RUDY MAWER'S
20 DAY HOLLYWOOD REBOOT

TRANSFORMATION MANUAL

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Welcome to

20-DAY HOLLYWOOD REBOOT

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Welcome to my 20-Day Hollywood Reboot program, built specifically for you to make rapid and sustainable changes in as little time as possible. While this may be a 20-day plan, this program can be used whenever you're in need of a quick fix or it can be used as a starting point or even a continuation of your current routine.

Let me be the first to say that this reboot is challenging and, really, it should be if you're hoping to make a reasonable amount of change in such a short amount of time. Fortunately though, I've come up with this plan to provide the fastest results with the least amount of difficulty.

In this 20-Day Reboot, I've programed all of the same techniques that I abide by each and every day in terms of diet and exercise. Mostly, this program leverages intermittent fasting to help put you in a state of maximum fat burning throughout the plan.

From there, you'll begin using some advanced nutrient timing techniques like protein and carbohydrate timing to help you maximize both the fat burning and muscle growth periods around your workouts. I, as well as many others, have personally used these techniques with my own diet to maximize the body's response.

As mentioned, this Reboot isn't the easiest but if you want to make maximum change in the shortest amount of time, this program is the best way. If you work hard and remain consistent, the 20-Day Reboot can help rapidly change your physique in the shortest amount of time possible.

So… what are you waiting for?

PHASE 1

Amino Fasting & Spiking

In phase 1 of the 20 Day Reboot, we'll dive right in by using my personal amino fasting and spiking protocol to boost protein synthesis as well as promote extreme weight loss, as quickly as possible.

With a typical diet, you spend most of the day in a fed state. Under normal circumstances, this is quite appropriate, but if you're looking to burn a maximum amount of fat in the shortest amount of time, something needs to change.

When you eat food with a caloric value, this promotes a cascade of events in the body that leads to growth. Whether that be fat growth or muscle growth, food sends signals to your brain that energy is vast and storage of these nutrients is prioritized.

That's due to a special protein called mTOR. Known as the mammalian target of rapamycin, mTOR stimulates different pathways in the body related to growth and storage. If this sounds familiar, it's likely you've heard of mTOR in relation to muscle protein synthesis or the generation of new proteins that help you become more defined and get stronger.

The problem here is that mTOR is an anabolic protein. That means when activated, fat loss is non-existent or at least, severely diminished.

When you limit protein and food through the practice of fasting, the act of abstaining from food not only reduces mTOR activation but also increases the activity of another protein known as AMPK.

If you think of mTOR and AMPK as a seesaw, as one goes up, the other one goes down.

The benefit of having AMPK elevated is that it directly increases fat burning. Additionally, AMPK also induces mitochondrial biogenesis, or the generation of new mitochondria, which are cells that help you burn fat.

If that's not enough, by fasting for extended periods of time, you make the body's response to food much greater. When mTOR activation declines, this improves your body's sensitivity to it once it's activated again.

Mostly, by reducing food and then increasing food around your workout, you increase fat burning (while fasting) and then improve your body's response to your workouts by increasing protein synthesis drastically around the workout period.

Here's an abbreviated description:

STEP 1: Fast until you exercise. This decreases mTOR (growth) but increases AMPK (fat burning).

STEP2: Increase amino acids (protein) around the workout for maximal muscle growth.

PHASE 1

Protocol

STEP 1: Fast Until You Train

In step one of phase one, you'll adopt an intermittent fasting style of eating. Mostly, you'll continue eating the foods you want; only, you'll eat that food only within a restricted time window. Here are a few examples of how you'll do this, based on the time of day you exercise:

AM Workout

Here, you have two choices. You can either choose to begin fasting earlier in the day, or, you can continue fasting through the morning, despite your workout. Here are some examples:

Option 1:

- **8:00 pm the night prior:** Last meal / Begin Fast
- **7:00 am:** Rise From Bed
- **8:00 am:** Pre workout – 20+ gram protein shake
- **9:30 am:** Post workout: – 20+ gram protein shake
- **9:30 – 12:00 pm:** Fast
- **12:00 – 8:00 pm:** Eat as normal
- **8:00 pm:** Last meal / Begin Fast

Option 2:

- **7:00 am:** rise from bed
- **8:00 am:** Pre workout – 20+ gram protein shake
- **9:30 am:** Post workout: – 20+ gram protein shake
- **9:30 am – 4:00 pm:** Eat as normal
- **4:00 pm – 8:00 am (following day):** Fast

Noon Workout 

If you're able to workout around noon each day, you'll have the most optimal amino fasting / spiking routine. That's because a noon workout is the most reasonable in terms of when you fast, since fasting through the morning is quite easy and with this schedule, you'll be able to eat food well into the evening. For instance, option 2 of the AM workout protocol may prove difficult for some.

- **8:00 pm the night prior:** Last meal / Begin Fast
- **7:00 am:** Rise From Bed
- **7:00 am – 12:00 pm:** Continue Fasting
- **12:00 pm:** Pre workout – 20+ gram protein shake
- **1:30 pm:** Post workout: – 20+ gram protein shake
- **1:30 pm – 8:00 pm:** Eat as normal
- **8:00 pm:** Last Meal / Begin Fast

Night Time Workout

Working out at night will present similar challenges as training in the morning, but the repercussions are not as severe. Essentially, you'll either need to extend your fast later on in the day or you can use a protein sparing modified fast. This will mean only consuming protein earlier on the day and saving the rest for after your training session. Here are some examples:

Option 1 (6:00 pm workout time)

- **Prior to bed:** Last meal / Begin Fast
- **7:00 am rise:** Fast through the day until 6:00 pm
- **6:00 pm:** Pre workout – 20+ gram protein shake
- **7:30 pm:** Post workout - Post workout: – 20+ gram protein shake
- **7:30 – Bedtime:** Consume most food
- **Prior to bed:** Last meal / Begin Fast

Option 2 (6:00 pm workout time)

- **9:30 pm the night prior:** Last meal / Begin Fast
- **7:00 am:** Rise From Bed
- **7:00 am – 12:00 pm:** Continue Fasting
- **12:00 pm:** Large dose of protein (40+grams) only
- **12:00 pm – 6:00 pm:** Fast
- **6:00 pm:** Pre workout – 20+ gram protein shake
- **7:30 pm – 9:30 pm:** Consume remaining calories / Begin fast

Essentially, with this method, you'll fast throughout the day, saving most of your calories for the post workout window period. The only exception being that you can choose to break the fast with protein only if you desire, since the fasting period for nighttime workouts will almost always be extended. I recommend trying both of these methods and finding which works best for you and your schedule.

STEP 2: Spike Protein Around The Workout

As I mentioned earlier, when you fast for long durations, you reduce the amount of mTOR being activated. That's because mTOR is activated by protein and energy intake. If you noticed, I also mentioned that this long duration of fasting, and thus reduction of mTOR, could improve your body's sensitivity to it once it's activated.

If you think of this concept in the same light as insulin, this might make a bit more sense. When you chronically consume carbs (and thus, initiate an insulin response), your body becomes desensitized to the hormone.

The same thing happens with mTOR. Chronic activation can reduce its impact. But when you fast and reduce mTOR, your muscle building response skyrockets once you have protein. It's a surefire way to make the most out of each and every one of your workouts.

To do this, you want to break your fasting period with a large dose of protein. Typically, I recommend using a whey protein shake or plant-based alternative, since you'll be doing this just prior to your workout. If you're unable to consume protein shakes before you exercise, I recommend having a large dose (20 grams) of either BCAAs or ideally, Essential Amino Acids (EAA).

Lastly, once you finish your workout, you want to repeat the process before you jump into your normal meals. This will ensure that you're maxing out your protein and thus, muscle building response from your workout.

The Workouts

Phase 1 workouts are some of the more difficult ones that you'll complete in this reboot. The difficulty is partly because the workouts themselves are difficult, but also because we'll be focusing on depleting glycogen.

Glycogen is the stored form of glucose, or sugar, that our body maintains. Glycogen's main role is to lay dormant until exercise demands require additional energy. When this happens, other hormones help release glycogen and convert it back to the usable form of energy, glucose.

Normally, this is a great thing. Extra energy in our muscles is almost always beneficial, except for when we are attempting to rapidly change our body composition.

See, filled glycogen stores send a similar signal to the brain as energy, in that having too much glycogen inhibits the growth of new mitochondria and also limits the amount of fat you can burn.

Mostly, by reducing glycogen in the muscle, you increase the generation of new mitochondria (which increases fat burning). Depleting glycogen also encourages your body to preferentially burn fat by placing you into a state of ketosis - a metabolic state where your body runs on fat and fat byproducts known as ketones.

Throughout this week of workouts, you'll focus on intense, full body workouts designed specifically to deplete your muscles of glycogen so that you can burn as much fat as possible.

PHASE 1

Simplified

Now, I know that's a lot of information so I want to ensure that you have a clear set of instructions for phase 1 moving forward. Seeing this should give you a clarified set of instructions for getting started.

STEP 1: Fasting

The dieting style for this program is intermittent fasting. That means you want to spend a significant amount of time each day, consuming no calories at all. Typically, the fasting period should last anywhere from 14-16 hours (including sleep). For instance, if you exercise at 12 pm (noon), you want to start the fasting period around 8:00 pm the night prior.

Lastly, you want to end the fasting period around the workout or follow the other guidelines above. That means if you workout at 12:00 pm or 5:00 pm, the 16 hour fasting period should end when you have your pre workout protein.

STEP 2: Protein Spiking

After you've reached the end of your fasting period and are ready to exercise, it's time to start the protein spike. Just make sure that you're consuming a large dose of protein (20+ grams), otherwise, this whole process will be pointless.

As mentioned, stick with whey or a plant protein shake or alternatively, have around 20 grams of BCAAs or ideally, EAAs.

PHASE 2

Ketogenic Intermittment Fasting

In phase 2 of the 20-Day Reboot, we continue with our normal fasting schedule, but begin to change the content of the diet. With phase 2, you'll begin a ketogenic and intermittent fasting hybrid to ensure that your body is burning the largest amount of fat possible.

The fascinating thing about keto and intermittent fasting is that the two styles work synergistically to help you get shredded as quickly as possible.

Scientists in the 1920s were studying long-term fasting as a means of reducing obesity and also reducing the occurrence of epileptic seizures. They found that, after long periods of fasting, subjects displayed an increased amount of ketone bodies in their blood, which lead to a reduction of seizures.

But these scientists understood that fasting for days on end simply isn't practical or sustainable so they devised the ketogenic diet. Essentially, the ketogenic diet was a way to increase ketone levels in the body, without having to fast for long durations of time. But what they didn't know is that combining short-term fasting with a ketogenic style of dieting would maximize ketone production.

If you didn't know, when you fast and use a ketogenic style of eating, you directly increase the amount of ketones that are being produced. Ketones are molecules that are byproducts of excess fat metabolism and can be used as energy by almost every tissue in the body, including the brain.

Adjusting Your Food Intake

If you haven't guessed, eating a ketogenic diet is a bit different than how you might normally eat. Mostly, we'll drastically reduce carbohydrates while increasing fat consumption. This ensures that you'll get into a state of ketosis, especially after phase 1.

With the 20-Day Reboot, we'll actually be deviating slightly from a traditional ketogenic diet. If you know anything about keto, you know that there is often a transitionary period where you won't enter ketosis. As such, I've built a hybrid plan to expedite the process. While the instructions here might be a bit different than a normal keto diet, this phase is sure to ignite your body fat like no other.

With this plan, you'll be drastically reducing your carb intake to around 20% of your total calorie intake, while increasing protein and fat. But since this isn't a traditional ketogenic diet, we won't be increasing fat intake to 75% of total calories. This will allow the transition to be a bit faster and easier.

PHASE 2

Protocol

STEP 1: Continue With Phase 1 Fasting

Throughout this phase, the only adjustment that you'll make in terms of your diet is the composition. That means, you'll maintain your current schedule of fasting (as determined in phase 1), but the food you'll eat will be a bit different.

STEP 2: Begin Reducing Carbohydrates

The first, and arguably most difficult, part of phase 2 will be a reduction of carbohydrate intake. Unfortunately, this is a necessity for rapid fat loss as well as the ability to get into the metabolic state of ketosis.

As mentioned, ketosis is a metabolic state where your body is functioning almost entirely on ketones, which are byproducts of fat metabolism. But ketones are only produced when fat metabolism is elevated. Unfortunately, if glycogen levels and carb intake are high, fat metabolism all but ceases to occur.

In phase 2, we'll reduce carbohydrates to 20% of your total calorie intake.

To determine 50% of your total calories, you'll want to use the following equation.

1200 x .20 = 240
240 calories / 4 calories = 60 grams of carbohydrate
Note: This is an example and may not exactly match meal plan.

STEP 3: Increase Fat Intake

The second step in this plan is to increase fat intake. Traditionally, a ketogenic diet requires around 75% of total calories to come from a fat source, but since we're on a timeline, your body simply won't have enough time to adapt to such a high fat intake.

Instead, we'll be taking a more moderate approach, consuming roughly 40% of total calories from fat. Again, here is an example of how to calculate this, since fat contains more, (9), calories per gram than the other two macronutrients.

1200 x .40 = 480 calories
480 calories / 9 calories per gram = 53 grams of carbohydrate
Note: This is an example and may not exactly match meal plan.

The reason for doing this is to encourage your body to begin preferentially metabolizing fat.

When you have a balance diet composition, as most of us do, they preferentially metabolize glucose or sugar. Glucose is fast digesting and yields usable energy with ease, so, under most circumstances, the body turns to using this fuel source.

Now, you might assume that restricting carbohydrates would be an easy way to change this but even then, the body still tries to get glucose any way it can. For example, gluconeogenesis is the process of converting protein into glucose and still happens, regardless of the amount of protein that you're consuming.

By increasing fat intake, you provide the body with enough fat for energy purposes, which allows the body to use it as well as produce excess ketones.

STEP 4: Maintain Normal Protein Intake

Traditionally on a ketogenic diet, protein intake will be reduced. Remember that bit about gluconeogenesis? If protein is too high, this can lead to an inability to enter ketosis. However, if you've done your fasting correctly throughout phase 1, you should be able to get into and maintain ketosis, even with a higher protein intake.

In phase 2, you'll be consuming around 40% of your total calories from protein. Here's how to calculate it.

1200 x .40 = 480 calories
480 calories / 4 calories per gram = 120 grams of protein.
Note: This is an example and may not exactly match meal plan.

Lastly, maintaining your protein during this time will help in two distinct ways. First, maintaining protein will ensure that you're able to control your cravings, despite drastically reducing carbs. Since whole protein sources are a bit difficult to digest, this increases satiety, helping you feel fuller for longer.

Second, this protein will help to ensure that you're maintaining and building muscle mass. Quite simply, if you eliminate protein drastically, you risk losing some muscle or having difficulty improving the existing muscle you do have.

Applying This To Your Diet

Mostly, this phase of the diet should be treated similarly to the Paleo approach. This means you'll focus on protein sources, healthy fat consumption and an increase of green, leafy vegetables. When combined, focusing on these types of food will ensure that you're following the macro guidelines as well as achieving results with ease.

Protein Sources

Choosing protein will likely be the easiest for you. If you have no dietary restrictions, this means sticking with high quality protein sources like meats and even some dairy, if you're willing to sacrifice your minimal carbohydrates.

If you're a vegetarian and don't eat meat, I advise that a majority of your protein comes from eggs/ nuts / seeds and if you have carbs to spare, have beans. Further, if you're able, opting for fatty cuts of fish like tuna and salmon

Carbohydrate Sources

As you've probably guessed, traditional carbohydrates won't work very well for phase 2. This means removal of most traditional carbohydrates including breads, pastas, wheat and grains. Since the point of phase 2 is to remove carbs, these simply won't work.

Mostly, you'll want to focus on getting a majority of your carbs from whole fruit and vegetables. Here are some of the best options for consuming carbs during phase 2

Keep in mind that even though some carbs, such as whole fruit, will be acceptable in moderation, too much could limit your progress and ruin phase 2. I recommend keeping consumption of fruits to once per day or at least in close proximity to your workouts.

The Workouts

In phase 2, the workouts will be updated a bit to allow for more specific focus on each individual muscle group. Whereas phase 1 was built specifically to help you eliminate glycogen from your muscles, phase 2 allows us to place emphasis on specific muscle groups to help you build muscle and burn fat.

Spending time focusing on specific muscle groups is the easiest way to see quick change. For instance, if your goal is to build a great set of legs and glutes, then a majority of your training should focus on those body parts.

In phase 2, we'll spend time focusing on upper body muscles from both a push and pull perspective, meaning that there is time dedicated to muscles that help you "push" and those that help you "pull". As for lower body workouts, we'll spend time working on all parts of your thighs, including quadriceps and hamstrings and, of course, your glutes.

Advanced Techniques

Even though we're spending time focusing on specific muscle groups, we still want to keep intensity and effort high. That's why I've programmed the use of super sets, drop sets and some giant sets during this phase. Here are descriptions of how you'll use each.

Super Sets

Super sets include combining two exercises together by completing them back-to-back, with no rest in between. Typically, super sets are used with differing muscle groups to allow for one group to rest while the other works. Here are a few examples:

Push/Pull	Hamstrings/Quadriceps	Biceps / Triceps
• Bench Press • Bent Over Rows	• Leg Curls • Leg Extensions	• Biceps Curl • Triceps Pushdown

Giant Sets

Giant sets are fairly straightforward and follow the general pattern of super sets. The only difference being that giant sets incorporate 3 or more exercises rather than only 2. In this program, you'll only complete giant sets including a maximum of 3 exercises.

When completing giant sets, complete all 3 exercises with no rest. Once complete, take your rest and then repeat as necessary.

Drop Sets

Drop sets are a bit different in that I recommend only using this technique on your last set of a given movement. That's because drop sets are difficult and very fatiguing. If you complete them too soon, your performance will undoubtedly suffer.

Drop sets consist of completing 1 set close to failure and the immediately reducing the weight you're using and repeating. Mostly, 1 "drop set" will consist of 3-4 smaller subsets. Here's an example:

- Leg Press Drop Set
- Program says: 3 x 15 + (1 x 15/12/10/8)

In the above example, the numbers in the parenthesis would be considered the drop set. This means you want to complete a set of 15, close to failure. Once complete, immediately reduce the amount of weight you're using and complete a set of 12 reps. Again, immediately reduce weight and complete 10 reps. Finally, reduce once more and complete 8 reps. This is considered 1 drop set.

Together using the above example, this will mean completing 3 normal sets of 15 reps and then completing 1 drop set for 15, 12, 10 and 8 reps, respectively.

PHASE 2

Simplified

STEP 1: Continue Fasting As Normal

During this phase, maintain the same schedule you used for phase 1 of the 20-Day Reboot.

STEP 2: Begin Reducing Carbohydrate Intake

During phase 2, you'll consume only 15% of total calories from carbohydrates. This means we'll eliminate consumption of most popular carbs like breads, grains and pasta and replace them with fibrous fruit and vegetables.

STEP 3: Increase Fat Intake

In order to maintain energy and a high level of fat burning, we need to increase fat intake during this phase. During this phase, you'll consume roughly 40% of your total calories from fat sources like animal fat, olive oil and coconut oil.

STEP 4: Maintain Protein Intake

On a traditional keto diet, you'll eliminate much of your protein but for our focus, we'll maintain protein intake to ensure satiety and muscle growth. During phase 2, we'll maintain around 40% of total calories coming from protein sources.

STEP 5: Tying It All Together

Mostly, your diet composition will follow closely with traditional guidelines of the Paleo diet. You'll focus on whole protein sources, healthy fats and fibrous vegetables, while avoiding processed foods and large amounts of traditional carbohydrates.

PHASE 3

Low Carb Protein Bursts

In phase 1, our goal was to begin reducing carbohydrates to put you into a fat burning mode. Taking it a step further, we also completed some glycogen depletion workouts to eliminate as much sugar from the body as possible. In doing so, we increase fat burning, increase creation of new mitochondria -our fat burning cells and even increase the possibility of entering the metabolic state of ketosis.

In phase 2, we take this all a step further by ensuring that you enter ketosis. By eliminating most carbs and increasing fat intake, we shifted the body towards preferentially burning fat for fuel, while adjusting our eating habits to align with what's necessary to achieve a fast, shredded physique.

In phase 3, we begin reincorporating carbohydrates strategically in ways to help fuel workouts but also in ways that help us avoid fat gain due to too many carbs. For you to understand the concepts here, we need to briefly dive into how carbs function and why this method works.

When you consume carbohydrates, a few things happen. First, regardless of the carbs you're consuming, this food is digested and broken down into their simplest form, known as glucose. Yes, that means even if you're consuming brown rice all day, those carbs turn to sugar just the same as a piece of candy. Of course, these carbs digest at different rates and have different functions but, for the sake of explaining this, all carbs turn to sugar.

After conversion, glucose enters the blood and has a few different paths available. First, this glucose can be used immediately such as if you consume them right before a workout or even during. When energy demands are high, glucose in the blood provides a quick option.

Second, if glycogen is low in the liver and muscle, glucose is shuttled to these areas for storage as glycogen. For instance, having full liver glycogen is a safety mechanism for times when blood glucose might drop. So, if the liver is empty of glycogen, we can expect that the carbs you consume will be shuttled there first and then to any muscle that is limited on glycogen.

Lastly, if energy demands have been met and glycogen stores have been filled, the remaining glucose can indeed be stored in fat cells and converted to triglyceride through a process known as De Novo Lipogenesis. But rest assured, this is one of the last things to happen, so it's widely over exaggerated in terms of possibility when eating carbs.

Exercise Changes How Carbs Are Used

If you didn't notice, the first fate of carbohydrates is a major driver for phase 3. Since we'll be saving our carbohydrates for around the workout, you can guarantee that a good portion of the carbs you're consuming will be used immediately for energy purposes.

Second, consuming carbs near the workout can help to fill liver glycogen stores as well, which is beneficial for longer, more difficult workouts. Filling the liver with glycogen around the workout ensures that you'll have glucose available when you need it most.

Third, exercise ensures that the carbs you ingest get put to good use. When you consume carbohydrates without exercise, the body requires the hormone insulin to drive glucose out of the blood and into various tissues of the body like the liver, other organs, muscle tissue and even fat cells.

When you exercise though, something special happens here that ensures the glucose gets sent to your muscles. Within each muscle cell, there are receptors known as GLUT-4. These receptors act as gatekeepers, allowing glucose to enter the muscle cell from the blood.

Under normal circumstances without exercise, these receptors lay dormant within the cell, which means insulin is required and that also means that the glucose insulin interacts with might be sent to muscle, organs or fat tissue.

When your muscle contract and begin to expend energy, the cells recognizes this change and forces these GLUT-4 receptors to migrate towards the outermost part of the cell where they can grab onto glucose molecules and shuttle them into muscle. Best part is, this happens independently of insulin, meaning the glucose is almost assuredly being sent to target muscle groups.

Tying It All Together

Together, this means that the carbs you're consuming will get used to fuel your workouts as well as to replenish depleted glycogen. What's even better here is that this glucose entering your muscle cells with ease can also help to fuel protein synthesis, or the generation of new muscle tissue.

Saving your carbohydrates, and using them strategically around your workouts, allows you to have high energy during workouts, extra energy in the muscle for improvements of muscle size, strength and definition and also a decreased risk of storing those carbohydrates accidentally as body fat.

PHASE 3

Protocol

STEP 1: Continue Your Fasting Schedule

In phase 3, we will be adjusting your food content but the general format of your eating habits should remain the same, including the fasting period. Maintaining your current fasting schedule will help to continue encouraging fat loss, but it will also make this process much easier.

STEP 2: Adjust Your Macronutrient Composition

In phase 3, we'll be incorporating more carbohydrates into your diet, but we will be doing so strategically. This means that you'll be eating more carbohydrates but you'll only be consuming them near the workout, similar to protein in phase 1. Know that you'll continue consuming protein at this time, only you'll also be eating carbs.

Overall , during this phase, we'll increase carb consumption up from 15%, to be around 30% of your total calorie intake. If you're consuming 1200 calories, this is what your calculation will look like:

1200 calories x .30 = 360 calories
360 calories / 4 calories per gram = 90 grams of carbs.
Note: This is an example and may not exactly match meal plan.

STEP 3: Maintain Protein And Adjust Fat Intake

Since we're increasing carbohydrate intake that means we also need to adjust the amount of the other macronutrients that you're consuming. Mostly, this change will come from fat consumption to allow for a higher protein intake, which is both beneficial for rapid weight loss as well as the preservation of muscle.

In phase 3, you'll reduce fat intake to be 30% of your total intake, down from 40%. This will allow for a higher amount of carbohydrates to be consumed but also maintain a reasonable fat intake.

Example:

1200 calories x .30 = 360 calories
360 calories / 9 calories per gram = 40 grams of fat.
Note: This is an example and may not exactly match meal plan.

Again, during this phase, protein will be maintained, coming in at around 40% of total calories.

1200 calories x .40 = 480 calories
480 calories / 4 calories per gram = 120 grams of protein.
Note: This is an example and may not exactly match meal plan.

STEP 4: Begin Practicing Nutrient Timing

The point of phase 3 is to begin using the practice known as nutrient timing. Essentially, this means that we will save the carbohydrates you consume for the pre and post workout window.

If you remember in previous sections, I mentioned that exercise changes how carbohydrates are used when ingested around the workout. And really, that's exactly what we're doing in step 4.

Your goal will be to save your carbohydrate consumption for both before and after your workout sessions. How much you'll consume in each time period will be largely up to you, but I'll at least make a few recommendations.

First, you can consider having an equal amount of carbohydrates before and after your workout. Using the 1500 calorie example as before, this means that you'll have a total of 112.5 calories to consume in two doses - one, 56 gram dose before and one 56 gram dose after. Here's how it might look with your schedule:

- 8:00 am: Wake
- 8:00 am – 12:00 pm: Fasting
- 12:00 Pre Workout: 56 grams of Carbs + Protein
- 1:30 pm Post workout: 56 grams of Carbs + Protein
- 1:30 – Bed: remainder of calories to be consumed.

Your second option, which is my personal favorite, is to do a 25/75% split, with 25% of your carbs being consumed before the workout and 75% of your carbs after you exercise. Here's how this schedule looks:

- 8:00 am: Wake
- 8:00 am – 12:00 pm: Fasting
- 12:00 Pre Workout: 28 grams of Carbs + Protein
- 1:30 pm Post workout: 84 grams of Carbs + Protein
- 1:30 – Bed: remainder of calories to be consumed.

The reason I like this method the most is because first, I typically like to have a relatively empty stomach when I exercise and second, because it allows me to have a larger amount of carbs and thus, a larger meal in the post workout period. This is not only beneficial for improving muscle mass and strength, but it's also nice to be able to eat a much larger meal after exercise.

Third, you can also choose to consume a higher amount of carbohydrates before you exercise, with a lower amount in the post workout window. This method might be best suited for individuals who prefer to have a large amount of food before exercise, but caution should be taken to avoid consuming too much food that workout performance is diminished.

- 8:00 am: Wake
- 8:00 am – 12:00 pm: Fasting
- 12:00 Pre Workout: 84 grams of Carbs + Protein
- 1:30 pm Post workout: 28 grams of Carbs + Protein
- 1:30 – Bed: remainder of calories to be consumed.

Lastly, you might also consider only consuming a portion of your carbs around the workout and saving any additional for later meals of the day. This is also a reasonable option as you're still practicing nutrient timing around the workout while also consuming the rest in the post workout window, when those GLUT-4 receptors are still working hard. Here's what this might look like in your schedule.

- 8:00 am: Wake
- 8:00 am – 12:00 pm: Fasting
- 12:00 Pre Workout: 28 grams of Carbs + Protein
- 1:30 pm Post workout: 28 grams of Carbs + Protein
- 1:30 – Bed: Continue eating, consuming the remaining 50% of carbs with other meals (56 grams).

The Workouts

In phase 3, we'll use a combination of some techniques used during both phase 1 and phase 2. That means some workouts will be intense, full body circuits, while others will have a more focused approach on certain muscle groups of the body.

During phase 3, though, we'll increase your total volume. This means increasing weight, sets and repetitions per set, mostly because of the higher carbohydrate intake.

Having a higher amount of carbohydrates will mean that you'll have more energy to fuel more intense workouts and we want to make sure that we take advantage of that.

Not to mention, we want to ensure that those GLUT-4 receptors have been activated and the best way to do that is to have intense, highly demanding workouts. Mostly, phase 3 is when we kick it up a notch.

Again, in this phase, we'll also continue using the same advanced techniques used in phase 2, but we'll also be incorporating a new one, known as rest pause.

Rest Pause

Rest pause is a fairly simple technique that follows a format not too different from drop sets. Mostly, rest pause incorporates short rest periods between sets to allow for recovery, but done in a way that it's considered 1 set. Here are the steps listed for using Rest Pause:

1) Based on recommended reps in the plan, choose a weight that places you close to failure. For example, if the program says 15 reps, you should choose your 15 rep maximum weight.
2) Complete your first set, 1 rep short of failure, for the exercise listed.
3) Rest for 10 deep breaths or around 20 seconds.
4) Using the same weight, complete as many reps as possible, 1 rep short of failure.
5) Rest for 10 deep breaths or around 20 seconds.
6) Using the same weight, complete as many reps as possible, 1 rep short of failure.

Here's what it looks like in practice. For simplicity's sake, this example is for incline dumbbell press, using my 15 rep max weight of 80 lb. dumbbells:

- Set 1: 80 lbs. x 14 reps (1 short of failure)
- Rest 20 seconds
- Set 2: 80 lbs. x 8 reps (1 short of failure)
- Rest 20 seconds
- Set 3: 80 lbs. x 4 reps (1 short of failure)

Note: This is considered one rest pause set.

The reason this method is so amazing is because you're able to complete many more repetitions with heavier weight than you might normally. In the abovet example, I can typically only complete 14-15 reps with 80 lbs. But with this method, I'm able to complete upwards of 25 reps per set, increasing my rate of growth.

PHASE 3
Simplified

STEP 1: Continue Your Fasting Schedule

Even though we are adjusting how you'll eat food, your schedule should remain the same as the previous phases.

STEP 2: Adjust Macro Composition

In phase 3, we are focusing on nutrient timing and strategically using carbohydrates around the workout. This means your total carb intake will increase to 30% of total calories.

STEP 3: Maintain Protein And Decrease Fat Intake

Since carbohydrate consumption will be increasing, other macros need to be adjusted, but mostly this will come from fat. With higher carb intakes, extra fat is simply not needed. But, we also want to maintain protein for muscle preservation and satiety. Protein will remain at 40% of total calories, while fat intake will decrease to 30%.

STEP 4: Begin Nutrient Timing

Mostly, this means consuming your carbs around the workout, i.e. before and after. But, how you do this will largely be based on personal preference. I personally prefer having a small portion before the workout, saving the rest for after, but the decision will be yours.

PHASE 4

Reboot & Refeed

Throughout phase 1, 2 and 3, we've had the primary focus of adjusting your diet composition and exercise to rapidly burn fat and put you in a great position to actually achieve the physique of your dreams.

Now, this program does include similar strategies and techniques as my other programs but what's unique about phase 4 of the 20-Day Reboot is that it helps to set you up for long-term success. I've built this plan specifically to help you maintain a fast metabolism for continued and sustained weight loss.

Your Body Hates You Dieting

No, really, your body absolutely hates when you start to diet and it's the main reason that achieving the physique you want is so difficult. From the moment you begin, your body is trying to find ways to stop weight loss at all costs so it will be up to you to outsmart your own metabolism to continue losing weight.

Moving from your normal calorie amount to a small deficit almost always results in some weight loss. That's mostly because your metabolic rate and how many calories you burn through exercise and regular activities relies heavily on how many calories you typically consume.

For instance, it's likely that you've stayed fairly consistent with your bodyweight over the years. Perhaps you've fluctuated up or down, but mostly, you've stayed the same. Over time, the body adapts to your typical energy intake and energy expenditure and eventually finds a "set point" or a comfortable weight that you body can sustain according to food intake and activity.

When you start a diet though, this throws a bit of a wrench into the system. Since your body is expecting a certain amount of calories to be eaten, the body continues expending the same amount of calories, despite lower intake.

This forces the body to look elsewhere to replenish this lost energy and typically, that comes in the form of you losing weight and body fat.

Your Body Adapts

Despite the fact that weight loss comes fairly quickly right after you start limiting intake, your body eventually does what it can to catch up. This culminates in a reduction of energy expenditure for typical activities as well as a reduction of spontaneous activity.

Really, your body is built to survive and a lack of food is one of the things the body is adept at dealing with. By responding to a lack of food relative to normal intake, your body eventually adjusts to reduce the impact of your restriction. Essentially, the body changes so that your new intake is the new "normal."

That might seem a bit confusing, but it's simply what happens when you plateau. The reason that you can't continue losing weight is simply because the body has adjusted and you're technically no longer in a caloric deficit.

Traditionally, this means you need to restrict calorie intake further. And then after some time, the body adapts once more, requiring additional calorie restriction, increased activity or a combination of both.

Strategic Refeeds Reduce The Impact of Dieting On Your Metabolism

Refeeds are a relatively new technique but one that I absolutely believe in. Refeeds mostly are strategic opportunities for you to increase your calorie intake in a smart and controlled manner.

Ideally, every 3-5 weeks of intense dieting, you'll methodically increase total calories and carbohydrates back to a normal intake amount for your body. You'll maintain this increase of calories for a period of a few days to a week, all while continuing to exercise and monitoring your bodyweight.

Now I know this might seem counterintuitive. How in the world can increasing calories be beneficial if removing them is the key to weight loss?

Really, this phase isn't concerned with weight loss. Rather, phase 4 is developed to help you maintain metabolic health for long-term success. 20 Days in the scope of improving your physique for the rest of your life is very small and it's best practice to think towards the future, especially when dieting.

Increasing total calories and carbohydrates for a few days sends signals to the body and your brain that food availability is high. In turn, this should allow your metabolic rate to remain relatively high so that you can continue losing weight after the refeed.

Now, keep in mind that the purpose of this refeed is similar to the idea behind a cheat meal, but the results are drastically different.

While cheat meals are certainly well intentioned, they rarely benefit anyone in terms of metabolic health. Typically, cheat meals or cheat days are simply excuses for people to binge on junk food that they wouldn't normally consume on the diet, under the pretext that doing so is improving their metabolism.

But, just as one meal won't make or break your progress, why would one meal consisting of junk food have any benefit whatsoever? The truth is, it simply doesn't.

Strategic refeeds are a much better concept because you're able to slowly and smartly increase calories over the course of days rather than just minutes. This gives your body enough time to respond to the increase in calories, resulting in improved or at least maintained metabolic health.

Even better is that during this time, you'll regularly check your bodyweight to ensure that you're not taking things too far. And due to the nature of the refeed, if you do happen to begin gaining weight unexpectedly, you can make the right adjustments on the fly, rather than eating a bunch of junk, finding out you've gained weight and not being able to fix it.

To me, the benefits and reality of refeeds make them far more attractive than a weekly binge disguised as a cheat meal.

PHASE 4

Protocol

STEP 1: Stick With Or Abandon The Fasting Schedule

In phase 4, our goal is to allow for slightly more calories and carb intake. That means overall, you'll need to eat more food throughout the day.

One of the most attractive things about intermittent fasting is that since you're eating within a restricted window, eating more food is a bit difficult. Mostly, since much of the food you eat will still be digesting during the feeding period, you might not be very hungry.

This presents an issue for the refeed. Quite simply, if you're unable to eat the required amount of food for the refeed, the attempt will be wasted. Without the calories, there is no refeed.

With this in mind, I suggest that you either stick with your routine if you feel consuming the food won't be an issue, reduce the fasting period slightly or simply stop fasting altogether.

Personally, I recommend that you either stick with fasting or just reduce the fasting duration to 12-14 hours. This can be advantageous if you're planning to repeat the 20-Day Reboot or if you at least enjoy the fasting process. Abandoning the process entirely and hoping to return the following week may prove difficult.

STEP 2: Increase Total Calories

The purpose of a refeed is for you to be able to increase your total calorie intake for a few days. This means that across protein, carbs and fat, you'll increase the total amount of food you're eating for the duration of this phase.

Overall, you'll experience a 25% increase of your total calories. To do that, the equation is fairly easy. For simplicity's sake, we'll stick with the 1500-calorie example used in previous phases.

- 1500 calories x .25 = 375 calories
- 1500 calories + 375 calories = 1875 calories (refeed amount).

STEP 3: Adjust Macronutrients

Since you'll be increasing your total calories, you'll also need to adjust your macronutrients according to this new intake. Further, during the refeed, we'll focus more so on consuming carbohydrates than other phases.

Carbohydrates play a significant role in thyroid health and your metabolic rate; since protein is almost always high, a majority of these excess calories will come from an increase of carb intake. For the purpose of the refeed, your macronutrient distribution will change to the following for phase 4:

- **Protein:** 40%
- **Carbs:** 40%
- **Fat:** 20%

As you can tell, this refeed will be a great opportunity for you to eat more carbohydrates and have a bit more energy for the intense workouts to come.

Special Note: It's important for you to understand first of all that carbohydrates are not inherently bad. People have made carbs out to be a bad thing and that's simply not the case. Carbs really only become an issue when you over consume them chronically.

Second, you need to know that storage of carbohydrates also brings water. In fact, for every gram of glycogen stored, you can expect to also store 3 molecules of water; scaled according to your food intake and you could end up holding on to a bit of water.

If this occurs, don't panic. Fluctuations of 3-5 pounds are not unheard of on carbohydrate-based refeeds. Stick with the plan unless you begin gaining excessive amounts of weight (> 5 pounds). Any water weight you do accumulate will subside after a few days, especially if you decide to repeat the program.

STEP 4: Weigh Yourself Daily

During the refeed, I always recommend that you weigh yourself daily under the same conditions each time. This means weighing yourself with minimal clothing, early in the morning, after using the restroom and before ingesting beverages or food.

Being able to closely monitor your bodyweight during this time will allow you to make adjustments if needed. Just because this is a programmed refeed, it does not mean that calories don't matter. It's entirely possible for you to gain weight during a refeed if you're not paying close enough attention.

As mentioned, an increase in carbohydrate intake can result in a bit of water being held by the body. I tell you this because I want you to expect small weight fluctuations and not to panic if it happens. Not to mention, this increase of water within the muscle is beneficial for performance, but it will also help you feel and look full and strong.

Mostly, if you gain less than 1 pound per day, you're in a fine position to continue. While each response is different, most people might gain 0-3 pounds total throughout the duration of the refeed, but almost always lose it once more after the refeed has ceased.

If you happen to be gaining weight during this phase at a faster rate than expected, it's likely that you need to dial back the total amount of calories that you're consuming.

STEP 5: Adjust Refeed Calories If Needed

If you find that you're gaining weight above expected fluctuations, it's possible that you're consuming too many calories. If this is the case, you should act by adjusting your calorie intake immediately.

The first recommendation is to take your initial starting point (your diet calories, in this example is 1500), and increase from that number by only 15%; a reduction of 10% calories from your refeed starting point. Here's an example:

- Starting refeed: 1500 calories + 25% (375) = 1875 calories.
- Reevaluation after weight gain: 1500 calories + 15% (225) = 1725 calories.

After making this adjustment, use this calorie amount for a day or two and reevaluate your bodyweight. If you're still gaining, reduce additional calories by an additional 5%.

The Workouts

In phase 4, we'll be spending time working on just about everything that we've gone through in previous phases, but we'll be focusing lifting with higher repetitions as well as some other new advanced techniques.

During this refeed time, you'll be consuming more calories and more carbohydrates than normal. And since those calories can contribute to weight gain, we want to make sure that the calories you're consuming will get put to good use.

By focusing on higher repetition sets, you'll ensure that you're burning a maximum amount of calories during the exercise session, which can help you avoid excess weight gain.

Second, having higher repetitions will allow for more glycogen depletion (similar to phase 1), which will ensure that the extra carbohydrates you're consuming will get shuttled into the muscle, rather than being stored as fat.

Advanced Techniques

In phase 4, we'll be using most of the same advanced techniques as phases 1-3, but we will also be incorporating an additional technique to tie everything together.

Reverse Pyramid Training (RPT)

Reverse pyramid training is one of my personal favorite techniques on account of its versatility and ability for you to work within a large range of reps and amount of resistance within a single workout.

Traditionally, workout sets move in ascending order. This means with each succeeding set, you increase the amount of weight you use and also decrease repetitions. This allows for full muscle recruitment, but it's also not great for fat loss.

Reverse pyramid training mostly works in the opposite way. Of course, you'll warm up with the exercise in question, but your sets will work in the opposite direction compared to normal workouts.

When completing RPT, once you complete your warm up, your first set will be the heaviest with the fewest repetitions. As you move towards set two, three and four, the weight you're using will decrease, but the repetitions will increase. Basically, this method allows you to build strength upfront and then work on fat burning and conditioning later. Here's an example of RPT being used with the barbell back squat:

Exercise: Barbell Squat RPT

- Warm up
- Set 1: 275 lbs. x 4 reps
- Rest
- Set 2: 225 x 6 reps
- Rest
- Set 3: 185 x 8 reps
- Rest
- Set 4: 135 x 12 reps

By looking at this example, you can gauge how your own workout sets might go. Your initial sets are heavier with fewer repetitions and later sets are lighter with more repetitions. Using this technique allows a wide range of stimulation for the best result.

PHASE 4

Simplified

STEP 1: Continue Or Abandon The Fasting Schedule

With a refeed, you'll need to eat more calories, which may prove difficult with long fasting durations. If you feel you can consume the requisite calories within your fasting schedule, then continue.

If, however, you find that you can't eat enough food, I recommend you first attempt to shorten the fasting duration to 12-14 hours. If that fails, consider avoiding fasting for this phase of the reboot.

STEP 2: Continue Or Abandon The Fasting Schedule

Since this is a refeed phase, you need to increase your total calorie intake. Otherwise, this phase will be pointless.

For the refeed, you want to increase your current calorie intake by 25%. For example, if you're consuming a 1500-calorie diet, you need to increase to 1875 calories for the refeed.

STEP 3: Adjust Macronutrients

This refeed phase requires an adjustment to your macronutrient ratios. Mostly, this means increasing carbohydrate consumption and reducing fat intake. For the refeed, you want to shoot for a macro distribution as follows:

- Protein: 40%
- Carbs: 40%
- Fat: 20%

STEP 4: Weigh Yourself Daily

Just because it's a refeed doesn't mean the calories don't matter. Further, 25% might be an over estimation for what you need, since you're an individual.

I recommend that, during the refeed, you measure your weight daily under the same conditions each time. This will allow you to gauge if a 25% calorie increase is just right or too much, while also giving you the opportunity to adjust accordingly.

STEP 5: Adjust Calories If Needed

If you find that the 25% increase is just too much and you're gaining weight, the best thing you can do is decrease consumption. I recommend in this case that you reduce from 25% to only a 20% increase and see if that helps. If necessary, repeat the process until you find your sweet spot.

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