

Complete Cutting Series III

12 Week Plan
For Guys
January 2016

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Introduction from Ross

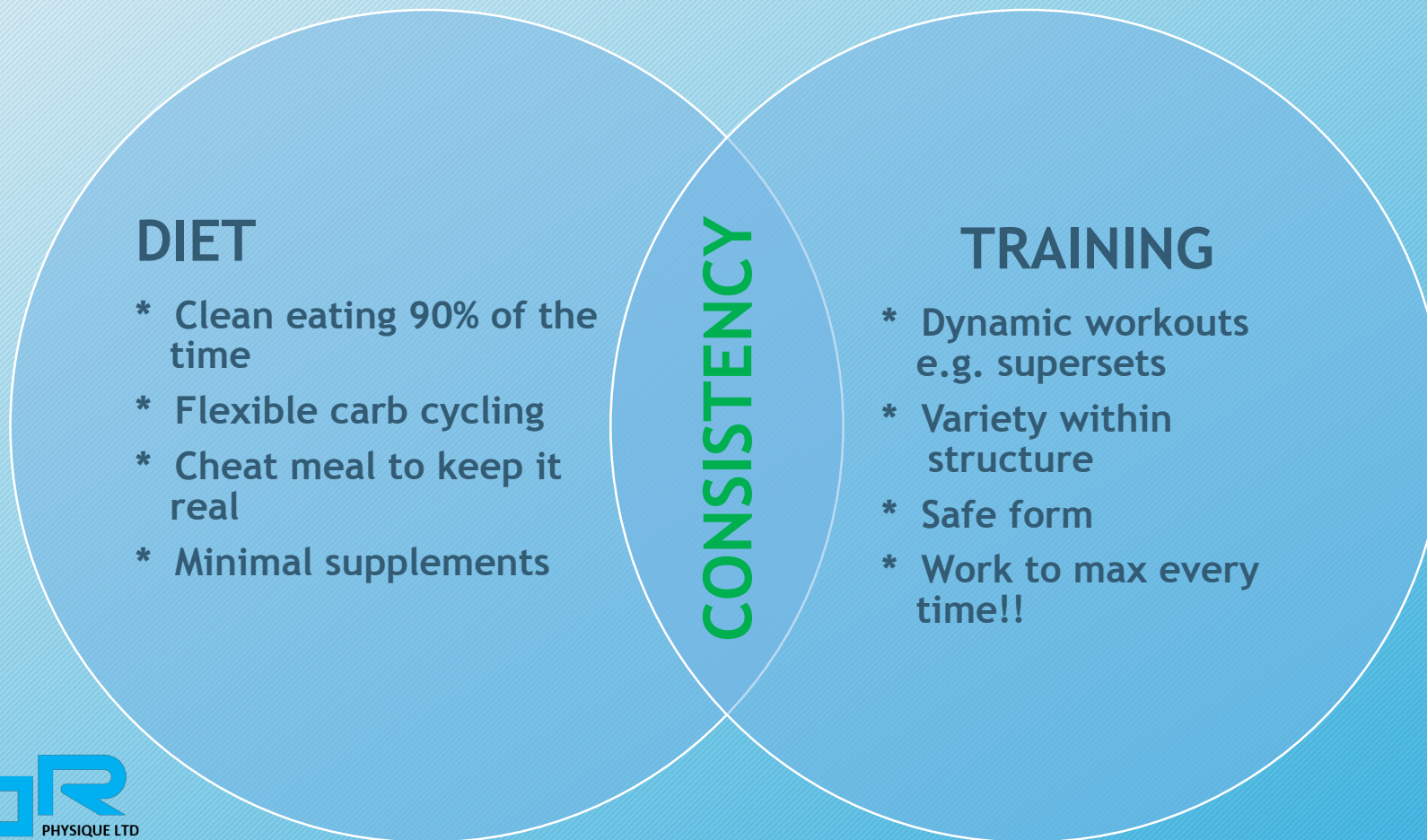
My NEW cutting plan has a totally new training regime PLUS my new feature of links to videos of me doing every exercise, with tips on technique and variations you can add along the way to mix up your training. This will keep it fresh for you and ensure you are getting the most out of your program.

As always, diet is the key to your successful shred and I have now provided 2 different versions of my carb cycle to make your results more effective and more tuned in to your goals and schedule. I have added some new recipes and snacks to fight cravings.

Please read all the advice and guidelines to make the most of your program and achieve best results!!

Enjoy my latest training routines, incorporating what I used to achieve my latest cut for a series of video and photo shoots at the end of 2015 and that I will be using to get ready for competing in Spring 2016.

My Cutting Philosophy



My approach is simple and common sense. I have found clean eating with carb cycling a truly effective way of cutting fat. My method achieves slow, sustainable fat loss with a realistic eating plan that fits in with all lifestyles. Recognises everyone needs to relax with a cheat meal!

CONSISTENCY in Diet AND Training can make all the difference so stick to the plan and don't be distracted by what you see or hear from other people or on the internet!

RESISTANCE TRAINING

A completely new regime for your shred - with added opportunity for bringing variety to your workout as you go through this 12 week program. Every exercise links directly to a video where I demonstrate the exercise and make suggestions for making the most of your sessions and mixing up your training

Summary of Training Program

This training regime is my latest take on a cutting program and is based on what I used leading up to photo shoots in December 2015. There are **4 separate weekly routines** and with a theme of **progressively more dynamic training sessions combined with changes of routine**. The aim is to keep it fresh and make sure the program will keep your body improving until you reach your goals.

- **Week 1** introduces use of **Drop Sets** and **Supersets** to increase intensity
- **Week 2** steps up the pace using **Supersets** throughout all workouts
- **Week 3** further intensifies with **Trisets** and a full range of **Drop Sets** and **Triple Drop Sets**
- **Week 4** changes tack and brings in **twice weekly training** of each muscle group

How to use Training Plan

- Follow this guide over the 12 weeks
- Each of the separate programs are detailed on following pages
- Each page contains one session's exercises
- Each exercise is “clickable” and will take you to a video of me doing that exercise, providing you tips and also variations to mix up your training
- The link will take you to the video on my website
- If using on iPhone/iPad ensure plan is saved to iBooks



Snapshot of your week for each program

	PROGRAM 1		PROGRAM 2		PROGRAM 3		PROGRAM 4
Monday	Chest & Triceps	Monday	Chest	Monday	Chest & Triceps	Monday	Chest & Back
Tuesday	Back & Biceps	Tuesday	Back	Tuesday	Back & Biceps	Tuesday	Legs & Calfs
Wednesday	Weighted Abs	Wednesday	Weighted Abs	Wednesday	Weighted Abs	Wednesday	Weighted Abs
Thursday	Legs & Calfs	Thursday	Legs & Calfs	Thursday	Legs & Calfs	Thursday	Shoulders & Back
Friday	Shoulders & Traps	Friday	Shoulders & Traps	Friday	Shoulders & Traps	Friday	Legs & Calfs
Saturday	Cardio Abs	Saturday	Arms & Cardio Abs	Saturday	Cardio Abs	Saturday	Arms & Cardio Abs
Sunday	Rest	Sunday	Rest	Sunday	Rest	Sunday	Rest

Note: This is flexible and you can swap around your days as long as you keep structure and routine. HIIT cardio should be done up to 3 times a week to regulate body fat (see page 42). You can do this whenever suits you - if adding onto a weights session, always do Cardio after the weights. Abs programs are shown in a special Abs sections on page 33 and 38

Definitions

Drop-sets:

- Drop Sets : Perform stated reps then drop weight and perform stated reps again. This is ONE complete set.
- Triple Drop Sets : Perform stated reps then drop weight, and perform stated reps again, drop weight again and perform stated reps. one more time. This is ONE complete set.

Supersets:

- Perform 2 consecutive exercises for specified number of reps with no rest between. Then rest at the end of the 2 exercises for 60-90 seconds, then repeat for as many sets as stated. At the end of the superset rest 2-3min before moving onto the next exercise.
- Tri-Sets are simply Supersets with 3 exercises included. So perform 3 consecutive exercises for specified number of reps with no rest between

Tempo:

Make sure you keep your form safe and adhere to the tempos each week. The Rest Pause technique described should only be used to squeeze out the last few reps. The program is not about how much you are lifting.

- 1-0-4 (Bench Press: 1 second lifting the weight, then a 4 second controlled movement down)
- 2-1-2 (Bicep Curls: 2 seconds up, split second at the top, then 2 seconds down)

Rest Pause:

Reaching failure and allowing 5-15 seconds for recovery to hit desired reps while maintaining good form.

Important Information Before you Start

Weights to Use and Working to Failure:

- Recommended weights to use are not included as it will vary for everyone. You may need to try a few different weights to begin with until you get familiar with your body's limits.
- **Work to failure (except during warm-up).** This means to use a weight that gets you to failure (i.e. not being able to lift any more), at the number of reps stated for each exercise. So gradually as you go on with the plan, the weight you use will increase but number of reps stays the same. Use **Rest Pause** (see previous page) if needed to reach stated number of reps - always complete reps.
- **During warm-up don't work to failure** as you are just aiming to get the blood flowing through your muscles i.e. pick a weight you are comfortable with - less than you would normally use, and lift for however many reps that will get you to about 2-3 reps from when you think you would fail. Slightly increase the weight in each warm-up set.
- As you go through the plan the weights you lift will increase but the number of reps stays the same.

PROGRAM 1

Program 1 - Chest & Triceps

	Exercise	Sets	Reps	Tempo	
Warm Up	<u>Incline Bench Press</u>	3	No failure		
Chest	<u>Incline Bench Press</u>	4	8-10	1-0-2	Drop set on last set
	<u>Incline DB Fly</u>	4	8-10	1-1-4	Drop set on last set
	<u>DB Flat Bench Press</u>	3	10-12	1-0-2	Drop set on last set
	<u>Weighted Dips</u>	4	8-10	1-0-2	
	<u>Cable Decline Fly</u>	3	10-12	1-1-4	
Triceps	<u>EZ Bar Skull Crushers</u>	4	8-10	1-0-2	
	<u>Close Grip Press Ups</u>	3	10-12	1-0-2	
Supersets	<u>Cable Rope Extensions</u>	3	10-12	1-1-4	

CLICK ON
EXERCISES
TO WATCH
VIDEO!

Rest 60-90 secs between Sets and 2-3 minutes between Exercises

Program 1 - Back & Biceps

	Exercise	Sets	Reps	Tempo	
Warm Up	Lateral Pull Down	3	No failure		
Back	<u>Weighted Pull Ups</u>	4	8-10	1-0-2	Drop set on last set
	<u>Cable Rope Straight Arm Push Down</u>	4	8-10	1-1-4	Drop set on last set
	<u>T-Bar Row</u>	3	8-10	1-0-2	Drop set on last set
	<u>Cable Rope High Row</u>	4	10-12	1-1-4	Drop set on last set
	<u>Single Arm Close Grip Pull Down</u>	3	12 each arm	1-1-4	
Biceps	<u>EZ Bar Bicep Curls</u>	4	8-10	1-0-2	
	<u>Standing DB Curls</u>	3	8-10	1-0-2	
Supersets	<u>Close Grip EZ Cable Curls</u>	3	10-12	1-1-4	

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Rest 60-90 secs between Sets and 2-3 minutes between Exercises

Program 1 - Legs & Calfs

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	Exercise	Sets	Reps	Tempo	
Warm Up	<u>Leg Extension</u>	2	No failure		
	<u>Squats</u>	2	No failure		
Quads	<u>Squats</u>	4	8-10	1-0-2	Drop set on last set
	<u>Leg Extension</u>	4	8-10	1-1-4	Drop set on last set
	<u>Leg Press</u>	3	10-12	1-0-2	Drop set on last set
	<u>Stiff Leg Deadlifts</u>	4	8-10	1-0-2	Drop set on last set
	<u>Seated Leg Curls</u>	4	10	1-1-4	Drop set on last set
	<u>DB Walking Lunges</u>	3	10 each leg	1-0-2	
Calfs	<u>Leg Press Calf Raises</u>	4	10	1-0-2	Drop set on last set
	<u>Seated Calf Machine</u>	3	12	1-1-4	Drop set on last set

Rest 60-90 secs between Sets and 2-3 minutes between Exercises

Program 1 - Shoulders & Traps

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	Exercise	Sets	Reps	Tempo	
Warm Up	<u>Rotator Cuffs</u>	2	No failure		
	<u>DB Shoulder Press</u>	2	No failure		
Shoulders	<u>DB Shoulder Press</u>	4	8-10	1-0-2	
	<u>DB Lateral Raises</u>	4	8-10	1-1-4	Drop set on last set
	<u>Close Grip Upright Row</u>	3	8-10	1-0-2	Drop set on last set
	<u>DB Front Raise</u>	3	8-10	1-1-4	Drop set on last set
	<u>Behind Neck Smith Machine Shoulder Press</u>	5	10-12	1-0-2	Drop set on last set
Rear Delt & Traps	<u>Rear Delt Raise</u>	3	8-10	1-0-2	
	Supersets				
	<u>Olympic Bar Wide Grip Shrugs</u>	3	10-12	1-1-4	
	<u>DB Shrugs</u>	3	10-12	1-1-4	

Rest 60-90 secs between Sets and 2-3 minutes between Exercises

PROGRAM 2

Program 2 - Chest

	Exercise	Sets	Reps	Tempo
Warm Up	<u>DB Incline Press</u>	3	No failure	
Chest	<u>DB Incline Press</u>	4	10-12	1-1-2
Supersets	<u>Tricep Dips (no weights)</u>	4	To failure	1-0-1
Supersets	<u>Flat Smith Machine Press</u>	3	10-12	1-1-2
	<u>DB Flat Bench Fly</u>	3	12-15	1-0-1
	<u>Side Chest Press</u>	3	10	1-1-4
	<u>Decline Cable Fly</u>	5 *	10	1-0-1

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Rest 60-90 secs between Sets and 2-3 minutes between Exercises
except for * : 30 seconds rest between sets

Program 2 - Back

	Exercise	Sets	Reps	Tempo
Warm Up	Lateral Pull Down	3	No failure	
Back	<u>Pull Ups</u>	4	10-12	1-1-2
Supersets	<u>Close Grip Pull Down</u>	4	12-15	1-0-1
	<u>Reverse Grip Bent Over Row</u>	3	10-12	1-1-2
Supersets	<u>Seated Cable Rope Upper Back Row</u>	3	12-15	1-0-1
	<u>Cable Rope Straight Arm Pull Downs</u>	3	10	1-1-4
	<u>Seated Row</u>	5 *	10	1-0-1

Rest 60-90 secs between Sets and 2-3 minutes between Exercises
except for * : 30 seconds rest between sets

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Program 2 - Legs & Calfs

	Exercise	Sets	Reps	Tempo
Warm Up	<u>Front Squat</u>	3	No failure	
	<u>Leg Extension</u>	3	No failure	
Legs	<u>Front Squat</u>	4	10	1-1-2
Supersets	<u>Leg Extension</u>	4	12-15	1-0-1
	<u>Leg Press</u>	3	10	1-1-2
Supersets	<u>Olympic Bar Lunges (static)</u>	3	10 each leg	1-0-1
	<u>DB Stiff Leg Deadlifts</u>	4	10	1-1-2
Supersets	<u>Seated or Lying Leg Curls</u>	4	12-15	1-0-1
	<u>Close Stance Leg Press</u>	3	12	1-1-4
	<u>Single Leg Extension (Outer sweep)</u>	3	12	1-0-1
Calfs	<u>Smith Machine Calf Raises</u>	4	15	1-1-2
	<u>Seated Calf Raises</u>	4	20-25	1-1-2

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Rest 60-90 secs between Sets and 2-3 minutes between Exercises

Program 2 - Shoulders & Traps

	Exercise	Sets	Reps	Tempo
Warm Up	<u>Rotator Cuffs</u>	2	No failure	
	<u>Olympic Bar Press</u>	2	No failure	
Shoulders	<u>Olympic Bar Press</u>	4	10	1-1-2
Supersets	<u>Cable Rope Upright Row</u>	4	12-15	1-0-1
	<u>DB Arnold Press</u>	3	10	1-1-2
Supersets	<u>DB Lateral Raise</u>	3	12-15	1-0-1
	<u>Single Arm Machine Shoulder Press</u>	3	10	1-1-2
	Plate Front Raise	3	10	1-0-1
Rear Delts & Traps	<u>DB Rear Delt Raise</u>	5	10	1-1-2
Supersets	<u>Smith Machine Shrugs</u>	5	10	1-0-1

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Program 2 - Arms

	Exercise	Sets	Reps	Tempo
Warm Up:	<u>Cable Rope Extensions</u>	2	No failure	
Triceps	<u>Bench Dips</u>	4	10	1-1-2
Supersets	<u>Cable Rope Extensions</u>	4	12-15	1-0-1
	<u>DB Skull Crushers</u>	3	10-12	1-1-2
	<u>Reverse Grip Cable Straight Bar Extensions</u>	5 *	10-12	1-1-2
Warm Up:	<u>Cable Rope Curls</u>	3	No failure	
Biceps	<u>Wide EZ Bar Curls</u>	4	10	1-1-2
Supersets	<u>Cable Rope Curls</u>	4	10-12	1-0-1
	<u>Seated Pronating DB Curls</u>	3	10	1-1-2
	<u>Close Grip EZ Cable Curls</u>	5 *	10	1-1-2

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Rest 60-90 secs between Sets and 2-3 minutes between Exercises
except for * : 30 seconds rest between sets

PROGRAM 3

Program 3 - Chest & Triceps

	Exercise	Sets	Reps	Tempo
Warm Up	<u>DB Flat Bench Press</u>	3	No failure	
Chest	<u>DB Flat Bench Press</u>	4	12	1-1-2
Tri-set	<u>Machine Fly</u>	4	15	1-1-2
	<u>DB Close Grip Bench Press</u>	4	20	1-1-1
Drop set	<u>Incline Smith Chest Press</u>	3	12	1-1-1
Triple Drop set	<u>Cable Decline Fly</u>	2	15	1-1-1
Triceps				
Triple Drop set	<u>Cable Straight Bar Extension</u>	3	12	1-1-2
	Single Arm Lying DB Extension	3	15 each arm – no rest	1-1-1

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Rest 60-90 secs between Sets and 2-3 minutes between Exercises

Program 3 - Back & Biceps

	Exercise	Sets	Reps	Tempo
Warm Up	<u>Seated Row</u>	2	No failure	
	Lateral Pull Down	2	No failure	
Back	<u>Bent Over Row</u>	4	12	1-1-2
Tri-set	<u>Cable Rope Straight Arm Push Down</u>	4	15	1-1-2
	Lateral Pull Down	4	20	1-1-1
	<u>Single Arm Close Grip Pull Down</u>	3	12 each arm	1-1-4
	<u>Seated Row</u>	3	12	1-1-4
Biceps				
Triple Drop Sets	<u>EZ Cable Curls</u>	3	12	1-1-1
	<u>Standing DB Across Body Curls</u>	3	15 each arm	1-1-2

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Rest 60-90 secs between Sets and 2-3 minutes between Exercises

Program 3 - Legs & Calfs

	Exercise	Sets	Reps	Tempo
Warm Up	<u>Squats</u>	2	No failure	
	<u>Leg Extension</u>	2	No failure	
Legs	<u>Squats</u>	4	12	1-1-2
Tri-set	<u>Sumo Goblet Squats</u>	4	15	1-1-2
	<u>Leg Extension</u>	4	20	1-1-1
	<u>DB Stiff Leg Deadlifts</u>	3	12	1-1-2
Tri-set	<u>Eccentric Hamstring Curl</u>	3	15	1-1-2
	<u>Lying Leg Curl</u>	3	20	1-1-1
	<u>Leg Press</u>	2	25	1-1-1
	<u>Walking Lunge DB</u>	2	10-15 each leg	1-1-1
Calfs	<u>Seated Calf Raise Machine</u>	4	15	1-1-2
Supersets	<u>Leg Press Calf Raises</u>	4	25	1-1-1

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Rest 60-90 secs between Sets and 2-3 minutes between Exercises

Program 3 - Shoulders & Traps

	Exercise	Sets	Reps	Tempo
Warm Up	<u>Rotator Cuffs</u>	2	No failure	
	<u>Olympic Bar Shoulder Press</u>	2	No failure	
Shoulders	<u>Olympic Bar Shoulder Press</u>	4	12	1-1-2
Tri-set	Upright Row with Plate	4	15	1-1-2
	<u>DB Lateral Raises</u>	4	20	1-1-1
Drop Sets	Smith Machine Shoulder Press	3	12	1-1-2
Triple Drop Sets	<u>Front Raise with Plate</u>	3	15	1-1-1
Traps & Rear Delt				
Drop Sets	<u>Seated DB Reverse Fly</u>	3	15	1-1-1
	<u>Wide Grip Smith Machine Shrugs</u>	3	12	1-1-2
Supersets	<u>Standing DB Shrugs</u>	3	15	1-1-1

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Rest 60-90 secs between Sets and 2-3 minutes between Exercises

PROGRAM 4

Program 4 - Chest & Back

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	Exercise	Sets	Reps	Tempo
Warm Up	<u>Bench Press</u>	3	No failure	
Chest	<u>Bench Press</u>	4	8-10	1-1-2
	<u>DB Incline Fly</u>	4	10-12	1-1-4
	<u>Smith Machine Decline Press</u>	3	8-10	1-1-2
	<u>Machine Fly</u>	3	10-12	1-1-4
	Exercise	Sets	Reps	Tempo
Warm Up	<u>T-Bar Row</u>	3	No failure	
Back	<u>T-Bar Row</u>	4	8-10	1-1-2
	<u>Cable Straight Arm Push Down</u>	4	10-12	1-1-4
	<u>Weighted Pull Ups</u>	3	8-10	1-1-2
	<u>Upper Back Row Machine</u>	3	10-12	1-1-4

Rest 60-90 secs between Sets and 2-3 minutes between Exercises

Program 4 - Legs & Calfs

	Exercise	Sets	Reps	Tempo
Warm Up	<u>Squats</u>	2	No failure	
	<u>Leg Extension</u>	2	No failure	
Legs	<u>Squats</u>	4	8-10	1-1-2
	<u>Leg Press</u>	4	10-12	1-1-4
	<u>Leg Extension</u>	3	10-12	1-1-2
	<u>Single Leg Leg Press</u>	3	10-12 each leg	1-1-2
	<u>DB Walking Lunges</u>	3	12-15 each leg	1-1-2
	<u>Seated Leg Curls</u>	4	12-15	1-1-4
	<u>Smith Machine Stiff Leg Deadlifts</u>	3	10-12	1-1-2
Calfs	<u>Seated Calf Machine</u>	4	8-10	1-1-2
	<u>Leg Press Calf Raises</u>	3	10-12	1-1-4

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Rest 60-90 secs between Sets and 2-3 minutes between Exercises

Program 4 - Shoulders & Back (extra chest)

	Exercise	Sets	Reps	Tempo
Warm Up	<u>Rotator Cuffs</u>	2	No failure	
	<u>DB Shoulder Press</u>	2	No failure	
Supersets	<u>DB Shoulder Press</u>	4	10-12	1-1-2
	<u>Close Grip Pull Ups</u>	4	10-12	1-1-2
Supersets	<u>DB Lateral Raises</u>	3	10-12	1-1-2
	<u>One Arm Row</u>	3	10-12 each arm	1-1-2
Supersets	<u>Wide Grip Upright Row</u>	3	10-12	1-1-2
	<u>Lateral Pull Down</u>	3	10-12	1-1-2
Supersets	<u>DB Front Raise</u>	3	10-12 each arm	1-1-2
	<u>Cable Rope Upper Back Row</u>	3	12-15	1-1-2
	<u>Machine Chest Press</u>	4	10	1-1-2
	<u>Cable Incline Fly</u>	3	10-12	1-1-4

Rest 60-90 secs between Sets and 2-3 minutes between Exercises

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Program 4 - Legs & Calfs

	Exercise	Sets	Reps	Tempo
Warm Up	<u>DB Walking Lunges</u>	3	No failure	
Legs	<u>Leg Press</u>	4	10-12	1-1-2
Supersets	<u>Lying Leg Curls</u>	4	10-12	1-1-4
	<u>Stiff Leg Deadlifts</u>	4	10-12	1-1-2
Supersets	<u>Leg Extension</u>	4	10-12	1-1-4
	<u>Front Squat</u>	3	10-12	1-1-2
Supersets	<u>Eccentric Hamstring Curl</u>	3	10-12	1-1-4
	<u>Single Leg Leg Press</u>	3	10-12 each leg	1-1-2
	<u>DB Walking Lunges</u>	3	10-12 each leg	1-1-1
Calfs	<u>Single Leg Calf Raises on Leg Press</u>	4	15-20 each leg	-
	<u>Seated Calf Raises</u>	2	25 plus	-

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Rest 60-90 secs between Sets and 2-3 minutes between Exercises

Program 4 - Arms

	Exercise	Sets	Reps	Tempo
Warm Up	<u>Close Grip Cable EZ Bar Extension</u>	2	No failure	
	<u>Cable EZ Bar Curls</u>	2	No failure	
Supersets	<u>EZ Bar Curls</u>	4	10-12	1-1-2
	<u>Weighted Tricep Dips</u>	4	10-12	1-1-2
Supersets	<u>DB Across Body Curls</u>	3	10-12	1-1-2
	<u>EZ Bar Skull Crushers</u>	3	10-12	1-1-2
Supersets	<u>Cable Rope Curls</u>	3	10-12	1-1-2
	<u>Reverse Grip Single Arm Cable Extension</u>	3	10-12 each arm	1-1-2
Supersets	<u>Seated DB Curls</u>	3	10-12	1-1-4
	<u>Cable Rope Extension</u>	3	10-12	1-1-4

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Rest 60-90 secs between Sets and 2-3 minutes between Exercises

CARDIO ABS

Guidelines for Cardio Abs

- Rotate the 3 weekly routines throughout the 12 week program
- Progress the reps in each set every time you move onto a new complete 3 week rotation
- Focus on finding the right technique before rushing into each exercise
- Use Rest Pause if you fail before the time is up i.e. rest for 10 seconds and then make up the time missed. This will speed up progress.
- Tempo:
 - For Ab exercise (marked A) use a controlled movement i.e. 1-1-2
 - For a Cardio based exercise (marked C) work at 100% effort

Cardio Abs 1

	Exercise	Sets	Time (sec)	
Supersets	<u>Lower Crunch</u>	3	30	A
	<u>Squat Thrust</u>	3	30	C
Supersets	<u>Upper Crunch</u>	3	30	A
	<u>Bicycle/Criss-Cross</u>	3	30	A
Supersets	<u>V-Sits</u>	3	30	A
	<u>Russian Twist</u>	3	30	A

Rest 60-90 secs between Supersets and 2-3 minutes between Exercises

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Cardio Abs 2

	Exercise	Sets	Time (sec)	
Tri-set	<u>Lower Crunch</u>	4	30	A
	<u>Upper Crunch</u>	4	30	A
	<u>Mountain Climbers</u>	4	30	C
Tri-set	<u>V-Sits</u>	3	30	A
	<u>Russian Twist</u>	3	30	A
	<u>Squat Thrust to the Side</u>	3	30	C

Rest 60-90 secs between Tri Sets and 2-3 minutes between Exercises

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Cardio Abs 3

	Exercise	Sets	Time (sec)	
	<u>V-Sits</u>	3	30	A
Manic Set	<u>High Knees</u>	3	15	C
	<u>Bicycle/Criss-Cross</u>	3	30	A
	Sprinting	3	15	C
Supersets	<u>Lying Oblique Crunch</u>	3	15 each side	A
	<u>Mountain Climbers</u>	3	30	C
	<u>Decline Bench Rotating Upper Crunch</u>	3	10-15 reps each side	A

Rest 60-90 secs between Manic/SuperSets and 2-3 minutes between Exercises

CLICK ON
EXERCISES
TO WATCH
VIDEO!

WEIGHTED ABS

Complete one session every week. Use the 3 sessions provided in weekly rotation throughout the course of the plan. You should be progressing along the way, adding weight and using more challenging positions as described in some of my videos.

Weighted Abs 1

	Exercise	Sets	Reps	Tempo
Warm Up	<u>V-sits</u>	3	10-20	-
Working Sets	<u>Hanging Leg Raises</u>	4	10	1-0-2
	<u>Lying Leg Raises</u>	3	15	1-0-2
	<u>Cable Rope Crunch</u>	4	10	1-0-2
	<u>Decline Bench Rotating Upper Crunch</u>	3	10 each side	1-0-2
	<u>Russian Twist</u>	3	30	1-0-1

Rest 60-90 secs between Sets and 2-3 minutes between Exercises

*CLICK ON
EXERCISES
TO WATCH
VIDEO!*

Weighted Abs 2

	Exercise	Sets	Reps	Tempo
Warm Up	<u>V-sits</u>	3	10-20	-
Working Sets	<u>Decline Bench Leg Raises</u>	4	15	1-0-2
	<u>Decline Bench Rotating Upper Crunch</u>	3	10 each side	1-0-2
	<u>Russian Twist</u>	4	20	1-0-1
	<u>Cable Rope Oblique Crunch</u>	3	10 each side	1-0-2
	<u>Criss Cross</u>	3	40+ (until failure)	1-0-1

*CLICK ON
EXERCISES
TO WATCH
VIDEO!*

Rest 60-90 secs between Sets and 2-3 minutes between Exercises

Weighted Abs 3

	Exercise	Sets	Reps	Tempo
Warm Up	<u>V-sits</u>	3	10-20	-
Working Sets	<u>Decline Bench Olympic Bar Crunch</u>	4	12	1-0-2
	Cable Rope Across the Body Crunch	3	12 each side	1-0-2
	<u>Assisted Machine Leg Raises</u>	4	12	1-0-2
	<u>Lying Oblique Crunch</u>	3	12-15 each side	1-0-2
Supersets	<u>V-sits</u>	3	15-20	1-0-2
	<u>Russian Twist</u>	3	30	1-0-1

Rest 60-90 secs between Sets and 2-3 minutes between Exercises

*CLICK ON
EXERCISES
TO WATCH
VIDEO!*

CARDIO

Introduction to Cardio

- Start with 3 HIIT cardio sessions per week. This is important for burning through body fat and is the most effective type of cardio exercise for this
- How much cardio needed will vary depending on your lifestyle and metabolism
- If you have a very active job and/or play football or basketball (or similar high intensity sport) you may not need 3 sessions. Combined with the diet adaptations you can use cardio to regulate body fat by increasing or decreasing the number of sessions completed each week
- If however, you are sitting at your desk most of the working day and/or don't do any other intensive sports you will need to consistently perform 3 sessions per week
- On the next 3 pages are descriptions of HIIT cardio sessions to be used

General Instructions

- These Cardio sessions can be performed on any piece of cardio equipment, but I find **spinning bike and running** are most effective. Try to vary so also include stationary bike, rowing, treadmill, etc. (Ideally stay away from the cross-trainer as more difficult to transition between high intensity and rest periods).
- You can also adapt a run outside, cycling or even swimming to be a HIIT session
- **After each session you should be dripping with sweat** and feel you have given your all.
- **Increase the resistance** on the bike and rowing machine, and the incline on the treadmill to make it harder **as you progress**. Make sure you are doing this as you should always be pushing yourself further.
- **There are 3 differently formatted sessions to be performed each week for the first 6-7 weeks.** However, during the last few weeks of your 12 week plan, perform Session 3 only, 3 times per week.
- Cardio routines can be done on rest day, abs day or after a workout

Session 1

5 Minute Warm Up	Slowly increase speed but only up to a working rate of 50% of max effort
10 Minute Working	<p>Phase 1: (5 mins)</p> <ul style="list-style-type: none">• 15 seconds as fast as you can i.e. 100% effort• 30 seconds recovery (keep moving very slowly) <p>Phase 2: (5 mins)</p> <ul style="list-style-type: none">• 30 seconds as fast as you can i.e. 100% effort• 60 seconds recovery (keep moving very slowly)
5 Minute Cool Down	<ul style="list-style-type: none">• Slowly decrease speed each minute, gradually lowering your heart rate

Session 2

5 Minute Warm Up	Slowly increase speed but only up to a working rate of 50% of max effort
15 Minute Working	<ul style="list-style-type: none">• 30 seconds as fast as you can i.e. 100% effort• 60 seconds recovery (keep moving very slowly)• Repeat until 15 minutes is up
5 Minute Cool Down	<ul style="list-style-type: none">• Slowly decrease speed each minute, gradually lowering your heart rate

Session 3

5 Minute Warm Up	Slowly increase speed but only up to a working rate of 50% of max effort.
20 Minute Working	<p>Use ratio of 1:2 working time to recovery time.</p> <ul style="list-style-type: none">• Start at 15 second working and 30 second recovery• Repeat but increase working time by 5 seconds and recovery time by 10 seconds each time• Once you reach 30 second working and 60 second rest, start going back down i.e. 25 working and 50 rest, and so on until you reach 15 and 30.• Keep repeating this cycle until you have completed 20 minutes.
5 Minute Cool Down	<ul style="list-style-type: none">• Slowly decrease speed each minute, gradually lowering your heart rate.

DIET

This is based on the same principles as all my cutting plans, as this is what works!
However, I have added some more customisation - so two carb cycling options to switch as needed, to help balance and control fat loss with muscle gains.
Also some new recipes and snacks.

The Basics

My simple diet is based on a **clean healthy eating plan**, high in protein and good carbs, unsaturated fats along with other natural foods to provide a balance of nutrients needed. There are 6 key principles that don't change.

1. **Clean eating means eating foods in their natural state without being processed.** Although this largely means using raw ingredients and not packets, tins etc., there are exceptions where nothing has been added e.g. tin of tuna in water; 0% fat greek yogurt; tinned tomatoes; cottage cheese; porridge oats. Always check packet before using for added ingredients particularly sugar.
2. **Mix up your foods to achieve balanced diet** - you won't need added vitamins and minerals if you are eating a mix of all the recommended foods.
3. **Prepare food in advance** at weekends or day before - this is vital to ensure you always have the right food available. Shop weekly in advance.
4. **Most food should be cooked simply and avoid pre-made sauces.** Recipes on my website largely conform to my eating philosophy so can be used any time as long as food weights adhered to and some new ones are included here.
5. **Drink at least 2-2.5 litres of water per day** depending on your activity level and what you eat. Your food provides some of your water requirement each day.
6. **And finally... a weekly cheat meal** provides the opportunity to indulge in whatever you fancy once a week and make the rest of the week more enjoyable

How to Use the Diet Plan - 1

1. IMPORTANT: READ THESE GUIDELINES AS THEY WILL ANSWER MOST OF YOUR QUESTIONS AND GIVE YOU SPECIFIC ADVICE ON HOW TO MONITOR YOUR PROGRESS AND ADJUST YOUR DIET AS NEEDED.
2. I have created daily meal plans with suggestions on how to fit in with your workouts, either early morning, mid-day or evening. To adapt this to your schedule just follow some basic guidelines:
 - a. Always have your first meal as soon as you get up - even if working out early, its important to fuel up first. Leave 45 minutes minimum before working out.
 - b. For the rest of the day spread your meals and snacks out to fit your waking hours, always finishing off with a casein shake or a slow release protein source such as cottage cheese to keep your body fuelled up while asleep
3. Mainly use basic cooking methods to cook your food - baking in oven, steaming, or in a pan with a spoonful of coconut oil, olive oil or rapeseed (canola) oil. **Once a day, for a main meal, use one of my recipes or your own**, using the diet principles to make it more interesting.

How to Use the Diet Plan - 2

4. All the food quantities are provided as uncooked (dry/raw). Lots of people ask me why I do it this way. It is actually simpler as many foods vary in cooked weight according to the amount of water added or taken out. For example, rice takes on water as cooked, so the cooked weight will depend on how long you cook it. Conversely, a potato baked in the oven, dries out and will weigh less than a raw potato. (Note: Exception to this is beans which I provide as quantities of cooked, tinned beans as this is the way beans are most easily used).
5. Monitor yourself carefully - this is important. Weigh yourself first thing in the morning before eating, **ONCE** a week, on the **SAME** day, on the **SAME** scales, in the same **PLACE**. Otherwise you will be measuring natural body weight fluctuations and not seeing the true impact of the plan.
6. If after 2 weeks on the steady diet shown for this period, you have lost MORE than an average of about 1lb or 1/2Kg per week, go to page 55 for guidelines.
 - This most often happens if you have come off a particularly poor diet with a lot of junk food/highly processed foods containing a lot of fats and sugars;
 - It can also be because you have a fast metabolism, or an active lifestyle outside the gym, such as an active job or a sport such as football (soccer).

How to Use the Diet Plan - 3

7. If after 2 weeks you have lost LESS than an average of about 1lb or 1/2Kg per week or have increased weight, go to page 54 for how to adapt the plan
 - This could happen for a number of reasons including lower than average metabolism, a very sedentary lifestyle outside the gym (e.g. office based job)
8. Substitute any of the recommended protein or carb foods at any of your meals and snacks. If you have chicken at lunchtime, try fish for dinner. If you have rice for lunch have sweet potato in the evening.
9. Stick to recommended/unprocessed foods for 90% of the time. Use “Occasional/Other” foods with caution - if you decide to eat a protein bar every day as a snack and start to put on too much body fat, cut it out. Bread is an occasional food because of the level of processing involved - even if eating wholemeal bread make sure it does not have high amounts of sugar added (in US particularly an issue).
10. Choose which day you want to have a cheat meal and make it the same day each week, either as your mid-day or your evening meal. It can be anything you enjoy - a main course and dessert. e.g Burger and chips plus ice cream; Pizza plus cheesecake; Spare ribs, baked potato plus apple pie.

How to Use the Diet Plan - 4

Finally, it's a common sense diet and the results you achieve WILL depend on how closely you stick to the guidelines.

Get to know your body and don't change things without first monitoring and understanding what is impacting your results.

It depends on a number of factors which will be different for everybody - age, metabolism, body type, lifestyle, starting point, etc. There is a big distinction between a 21 year old working on a construction site and a 35 year old office-based worker.

You will need to take your own personal circumstances into account BUT the philosophy is simple - eat clean and use my carb cycling and guidelines to regulate fat loss and muscle gains.

Guide to Increasing Fat Loss

Use the first 2-4 weeks to get used to the standard diet and seeing how it impacts your body. If, during this time you are either losing weight at **LESS** than the recommended rate; staying the same as when you started, or increasing weight, you should follow these steps.

1. If after 2 weeks you are not losing weight, and you feel comfortable with the diet and have established a good routine, then move onto carb cycling.
2. If after 2 weeks you are not losing weight, but have NOT yet established a good routine, preparing your foods etc. And if are not sure you have a good handle on how the diet is impacting you, then continue with 2 more weeks of the steady diet before moving onto carb cycling (Carb Cycle 1)
3. If after 1-2 weeks of carb cycling strictly according to the Carb Cycle 1 (page 62), you are not losing body fat, then move onto Carb Cycle 2 (page 63).
4. If this still does not achieve weight loss of 1-2lbs per week reduce CARBS quantity by about 10% across all carb meals.

Be aware of how changes you make impact your body and **don't keep changing during any one week - wait, monitor results then take another action.**

Guide to Decreasing Weight Loss

Use the first 2-4 weeks to get used to the standard diet and seeing how it impacts your body. If, during this time you are losing weight at **MORE** than the recommended rate, you should follow these steps.

1. If after 2 weeks you are losing more than 1-2lb per week, but you feel comfortable with the diet (especially if you have a lot of fat to lose) and have established a good routine, then continue for 2 further weeks. If after 4 weeks, you are still losing more than 1-2lbs per week do not move onto carb cycling until your weight loss has reached a plateau of 1lb per week.
2. If after 2 weeks you are losing weight at a rate of more than 1-2lb per week, but have NOT yet established a good routine, preparing your foods etc. And if are not sure you have a good handle on how the diet is impacting you, then continue with 2 more weeks until you have a good routine. Then you can decide what action to take.
3. If while on the steady diet you are still losing more than 1-2lb after 4 weeks increase quantity of CARBS and PROTEIN by about 10% across all meals and do not move onto carb cycling until your weight loss has reached a plateau of 1lb per week.

It's important you don't lose weight too fast especially if you already have relatively low body fat as you could begin to lose previously achieved muscle gains. Be aware of how changes impact your body and **don't keep changing during any one week - wait, monitor results then take another action.**

Core Food Types and Recommended Portion Sizes (all weights are uncooked)

Carbohydrates	Grams
Oats/Oatmeal	40g
Wholegrain Rice	75g
Potato (raw peeled)	220g
Sweet Potato (raw unpeeled)	220g
Ryvita	3 pieces
Quinoa	70g
Cous cous	75g

Other	Grams
Cottage Cheese	150g
0% Fat Greek Yogurt	150g
Skim Milk (or Soy milk or Almond milk)	200-250ml

Meat & Fish	Grams
Chicken (no skin)	220g
Turkey	220g
Lean Pork	200g
Lean Beef	200g
Oily Fish (Salmon, tuna, trout, etc.)	200g
White Fish (Cod, bass, tilapia, halibut, etc.)	220g

Vegetables	Grams
Green Vegetables (Broccoli, Green Beans, Asparagus, Leeks, Kale, etc.)	Up to 200g total in one meal
Carrots	100g per day
Tomatoes	120g per day
Red/Green Peppers	100g per day

Fruit & Nuts	Portion
Apple, Pear, Peach, Orange	1 medium
Berries	130g
Melon - all types	150g
Grapefruit	½ large
Nuts (Almonds, Cashews)	30g
Mixed Seeds	25g

Other Food Types and Recommended Portion Sizes

(all weights are uncooked and approximate)

Carbohydrates	Grams
Wholegrain Bread	2-3 slices
Wholegrain Pasta	75g
Wraps/Tortillas	1 large/2 small

Vegetables	Grams
Parsnips, Turnips and other root vegetables	200g total for all veg in one meal

Other	Grams
Almond Butter	2 teaspoons
Peanut Butter	2 teaspoons

* Beans and pulses are good sources of protein AND carbs so if using - one portion shown here, provides approx. 1/2 a portion of protein and 1 portion of carbs. (i.e. protein equivalent to 100g of chicken & carbs equivalent to 75g of rice)

Protein	Portion
Protein Bar e.g. Quest	1 bar

Fruit & Nuts	Approx. Portions
Other types of nuts such as walnuts, macademia, brazil (all have higher fat and lower protein and carbs than almonds and cashews)	25g
Bananas (use 3-4 times a week, but reduce if gaining body fat)	1 medium/1 1/2 large

Beans/Pulses *	Serving size
Black beans/kidney beans and other similar (cooked)	½ tin of beans rinsed and drained
Lentils	100g raw

Week 1-4 : Steady Daily Meal Plan (with an early evening workout)

Time	Protein	Carbs	Fats	Fruit/Veg	Other
7:30am	5 egg whites + 2 egg yolks scrambled or as an omelette	Porridge Oats with 50% water/50% skim milk	Peanut butter or almonds		Add 1 scoop of whey protein to oats if desired. If not have 2 nd protein shake during day at time to suit. Spilt this meal into two meals if preferred.
9:00am				1 portion of fruit	
12:30pm/1pm	Meat or Fish (Chicken, Beef, White Fish, Oily Fish)	Healthy Carb (Sweet Potato . Wholegrain Rice etc)		Green veg or salad	
3:00pm			Nuts or mixed seeds or avocado	1 portion of fruit	
4:00pm/5.00pm	Protein snack (1/2 to ¾ a full portion) – so tin of tuna, small chicken breast or occasionally a protein bar				
Pre-workout Post Workout					Pre: BCAAs Post: Protein Shake + BCAAs
8:00pm	Lean chicken, turkey, fish or beef	Healthy Carb (Sweet Potato . Wholegrain Rice etc.)		Green veg or salad	
Late night/Pre-Bedtime	Cottage cheese				OR Casein Shake

Week 1-4 : Steady Daily Meal Plan (with an early morning workout)

Time	Protein	Carbs	Fats	Fruit/Veg	Other
6:00am		Porridge Oats with 50% water/50% skim milk	Peanut butter or almonds		Add 1 scoop of whey protein to oats
Pre-workout Post Workout					Pre: BCAAs Post: Protein Shake + BCAAs
9:00am	5 egg whites + 2 egg yolks scrambled or as an omelette or boiled eggs to have on the go if easier			1 portion of fruit	
12:30pm/1pm	Meat or Fish (Chicken, Beef, White Fish, Oily Fish)	Healthy Carb (Sweet Potato . Wholegrain Rice etc)		Green veg or salad	
3:00pm			Nuts or mixed seeds or avocado	1 portion of fruit	
4:00pm/5.00pm	Protein snack (1/2 to ¾ a full portion) – so tin of tuna, small chicken breast or occasionally a protein bar				
7:00pm	Lean chicken, turkey, fish or beef	Healthy Carb (Sweet Potato . Wholegrain Rice etc.)		Green veg or salad	
Late night/Pre-Bedtime	Cottage cheese				OR Casein Shake

Week 1-4 : Steady Daily Meal Plan (with a mid-day workout)

Time	Protein	Carbs	Fats	Fruit/Veg	Other
7:00am		Porridge Oats with 50% water/50% skim milk	Peanut butter or almonds		Add 1 scoop of whey protein to oats
9:00am	5 egg whites + 2 egg yolks scrambled or as an omelette or boiled eggs to have on the go if easier			1 portion of fruit	
Pre-workout Post Workout					Pre: BCAAs Post: Protein Shake + BCAAs
1:00pm	Meat or Fish (Chicken, Beef, White Fish, Oily Fish)	Healthy Carb (Sweet Potato . Wholegrain Rice etc)		Green veg or salad	
3:00pm			Nuts or mixed seeds or avocado	1 portion of fruit	
4:00pm/5.00pm	Protein snack (1/2 to ¾ a full portion) – so tin of tuna, small chicken breast or occasionally a protein bar				
7:00pm	Lean chicken, turkey, fish or beef	Healthy Carb (Sweet Potato . Wholegrain Rice etc.)		Green veg or salad	
Late night/Pre-Bedtime	Cottage cheese				OR Casein Shake

Carb Cycling - Weeks 5 through 12

Once you have established yourself on the steady meal plan, eating clean and comfortable with food prep. then move onto carb cycling. As already described, if you have already started to lose fat at a rate of more than 2lbs a week continue on the steady diet until your weight loss slows down.

During carb cycling you will start to lose body fat more aggressively while still building lean muscle. In this plan I have provided two different carb cycling options (full details on next page).

Carb Cycle 1 – For most people this will be sufficient and I recommend you start with this and use for 2-3 weeks to assess how it affects your body. You do not want to be losing body fat too fast and if this regime is resulting in weight loss of 1-2lbs then continue on this.

Carb Cycle 2 – If you have a lot of body fat to lose, or if Carb Cycle 1 is not bringing about the ideal fat loss, then try this cycle. It is harder, with more Low Carb days, and may suit people better who have low metabolisms and also, as you go through the plan, could be used to kick-start fat loss if you hit a plateau.

As always have your cheat meal once a week on one of your high carb days. Your cheat meal can either replace your mid-day or your evening meal and can consist of a main course of your choice plus a dessert. Portion sizes should be reasonable – don't go overboard.



Carb Cycle 1

You can adapt this to your schedule, so that if you prefer to have a cheat meal on a Saturday, ensure one of your High Carbs days falls on a Saturday, as cheat meal should always be on a High Carb Day. I have shown an ideal way to organise this carb cycle alongside a weekly workout – matching up Low Carb Days with Abs Days and Medium or High Carb Days with 4 main weights sessions. This is not essential but will make it easier to achieve best results.

Day 1: High Carbs (HC) : Carbs with your three main meals

Day 2: Medium Carbs (MC) : Carbs with two meals

Day 3: Low Carbs (LC) : Carbs only at breakfast

Day 4: High Carbs (HC) : Carbs with your three main meals

Day 5: Medium Carbs (MC) : Carbs with two meals

Day 6: Low Carbs (LC) : Carbs only at breakfast

Day 7: Low Carbs (LC) : Carbs only at breakfast

LEGS

CHEST & TRICEPS

WEIGHTED ABS

BACK & BICEPS

SHOULDERS

CARDIO ABS

REST

Carb Cycle 2

You can adapt this to your schedule, so that if you prefer to have a cheat meal on a Saturday, ensure one of your High Carbs days falls on a Saturday, as cheat meal should always be on a High Carb day. This carb cycle is harder to align so that you are doing heavy workouts on higher carb days, but I always try to do Legs on a High Carb day and also Chest or Back. Always make sure you have your extra protein portion and extra fats portion on a Low Carb day.

Day 1: High Carbs (HC) :	Carbs with your three main meals	→	LEGS
Day 2: Low Carbs (LC) :	Carbs only at breakfast	→	CHEST & TRICEPS
Day 3: Low Carbs (LC) :	Carbs only at breakfast	→	WEIGHTED ABS
Day 4: High Carbs (HC) :	Carbs with your three main meals	→	BACK & BICEPS
Day 5: Low Carbs (LC) :	Carbs only at breakfast	→	SHOULDERS
Day 6: Low Carbs (LC) :	Carbs only at breakfast	→	CARDIO ABS
Day 7: Low Carbs (LC) :	Carbs only at breakfast	→	REST

High Carb Day (with an early evening workout)

Time	Protein	Carbs	Fats	Fruit/Veg	Other
7:30am	5 egg whites + 2 egg yolks scrambled or as an omelette	Porridge Oats with 50% water/50% skim milk	Peanut butter or almonds		Add 1 scoop of whey protein to oats if desired. If not have 2 nd protein shake during day at time to suit. Spilt this meal into two meals if preferred.
9:00am				1 portion of fruit	
12:30pm/1pm	Meat or Fish (Chicken, Beef, White Fish, Oily Fish)	Healthy Carb (Sweet Potato . Wholegrain Rice etc)		Green veg or salad	
3:00pm			Nuts or mixed seeds or avocado	1 portion of fruit	
4:00pm/5.00pm	Protein snack (1/2 to ¾ a full portion) – so tin of tuna, small chicken breast or occasionally a protein bar				
Pre-workout Post Workout					Pre: BCAAs Post: Protein Shake + BCAAs
8:00pm	Lean chicken, turkey, fish or beef	Healthy Carb (Sweet Potato . Wholegrain Rice etc.)		Green veg or salad	
Late night/Pre-Bedtime	Cottage cheese				OR Casein Shake

High Carb Day (with an early morning workout)

Time	Protein	Carbs	Fats	Fruit/Veg	Other
6:00am		Porridge Oats with 50% water/50% skim milk	Peanut butter or almonds		Add 1 scoop of whey protein to oats
Pre-workout Post Workout					Pre: BCAAs Post: Protein Shake + BCAAs
9:00am	5 egg whites + 2 egg yolks scrambled or as an omelette or boiled eggs to have on the go if easier			1 portion of fruit	
12:30pm/1pm	Meat or Fish (Chicken, Beef, White Fish, Oily Fish)	Healthy Carb (Sweet Potato . Wholegrain Rice etc)		Green veg or salad	
3:00pm			Nuts or mixed seeds or avocado	1 portion of fruit	
4:00pm/5.00pm	Protein snack (1/2 to ¾ a full portion) – so tin of tuna, small chicken breast or occasionally a protein bar				
7:00pm	Lean chicken, turkey, fish or beef	Healthy Carb (Sweet Potato . Wholegrain Rice etc.)		Green veg or salad	
Late night/Pre-Bedtime	Cottage cheese				OR Casein Shake

Medium Carb Day (with an early evening workout)

Time	Protein	Carbs	Fats	Fruit/Veg	Other
7:30am	5 egg whites + 2 egg yolks scrambled or as an omelette	Porridge Oats with 50% water/50% skim milk	Peanut butter or almonds		Add 1 scoop of whey protein to oats if desired. If not have 2 nd protein shake during day at time to suit. Spilt this meal into two meals if preferred.
9:00am				1 portion of fruit	
12:30pm/1pm	Meat or Fish (Chicken, Beef, White Fish, Oily Fish)	Healthy Carb (Sweet Potato . Wholegrain Rice etc)		Green veg or salad	
3:00pm			Nuts or mixed seeds or avocado	1 portion of fruit	
4:00pm/5.00pm	Protein snack (1/2 to ¾ a full portion) – so tin of tuna, small chicken breast or occasionally a protein bar				
Pre-workout Post Workout					Pre: BCAAs Post: Protein Shake + BCAAs
8:00pm	Lean chicken, turkey, fish or beef			Green veg or salad	
Late night/Pre-Bedtime	Cottage cheese				OR Casein Shake

Medium Carb Day (with an early morning workout)

Time	Protein	Carbs	Fats	Fruit/Veg	Other
6:00am		Porridge Oats with 50% water/50% skim milk	Peanut butter or almonds		Add 1 scoop of whey protein to oats
Pre-workout Post Workout					Pre: BCAAs Post: Protein Shake + BCAAs
9:00am	5 egg whites + 2 egg yolks scrambled or as an omelette or boiled eggs to have on the go if easier			1 portion of fruit	
12:30pm/1pm	Meat or Fish (Chicken, Beef, White Fish, Oily Fish)	Healthy Carb (Sweet Potato . Wholegrain Rice etc)		Green veg or salad	
3:00pm			Nuts or mixed seeds or avocado	1 portion of fruit	
4:00pm/5.00pm	Protein snack (1/2 to ¾ a full portion) – so tin of tuna, small chicken breast or occasionally a protein bar				
7:00pm	Lean chicken, turkey, fish or beef			Green veg or salad	
Late night/Pre-Bedtime	Cottage cheese				OR Casein Shake

Low Carb Day (with an early evening workout)

Note: Extra portion of protein and fats

Time	Protein	Carbs	Fats	Fruit/Veg	Other
7:30am	5 egg whites + 2 egg yolks scrambled or as an omelette	Porridge Oats with 50% water/50% skim milk	Peanut butter or almonds		Add 1 scoop of whey protein to oats if desired. If not have 2 nd protein shake during day at time to suit. Spilt this meal into two meals if preferred.
9:00am				1 portion of fruit	
12:30pm/1pm	1.5 portions of Meat or Fish (Chicken, Beef, White Fish, Oily Fish)			Green veg or salad	
3:00pm			Nuts or mixed seeds or avocado	1 portion of fruit	
4:00pm/5.00pm	Full Protein portion so chicken/turkey breast or occasionally a protein bar				
Pre-workout Post Workout					Pre: BCAAs Post: Protein Shake + BCAAs
8:00pm	Lean chicken, turkey, fish or beef		Nuts or mixed seeds or avocado	Green veg or salad	
Late night/Pre-Bedtime	Cottage cheese				OR Casein Shake

Low Carb Day (with an early morning workout)

Note: Extra portion of protein and fats

Time	Protein	Carbs	Fats	Fruit/Veg	Other
6:00am		Porridge Oats with 50% water/50% skim milk	Peanut butter or almonds		Add 1 scoop of whey protein to oats
Pre-workout Post Workout					Pre: BCAAs Post: Protein Shake + BCAAs
9:00am	5 egg whites + 2 egg yolks scrambled or as an omelette or boiled eggs to have on the go if easier			1 portion of fruit	
12:30pm/1pm	1.5 portions of Meat or Fish (Chicken, Beef, White Fish, Oily Fish)			Green veg or salad	
3:00pm			Nuts or mixed seeds or avocado	1 portion of fruit	
4:00pm/5.00pm	Full Protein portion so chicken/turkey breast or occasionally a protein bar				
7:00pm	Lean chicken, turkey, fish or beef		Nuts or mixed seeds or avocado	Green veg or salad	
Late night/Pre-Bedtime	Cottage cheese				OR Casein Shake

Supplements

This is how I use supplements for maximum effect while cutting. I have developed this plan from trying out different combinations and this is the way that I find works best. Minimalist – focusing efforts more on diet and training.

MORNING (MEAL 1 / BREAKFAST)

- **If desired or it suits your schedule (especially if doing a morning workout)** mix 1 scoop of chocolate whey protein or chocolate casein with porridge oats. Mix with 50% water and 50% skimmed milk. Add a few almonds for variety. ***Otherwise have a 2nd Protein Shake during the day at a time to suit you.***

POST WORKOUT SHAKE

- 1 scoop of whey protein with water.

PRE- AND POST-WORKOUT

- BCAAs (dosage on bottle) 30 minutes before workout and the same right after workout. If using powder take as shake during workout.

LATE NIGHT SNACK BEFORE BED

- 1 scoop of chocolate (or other flavour) casein with water (cottage cheese can be substituted)

RECIPES

A few recipes to give you ideas for healthy eating without using processed sauces and other additives. Make your own stir fry recipes and stews - easy one pan meals that you can cook in quantity to keep. Try to use a recipe from here, or more on my website, a few evenings each week to make a change from plain chicken or turkey and rice.

All these recipes work for a standard carb meal or a no carb meal.

Chilli Chicken Stew with Pesto



Ingredients: (4 servings)

2 teaspoons coconut oil
1 large onion chopped finely
800g skinless, boneless chicken breast, cut into bite-sized pieces
200g carrot cut into slices
1 large red bell pepper roughly chopped
4 sticks of celery thinly sliced
1-2 green chillies to taste
1 teaspoon dried oregano
1/2 teaspoon ground cumin
Salt and black pepper
1 (16-ounce) can cannellini beans or other white beans, rinsed and drained (exclude for a no carb meal)
Approx. 500ml chicken stock
3 tablespoons pesto (see below)

Ingredients for Pesto (can be kept in fridge for about 2 weeks)

25g pine nuts
Fresh basil
25g grated parmesan
75ml olive oil
1 large garlic clove

Method:

- Heat oil in large pan over medium-high heat.
- Add onion and chicken; sauté 5 minutes.
- Add carrot, bell pepper, and celery; sauté 4 minutes.
- Add chillies and the rest of the seasoning (oregano, cumin, salt, pepper)
- Add beans if using; add sufficient stock to cover and bring mixture to boil
- Cover pan and reduce to low heat; simmer for about 30 mins.
- When ready to serve stir in the pesto - just 1-2 teaspoons per serving are enough and really make this dish. Don't overdo the pesto as can easily take you over your allowances for fats. NOTE: If you are making large quantities of this dish and storing some for later or freezing, only add pesto to each portion as serving.

To make pesto:

- Heat a small pan over a low heat.
- Cook the pine nuts until golden, shaking occasionally.
- Put all ingredients in food processor and process until smooth, then season.
- Use as needed and store leftovers in fridge

Beef Casserole

Introduction: I have put this recipe in here although its hardly a recipe - more of a cooking idea. It's a one pot dish, cooked in the oven ideal to prepare in bulk and then freeze or refrigerate portions to have ready when needed. Beef is used here - so use only the leanest stewing/casserole beef and only have once or twice a week - keep extra portions in freezer to use a over a number of weeks. Could also use chicken breasts cut into bite size pieces.



Ingredients: (5-6 servings)

1Kg lean casserole/stewing beef cut into 1/1.5" pieces
2 large onions, sliced or about 10 shallots
3-4 large carrots
2 courgettes (zucchini)
2 large sweet potatoes if using for carb meals
Other green veg such as green beans
Beef or vegetable stock to cover

Seasoning Options:

2-3 garlic cloves, chopped or crushed
1.5 teaspoon each of ground turmeric, cumin and coriander
And or 2 teaspoon curry powder
OR
Mixed dried herbs
OR
Chilli powder or cayenne pepper, ground or fresh ginger

NOTE: These ingredients are suggestions - experiment using different veg options and different seasoning. This is a guide only to how to make your diet more interesting.

Method:

- Heat oven to Gas Mark 6/7 or about 200C/400F
- Use a large oven proof dish and lay the onions/shallots and carrots on base.
- Cover with meat portions (and sweet potato if using)
- Sprinkle favoured seasonings over this and add enough stock to cover, but not too much as liquid will also come from the veg
- Cover and place dish in oven. After about 30 minutes or when bubbling nicely, turn down heat to about Gas Mark 4/5 or 180C/350F
- Cook for up to another 1.5 to 2 hours adding other green veg nearer end of cooking time so they don't over cook. E.G. Lay a few tender-stem broccoli on top just 10-15 minutes before serving to save cooking separately.

Spicy Beef & Pepper Stir Fry



Ingredients: (2 servings)

400-450g of sirloin or rump steak, (fat trimmed off) cut diagonally across the grain into thin slices
2 teaspoons of coconut oil or olive oil
1/2 red pepper, cut into thin strips
1/2 yellow pepper, cut into thin strips
1 medium onion sliced
1 medium hot chilli chopped finely
1.5 tablespoons soy sauce
1.5 tablespoons rice wine vinegar or medium/dry sherry
1 teaspoon sesame oil
1 tablespoon grated fresh ginger
1 garlic clove chopped
1 teaspoon toasted sesame seeds

Method:

- Heat a pan or wok over medium-high heat and then add oil
- Once hot, add garlic, chilli and ginger, toss and stir fry for one minute
- Add beef and stir-fry until browned, tossing frequently
- Add onions and peppers, cooking for a further 2-3 minutes
- Mix soy sauce, vinegar and sesame oil - add to pan and bring to a boil
- Turn heat down and cook for another minute
- Sprinkle with sesame seeds and serve with rice

Beef & Green Bean Stir Fry



Ingredients: (2 servings)

400g sirloin or rump steak (fat trimmed off) cut into thin strips
250g green beans (washed, trimmed and cut into 2" pieces)
½ red pepper (cut into strips)
6 spring onions washed trimmed and cut diagonally into 2" pieces
Coconut oil
1 tablespoons chopped/grated fresh ginger
1 tablespoon soy sauce
1 teaspoon cornflour/cornstarch
1 teaspoon hoisin sauce
1-2 cloves of garlic
1-2 chillies, deseeded, finely chopped
1 teaspoon sesame oil
2 tablespoons water

Method:

- Mix soy sauce, cornflour, hoisin sauce, chopped garlic and chillies in a shallow bowl
- Add beef strips and marinate for 15 minutes (or longer if you have time)
- Heat a little coconut oil in a wok or non-stick pan and then add spring onions and ginger, saute briefly and then add marinated beef (keeping any remaining marinade to one side)
- Saute for a further 2 minutes or until beef is browned, then remove mixture from pan and keep to one side
- Wipe wok or pan dry with paper towel and add sesame oil to pan bringing to a medium high heat
- Add green beans and pepper to pan, cover and cook for 2-3 minutes.
- Add beef mixture to pan and add remaining marinade plus 2 tablespoons of water
- Bring to a boil and then simmer for a minute stirring to mix all ingredients
- Serve over bed of brown rice

Chicken with Tomatoes & Olives



Ingredients: (2 servings)

2 x 220g skinless, boneless chicken breasts

200g cherry tomatoes (halved)

About 12-15 black olives (pitted)

Salt & Pepper to taste

3 teaspoons olive oil

Fresh basil leaves

2 teaspoons Grated parmesan cheese

Sweet potato or rice to serve

- Prepare grill to medium-high heat.
- Use one teaspoon of olive oil to brush chicken breasts and then sprinkle them evenly with salt and freshly ground black pepper to taste
- Place chicken on grill rack and grill for 6 minutes on each side or until chicken is done. Keep warm.
- Combine olive oil, tomatoes, and olives in a medium pan over medium heat, and cook for 2-3 minutes or until tomatoes soften slightly and mixture is thoroughly heated, stirring occasionally.
- Cut each chicken breast into 3/4-inch slices. Top each chicken breast with half the tomato mixture.
- Sprinkle each serving with grated parmesan cheese and torn basil leaves, if desired.
- Serve with rice or sweet potato

Chicken with Salsa



Ingredients

CHICKEN:

2 x 220g boneless chicken breasts cut into strips

1 tablespoons fresh coriander (cilantro) chopped

1 tablespoon fresh lime juice

2 teaspoons olive oil

Coconut oil

Salt and black pepper to taste

SALSA:

About 125 grams of tomatoes chopped finely

1 tablespoons finely chopped onion

1 teaspoons fresh lime juice

Salt and black pepper to taste

Pinch of hot chili pepper to taste (optional)

1/2 large avocado, peeled and finely chopped

Method:

- Mix chopped cilantro, lime juice, olive oil, and seasoning.
- Coat the chicken with the marinade making sure well mixed. Leave for 5-10 minutes
- Remove chicken from marinade and saute over a medium high heat in small amount of coconut oil (or may not be needed in a non-stick pan as olive oil in marinade may be sufficient).
- Cook for about 8-10 minutes until cooked through, turning heat down once chicken is browned
- While chicken is cooking make the salsa by mixing all the ingredients in a bowl.
- Mix salsa with cooked chicken pieces and serve
- Serve with rice and green veg

Cod in Foil Parcels

Simplest way to cook fish and could be used for dinner two nights in a row.

Ingredients (4 servings)

- 4 fillets of cod (or any white fish)
- Thumb size piece of fresh ginger, peeled, grated or chopped
- 3-4 cloves of garlic, chopped or crushed
- 1 medium red fresh chili
- Juice of 2 limes
- 4 spoonfulls of soy sauce

Method:

- Heat oven to 180-200C (about 400F) or Gas Mark 6
- Place each fillet on a square of aluminium foil, large enough to fold over and make a sealed parcel
- Mix ginger, garlic, chili and lime juice
- Spread evenly across the 4 fish fillets
- Add spoonful of soy sauce to each fillet
- Gather up edges of foil and seal them together - make sure completely sealed, but don't pack tightly over fish - leave space for steam to gather and cook the fish
- Cook for about 15 minutes
- Check fish after this time and return to oven for a few minutes if needed
- Serve with veg of your choice (and rice if a carb meal)

Carrot & Leek Soup

A different way of getting your vegetables or as a healthy snack:

Ingredients:

1Kg carrots (scraped/peeled sliced into 1-2" pieces)
2 large leeks (washed, prepared & cut into large pieces sliced at an angle)
500-1L chicken or vegetable stock
1 tbsp Olive Oil
Black Pepper
Fresh coriander (cilantro) chopped (optional)
Pinch of hot chili pepper to taste (optional)

Method:

- Heat olive oil in large pan
- When hot, add leeks and cook for a few minutes until soft
- Add sliced carrots and chicken or vegetable stock to cover well
- You can add more stock later to get preferred consistency
- Add pepper/chilli pepper if desired
- Cook over a low to medium heat until carrots are soft
- Allow to cool and pour into liquidiser (in batches if needed)
- Return to pan and add stock if too thick or cook to evaporate water if too thin.
- Can be kept in fridge for a few days or frozen.
- Serve with chopped fresh coriander if desired
- Take to work in Tupperware for your lunchtime veg

Green Smoothies

These have 2 main uses:

- 1. Pre-prepare for easy way of getting green veg at lunchtime when at work*
- 2. A great snack to combat cravings as they contain just vegetables and in some cases fruit*

I have provided 3 ideas here but you can use other vegetables. Here are some guidelines:

- 1. You always need to have a “high water” constituent to make a liquid smoothie e.g. cucumber, courgette (zucchini), tomatoes, melon.*
- 2. Add yogurt for a more full bodied smoothie and a supplemental protein intake.*
- 3. Try out different ingredients, experiment and add whatever seasoning you like. Keep it clean!*

Use a liquidiser or liquidiser attachment to a food processor, or a Nutri Bullet or similar. Different results with what you use but you should be able to make a smooth mixture with minimal lumps!

Kale and Tomato (1 portion)

- 1- 2 large handfuls of kale off the stalk or other green leafy veg
- 2 large tomatoes
- 1 slice of any kind of melon
- Lemon or lime juice, cayenne pepper, salt to taste

Kale, Melon & Apple (1 portion)

- 1 - 2 large handfuls of kale off the stalk or other green leafy veg
- ½ a small apple
- 1 slice of any kind of melon
- Lime juice, ground ginger, chilli pepper

Kale and Courgette/Zucchini (1 portion)

- 1 - 2 large handfuls of kale off the stalk or other green leafy veg
- 1 medium zucchini and 1/4 cucumber
- Lemon or lime juice, fresh herbs

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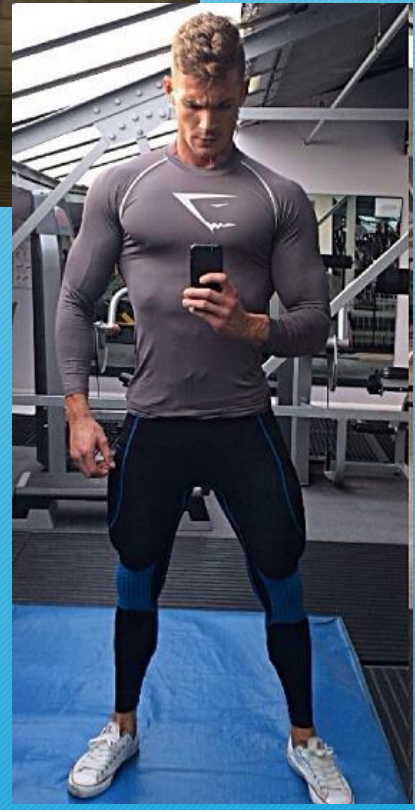
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