

**10/10 TRANSFORMATION**

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### **Notice**

The information in this book is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The author advises readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training, and fitness. The exercise and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your doctor. As with all exercise and dietary programs, you should get your doctor's approval before beginning.

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# The 10/10 Transformation

Most people are closer to their ideal physique than they realize. For years I've designed novel training programs to build muscle and lose fat. People have definitely gained a lot of muscle and lost a lot of fat on my programs. Problem is, most people don't arrange their training and nutrition plans to get the most dramatic, visual results as fast as possible.

For example, a good muscle-building phase will sometimes put on a little extra fat. That's okay. It's a consequence of not fine-tuning your nutrition plan enough for maximum results. And sometimes, your fat loss phase leaves you with less muscle than you started.

But I'm here to tell you that if you gain 10 pounds of muscle and lose 10 pounds of fat, it will drastically transform your physique. I'm serious. It doesn't sound like much to gain and lose 10 pounds of muscle and fat, respectively, but it'll make a world of difference.

I don't even need to show you before and after pictures to get my point across. Instead, I'm going to show you how your body composition will change with such a transformation. I'll use the typical 175-pound male with 16% body fat as my subject. Here's the math.

## *Before*

Body weight: 175 pounds

Body fat: 16% or 28 pounds of fat

Lean body mass (body weight minus fat):  $175 - 28 = 147$  pounds

## *After the 10 and 10 Transformation*

Weight: 175 pounds

Body fat: 9.7% or 18 pounds of fat

Lean body mass:  $175 - 18 = 157$  pounds

Let's face it: your body fat determines how big you look. There are a lot of powerlifters with tons of muscle, but they don't look big. The reason? Most carry too much body fat. On the other hand, there are many people who don't have loads of muscle but they look muscular and ripped (think of a Men's Health cover model).

What I'm trying to say is this: you don't need to add 30 pounds of muscle to completely transform your physique. What you need to do is some add muscle and lose a decent amount of fat.

Gain muscle and lose fat. You've surely heard that statement a million times, right? Most training programs in books and fitness magazines fall short, though. I'm here to change that by outlining an awesome 12-week program to transform your physique!

## **My Transformation – The Short Version**

I recently went through my own transformation when I started training for mixed martial arts. I didn't have a set goal in mind (something you should never do) I simply wanted to lose fat and gain a little muscle in order to become more mobile and explosive.

Over the course of 12 weeks I dropped 11 pounds of fat and gained 9 pounds of muscle. It completely changed the way I looked, even though I only lost one pound of body weight! The reason

is because I lost fat and added muscle. Had I only accomplished one or the other, the visual results wouldn't have been nearly as stunning.

But I'll be the first to say that my own results don't mean too much. After all, transforming people is my business. And if I couldn't even transform myself, that would be pretty sad. The 10/10 Transformation, however, has absolutely blown my clients away. They get the results they want, and they get them faster than ever.

It's funny that I've never designed a program to build 10 pounds of muscle and lose 10 pounds of fat because it's the most requested end-result I've been asked for over the years. People have paid me thousands of dollars to give it to them.

So I decided to do something about it – and for a lot less money out of your pocket!

## **Gain Muscle, Lose Fat or Vice Versa**

Some say you should lose fat first and then gain muscle. Others say you should gain muscle then lose fat. In over 12 years of transforming people, I can tell you that it's always a better bet to lose fat before starting a muscle-building phase. Here are the reasons why.

First, when you lose fat you start looking bigger. This is an important psychological element of training. People who start a body transformation need to see results as quickly as possible. When they do, adherence is never a problem.

Second, the fatter you are the more likely you are to store fat. I won't get into all the physiology to explain why, I'll just tell you that research has demonstrated this effect many times.

Third, losing fat takes a little discipline on your part. This is especially true with the nutritional plan. But once complete the first 3-week fat loss phase you've trained yourself to really think about what you eat every day. This helps you during the muscle-gaining phases because proper nutrition is paramount. Again, it's all about discipline and adherence.

## **The 3-Week Rule**

I'm sure you've heard it from many of the top fitness coaches in the world. If you haven't, I want to emphasize this fact: you must constantly change your workouts to get the best results. That's why it's not good to spend 3 months following the same workout. If you're ever doing the same thing for more than 3-4 weeks at a time, you can be certain you're not getting optimal results.

Therefore, the 10/10 Transformation focuses on four 3-week phases. Each phase alternates between gaining muscle and losing fat. Sure, you'll likely lose a little fat on the muscle-gaining phase, and you'll probably gain a little muscle on the fat loss phase, but it's not the goal of either phase. It's important to focus on a primary goal for each phase. If you do, you'll get much better results – and you'll get those results faster!

## **Getting Started**

Before you start the 10/10 Transformation here's what I want you to do.

The morning of your first day, weigh yourself as soon as you get out of bed. Second, measure your waist, directly across your belly button. Third, take a picture of yourself in normal lighting wearing a pair of shorts (if you're a guy) or shorts and a sports bra (if you're a girl). Fourth, make a file with your weight, your waist circumference, and your picture. Set that information aside.

The only equipment you'll need is a barbell set, dumbbells and a cable apparatus. I will, however, recommend substitutions for the cable exercises since many people that train at home don't have one.

So let's move on to the most important aspect of this system: nutrition.

## What You Should Eat

You'll need to go to the grocery store and pick up the following foods. Buy enough to last you for a week or two in order to save yourself multiple trips. I've broken up the foods into three categories, aptly named "proteins," "fruits," "vegetables" and "fats." (Clever, eh?)

Proteins	Fruits	Vegetables	Fats
Wild salmon	Apple	Spinach	Cheese
Eggs	Orange	Broccoli	Avocado
Grass fed beef	Banana	Asparagus	Butter
Roasted turkey breast	Raisins	Mushrooms	Olive oil
Roasted chicken breast	Berries	Peppers	Almond butter
Fresh shrimp	Tomato	Cauliflower	Mixed nuts

Honestly, you aren't required to only eat the above foods. For example, you might like carrots and brussel sprouts. No problem: any vegetable is good. The same is true with fruits: add in the ones you really like. And you can replace a serving of whole food protein with 25-30 grams of a whey/casein blend. The key is to stick to the recommended plan as closely as possible.

In addition to the food list, a few "supplements" are highly recommended. In fact, they are so important that I don't even consider them supplements. Think of the following as being essential to your health and success, because they are.

The first is Carlson's liquid fish oil. I've found no other product that has the same quality and taste as Carlson's does. A high quality fish oil will boost your metabolism while keeping your joints and brain in top form. But liquid fish oil needs to be refrigerated. So if you're traveling, or if you don't have the luxury of keeping your fish oil cool, pick up Biotest's Flameout. Not only is Flameout as potent as Carlson's fish oil, but it also has CLA added. That's important because CLA has been shown to help you lose fat and gain muscle.

Second is Greens+ powder. It's basically a bunch of green vegetables and digestive enzymes ground up into powder form. Greens+ reduces the acid load on your system. When your acid load is too high, it can negatively affect muscle mass, bone density and kidney health. My clients take two servings every day and you should too.

The third supplement I recommend is Acai 100 juice by Genesis Today. It's important to buy this version because it's made from pure acai berries without any added sugars. Acai berries are rich in antioxidants, phytonutrients, and essential fatty acids. Plus, research has demonstrated that acai berries can help stave off certain types of cancers. These berries should definitely be part of any nutritional plan.

Fourth is a high-quality protein powder. The best one I've found in terms of quality and taste is Biotest's Metabolic Drive. It has a combination of high-quality whey and casein proteins. Research is demonstrating that a whey/casein blend is more powerful to boost muscle than either taken alone.

The last supplement, believe it or not, is chocolate! But not just any chocolate, I'm talking about dark chocolate that's at least 85% cocoa. It's loaded with antioxidants. And the taste? Well, it's chocolate!

Carlson's liquid fish oil, Greens+ powder, dark chocolate, and Acai-100 juice can be purchased at Whole Foods and many other reputable health food stores. Flameout and Metabolic Drive by Biotest can be purchased in the store link at [www.t-nation.com](http://www.t-nation.com).

## **What You Should Drink**

There are only three drinks that I want you to consume during this program: water, green tea, and organic black coffee. Water and green tea are mandatory while black coffee is optional. I know many people can't function without a little coffee every day, so I'm allowing it in this program. However, the coffee must be organic and it must be black: no added cream or sugar allowed.

How much water? Your urine should always be clear. If it's not, you need to drink more water. Most people are dehydrated. I'm not going to sell you on the "water boosts metabolism" jargon, but rest assured, if you're lacking hydration your performance will suffer. If you're a numbers person, shoot for a gallon every day. This does not include the water found in teas, coffee or protein shakes.

It's unfortunate, but the water from your faucet is usually not healthy. Bottled waters are definitely better but many fall short of what I consider ideal. Whenever you can, choose spring water that comes in glass bottles. Plastics can release all kinds of nasty stuff, so your best bet is to protect yourself with glass.

Green tea is mandatory because it'll help you lose fat and it's loaded with antioxidants. Organic black coffee has antioxidants too, that's why I'm allowing it. But limit your coffee intake to no more than a cup each day.

## **Other Supplements**

I don't consider fish oil, Greens+, acai juice, and chocolate to be supplements because they can and should be consumed every day. But there are a few supplements that I'm going to recommend in this plan: branched chain amino acids (BCAAs) and creatine. Please do your best to include them because you'll reach your ultimate goals much faster.

**PHASE I: Fat Loss**  
*Nutrition and Training*

## PHASE I

Fat loss can only be achieved if you burn more calories than you eat each day. Therefore, it's paramount to follow a nutrition and training plan that boosts your metabolism as high as possible. The two elements that have the greatest impact on accelerating your metabolism are exercise and frequent meals with plenty of protein and healthy fats.

Your workouts must be challenging but not overwhelming. The key is exercise selection. When training for fat loss you should focus on compound, multi-joint exercises such as deadlifts, squats, pushes and pulls. The reason is simple: all of those exercises train dozens to hundreds of muscle groups at once. The more challenging an exercise is, the higher its metabolic cost (a measure of the impact the exercise has on your muscular and energy systems).

The more muscles you train in a workout, the quicker you'll transform your body. That's why all of my workouts focus on training the total body. This is true whether your goal is fat loss or muscle gain. The only difference between workouts for either goal is volume and frequency.

With regard to nutritional plans for fat loss, your total calories per day are low. It's easy to overtrain when you're short on nutrients so you must control fatigue by implementing shorter, less frequent workouts. Three total body workouts each week fit the bill perfectly.

### PHASE I: Nutrition

How much you eat depends on how much you weigh. However, I'm not going to make you count calories. I've simplified my approach to fat loss nutrition over the last 12 years and the following is easy to follow and ideal for almost everyone.

Weight	Frequency of Eating	Meals	Snacks
100-150 pounds	5	3	2
150-200 pounds	6	3	3
200+ pounds	7	4	3

This is a bare-bones simple plan. Unless you weigh more than 200 pounds, you only need to eat three meals per day. The other feedings come from snacks. Snacks are no sweat because they don't require any cooking or preparation.

All portions are the same size, regardless of your weight. There's no doubt that a 220 pound male needs more calories than a 120 pound female, that's why he must eat more often than her.

Here's how all meals will look in Phase I.

Protein portion: the size of your palm.

Vegetable portion: as big as you want.

How's that for simple? For all meals, regardless of your weight, I want you to simply eat protein



and vegetables. If you're ever unsure of the portion size for a protein source (such as eggs) simply shoot for 25-30 grams. Vegetables are nearly impossible to overeat so eat until you're full.

Snacks consist of a handful of mixed nuts (without peanuts), 2 ounces of cheese, 10 grams of dark chocolate, or a handful of salmon jerky. Only choose one for every snack.

In addition to the meals and snacks you'll consume fish oil, Greens+ and acai juice. You'll consume all three with breakfast and dinner. Here's how it breaks down.

Weight	With Breakfast	With Dinner
100-150 pounds	1 tsp. fish oil + 1 tbsp. acai juice + 2 tsp. Greens+	1 tsp. fish oil + 1 tbsp. acai juice + 2 tsp. Greens+
150-200 pounds	2 tsp. fish oil + 2 tbsp. acai juice + 3 tsp. Greens+	2 tsp. fish oil + 2 tbsp. acai juice + 3 tsp. Greens+
200+ pounds	3 tsp. fish oil + 2 tbsp. acai juice + 3 tsp. Greens+	3 tsp. fish oil + 2 tbsp. acai juice + 3 tsp. Greens+

tsp = teaspoon

tbsp = tablespoon

I don't like to tell people what to eat, I like to give options. That's why I'm not going to make up a complete nutritional plan. I've found it's much more effective to tell people what foods they can eat and let them find the combinations they like.

With that in mind, here's a sample day of eating for a 175-pound person.

**Breakfast:** three scrambled eggs and one cup of steamed broccoli + 2 tsp. fish oil, 2 tbsp. acai juice, and 3 tsp. Greens+.

**Snack:** a handful of mixed nuts

**Lunch:** one serving (palm size) of salmon with a spinach salad topped with veggies and drizzled with olive oil.

**Snack:** 2 ounces of cheese

**Dinner:** one serving of grass fed beef with steamed asparagus + 2 tsp. fish oil, 2 tbsp. acai juice, and 3 tsp. Greens+.

**Snack:** 10 grams of dark chocolate

This might look like a low-carb plan, because it is, but you will not avoid all carbs. They will come directly before and after your workouts.

It's ideal to consume your carbs around your workouts because they won't be stored as fat. They'll go right where you want them: in your muscles. Carbs are necessary to aid recovery from your workouts, and they contain key nutrients that should be part of any nutritional plan. Don't believe the hype that carbs are bad for you. No one ever got fat from eating an apple.

Here's what you should do before and after every weight-training workout in Phase I.

Weight	15-30 minutes before workouts	5-30 minutes after workouts
100-150 pounds	1/2 banana + 20g* protein powder	1/4 cup raisins + 20g protein powder + 3g creatine
150-200 pounds	1/2 banana + 30g protein powder	1/3 cup raisins + 30g protein powder + 5g creatine
200+ pounds	1 banana + 30g protein powder	1/2 cup raisins + 30g protein powder + 7g creatine

\*g=grams

You should use micronized creatine since it's easier to absorb. Creatine can be a double-edged sword during a fat loss phase. It will keep your metabolism up and it will help you recover, but it'll also make you hold more water in your muscles. That's actually a good thing, but if you haven't been taking creatine you might not see the scale drop as much during the first phase since you'll typically hold an extra few pounds of water in your muscles. It's not mandatory that you take creatine since some people don't respond to it, but if you're ever in doubt, take it.

## PHASE I: Fat Loss Training

### Duration: 3 Weeks

All weight training workouts in Phase I revolve around total body circuits with compound exercises. This is an ideal way to train for fat loss because it allows you to complete a lot of work in little time. Remember, the workouts should be challenging but they shouldn't take too long in order to control fatigue.

Each workout uses a different load: heavy, medium or light. The load stays constant for all sets. For example, if you can deadlift 250 pounds for 4-6 reps before failure, that's the load you should use for that exercise for all 8 circuits on day 1.

#### DAY 1

Circuits: 8

Reps: 3

Load: heavy (a weight you could lift 4-6 times before failure)

Chin-up or lat pulldown with palms up grip

Rest 30s

Dip or decline dumbbell bench press

Rest 30s

Deadlift

Rest 30s and repeat 7 more times

## *DAY 2*

High Intensity Interval Training (HIIT): walk outside or on a treadmill for 50s, then sprint for 10s. Repeat sequence for 18 minutes.

## *DAY 3*

Circuits: 5

Reps: 8

Load: medium (a weight you could lift 10-14 times before failure)

Push press or standing shoulder press

Rest 45s

Row

Rest 45s

Dumbbell Romanian Deadlift

Rest 45s

Front squat or Zercher squat

Rest 45s and repeat 4 more times

## *DAY 4*

HIIT: pedal on an exercise bike at a slow pace for 50s. Then turn up the resistance and pedal as hard/fast as you can for 10s. Repeat sequence for 18 minutes.

## *DAY 5*

Circuits: 4

Reps: 15

Load: light (a weight you could lift 18-22 times before failure)

Good morning

Rest 60s

Incline dumbbell bench press

Rest 60s

Woodchop

Rest 60s

Reverse lunge (alternate legs with each rep)

Rest 60s

Wide grip pulldown

Rest 60s and repeat 3 more times

*DAYS 6 and 7*

Off

*DAY 8*

Repeat cycle for two more weeks

## **PHASE I TRAINING PROGRESSION**

Do each of the following at the start of weeks 2 and 3.

DAY 1: increase the load 5 pounds.

DAY 2: add one minute to the HIIT sprints.

DAY 3: add one rep to each set.

DAY 4: add one minute to the HIIT bike sprints.

DAY 5: decrease each rest period by 5 seconds.

For example, let's say you used 150 pounds for the palms-up lat pulldown, 50 pound dumbbells for the decline bench press, and 250 pounds for the deadlift on your DAY 1 workout. On week 2 you'll use 155 pounds, 55 pound dumbbells, and 255 pounds, respectively.

## **PHASE I: Final Words**

The goal of Phase I is simple: lose at least 5 pounds of fat. That should be no problem as long as you stick to the program. In fact, you'll probably lose more. (I'm sure you won't complain).

If you can't make it to the gym 5 times per week you can perform your HIIT after two of your weight training workouts each week.

I must stress this point: allow yourself two cheat meals each week. You can eat anything you want in those two meals and it won't have a negative impact on your fat loss. Just be sure to space out your two cheat meals. Wednesday and Saturday or Tuesday and Friday works well for most people.

Be creative with your nutritional program on this phase. There's no doubt that most people have a difficult time with adherence when eating for fat loss. I've outlined the foods I want you to eat, your job is to find the combinations that work best. Use the fats as sparingly as possible. You can eat a little almond butter or regular butter with your eggs, for example. And you can drizzle olive oil over your salads, but keep it to a minimum. Feel free to use spices to, well, spice up your foods!

***Now it's time for Phase II.***

# **PHASE II: Hypertrophy**

## *Nutrition and Training*

## PHASE II

The goals of a muscle-building (hypertrophy) phase should be to train as frequently as possible and to consume plenty of nutrients. The key, however, is to not eat so much that you gain fat. If you gain a little, it's fine, but we want to minimize fat gain at all costs.

Therefore, it's paramount to really dial in your nutritional plan. Training for hypertrophy is easy and fun; eating for hypertrophy is a little trickier. I've never been a fan of high calorie diets because they're too difficult for most people to follow and they tend to, of course, make people fat.

That's why High Frequency Training (HFT) plans are so effective. It's much more difficult to gain fat if you're training your entire body five times each week. The metabolic demand of such a workout is huge. You'll be breaking down a lot of muscle tissue so your body will need plenty of nutrients for growth and recovery.

### PHASE II: Nutrition

The good news is that your nutritional plan for Phase II is very similar to Phase I. Your frequency of eating will be the same, as depicted below.

Weight	Frequency of Eating	Meals	Snacks
100-150 pounds	5	3	2
150-200 pounds	6	3	3
200+ pounds	7	4	3

The difference between Phase I and Phase II is calories: you'll be eating more of them. Specifically, you'll eat more carbs, in the form of fruits. I gave you many fruit choices: apple, orange, banana, and tomato. In any case, eat one of those. For raisins and berries, here's the portion size, regardless of your weight.

Berries: 1 cup

Raisins: 1/2 cup

In addition to the added fruit you'll also supplement with branched chain amino acids (BCAAs) before and after your workouts, and before going to bed. Here's how many BCAAs you should consume at each of those three times.

100-150 pounds: 6 grams

150-200 pounds: 10 grams

200+ pounds: 14 grams

Again, I'm going to make this as simple as possible. With regard to meals and snacks, you'll follow

the same basic structure as Phase I, but with the following additions.

Each meal: add one serving of fruit

Each snack: double your portions from Phase I.

Here's a sample day of eating in Phase II for a 175-pound person.

**Breakfast:** three scrambled eggs, orange, and one cup of steamed broccoli + 2 tsp. fish oil, 2 tbsp. acai juice, and 3 tsp. Greens+.

**Snack:** two handfuls of mixed nuts

**Lunch:** one serving (palm size) of salmon, tomato, and a spinach salad topped with veggies and drizzled with olive oil.

**Snack:** 4 ounces of cheese

**Dinner:** one serving of grass fed beef, one cup fresh berries, and steamed asparagus + 2 tsp. fish oil, 2 tbsp. acai juice, and 3 tsp. Greens+.

**Snack:** 20 grams of dark chocolate with 10 grams of BCAAs.

Here's how your pre- and post-workout nutrition will look for Phase II.

Weight	15-30 minutes before workouts	5-30 minutes after workouts
100-150 pounds	1/2 banana + 20g* protein powder + 6g of BCAAs	1/4 cup raisins + 20g protein powder + 6g of BCAAs + 3g creatine
150-200 pounds	1/2 banana + 30g protein powder + 10g of BCAAs	1/3 cup raisins + 30g protein powder + 10g of BCAAs + 5g creatine
200+ pounds	1 banana + 30g protein powder + 14g of BCAAs	1/2 cup raisins + 30g protein powder + 14g of BCAAs + 7g creatine

I recommend Biotest's BCAAs since each tablet contains one gram of BCAA. Their version will save you a lot of trouble because most brands only have a fraction of that amount in each tablet. A 175 pound person will only need to take 10 of Biotest's BCAAs before and after training, compared to 20 or 30 with other less-concentrated brands.

It's imperative that you stick to the above protocol for your weight training workouts because it makes a world of difference in terms of muscle growth and recovery. Your muscles will need plenty of nutrients in this phase, and if you don't provide them when your muscles need them most, you won't succeed on this program.

The good news? You're allowed three cheat meals per week on Phase II. So take advantage of it!

Now that we've covered the nutritional portion of Phase II, let's get to the good stuff: the training plan!

## PHASE II: HFT for Hypertrophy

### Duration: 3 Weeks

A few years ago, I introduced my High Frequency Training (HFT) concepts. The definition is simple: you train a muscle group more than four times each week. And since all workouts in this system are total body, that's means you'll be training it five times per week.

There's no doubt that HFT plans are tough. But once you start a HFT phase, you'll notice a few things happening. First, soreness will subside after the first week. That's because you're forcing your muscles to recover quicker. Second, you'll be hungry almost all the time. HFT programs break down a lot of muscle tissue so your body will send signals to your brain that it needs plenty of nutrients. Third, you'll see your body transforming faster than you ever thought possible.

Due to the demand that HFT programs put on your muscles, it's necessary to control the volume of the workouts. In essence, you'll do fewer sets per workout than if you only trained twice a week, but you'll make up for the volume by training those muscles much more frequently. You won't perform any HIIT workouts in the HFT phase because it's not necessary. Finally, you'll take four full days off from any training on days 18-21 in order to give your body time to recover before Phase III.

#### DAY 1

Sets: 6

Reps: 3

Rest: 60s between each pairing (1A, rest 60s, 1B, rest 60s, 1A, rest 60s, etc)

Load: heavy (a weight you could lift 4-6 times before failure)

1A Chin-up or lat pulldown with palms up grip

1B Front squat

2A Dumbbell Romanian deadlift

2B Dip or decline dumbbell bench press

#### DAY 2

Sets: 3

Reps: 16

Rest: 90s

Load: light (a weight you could lift 18-22 times before failure)

1A Push-up (elevate feet if necessary)

1B Good morning

2A Row with palms up

2B Step-up (alternate legs with each rep)



### *DAY 3*

Sets: 5

Reps: 8

Rest: 60s

Load: medium (a weight you could lift 10-14 times before failure)

1A Wide grip pull-up or pulldown

1B Reverse lunge (alternate legs with each rep)

2A Push press or standing shoulder press

2B Single leg deadlift (don't rest between legs)

### *DAY 4*

Off

### *DAY 5*

Sets: 6

Reps: 3

Rest: 60s between each pairing (1A, rest 60s, 1B, rest 60s, 1A, rest 60s, etc)

Load: heavy (a weight you could lift 4-6 times before failure)

1A Pull-up or lat pulldown with neutral grip

1B Zercher squat or Front squat

2A Dumbbell Romanian deadlift

2B Dip or decline dumbbell bench press

### *DAY 6*

Sets: 3

Reps: 16

Rest: 90s

Load: light (a weight you could lift 18-22 times before failure)

1A Push-up (elevate feet if necessary)

1B Good morning

2A Row with palms down

2B Step-up (alternate legs with each rep)

*DAY 7*

Off

*DAY 8*

Sets: 6

Reps: 3

Rest: 60s between each pairing (1A, rest 60s, 1B, rest 60s, 1A, rest 60s, etc)

Load: heavy (a weight you could lift 4-6 times before failure)

1A Chin-up or lat pulldown with palms up grip

1B Front squat

2A Dumbbell Romanian deadlift

2B Dip or decline dumbbell bench press

*DAY 9*

Sets: 3

Reps: 16

Rest: 90s

Load: light (a weight you could lift 18-22 times before failure)

1A Push-up (elevate feet if necessary)

1B Good morning

2A Row with palms up

2B Step-up (alternate legs with each rep)

*DAY 10*

Sets: 5

Reps: 8

Rest: 60s

Load: medium (a weight you could lift 10-14 times before failure)

1A Wide grip pull-up or pulldown

1B Reverse lunge (alternate legs with each rep)

2A Push press or standing shoulder press

2B Single leg deadlift (don't rest between legs)

*DAY 11*

Off

*DAY 12*

Sets: 6

Reps: 3

Rest: 60s between each pairing (1A, rest 60s, 1B, rest 60s, 1A, rest 60s, etc)

Load: heavy (a weight you could lift 4-6 times before failure)

1A Pull-up or lat pulldown with neutral grip

1B Zercher squat or Front squat

2A Dumbbell Romanian deadlift

2B Dip or decline dumbbell bench press

*DAY 13*

Sets: 3

Reps: 16

Rest: 90s

Load: light (a weight you could lift 18-22 times before failure)

1A Push-up (elevate feet if necessary)

1B Good morning

2A Row with palms down

2B Step-up (alternate legs with each rep)

*DAY 14*

Off

*DAY 15*

Sets: 6

Reps: 3

Rest: 60s between each pairing (1A, rest 60s, 1B, rest 60s, 1A, rest 60s, etc)

Load: heavy (a weight you could lift 4-6 times before failure)

1A Chin-up or lat pulldown with palms up grip

1B Front squat

2A Dumbbell Romanian deadlift  
2B Dip or decline dumbbell bench press

*DAY 16*

Sets: 3

Reps: 16

Rest: 90s

Load: light (a weight you could lift 18-22 times before failure)

1A Push-up (elevate feet if necessary)

1B Good morning

2A Row with palms up

2B Step-up (alternate legs with each rep)

*DAY 17*

Sets: 5

Reps: 8

Rest: 60s

Load: medium (a weight you could lift 10-14 times before failure)

1A Wide grip pull-up or pulldown

1B Reverse lunge (alternate legs with each rep)

2A Push press or standing shoulder press

2B Single leg deadlift (don't rest between legs)

*DAYS 18-21*

Off from training. Get a few massages!

**PHASE II: Final Words**

At the end of this phase you should be five pounds heavier than you started. And if you followed the plan to the letter, all of that added weight should be lean body mass.

***Phase III is up Next!***

**PHASE III: Fat Loss**  
*Uni-Lateral Training*

## PHASE III

The nutritional plan in Phase III is the same as Phase I. The training program, however, is a little bit different. In Phase III, you're going to focus on uni-lateral exercises. Here are the reasons why.

First, uni-lateral training forces you to spend twice as long with each exercise. This is an excellent way to boost the metabolic cost of each set. So instead of performing eight overhead presses with a barbell, you'll use dumbbells and perform eight reps with your right side, then eight reps with your left side.

Second, when you hold a load on one side of your body your core muscles have to work overtime to balance out the weight discrepancy. Even with a seemingly innocuous exercise such as a dumbbell bench press, you'll feel your core muscles working more than any isolation exercise for your obliques.

Third, uni-lateral exercises recruit more muscles than its bi-lateral counterpart. This is called the "bi-lateral deficit." Plus you'll recruit more stabilizer muscles. I've already mentioned the added benefit of the core, but there's more. If you do a single leg squat your outer hip and adductors have to work much harder to stabilize your body. The same is true for virtually any other uni-lateral exercise.

Since the goal of any training program for fat loss should be to recruit as many muscles as quickly as possible, uni-lateral training is a perfect fit.

### PHASE III: Uni-Lateral Fat Loss Training

#### Duration: 3 Weeks

Note: perform all exercises one side at a time. Don't alternate between the right and left side with each rep. Start with your weakest side first and don't rest between limbs.

#### DAY 1

Circuits: 8

Reps: 3

Load: heavy (a weight you could lift 4-6 times before failure)

One arm lat pulldown

Rest 30s

One arm dumbbell bench press on flat bench

Rest 30s

Single leg dumbbell deadlift

Rest 30s and repeat 7 more times

#### DAY 2

High Intensity Interval Training (HIIT): walk outside or on a treadmill for 50s, then sprint for 10s.

Repeat sequence for 20 minutes.

### *DAY 3*

Circuits: 5

Reps: 8

Load: medium (a weight you could lift 10-14 times before failure)

One arm dumbbell shoulder press

Rest 45s

One arm dumbbell row

Rest 45s

Single leg dumbbell deadlift

Rest 45s

Single leg squat or forward lunge

Rest 45s and repeat 4 more times

### *DAY 4*

HIIT: pedal on an exercise bike at a slow pace for 50s. Then turn up the resistance and pedal as hard/fast as you can for 10s. Repeat sequence for 20 minutes.

### *DAY 5*

Circuits: 4

Reps: 15

Load: light (a weight you could lift 18-22 times before failure)

Reverse lunge

Rest 60s

One arm incline dumbbell bench press

Rest 60s

Woodchop

Rest 60s

Step-up

Rest 60s

One arm lat pulldown

Rest 60s and repeat 3 more times

### *DAYS 6 and 7*

Off

### *DAY 8*

Repeat cycle for two more weeks.

## **PHASE III TRAINING PROGRESSION**

Do each of the following at the start of weeks 8 and 9.

DAY 1: add one rep to every other set.

DAY 2: add one minute to the HIIT sprints.

DAY 3: add one rep to each set.

DAY 4: add one minute to the HIIT bike sprints.

DAY 5: decrease each rest period by 5 seconds.

## **PHASE III: Final Words**

By the end of Phase III you should have lost another five pounds of fat. At this point you should be noticing some pretty dramatic changes in your physique. Get ready for the final phase. You're almost finished!

***The Grand Finale is next: Phase IV.***



**PHASE IV: Hypertrophy**  
*High Frequency Training*

## PHASE IV

The nutritional plan in Phase IV is the same as Phase II. The training program is very similar, too, since you'll be following a HFT program for the second time. The differences are how the exercise selection is arranged along with some subtle set and rep changes. Because of those factors, it's going to be a little tougher to meet the rep requirement with each set. Don't fret if you have to stop a rep short on the last set. The key is to work at the highest intensity you can without reaching failure. It's important to lift fast, control the lowering, and terminate the set once your speed really slows down.

Without further ado, here's your final phase!

### PHASE IV: High Frequency Training

#### Duration: 3 Weeks

##### DAY 1

Sets: 5

Reps: 4

Rest: 60s between each pairing (1A, rest 60s, 1B, rest 60s, 1A, rest 60s, etc)

Load: heavy (a weight you could lift 4-6 times before failure)

1A Dumbbell Romanian deadlift

1B Dip or decline dumbbell bench press

2A Chin-up or lat pulldown with palms up grip

2B Front squat

##### DAY 2

Sets: 3

Reps: 18

Rest: 90s

Load: light (a weight you could lift 18-22 times before failure)

1A Row with palms up

1B Step-up (alternate legs with each rep)

2A Push-up (elevate feet if necessary)

2B Good morning

### *DAY 3*

Sets: 5

Reps: 8

Rest: 60s

Load: medium (a weight you could lift 10-14 times before failure)

1A Push press or standing shoulder press

1B Single leg deadlift (don't rest between legs)

2A Wide grip pull-up or pulldown

2B Reverse lunge (alternate legs with each rep)

### *DAY 4: Off*

### *DAY 5*

Sets: 5

Reps: 4

Rest: 60s between each pairing (1A, rest 60s, 1B, rest 60s, 1A, rest 60s, etc)

Load: heavy (a weight you could lift 4-6 times before failure)

1A Pull-up or lat pulldown with neutral grip

1B Zercher squat or Front squat

2A Dumbbell Romanian deadlift

2B Dip or decline dumbbell bench press

### *DAY 6*

Sets: 3

Reps: 18

Rest: 90s

Load: light (a weight you could lift 18-22 times before failure)

1A Push-up (elevate feet if necessary)

1B Good morning

2A Row with palms down

2B Step-up (alternate legs with each rep)

### *DAY 7: Off*

## *DAY 8*

Sets: 5

Reps: 4

Rest: 60s between each pairing (1A, rest 60s, 1B, rest 60s, 1A, rest 60s, etc)

Load: heavy (a weight you could lift 4-6 times before failure)

1A Dumbbell Romanian deadlift

1B Dip or decline dumbbell bench press

2A Chin-up or lat pulldown with palms up grip

2B Front squat

## *DAY 9*

Sets: 3

Reps: 18

Rest: 90s

Load: light (a weight you could lift 18-22 times before failure)

1A Row with palms up

1B Step-up (alternate legs with each rep)

2A Push-up (elevate feet if necessary)

2B Good morning

## *DAY 10*

Sets: 5

Reps: 8

Rest: 60s

Load: medium (a weight you could lift 10-14 times before failure)

1A Push press or standing shoulder press

1B Single leg deadlift (don't rest between legs)

2A Wide grip pull-up or pulldown

2B Reverse lunge (alternate legs with each rep)

## *DAY 11*

Off

*DAY 12*

Sets: 5

Reps: 4

Rest: 60s between each pairing (1A, rest 60s, 1B, rest 60s, 1A, rest 60s, etc)

Load: heavy (a weight you could lift 4-6 times before failure)

1A Pull-up or lat pulldown with neutral grip

1B Zercher squat or Front squat

2A Dumbbell Romanian deadlift

2B Dip or decline dumbbell bench press

*DAY 13*

Sets: 3

Reps: 18

Rest: 90s

Load: light (a weight you could lift 18-22 times before failure)

1A Push-up (elevate feet if necessary)

1B Good morning

2A Row with palms down

2B Step-up (alternate legs with each rep)

*DAY 14*

Off

*DAY 15*

Sets: 5

Reps: 4

Rest: 60s between each pairing (1A, rest 60s, 1B, rest 60s, 1A, rest 60s, etc)

Load: heavy (a weight you could lift 4-6 times before failure)

1A Dumbbell Romanian deadlift

1B Dip or decline dumbbell bench press

2A Chin-up or lat pulldown with palms up grip

2B Front squat

## *DAY 16*

Sets: 3

Reps: 18

Rest: 90s

Load: light (a weight you could lift 18-22 times before failure)

1A Row with palms up

1B Step-up (alternate legs with each rep)

2A Push-up (elevate feet if necessary)

2B Good morning

## *DAY 17*

Sets: 5

Reps: 8

Rest: 60s

Load: medium (a weight you could lift 10-14 times before failure)

1A Push press or standing shoulder press

1B Single leg deadlift (don't rest between legs)

2A Wide grip pull-up or pulldown

2B Reverse lunge (alternate legs with each rep)

## *DAYS 18-21*

Off

## **PHASE IV: Final Words**

You've made it! At this point it's time to weigh yourself. If all went as designed your scale weight shouldn't have changed much from the beginning of the program, but your physique certainly has. Your waist circumference should be significantly lower. But most important, what you're seeing in the mirror should make all your hard effort worthwhile!

Get a tan, comb your hair, and take a picture of yourself. Send me the before and after pictures by visiting the email link at [www.chadwaterbury.com](http://www.chadwaterbury.com). I might use your pictures in my next book!

Chad Waterbury is one of the world's leading experts on developing muscle for the goal of enhancing performance. His novel training methods are used by athletes, bodybuilders, figure models, and fitness enthusiasts of all ages and from all walks of life. He has an M.S. in Physiology from the University of Arizona, and he specializes in the neurophysiology of human movement and performance. He currently trains, consults and lectures around the country, and also contributes to numerous newsstand and online publications.

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