

A full-page photograph of a muscular man with a beard and short brown hair, wearing green athletic shorts and black sandals. He is captured in a dynamic, low-to-the-ground running or lunging pose on a sand dune. His right arm is extended forward and slightly upward, while his left arm is bent at the elbow. The background shows a clear blue sky with a few wispy clouds and some dry, yellowish grass on the dune. The overall lighting is bright and natural, suggesting a sunny day.

**LEAN UP**  
**GUIDE**

**MYPROTEIN**



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## Welcome to our lean-up guide

Whether you're trying to get trim for summer or drop a dress size for an important event — we're on hand to help.

Let's get started...





# NUTRITION GUIDE



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# YOUR GUIDE TO MACRONUTRIENTS

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When you're trying to get trim, it's super-important to stay fuelled with the right nutrition. That means working out exactly what your body needs.

Use our [online guide](#) to work out your:

- Basal metabolic rate (BMR)
- Total daily energy expenditure (TDEE)
- Physical activity level (PAL)

Once you have these, we'll tell you the amount of calories you need to get lean.

It's important to understand how many calories and how much protein, carbohydrates, and fat your body needs every day in order to trim up.

To get access to our guide — check our [Zone article](#).



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# FOOD LIST

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Here's an example of foods you can use when building your macro plan.

## HIGH PROTEIN FOODS

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- Chicken
- Beef steak
- Turkey fillet
- Lamb fillet
- Pork loin
- Game meat
- Salmon fillet
- Tuna
- Cod
- Hake
- Tilapia
- Sea Bass
- Mackerel
- Prawns
- Cottage cheese
- Greek yoghurt
- Eggs
- Whey protein
- Tofu
- Soy
- Grains
- Pulses





# CARBOHYDRATE SOURCES

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## *High carbohydrates*

- Rice
- Quinoa
- Millet
- Oats

## *Moderate Carbohydrates*

- White potato
- Parsnips
- Sweet potato
- Swede

## *Low Carbohydrates*

- Butternut squash
- Pumpkin
- Courgette

## FRUIT

- Mango
- Banana
- Pineapple
- Grapes
- Blueberries
- Raspberries

## FAT SOURCES

- Nuts
- Coconut oil
- Flax seeds
- Avocado
- Olives
- Hemp seeds





# TOP TIPS

**1**

Try to be within 10g of your protein target — aim for 100% but don't let it throw you completely if you fail to hit the exact number.

**2**

All foods should be weighed uncooked and using uncooked nutritional guidelines.

**3**

Maintain your energy expenditure on a day-to-day basis — if you aren't training, get up and move more.

**4**

Put reminders in your phone about when to take supplements, eat your food, and when to drink water. Also put your training sessions into a diary.

**5**

If you miss a meal for any reason whatsoever, don't stress, get it in when you can. If not, move on to your next meal and you might even have some calories remaining for the end of the day.



**6** Include a protein source in every meal.

**7** Include vegetables at every meal.

**8** Ensure you have a daily mix of fats, with an emphasis on monounsaturated and polyunsaturated fats.

**9** Add herbs and spices to your meals to keep it interesting — don't just eat plain food all the time — it gets monotonous and can lead to you falling off the wagon.

**10** Finally, make sure you weigh your food accurately.





A full-page photograph of a Black man in a running pose on a beach at sunset. He is shirtless, wearing black athletic shorts, and has a focused expression. The background is a soft, golden glow from the setting sun over the ocean. The text 'SUPPLEMENTS FOR LEANING-UP' is overlaid in large, white, bold, sans-serif font across the center of the image.

# **SUPPLEMENTS FOR LEANING-UP**



# When you're on get-trim mission, it's important to get the right fuel.

Supplements are a great way to get the extra nutrients you need to achieve your goals, alongside a balanced diet. That's where our product range comes into play.



In this section we'll show you exactly what you need to fuel your ambition.



# DAILY SUPPLEMENTS

These are your everyday essentials to keep you feeling sharp and on top of your game.

## Daily Multivitamin

Take 1 serving with your first meal to get the vitamins your body needs.



## Vitamin D3 & Vegan Vitamin D3

Take 1 serving with your first meal to get your fix of the sunshine vitamin.



## Essential Omega-3 & Vegan Omega

Fish oils can be hard to get from your diet, so take 1 serving with 2 of your meals.





## Zinc & Magnesium

Our potent formula should be taken 40mins before bed for best results.



## EXTRAS

### L-Carnitine Amino Acid

Popular with people looking to get lean, take 2 tablets before working out.





# WORKOUT SUPPLEMENTS

To get the lean look you're after, these are our recommendations.

## PRE-WORKOUT

A boost when you need it most. Take one scoop 30 minutes before working out.

### Pre-Workout Blend

Stay alert and focussed on your upcoming session.



### Vegan Pre-Workout

A plant-based kick exactly when you need it.



### THE Pre-Workout

Powerful formula designed to have you firing on all cylinders.





# INTRA-WORKOUT

To keep pushing for peak performance, it's important to stay fuelled and hydrated. Add 1 scoop to your workout water for a refreshing boost.

## Essential BCAA 2:1:1

BCAAs are the building blocks of protein, important for any goal.



## Vegan BCAA

The green way to get your amino acids during a workout.



## THE Amino+

Fuel your body and mind with our premium amino and caffeine blend.





# POST-WORKOUT

This is the fuel you need to achieve your goals. It's important to get a scoop protein within 1 hour of working out.

## Impact Whey Protein

An everyday fitness essential, it's ideal for all goals.



## Vegan Protein Blend

Packed with green goodness, it's perfect for a plant-based diet.



## THE Whey

An optimal blend of three kinds of whey, engineered for performance.







# WORKOUTS TO LEAN UP



**Over the next three months you'll complete a range of cardio and resistance workouts that target your entire body — gradually ramping up the workload to help you achieve your get-trim goals.**





# KEY

## Order

This is the way that the order of exercises are set out in the programme. If you see A1 and A2, that would mean they're done as a superset (alternating sets of two different exercises with no rest inbetween).

If you see A1, B1, for example — they're single sets.

## Exercise

This is simply the movement prescribed.

## Sets

Sets are the amount of times you'll perform a certain amount of repetitions (reps).





## Reps

Reps are the amount of repetitions you'll perform of each exercise.

## Tempo

The first number is the time spent throughout the eccentric (lengthening) phase of the exercise.

The second is a pause/hold.

The third is time spent in the concentric (shortening) phase.

Fourth is a pause/hold.

## Rest

The time spent resting in between sets of exercises.





# **MONTH ONE**

**This is where it all begins.**

**Remember to recalculate your macros every 1–2 weeks to make sure you're optimising your diet for leaning up.**

## Frequency

### Days

### Training

**Monday**

**Workout 1**

**Tuesday**

**Workout 2**

**Wednesday**

**Workout 3**

**Thursday**

**Rest**

**Friday**

**Workout 1**

**Saturday**

**Workout 2**

**Sunday**

**Workout 3**





# WORKOUT 1

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Dumbbell Squat</u>	4	10	4010	10s
A2	<u>Lat Pull Down</u>	4	10	4010	1m
B1	<u>Leg Press</u>	4	12	3010	10s
B2	<u>Barbell Bent Over Row</u>	4	12	3010	1m
C1	<u>Leg Extension</u>	4	15	2010	10s
C2	<u>High Pulley Kneeling Face Pull</u>	4	15	2010	1m
HIIT	<u>30s on 30s off Treadmill Sprints</u>				

# WORKOUT 2

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Trap Bar Deadlift</u>	4	10	4010	10s
A2	<u>Dumbbell Chest Press</u>	4	10	4010	1m
B1	<u>Lying Leg Curl</u>	4	12	3010	10s
B2	<u>Machine Chest Press</u>	4	12	3010	1m
C1	<u>Seated Leg Curl</u>	4	15	2010	10s
C2	<u>Press Ups</u>	4	15	2010	1m
HIIT	<u>30s on 30s off Spin Bike Sprints</u>				



# WORKOUT 3

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Goblet Squat</u>	4	10	4010	10s
A2	<u>Standing Dumbbell Shoulder Press</u>	4	10	4010	1m
B1	<u>Dumbbell Walking Lunges</u>	4	12	3010	10s
B2	<u>High Pulley Kneeling Face Pull</u>	4	12	3010	1m
C1	<u>Seated Leg Curl</u>	4	15	2010	10s
C2	<u>Flat Dumbbell Flies</u>	4	15	2010	1m
HIIT	<u>30s on 30s off Treadmill Sprints</u>				





# **MONTH TWO**

Now you're making steady progress so we're going to step it up — and introduce some HIIT cardio.

Remember to keep recalculating those macros!

## Frequency

### Days

### Training

Monday

Workout 1

Tuesday

Workout 2

Wednesday

Workout 3

Thursday

Rest

Friday

Workout 1

Saturday

Workout 2

Sunday

Workout 3





# WORKOUT 1

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Squats</u>	4	12	3110	10s
A2	<u>Assisted Pull Up</u>	4	12	3110	1m
B1	<u>Leg Press</u>	4	15	2110	10s
B2	<u>Barbell Bent Over Row</u>	4	15	2110	1m
C1	<u>Dumbbell Squat</u>	4	20	2010	10s
C2	<u>Dumbbell Upright Row</u>	4	20	2010	1m
HIIT	<u>Spin Bike 20s Sprints 10s Rest x 5</u>				

# WORKOUT 2

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Conventional Deadlift</u>	4	10	4010	10s
A2	<u>Incline Dumbbell Chest Press</u>	4	10	4010	1m
B1	<u>Romanian Deadlift</u>	4	12	3010	10s
B2	<u>Standing Cable Flies</u>	4	12	3010	1m
C1	<u>Seated Leg Curl</u>	4	15	2010	10s
C2	<u>Standing Dumbbell Push Press</u>	4	15	2010	1m
HIIT	<u>Rowing Machine 20s Sprints 10s Rest x 5</u>				



# WORKOUT 3

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Dumbbell Squat</u>	4	12	3110	10s
A2	<u>Seated Dumbbell Shoulder Press</u>	4	12	3110	1m
B1	<u>Trap Bar Deadlift</u>	4	15	2110	10s
B2	<u>Machine Shoulder Press</u>	4	15	2110	1m
C1	<u>Barbell Walking Lunges</u>	4	20	2010	10s
C2	<u>Standing Lateral Raises</u>	4	20	2010	1m
HIIT	<u>Treadmill Sprints 20s Sprints 10s Rest x 5</u>				





# MONTH THREE

Into the final phase now, we're stepping up the work with added steady-state cardio to really blast the excess fat and get you super-trim.

As always, keep on top of those macros!

## Frequency

Days	Training	Cardio
Monday	Legs	50 mins Steady State Cardio
Tuesday	Upper Body	50 mins Steady State Cardio
Wednesday	Arms	60 mins Steady State Cardio
Thursday	Legs	50 mins Steady State Cardio
Friday	Upper Body	50 mins Steady State Cardio
Saturday	Arms	60 mins Steady State Cardio
Sunday	Rest	





# WORKOUT 1

## LEGS

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Squats</u>	8	8	3010	15s
B1	<u>Lying Leg Curl</u>	8	8	3010	15s
C1	<u>Leg Press</u>	8	8	3010	15s
D1	<u>Seated Leg Curl</u>	8	8	3010	15s
E1	<u>Leg Extension</u>	8	8	3010	15s
F1	<u>Standing Calf Raise</u>	8	8	3010	15s

# WORKOUT 2

## UPPER BODY

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Bench Press</u>	8	8	3010	15s
B1	<u>Lat Pull Down</u>	8	8	3010	15s
C1	<u>Machine Chest Press</u>	8	8	3010	15s
D1	<u>Dumbbell Upright Row</u>	8	8	3010	15s
E1	<u>Standing Cable Flies</u>	8	8	3010	15s



# WORKOUT 3

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## ARMS

Order	Exercise	Sets	Reps	Tempo	Rest
A1	<u>Tricep Dips</u>	8	8	3010	15s
B1	<u>Preacher Curl</u>	8	8	3010	15s
C1	<u>Rope Tricep Pushdown</u>	8	8	3010	15s
D1	<u>Dumbbell Hammer Curl</u>	8	8	3010	15s





A woman with her hair in a bun, wearing a red athletic top and leggings, is running on a sandy beach. She is carrying a black jacket over her right shoulder. The background is a blurred natural setting with trees and a sandy path.

# LOCKER-ROOM LOWDOWN



# You've made it!

Be sure to check out our other guides for muscle building, advanced bodybuilding, fat loss, and healthy living.

## Remember to:

- Recalculate your macros
- Put reminders in your phone
- Experiment with recipes to make sure your diet isn't bland and boring
- If you miss a session, not to worry



Share your progress on Instagram and tag [@myproteinUK](https://www.instagram.com/myproteinUK) and check [The Zone](#) for workout and recipe tips.



# THE LEAN ESSENTIALS BUNDLE



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