

By  
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## - Chapter One - **The Lean & Chiseled Look**



There is something very powerful about the lean and chiseled look! In our current overweight society of people struggling to lose weight, the lean look is truly admired and respected.

I mean who in their right mind wouldn't want to have a chiseled physique like that of Patrick Bateman or Tyler Durden. These two movie characters, played by Christian Bale and Brad Pitt, respectively speaking, are still being talked about more than a decade later. I can assure you this would not be the case if both actors didn't get into the razor sharp condition they were in.

Just think about it: the movie Gladiator was released around the same time and is easily one of the greatest movies of all time. Yet people are rarely, if ever, making references to wanting to get into Gladiator shape. Funny enough, Crowe was carrying more muscle mass than both Brad Pitt and Christian Bale.

What made Pitt and Bale look so good is that they brought themselves to single digit body fat. This is when you go from looking good to looking fricking breathtaking. Only a very small percentage of the population walks around in such a lean state. So when you see an actor get into that completely shredded condition, you can't help but be blown away.

What's more, when you get to a super lean condition yourself, everything just appears damn cool! Actors in movies understand this very well. For fighting sequences and stunts to look 'believable' actors have to get into tremendous shape. Bruce Lee set the bar very high in that regard with his shredded physique.

### **There is a lot more to being lean than just having 6-pack abs!**

Some people are under the assumption that getting lean is just to have a 6 pack. As a result guys decide to 'bulk up' during the winter when they are covering up their torso most of the time. Not only is this a very ineffective strategy it is also ridiculous.

### **Facial Changes**

One huge benefit of being lean is the way it makes your face look. When you are lean your face appears more angular and chiseled. Jaw lines and cheekbones become more prominent

and defined and thus you appear better looking. This is one reason why models need to be so slim.

## **Clothes**

When you are sporting a low body fat clothes tend to look way more awesome. This is especially true when you are rocking stylish, well fitting attire. Unless you are pretty lean it's really hard to pull off the "GQ look".

## **Athleticism**

Basketball players, gymnasts and sprinters all tend to be very lean! Fat is excess weight weighing you down. When you get rid of any excess body fat you can jump higher, sprint faster, run longer and lift your bodyweight with much more ease.

Just imagine trying to do hill sprints, hurdles, pull-ups or muscle ups with a 10 or 20 lbs weighted vest. It's going to be much more challenging.

## **Health & Complexion**

Getting very lean and maintaining that state requires that you eat according to your bodies needs. Additionally, you must eat healthy, nutritious foods while limiting excess junk. Most people eat too often and too much for absolutely no good reason. Consequently they place unnecessary stress on their body to have to deal with, process and digest all of this excess food.

## Confidence

Having the ability to be in complete control of how you look is a huge confidence booster. When you master the skill of eating/nutrition and learn how to lose fat and maintain leanness you will feel incredible! How many people can say they are in control of how they look? My guess is very few.

## Degrees of Leanness

You might be thinking, how lean is lean enough?

Well in my opinion the 6-12% body fat range is ideal for the Kinobody Look.

Over 12% and you lose the lean look.

Under 6% and you start to look freaky lean and it is simply not realistic to maintain.

With that said you must choose your own level of involvement. For some people getting to 11-12% body fat is going to be more than enough. And that is great!

Other people are going to want to get to 8% or lower. That is also great! You have your own goals that you need to work towards.

Now we will take a look at the different degrees of definition and I will provide examples of each... I categorize each of the stages by level of leanness: “Cut”, “Chiseled”, and “Shredded”.



**Cut:** 9-10% body fat



- ✓ Part of the Body is Becoming Really Defined.
- ✓ Some Body Parts Blurred By Fat.
- ✓ Look Better With Shirt Off Now.
- ✓ Face Will Start to Appear Defined.
- ✓ People Will Consider You in Great Shape.

### **Note**

This is a great condition to maintain year round. You look great in a shirt and still impressive with a shirt off. As well, there's no down regulation in testosterone from being too lean. Furthermore, women really dig this level of leanness and you can hold pretty good strength and muscle size.

## Chiseled: 8% body fat



- ✓ Even Definition Over All Body Parts.
- ✓ No Visible Fat on Any Body Part.
- ✓ If Even One Body Part is Blurred You are "Cut".
- ✓ Look Great In Clothes, But More Impressive With Shirt Off.
- ✓ Face Takes On an Angular Look.

## Notes

This is when all of the cuts and detail really start to come in and everything is showing nicely. You pretty much look good 100% of the time regardless of lighting and irrespective of how you're standing.

You will also notice more vascularity, as your veins will rise above the surface level of your skin. This is an awesome condition to maintain during the summer months. I wouldn't advise trying to hold this state year round.

## Shredded: 6-7% body fat



- ✓ "Chiseled" - With Individual Muscle Fibers Showing.
- ✓ Average in Clothes - Blow People Away With Shirt Off.
- ✓ Cheekbones and jaw line become quite prominent.
- ✓ Visible line down the pectorals.
- ✓ Bellybutton will start to disappear

## Notes

This is a fantastic state to reach! Although, it can be quite tricky to maintain, the noticeable visual improvement is definitely worth it. People will look at you and wonder if you're photo shopped. Hence, this is the ideal condition to get into for a photo shoot or if you feel like turning heads everywhere you go.

That said, I don't recommend staying here for too long. Your testosterone levels may become down regulated from being so lean and you'll generally be stronger and be able to build more muscle staying in the 8-10% body fat range.

I should note; this level of leanness doesn't suit everyone. For some people their face may become too drawn in and some women may find this look to be too lean.

## **Final Comments**

By now you should have a very good understanding of the benefits of being lean.

You should also have a specific idea of the level of leanness you wish to achieve.

*In the next chapter I will explain the key concepts to achieving the desired Lean & Muscular look.*

## - Chapter Two - **Lean, Hard and Muscular**



In order to have a jaw dropping physique you need to be lean and muscular.

It is not enough to just have a low body fat and six pack abs.

The combination of strength, muscularity and exceptional muscle tone is what the Kinobody warrior physique is all about.

Unfortunately, this type of physique is practically unheard of today. There are plenty of over bulked meatheads who can lift big numbers but can barely do 8 chin-ups. These same meatheads practically live and breathe in the gym and kitchen



but their physiques are completely unattractive and lack any definition.

On the other hand, there are plenty of guys with lean and toned bodies but have very little muscle development. These fit guys may have nice definition but more often than not they look like skinny teenagers in clothes and lack the strength and power of a modern day warrior.

Lastly, there is small group of men who actually walk around with lean and muscular bodies most of the year. These guys tend to take their fitness and training very seriously. Most of these men work in fitness modeling and thus need to look great year round.

Unfortunately, these poor souls follow diets and workout routines inspired by the pros; the very pros that inject large amounts of steroids. Natural trainees on strict diets can't handle nearly the same volume as guys juicing.

As a result, these natural trainees put in tons of time and effort for little to no extra benefit. When these natural trainees need to cut down to a low body fat for a shoot or competition they tend to look very flat and lose quite a bit of muscle.

### **It wasn't always this way!**

There was a time when men were lean, hard and incredibly strong. They didn't have the scientific advancements, state of the art equipment and supplements that we have today. Yet they looked way better and were much stronger than the top 1% of guys in your gym.

It is the current nutritional wisdom of eating every 2-3 hours

with pre, post and during workout nutrition that is making it damn hard to be lean. It is the popular bodybuilding high volume routines that guys are following that make it damn hard to build strength and gain muscle over the long term.

People need to take a couple steps back and wake up! 90% of nutrition/training advice is to get you to open up your wallet.

I'm going to bust a few myths, and show you the REAL way to build the physique you want.

## **Achieving the Lean & Muscular Look**

Building a well developed, lean and muscular physique like the Warrior Physique requires a very specific approach. This approach requires strength training, nutrition and cardio.

### **Strength Training for Hard & Dense Muscle**

To achieve a powerfully lean physique strength training is a must! Workout frequency, exercise selection, sets/reps, progression model and rest periods are all extremely important in building hard dense muscle in the most aesthetic way possible. In addition, muscle gains must follow strength! Therefore you must train first and foremost for strength gains and accept muscle growth as a by-product of getting stronger.

Muscle growth will be slow but after months of diligent and consistent training it will all be worth it. Not only will you look incredible, you will also have the real world power to go with it. Furthermore, the muscle you will have gained will be hard, dense and consistent. You will look awesome everyday whether you are in or out of the gym or whether you took 2

weeks off lifting.

On the contrary, those who rush to pack on size by following super high volume routines – pump and tone type nonsense – become slaves to the gym. They look great one day but flat and weak another day. If they take more than a few days off from the gym they complain that they are losing muscle. Their muscles look big and pumped during their workouts, but by the time they get home to check themselves out in the mirror their temporary pump is all but gone.

## **Nutrition for Maximizing Leanness and Promoting Muscle Gains**

Nutrition is the most important aspect of the program. Without proper nutrition you will never reach a low body fat to look your absolute best. The diet must be set up in a way that allows you to easily eat at a caloric deficit to lose any extra fat you have. In addition, it is critical to provide your body with the optimal amount of protein and carbs to allow for muscle growth to occur. As well, the diet must be simple, easy to follow and enjoyable. Simplicity is the key to success.

## **Cardio for Accelerated Fat Loss**

I have lessened my reliance on cardio over the years. When you master dieting and strength training, cardio becomes less important.

With that said, I believe it is important to get in physical activity on a daily basis. Exercise has a numerous array of benefits and tends to increase dietary adherence. On top of



that, exercise will increase your energy expenditure, which will in turn increase your caloric deficit.

**For that reason cardio plays a useful role in fat loss.**

I like to stick with light, low intensity exercise such as walking for 45-60 minutes. Burning 300-400 additional calories while on a diet is plenty. Overdo the cardio and you will increase your appetite making the diet much more difficult to follow.

The low intensity cardio doesn't have to be wasted time. I actually love to listen to audio books and podcasts to educate myself while burning calories.

One podcast you should definitely listen to is the [Road to Ripped Podcast](#), hosted by my buddy Christopher Walker and myself.

## - Chapter Three - Mastering a Calorie Deficit



Having a low body fat is the key to looking awesome! In order to reach a low body fat it is essential that you eat at a caloric deficit. By consuming fewer calories than your body burns, it will be forced to use stored energy (body fat) for fuel.

However, this is much easier said than done. Current nutrition wisdom makes it very difficult to eat at a caloric deficit.

**In this chapter I am going to discuss the most effective tactics to master eating at a deficit.** In addition, many of these tactics will also serve to maximize lean body mass retention and boost mental performance. Let's get started!

## **Track Calories**

You wouldn't try to save money without tracking your expenses. So why would you try to lose body fat without tracking your calorie intake?

When you have no idea how many calories you are taking in, losing body fat becomes much more difficult. Therefore it is critical that you track your calorie intake. In addition, by tracking your calories, dietary adherence becomes much greater.

You are much less likely to overeat because you know exactly how much to eat and when to stop.

With smart phones, it is absolutely effortless to track your calories and macronutrients. I use the iPhone app [MyNetDiary](#) to track my calorie and macronutrient intake.

All you require is a digital food scale to get the proper weight of a particular food. Then you can find the food in the app, enter the serving size and it will add the calories and macros to your daily total.

## **Eliminate Snacks and Caloric Beverages**

When eating at a deficit it is imperative that you cut out all snacks and caloric beverages out of your diet. Snacks between meals add to your caloric intake without raising your satiety.

Any caloric drinks should be cut out of the diet because they don't increase fullness. The only drinks you should have are water, coffee and tea.

The only exception here is if you are going to be having a couple alcoholic drinks on the weekend. After all, you have to live a little!

## **Skip Breakfast and Burn Fat**

Upon waking, your body is in the perfect fat burning state as there is no more food energy left in your system and insulin levels are very low. This is the ideal scenario for fat burning.

If you push your first meal later into the day – 5-7 hours after rising – you will be burning body fat the whole time.

Furthermore, when you are in the fasted state your body's sympathetic nervous system dominates. This gives you an adrenalin boost, enhances mental performance and increases energy.

After a few weeks your body will adapt to skipping breakfast and you will no longer get hungry during the fast. This approach of skipping breakfast and pushing your first meal later in the day allows you to eat big meals and feel considerably full and satisfied while staying in a calorie deficit.

## **Food Choice**

When eating at a caloric deficit, food choice is very important. You must choose the foods with the greatest “fullness factor”.

Lean protein and veggies are very satiating. As well, moderate amounts of carbs like potatoes, yams and fruits are also filling and bring about feelings of satisfaction to the brain. A moderate intake of fats should be included to reduce hunger and increase the tastefulness of a meal.

If you're eating a meal of fattier protein sources like beef, eggs, pork or salmon, you're already getting in a good amount of fat. If you're eating very lean protein then you can add oils, cheese, nuts or avocado's to hit the appropriate amount of fat.

## **Protein**

When dieting, protein plays the most important role because it is the most filling nutrient.

If you're eating a low calorie diet, with low protein, it will be an absolute miserable experience. However, when you keep protein very high, it is much easier to stay full. Protein will also help build and repair muscle tissue and maintain muscle mass on a cut.

Finally, protein has the highest thermogenic effect and about 25% of the calories from protein are lost through digestion.

For these reasons, higher protein diets always outperform lower protein diets of equal calories. I recommend setting protein intake at around 40% of total calories when eating at a deficit. This is more protein than needed but it will make dieting much more enjoyable.

## **Carbohydrates**

Carbs are your bodies' most efficient source of energy. That being said, on a diet we want to burn body fat for energy not carbs. Therefore carbs should be reduced to promote fat burning.

I recommend keeping carbs around 30% of total calories.

One to two times per week, ideally on a lifting day, carbs can and should be increased. This will help with growth and repair of your depleted muscles.

Furthermore, an elevation in carbs will increase the hormone leptin, which in turn will prevent your metabolism from declining and on top of that, it will also keep your hunger levels under control. This will make the subsequent low calorie days much more manageable.

Another reason to incorporate high carb refeeds into your cutting plan is to promote muscle growth. You see restricting calories can create an anabolic rebound effect. This is due to the bodies' response during low calories where all kinds of anabolic hormones and receptors are up regulated. When you transition into a high calorie surplus day, you will temporarily be able to partition a lot of nutrients towards building muscle. Therefore it makes sense to capitalize on the low calorie deficit days by including a surplus day a couple times per week.

## **Fats**

Lastly we have our fats! Fats are very caloric dense nutrients with 9 calories per gram (protein and carbs only have 4). Therefore our fat intake needs to be kept in check when eating a lower calorie diet.

If you don't pay attention to your fat intake then your calorie intake will accumulate very quickly. A handful of nuts, a few tablespoons of fat or a few ounces of fatty meat and you're looking at a few hundred calories.

With that said, we can't reduce fat too significantly. Doing so and your body will be in a constant state of hunger and your

testosterone levels will decline. As a result, I always include a moderate amount of fat with all my meals.

An overall fat intake of 25-30% of total calories seems to be the most effective. Below 25% and it can be difficult to feel full and testosterone may suffer. Over 30% and carbs have to be decreased and food volume is lowered significantly.

## **The Power of Coffee**

Coffee (or rather caffeine) is a highly useful stimulant when on a diet. Caffeine elevates your metabolic rate, blunts your appetite and increases your energy. This makes dieting much more effective.

I have had the best results having 2 cups of coffee or 200mg of caffeine during the fasting portion of the day. This makes complete sense given that the first 5-7 hours of the day you will be without food. Therefore having coffee during this period will make the fast more enjoyable and effective.

After the fast you will be eating your first meal. You won't need to use caffeine/coffee as an appetite suppressant. Not to mention, limiting your coffee/caffeine intake will improve your sleep, which is of vital importance. If you were to drink several cups of coffee per day then your ability to sleep would likely suffer.

If you enjoy coffee then have 2 cups per day! Make sure not to add any milk, sugar or crème. Learn to drink your coffee black. If you do not like coffee then you can take a 200mg tablet of caffeine. These are usually sold at most supplement stores.

## **Putting it together**

To make dieting for fat loss as effortless as possible, the approach we will be using is to wake up and have black coffee or tea in the morning. Plenty of water should be consumed throughout the entire day, never let yourself go thirsty.

We will then be having two big meals per day: lunch and dinner. Meals should consist of plenty of filling protein, veggies, potatoes and added oils/fats to hit your fat numbers.

As well, one smaller meal can be thrown in between lunch and dinner or placed in the evening. For this meal something simple and quick and easy like cottage cheese or an omelet works great.

Alternatively, a couple quest protein bars also does the trick and is a personal favorite.

**Morning** – Black Coffee

**Lunch** – Meat, Veggies, Potatoes

**Dinner** – Meat, Veggies, Potatoes

**Small meal** – cottage cheese or eggs

If you wake up at 9am you might have lunch at 1pm, dinner at 6pm and the small meal at 10pm. If you can't get home and have the final meal until 12am or later, don't worry. The most important thing is hitting your macros. Now if you're having a later dinner at say 9pm then you may want to have the smaller meal around 5pm.

There's no reason to overcomplicate this, you should adapt this plan to your schedule. For example, I usually wake up at 12pm and have my first meal (lunch) at 6pm. I'll have another meal a



few hours later and my last meal around 1am or sometimes later (yes, I'm a night owl).

### **Option A**

- Lunch (4-6 hours after rising)
- Dinner (4-5 hours later)
- Small Meal (anytime after dinner and before going to bed)

### **Option B**

- Lunch (4-6 hours after rising)
- Small Meal (3-4 hours later)
- Dinner (3-5 hours later)

### **Note**

Don't worry about ending the fast at the same time every day. Some-days I'll finish my fast early and other days I won't have a chance to eat my last meal until very late. Also, there's nothing wrong with eating right before going to bed. For many people, eating closer to bedtime is more enjoyable and will improve sleep. This is definitely the case with myself. Eating right before going to bed won't impede fat loss. A calorie deficit is a calorie deficit. If you eat later then you'll be oxidizing more fat during the day. Conversely, if you eat all your calories earlier, you'll be oxidizing more fat later in the day. But at the end of the day, it all balances out. And don't be paranoid about late night eating and growth hormone. GH is secreted in a pulse like fashion and late night eating does not mess with nocturnal GH pulses in normal circumstances.

## - Chapter Four - Warrior Physique Cutting Plan



*"Simplicity is the key to Brilliance" – Bruce Lee*

Every successful diet plan has to be simple and easy to follow. If a diet is overly complicated, requires too much time cooking/preparing/cleaning and is expensive then you probably won't stick with it.

Conversely, if a diet is simple, straightforward and convenient then it is much more likely you will see the diet all the way through.

**Dieting needs to be something that blends in with your life and doesn't consume it.** This is why I like my approach to intermittent fasting with a big lunch and dinner and one small meal. It's damn easy to follow and highly rewarding.

In this chapter I am going to help you determine how many calories and protein you should be consuming and how to adjust the diet plan to fit you.

### **How much fat can I lose per week?**

This diet plan is tailored so that you lose between 1-1.5 lbs of fat per week. It is at this rate of fat loss that you will be able to stay satisfied, gain strength, maintain all of your muscle and possibly even gain some muscle size. Those that try to lose 2 lbs or more per week on crash diets are the ones that lose strength and muscle and break their diets gaining all of the weight back.

Keep in mind: it is likely that you will lose 3-4 pounds or more the first week of dieting. Some of this is going to be water weight that your body will have dropped due to eating lower calories. After the first 1-2 weeks the rate of weight loss should stabilize between 1-1.5 lbs per week.

Losing 1-1.5 lbs of fat per week requires an average daily caloric deficit of 500-750 calories. This is a moderate deficit but definitely manageable, especially when employing my diet approach.

### **Note**

When you break under the 10% body fat range then fat loss should be much slower. 0.5-1 lb per week of fat loss is the maximum rate that I recommend.

As you get leaner, harsh calorie deficits will cause aggravating hunger and strength/muscle loss. Therefore a maximum daily

deficit of 400-500 calories is advised when entering single digit body fat.

## Calculating Your Macros

### Step 1 – Determine Your Maintenance Level Calories

There are all sorts of complicated calculators and formulas to determine your maintenance level calories. However, most of these calculators seem to overestimate your daily energy expenditure quite severely.

The most accurate method I have found for determining your maintenance level calories is to take your bodyweight in pounds and multiply it by 15.

This is assuming you get an hour of exercise per day (one hour of walking or one hour of strength training).

This is just a starting point; it may require adjusting in the future depending on your rate of fat loss. For some people this number may underestimate their energy expenditure, and they may lose fat a little faster than expected.

This is completely fine, and you can simply add 200-300 calories to this number to keep fat loss in the 1-1.5 lbs per week range.

Bodyweight in pounds x 15

180 lbs x 15 = 2700 calories burned per day

## **Step 2 – Set Your Calorie Intake**

Now that you know your maintenance level calories you can now set your calorie intake for fat loss. I recommend using a 20% calorie deficit. The simplest thing would be to take your current bodyweight in pounds and multiply it by 12.

Bodyweight in pounds x 12

180 lbs x 12 = 2160 (540+ calorie deficit)

## **Step 3 – Set Your Protein Intake**

Protein should make up about 40% of your total calories when eating at a deficit. This will keep you the most full and will optimize the retention of lean mass, while also leaving ample room for fats and carbs in your diet.

So if you're eating 2160 calories per day then you'd multiply this number by 0.4.

2160 x 0.4 = 864 protein calories

There are 4 calories per gram of protein. Therefore you will need to divide protein calories by 4 to determine the number of grams of protein you should be eating per day.

864 / 4 = 216g of protein per day

Round this number to the nearest multiple of 5. So in this case you will consume 215g of protein per day.

## **Step 4 – Set Your Fat Intake**

Fat should be set at 30% of total calories. To find this number you will need to take your daily calories and multiply it by 0.3. This will give you the number of calories from fat. Divide this number by 9 to get the amount of fat in grams (fat has 9 calories per gram).

Example:

$2160 \text{ calories} \times 0.3 = 648 \text{ fat calories}$   
 $648 / 9 = 72 \text{ grams of fat per day}$

Round this number to the nearest multiple of 5. So in this case you will consume 70g of fat per day.

## **Step 5 – Set Your Carb Intake**

Carbs should also be set at about 30% of total calories. To find this number you will need to multiply total calories by 0.3. This will give you the number of calories from fat.

Divide this number by 4 to get the amount of carbs in grams

Example:

$2160 \text{ calories} \times 0.3 = 648 \text{ calories}$   
 $648 / 4 = 162 \text{g of carbs per day}$

Round this number to the nearest multiple of 5. In this case you would consume 160g of carbs per day.

## **Put it together:**

Calories = 2160

Protein = 215 grams

Fats = 70 grams

Carbs = 160 grams

## **Adjust as you go along**

This is just an estimate and likely won't be 100% accurate. On the third week of dieting if you are losing 2 lbs or more per week, you can bump up calories by 250 per day. On the other hand if you are losing less than 1 pound per week, you may need to cut calories by 250. I'd recommend leaving protein untouched and adjusting fats or carbs depending on your preference. Some people naturally prefer more fat; on the other hand, other people prefer more carbs.

## **Creating the Meal Plan**

Once you have determined your daily calorie and macronutrient intake then you can begin to set up your meal plan. If you are doing three meals then make your first two main meals around 40% of total calories each. The evening snack will only make up about 20% of your total calories.

## **Example**

Calories = 2160

Protein = 215 grams

Fats = 70 grams

Carbs = 160 grams

## **Lunch or Dinner Meal**

864 calories (40% of daily calories)  
85g protein (40% of daily protein)  
30 grams of fat (40% of daily fat)  
65 grams of carbs (40% of daily carbs)

## **Example with Lean Meat**

400g of lean meat  
300g of potatoes/yams  
1tsp of butter/oil  
Fibrous Veggies

## **Notes**

For lean meat I recommend protein sources that have around 3g of protein per gram of fat. This includes 93/7 ground beef or turkey, flank steak, top sirloin steak and salmon.

- Think of 100g of lean meat as 20g of protein and 7g of fat.
- Think of 100g of potatoes or sweet potatoes as 20g of carbs.
- Think of 1tsp of butter/oil as 5g of fat.
- Think of fibrous veggies as zero calorie foods.

Therefore you can adjust the amount of meat, carbs and added fats to hit your macros for that meal. Don't worry about the calories and macros from fibrous veggies. Think of them as zero calories foods and include a moderate amount with your lunch and dinner meals.

Don't worry about trace proteins from potatoes or sweet potatoes. You can never be 100% accurate so it makes sense to



keep things as simple as possible and to not obsess over the small details.

Don't worry about hitting your macros perfectly for the meal. As long as you're within shooting distance you're fine. So try and be within 5g for fat and within 10g for protein and carbs.

If you have any room for added fats, I recommend using 1-2 teaspoons of butter, coconut oil or macadamia nut oil for cooking or to add to the potatoes. Remember, meat should be weighed before cooking. If you weigh after cooking, they will weigh 20-30% less and thus you will be taking in more calories than you calculated.

### **Example with Very Lean Meat**

400g of very lean meat  
300g of potatoes/yams  
4-6 teaspoons of butter/oil  
Fibrous Veggies

### **Notes**

For very lean meat, I recommend protein sources that are relatively fat free. They should have no more than 1-2g of fat per 10g of protein. This includes chicken breast, turkey breast, tilapia, tuna and shrimp. Since this protein is very low in fat you will need to add fats to the meal. I recommend using the added fats to cook the meat and to cook the potatoes/yams. This means that you can cook chicken on the pan with 1-2tsp of coconut oil. You can also cut the potatoes into wedges and mix them with 3-4 teaspoons of macadamia nut oil or melted butter and bake them in the oven.

## Evening Small Meal

432 calories (20% of daily calories)  
40g of protein (20% of daily protein)  
10-15g of fat (20% of daily fat)  
30g of carbs (20% of daily carbs)

I like to make this the last meal before going to bed. However, if you prefer to have a late dinner, then you can have this meal between lunch and dinner. So I might have lunch at 2pm, dinner at 7pm and my final meal at 10 or 11pm. If you're having lunch at 12pm and dinner at 8pm then you might have this small meal around 4pm.

Both options work very well; you should structure the small meal around what best suits your lifestyle. You may even prefer to have the small meal first around lunchtime and two big meals later in the day. This is completely up to you and your schedule and personal preference should dictate what strategy you adopt.

For this meal, I recommend something relatively simple and convenient. 2% Cottage cheese or 2% plain greek yogurt, scrambled eggs composed of 1-3 whole eggs and 1 cup of egg whites, or a protein shake with almonds.

You will also be able to add a small amount of carbs to this meal. This usually means an apple or some berries or a couple of rice cakes. The advantage of egg protein and cottage cheese or greek yogurt is that it is very slow digesting. So if you're making this your last meal of the day, you'll have amino acids in your bloodstream for 12-20 hours. If you're having your dinner as the last meal of the day then I'd recommend having a

moderate amount of veggies as fiber will slow down digestion and help with the fast.

### **Greek Yogurt / Cottage Cheese Example**

400g of 2% cottage cheese or 2% plain Greek yogurt  
1 apple

### **Scrambled Eggs Example**

Scrambled Eggs (2 whole eggs and 1 cup egg whites)  
1 banana or a bowl of strawberries

### **Protein Shake Example**

40g of protein from whey/casein protein  
1 banana  
20g of almonds

### **Example Meal Plan for 180-lb male**

**Breakfast** – 1-2 cups of black coffee and plenty of water

**Lunch** – 85g protein, 65g carbs, 30g fat

400g of lean meat  
300g of potatoes or sweet potatoes or 90g of rice/pasta  
1 teaspoons of butter/oil  
Fibrous Veggies

**Dinner** – 85g protein, 65g carbs, 30g fat

400g very lean meat  
300g of potatoes or sweet potatoes or 90g of rice/pasta

4-6 teaspoons of butter/oil  
Fibrous Veggies

**Small meal** – 40g protein, 30g carbs, 10g fat

400g of 2% cottage cheese  
Bowl of strawberries

## Refeed Days

During prolonged calorie restriction, leptin levels take a big hit. Leptin is a hormone in the body that controls metabolic rate and appetite.

When leptin drops the metabolic rate slows down and appetite increases. Leptin is controlled by fat mass and calorie intake. When you drop to a low body fat percentage, your levels of leptin become reduced making it difficult to continue losing fat or even maintain a low body fat. By overfeeding particularly on carbohydrates, we can boost leptin levels significantly.

In addition to boosting leptin, refeeds will also shift the body into an anabolic state and promote muscle gains.

Carbohydrates should be the dominant macronutrient on refeed days because carbs have the greatest impact on leptin. Fats have very little effect on leptin and therefore should be kept on the lower side.

I recommend two refeed days per week, separated by at-least 2 days. For example, you might use Monday and Friday as your refeed days and on the other days you will eat at a 20% deficit. On refeed days I recommend eating 16 calories per pound of

bodyweight. Protein should be around 30% of total calories, fat should be around 25% of total calories and carbs should make up 45% of total calories.

**So if you're 180 lbs, here is what your refeed day would look like:**

$180 \text{ lbs} \times 16 = 2880 \text{ calories}$

Protein =  $2880 \times 0.3 = 864$  protein calories  
 $864 / 4 = 216\text{g}$  of protein

Fat =  $2880 \times 0.25 = 720$  fat calories  
 $720 / 9 = 80\text{g}$  of fat

Carbs =  $2880 \times 0.45 = 1296$  carb calories  
 $1296 / 4 = 324\text{g}$  of carbs

### **Macros**

- 215g of protein
- 80g of fat
- 325g of carbs

### **Example Refeed Meal Plan for 180 lb male**

**Lunch** – 85g protein, 130g carbs, 35g fat

400g of lean meat

650g of potatoes or sweet potatoes or 180g of rice/pasta

2 teaspoons of butter/oil

Fibrous Veggies

**Dinner** – 85g protein, 130g carbs, 30g fat

400g very lean meat  
650g of potatoes or sweet potatoes or 180g of rice/pasta  
5-6 teaspoons of butter/oil  
Fibrous Veggies

**Small meal** – 40g protein, 65g carbs, 15g fat

Eggs (3 whole eggs, 1 cup egg white)  
Banana + Berries

## Weekly Schedule

- Monday – High calories (16 cals per pound)
- Tuesday – Low calories (12 cals per pound)
- Wednesday – Low calories (12 cals per pound)
- Thursday – Low calories (12 cals per pound)
- Friday – High calories (16 cals per pound)
- Saturday – Low calories (12 cals per pound)
- Sunday – Low calories (12 cals per pound)

## Notes

Tuesday, Wednesday, Thursday, Saturday and Sunday you will be in a 20% calorie deficit. Monday and Friday you will be in a very modest 5-10% surplus to boost leptin and replenish glycogen stores. Ideally you should be performing your two upper-body workouts on Monday and Friday. Having high calorie days on these two workouts will help maximize muscle growth, allowing you to lean down while gaining muscle. This set up works very well at leaning down while building muscle. Over the course of 3 months you should drop 15 lbs of fat while gaining 5 lbs of muscle. The difference, of course, in your physique will be night and day.

## Faster Fat Loss

If you're less concerned with gaining muscle and want to lose fat at a faster pace, I'd recommend using only one reefered day per week. This is ideal if you have 20 or more lbs of fat to lose. If you're at your last 5-10 lbs of fat then I would strongly urge you to keep the two-reefered days in place. You'll make better muscle gains and the diet will be much more manageable.

Someone who is 200 lbs and 20% body fat and wants to get down to 8% may utilize one reefered day per week until they're about 12-13% body fat. So they may go from 200 lbs and 20% fat to 185 lbs and 13% fat using one reefered day per week.

When they hit 185 lbs they're probably super stoked with how they look, but it's probably going to be more difficult to handle continued low calories. This is because their body now has less fat reserves available and thus, leptin will drop as a protection mechanism against starving to death.

Face it: if achieving single digit body fat was easy, our ancestors never would have survived the harsh conditions they were exposed to.

The drop in leptin is enough to increase hunger, making it very difficult to stick to a diet. What's more, this drop in leptin will also decrease your metabolism, but only to the point where you'll lose fat just a little slower than expected.

For this reason, adding in a second reefered day is strongly encouraged. You'll feel better, you'll have more energy, your workouts will be much more intense and you'll lean down with more ease!

## **Getting to 7-8% body fat (Warrior Condition)**

When you're at 9-10% body fat and striving for Warrior condition, I recommend aiming for half a pound of fat loss per week. This rate of fat loss will make it much easier to maintain 7-8% body fat once you get there.

It's fairly simple to adjust for slower fat loss. For example, if you're currently dropping 1 lbs of fat per week, then that means you're creating a 3500-calorie deficit. The simplest thing would be to increase your weekly calorie intake by about half of that, or about 1750 calories. If you want to err on the safer side then you can go with 1500 additional weekly calories. I would leave your two refeed days untouched and add these extra calories across your 5 deficit days.

This would average out to an additional 300 calories on each of these 5 days. The increase in calories should come predominately from carbs. At a lower body fat percentage, your body will be better able to handle carbs due to improvements in insulin sensitivity.

Let's say you're currently consuming 2000 calories per day with 200g of protein, 65g of fat and 150g of carbs. You could add about 75 extra grams of carbs, this would add about 300 calories to your diet and put you at 2300. Therefore you would be consuming 225g of carbs.

Keep in mind that your weight may increase by 1-2 lbs simply from the increase in calories and carbs. This is enough to mask fat loss over the course of 2-4 weeks. Don't let this fool you; the increase in weight will be from more water and muscle glycogen. You will actually look more lean and full than ever before. For this reason I recommend using your waist



measurement and pictures as a more accurate gauge of progress than weight.

For a simplification I would switch to the following plan for a slow cut!

## **Slow cut Plan**

Calories – 13.5 calories per pound of bodyweight

Protein – 35% of total calories

Fat – 30% of total calories

Carbs – 35% of total calories

## **Refeed Days (Monday and Friday)**

Calories – 16 calories per pound of bodyweight

Protein – 30% of total calories

Fat – 25% of total calories

Carbs – 45% of total calories

## - Chapter Five - **Flexible Dieting**

I believe in the idea of flexible dieting. That is to focus on what matters; hitting your calories and macronutrients targets for that day.

Obviously you should be eating predominately healthy, wholesome, natural foods. This will provide you with plenty of nutrients and will keep you full and satisfied on a diet.

That being said, you can definitely include dessert or treats several times per week. **The main thing is that you don't go over your calories or macros for that day.**

Using myself as an example, I frequently eat ice cream in my diet. I just make sure to reduce my portion of carbs and added fats for dinner to make room for a dessert. This way I can have dessert guilt free and I'm still in the same deficit so my progress is unchanged.

This strategy works extraordinarily well, especially with the diet approach of eating a big lunch and dinner. Eating big meals allows you to include dessert and treats relatively effortlessly. If you were to eat 5-7 small meals per day on a diet, it would be next to impossible to fit in a decent portion of dessert.

As a general rule, don't get more than 20% of your calories on a given day from junk foods. So 80% of your calories should be made up of lean meats, veggies, fruits, healthy fats and potatoes, sweet potatoes or pasta/rice. The other 20% can come from dessert like ice cream, cookies or chocolate. Then

again, if you don't desire treats then you definitely don't have to include them. Just know that the option is always there and you definitely don't have to choose between having ice cream and having abs.

Funny enough, just knowing that you can have dessert any day if you desire often makes you crave it less.

## **Fitting Dessert into your meal plan**

If you want to have a dessert after dinner you can reduce the added fats to 1-2 teaspoons and eliminate the serving of carbs. This should save you anywhere from 300-400 calories to replace with a dessert of your choice. If you're having dessert with a meal don't worry about hitting your fat and carb macros exactly. Just focus on hitting your protein numbers and having the appropriate amount of calories for that meal. If you're going to be having the dessert on your refeed day, you can do a half portion of carbs + dessert.

## **Example Meal Plan for 180-lb male with dessert**

**Breakfast** – 1-2 cups of black coffee and plenty of water

**Lunch** – 85g protein, 65g carbs, 30g fat

400g of lean meat

300g of potatoes or sweet potatoes or 90g of rice/pasta

1 teaspoons of butter/oil

Fibrous Veggies

**Dinner** – 85g protein, 65g carbs, 30g fat

400g very lean meat  
2 teaspoons of butter/oil  
Fibrous Veggies

+ 15g of fat and 65g of carbs from dessert or 400 calories from dessert

**Small meal** – 40g protein, 30g carbs, 10g fat

400g of 2% cottage cheese  
Bowl of strawberries

## **What about alcohol?**

What's the point of looking fantastic if you can't enjoy it? That's crazy! Your fitness and nutrition program should be a part of your lifestyle, not the focal point of it.

Getting in fantastic shape is totally awesome, but it's not everything. Going out and socializing does not have to be put on hold until you reach your goal. That logic is absurd and it will only end up biting you in the ass.

You'll invariably put much more attention and mental energy into your fitness and nutrition than needed.

**This will lead to a lack of motivation and inevitable burnout.**

You see, the more you obsess about your workout and diet, the more likely you are to screw up. But when you blend your fitness and dieting efforts into your life, the journey is much more rewarding and smooth.

So by all means go out and have drinks a couple times per week. Letting loose, having fun and enjoying the progress you made that week will only bring you more happiness, fulfillment and further motivation. It doesn't have to be a trade off! You don't have to choose between going out and getting in shape or eating dessert and having abs.

By implementing the tactic below, you will be able to enjoy yourself while waking up even leaner the next day!

### **Get out of the “binge drinking” mentality**

For this to work and for you to get the best possible success, I want to get you out of the binge drinking mentality. For many of us, we drink to excess for one of two reasons.

The first reason is that we have deprived ourselves of alcohol for many weeks or months so when we finally drink we have very little self-control. When you realize that alcohol does not have to negatively impact your fitness goals, this will no longer be an issue.

The second reason why we binge drink is to get into state. This was actually a huge one for me. Going out to bars, clubs and parties can be intimidating if you're dead sober. This is especially true if you're meeting new people and approaching beautiful girls.

By getting hammered, we throw our inhibitions to the wind and we effectively become un-stifled. Conversely, when we're sober, we tend to be stuck in our head and physically paralyzed, unable to take action. So what's going on here?

The only thing that alcohol is doing is helping us get outside of our head and helping us become more 'present.' When you're drunk, you just don't give a fuck! You no longer care what people think of you and you no longer judge yourself. You just want to have fun. As you become more and more inebriated this self-judgment and insecurity disappears and you can finally begin to honestly express yourself, albeit in a very sloppy manner.

**Is it any wonder why alcohol is such an integral part of our culture?** We walk through life stuck in our head, suppressing our true selves. It's not that we lack the confidence. It's that we are way too tied to our ego mind and we care way too much about how we perceive ourselves and how other people perceive us.

When you can forget about your 'self' and simply 'be' then you will have entered into this incredible state. You have all the positive effects of being hammered, without the negative ones. You're sharp, poised and focused while being able to live in the moment.

When you're no longer drinking alcohol for liquor confidence then you can start to incorporate alcohol into a fitness lifestyle. Having 2-4 drinks, 2-3x per week is perfectly fine. You'll just need to drop your carbs/fats to leave a bit of room for the alcohol calories. I recommend drinking primarily liquor on the rocks or liquor with club soda for the least amount of calories. My personal favorite is vodka clubs. Wine is also another decent choice.

What's interesting is that a low to moderate intake of alcohol is not detrimental to your progress. In some cases testosterone

has been shown to increase after a low dose of alcohol, in this case about 1 drink per 45 lbs of bodyweight.

In addition, there is a debate as to whether or not alcohol calories count. This is because consumption of alcohol is not associated with the expected rate of weight gain. On top of that, studies have shown that replacing carb calories with alcohol calories results in weight loss. This is likely due to the very high thermogenic effect of alcohol and the fact that ethanol (alcohol) is unable to be stored as body fat. Therefore your body has no choice but to burn it off.

**The caveat here is that you must fit alcohol into your calorie totals for the day without sacrificing protein intake.**

If drinking leads you into binge eating then it will be very difficult to fit alcohol into a successful cutting program.

Finally, a moderate intake of alcohol has been shown to improve immune function. While clearly heavy drinking hampers immune function, moderate drinking outperforms abstinence.

1. Alcohol and Testosterone -

<http://www.ncbi.nlm.nih.gov/pubmed/12711931>

2. Do Alcohol Calories Count -

<http://www.ncbi.nlm.nih.gov/pubmed/1957830>

3. Alcohol and Immune System -

<http://www.ncbi.nlm.nih.gov/pubmed/17922947>



## **Developing this “sober presence”**

Having the ability to be sober or just have a few drinks and be completely un-stifled is insanely awesome! You'll save tons of money on alcohol and cabs. You'll get in way better shape and you'll develop natural confidence, not a false sense of confidence that's dependent on alcohol. In addition, by being totally composed and witty, you'll have way better social skills.

Now developing this presence is unfortunately not as simple as reading this passage and then deciding that you're going to go out and not care what people think and not be stuck in your head.

Think of it as a skill and you have to develop it. It will be awkward at first, you'll have to push through that and eventually your ego will let go. You'll reach this incredible state where you're totally at ease, nothings holding you back and you feel incredibly confident and totally present.

At first, you might have to go through this process each night you go out. Generally speaking, the first few interactions of any night will feel awkward and you'll be stuck in your head. As you plow through, your brain will realize that this is happening and instead of trying to hold you back it will be on your team.

One thing that really helped me was the audiotape, Practicing the Power of Now by Eckhart Tolle. Listening to that audio on a daily basis is insanely powerful at developing the ability to be present and alive in the now. If possible, I'd recommend listening to it every morning for 20 minutes for two weeks straight. You will be blown away at how much more present, relaxed and comfortable you become.

## **Fitting Alcohol into your meal plan**

If you're going to be having a few drinks of alcohol, then you can cut back on the carbs and added fats in one of your meals to make room for 160-360 calories from alcohol. You may wish to eliminate carbs from your lunch meal or you may prefer to cut back on carbs with dinner. Either strategy will work.

Your personal preference should dictate what strategy you follow. If I'm only having 3-4 drinks and I am going to be going out, there's a good chance I'll burn through the alcohol calories from walking, dancing and being generally more active. If this is the case for you, consider keeping the meal plan the same as normal to see if you can get away with 3-4 drinks without hindering fat loss.

This of course is the ideal scenario. The most important thing is to avoid high calorie alcohol beverages and to avoid high calorie eating after drinking. This is a recipe for a disaster.

## - Chapter Six - Strength Training

Strength training is a large component of the warrior physique! Without it you may get lean but you will lack muscle definition and shape. Strength training is imperative, as it will give your body the proper proportions and aesthetics when combined with a low body fat.

However, with the warrior physique, the volume and intensiveness of the workout session will be lower. This is because we don't want to overdo the muscle building. With the warrior physique we are after a natural amount of muscle mass in conjunction with minimal amounts of body fat.

Additionally, during a cutting phase, recovery abilities are reduced. Therefore we will make the best possible gains keeping training volume on the lower side. If we over do the number of workout sessions, exercises and sets then we will cause more harm than good.

Repetitions will be primarily lower as to avoid sarcoplasmic hypertrophy. Therefore most of the muscle gains will be accrued from increases in the contractile filaments of the muscle, aka myofibrillar hypertrophy.

When limiting muscle growth it makes sense to target this type of hypertrophy because it will have a direct influence on strength and power and it will give the muscles a harder and denser look. As well, adding muscle with lower reps and longer rest periods will ensure that you look good all of the time since

this type of muscle growth doesn't fluctuate based on blood, glycogen or fluid.

You may notice that some exercises will be higher in repetitions. This is because particular exercises and muscle groups respond best to higher reps. On the lateral and rear delts I like to go higher in reps and volume. This will help keep your shoulders bigger and fuller giving you a more masculine appearance.

## **The Key to Developing the Warrior Physique Musculature**

The key to achieving the muscle development of the Warrior Physique is to get very strong at the core movements. These include incline presses, shoulder presses, weighted chins, rows, one leg squats and deadlifts. I like to include accessory movements to complete the physique. These include; lateral raises, rear delt flyes, curls, triceps extensions and calf raises. 80% of your progress will come from building strength on your core movements. The other 20% will come from the extra volume from accessory exercises.

## **Warrior Strength Training Routine**

For the strength training portion of the exercise routine you will work out three days per week on non-consecutive days.

Workout A will be an upperbody workout with a shoulder emphasis, Workout B will be a lower body and abs workout and Workout C will be an upperbody workout with a chest emphasis.

## **Workout A – Shoulders & Back**

1. Weighted Chin-ups: 2 sets – 4-6 reps, 6-8 reps (RPT)
2. Standing Barbell Press: 2 sets – 4-6 reps, 6-8 reps (RPT)
3. Seated Cable Rows: 2 sets – 4-6 reps, 6-8 reps (RPT)
4. Lateral Raises: 4 sets x 10-15 reps (SS)
5. Hanging Leg Raises: 2 sets x 10-15 reps (SS)

## **Workout B – Lowerbody and Biceps**

1. Single Leg Squats: 2 sets – 6-8 reps, 8-10 reps (RPT)
2. Romanian Deadlifts: 2 sets – 6-8 reps, 8-10 reps (RPT)
3. Standing Calf Raises: 2 sets – 10-12 reps, 12-15 reps (RPT)
4. Barbell Curls: 2 sets – 6-8 reps, 8-10 reps (RPT)
5. Hammer Curls: 2 sets – 6-8, 8-10 (RPT)

## **Workout C – Chest & Triceps**

1. Incline Bench Press: 2 sets – 4-6 reps, 6-8 reps (RPT)
2. Flat Bench Press: 2 sets – 4-6 reps, 6-8 reps (RPT)
3. Skull Crushers: 2 sets – 6-8, 8-10 (RPT)
4. Rear Delt Flyes: 4 sets x 10-15 reps (SS)
5. Abs Wheel Roll outs: 2 sets x 10-15 reps (SS)

## **Workout Notes:**

### **RPT – Reverse Pyramid training**

RPT stands for Reverse Pyramid Training. This means that you will perform your heavy set first, and reduce the weight on your subsequent set. The advantage of this training style is that it maximizes your strength potential. If you were to do your

heaviest set after lighter sets, you would be fatigued and you wouldn't be building close to the same level of strength and power.

So in essence, by doing your heavy set first, not only will you be able to lift heavier, you'll promote much better strength and muscle gains.

With this training style you will be training with a maximum effort. Normally we hold back when we're doing an exercise. This is so we can complete all sets for a prescribed number of reps.

**With RPT we are only doing one set with a heavy weight.**

Therefore we can give it our absolute all. We are then taking a full rest period before doing an additional set with a lighter weight. This is really the best way to maximize strength and muscle growth. You'll be blown away at how fast your strength improves with this type of training.

I recommend reducing the weight on your second set by 10-15%. You should rest 3 minutes between these two sets. Aim to get 2 more reps on your lighter set. For example, if you were doing incline bench press for 5 reps on your first set it would look like this.

Incline Bench: 200 lbs x 5 reps, 180 lbs x 7 reps (10% less)

### **Warming up for RPT**

We can't just go right into our heavy set or we won't be ready and we may get injured. Therefore I recommend warming up for your heavy set without causing any fatigue. My favorite

method is to perform 2-3 warm up sets. 60% of your work set weight for 5 reps, 80% of your work set weight for 3 reps and a final optional set of 90% of your work set weight for 1 rep. You should rest 2 minutes between warm up sets and 3 minutes before going into your work set.

These warm up sets are only necessary for the first two exercises of each workout. On the last 3 movements you can jump right into your heavy set.

Let's say that you're planning on lifting 200 lbs for 5 reps on the incline bench press. In this case you would do:

120 lbs x 5 reps (warm up 1)

160 lbs x 3 reps (warm up 2)

180 lbs x 1 rep (warm up 3)

## **Progressing on RPT**

Progressing with reverse pyramid training is very simple. I recommend building up to the top end of the rep range before increasing the weight. For example, when you can do 6 reps on your first set with a given weight, the next workout you should increase both sets by 5 lbs. You will then build back up to 6 reps on your first set before increasing the weight again.

Incline Bench Press Example:

Week 1 - 200 lbs x 6, 180 lbs x 8

Week 2 - 205 lbs x 5, 185 lbs x 7

Week 3 - 205 lbs x 6, 185 lbs x 8

Week 4 - 210 lbs x 5, 190 lbs x 7



## **SS – Straight Sets**

I like to use straight sets on movements that aren't as neutrally demanding. These include lateral raises, rear delt flyes and abs exercises. For these movements we will be using the same weight for all sets. I like to rest just two minutes between these sets.

**Due to the nature of these exercises, progress will be much slower.**

It may take several weeks before you increase the weight. The progression model is relatively simple, build up to 15 reps on your first set before increasing the weight by 5 lbs.

For abs movements, you can progress to a harder variation once you reach 15 reps on your first set. You may go from hanging leg raises with bent leg to straight leg and finally feet to bar.

For abs wheel roll outs you can use a weighted vest or knapsack.

For example (lateral raises or rear delt flyes)

Week 1 – 15 lbs x 12, 10, 10, 10

Week 2 – 15 lbs x 12, 12, 10, 10

Week 3 – 15 lbs x 13, 12, 10, 10

Week 4 – 15 lbs x 13, 12, 12, 10

Week 5 – 15 lbs x 14, 12, 12, 10

Week 6 – 15 lbs x 14, 12, 12, 12

Week 7 – 15 lbs x 15, 12, 12, 12

Week 8 – 20 lbs x 10, 10, 10, 10

## **Pushing Through Plateaus**

Generally speaking, strength gains are great for 6-12 weeks before progress stalls. Then adding weight or reps becomes futile. Being an avid strength trainer for 8 years, I have mastered the ability to push through plateaus. I will now share my two favorite techniques to keep strength gains rolling.

### **Technique #1 – Vary the reps**

If you normally perform 4-6 reps on your first set of an exercise, consider reducing the weight and performing 6-8 reps on your first set and 8-10 reps on your second set. You should be able to resume making strength gains, albeit, in a different rep range.

If you increase the weight one day and you only get 5 reps (instead of 6-8), then continue but work within the 5-7 rep range for your first set and 7-9 rep range for your second set. Eventually you will fall back down to the 4-6 rep range on your first set but this time you'll be lifting considerably more weight.

If you hit another plateau, you can drop the weight and go back to the 6-8 rep range again.

### **Technique #2 – Exercise Rotation**

Another very effective strategy I like to utilize is exercise rotation. Consider having three different variations for your core lifts. Rotate them every 4-6 weeks or when you plateau.

This will allow you to continue hitting personal records year round.

## **Exercises and Substitutions:**

1. **Incline Bench** – Incline Barbell, Incline Dumbbell and Incline Barbell off racks
2. **Weighted Chins** – Weighted chin ups, weighted pull ups and weighted neutral grip chins
3. **Shoulder Press** – Standing Barbell Press, Seated DB Press, Push Press
4. **Rows** – Seated Cable Rows, Bent Over DB Rows, Bent Over Barbell Rows
5. **Single leg Squats** – Pistol squats, Bulgarian split squats, reverse lunges
6. **Deadlifts** – Romanian Deadlifts, conventional deadlifts, sumo deadlifts

## - Chapter Seven - **Cardio for Fat Loss**

Cardio is the most misunderstood exercise in the world. This is increasingly true when we are talking about fat loss.

Very rarely do people give cardio the credit it deserves. On one hand you have people that completely overvalue cardio training. On the other hand you have people that consider cardio to be a complete waste of time.

In this chapter I wish to clear up any confusion regarding cardio and its role in fat loss and body composition.

### **Say No to Cardio?**

The recent trend in the fitness industry is to lift weights to promote muscle growth and use diet exclusively to lose fat or stay lean. I feel that this can be an effective approach and a great starting point for most people.

You definitely don't want to get in the habit of relying on excessive amounts of exercise to lose weight and stay lean. That being said, the lift and diet strategy only works well for two types of people. One – people that are just looking to maintain their weight and don't need to tap into a calorie deficit. Two – people who are moderately active during the day and have larger energy expenditures.

However, for those of us who are mostly sedentary, this no cardio approach can mean one of two things when it comes to

losing weight:

- 1) We lose weight at a slow rate
- 2) We have to consume very low calories

The reality of the situation is that most of us are sedentary. We drive to work, sit on our butts all day and spend a negligible amount of time on our feet. Many of us are lucky to get a combined 30 minutes of walking per day.

This results in very low energy expenditures. To even tap into a calorie deficit, we have to eat a very modest amount of food.

## **The Fat Loss Advantage of Cardio**

By increasing our movement and giving our bodies 30-45 minutes of low to moderate intensity exercise, we can burn 300-500 calories. This gives us much more room to work within our diet. As well, getting exercise on a daily basis helps with dietary adherence.

**People are more likely to follow through with their diet if they are exercising that day.**

I have found that for sedentary individuals, getting 30-45 minutes of exercise on non-lifting days can help tremendously. You'll be much more satisfied as you'll be able to consume considerably more food and lose weight. In addition, 30-45 minutes of cardio is relatively short.

That's like one episode of television. How many of us watch a few hours of TV each day? Not to mention, getting exercise on a

daily basis helps with mood, energy levels, motivation.... Lastly, this amount of cardio shouldn't have too much of an impact on your appetite and hunger.

### **Too much of a good thing**

There's always the risk that someone will think a moderate amount of cardio is beneficial, therefore an extreme amount of cardio will be even more effective. This train of thinking is flawed and leads to doing more harm than good.

With too much cardio you can cause what is known as cardio compensation. This is where you reach a point where any additional calories burned will result in a proportional increase in hunger. This is much more apparent during longer 1-2 hour cardio workouts. These marathon long cardio sessions tend to create an insatiable appetite. What's more, very long cardio sessions can cut into recovery and negatively impact strength gains and muscle mass.

### **Putting Cardio into Perspective**

One of the reasons why cardio gets such a bad rep is because it's so easy to undo an entire cardio session if you're not careful. Let's say that you did cardio for one hour and burned 500 calories. A serving of dessert after dinner could completely off set that one hour of cardio. In this scenario your 60 minutes in the gym was traded for the few minutes of pleasure from a dessert.

This scenario is common with people who solely use cardio to stay lean and let the chips fall where they may on their diet. Obviously this is not an ideal strategy for body composition.

However, this is not the approach I am suggesting. My preference is to pay close attention to your diet and to use cardio synergistically.

This is the ultimate fat loss plan. It's a two vs one fight:

[Cardio + Diet] v. Body fat

## **Why Cardio Should Be Used**

Let me give you a perspective on cardio that will help you understand why I value cardio training and how I like to use it.

Let's say that you're an average male who isn't very active aside from 3 strength workouts per week. On your lift days your maintenance calorie requirements are around 2500. However, on your rest days your maintenance requirements are considerably less at only 2100-2200. On your lifting days you can consume 2000 calories and be at an optimal 500 calorie deficit. Unfortunately on your rest days you need to cut calories down to 1600-1700 to be at that same 500 calorie deficit.

Wouldn't it be far more enjoyable to exercise at a comfortable intensity for 30-40 minutes and consume 2000 calories than have to eat very low calories?

If you feel this way then cardio is probably for you! So ultimately, with cardio, you should already be eating under your calorie requirements. Cardio will help increase that calorie deficit so that you can lose fat at an appreciable rate.

## Warrior Physique Cardio Recommendations

If you're doing cardio to get lean then it's a matter of burning calories while side stepping overtraining and increased hunger. Don't let the allure of a turbo charged metabolic rate fool you. That's a myth, a marketing ploy. The after burn effect of intense exercise is at best, a mere 15% of calories burned.

Now that we have that out in the open, let's proceed with the workout...

Ultimately, the type of cardio you should do is what you enjoy the most provided that you stick to a couple key principles:

1. Aim to burn a certain number of calories per session – 2-2.5 calories per pound of bodyweight.
2. Avoid activity that impairs recovery for strength and muscle building workouts.

Abide by those two principles and you're in the clear.

The options are endless, really! You can go for a long walk, alternate walking and jogging, mountain bike, jump rope, hit up the cardio machines, play a multitude of sports, swim, hike, shadow box, dance...

The aim of course is for movement and increased energy expenditure while realizing all of the amazing health benefits of daily exercise.

Now for sake of simplicity and convenience I will outline a fun cardio protocol that you can do at your gym. The goal of the



session is to burn calories, increase fat loss and avoid boredom.

## **Warrior Physique Cardio Workout**

### **1.) Treadmill Interval Pyramid**

2 min walk / 1 min jog x 6-8

or

1:15 walk / 45 second run x 10-12

For gym cardio, I always like to start with some form of interval. This is not because I feel that intervals magically boost my metabolism to the stratosphere but rather, it goes by much faster as my mind always has something to focus on.

**This is also not to be mistaken with high intensity interval training, in which you're exerting a maximal effort.** With that type of training, you are at a risk of cutting into recovery capabilities while on a diet.

For these I like to use a 2 degree incline and walk at 3.8mph (4.0 mph seems unnaturally fast for a walk). For my first interval I will run at a comfortable 6mph. With each interval that passes I will build up the speed. Depending on how I'm feeling I might go up by 0.5 or 1 mph each interval.

So I might do 6-7-8-9-9.5-10. If the diet is getting to me or I don't have the energy I might just jog at 6 or 6.5 during the running portion of the interval.

Nothing is 100% set in stone with cardio workouts so you can take the ball and run with it or walk with it. This is completely

different than how I approach my strength training workouts, which are very structured, goal oriented and maximal effort.

Note: We'll be tracking calories during cardio. Make sure to manually enter your weight into the machine for a more accurate calorie burn reading.

## **2.) Steady State Cardio**

10-20 minutes

During the first portion of the workout, the intervals, you should have been able to burn around 200-300+ calories. This is largely dependent on your weight, cardiovascular shape and level of exertion.

During the second portion of the workout you will aim to burn the remainder of your calorie target off. I like to go at a low to moderate intensity for active recovery and fat burning, somewhere around 60-70% of your maximal heart rate.

Again the options are endless for this: I like to hit up an elliptical style machine, the one with the handles that you can push. I opt to avoid the bike and the rower for a couple reasons: Much of my day is spent in the seated, spine compressing position, why add to that while exercising? As well, I can burn significantly more calories on the elliptical machine.

My favorite modalities for this part of the cardio workout include: jumping rope, elliptical (pushing handles) and incline walking. For incline walking I will pyramid the incline for fun.

So I will walk at 3.8mph and increase the incline by 1 each minute until the half way point. Then I'll decrease the incline by 1 each minute until I'm finished.

## **Calorie Targets**

I'd recommend aiming to burn about 2-2.5 calories per pound of bodyweight. So if you're 150 lbs, you'd aim to burn 300-375 calories per session. This is a reasonable amount, shouldn't take too long to complete and will result in a proportionally smaller increase in appetite than calories burned. So you might find that it's just as easy to consume 2000 calories per day on complete rest days as cardio days.

## **Walking for Cardio**

Another option, instead of going to the gym for cardio is to simply get 40-60 minutes of brisk walking. Aim to walk about 3 miles or 5km.

Walking has actually become my preferred exercise activity on my non-lifting days. I will usually plug in an audio book and go for a 40-60 minute walk. Sometimes I'll break this in half and go for two 20-30 minute walks, one block in the afternoon and another in the evening.

I kill two birds with one stone; I get some reading done and I can also burn a fair amount of calories. A 3-mile walk will burn 5 calories per kg of bodyweight. So if you're 80kg (176 lbs) that's 400 calories. Not too shabby.

Furthermore, walking will in no way shape or form, cut into

your recovery capabilities. On the contrary, pounding the pavement definitely takes its toll.

Now I should mention that walking is great when the weather is nice. During the cold and rainy season, going for a walk isn't exactly alluring. Therefore it may be preferable to hit the cardio machines at your gym or play some indoor sports.

Lastly, if you're travelling or vacationing, exploring the city on your feet or going for hikes can be a great way to stay lean during a trip. Plus, usually you are so enthralled with the new environment that one hour goes by like a blink of an eye. So instead of waking up early and hitting the treadmill or bike, I'd recommend sleeping in and spending all that extra energy walking around and enjoying the ambience.

Combine that with breakfast skipping and you can eat triumphant meals and enjoy plenty of alcohol without gaining an ounce of fat.

## - Chapter Eight - **Moving to Maintenance**

The last topic of discussion is a matter of moving to maintenance. That is, you've reached your goal weight and body fat percentage and you now wish to maintain your leanness.

Eating at maintenance can actually be very tricky for a lot of people. This is because we often become too relaxed. We're happy with the way we look and thus we loosen up on our diet considerably. We eat out more and consume more refined foods. All of the habits we developed during our cutting phase start to disappear.

This is definitely not how you move to maintenance. I actually recommend adopting the same mentality during cutting for eating at maintenance. Eat lots of filling lean protein and veggies, moderate amounts of starches and fit junk and alcohol into your macros and calories for that day.

The only difference between cutting and maintenance is that when eating at maintenance you'll be eating higher calories.

### **Adjusting calories and macros to maintenance**

Let's say that you were dropping 1 lbs of fat per week during the end of your cut. Given that there are 3500 calories in a pound of fat, this means that you can increase your weekly calorie intake by 3500. This is an extra 500 calories per day. If at the end of your cut you were only dropping 0.5 lbs per week

then you'd have an extra 250 calories per day to work with. Or perhaps you were dropping 1.5 lbs per week; in this instance you'd have an extra 750 calories per day to work with.

So when moving to maintenance, all you are doing is increasing your calorie intake to eliminate the calorie deficit that you were creating before. You should note that at first, you might gain 2-4 lbs simply from eating higher calories. This is likely due to more water and glycogen. If you're eating at maintenance then this is definitely not from fat gain. So after this initial weight gain, your weight should stabilize.

If you continue gaining weight after about 2 weeks you may need to reduce calories by about 200-250. If you are starting to lose weight again then you may need to increase calories by 200-250.

When adding the extra calories to your diet, it's up to you how you do it. You might prefer to only add an extra 200 or so during the week and then add more calories on the weekend. Alternatively, you might prefer to increase calories by the same amount each day. How you go about that is entirely up to you and personal preference should dictate which strategy you employ.

## **Increasing calories from protein, fats and carbs**

There is no reason to increase protein intake when eating at maintenance. During the cut, you are already eating high protein. Therefore I recommend increasing calories from a mix of fats and carbs. So during your diet you may include bigger portions of carbs with your meals and a few extra teaspoons of added fats.

It really is that simple. There is no reason to make it overly complicated. Don't make any drastic changes to your diet when moving to maintenance. Your diet should still be very similar, with just a little more slack and leeway. So you can have bigger portions of carbs and added fats and eat out more often.

For a simple method of switching to maintenance, here is what I recommend:

## **Maintenance Nutrition Plan**

- Calories – 15 calories per pound of bodyweight
- Protein – 32% of total calories
- Fat – 28% of total calories
- Carbs – 40% of total calories

### **Note**

If you want to incorporate a cyclical approach with higher calories on workout days and lower calories on rest days then I'd recommend increasing carbs by 50-75 on lift days and reducing carbs by 50-75 on rest days. For example, you might be consuming 240g of carbs per day on a maintenance calorie diet. Or you might have 290-315 on workout days and 165-190 on rest days.

I'd recommend doing whichever method you prefer. Some people like to cycle carbs, other people like to keep the intake the same. I have tried both extensively and I actually prefer not to have massive swings in my calorie and carb intake.

## - Chapter Nine -

# **Warrior Physique Fitness Standards**

I always find it very motivating to have fitness standards to shoot for in leanness, strength and body measurements. This should serve as motivation, to give your training and nutrition a sense of purpose.

**Having identifiable goals to shoot for will light the fire inside you, providing you with a surge of motivation.**

Once you start to see the improvement, you will start to believe in yourself and your ability to completely transform your physique. This is when motivation ramps up, and the adventure to the warrior physique becomes deeply satisfying and fulfilling.

### **Body Fat Percentage**

Good – 11-12% body fat  
Great – 9-10% body fat  
Warrior – 6-8% body fat

### **Waist Measurement**

Good – 46.5% of height  
Great – 45.5% of height  
Warrior – 44.5% of height

### **Incline Bench Press (barbell)**

Good – 1.15x bodyweight for 5 reps



Great – 1.25x bodyweight for 5 reps  
Warrior – 1.35x bodyweight for 5 reps

### **Weighted Chin ups**

Good – 45% bodyweight for 5 reps  
Great – 55% bodyweight for 5 reps  
Warrior – 65% bodyweight for 5 reps

### **Standing Barbell Shoulder Press**

Good – 0.8x bodyweight for 5 reps  
Great – 0.9x bodyweight for 5 reps  
Warrior – 1x bodyweight for 5 reps

### **Bodyweight Pistol Squats**

Good – 5 reps  
Great – 10 reps  
Warrior – 15 reps

### **Bodyweight for the Warrior Physique**

I often get asked what your bodyweight should be for the warrior physique.

I wouldn't worry too much about bodyweight. Focus on reaching a low body fat, somewhere between 7-12% body fat, depending on your goals. Alternatively, focus on bringing your waist down around 44.5-46.5% of your height. From there, the emphasis should be on increasing your lifts.

As you build strength while staying lean, you will eventually gravitate towards the perfect bodyweight for your height.

From my experience, most people with the warrior physique tend to end up around a set weight depending on their height.

Someone who is 5'10 with the warrior physique will be around 170 lbs. For every inch you are taller than 5'10, you will add 5 lbs. For every inch you are shorter than 5'10 you will subtract 5 lbs.

5'7 – 155 lbs  
5'8 – 160 lbs  
5'9 – 165 lbs  
5'10 – 170 lbs  
5'11 – 175 lbs  
6'0 – 180 lbs  
6'1 – 185 lbs  
6'2 – 190 lbs

This should be fairly accurate for most people. That said, depending on your genetics, you may end up slightly lighter or heavier than this. Many times you will lean down and reach a low body fat and be 10-15 lbs under the warrior physique weight.

This just means that you will need to continue building strength and muscle while staying lean. So you'd continue strength training 3x per week while eating maintenance level calories or slightly above. With 6-12 months of solid training, you will develop the lean and muscular warrior physique.

## Conclusion (The Beginning)

You now have all the tools you need to succeed.

This program is the result of months spent working with personal coaching clients, carefully fine-tuning the process week by week.

### **The only thing left is action.**

I can give you the blueprint, but I can't do the work for you. You have to. If you follow this program and the methods I outline, you WILL see results.

You may have to cast your belief aside. You may have to decide to tune out the mainstream media, stop reading Men's Health or following the programs out there by the "Gurus".

That's what it will take: dedication, focus and commitment. In fact, I created an entire chapter on this... I call it the "Missing Chapter". (You should have access to it through this program.)

**Now, sometimes people want more.** Sometimes, having a program like this isn't enough.

If that's YOU, then I'd invite you to join my [Kinobody Coaching Program](#).

This is a 3-month program where I create a customized meal plan and workout protocol FOR you, then support you in your success every single week. You can email me personally as often as you like, and I'll keep track of your progress and make tweaks to the program as you go to ensure your success.

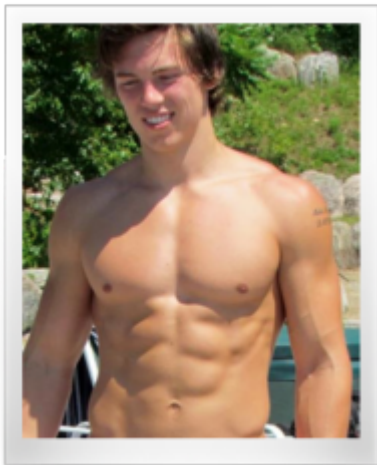
To join this program though, there are 4 prerequisites:

1. You must be able to access a gym 3x per week
2. You must count macros
3. You must track your progress
4. You must be willing to commit!

If you can do these 4 things and you want my personal help taking your body to the lean and chiseled Warrior Physique, then go here now:

[www.Kinobody.com/Coaching](http://www.Kinobody.com/Coaching)

I sincerely appreciate you investing in this program and am looking forward to seeing your transformation!



**Greg O'Gallagher**  
[Kinobody.com](http://Kinobody.com)

Transform Your Physique  
&  
Live the Life of Your Dreams