A Guide to the Aesthetic Vegan

Training Structure & Diet Framework

Who This Program is for

This E-book includes a diet outline as well as a workout program and a few of my ‘go to’ recipes. The plan is for those seeking a physique that falls somewhere between fully aesthetic and elite athletic. For those seeking clarity on what that means, don’t fret as it is described in further detail in this program. Please note that the diet suggested in this program DOES NOT reflect what I would consider to be a balanced or healthy diet. Unfortunately, largely by fault of our media, we have a skewed perception of what a healthy physique is meant to look like. The “competition look” is a far cry from what a diet supporting optimal health might produce. So venture forth with that in mind.

I do not recommend this plan for anyone who has NOT been consistently training for at least six months to a year, properly. This includes those with a scattered few years. The reason I recommend having consistent experience prior to trying the more advanced workouts is because you need to ensure you have the stability and that your joints and tendons are not shocked by the more intense workouts. You will not make any progress if you are battling sore shoulders or knees, nor is it a good idea. You also must have a firm understanding of working out, in general. I will be available by email; should you need help understanding the plan, however, if you do not know what the exercises are or how to execute the exercises safely, this program is not for you.

This program IS NOT for you if you are looking for an, ‘Eight-week challenge’, fun workout with a guarantee to shed inches of your waist… because those are bullshit. It will always come down to one variable; how bad you want it.

If you, like myself, are a firm believer that there is no substitute for hard fucking work and if you don’t mind profanity, you may be able to keep up with this plan.

About me

It’s become apparent to me that the stigma surrounding veganism is not at all in favor of an “alpha”. John Wayne ate steak, yes, but he also died of stomach
cancer - no disrespect to Mr. Wayne intended. You do not have to sacrifice any of your ‘alpha status’ if you stop eating meat.

I grew up in a small farming/fishing suburb of Vancouver where meat is as much a part of the culture as morning coffee. Being a product of such an environment where people equate meat with an Alpha presence has driven me on my mission of curbing that stereotype. I have been vegan for 5 years and have become an aggressive proponent of earthling equality, all the while maintaining my status as an Alpha through compassion, activism and demonstrating that vegan athletes are not to be taken lightly.

I played competitive AAA hockey growing up and after my university career ended, I hung up my skates and picked up a pair of boxing gloves. Since then I have been boxing under some world class coaching between Vancouver and Victoria B.C., Canada. In my spare time I golf, downhill Bike, kayak, run, hike, train the house down, and occasionally get picked up for a charity hockey game. I have never competed in any bodybuilding or physique competitions but have been involved in the community and I have proven with my own body that I understand the aesthetic side of weight training.

**Aesthetics vs. Athletics**

Aesthetics: full muscle bellies while maintaining a chiseled and vascular abdomen.

Athletics: speed and explosive power.

Unfortunately, you cannot have both, at least, not to your maximum potential. The nutritional sides of both these “lifestyles” contain great disparity. Simply put, if you’re eating strictly for aesthetics, your strength will suffer. If you’re eating for strength, you will not be as lean as hard as you possibly can. You will never see a strength athlete eating steamed asparagus with tofu or doing bicep curls, as these are activities reserved for the aesthetic athlete.

The way I look at it, there is a spectrum between these two facets of weight training. You need to determine where you want to be on that spectrum before beginning this or any program. Essentially, your diet will dictate where you fall on the scale between peeled and strong. I like to hangout somewhere in the middle.

In my experience, the greatest strength gains I have made have been by eating whenever I’m hungry and ensuring that ALL my meals are balanced in terms of protein, carbs, and fats. Alternatively, I have gotten leanest by cranking the protein up, dropping the carbs slightly and ditching the fats to less that 60g a day (which is extremely low for me). Of course, with the modified macros, there is a
considerable loss of strength. So, once again, you need to find what’s right for you based on your goals.

**Goal Setting**

S-M-A-R-T. Specific. Measurable. Attainable. Result-oriented. Time-bound. If you’ve ever done any business workshops or have had any experience in management you will have heard of this. I’m not going to insult your intelligence by explaining every facet of the SMART goal setting system as it should be pretty obvious above, but please, don’t set yourself unobtainable goals. You will get discouraged and you will lose motivation. You’re after progress, not perfection. Start small but make sure you’re still testing your metal. Once you achieve your goals, pat yourself on the back and use that as fuel towards your next set of goals.

Goal setting is important for two reasons: progress and motivation. You don’t have to carry a notepad around the gym tracking every repetition of every exercise, but ensure at least have it in the back of your mind. Healthy living and exercise, however, is not something that should be defined as a ‘goal’. These are tremendously beneficial things that you need to accept as being part of your lifestyle, for as long as you intend on maintaining optimal health.

**Diet**

**Diet Structure**

I mentioned before that this program is intended for someone seeking a moderately aesthetic physique while maintaining functionality and athleticism. In reality, your diet will dictate what your body actually does. You can do cardio till your eyes pop, but if your diet is shit, you will not get what you’re after. Alternatively, you can do huge compound movements in hopes to get massive but never gain a pound if you’re not giving your body what it needs to grow. You need to decide what you want out of this program and adjust your diet accordingly. I’m here to help.

If you’ve spent any time perusing the fitness literature of late you will have come across the acronym IIFYM, which stands for “If it fits your macros”. You are going to temporarily adapt that lifestyle. You will find the occasional argument against these diet plans but they can kick rocks. I have seen IIFYM work in my peers and myself. Also, because of the flexibility of this diet style, you are far more likely to actually stay on track, which is crucial.

I am not recommending IIFYM as a means to obtain optimal health. You should understand that eating whatever you want as long as it fits into your set macronutrient limit is obviously not going to be better for you than eating
quality, nutrient dense foods with a consistent and healthy macronutrient ratio. I highly recommend trying to keep a consistent macro ratio throughout your day and ideally these meals will be of smaller portions and at higher frequency. No, all these stipulations are not consistently met by me but I do try my best.

So what are Macros, then? Macros, or macronutrients, are the three nutrient groups that will make up your caloric intake – Protein, fat and Carbs. You are going to calculate your Total Daily Energy Expenditure (TDEE), in calories, and then break those calories into macronutrients according to your specific goals. I have this formula built into a spreadsheet for quick reference, if you are at all Excel savvy; I suggest you do the same. Lets do some math!

The first thing you are going to do is calculate you Resting Energy Expenditure (REE). This is the amount of energy, in calories, you would use in a day if you did nothing but sit on your ass.

Ladies First:

REE (female) = 10 x weight(kg) + 6.25 x height(cm) – 5 x age(y) – 161

And the Gents:

REE (male) = 10 x weight(kg) + 6.25 x height(cm) – 5 x age(y) + 5

Note: Remember order of operations when calculating this. A miscalculation here will result in some pretty farfetched numbers at the end.

So now that you have calculated the calories you’d burn by just existing, we need to find out how many you actually require in a day. This is your Total Daily Energy Expenditure (TDEE). Of course, not everyone does the same amount of activity in a day; thus, everyone’s TDEE will be slightly different. To calculate your TDEE, you must first determine which one of the following activity level groups you fall into.

Sedentary
You work a desk job or something similar and have a very low level of activity in a day. A few flights of stairs and talking are activities that fall into this category.

TDEE (sedentary) = REE x 1.2

Light activity
Spend a good part of the day on your feet (e.g. teacher, salesman)

TDEE (light) = REE x 1.375

Moderate Activity
Spend a good part of the day doing some physical activity (e.g. waitress, mailman)
TDEE (moderate) = REE x 1.55

Very Active
Spend most of the day doing heavy physical activity (e.g. bike messenger, carpenter)

TDEE (active) = REE x 1.725

So now you know, approximately, how many calories you burn in a day. Based on this you can make the easy assumption that an excess of this number will lead to weight gain, anything less will lead to weight loss, and, of course, maintaining this caloric intake will sustain your current weight.

Now, lets break these calories into a macronutrient ratio. Since the world is obsessed with protein consumption, we might as well start there. My theory is that you will always require roughly the same amount of protein to repair your muscle tissue, whether you’re trying to gain, or lose weight. This is the formula I use to establish my daily protein intake:

Protein Intake = weight (lbs) x 0.95

*note the units used for this equation are pounds, not kilograms as used to calculate REE

Now to calculate how much of your daily caloric intake will actually be taken in protein. Protein contains 4 calories per gram. So,

Total Calories from Protein = Protein Intake x 4

Lets calculate calories from fats next. I take the same approach with fats as I do protein. Regardless of cutting or bulking, I will maintain the same percent of my total intake. Your fats should be roughly 22% of your total caloric intake.

Calories from Fats = TDEE x 0.22

And since fats contain 9 calories per gram…

Daily Fat Intake = Calories from fats

And last, of course, are carbohydrates. If you have not already figured it out, carbs are where the adjustment will be made according to your specific goals. As mentioned before, an excess of your TDEE will lead to weight gain, and a deficit of your TDEE will lead to weight loss. The adjustment required will vary depending on the individual. I recommend starting with either TDEE x 1.2 for weight gain (an excess of 20%) or TDEE x 0.8 for weight loss (a deficit of 20%). Try that for a few weeks and adjust accordingly. But let’s get back to carbs…
So if you’ve decided it’s time to board the gain train, you can calculate your calories from carbs as such:

Calories from Carbs (gain) = TDEE * 1.2 – Calories from Protein(cals) – Calories from Fats (cals)

Now that you know how many calories from carbs you are going to require, you can easily break that down into grams of carbs required per day. Carbohydrates contain 4 calories per gram, So...

Daily Carb Intake = Calories from Carbs / 4

Now you have broken your caloric intake into the specific weight (g) of Protein, Fat and Carbs you require in a day.

To help make sense of all this, I will go through the calculations for myself as if I were trying to cut weight.

I am 26 years old, six feet, 220 lbs of vegan love muscle. This translates to 182.9 cm and 99.8kg. Watch class…

REE (male) = 10 x weight(kg) + 6.25 x height(cm) – 5 x age(y) + 5

REE = 10 x 99.8 + 6.25 x 182.9 – 5 x 26 + 5
= 998 +1143.125 – 130 + 5
= 2016.125 calories per day

Since I’m active as fuck…

TDEE = REE x 1.725
= 2016.125 x 1.725
= 3478 calories per day

My protein required…

Protein Intake = weight (lbs) x 0.95
= 220 x 0.95
= 209 g of protein, daily.

Since I have yet to calculate the amount of calories are designated to protein consumption, I’ll do that now…

Calories from Protein = Protein intake x 4
= 209 x 4
= 836 calories
My fat intake…

Calories from Fats = TDEE x 0.22
= 3478 x 0.22
= 765.16 calories

To convert this into grams of fat…

Daily Fat Intake = \frac{\text{Calories from fats}}{9}
= \frac{765.16}{9}
= 85\text{g of Fat, daily}

Last, But certainly not least, I will calculate my carb intake as if I were trying to lose weight.

Calories from Carbs (loss) = TDEE * 0.8 – Calories from Protein(cals) – Calories from Fats (cals)
= 3478 x 0.8 – 836 – 765.16
= 1181.4 calorie

And to convert that to my daily intake…

Daily Carb Intake = \frac{\text{Calories from Carbs}}{4}
= \frac{1181.4}{4}
= 295.31 \text{g of carbs, daily}

In summation, for me to use this plan and lean out I would require

209g of protein,
85g of fat,
and 295g of carbs, daily.

You may need to purchase a food scale to keep track of your numbers. That is without a doubt the most accurate way of approaching this program. I wish I could lie and say that is how I keep track, but then I’d be lying and it would negate the validity of this entire program. I use an app on my phone that scans barcodes on food items and also has a bank of most essential items stored in it, which I have found to be fairly accurate. My Dad always told me growing up, “Do as I say, not as I do.” It drove me nuts so I will just tell you to use your discretion.
If none of this makes any sense to you, grab a friend who knows fitness or math and ask them to help explain. Once you get through one day of counting you’ll have it all sorted out. The real difficulty is remaining strict on your diet. You do not have to make bull’s eye every day but you should try to be +/- 5 at most. Once a week, give yourself the treat of a cheat day. Some people recommend only “re-feed meals” but I find that taking the entire day to cheat gives you something to look forward to, thus, making you less likely to cheat other days. I take the obvious choice, Saturday; but I’ve often considered a mid-week cheat day to help me through the workweek. However, once again, you may use your discretion. If you totally crack one day and throw the diet out the window you are making it easier for present you but future you will not be pleased. Remember, the pain of discipline is far easier than the pain of regret.

I mentioned earlier that you should only adopt the IIFYM plan temporarily. If you run through the process of making these calculations for a time, you will eventually be able to quickly and relatively accurately calculate daily running totals based on consumption of your staple items.

REMINDER: Listen to your body before anything else! When making drastic changes to your diet and lifestyle it is anticipated that you may feel a bit off as your body adjusts to the change. However, if you find that you are feeling chronically lethargic, over stimulated, or otherwise unwell, you must take investigative steps (beyond a Google search). Your own body can tell you far more about its nutritional requirements then any certified nutritionist or I could. This is why it is imperative that you always listen to your body first.

Implementing bi-weekly meal preparation is something that can make staying on track substantially easier.

I have put together I few sample recipes to help get you started on the right track. My advice to you, however, is to do some experimenting to find foods that you love while having a macro ratio that will suit you. If you are enjoying the food you’re eating it helps prevent the urge to fall off track. Save it for your cheat day.

**Shopping List**

There are two purposes your diet serves with regards to athletics: fuel and recovery. As an athlete it is imperative that you ensure you are getting enough to sustain both these functions. Here is a list of staples that I keep to ensure I’m getting what I need, daily.

**Tofu**

Tofu is great. There are few things as quick, easy and versatile with as much protein as tofu. If you do not like tofu I suggest you figure out a way to enjoy it. I also add desert tofu to my shakes for some flavor and an easy 10g of protein.
Rice
It is the easiest, quickest carb to prepare and you can literally mix it with anything.

Beans
Black beans and rice are my go to pair. Beans are easy protein. If you haven’t noticed, ease and versatility are common themes in my grocery lists.

Mock Meat
If you are against heavily processed foods – this will not fit your diet. However, I supplement my rice bowls with mock meat for additional protein and most of them actually taste really good.

PB2
If you have not heard of PB2, go forth and Google.

Fruit/Vegetables
Broccoli, Cauliflower, Spinach, Asparagus, Bananas, Kale and Spaghetti Squash are some standard buys for me.

Sample Muscle Building Recipes (Plain Menu)

The Bowl

Ingredients:
Rice* 0.8 cup, prepared
Smoked Tofu 45g, cubed

Protein: 17g
Carbs: 41g
Fats: 8g

This is the basic rice bowl that I eat almost every day. This can be augmented with anything you want but make sure to track it all. I usually put the rice on post workout then have my shake while I wait for the rice to cook. For me, these carbs are ideally ingested post workout. You can prolong your pump by slamming carbohydrates in there with all that extra blood flow. Be careful with the sauce, most often salad dressings and pre made sauces have an unfavorably high fat and/or sugar content.

*Different types of rice will be digested and converted to sugars at relative rates. As a general rule high glycemic indexed rice grains (White or Sushi) are ideal immediately pre and post workout. While low glycemic indexed rice grains (Brown and Basmati) would be preferable for general consumption.
**Protein Peanut Satay**

Ingredients:
- ¼ tsp chilli paste
- 2 ½ tbs PB2
- 1 ½ tbs plain almond milk
- 1 small garlic glove, pressed
- Splash soy sauce

6g: Protein
2g: Carbs
3g: Fats

Put in a bowl, and mix. It sounds bizarre, I know, but I think it goes really well with the Smoked Tofu in the rice bowl. Add broccoli for a real treat.

**The Burrito**

Ingredients
Flour Tortilla
Black beans ¼ cup
Rice ½ cup
Tofu (medium/firm) 85g, crumbled
Avocado ½, mashed

22g: Protein
75g: Carbs
24g: Fats

You are, again, more than welcome to augment this to your taste. Just don’t forget to track the macros of your accouterment. Ditch the rice if you’re at risk of going over your carbohydrate intake for the day.

**Protein Waffles/Pancakes**

Ingredients
1 cup Flour
1 Scoop of your favourite protein powder
2 tsp Baking Powder
Pinch salt
1 ¼ Cups Almond milk, or Water
30g: Protein
95g: Carbs
1g: Fats

Mix in bowl, Fry on a lightly oiled pan or waffle iron. I will, occasionally, mash a banana in or add some peanut butter.

Supplements

There are two different “umbrellas” of supplements I take: those that I take for athletics/aesthetics and those that I take for maintaining optimal physical and mental health.

Athletic Supplements

"He’s on steroids he does creatine,” - this is something I actually heard when I was in high school and first started lifting weights and taking every supplement GNC had to offer. There seems to be a 50/50 split of people who think supplements are all steroids and those who think they’re a complete joke. There's a transition that occurs from when people first start training from thinking supplements are magic to making fun of them, and we’re all somewhat guilty of it.

So what do I think of supplementation? I think it has its place - as long as we remember what that word actually means.

Supplements, as the name implies, serve to supplement your diet with additional nutrients; not replace it. With that in mind, you have to really consider what’s worth the money - a bottle of “Nano-Molecular Infused Super Powder” or a cart full of groceries? Even a vial of actual testosterone is cheaper in most places than the test boosters that are sold in supplement stores, which should really put things in perspective.

In my opinion, the cheapest thing in the supplement store is most often the more effective product. The basics that have been proven over the entire existence of the supplement game are always a safer bet than the latest/greatest with a shiny label. Things like creatine, protein, multivitamins and caffeine - the cheap shit that doesn’t have fancy labels. As nice as it is to gawk at the shiny test boosters, they’re a little out of most budgets and I'm not sure that small increase in testosterone (if any) would be of any benefit.
What I take:

**Vegan Protein Powder**
I use it in my protein waffles for a better macro ratio. I don't typically make shakes unless I'm hungry and need something quick (ie. Post workout).

**Waxy Maize**
Waxy is starchy carbs from corn. I mix them up and drink it during my workout to keep my muscles full and to keep me from getting hungry (which would always happen). When you're training you're not burning protein stores, you're burning carb stores, so you need to get those back in you as soon possible for growth.

**Caffeine**
Not much needs to be said about caffeine, it boosts energy and metabolism.

**BCAAS**
I don't currently take bcaas (branch chain amino acids) but I have and they are also one of the few things in the stores that are cheaper and that I would consider effective.

**Creatine**
Great to slow down fatigue in the gym and no one can argue with a good creatine pump. Some people love to say that it's just water and that the gains made are artificial. Remember with that excess water comes excess nutrients.

These five things won’t break the bank and, in my opinion, are the most valuable supplements in stores.

**Health Supplements**

For the most part, we should be able to get everything we need to survive from our food, however, if you could have plethora of super foods and natural remedies at your fingertips, why wouldn’t you? (Yes, it is worth spending money on this).

To understand why maintaining optimal health is so important you must remember what you’re doing to your body when resistance training or exercising to this extent. You are using an abundance of your body’s stored fuel to contract your muscle through such great force that you create micro injuries in the tissue that. In theory, the injured tissue heals stronger. Knowing that recovery is the basis of growth makes it quite apparent that you want to keep your body running at maximum efficiency in order to facilitate maximum growth.

What I take:
Vitamin B12 – Sublingual
  Vegan essential
Vitamin D
Good for Vegans and Vancouverites

Udo’s Oil
In the morning, to get my brain working.

Probiotic
Gut Health is important for overall health

Turmeric
Cancer prevention/inflammation reduction

The Training

The Mental Game

The mental game is the biggest part of achieving goals in any facet of life. Kai Greene, professional bodybuilder and motivator, is a huge proponent of mental preparation and with that, has taken himself from a broken home in the projects to a largely successful life doing what he loves. He has done this because he understands that the only limits we have in life are the ones we set for ourselves.

The approach that I have always taken with athletics is that there is a strong correlation between success and preparation. In other words, try harder than every one else and you will increase your likelihood of success in your chosen field.

I try not to be judgmental of people. There’s no way of knowing someone’s struggle. BUT, far too often it APPEARS that the majority of people I see in the gym are just there because its just part of their routine. When I’m walking down to the gym, slaughterhouse (ironic, I know) banging in my ears, I’m preparing myself for war. When I go to failure on a set, I don’t stop when it hurts, I stop two reps after I can’t do any more. Coming home after work and trying to scrape your life together to get to the gym is not easy. I understand, because I also live it. Once you sit down, you’re fucked. Don’t even let the thought of skipping a workout because you’re too tired cross your mind. A “no skip” policy is being implemented and enforced by YOU. Even if you can hardly hold your eyelids up, get down to the gym, get some blood pumping into your muscles and see what happens. Often, these workouts, the one’s you know most other people will skip, will be your most beneficial.

One way to ensure you make it down to the gym when you’re supposed to is by finding a way to have your present bias not supersede your future. In other words, if you’re looking at working out as something that will benefit you down the road will be easy to persuade yourself against it, as it is currently not tomorrow. You have to find away to find gratification in every single workout, because they all matter. For me, boxing and training are my therapy and
meditation – so I have no issues with aligning my present bias to that, as I receive instant satisfaction of that release.

The time you spend in the gym is for you and only you. As hard as it may be in today’s world to be present in the moment, you need to be. You have no kids, boyfriend, wife, job, friends or obligations. In a sense, it is a form of meditation to let go of everything at the gym. If you struggle with this, work at it as much as the rest of the program.

“Today I gave the best I had, what I held back is lost forever.” – Motivational words a hockey coach of mine would remind us of prior to every practice and every game. If this mindset is applied – there are no limits.

Motivational tips:

- Update your ipod. The same old shit can’t get you amped forever.
- Try a drop-in at a new gym every now and then. New surroundings and people will make you feel fresh and inspired.
- Do not sit down after work. It will only make it harder to get up.
- Put your mind in your muscle as your train. Feel the burn and enjoy it.

**A Word on Form**

I believe there is no ‘perfect form’. Everyone’s geometry will be slightly different; therefore everyone’s form will be slightly different. Why is this relevant? I spent a lot of time working through different grips and stances that were recommended to me for better muscle activation but I’d always end up reverting to what I thought gave me the best contraction and pump. What I’m saying is that no one knows your body like you do. When you contract your muscle, you can tell if it’s a quality repetition or if it may be doing more damage than good. Don’t alter what feels like a quality contraction, but always ensure you’re not putting unnecessary strain on your back or joints. DO NOT attempt this program if you have never done any weight training or don’t have a base knowledge on proper and safe form.

With this program, you are going to have to check your ego at the door. I was the guy who would habitually throw three plates (315lbs) on the bench-press for one grotesque repetition under the self-disillusion that I was strength training. In reality, I think I was trying to show off and I’m certain I was severely damaging my shoulders. I’ve made this mistake so you don’t have to. No one in the gym will be impressed by momentum driven, sloppy repetitions.

Strict, slow and controlled contraction is what you’re shooting for. Why? Because momentum makes it easier and you don’t get any fucking help. To maximize the work done by the force against your muscle contraction you need to make sure none of that force is lost from swinging the weight or by using fast contractions to rip through the exercise. For this reason, proper weight selection is imperative. Try to pause, very briefly, at full contraction and flex the group being trained if you can. Image the tissue filling up with blood at full contraction. You should feel the group you’re trying to target burn, but not your joints. If it feels at all uncomfortable in your joints or tendons you need to adjust your form or adjust your mechanics on a more fundamental level (physio).
They best way I’ve found to discern whether or not I’m effectively exerting a muscle group has been by chasing the ‘pump’. If you control the movement of the weight and really put your mind in the muscle you’re training, you should be able to get a serious pump. All the blood rushing to the muscle will deliver oxygen and nutrients critical for growth. According to Arnold, this is also the ‘litmus test’ for over-training; if you can’t get a pump, you likely haven’t fully recovered.

Do not forget to breathe. This is really important. The more oxygen your blood is able to deliver to your muscles throughout your set the better you’ll be able to resist muscle fatigue and the build-up of lactic acid. Inhale on the negative; exhale during contraction (the work).

I played hockey at a very competitive level until I was twenty - at which point I took up boxing and hung up the skates permanently. Through all those years of hockey my rotator cuffs on both sides took a thrashing. I saw multiple physiotherapists and was given some basic exercises to rehab this extremely delicate muscle group. Like most people in my position, I neglected the basic movements and continued to work with heavy, compound movements. There is no doubt, I was strong and had built a substantial amount of muscle at this point; the problem was that I had built it on top of injured tissue. I got to a point where I couldn’t push heavy more than a couple times a week because my shoulders would flare up and make it unbearable. This is why taking the time to work on your mechanics actually IS important. You will not be building any muscle or getting any faster while you’re sitting on the couch injured. This is why the “off days” should still involve basic mechanics or yoga.

Pro tip: Have a weaker Arm or Leg? Look at that one while you’re doing things like leg press, or bench press. You will notice if you put your focus to one side the quality of the work being done increases.

Training Structure

If you are able to make yourself nervous before workouts at the thought of what you’re about to put yourself through, you’re in the right mindset to train. As mentioned previously, this program is for people with a moderate amount of experience. With that, this program is flexible – meaning it can be manipulated to suit you better if you want. For example, you’re probably wondering, or perhaps not at all, why there are no trap specific exercises (shrugs) on shoulder day. The reason being that I believe they are adequately engaged during some of the other exercises. Especially during the last few sloppy side laterals when your traps are helping your deltoids out a bit. However, if you feel like shrugs engage your traps best, then blast those fuckers. You’ll also notice that some of the exercises mentioned in the workouts are very general. For example, the first exercise mentioned in the Shoulder/Triceps workout just says “presses”. This means you can utilize any press that engages shoulders (ei. Seated Dumbell Presses, Standing Barbell Presses, Or maybe there’s a shoulder press machine that you can use every once in awhile). It’s good to change it up so you don’t get to comfortably locked into doing your workouts the same way, increasing the possibility of you taking it easy on yourself. Also, remember this program is intended to gain lean muscle while maintaining a degree of athleticism. This is not strictly a bodybuilding program, nor is it a program to bring you to your full
athletic potential. This will give you a blend of both. Since I like to consider myself an athlete, I have to keep it functional, and as promised this is the exact program I use, myself.

One thing you might want to consider changing is the order in which you do the exercises. I like to train my problem areas first so I’m not fatigued and can attack it with full strength. I also like to save my favourite exercises for last. I do this because I find I’m more likely to slack off later in the workout, but I’ll never fuck off my favourite exercise. (You should try to give EVERY set of EVERY exercise the same amount of respect.) Of course, this would pose a problem for you if your weaker group is your favourite but these are guidelines, not hard rules.

The only hard rule is to leave it all at the gym every damn time. In this program, “to failure” means one more rep may kill you. Look around the gym; make sure to be the hardest working person there. This DOES NOT mean rack up heavier weight than you can do, mistaking that for hard work, and risking injury. Showing off for someone in the gym does you no good. If you can’t do it slow, controlled, and in full, do not do it at all.

I recommend following both the diet and training in cycles of 10 weeks. After these ten weeks of consistent training and dieting you should allow yourself a week of rest. This is a great time to admire your accomplishments and reassess goals for your next cycle of training.

The following spreadsheet contains five separate workouts. They are as follows:

1. Quads
2. Chest/Biceps
3. Hamstrings/Calves
4. Shoulders/Triceps
5. Back

All of these should be done in your week. In what order or what day is completely up to you.

Twice a week you will also do fifteen minutes of HIIT (High Intensity Interval Training) for cardio. I do 20 seconds Sprint/High tension followed 30 seconds Easy ride on a stationary bike. As will be consistent with the rest of the program, you need to really push yourself when doing this. If you don’t, I wont give a fuck but the future version of yourself will suffer the consequences of today’s decisions. HIIT is the most superior form of cardio with regards to aesthetics, I believe. Have you ever seen what sprinters look like?

Dorain Yates, who won six consecutive Mr. Olympia titles, mentions in his program, ‘Blood and Guts’, the importance of incorporating cardio for muscle growth. It is commonly thought amongst the body building circles that cardio will cut into their anaerobic energy expenditure thus taking away from potential gains. You must remember that by maintaining your body’s critical functions through exercising them will do far more than just burn calories. Think of cardiovascular (aerobic) exercise is a means of letting your body practice its
oxygen delivery thus increasing its capacity to do so. More efficient oxygen delivery to your muscles when you’re working them means they will be slower to fatigue. So more reps will lead to more micro injury in the tissue, signaling your body to recover and strengthen that tissue.

Speaking of recovery, it should be dually noted that this part of the process is IMPERATIVE. No recovery time = no growth. I have designed the program to be intense, because that’s what is required for rapid success; however, you have to listen to your body. If you feel that you’re body is not recovering entirely then you need to give it the time and fuel that it requires to do so.

Here’s what a sample week might look like for me:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>International Chest/Biceps Day</td>
<td>Hamstrings / Calves</td>
<td>Back</td>
<td>Off</td>
<td>Shoulders / Triceps</td>
<td>Quads</td>
<td>Off</td>
</tr>
<tr>
<td></td>
<td></td>
<td>HIIT</td>
<td>Yoga</td>
<td>HIIT</td>
<td></td>
<td>Hike</td>
</tr>
</tbody>
</table>

The following workouts are organized into specific days. Exercise description down the Y-axis and Sets across the X-axis – number of repetitions within the cells. I have included, in red, what my weight selection would like for the first (and most important in my opinion) exercise.

Keep in mind, this example is from a guy that used to think I was warming up with 2 plates (225 lbs), would throw 3 up (315 lbs) for a few sets of spine compressing sloppiness and think I was “beastin”’. No one is impressed by how much weight you can lift. If they are a cool person they’re not even paying attention, rather, just keeping peripherals in check in case someone needs a hand. You should intend to inspire and lift others up at the gym with a positive and humble attitude.
Day 1: Quads

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>5 to 8*</th>
<th>5 to 8*</th>
<th>15**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squats</td>
<td>20</td>
<td>15</td>
<td>10</td>
<td>225 lbs</td>
<td>225 lbs</td>
</tr>
<tr>
<td>Hack Squats</td>
<td>10</td>
<td>10</td>
<td>5 to 8*</td>
<td>10**</td>
<td></td>
</tr>
<tr>
<td>Extension</td>
<td>25</td>
<td>20</td>
<td>15</td>
<td>10</td>
<td>5*</td>
</tr>
</tbody>
</table>

Walk home, stretch, roll out, etc.

Day 2: Chest/Biceps

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>5 to 8*</th>
<th>8*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flat bench</td>
<td>20</td>
<td>12</td>
<td>8*</td>
<td>8*</td>
</tr>
<tr>
<td>Incline Presses</td>
<td>15</td>
<td>12</td>
<td>8*</td>
<td>12**</td>
</tr>
<tr>
<td>Cable Crossovers</td>
<td>10</td>
<td>10</td>
<td>10**</td>
<td></td>
</tr>
<tr>
<td>Cable raises</td>
<td>12</td>
<td>12*</td>
<td>10**</td>
<td></td>
</tr>
<tr>
<td>Hammer Curls</td>
<td>15</td>
<td>10</td>
<td>8*</td>
<td></td>
</tr>
<tr>
<td>Peak Curls</td>
<td>10</td>
<td>8*</td>
<td>8*</td>
<td></td>
</tr>
</tbody>
</table>

Day 3: Hamstrings/Calves

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>5*</th>
<th>5*</th>
<th>15**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deadlifts</td>
<td>20</td>
<td>15</td>
<td>10</td>
<td></td>
<td>5*</td>
</tr>
<tr>
<td>Leg Press</td>
<td>20</td>
<td>10</td>
<td>8*</td>
<td></td>
<td>8*</td>
</tr>
<tr>
<td>Hamstring Curls</td>
<td>20</td>
<td>15</td>
<td>8*</td>
<td></td>
<td>15**</td>
</tr>
<tr>
<td>Calves</td>
<td>Heels Inside/Outside/Straight</td>
<td>Day 4: Shoulders / Triceps</td>
<td>Rotator Cuff warm-up</td>
<td>Presses</td>
<td>25</td>
</tr>
<tr>
<td>----------------------------</td>
<td>-------------------------------</td>
<td>---------------------------</td>
<td>----------------------</td>
<td>---------</td>
<td>----</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Side Laterals</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Rear Deltoids</td>
<td>20</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>French Press</td>
<td>15</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Close grip Press</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Extensions</td>
<td>20</td>
<td>15*</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 5: Back</th>
<th>Shoulder Warm up</th>
<th>Wide Grip Pull downs</th>
<th>15</th>
<th>12</th>
<th>10*</th>
<th>10*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Seated Rows</td>
<td>15</td>
<td>12</td>
<td>10*</td>
<td>10*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Reverse Grip Bent Over Barbell Rows</td>
<td>12</td>
<td>10*</td>
<td>10*</td>
<td>10*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Underhand Cable Pull-downs</td>
<td>12</td>
<td>10</td>
<td>10</td>
<td>8*</td>
<td></td>
</tr>
</tbody>
</table>
*this set is until failure and count them towards the recommended rep range. DO NOT underestimate the importance of weight selection. Enlist the help of a spotter when required for safety (ei. Bench Press.) If you are an introvert and don’t feel comfortable asking someone to spot you, try doing these sets on a machine so you can get to failure safely.

**during this set you will adjust the weight to what is suitable for the recommended rep range but do not count the repetitions when going to failure. It is too easy to comfortably convince yourself you’ve gone to failure after you’ve hit the rep rang requirement; for this reason, you will no count, but you will go to failure.

**Closing**

I will not lie to you and guarantee that by having this program in your possession you will achieve exactly what you want, but I will say that using exactly this program, I have. The most important thing to remember is that there are no shortcuts and you are going to have to work your fucking ass off if you want to look like someone that has worked there fucking ass off. If this already seems like a daunting task to you, you will likely not last a week. You need to master your mind before you can master your body. Be consistent; you are not chasing a goal, you are chasing a new lifestyle.

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