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Introduction 3



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 & Communication

**The Comm

YOUR GUIDE TO MACRONUTRIENTS

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.

FOOD LIST

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

HIGH PROTEIN FOODS

- 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

High carbohydrates

- Rice
- Quinoa

- Millet
- Oats

Moderate Carbohydrates

- White potato
- Parsnips

- Sweet potato
- Swede

Low Carbohydrates

- Butternut squash
- Pumpkin

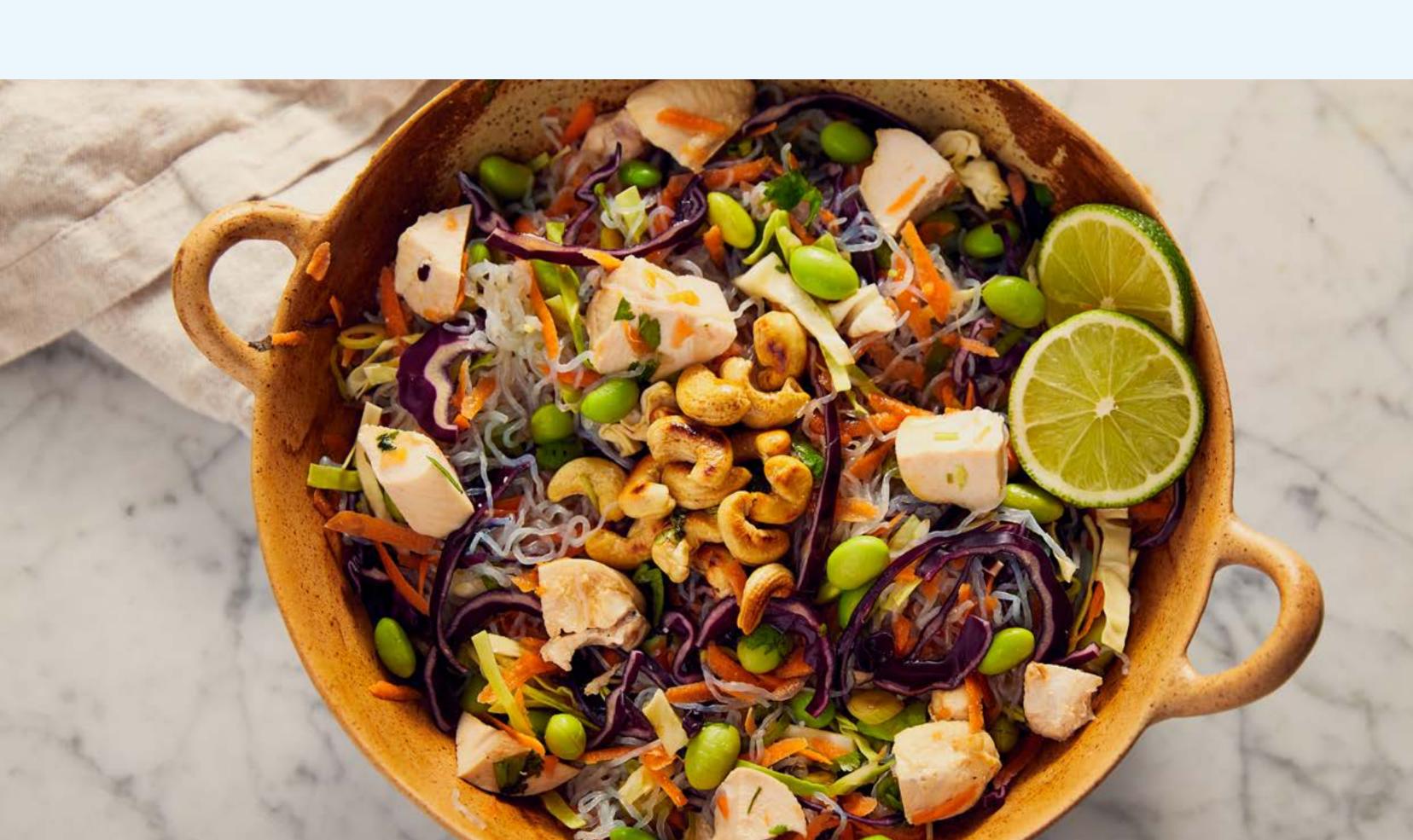
Courgette

FRUIT

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

FAT SOURCES

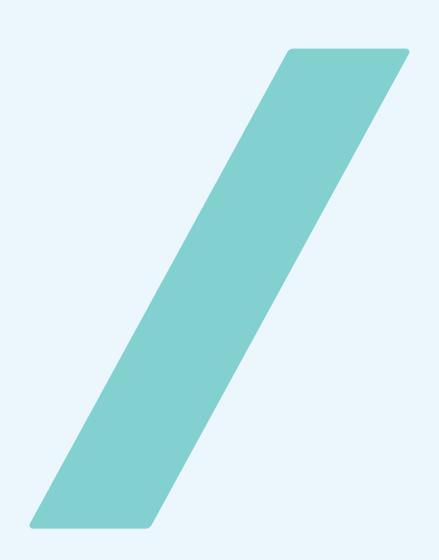
- Nuts
- Coconut oil
- Flax seeds
- Avocado
- Olives
- Hemp seeds



TOP TIPS

- 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.
- All foods should be weighed uncooked and using uncooked nutritional guidelines.
- Maintain your energy expenditure on a day-to-day basis if you aren't training, get up and move more.
- 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.
- 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.

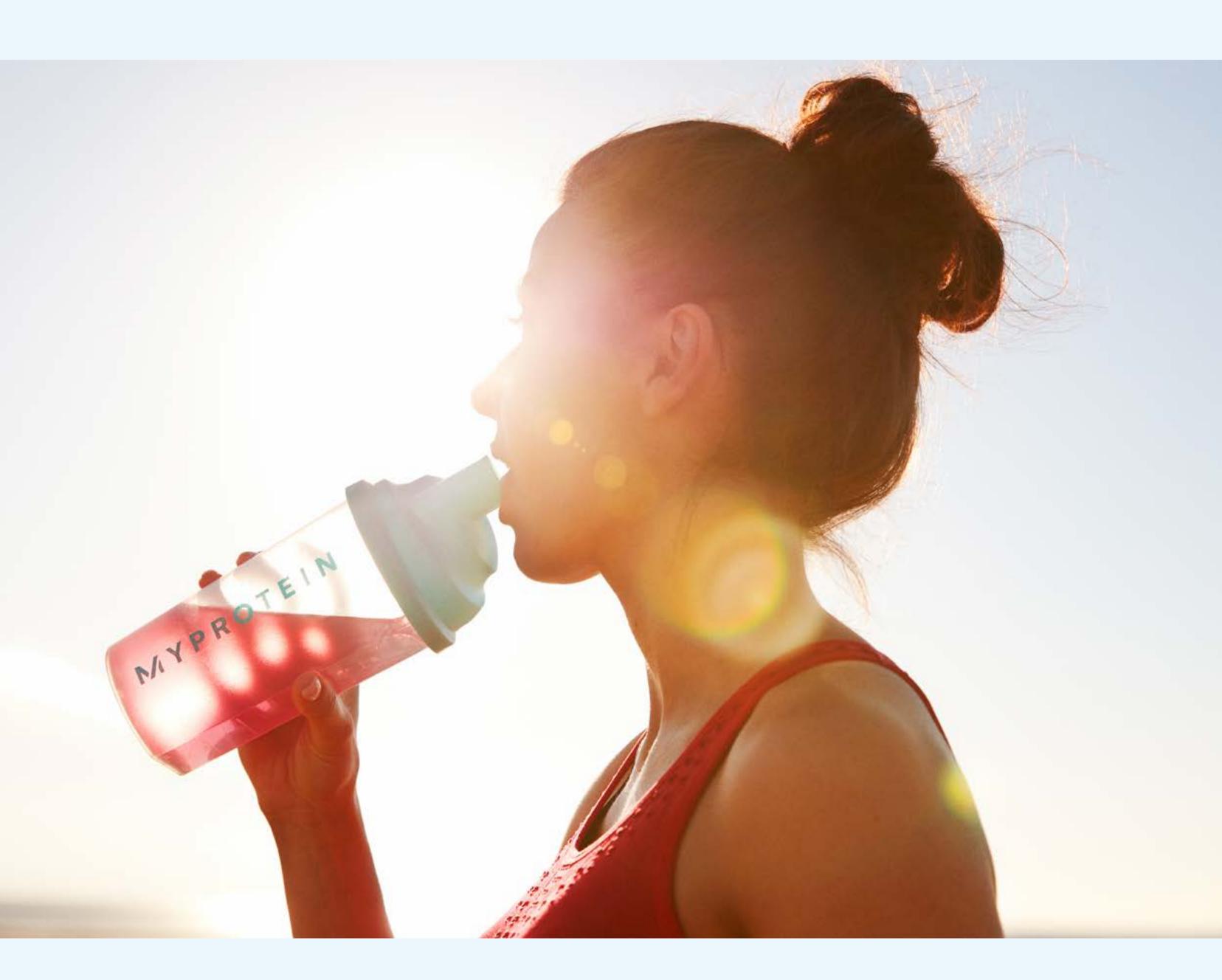
- Include a protein source in every meal.
- Include vegetables at every meal.
- Ensure you have a daily mix of fats, with an emphasis on monounsaturated and polyunsaturated fats.
- Add herbs and spices to your meals to keep it interesting don't just eat plain food all the time it gets monotonous and can lead to you falling off the wagon.
- Finally, make sure you weigh your food accurately.





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

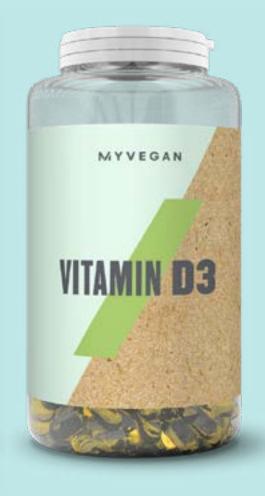
Take 1 serving with your first meal to get the vitamins your body needs.



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.





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.





Order

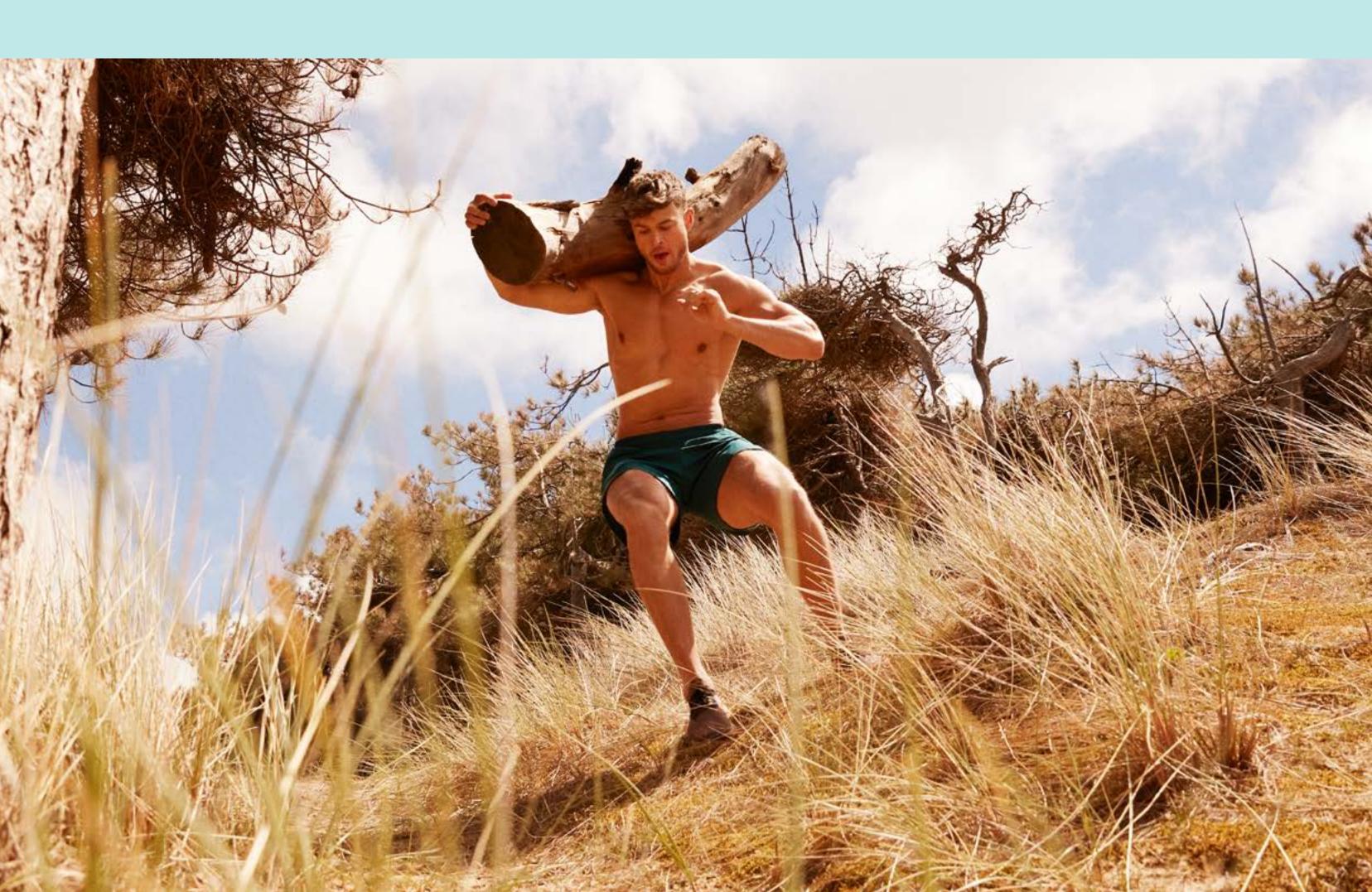
This is the way that the order of exercises are set out in the programme. If you see A1 and A2, that would mean they're done as a superset (alternating sets of two different exercises with no rest inbetween). If you see A1, B1, for example — they're single sets.

Exercise

This is simply the movement prescribed.

Sets

Sets are the amount of times you'll peform 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.

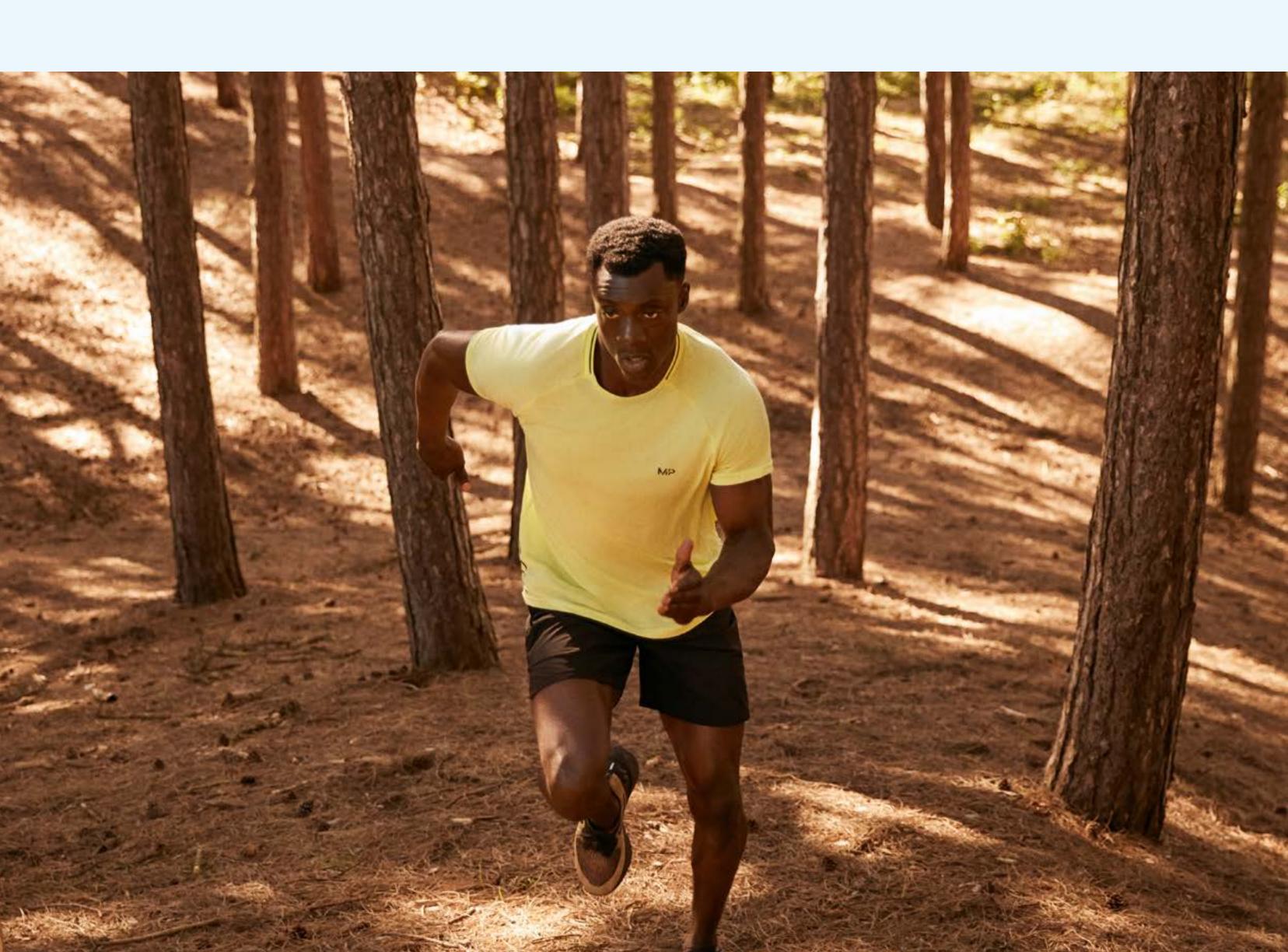
The second is a pause/hold.

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.



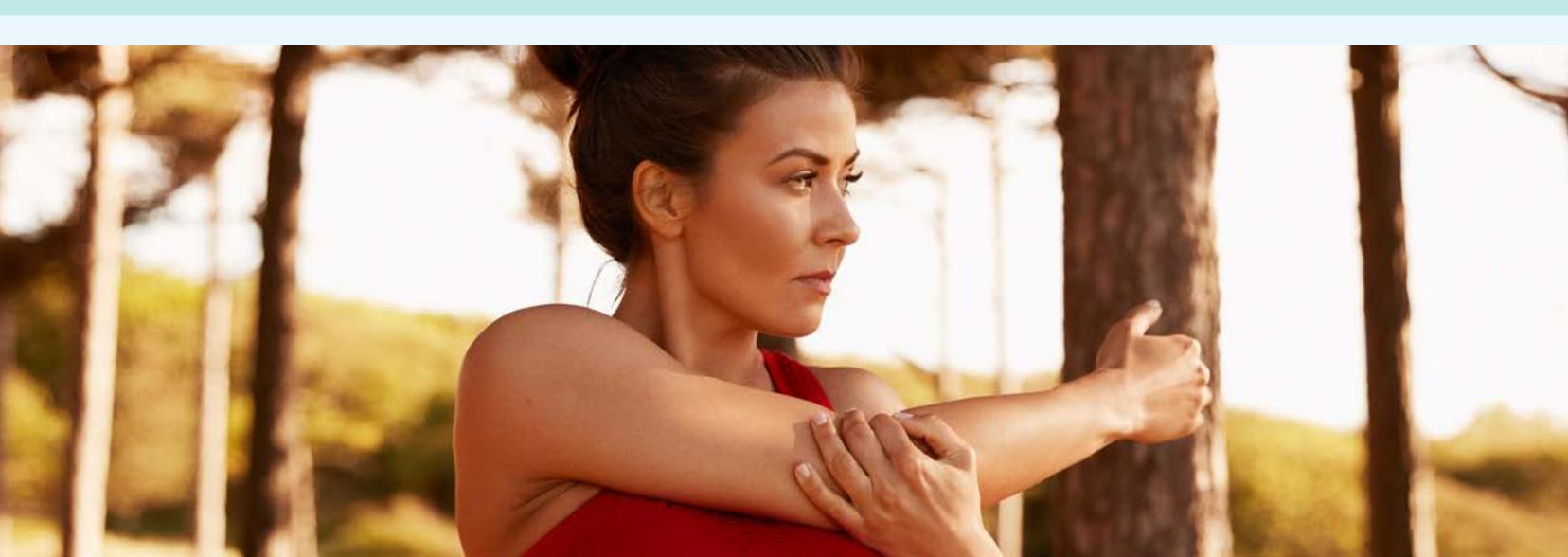
MONTH ONE

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

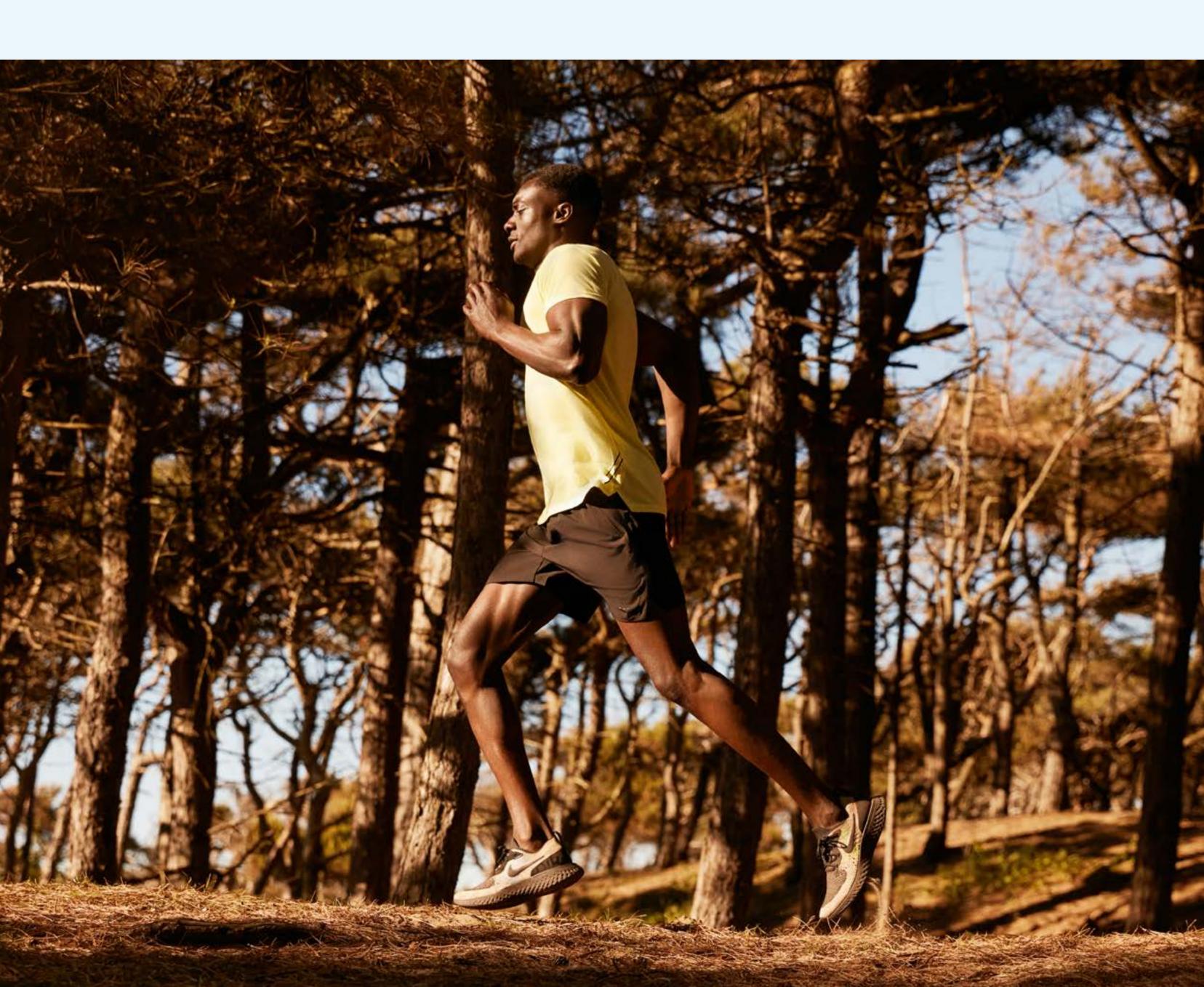
Order	Exercise	Sets	Reps	Tempo	Rest
A1 A2	Dumbbell Squat Lat Pull Down	4	10 10	4010 4010	10s 1m
B1	Leg Press	4	12	3010	10s
B2	Barbell Bent Over Row	4	12	3010	1m
C1	Leg Extension	4	15	2010	10s
C2	High Pulley Kneeling Face Pull	4	15	2010	1m
HIIT	30s on 30s off Treadmill Sprints				

WORKOUT 2

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

WORKOUT 3

	Order	Exercise	Sets	Reps	Tempo	Rest
	A1 A2	Goblet Squat Standing Dumbbell Shoulder Press	4	10 10	4010 4010	10s 1m
	31 32	Dumbbell Walking Lunges High Pulley Kneeling Face Pull	4	12 12	3010 3010	10s 1m
	C1 C2	Seated Leg Curl Flat Dumbbell Flies	4	15 15	2010 2010	10s 1m
ŀ	HIIT	30s on 30s off Treadmill Sprints				



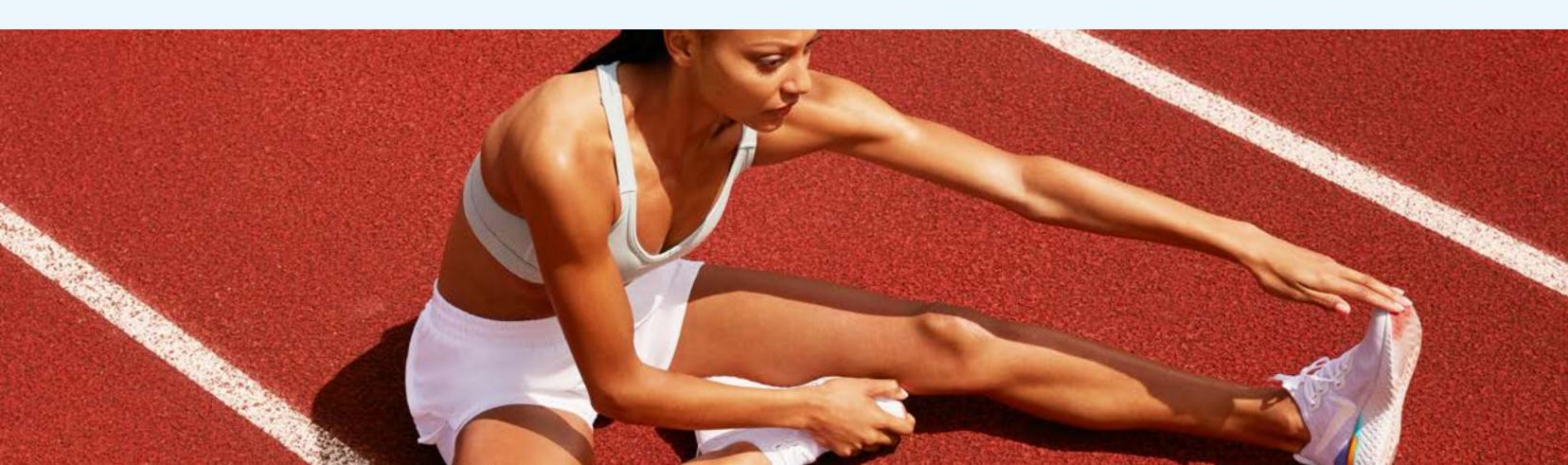
MONTH TWO

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

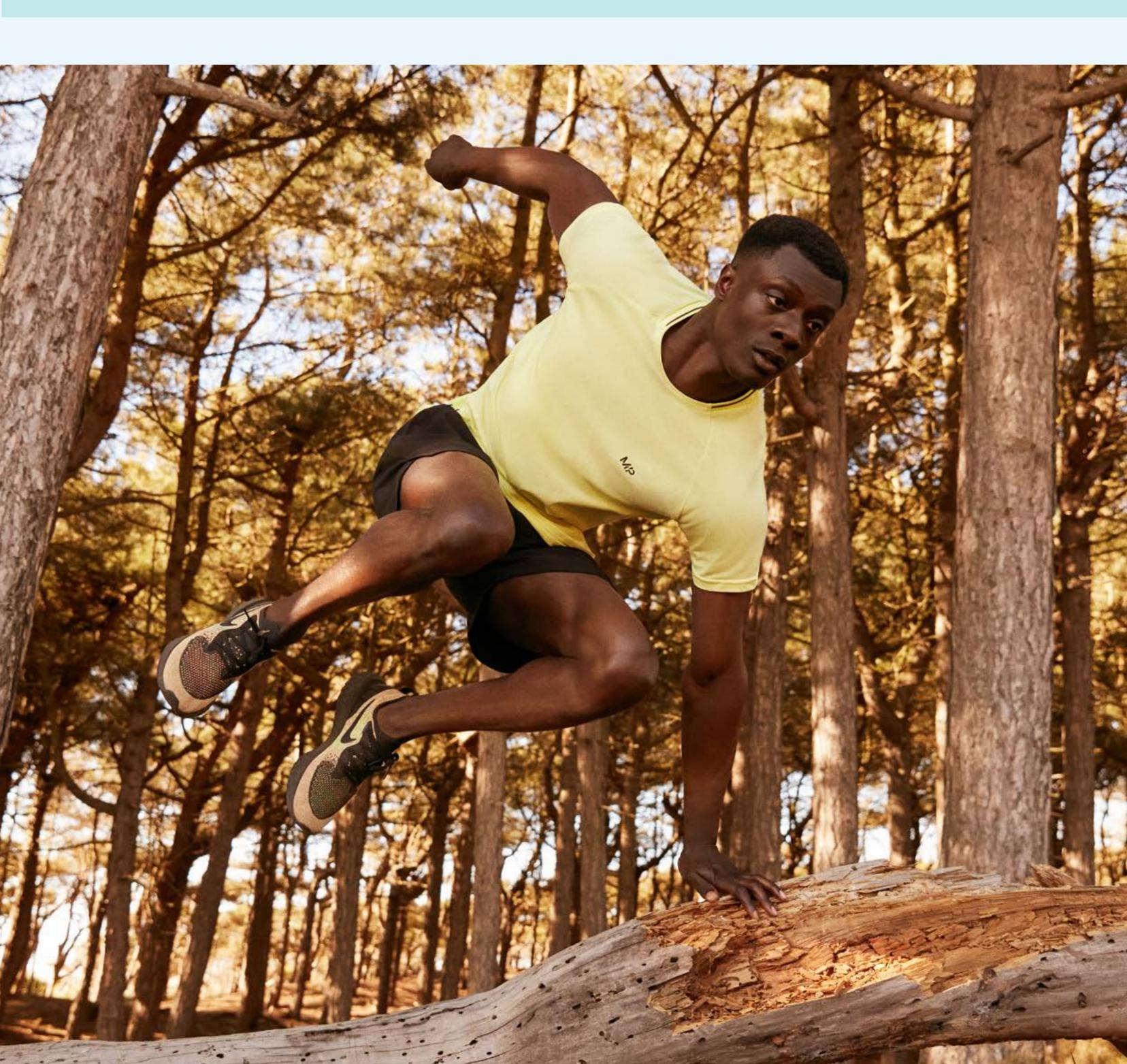
Order	Exercise	Sets	Reps	Tempo	Rest
A1 A2	Squats Assisted Pull Up	4	12 12	3110 3110	10s 1m
B1 B2	Leg Press Barbell Bent Over Row	4	15 15	2110 2110	10s 1m
C1 C2	Dumbbell Squat Dumbbell Upright Row	4	20	2010 2010	10s 1m
HIIT	Spin Bike 20s Sprints 10s Rest x 5				

WORKOUT 2

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

WORKOUT 3

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



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	Lying Leg Curl	8	8	3010	15s
C1	Leg Press	8	8	3010	15s
D1	Seated Leg Curl	8	8	3010	15s
E1	Leg Extension	8	8	3010	15s
F1	Standing Calf Raise	8	8	3010	15s

WORKOUT 2 UPPER BODY

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

WORKOUT 3 ARMS

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





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

<u>omyproteinUK</u> and check <u>The Zone</u>

for workout and recipe tips.

THE LEAN ESSENTIALS BUNDLE



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