



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT



DIET PLAN



WORKOUT PLAN



EXPERT GUIDE

Main Goal: Weight Loss

Time Per Workout: 90 Minutes

Training Level: Beginner

Target Gender: Male and Female

Program Duration: 8 Weeks

Trainer: Tristan Lean

Days per Week: 5 Days

Result: 8 Kg of weight reduction after the Program Completion

DIET PLAN

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Oat meal with fruits	Baked Potato 50G	Vegetable Salad	Almond Rice with Date	Whole-Grain cereal	Fruit Salad	Tomato Cream Soup
	Veggie-Salsa Tortila	Egg White Omlet	Cottage Cheese 3 TBS	Grilled Egg Plant	Sweet Corn with Chickpea	Non-Fat Milk 50ML	3 Green Apples
	2 cups of Youghurt	Asparagus Salad	Fruit Smoothie	Muesli with Raspberry	Date with Walnuts	3 Butter Crackers	2 Boiled Eggs
Lunch	Mushrooms with bean soup	Turkey Sandwich	Mixed Berries 80G	Mushrooms with bean soup	Tuna Sandwich	Chicken caesar Pasta	Chicken Lettuce Wrap
Evening	1 Apple	Sweet Potatoes 180G	Lemon Rice	2 Bananas	Sweet Potatoes 180G	Carrots and Hummus	Sweet Potatoes 180G
	Green Tea	Green Tea	Green Tea	Green Tea	Green Tea	Green Tea	Green Tea
Dinner	Salmon and sweet chilli salad	Spinach Salad	Brown Rice with Onion and Tomato	White Bean with Avacado	Barley Porridge	Black Bean Tacos	Grilled Salmon

WORKOUT PLAN

Reps and Sets	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35 Min	Cardio	Cardio	Cardio	Cardio	Cardio	Rest	Rest
12*3	Squats	Leg Press	Incline Bench Press	Chest Press	Leg Press	Rest	Rest
12*3	Bicep Curls	Arnold Press	Decline Bench Press	Military Press	Deadlifts	Rest	Rest
12*3	Tricep Curls	Seated Row	Bench Press	Seated Row	Bicep Curls	Rest	Rest
12*3	Military Press	Cable Row	Back Extension	Back Extension	Tricep Curls	Rest	Rest
12*3	Shoulder Press	Flutter Kicks	Lat Pull Down	Lunges	Flutter Kicks	Rest	Rest
12*3	Plank	Calves Raise	Chest Flys	Calves Raise	Plank	Rest	Rest
15*3	Abdominal Crunch	Abdominal Crunch	Abdominal Crunch	Abdominal Crunch	Abdominal Crunch	Rest	Rest

EXPERT GUIDE

These terms will help you understand what is discussed throughout this manual and give you a better understanding of some of the common gym lingo.

- 1. Abs, abdominals:** The muscle in the front of the stomach that form the six-pack when once body fat is fairly low. Their function is to draw the base of the ribcage and the hips towards each other, as occurs when performing crunches.
- 2. Aerobic:** Aerobic means requiring oxygen. When describing exercise, it refers to extended sustained levels of exertion during which metabolic processes that provide energy are dominated by the complete oxidation of nutrients.
- 3. Amino acids:** Basic building blocks of protein.
- 4. Body fat percentage:** The amount of fat in your body, generally expressed as a percentage.
- 5. Compound Exercise:** An exercise that targets a muscle group simultaneously; usually the movement involves flexing or extending at least two joints. Lat pull downs, squats, and bench press are all compound movements. Exercises like leg curls, leg extensions, and flyes are not compound movements.

6. Electrolytes: Minerals such as sodium, potassium, magnesium, and calcium used by cells in the creation and elimination of membrane potentials used to propagate nerve impulses and muscular contraction.

7. Failure: Lifting a weight until your muscles are so fatigued they cannot perform another repetition.

8. Forced rep: A repetition performed with assistance from a spotter after a lifter has reached the point of failure with a given weight.

11. One rep maximum: The greatest amount of weight that can be handled by a lifter for a single repetition in good form.



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