



# A GUIDE TO GETTING SHREDDED

A 10 STEP GUIDE TO  
ACHIEVING YOUR GOALS



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# WHAT DOES IT MEAN?

**FOR MEN, GETTING SHREDDED MEANS DROPPING YOUR BODY FAT TO AROUND 8-10% TO A POINT WHERE YOU'RE LOOKING VERY LEAN AND DEFINED. GETTING SHREDDED REQUIRES BURNING OFF THOSE LAST STUBBORN AREAS OF FAT IN THE LOWER STOMACH, LOVE HANDLES AND LOWER BACK. THIS WILL ALLOW FOR YOUR ABS TO BE MORE VISIBLE AND FOR YOU TO SEE THE OUTLINE OF YOUR SIX PACK.**

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# BURNING CALORIES



FIRSTLY, YOU NEED TO KNOW HOW MANY CALORIES YOU BURN AT REST, ALSO CALLED YOUR BASE METABOLIC RATE (BMR). NEXT, YOU NEED TO FIND OUT HOW MANY CALORIES YOU BURN THROUGH DAILY ACTIVITIES E.G. WALKING. THEN ADD ANY ADDITIONAL CALORIES BURNED THROUGH EXERCISE, WHICH CAN BE APPROXIMATED BASED ON THE EXERCISE INTENSITY AND DURATION.

THIS WILL HELP YOU DETERMINE YOUR MAINTENANCE CALORIES. YOU CAN WORK THIS ALL OUT THROUGH THE LINK BELOW BASED ON YOUR AGE/HEIGHT/WEIGHT/ACTIVITY LEVEL.



# CALORIE DEFICIT

THIS IS SIMPLY AN ENERGY SHORTAGE CAUSED BY EATING FEWER CALORIES THAN YOU BURN. YOU WANT THE CALORIE DEFICIT TO BE NOTICEABLE BUT NOT SO LARGE AS YOU WANT TO SUSTAIN IT. IF YOUR CALORIE DEFICIT IS TOO LARGE, YOU'RE GOING TO STRUGGLE TO PERFORM IN THE GYM AND IT CAN RESULT IN A LOSS OF MUSCLE MASS. IT CAN ALSO RUN THE RISK OF TOO MUCH HUNGER RESULTING IN BINGE EATING AND DAMAGING YOUR PROGRESS.

YOU STILL WANT TO BE TRYING TO PROGRESSIVELY OVERLOAD ON YOUR WEIGHT LIFTING OR AT LEAST MAINTAIN THE WEIGHT YOU'RE LIFTING. I RECOMMEND STARTING IN A 300-500 CALORIE DEFICIT AND SLOWLY DROPPING YOUR CALORIES THROUGHOUT THE PROCESS.

# CARBS

**CARBS WILL NOT MAKE YOU FAT, IT'S CALORIES THAT WILL MAKE YOU FAT. YOU STILL WANT AROUND 40% OF YOUR DIET TO BE CARBS. THIS WILL GIVE YOU ENOUGH ENERGY TO GET THROUGH A HIGH INTENSITY WORKOUT.**



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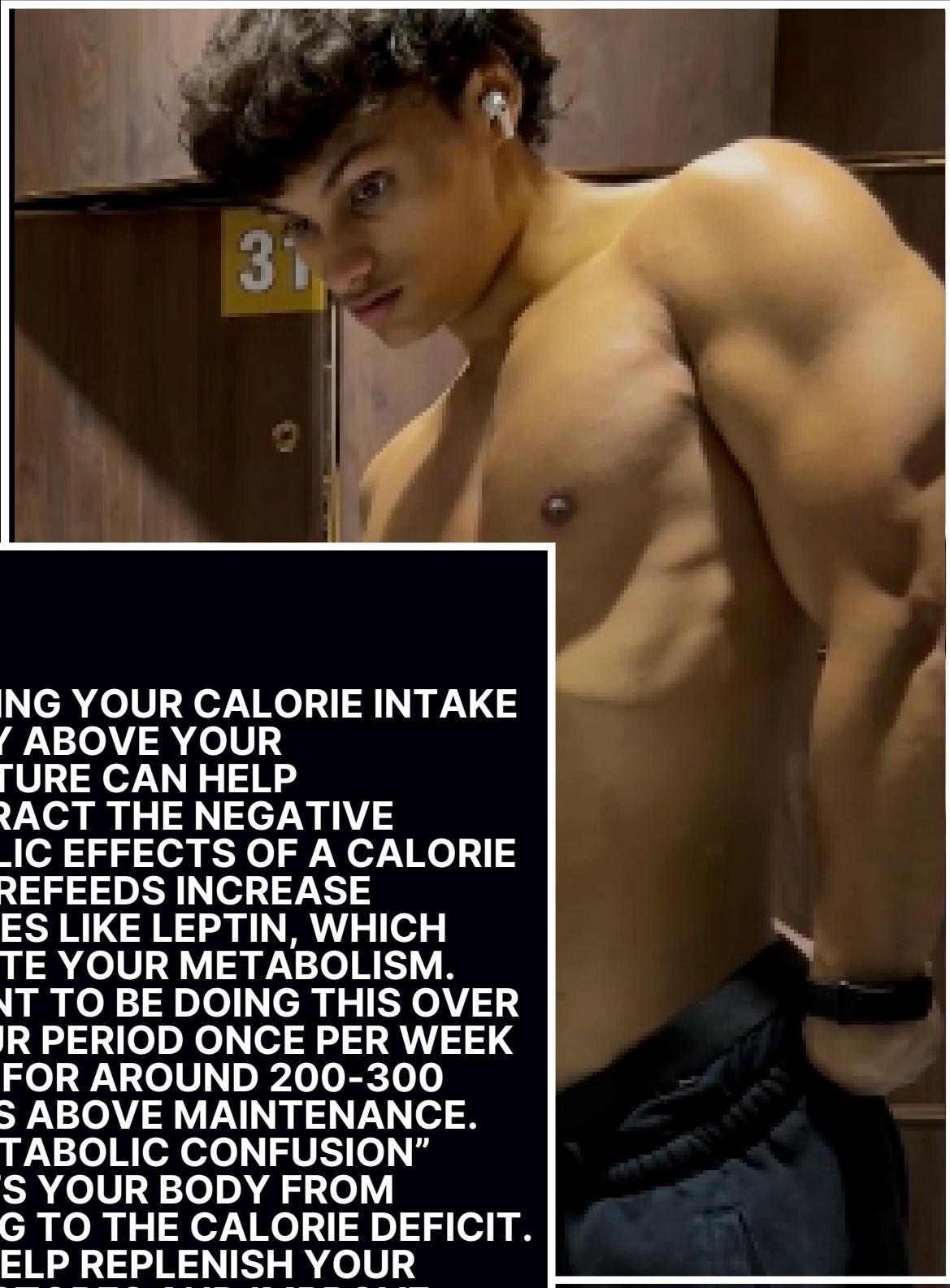
**AIM FOR 1-1.5G OF PROTEIN PER POUND OF BODYWEIGHT. A HIGH PROTEIN DIET RESULTS IN MORE FAT LOSS AND LESS MUSCLE LOSS. IT WILL HELP REPAIR & MAINTAIN MUSCLE TISSUE AND CAN HELP YOU BURN MORE CALORIES THROUGH THE THERMIC EFFECT OF FOOD (TEF) - SO WILL BURN MORE CALORIES DIGESTING IN COMPARISON TO CONSUMING FATS FOR EXAMPLE. ALSO, HIGH PROTEIN MEALS REDUCE A HUNGER HORMONE CALLED GHRELIN MORE THAN MEALS HIGH IN CARBS OR FAT. SO YOU FEEL FULLER LONGER AFTER EATING, WHICH MAKES IT EASIER TO STICK TO YOUR DIET.**

# HIGH PROTEIN DIET



# REFEED DAYS

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**INCREASING YOUR CALORIE INTAKE SLIGHTLY ABOVE YOUR EXPENDITURE CAN HELP COUNTERACT THE NEGATIVE METABOLIC EFFECTS OF A CALORIE DEFICIT. REFEEDS INCREASE HORMONES LIKE LEPTIN, WHICH STIMULATE YOUR METABOLISM. YOU WANT TO BE DOING THIS OVER A 24 HOUR PERIOD ONCE PER WEEK - AIMING FOR AROUND 200-300 CALORIES ABOVE MAINTENANCE. THIS "METABOLIC CONFUSION" PREVENTS YOUR BODY FROM ADAPTING TO THE CALORIE DEFICIT. IT WILL HELP REPLENISH YOUR ENERGY STORES AND IMPROVE PERFORMANCE AND RESULTS.**

# FOOD CHOICES

**BE SMART WITH YOUR FOOD CHOICES - TRY AND AIM FOR AN 80% WHOLE FOOD DIET AND 20% WHATEVER YOU WANT. YOU WANT TO BE AIMING FOR FOODS THAT ARE HIGH IN VOLUME AND LOW IN CALORIES. IF YOU EAT GREASY FOODS PACKED IN CALORIES, IT'S GOING TO MAKE IT VERY HARD FOR YOU TO STICK TO YOUR CALORIE INTAKE FOR THE REST OF THE DAY. HAVE LOW CALORIE SNACKS OR ZERO CALORIE DRINKS TO HELP WITH YOUR CRAVINGS. PERSONALLY, I LIVE ON PEPSI MAX DURING MY CUT TO STOP MY CRAVINGS.**



# LIFT HEAVY

YOU WANT TO BE PROGRESSIVELY OVERLOADING OR MAINTAINING THE WEIGHT YOU'RE LIFTING THROUGHOUT THE CUT. THE AIM IS TO MAINTAIN AS MUCH MUSCLE AS POSSIBLE. PEOPLE OFTEN WANT TO USE LIGHT WEIGHT AND DO HIGH REPS TO GET SHREDDED. BUT THAT'S THE WRONG APPROACH. YOU NEED TO CONTINUE TRAINING HEAVY AND TO/OR CLOSE TO FAILURE SO YOUR BODY CAN MAINTAIN THIS MUSCLE.

YOU WILL LOSE SOME STRENGTH BY BEING IN A CALORIE DEFICIT AND EATING FEWER CARBS THAN YOU WOULD DURING A BULKING PHASE WHICH IS COMPLETELY NORMAL. BUT THE IDEA IS TO KEEP PUSHING HEAVY WEIGHTS IN THE GYM TO MAINTAIN MUSCLE MASS.





# CARDIO

**CARDIO WILL HELP YOU GET SHREDDED BECAUSE IT INCREASES CALORIE EXPENDITURE, ACCELERATING FAT LOSS. HOWEVER, ALL IT DOES IS PUSH YOU FURTHER INTO THAT DEFICIT, WHICH CAN BE DONE THROUGH YOUR DIET. SO IF YOU REALLY HATE CARDIO, IT ISN'T VITAL.**

**I'D RECOMMEND KEEPING YOUR DAILY STEPS HIGH (AROUND 10,000 A DAY) AND IMPLEMENTING LISS (LOW INTENSITY STEADY STATE CARDIO) SUCH AS A TREADMILL INCLINE WALK AT A STEADY PACE OR A LIGHT CYCLE A FEW TIMES A WEEK FOR AROUND 15-30 MINUTES AT THE END OF YOUR WEIGHT SESSIONS TO KEEP THAT ENERGY EXPENDITURE HIGH. I'D RECOMMEND DOING IT AFTER YOUR WEIGHT TRAINING AS YOU WANT AS MUCH ENERGY AS POSSIBLE TO PUSH YOURSELF HARD AND LIFT HEAVY IN YOUR WEIGHT TRAINING.**

**TOO MUCH HIGH INTENSITY CARDIO CAN BE DETRIMENTAL TO YOUR GOAL OF GETTING SHREDDED AS IT CAN AFFECT RECOVERY.**

# SLEEP



**GET ENOUGH SLEEP - MAKE REST A PRIORITY AND GET BETTER RESULTS FROM YOUR DIET AND WORKOUTS. YOU WILL NEED AROUND 7-8 HOURS SLEEP TO ALLOW YOUR MUSCLES TO RECOVER. TRY AND GET INTO THE ROUTINE OF GOING TO SLEEP & WAKING UP AT THE SAME TIME.**

# HYDRATION

**AIM FOR AROUND 3L OF WATER A DAY - THIS WILL HELP YOU WITH YOUR ENERGY IN YOUR WORKOUTS. IF YOU ARE REALLY STRUGGLING FOR ENERGY THEN I RECOMMEND CAFFEINE, WHICH WILL ALSO HELP IN SUPPRESSING YOUR APPETITE AND AID THE SHRED.**

