



**30 DAY
SUPER SHRED**

**SCIENCE GUIDE
& USER MANUAL**

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Abbreviations

BCAA = Branch Chain Amino Acids

Whey = Whey Protein Powder

Cal or Kcal = Calories

Carb = Carbohydrates

Pro = Protein

PRS = Perceived Recovery Scale

Macros = Macronutrients (Carbs, Fats, Protein)

DB = Dumbbell

BB = Barbell

PWO = Post Workout



Welcome To 30 Day Super Shred

Welcome and congratulations on taking the first step to transform your body. This program provides you with all the tools you'll need to transform your physique and start on a great journey to achieve the physique of your dreams. Of course, this isn't going to be easy, if it was we would all be in fantastic shape. There is going to be a lot of sweat, some hunger, muscle soreness and of course times when you want to quit.

However, if you keep to the plan and put in the work it's going to be worth it, I promise. If you've never done a rapid transformation before the sense of achievement is amazing and it will stay with you forever. You're about to achieve months of results in only 30 days!



Establishing Priorities & The Hierarchy of Importance

The Hierarchy of importance is a key principle you should learn and always refer back too. These days, the rise in fitness models, the internet and supplement companies has caused confusion and dishonesty.

In order to make money, fitness models, physique athletes, supplement companies and coaches will twist the truth and cherry pick the research to tell you there is this magic secret that you can simply implement for massive success. This may be a secret supplement / pill, cutting out a certain food or performing this super workout they made which “apparently” is the KEY to transformations.

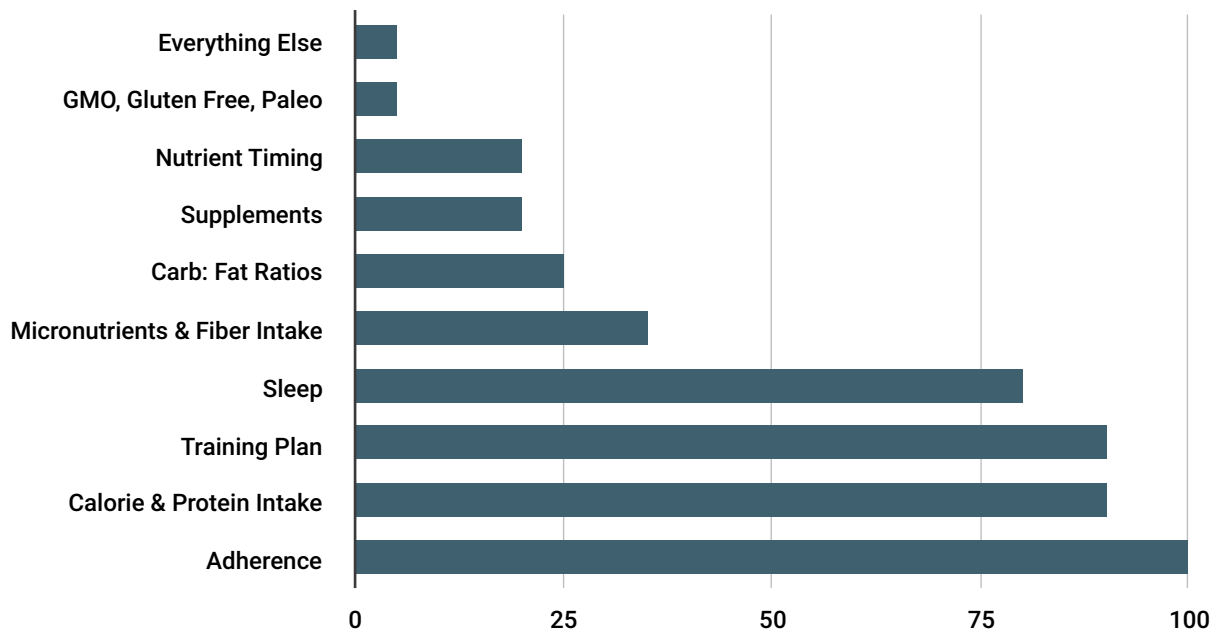
While I do promote certain aspects of this program that are unique, this is because I truly feel they make a difference and importantly, have plenty of research to support them. On top of that, as you may have already seen from my free material and blog posts, I continually emphasize the basics must be established first for these advance strategies to have significant benefit.

The Hierarchy of Importance

I designed the Hierarchy graph to illustrate the importance of different variables and aspects of programming.

Always consider this graph, it's extremely powerful and useful for you to maintain focus on the variables that are actually important, while not worrying, wasting energy or time on those variables that have little or no relevance. If you are not losing weight, always come back to this, chances are there is an issue with one of the bottom 5-6 variables.





Spartan Shred Starting Point

As with any program / plan it's important to record and monitor progress. Firstly, you must do this to see how it is working and make adjustments as necessary. Secondly, when you achieve eye catching results you will kick yourself for not having progress / starting measurements and photos (trust me!).

On Day 1 you will complete the first column (week 0) and take clear, good quality photos of yourself. Ideally, this will be in a bikini (this is a bikini transformation plan after all!) and against a white wall or plain background. Don't worry if this is uncomfortable and you hate it right now, most people do. However, only you can see it and you'll be glad you recorded it going forward!

Every 2 weeks you will take the same measurements and photos. Again, make sure they are taken first thing in the morning and photos should be taken in the same place. It's also important that the measurements are taken in the same place, an inch higher or lower can totally change the outcome.



	WEEK 0	WEEK 2	WEEK 4
<i>Scale Weight</i>			
<i>Belly Button Measure</i>			
<i>Hip Bone Measure</i>			
<i>Right Leg Measure (20cm Up From Knee)</i>			
<i>Right Arm Measure (Tensed)</i>			
<i>Front / Side / Back Photos</i>			



Goal Setting

30 Day Goal	
Goal 1:	
Goal 2:	
Goal 3:	

3 Month Goal	
Goal 1:	
Goal 2:	
Goal 3:	

6 Month Goal	
Goal 1:	
Goal 2:	
Goal 3:	

Example Goals:

- Lose 8lbs of fat in 30 days
- Reduce waist circumference measurement by 2cm in 30 days
- Add 10 LB to my squat 10 rep max in 30 days
- Reduce a dress size in 30 days
- Lose 10 LB fat in 30 days
- Lose 2" around the waist in 30 days
- Workout 5 times per week consistently for 30 days
- Only have 1 cheat meals in 30 days
- Stick with my diet and the diet plans for 30 days
- Improve marker of health in 30 days



Supplement Overview

Once you are following my diet and exercise regime the supplement plan is the next part, playing an important role in fat loss, performance, muscle growth and recovery.

Here is an overview of your supplement requirements for each day.

Time	Supplements
AM Supplements	Clean Burn, 200mg Caeine, 3x Omega 3, Multivitamin
Pre Workout Supps	Pre Kaged & Cleanburn (if this also in the AM you only need it once)
Post Workout Supps	Whey Protein, RE-KAGED, or High Protein Meal
Evening Supplements	ZMA, Multivitamin

Caffeine, Stimulants & Fat Burners

As you can see above I recommend the use of Caffeine in the AM & PM. This is totally optional and just a recommendation. If you are against stimulants feel free to skip this, if you have a medical contraindication (such as high blood pressure) you should obviously leave this out.

Contrastingly, if there is no apparent reason not to consume caffeine it is one of the worlds most powerful and research proven supplements. It can boost performance, reduce fatigue, increase focus, motivation, energy and help you burn fat (Goldstein et al., 2010; Roelands & Meeusen, 2014; Paulus et al., 2015)! It also have several health benefits! The combination of this with Cleanburn is probably the best legal and natural fat burning stack available, far superior to most fat burners. With that being said, remember it is only a supplement stack to give you an edge, the majority of fat loss still comes from diet and exercise.



Picking the Right Meal Plan

All the meal plans are designed to be based on your bodies needs. Its very easy to pick the best plan for you, unless you already have a good idea of your calorie needs from previous diet. To calculate this and pick your meal plan simply take your current bodyweight in LB (pounds) and multiply it by 12.

For example: $12 \times 160\text{LB} = 1920$ calories or $12 \times 200\text{LB} = 2400$ calories

If you do fall in between two calorie intakes, simply round up or down (whichever is closest).

Can't see a meal plan based on your bodyweight?

There's a good reason for this, i've not just "forgotten". All the meal plans are designed based on what I believe to be the optimal calorie range for females. Let me explain...

There is no meal plan below 1900 calories or over 2500 calories for a reason. If you were to reduce calories at the START below this range you would struggle to get adequate energy, macros (carbs/protein/fat) and micros (vitamins and minerals) to meet your bodies needs. This isn't to say you won't have to drop it lower at some point, such as when you become very lean or have been dieting for some time.

However, to start on less calories than this is unwise, even if you weigh less than 160 LB. If you are less than 160 LB start here and monitor progress. Remember, the metabolic workouts and other strategies are all going to help you shred fat, so even if you don't think you can lose weight on this amount of calories just try, you may be surprised.



In contrast, if you weight more than the listed meal plans you would start on the highest meal plan available. Again, this is because I believe that to be at the UPPER level for a male to lose large amounts of body fat.

In addition, if you do weigh more there's a good chance you have excess body fat to lose (which is likely why you bought the program in the first place - it's not a bad thing and congrats for getting started).

Top Olympia bodybuilders only have around 200LB of pure lean mass when they are stage ready, this means that if you are 200LB or more the chances are the rest is excess body fat which doesn't need more calories.

Remember, excess body fat requires virtually no extra calories, so, if you compared yourself to someone else with the same amount of lean mass but 30 LBs less fat, your calorie requirements at rest wouldn't be much higher.

Adipose tissue (fat stores) is just a dominate fuel source waiting to be burned during starvation (think back to caveman years). It doesn't require large amounts of fuel like your muscles.



Meal Plans

For those of you who are less familiar with macros and tracking I've designed several specific meal plans which can be tailored to your body weight / calorie goals. This comes with a comprehensive food list and breakdown of every ingredient so it can be personalized to your food preferences.

As the meal plans come in 200 calorie increments simply round your suggested calorie target number up or down and pick which ever is closest. If after calculating total calories the plans are all to low, simply adjust the meal portions at 1 or 2 meals.

Remember, tracking calories / macros can be off by 20-30% so don't worry about a 50-100 calorie difference per day - it's about being consistent and following the basics. If you are advanced with macros and calories, you can also just see what calories/macros I recommend in the meal plans and tailor this to your own diet.

Cheat Meals & Refeeds

For the 30 day transformation I do not recommend random cheat meals. While they can be a nice psychological break they do not provide any actual physical benefit when compared to the planned refeeds.

After the 30 day diet you may consider a 3 day refeed (not cheat meal) to help reset your hormones and rest up. To do this, just increase the meal plan intake by 50% for 3 days. I.e. all meals, calories and macros are increased by 50% more.



Adjusting & Tailoring Diet

Regardless of what plan you follow or what coach you work with it is important to monitor and adjust your diet based on the bodies feedback and results (strength in the gym, photos / measurements etc).

There's never a perfect diet and you'll never get it right first time, even the worlds best coach will have to tweak and adjust your diet. If you take one thing away from this program I hope its the importance of adjusting your regime.

Far to many people carry on for weeks getting slow or minimal results. If your trying to drop fat, you should be seeing noticeable results every 1-2 weeks. If not, something is wrong and you must change it.

For this reason the stated calories / macros will need adjusting at some point, in some cases you need to increase them and others you may need to decrease them. Although this can be a complicated process, there are some simple or obvious signs that changes are needed and I'm going to help you keep it simple. Here are some key signs:

When You MAY Need More Calories

- You have an active job such as personal trainer and work long hours.*
- You have a very fast metabolism and can never gain weight or muscle.*
- You lose fat rapidly and have to cram your face everyday with junk food just to maintain a healthy weight.*
- You're constantly weak, fatigued and extremely tired while following this program.*
- You're doing other exercise / sport along with the training prescribed in this plan.*
- You're going from eating 4000 calories a day to following the guidelines in this plan.*
- You feel constantly run down and weak*
- You are always absolutely starving and can barely function (remember some hunger is normal, don't confuse the two).*



When You MAY Need Less Calories

- *You have a very in-active job and lifestyle with the gym being your only activity. For example a desk job followed by the gym then spending the whole night on your sofa.*
- *You have a very slow metabolism and can never lose fat (warning: this only occurs 0.01% of the time, most people use it as an excuse or blame this when really their diet and exercise regime are sub-optimal).*
- *You have never eaten much food and are never hungry.*
- *You're following the current plan and struggling to eat all the food.*
- *You're not losing fat.*
- *There's no change in your measurements at the 2 mark despite following the plan exactly as prescribed.*

If any of these apply to you it's important to monitor progress. I always recommend spending 2 weeks following the prescribed plan before changing things, it takes time for your body to adapt. Therefore, if you feel weak, hungry or tired after day 3 it doesn't necessarily mean calories are too low- you just haven't adapted yet!

If you've completed lots of successful diets, then you may have a good idea of your macro / calorie intake. If this is the case, you can of course tweak the calories to fit with what you know works well.

Meal Timings / Frequency

People often ask about the meal timings listed. As emphasized, these are just EXAMPLES. You should tailor them to you, if you have work or other commitments and can't eat at the times laid out this is totally fine, just re-schedule everything to fit your life.

To do this, simply shift meals around. For example, if you train in the morning just have the Pre-Workout Meal first, followed by the post workout meal and then the other meals spread out for the remaining hours of the day.



There is no superior meal frequency or specific timings, except for the workout meals (La Bounty et al., 2011). There is no magic behind 5-6 meals a day compared to 3-4, despite what you may have been told. As a rule of thumb, eating around every 4 hours (or 3-5) works well so you can fit 4 meals in over a 16 hour day.

Don't overthink this, just meet the TOTAL DAILY INTAKE, this is absolutely vital.

Here are some example timings to help you tailor it based on gym session time.

Meal Timings in the Example Plans:

8 / 9am - Breakfast

12 / 1pm - Lunch

3pm - Pre Workout

5pm - Post Workout

8pm - Evening Meal

Training in the AM Example:

5-8am - Pre Workout (depending when you wake up and train, take it 60 mins before).

9 - 10 am - Post Workout (take around 1 - 2 hours after you train).

1pm - Meal 1 (can be lunch time or breakfast meal of the example).

5pm - Meal 2 (can be lunch time or the evening meal of the example).

8/9pm - Meal 3 (can be lunch time or the evening meal of the example).

Training Later in the Evening Example:

10am - Breakfast (fast for first couple of hours to push the meals back later)

2pm - Lunch

5pm - Pre Workout

7pm - Post Workout

9pm - Evening Meal



I've structured in this way so you still get 2 meals post workout to aid recovery. There will be less food in the day but if you're just working or sat at a desk, that is fine, you don't need a ton of food or energy to type on a PC. In fact, it actually allows for fat loss all day long.

Training at Lunch Time Example:

8 am - Breakfast

12pm - Pre Workout

2pm - Post Workout

5pm - Meal 2 (Lunch Meal here)

8 / 9pm - Evening Meal

10% Rule

When making changes I recommend 10% adjustments. For example, if you're increasing calories do this by 10% (increase all macros by 10% equally). Vice versa, if dropping calories do this by 10% at a time. If after 7-14 days there are no improvements or change adjust it by another 10%.

People underestimate how small changes can make a big difference. If your struggling to burn fat a simple 10% decrease in calories can cause instant and noticeable changes in bodyfat. If after 2 weeks it's still not working, simply alter by another 10%.

Don't make drastic changes that are not needed, remember the body is a survival tool and will always try to adapt. You want to keep plenty of reserves / tricks saved for when you next plateau, if you go straight from 0 to 100 you will get stuck at the first hurdle and have no where to turn.



Training Overview

Before continuing make sure you've read all the workouts, they are intense, high volume and frequency. For example, in the first block you get only one rest day per week and work the following muscle groups at least twice per week.

This provides plenty of frequency and volume, 2 key mechanisms behind adding muscle, losing fat and getting that warrior like physique (Helms et al., 2014). Importantly, when working multiple muscle groups in one session you will cause a series of metabolic reactions to help you drop the fat. These include:

- Increase in Epinephrine a potent fat burning hormone (Kraemer et al., 1999)
- Increases activation of the beta-2 cells which help your body release stored fat for fuel (Dela et al., 2004).
- Increase in Catecholamines, other hormones helping you burn fat (Kraemer et al., 2005).
- Double the usual calorie burn compared to most workouts.
- Increase in fat burning hormones such as Growth Hormone (Kraemer et al., 2005).
- Greater EPOC and increased metabolism for up to 24 hours after the workout (Schuenke et al., 2002).

This hardcore approach is key for rapid transformation but it does require plenty of recovery, low stress and a consistent diet. If you don't pay attention to these you will become fatigued, weak, ill or over worked so it is important to optimize all aspects of recovery.

Exercise Order / Pairing

You will notice the use of 1a, 1b, 2a etc. If you're not familiar with this programming it simply describes the exercise order. The number describes the exercise group while the letter describes the exercises that fall into that group.



For example, 1a and 1b would be 2 different exercises within the SAME group, meaning they are performed back to back (superset) without rest. After you've performed the 2 or 3 exercises without rest you take the prescribed rest period listed and then repeat. In contrast, 1a and 2a would mean they are completely separate exercises. In this instance you would perform all your sets for 1a (e.g. 4) then move onto 2a.

Here an example:

1a. Chest Press - 60 seconds rest - 4 sets.

2a. Bent Over Row

In this instance you would perform your first set of Chest Press, rest 60 seconds and repeat 3 more times (for 4 sets total). As listed, you would take 60 seconds rest in-between each set. After you've finished all 4 sets you would THEN move onto exercise 2a.

Example 2:

1a. Chest Press - 60 seconds rest - 4 sets.

1b. Bent Over Row - 60 seconds rest - 4 sets.

In this example you would be pairing the exercises together back to back. To do this, you would complete your first set of chest press and then go STRAIGHT into the Bent Over Row (10 - 15 seconds is acceptable in between to physically move around the gym and start the second exercise). After you performed BOTH exercises you would take the prescribed rest period, which is 60 seconds and then repeat the pair for 3 more sets.

Tempo

Tempo describes the speed of the movement. I've listed every tempo for every exercise and they are all different for a specific movement. It's important you follow the prescribed tempo and follow them strictly (even when it burns like hell!). I've spent the time listing different tempos for a specific reason. Please follow it as it will effect the results of your training and overall program.



Here is a breakdown of the 4 numbers:

Number 1: the eccentric or lowering part of the movement

Number 2: the pause at the bottom before you start the concentric

Number 3: the concentric or press / pull action

Number 4: the change or end of the rep, often 0

For example, using 3:0:1:0 for a bench press would mean you take 3 seconds to lower the bar down to your chest (this part is usually slower), 0 second pause at the chest, 1 second to press the bar away from your chest (this part is usually faster) and then 0 seconds rest at the top.

Another example for a squat would be 3:2:2:0. As you can see, there is more total time per rep (7 seconds vs 4 in the bench press), this obviously makes it harder and provides a bigger calorie burn and metabolic stress (good for fat loss). To perform this, you would lower down for 3 seconds, then hold at the bottom while still contracting the working muscles for 2 seconds followed by a 2 second drive back up and 0 rest at the top.

90% of the time the last number will be 0. This represents the pause at the top. Unless you are a pure powerlifter (which your not as you shouldn't be on this program) you should eliminate this period of the lift.

So, as you are finishing the press or pull part before get ready to transition into the lower as soon as you feel you are losing tension or coming to the top of the exercise. I always teach people to stop 85% of the way to ensure they are not pausing or locking out.

Cardio

You will notice there is not a ton of cardio. This is deliberate as the new workouts should be a large increase in both volume (amount of work / reps / sets) and intensity. These alone, combined with the diet and other strategies in this plan will provide amazing results (if you get it all right and follow it, ofcourse).



That being said, I do recommend adding in steady state cardio if you don't notice change or start to plateau. There's some recommendations later on, but the best add ons I use with clients is either:

10 - 15 minutes before and after the gym session, performed at 50% max intensity or 20 - 30 minutes low intensity performed away from the workout. For example, if you train in the evening you can go and down a 20 minute cardio session in the AM, such as a fast walk or bike ride etc.

Unless I state HIIT (High Intensity Interval Training), all forms of other cardio are best performed at a moderate intensity. I recommend low to moderate as it requires less recovery and causes less fatigue, allow you to push harder in the main gym session which is by far the most important factor.

For the sakes of this plan, this moderate form of cardio is just a means to burn some extra calories and fat, we aren't trying to train for any marathons.

Exercise wise, I do not recommend jogging or running, unless you do this on a regular basis and are pain free. The impact can cause joint issues and injury, especially when starting out or if you carry excess body fat. It will also fatigue your legs more than other forms of cardio, which won't help when it comes to the lower body gym sessions.

All other machines, X Trainer (Elliptical), Walking, Bike, Rower, Stepper are great.



Optimizing Recovery & Cortisol

As mentioned, the hardcore set up of this program will not work if you do not optimize recovery. If your recovery is poor you'll be weak, tired, sore and fatigued. This is not ideal or enjoyable, make sure recovery plays a equal role along with training & diet.

Monitoring Recovery and Learning to Rest

I recommend people record there daily energy and recovery levels before every workout. I have used this method to successfully coach 100's of clients and assess when we may need a little break and in contrast, when we can push a little higher. This is based on actual research, where they monitored the "Perceived Recovery Scale" (PRS) against blood marker sof fatigue and muscle damage. They found participants ratings (1 - 10) matched the changes in the blood.

In other words, you can get a pretty accurate measurement of how you are doing by just rating yourself everyday. I ask and recommend you record these everyday in the table provided and then take a weekly overview every week. That way, you can look and spot for any trends and tweak your regime BEFORE you become ill or overtrained, or, before you waste 20 days when you could have been going harder.

Here is the PRS Scale:



Perceived Recovery Scale	
10	<i>Extremely well recovered and feel 100% fresh with amazing energy and motivation</i>
9	<i>Very well recovered and feel 90% fresh with amazing energy and motivation</i>
8	<i>Well recovered and have great energy / motivation.</i>
7	<i>Feeling good, well recovered and ready to go.</i>
6	<i>Extremely well recovered and feel 100% fresh with amazing energy.</i>
5	<i>Feel ok, not under or over recovered, just slightly tired or normal.</i>
4	<i>EF Feel some what tired and drained, can still workout but performance may be down.</i>
3	<i>Recovery is bad, tired and feel weak, can workout but won't be a good session.</i>
2	<i>Very tired and weak, recovery is tanked and can't train.</i>
1	<i>Feel ill or weak, struggle to do daily tasks, get tired doing basic activities such as walking.</i>

Now, all you need to do is simply refer to this table before every gym session. You can take a screenshot, print it off or download to your phone (with the attached PDF). Just record these numbers on some paper, in the table below or on your phone in notes etc.

For Example:

*Day 1 - 7 Day 4 - 7 Day 7 - 7
 Day 2 - 6 Day 5 - 8
 Day 3 - 6 Day 6 - 8*

Once you start entering the numbers you should review it on a weekly basis. I don't recommend training if you TRUELY are a 4 or less. If you are a 5 or less all the time and never reach 7 or 8, you MUST take the steps to optimize your recovery.

Let me be clear, your ability to recover is one of the most VITAL parts of a physique transformation, you are pushing both diet and training to the opposite extremes, recovery MUST be on point.



Aim for your recovery scale to sit between a 6 - 8. It's rarely going to go above 8, except for odd days or if you are having a refeed and a couple of days rest. Remember, you are dieting so you should expect it to be lower than normal, if it's not, chances are you could push harder.

If you are a consistent 7 or 8 and fat loss is slow, you have plenty of "recovery budget" to increase exercise, drop calories slightly etc. Remember, it's always about finding a balance between FAST fat loss and a good amount of energy, quality of life and gym performance.

Use the tips below to optimize recovery, if you do drop to a 5 for several days or less, I recommend you take 2 - 3 FULL REST days. If that doesn't help, try to sleep a couple of hours more, go for a relaxing massage etc and increase your calorie intake by 20 - 30%.

Here are my key tips for optimizing recovery:

- *Sleep 8-12 hours per night*
- *Sleep some more*
- *Reduce stress as much as possible.*
- *Learn to relax.*
- *Read a book before bed*
- *Have a massage and spa day once a week*
- *Hit the sauna and spa for 20 minutes after your gym session*
- *Reduce or stop any activity that causes stress and is not vital in your life for the 90 days.*

- *Do not check emails at the weekend, have a full 2 days off.*
- *Only check emails once per day, don't become a slave to your work/clients.*
- *Tidy the house and keep everything organized, mess = stress*
- *Tell your friends and family about the 90 day challenge and that you need extra support, constant nagging or negative suggestions will not help. People become jealous, don't let them wreck your goals.*
- *Hire a cleaner, nanny or part time assistant to reduce minor tasks or stress.*
- *Take 500mg Phosphatidylserine post workout to reduce cortisol*
- *Take relaxing sleep aids such as magnesium, ZMA, GABA, 5-HTP, Melatonin.*



Fat Loss Trouble Shooting

If your having trouble losing fat then follow this guide. The answer will be somewhere below, you may just need to take a HONEST step back and look where you are going wrong.

- Not using the set meal plans, meaning your calories and macros are not accurate.*
- Using alternative brands for foods (e.g. different yogurts or cheeses) and not double checking the macro's / calories are the same as listed in the meal plans. Two fat free yogurts that seem the same can have COMPLETELY different carb, calorie and protein contents.*
- Measuring portion sizes incorrectly, this happens way to often.*
- Snacking or eating on the go, drinking an extra drink everyday, all of which contain calories that quickly add up and can blunt weight loss.*
- Adding condiments or sugar etc. For example, adding ranch or mayonnaise to foods, adding sugar to coffee/tea etc.*
- Not training hard enough if your gym sessions, missing one gym session a week, leaving the gym early (missing sets), not doing recommended cardio or HIIT etc.*
- Being sedentary all day, everyday, apart from the gym. Daily movements such as walking or doing house hold chores account for unto 40% of the energy / calories we burn. This is MORE than you burn in your gym session.*

If you spend some days at a desk all day and your only activity is the gym then you may be stunting fat loss because your metabolism is on shutdown. Take the stairs, walk / bike to work, get a standing desk, etc. If you have a sedentary job at a desk, make sure you walk for 30 minutes per day to account for the decrease in metabolism.

- Drinking your calories. Although we've touched upon it above, if you add sugar to your drinks or drink sweetened beverages they can quickly add calories. I strongly recommend you eliminate and drinks that contain calories (apart from protein drinks). Stick to calorie/ sugar free flavored water, lemon in water, tea, coffee etc.*



- *Not sleeping enough, which can rapidly decrease your insulin sensitivity, metabolism and fat loss. I've wrote a full article on M&S demonstrating how vital sleep is, check that out by clicking [HERE](#).*

If you follow these points and get everything exactly right then 99.99% of you will not have issues losing weight. If you do, chances are you are getting an aspect of the program wrong, usually the diet.

The 0.001% of people that have a hard time even when following the guide are probably not reading this anyway, as it's limited to those with serious diseases or hormonal issues. If this is you, you must seek medical advice and a tailored plan from a qualified dietician.

Fat Loss Add-ons

Along with addressing all the points above, you can make some simple alterations to prompt fat loss. Remember to take it one step at a time and test. It's all trial and error, you must allow 2-4 weeks before judging your new regime. If weight loss is still low then simply add in another add-on and test again.

Here are some alterations / add ons to try:

- *Cut your calories down by 100, simply by reducing the macros in the following manner: 10g carb, 10g protein and 2g fat.*
- *Add in 2x 10 minute HIIT sessions per week.*
- *Add in 1x 10 minute HIIT session followed by a 20-30 minute steady state session.*
- *Add in a 20-30 minute walk outside, everyday.*
- *Add in 10 minutes of low-intensity cardio before and after your weight session, every time you train.*
- *Do 6, 60 seconds intervals throughout the day (must be spaced out) to boost metabolism. This is hard if you work in the office, but for those working at home or in a private setting / gym etc, do 60s of press ups, burpees, jump squats, stair sprints, running sprints or cardio intervals.*



- Add 5x5 strength work 2 times per week, in a separate session. I appreciate this is hard for people working 9-5 etc. However, it could be done at the weekend. Simply add in 5 sets of 5 reps with 150 seconds rest using compound strength moves. For example: legs = squats or deadlift, chest = bench press, back = pull up or bent over row.
- Get a bike and bike 5 miles per day, or, even better try biking to work and back.
- Add in 1 extra set to each exercise, which will increase total sets per session by around 8 - 12. This can only be used if you are use to high volume and have optimal recovery.

As you can see, there are 2 mechanistic routes for boosting the fat loss. These both come back to the laws of energy balance and calories. For fat loss, it's very simple from a mathematical perspective. Calories in must be LESS than Calories OUT (e.g. how much you burn).

So, route 1 is reducing ENERGY IN (calorie intake), achieved by reducing food / macro intake. Obviously we cannot keep doing this every week, so most of the points focus on increasing ENERGY OUT, by moving and exercising more.

Combining the two will provide rapid fat loss, but, you must keep it to a level where you can maintain health, performance, hormones and muscle mass.



Share Your Results

Once you've successfully completed the 30 day spartan shred I would love to hear how you got on!

Please reach out and contact me personally at rudy.mawer@live.co.uk to share your photos and results!

Every month I will select one winner to get \$900 worth of elite 1:1 coaching services with me!

Take The Next Step

If you enjoyed the program and wish to progress into adding lean mass or losing more fat we have two options that I highly recommend.

For those trying to add lean mass, I would transition into my 20 week lean mass protocol: <http://www.rudymawer.com/20-week-scientific-mass/>

For those want to lose more body fat without any chance of muscle loss, the Metabolic Advantage Diet is a great option, which teaches your body to burn 200-300% more fat: <http://www.rudymawer.com/metabolic-advantage-diet/>



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