back. Visualise each muscle as you perform the exercise
- During your hammer curl sets, to get that real bicep pump and growth, try this: "Run the rack" means you'll start with a heavy pair of DBs, do as many reps as you can with them, then grab the next lightest pair and do as many reps with that weight as you can. Keep going lighter. Essentially, it's a drop set, but you're doing multiple drops. Take each set to failure

### Warm-up:

- 10 x 10 Lat Pulldown with a strict 90 seconds rest between sets

### Session:

**Back and Biceps working at 70-75% of your rep max.**

	EXERCISE	SETS	REPS
1	Weighted/unweighted Pull-ups	2 x drop sets	10,10,10
2	XR (ring) Rows	2	Max reps
3	Barbell Bent-over Rows	2 x drop sets	10,10,10
4	V-ups	2	25
5	T-bar Rows	2 x drop sets	10,10,10
6	Bar High Pulls	2	Max reps
7	Preacher Curls	2 x drop sets	10,10,10
8	DB Full Half rep curls	2	7,5,3,1's
9	Cable Curls	2 x drop sets	10,10,10
10	Hanging Windscreen Wipers	2	Max reps

### Military HIIT

For time:

- 100 x Burpee Pull-ups

## Day 4 LEGS AND ABS

**(Quads, Hamstrings, Glutes, Calves)**

### Hot Tips for high volume training

- Performing 5-10 minutes of dynamic stretches prior to starting your legs session is essential for mobility and full range of motion in exercises to follow
- Be sure to use correct form as you begin to fatigue in these high rep sets
- Pick a higher carb day to pump out your high rep legs session
- Feel the burn. Your legs should be on fire from start to finish during this final phase. It's time to feel that skin-tearing pump as you drive blood into the muscles to make them grow

### Warm-up:

- 10 x 10 Leg Press with a strict 90 seconds rest between sets

### Session:

**Legs and Abs working at 70-75% of your rep max.**

	EXERCISE	SETS	REPS
1	Back Squats	2 x drop sets	10,10,10
2	Box Jump (high)	2	10-12
3	Hack Squats	2 x drop sets	10,10,10
4	Hanging Straight Leg Lifts	2	20-25
5	Barbell Walking Lunges	2 x drop sets	10,10,10
6	Pistol Squats	2	10 per leg
7	Seated Hamstring Curls	2 x drop sets	10,10,10
8	Hanging Oblique Bent Leg Lifts	2	12-15 per side

### Military HIIT

30-20-10 reps

- Burpees - 200m Run

# WEEK 12



# **EXERCISE EXCHANGE LIST**



## EXERCISE EXCHANGE LIST

To ensure that you are able to complete this mission even if you don't have access to all of the equipment, I've provided you with a list of suggested replacement exercises. No excuses! This is an example of how you eliminate the threat to your success!



EXERCISES	EXERCISE REPLACEMENT
Abs Rollouts	V-ups
Back Squats (same as #14?)	DB squats
Ball Slams	Burpee
Bar High Pulls	DB high pulls
Barbell Back Squats	DB squats
Barbell Bent-over Rows	DB bent-over rows
Barbell Lunges	DB lunges
Barbell Stiff Leg Deadlift	DB stiff leg deadlift
Barbell Upright Row	DB upright row
Barbell Walking Lunges	DB walking lunges
Box Jump (high)	Tuck jump
Burpee (Tire) Box Jumps	Burpee tuck jump
Burpee Ball Slams	Burpee DB thrusters
Cable (rope) Rear Delt Pulls	DB Rear Flies
Cable Cross-overs	DB Rear Flies
Cable Crunches	DB crunches
Cable Curls	DB biceps curls
Cable Flies	DB flies
Cable Lateral Raises	DB lateral raises
Cable Single Arm Lateral Raise	DB single arm lateral raise
Cable Triceps Extension	DB triceps extension
Cable Triceps Pushdown	Triceps push-up
Calf Raises on Hack Squats	DB calf raises
Chin-ups	Single arm bent-over row
Close Grip Barbell Bench Press	Close grip DB bench press
Close Grip Seated Row	Single arm bent-over row
Decline Barbell Bench Press (same as below?)	Decline DB chest press/DB chest press
Decline Barbell Press	Decline DB chest press/DB chest press
Decline DB Bench Press	DB chest press
Decline Weighted Sit-ups	Weighted sit-ups
EZ Bar Preacher Curl	DB preacher curl
EZ Bar Skull Crushers	BB skull crushers/DB skull crushers
Hack Squats	DB goblet squat
Hanging Bent Leg Lifts	Leg lowers with bent knees

EXERCISES	EXERCISE REPLACEMENT
Hanging L-Sit Hold	L-sit hold on floor
Hanging Oblique Bent Leg Lifts	Oblique crunch
Hanging Straight Leg Lifts	Leg lowers
Hanging Windscreen Wipers	Lying windscreen wipers
High Pulls to Bar	DB high pulls
Incline Barbell Press	Incline DB chest press/DB chest press
Incline Cable Flies	Incline DB flies/DB flies
KB Sumo Deadlift High Pulls	DB sumo deadlift high-pull
KB Swings	DB low swings
Knees to elbows	Suitcase
Lat Pulldown	Single arm bent-over row
Leg Extension	Goblet squat
Leg Press	DB squat
Lying Hamstring Curls	Prone hamstring curl with band
Overhead Cable Extension	Overhead DB extension
Parallel Bar Deficit Push-ups	Deficit push-ups
Power Cleans	DB clean
Pull-ups	Single arm bent-over row
Ring Rows	DB bent-over row
Row	Run
Sandbag Burpee Bag Hops	Burpee
Sandbag Cleans	DB clean
Sandbag Get Ups	DB get ups
Sandbag Press	DB press
Sandbag Thrusters	DB thrusters
Seated Cable Rows	Single arm bent-over row
Seated Calf Raises	DB seated calf raises
Seated Hamstring Curls	Stiff Leg Deadlifts
Sledge Hits	DB low swings
Standing Barbell Military Press (same as below?)	Standing DB military press
Standing Calf Raises	Standing DB calf raises
Stiff Leg Deadlifts	DB stiff leg deadlifts
T-bar Rows	Single arm bent-over row
Thrusters	DB thrusters
Toes to Bar	Leg lowers
Weighted Bar Dips	Bench dips
XR (ring) Dips	Bench dips
XR (ring) Flies	DB flies
XR (ring) Push-ups	Push-ups



## MISSION COMPLETED

Well done! You have now completed your mission and become a warrior athlete! But don't stop here. Now that you have come this far on your mission to create your ultimate physique, why not trying my custom mentoring package?

Send an email to [info@scottevennett.com.au](mailto:info@scottevennett.com.au)

This program includes:

- A 12-week custom nutrition plan
- A 12-week custom training plan
- Mentoring and support via
  - Unlimited email access
  - 4 x 15-minute phone or Skype consults

This is the ultimate warrior package that will ensure that you keep on track and keep momentum.

Scott

**CHALLENGE ACCEPTED**