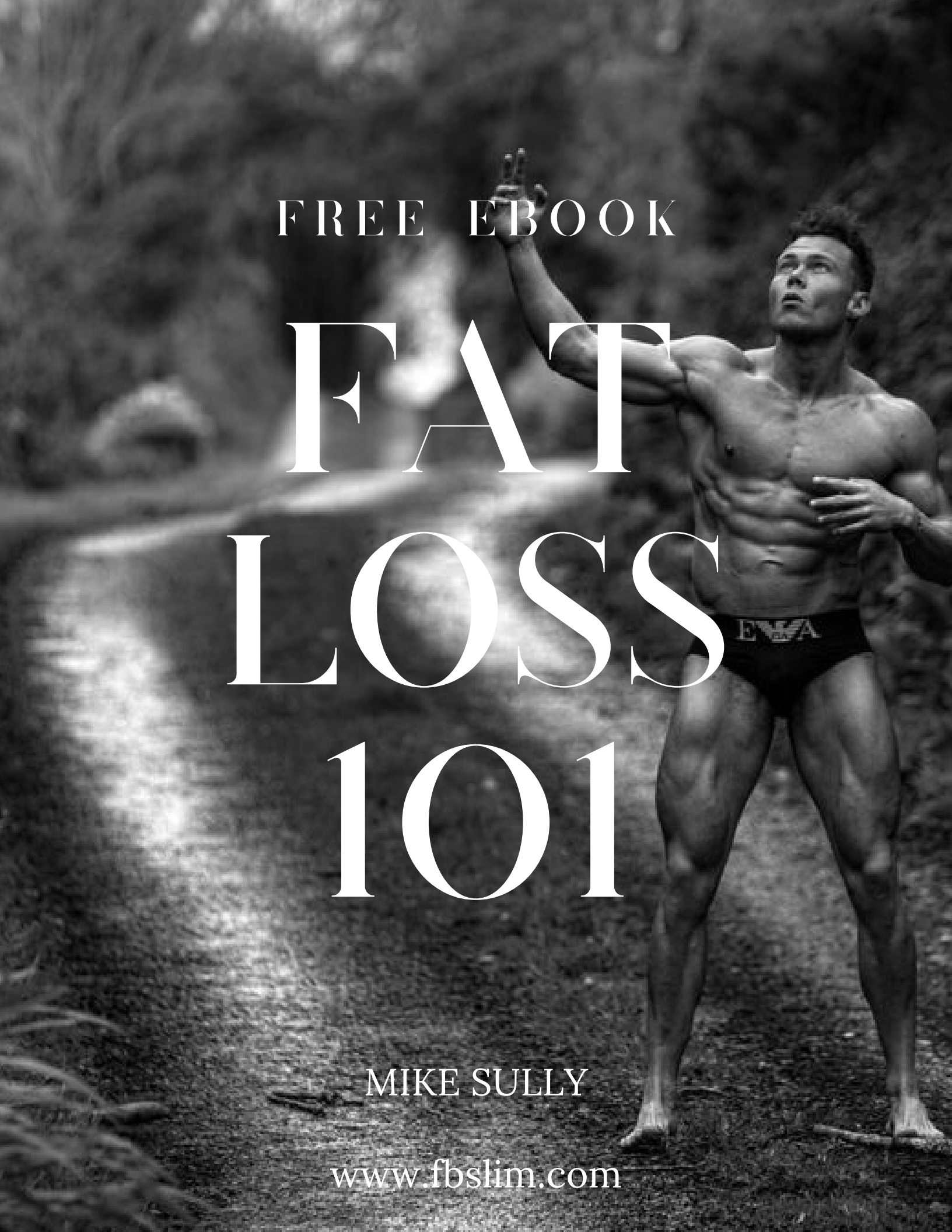

FREE EBOOK
FAT LOSS 101
MIKE SULLY
www.fbslim.com

Hello & *Welcome*



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Yep, that's me!

My weight loss journey started at the age of 19. I wasn't aware of proper nutrition at that time and experimented with different ways such as starvation to shed 7 stone without caring for the body's proper nutrition.

However, I later on switched to eating a well-balanced diet which was nutritionally supportive to keeping a healthy body weight and muscle.

Today, I am famously known as Fat Boy Slim in personal and professional circles. Born in London, United Kingdom, I am currently living in Dubai. I advise all the people interested in shedding weight to never give up and take failure as one step more towards success. I also emphasise on going for weekly goals that are achievable and helps to stay on track instead of yearly goals. I also recommend going through proper studies and meal plans that are backed by scientific facts since a lot of false and fake information is present online.



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01 Results

Please allow me to share some of the most remarkable transformations I've had the privilege to work on, each with my unique touch. It's not about boasting, but rather about demonstrating what is achievable when you commit to a plan and put in the work.





02 Nutrition

Let me guess, you are eating healthy but not losing weight? Or... are you eating very little and still not losing weight? Or maybe you just don't know what to eat.

Say hello to the days of bland chicken and broccoli and say *sayonara* to all the yummy stuff.

Just kidding. Because let's face it, who wants to survive on bland chicken and broccoli forever? **Not me, and certainly not you!**

Nutrition is the most important factor when it comes to fat loss. No matter how hard you work out in the gym, if your diet isn't on point, you'll see little to **no results**.

Are calories the most crucial aspect? Well, a calorie is a calorie *(is it, really?)*, but what I prioritise most are macros!

Carbohydrates, Proteins, and Fats. They are essential for proper functioning, growth, and maintenance of the body. Each macro plays a specific role in fueling the body and supporting various bodily functions.

The Power of Nutrition

- ✓ Nutrition is the real deal when it comes to fat loss. It's not just about hitting the gym; what you eat plays a significant role in achieving your goals.
- ✓ By fueling your body with the right foods and making smart choices, you can effectively shed those extra pounds and transform your physique

I'm here to explain 'a calorie is a calorie'...

While all calories provide the same energy, not all calories are **metabolized** or utilized by the body in the same way. Factors such as the nutrient composition of foods (protein, carbs, fats) and their effects on metabolism, hunger, and overall health are important to consider. Prioritizing **nutrient-dense**, **whole foods** can support better health and weight management, regardless of calorie content.

Calories

Alright, let's break it down in a language as breezy as a beach day. Calories measure the energy we get from food, which comes from protein, carbs, fats, and alcohol.

To lose fat, we aim for a **calorie deficit** by either consuming fewer calories or burning more through exercise. This helps our body use stored fat for energy. Each macro has a specific calorie amount per gram.

Protein: 1 gram = 4 calories
Carbs: 1 gram = 4 calories
Fats: 1 gram = 9 calories
Alcohol: 1 gram = 7 calories

To **lose fat**, we need to consume fewer calories than we burn, creating a calorie deficit *(It's like a budget for your belly)*

So does this means that 1 gram of chicken has 4 calories? Or that 1 gram of peanut butter has 9 calories? **No.**

The calorie values for macronutrients like protein, carbs, and fats aren't directly applicable to specific foods like chicken or peanut butter on a gram-for-gram basis.

Let's take **cooked chicken** as an *example*. Say you have 100 grams of it, and roughly 30 grams of that is protein. That means you're getting around 120 calories from the protein in that chicken (30 grams x 4 calories).

Now let's take this to the next level. Imagine you have a 100 gram serving of oats. Oats contain a mix of carbohydrates, fats, and protein:

- Carbohydrates: 60 grams x 4 calories/g = 240 calories
- Fats: 8 grams x 9 calories/g = 72 calories
- Protein: 11 grams x 4 calories/g = 44 calories

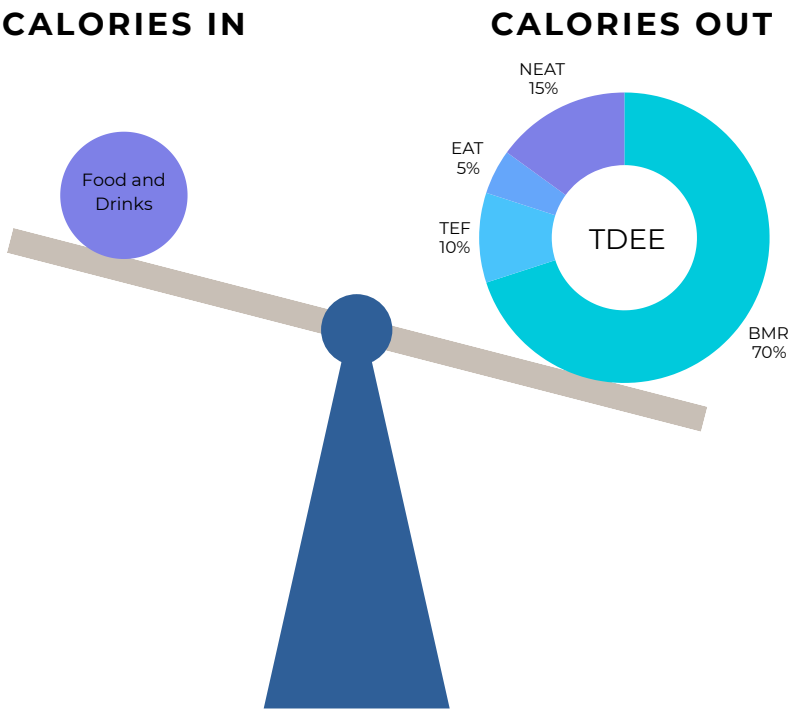
So, in total, this 100-gram serving of oats provides 240 calories from carbohydrates, 72 calories from fats, and 44 calories from protein, totaling **356 calories**.

Calorie Deficit

Like I mentioned earlier, if you want to shed fat, you've got to create a **calorie deficit.**

What is a Calorie Deficit?

Calories in < Calories Out.



if you consistently consume fewer calories than your body expends, you create a calorie deficit. In this state, your body taps into its stored fat reserves to make up for the energy shortfall, leading to weight loss over time.

If you consume more calories than your body expends, you're in a state of calorie surplus, which means there's an excess of energy available. In this scenario, your body stores the extra calories as fat, leading to weight gain over time.

Thus, whether you gain, lose, or maintain weight ultimately boils down to the balance between the calories you consume and the calories you expend.

And we're here to set those calories on fire and make 'em run for the hills!

Calorie Deficit, again...

Let's dive deeper into this **"in and out"** business!

"Calories in" refers to all the energy you consume through food and beverages. This includes everything from cookies and broccoli to milkshakes and any other items you eat or drink throughout the day.

"Calories out" refers to the energy your body expends throughout the day.

No need to hit the **panic button** just yet! Eating 1800 calories doesn't mean you have to spend your entire day on a stair master burning 2100 like a calorie-burning hamster on a wheel! That'd be one heck of a workout plan, wouldn't it? Fat loss can be a challenge, but let's keep it real – *we're not signing up for a never-ending stair climbing marathon here!*

TDEE stands for **Total Daily Energy Expenditure**. It represents the **total** number of calories your body burns in a day, taking into account all activities and bodily functions. The escalator's evil twin AKA StairMaster falls under the category EAT!

Your TDEE is determined by several factors:

- **BMR (Basal Metabolic Rate) - 70%:** Think of BMR as the energy you burn just by existing. It's what your body needs to keep your heart beating, your lungs breathing, and your organs working, even when you're asleep.
- **EAT (Exercise Activity Thermogenesis) - 5%:** It's the energy you use when you're moving and grooving. EAT is all about getting active and breaking a sweat. It might sound like a call to the dinner table, but in fitness talk, it's all about moving, not munching!
- **TEF (Thermic Effect of Food) - 10%:** TEF represents the energy your body uses to digest, absorb, and process the food you eat.
    - Different macronutrients (protein, carbohydrates, and fats) have varying thermic effects. Protein (20-30%) requires the most energy to digest, followed by carbohydrates (5-10%) and then fats(0-3%).
- **NEAT (Non-Exercise Activity Thermogenesis) - 15%:** It's the energy you use during daily tasks and movements that aren't specifically planned as workouts.

So... How many Calories?

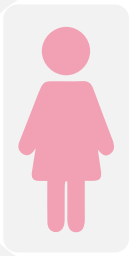
To calculate your Total Daily Energy Expenditure (TDEE), you can follow this formula that considers your basal metabolic rate (BMR) and activity level. Here's a simple way to estimate your TDEE using the Harris-Benedict equation:

- **Step 1:** Calculate your Basal Metabolic Rate (BMR).



BMR =

88.362
+ (13.397 x weight in kg)
+ (4.799 x height in cm)
- (5.677 x age in years)



BMR =

447.593
+ (9.247 x weight in kg)
+ (3.098 x height in cm)
- (4.330 x age in years)

- **Step 2:** Adjust your BMR based on your activity level:
  - Sedentary (little to no exercise): BMR x 1.2
  - Lightly active (light exercise/sports 1-3 days a week): BMR x 1.375
  - Moderately active (moderate exercise/sports 3-5 days a week): BMR x 1.55
  - Very active (hard exercise/sports 6-7 days a week): BMR x 1.725
  - Extra active (very hard exercise/sports & physical job or training twice a day): BMR x 1.9

Because you're holding this eBook, I trust you're committed to getting active (cardio/steps/weights). Multiply your BMR by a factor **between 1.55 and 1.7.**

Your **TDEE** is the total number of calories you burn in a day based on your BMR and activity level. This number represents the amount of calories you need to **maintain** your current weight.

TDEE = BMR x Activity

To create a calorie deficit for weight loss, you'll need to consume **less** calories than your TDEE.

Creating a Calorie Deficit

Example 1



BMR = 88.362
+ (13.397 x weight in kg)
+ (4.799 x height in cm)
- (5.677 x age in years)

Male, 35 years old, 85kg, 178cm.
Activity, 4/35 minutes cardio + 5 Weights / week.

BMR = 88.362 + (13.397 × 85) + (4.799 × 178) - (5.677 × 35)

BMR = 1884.134 x (1.65)

TDEE ≈ 3110.8 calories per day.

So, does he need 3110.8 calories to lose weight? ***No***. These are the calories that he needs to maintain his current weight.

Example 2



BMR = 447.593
+ (9.247 x weight in kg)
+ (3.098 x height in cm)
- (4.330 x age in years)

Female, 29 years old, 60kg, 168cm.
Activity, 4/25 minutes cardio + 5 Weights / week.

BMR = 655 + (9.563 x 60) + (1.850 x 168) - (4.676 x 29)

BMR = 1403.68 x (1.55)

TDEE ≈ 2173.6 calories per day.

So, does she need 2173.6 calories to lose weight? ***No***. These are the calories that she needs to maintain her current weight.

So, **what** now?

Once you've figured out your maintenance calories using the BMR and activity multiplier, it's time to create a calorie deficit. Subtract 300-550 calories from that number for your Training Days. Then, on Non-Training Days, subtract an additional 200 calories, mainly from carbs.

This deficit will help promote weight loss over time. It's generally recommended to start with a modest deficit and adjust as needed based on progress and individual preferences.

Are maths... mathing?

Ok I know my Calories. How about Macros?

When it comes to losing weight, there's no one-size-fits-all macronutrient ratio that guarantees success. Your ideal mix depends on factors like your body type, metabolism, and activity level. But even then, it's not set in stone – it **might change** as your weight fluctuates or you hit plateaus.

Please note, these macronutrient ratios are specifically tailored for **aggressive** fat loss:

Protein: 2.2-2.7g/kg
Carbohydrates: 1-2.7g/kg
Fats: Rest of calories.

Let's adjust the calculations for the man with a 500-calorie deficit: **2610.82 calories**

Protein: 85 *(kg)* x 2.7 **= 229.5g** = 910 calories (from Protein)
Carbohydrates: 85 *(kg)* x 2.5 **= 229.5g** = 910 calories (from Carbs)
So far we have 1820 calories from Protein and Carbs. We have left 790 for fats.
Fats: 790/9 = **87g**

I will use similar ratios for the female: **1673.6 calories** (after creating a Deficit)

Protein: 60 *(kg)* x 2.5 **= 150g** = 600 calories (from Protein)
Carbohydrates: 60 *(kg)* x 2.5 **= 150g** = 600 calories (from Carbs)
So far we have 1200 calories from Protein and Carbs. We have left 473 for fats.
Fats: 473/9 = **52g**

I always prioritise keeping protein intake as **high** as possible, and then adjust carbohydrate and fat intake accordingly.

But remember, what works for one person might not work for another.

These are starting points, but don't be afraid to experiment to find what works best for you. Sometimes tweaking your ratios – like reducing carbs and upping healthy fats – can lead to fantastic fat-loss results. It's all about getting to know your body and what it **responds** to best!

Carbohydrates

We'll dive into the details of each macro, but first, let's chat about carbs... **Carbs aren't the enemy**. They're not evil, especially when you're crushing it at the gym.



Pre-workout, opt for *slow digesting carbs* sources like oatmeal, rice, whole grain wraps, whole grain pasta, sweet potato and whole grain bagels.

Post-workout, aim for *fast-digesting carbs* to replenish glycogen stores and aid in recovery, such as cereal, white potatoes, and pasta.

These options will help **fuel** your workouts and support muscle recovery.

Don't be afraid to include carbs in your diet, but save them for when you're about to hit the **gym** - both pre and post-workout. Otherwise, load up on protein and healthy fats to keep you feeling satisfied and energised throughout the day.

Yes, *you read that right:* Carbs only on **training days** and around training times. You can eat veggies and/or berries for the rest of the day. *You'll be fine.*

On resting days, AKA days you are not hitting the gym, aim for veggies or fruit. *You'll be fine.*

No bagels then? *No.*

Also, when you consume an **excess** of carbohydrates, your body stores them as glycogen in the liver and muscles. Each gram of glycogen is stored with water. So, if you consume more (carbohydrates) than your body needs for energy, it will store extra glycogen along with water. This temporary water retention can make you feel and appear **bloated**, especially if you consume a large amount of carbohydrates in a short period.

Proteins

Protein plays a **crucial** role in a fat loss phase for several reasons. It helps to preserve lean muscle mass while in a calorie deficit, ensuring that the weight you lose comes primarily from fat rather than muscle.

Protein is like the **VIP** of the macronutrient world. Protein isn't just about muscles, ever notice how after a protein-packed meal, you feel satisfied and ready to tackle the world? That's the protein magic at work, my friend.

Protein has a higher TEF. Protein burns more calories during digestion compared to carbs and fats. Research shows that about 20-30% of protein's calories are burned off during digestion and metabolism. So, if you eat 100 protein calories, your body may burn 20-30 calories during digestion.



Good sources of protein include lean meat, fish, seafood, eggs, egg whites, plant-based protein, whey or pea protein...

And just a note, *peanut butter*, while delicious, is not primarily a protein source.

Too much protein? No whey mate!

Keep those protein shakes flowing and those chicken breasts grilling – your **muscles** will thank you for it! it's essential for overall health and wellness!

How much do I need? I'm not going to lie, I can't tell you how much protein you need because I don't know who you are *(yet)*, but let's keep it **simple**. Aim for 1 gram of protein per pound of lean body mass.

Protein should indeed be included in each meal for optimal muscle maintenance and satiety.

Fats

Fat doesn't make you fat – it's a fact! Healthy fats are essential for hormone production, brain function, and yes, even **fat loss**. So don't skimp on the avocado, nuts, seeds, and olive oil.

Do you really need fats for your workout?

Fat **slows down** digestion, which could potentially lead to discomfort or sluggishness during a workout if consumed too close to exercise time. Trust me, your stomach will thank you for keeping things simple and easy to digest, specially around training times.

Eating high-fat meals before or after a workout might **delay** the absorption of carbohydrates and protein, which are essential for fuelling workouts and promoting muscle recovery.

The fats in chicken wings from KFC, which are typically fried and may contain trans fats or unhealthy saturated fats, are not the same as the healthy fats found in avocados.

So, while it's important to be mindful of your fat intake, remember that not all fats are created equal, and choosing healthier sources can be beneficial for your health.

While healthy fats are an **essential** part of a balanced diet, it's advisable to focus on carbohydrates and lean protein around training times to optimize energy levels and support muscle recovery.

Hey, BTW! The olive oil, butter, or whatever you're using to cook **adds up** calories faster than you can say *"extra virgin"*!

And just on another note, *peanut butter*, while delicious, is primarily a **fat source.**



How to Build A Meal Plan

Calculate Your Macros: Determine your daily macronutrient (protein, carbs, and fats) needs.

Preparation is Key: Prep your meals in advance to save time during the week. Cook large batches of proteins, grains, and vegetables, and portion them out into containers for easy grab-and-go meals.

Start with Protein Sources: Begin by choosing your main protein sources. Think lean meats like chicken, turkey, beef, and fish. Greek Yoghurt, Low Fat Cheese... Plant-based options like tofu, tempeh...

Balance with Carbs and Fats: Once you've nailed down your protein sources, round out your meals with healthy carbohydrates and fats. Opt for complex carbs like whole grains, fruits, and veggies, and healthy fats from sources like nuts, seeds, avocados, salmon...

Example

4 meals a day + Snack

Meal 1: Eggs, Egg Whites, Spinach, Cherry Tomatoes, Low Calorie Sauce.

Meal 2: (Pre-Workout) Oats, Whey Protein, Banana, Peanut Butter*.

Meal 3: (Post-Workout) Baked Sweet Potato, Chicken Breast, Green Veggies.

Meal 4: Lean Beef, Avocado, Green Veggies.

Snack: Greek Yoghurt with Nuts and Berries.

**Remember: For Meal 2 (Pre-Workout), go easy on the peanut butter and keep it low-fat.*

Other (important) Stuff

As you dive deeper into prep, you might start with higher calories and not feel too hungry. But trust me, as you see those gains in the mirror, **hunger** kicks in harder!

Volume: The volume of food you consume matters. When you're eating very little, it's crucial to make smart food choices. When you're hungry, you'd probably prefer to eat 100 blueberries than... *GIVE ME THE COOKIE!*

Just kidding. Sweet potato will keep you feeling **satisfied** much longer than cereal. Even though cereal might be delicious, when you're deep into prep, all you care about is not feeling starving 24/7. Berries and green vegetables are fantastic for adding volume to your meals without adding too many calories.

Water Intake: Remember to stay hydrated! Sometimes what you think is hunger could actually be thirst. So, keep drinking water throughout the day to keep those cravings at bay.

Himalayan Pink Salt: It's a great choice for boosting your athletic performance. With all those extra minerals and no additives, it's like giving your body a natural hydration and electrolyte boost. Plus, it helps your muscles do their thing better during workouts.

Food Scale: Make sure to use a scale to measure your food portions accurately instead of relying on estimations like handfuls or spoons. Remember, eyeballing your food portions is like playing a game of "Guess the Weight" at the carnival – you might think you're spot-on, but the scale has a different opinion! So grab that scale and leave the guesswork for the fun fair.

Fibre: It's indeed vital for digestive health and overall well-being, but it can be a bit tricky to get enough when you're following a low-carb diet, as most fibre-rich foods are also high in carbs. However, Psyllium Husk can be a lifesaver in this situation. It's a natural and convenient source of fibre that you can easily incorporate into your diet to ensure you're meeting your fibre needs. (Please don't overuse fibre supplements)

Recap

Alright, before boredom sets in and you toss this ebook aside, let me quickly recap all the key points for you.

- **Nutrition is Key:** Without a proper diet, your efforts in the gym may go to waste. Prioritize nutrition for effective fat loss.

- **Calories in vs. Calories out:** It's all about balancing the energy you consume with the energy you burn.

- **Total Daily Energy Expenditure (TDEE):** The total number of calories your body burns in a day, which includes BMR, EAT, TEF, and NEAT.

- **Carbs Around Training:** Time your carbohydrate intake around workouts for optimal energy and recovery. Pre and post-workout meals should include easily digestible carbs like fruits, oatmeal, and sweet potatoes.

- **Protein Power:** Protein is essential for preserving muscle mass and keeping you feeling satisfied. Aim for around 1 gram per pound of lean body mass to support fat loss.

- **Portion control:** Be mindful of portion sizes, especially with calorie-dense foods. Balancing your macros and watching your overall calorie intake is crucial for fat loss success.

- **Law of Thumb for Fat Loss:** For high-fat meals, keep carbs low, and for high-carb meals, keep fat intake low. Aim for moderate level of protein in each meal to maintain balance.

- **Watch Timing:** Be mindful of when you consume fats, especially around workouts. They can slow digestion and hinder carbohydrate and protein absorption, affecting energy levels and muscle recovery.

Dieting's a tough cookie. Life's a tough cookie. Pick your cookie wisely!

03 Training

First things first, are you finding yourself constantly **changing** your workout routine every week? Or perhaps you're just grabbing random routines from Instagram?

Well, here's a **little secret**: your muscles don't need confusion. Consistency is key. Stick to the same training plan for at least 12 weeks. Focus on perfecting your **form**, giving each exercise your all, and gradually increasing weights as you **progress**.

Avoid **injuries** by staying true to the plan. Trust me, changing workouts every single week won't get you far.

Now, onto the juicy stuff.

Why should you bother with lifting weights? Well, let me break it down for you.

The **more muscle** you have, the more calories your body burns just by existing. Yes, you read that right – even when you're just chilling on the couch, your muscles are working hard to keep you going.

Plus, let's not forget about the **aesthetic** benefits. More muscle equals a **leaner**, more defined physique. Who doesn't want that?

Building muscle is no walk in the park. It demands dedication, consistency, and patience. Let's keep it real – it's tough work! And to all the ladies out there, let's address the elephant in the room: **getting bulky**. Spoiler alert – it's not as easy as it seems.

Go Hard or Go Home

- ✓ Training isn't just about sweating it out and checking off a workout on your to-do list. You've got goals to smash, obstacles to overcome, and gains to unlock!
- ✓ Remember, no one else will do that extra rep for you – it's all up to you to make it happen. So, let's get it done!

I'm here to explain 'getting bulky'...

Bulking up, or gaining **significant** muscle mass, isn't a walk in the park. It involves strategically alternating between periods of eating in a calorie surplus (consuming more calories than you burn) and phases of intense weight training. *Or anabolic steroids.*

Strength Training / Hypertrophy

Alright, let's talk about **weightlifting** – it's not just about getting a six pack, although that's definitely a bonus. Weightlifting comes with a whole bunch of **benefits** that go way beyond just bulking up. These include improved posture, better sleep, increased bone density, weight loss maintenance, boosted metabolism, reduced inflammation, disease prevention, and mood enhancement.

However, I could go on for pages talking about all the benefits but then you might toss this ebook aside quicker than you can say 'last rep'.

What is **hypertrophy**? This type of strength training uses moderate-to-heavy weights to stimulate muscle growth. Please note that it says moderate-to-heavy, not *light*.

Ego lifting: Leave it at the door when you step into the gym. It's not about showing off how much you can lift; it's about focusing on proper **form** and technique to maximize your gains and minimize the risk of injury. So, check your ego at the door and focus on lifting smart, not heavy.

"The Burn": Just because you feel the burn doesn't always mean you're building muscle. While that fiery sensation can indicate that you're working hard, true muscle growth comes from progressive overload and proper training techniques. So, focus on pushing your limits safely and effectively, rather than just chasing the burn.

Form: Lift an appropriate amount of weight, but use proper form. Just remember, it's not about lifting cars – you want a weight that challenges you without sending you to the ER. The better your form, the **better** your **results**, and the less likely you are to hurt yourself. You don't want to end up looking like a confused flamingo trying to do a squat.

Rest: Avoid exercising the same muscles two days in a row. You don't build your muscle when you are in the gym, you need to continuously break down and challenge muscles in order to see growth. Muscles grow when you give them a chance to rest and recover.

And let me add here, without **enough protein**, your body will struggle to repair the muscle tissues that get broken down during weight training. So, load up on the protein to fuel those gains!

How many...

Sets, Working Sets, Reps, Resting Periods, Resting Days... ? When you're just **starting** out in the fitness world, it can feel like there's a whole new language to learn. Start simple, focus on the basics, and gradually build up your knowledge over time. Remember, everyone has to start somewhere, and consistency is key.

When it comes to working out, it's all about finding **what works for you**. Don't stress about hitting the gym every single day if you know you can only manage three times a week. Trust me, I've seen it all, and I'd rather have you crushing three solid workouts than burning out trying to do too much. So, be **realistic** about your schedule and commit to what you can handle. Consistency is key, my friend, so find your groove and stick with it.

No matter how many days you decide to hit the gym (minimum 3), **aim for**:

- 6 exercises per session.
- 3-4 sets per exercise
- 12-15 reps each set

Rest for about 1 to 2 minutes between sets and exercises to give your muscles enough time to recover and maintain intensity throughout your workout.

And trust me, sometimes less is more. Keeping your workout **simple** and **focused** can often lead to better results than trying to do too much at once. So, don't underestimate the power of a well-designed, efficient workout routine.

If you're an **advanced** bodybuilder, hitting the gym six times a week might be the way to go. However, if you're a **beginner** or **intermediate**, there's no need to push yourself beyond four or five sessions a week. Ease into it and listen to your body's cues along the way.

If you're training 3/4 times a week, consider adding some rest days in between. Working out 4 days straight and then taking 3 days off might not be the most optimal plan. Remember, rest is just as **crucial** as training for your overall progress.

But hey, life happens, and sometimes you've got to roll with the punches. If that's the schedule you're working with, then embrace it, give it your all, and **stay consistent**!

Females

Ladies, let's talk about creating that coveted **X shape** – it's all about creating **illusions**! The key is to emphasize certain areas to make others appear smaller. For instance, building up your shoulders will make your waist look smaller, and sculpting those glutes will further accentuate your waistline. Remember, it's all about **strategic** workouts to unlock your full **potential** and unleash your best self!

Do you really need to train every inch of your body? Well, it's not a **one-size-fits-all** situation. Some clients swear by their back workouts, while others skip them altogether. But let's talk about those booty gains – you've gotta hit those glutes at least twice a week. And no, I'm not talking about band workouts – I mean heavy Hip Thrusts, Bulgarian Squats (You know you love them!), Step Ups, Cable Kickbacks, Hyperextension, RDL, KAS Glute Bridge, you name it...

Now, here's your assignment: Stand in front of that mirror and see which area you want to see the most improvement in. Is it your shoulders? Your quads? Your hammies? Remember, the more love you give to a muscle, the more it's gonna **grow** and **shine**.

And... your main focus? It's all about your **lower body** – your glutes, hammies, and quads. That's where I want you to put all your heart and soul into!

Now, let's talk about **glutes**. They're often the hardest muscle to grow, but also the most desired by many women. Patience is **key** – noticeable changes usually start appearing within 6-8 weeks.

Training Split that I recommend to 99% of my female clients:

- 3 days: x2 Lower Body + x1 Upper Body ***or*** *x3 Full Body*
- 4 days: x2 Lower Body + x2 Upper Body ***or*** x3 Lower Body + x1 Upper Body
- 5 days: x3 Lower Body + x2 Upper Body ***or*** x4 Lower Body + x1 Upper Body

Muscle Groups that I recommend to 99% of my female clients:
Lower Body: Glutes, Glutes, Glutes, Hamstrings, Quads, Abductors and Adductors.
Upper Body: Shoulders, Shoulders, Triceps, Biceps, Back, Chest.

Please note that I am repeating myself intentionally; it's not a mistake.

Males

Gentlemen, let's delve into the art of crafting that esteemed **V-shape** – it's all about mastering the art of illusions! The strategy involves accentuating specific areas to create the appearance of a more defined physique. Broadening your shoulders naturally narrows your waist, while developing your lats further enhances that coveted V-shape. It's about strategic training to unlock your full potential and become the best version of yourself!

And your primary focus? It's all about the **upper body** – your shoulders, back, chest, triceps, and biceps. That's where I encourage you to channel your energy! The more dedication you invest in a muscle group, the more remarkable the results.

But bro, **don't skip leg day**! Skipping leg day literally means leaving gains on the table for your entire body. Neglecting leg workouts means missing out on major muscle groups like quads, hamstrings, and calves. Balanced development is key for overall strength and aesthetics

FORM, FORM, FORM! Maintaining proper **form** during exercises is crucial. Sacrificing form for heavier weights can lead to injury and hinder muscle growth. Focusing on correct technique ensures that you target the right muscles and reduce the risk of injury.

Training Split that I recommend to 99% of my male clients:

- 3 days: x2 Upper Body + x1 Lower Body or x3 Full Body
- 4 days: x1 Lower Body + x3 Upper Body or x2 Lower Body + x2 Upper Body
- 5 days: x1 Lower Body + x4 Upper Body or x2 Lower Body + x3 Upper Body

Muscle Groups that I recommend to 99% of my male clients:
Upper Body: Shoulders, Triceps, Biceps, Back, Chest.
Lower Body: Glutes, Hamstrings, Quads, Abductors, Adductors, Calves.

Consistency is key in strength training. By sticking to a routine and avoiding constant changes in your workouts, you allow your body to adapt and reap the full benefits of your training program. Remember, strength training is not just about lifting weights; it's about unleashing your inner strength and becoming **strong AF**. So, grab those dumbbells and let's get to work!

Cardio

Cardiovascular exercise, commonly known as *'I hate cardio'*, offers a multitude of benefits beyond just **burning calories**. It strengthens your heart and lungs, improves circulation, and enhances endurance, making everyday activities easier. Additionally, cardio releases endorphins, those feel-good hormones that can boost your mood and reduce stress. Plus, it can help lower blood pressure, improve cholesterol levels, and reduce the risk of chronic diseases like heart disease and diabetes.

When it comes to cardio, it's like that friend you **love** to **hate** – you know it's good for you, but sometimes you just want to avoid it like the plague. But hey, let's face it: cardio is your ticket to the **elite elite** level.

Embrace the grind, push through the sweat, and hey, maybe you'll even learn to love cardio – or at least **tolerate** it a bit more! Consider doing cardio in a fasted state in the morning, for even better results.

Where to start?

If it's been a while since you last hit the pavement, ease into it with **3 to 4 sessions** per week, each lasting about 25 minutes. It's like dipping your toes into the cardio pool before diving in headfirst – you'll give your body time to adapt and build up your stamina gradually.

This is exactly what I advise you to do:

- **Week 1:** 3/4 sessions 25 mins + 8/10k steps daily
- **Week 2:** 3 sessions 30 mins + 8/10k steps daily
- **Week 3:** 4 sessions 35 mins + 10/12k steps daily
- **Week 4:** 4 sessions 40 mins + 10/12k steps daily
- **Week 5:** 4 sessions 45 mins + 11/13k steps daily

Keep increasing as weeks go by.

Cardio

What is the best cardio?

When it comes to cardio, the options are as diverse as the playlists on your favourite streaming service.

The most effective cardio workout is the one you enjoy and consistently **stick to**. Go for the cardio machine that you dislike the least. Whether it's the Stairmaster, elliptical, or treadmill, pick the one that feels most bearable for you. The key is to keep **moving** and stay consistent with your cardio routine to see results.

HIIT (High-Intensity Interval Training) is a fantastic option for cardio, especially if you're short on time. It involves alternating between short bursts of intense exercise and periods of rest or lower-intensity activity. HIIT workouts can be **very effective** for burning calories and improving cardiovascular health in a shorter amount of time compared to steady-state cardio. However, they can also be quite **intense**, so it's important to listen to your body and gradually increase the intensity as you build stamina.

Can I just do steps, instead?

Steps play a significant role in increasing your daily calorie expenditure and creating a calorie deficit, which is essential for weight loss. However, it's important to note that steps alone **cannot replace** the benefits of dedicated cardio workouts. Aim to achieve around 8,000 to 10,000 steps daily, in **addition** to your cardio sessions.

So, let's break it down: for every 10,000 steps you take, you've just waved goodbye to a cool 300 to 400 calories.

Now, let's talk recovery. Unlike those intense gym sessions that leave you feeling like you've been hit by a truck, stepping it up doesn't require much recovery time. Seriously, unless you're planning a hike to the moon, your legs will thank you for the gentle movement. So, **how bad do you want those results**? It's time to step up and step out! **Excuses don't burn calories!**

So How Much Weight Should I lose?

To clarify, a pound of fat (or 0.45kg) equals roughly 3500 calories over the span of a week. Therefore, to achieve a weight loss of 1 pound (or 0.45kg) per week , you would need to create a calorie deficit of about **500 calories per day**, whether through reducing calorie intake, increasing physical activity, and/or a combination of both.

The amount of weight you'll lose depends on **several factors**, including your calorie deficit, metabolism, activity level, and individual body composition. Generally, a safe and sustainable rate of weight loss is considered to be around 0.5 to 1 kilogram (1 to 2 pounds) per week. ***However****, initial weight loss may be higher due to factors like water weight loss.*

One pound of fat occupies more space than one pound of muscle because muscle tissue is denser than fat tissue. This means that muscle tissue is more compact and takes up **less space** compared to an equal weight of fat tissue. So, even though they both weigh the same, the volume or physical size of one pound of muscle will be smaller than one pound of fat.

If you're not seeing immediate results on the scale, **don't worry.** Weight loss can be influenced by various factors, including fluctuations in water retention, changes in muscle mass, and hormonal fluctuations. It's essential to focus on consistent healthy habits, including proper nutrition, regular exercise, and adequate sleep, rather than solely relying on the number on the scale. Additionally, consider tracking other indicators of progress, such as **measurements**, **body composition changes**, how your **clothes** are fitting and improvements in energy levels and overall well-being.



5lbs of fat vs. 5lbs of muscle.
Can you see the difference?

04 Sleep

Sleep is a cornerstone of good health, influencing various physiological processes essential for our well-being. From cognitive function to emotional stability, sleep **impacts** nearly every aspect of our lives.

Physiologically, sleep is a time for the body to repair and regenerate, allowing tissues to heal and muscles to grow after physical activity. It's during sleep that the brain consolidates memories, processes emotions, and clears out toxins, promoting mental clarity and emotional resilience.

Moreover, sleep plays a critical role in regulating hormones that govern **appetite** and **metabolism**.

Leptin and **ghrelin**, two key hormones involved in hunger and satiety, are particularly affected by sleep duration and quality. Insufficient sleep disrupts the balance of these hormones, leading to **increased hunger** and cravings, as well as reduced feelings of fullness.

Consequently, poor sleep habits can contribute to **overeating**, weight gain, and metabolic dysregulation, making it harder to achieve and maintain a healthy weight.

Chronic sleep deprivation has long-term consequences for overall well-being. It's associated with an elevated risk of obesity, type 2 diabetes, cardiovascular disease, and **mental health** disorders such as depression and anxiety.

Sleep like a Beauty, Wake up like a Beast

- ✓ Prioritizing quality sleep of 7-9 hours per night is crucial for optimizing fat loss and overall health.
- ✓ Prioritizing sleep hygiene and adopting habits that promote restorative sleep are essential components of a holistic approach to health and longevity.

Women often require **more sleep** than men due to hormonal factors. Hormones like estrogen and progesterone, which fluctuate throughout the menstrual cycle, can affect sleep quality and duration. So, it's essential for ladies to prioritise getting enough rest to recharge and tackle whatever challenges come their way.

BUT, quality sleep is key to feeling and performing your best, **regardless of gender**.

What else do I need to know?

Just a heads up:

This ebook is more of a **guide** than a rulebook. Life can throw all sorts of surprises our way, and no amount of planning can predict everything. Whether it's a sudden illness, an unexpected trip, or just life being life, we're all bound to face challenges along the way. But hey, that's what makes the journey interesting, right? So while this ebook can offer some helpful **advice**, it's important to remember that it's not the be-all and end-all.

Is there a foolproof formula for prepping? Well, if I had the magic formula for that, I'd probably be sipping cocktails on a beach somewhere. But the truth is, perfection is a bit of a myth. We're all human, and we're bound to encounter setbacks along the way. Instead of aiming for perfection, focus on progress.

Every individual is different, and *what works for one person may not work for another*. Prepping involves a combination of factors, including nutrition, training, recovery, and mindset, and finding the right balance can vary from person to person. It's more about finding what works best for you through trial and error, listening to your body, and being adaptable to changes along the way.

Embrace the journey, embrace the bumps, and keep moving forward. With dedication and perseverance, you'll reach your goals, one step at a time!

Keep **pushing forward**, because every step you take is a step closer to the life you want. Remember, no one else can make the change for you; it's all in your hands. And while you can't buy a hot body, you can certainly earn it through **hard work**, **dedication**, and **perseverance**.

So, stay focused on your goals, stay consistent in your efforts, and never underestimate the power of your own determination. **You've got this!**

With love,

Mike Sully