

#1 GOAL -

Build Greek God/Aesthetic Physique



1. Visible Abs
2. Broad Shoulders
3. Powerful Upper Chest
4. Wide Lats

Different Starting Points

- Fat
- Skinny Fat
- Skinny

FAT

Primary Goal: Lose Fat

Secondary Goal: Build Muscle

SKINNY FAT

Primary Goal: Build Muscle & Lose Fat

SKINNY

Primary Goal: Build Muscle

Secondary Goal: Lose Fat

Point A ~> Point B components

Nutrition, Training, Recovery

IF THESE 3 CRITERIA ARE MET A BEGINNER WILL ACHIEVE BODY RE-COMPOSITION.

1. Your caloric intake isn't too high or too low (meaning, you are eating either in a small caloric deficit or a small caloric surplus).
2. Your protein intake is adequate.
3. You are weight training with a focus on progressive overload (incrementally adding either weight, volume, or improving technique over time).

Nutrition

Find Maintenance Calories

Imperial: $BMR = (4.536 \times \text{weight in pounds}) + (15.88 \times \text{height in inches}) - (5 \times \text{age}) + 5$

Mertric: $BMR = 10 \times \text{WEIGHT(KG)} + 6.25 \times \text{HEIGHT(CM)} - 5 \times \text{AGE(Y)} + 5$

Multiply that number by activity LVL

Sedentary + Training 3-6x/wk Works a desk job, very little activity outside of lifting 1.2 - 1.5

Lightly Active + Training 3-6x/wk Works a desk job, takes pet for a walk most days in addition to lifting 1.5 - 1.8

Moderately Active + Training 3-6x/ wk Works as a full-time waitress, occasionally plays tennis in addition to lifting 1.8 - 2.0

Highly Active + Training 3-6x/wk Works as a construction worker, regular hiking in addition to lifting 2.0 - 2.2

This is your Maintenance Calorie Number:

Surplus, Maintenance, Deficit, Tracking

175 lbs 6-foot male with 2.2 activity level @15% surplus = 4,650 calories a day

2x chicken and rice - 345 Grams Protein

2x PB&J - 20 Grams Protein (serious mass)

0.5 Yogurt container - 35 Grams Protein

1.5 cups Oats - 15 Grams Protein

Total - 4,785 Calories

FAT

Lose Fat Beginner Male - Body Fat % \geq 18-20 +

Caloric Deficit (~20% reduction below theoretical maintenance)

*** For obese individuals, a caloric deficit in the range of 20-30 percent will facilitate faster fat loss as progressive weight training drives muscle growth ***

SKINNY FAT

Lose Fat & Build Muscle Equally Beginner Male - Body Fat % ~12- 18

10-20 percent deficit until 15% body fat is reached then switch to calorie maintenance.

Once 10-12 percent body fat is reached a 10-15 percent calorie surplus would be used to build lean muscle mass

SKINNY

Build Muscle Beginner Male - Body Fat % \leq 8-12

Caloric Surplus (~25% above theoretical maintenance)

Protein

1.2 grams per pound (higher body fat) < - > 1.6 grams per pound (lower body fat)

Protein sources

- Whey Protein
- Eggs
- Egg Whites
- Meat (Chicken, Beef, Pork, Turkey, Elk, Game, etc)
- Fish (all kinds)
- Dairy (i.e. yogurt, cheese)
- Vegan Protein Powder (Rice + Pea Blends)
- Soy Protein Isolate
- Seaweed, Spirulina

Foods to Eat

Protein sources

- Whey Protein
- Eggs
- Egg Whites
- Meat (Chicken, Beef, Pork, Turkey, Elk, Game, etc)
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FAT SOURCES LIST: •

- salmon and other fatty fish (or fish oil supplements)
- whole eggs
- seeds (flax, chia, etc.)
- nuts (walnuts, almonds, macadamia nuts, peanuts, etc.)
- nut butters (peanut butter, almond butter, etc.)

Foods Not to Eat

Micronutrients

THE SIX MICRONUTRIENT COMMANDMENTS:

1. Aim for at least three or four servings of green vegetables per day. • Examples of one serving: Typically “1 cup” counts as a serving of vegetables. 1 cup of broccoli (more specifically: 100g raw), or ~10 broccoli florets; 100g raw spinach (~3 & 1/3 cups raw, or 1/2 cup cooked), or 1/2 cup asparagus (~65g or 6 spears). THE ULTIMATE GUIDE TO BODY RECOMPOSITION 94

2. Aim for at least two servings of fruit per day. • Examples of one serving: one kiwi or one banana (typically 80-150g raw weight depending on fruit source).

3. Try to regularly eat a variety of fruits and vegetables of different colours and rotate food sources.

4. Consume fatty fish once or twice per week (otherwise, consider fish oil supplements. See Chapter Thirteen).

5. Eat a varied, balanced diet. If eliminating grains, dairy or meat, consider supplementation of vitamin B12, vitamin D, omega-3 fatty acids, iodine, iron, calcium, and zinc under the guidance of a medical professional. 6. Generally, stick to a whole food, minimally-processed, nutrient-dense diet

Macronutrients

Those that are more active would benefit from a lower fat intake (20% fat intake), as they can more easily utilize carbohydrates for energy, while those with less active lifestyles would be better off with a higher fat and lower carb intake (35% fat intake).

STEP-BY-STEP GUIDE FOR SETTING UP RECOMP MACROS: •

Step 1: Weigh yourself and calculate your body fat % (via BIA, Skin Calipers, DEXA, or guesstimation)

Step 2. Calculate LBM: Bodyweight x (0.XX as % of lean mass) i.e. if you weigh 170lbs at 15% bodyfat, you have 85% lean mass. Your LBM would be: $170\text{lbs} \times 0.85 = 144.5\text{lbs}$ LBM

Step 3: Estimate your Basal Metabolic Rate (BMR) using the according to Mifflin St. Jeor Formula or (more roughly) bodyweight(lbs) x 10. •

Step 4: Apply the appropriate activity multiplier to determine your theoretical maintenance calories. Alternatively, use a 2 week guess-and-check method to determine maintenance calories. •

Step 5: Determine whether you should be in a caloric surplus, caloric deficit or at maintenance to drive body recomposition. Apply the surplus/deficit to your theoretical maintenance to determine your recomp calorie intake. (Important step!) •

Step 6: Set up your protein intake by multiplying your LBM by 1.2-1.6 (closer to 1.6 the leaner you are). •

Step 7: Determine what percentage of calories should come from fat (20-35%). Closer to 20 percent the leaner you are. •

Step 8: Calculate your fat intake by multiplying your recomp calorie intake by the percentage in Step 7 and dividing by 9. (9 calories per gram of fat) •

Step 9: Calculate your “remaining calories” by subtracting the calories from protein (protein intake x 4) and the calories from fat (fat intake x 9). •

Step 10: Calculate your carb intake from the “remaining calories” by dividing by 4. (4 calories per gram of carbs)

When & How Often to Eat

To maximize the anabolic response of each meal, we suggest splitting your total protein intake across 4 to 6 high-protein meals per day, spaced by roughly 3-5 hours between meals (besides your overnight fast, when you're sleeping (i.e. 6-9 hours)). Note that “meals” can also include protein shakes/meal replacements.

Meal Plans

Meat = to protein goals

Anything else = calorie goals

Supplements

TRAINING

Hypertrophy

Progressive Overload

Muscles to Target for Aesthetic/Powerful Build

Exact Workout Plan

Proper Form

Cardio?

REST & RECOVERY

Sleep

Stress

TRACKING

Progress Photos: 1x/week

- Follow the suggestions below to ensure you take the most accurate and useful progress photos possible: •
 - A) Use the same environment/location (ideally using natural light from a window or doorway); •
 - B) Shoot at the same time of the day (preferably fasting on an empty stomach); •
 - C) Shoot on the same day of the week; •
 - D) Use the same angle for each picture. Set up your camera in the same spot, at the same height; •
 - E) Use a self-timer or record a video and take screenshots, and •
 - F) Include your full body in several different poses. Include front, back, and side pics. If you can perform mandatory bodybuilding poses, they are ideal for assessing muscular