

# SHRED EBOOK

@MIKERALG



**FAT LOSS PROGRAM  
12 WEEKS**

# INTRODUCTION

If you're holding this **eBook** in your hands, it means you've made a great decision—the decision to evolve. And just for that, I want to congratulate you. This is just the beginning...

Weight training is going to help you build strong discipline and a healthy, energized lifestyle day after day.

Personally, bodybuilding transformed me—physically, of course, but also mentally. It gave me **strength**, but more importantly, it gave me **mental resilience, a hunger, an ambition**. And I firmly believe that everyone deserves to have that mindset.

In this eBook, you'll find my personal advice and proven methods to **lose fat sustainably and get in your best physical shape**.



LET'S START YOUR >>>

# TRANSFORMATION

# CHAPTER :

**CHAPTER 1 : METABOLISM**

**CHAPTER 2 : GENETICS**

**CHAPTER 3 : HYDRATION & STRETCHING**

**CHAPTER 4 : NUTRITION FOR FAT LOSS**

**CHAPTER 5 : OPTIMAL TRAINING**

**CHAPTER 6 : REST**

**CHAPTER 7 : SUPPLEMENTS**

# CHAPTER : 1

## METABOLISM

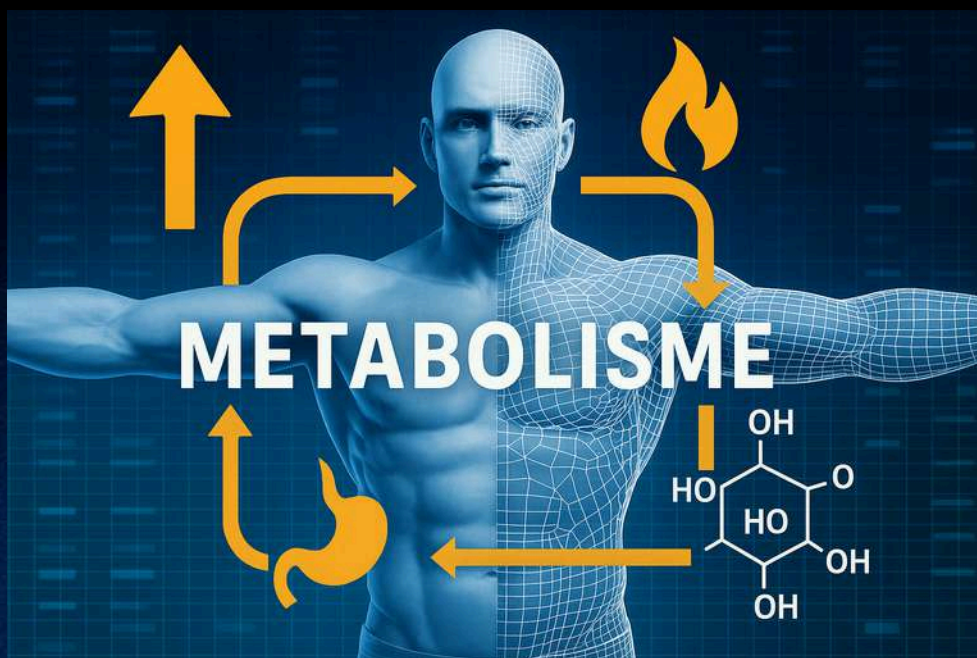
# METABOLISM

Metabolism includes two forms: **Catabolism and Anabolism**.

Catabolism is the state in which muscle tissues are broken down. This happens during **sleep** or after a workout if you haven't eaten your macronutrients post-training.

It's the enemy of athletes because muscle breakdown leads to muscle loss—sometimes significant.

Anabolism is the state in which your body builds what it needs (usually muscle). This occurs after consuming macronutrients: **proteins, carbs, and fats**.



# METABOLISM

**Your Basal Metabolic Rate** (BMR) represents the minimum calorie requirement for your body to function at rest. It's calculated based on your weight, height, and daily activity level.

This gives you a **caloric total**, which is the number of calories your body burns per day.

Knowing your BMR allows you to adjust your diet to your goals and needs.

To lose fat, you need to consume fewer calories than you burn—this is called a caloric deficit, which forces your body to draw from its fat stores.

However, you must go gradually to avoid losing muscle.

## **METABOLISM DIFFERS FROM PERSON TO PERSON:**

However, you must go gradually to avoid losing muscle.

Metabolism differs from person to person:

Some people have **fast metabolisms**, others **slower**.

So their **macronutrient** needs and gym energy expenditure vary.

A slower metabolism may lead to digestion issues, fatigue, and lower energy use.

# METABOLISM

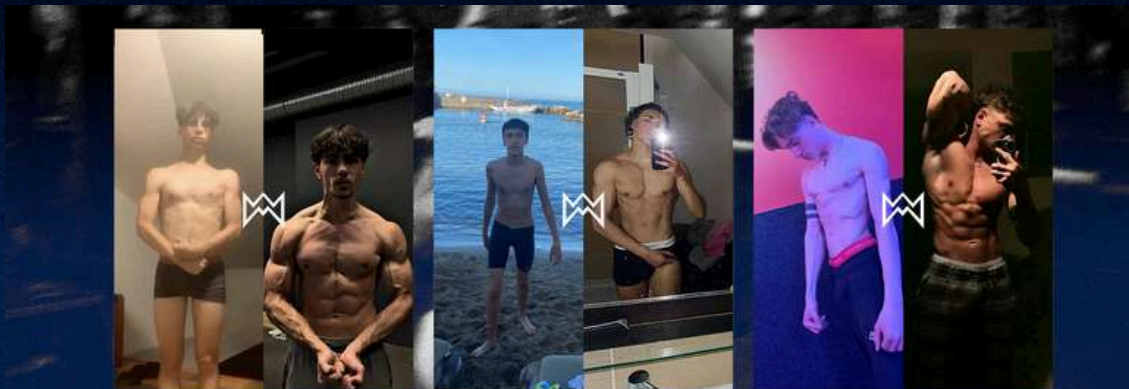
This can be helpful when trying to bulk, but it makes fat loss more difficult than for someone with a **faster metabolism**.

A fast metabolism burns more calories and digests faster. These people can lose fat easily but struggle to gain mass.

**Genetics** also play a role. Some have long legs and are naturally better runners, while others are stockier and built for wrestling, etc.

In my case, I have a fast metabolism—I can stay lean even when bulking, but I struggle to gain weight. So I have to work harder and adapt my diet accordingly.

If you're still following: someone with a fast metabolism has an advantage for fat loss compared to someone with a slower one. But if your goal is fat loss, chances are you have a slow or very slow metabolism.



# CHAPTER : 2

## GENETICS

# GENETICS

In bodybuilding, genetics affect **your muscle insertions**, **hormonal profile**, and **metabolism**.

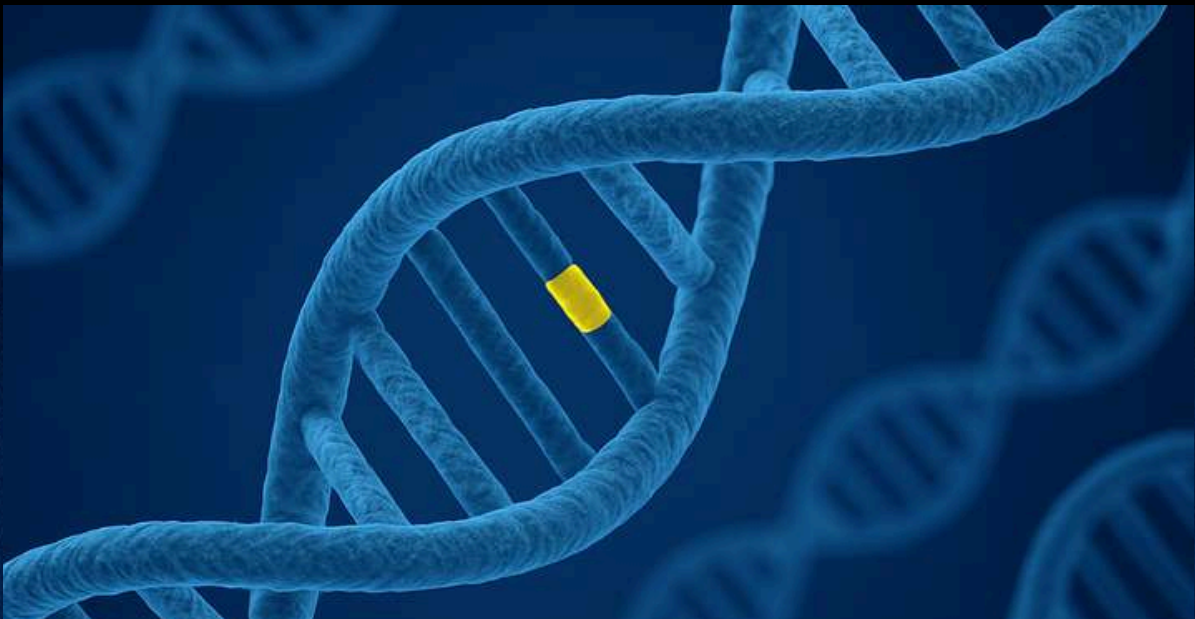
That's why it's crucial to adapt your nutrition to get results faster and more efficiently.

If you're thinking, "My genetics are trash, I won't make it," let me stop you right there.

Every problem has a solution.

In this case, it's:

- Adapting your **diet**
- Burning a lot of calories with a **precise training plan**





# GENETICS

**Genetics play a role**, but they're just a **small factor**. What really matters is doing everything in your power to succeed in your fat loss journey.

Many people believe fat loss is impossible because they've tried and failed:

"I eat salads but still can't lose weight..."

"My metabolism sucks, it's hopeless..."

That's normal.

You need to **track your total daily calories** to actually know what you're eating and do things the right way.

You don't build a great physique blindly—it takes time, courage, strength, patience, and a lot of precision.

**Tracking your calories** allows you to adapt your diet based on your genetics, metabolism, and lifestyle.

# CHAPTER : 3

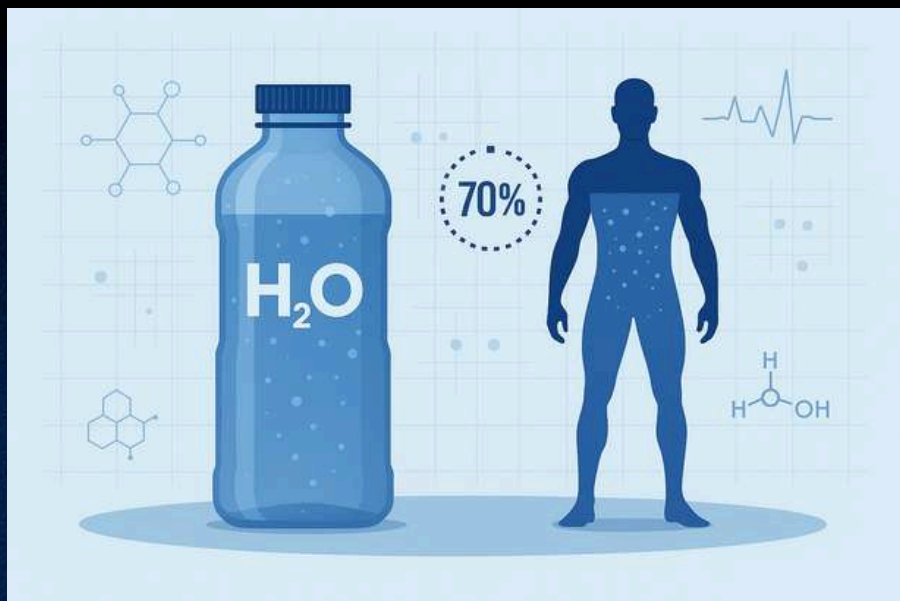
## HYDRATION & STRETCHING

# HYDRATION & STRETCHING

Water is the most important thing you can do for your health. Your body **is over 70% water**. It plays a crucial role in:

- Muscle function
- Joint mobility
- Blood circulation
- Removing toxins via sweat
- And so much more.

**Muscles constantly need water to survive**. Your kidneys also require large amounts of water, especially because bodybuilders consume high protein diets.



# HYDRATION & STRETCHING

Recommended daily intake:

Between **2L to 5L**, depending on your weight and needs.

Example water breakdown:

- 1 glass of water first thing in the morning (preferably with lemon)
- During the morning
- After meals
- Before, during, and after training (at least 750ml)

Staying hydrated daily will **benefit your muscles**, joints, and entire body.



# HYDRATION & STRETCHING

## Stretching: **The Underrated Element**

Stretching is probably one of the **most underrated elements in fitness**.

Call it old-school, forgotten, or just “uncool,” but its **benefits are massive**.

Stretching after training helps:

- Reduce soreness significantly
- Save time and energy for your next session
- Improve blood oxygenation in the muscles
- Prevent injuries

It also helps improve **posture**—less hunching, more upright alignment.

Best times to stretch:

- Morning after waking up
- Evening before bed

⚠️ Avoid stretching right after training—**your muscles are already damaged from the workout**.

Stretching them immediately afterward increases micro-tears and slows recovery

Stretch timing, frequency, and choice of movements are key.

# CHAPTER : 4

## NUTRITION FOR FAT LOSS

# NUTRITION FOR FAT LOSS

**Nutrition is the foundation of all progress in bodybuilding**—and especially when it comes to fat loss.

The golden rule to lose weight is simple: **be in a caloric deficit**—burn more calories than you consume.

That means:

- Either increase activity and keep calories stable,
- Or reduce food intake while keeping energy output stable.



## TAKE YOUR TIME.

**Time is your ally in the fat loss process.** Being too strict too quickly will only lead to frustration, and eventually, you'll give up.

The goal is to gradually increase training intensity and lower calories progressively.

**Frustration = Abandonment**



**THE DIET :**

**NUTRITION  
FOR FAT LOSS**

**DIET 1:**

**(≤ 70 KG)**

**154 LBS**

# DIET 1 ( $\leq 70$ KG) – 154 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## BREAKFAST

### INGREDIENTS :

- 3 whole eggs
- 50g oats

### SUPPLEMENTS :

- 1 capsule multivitamin
- 3 capsules Rcut-Day

**193 KCALS**

**FATS : 15G – CARBS : 15G – PROTEIN : 21G**

# DIET 1 ( $\leq$ 70 KG) – 154 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## LUNCH

### INGREDIENTS :

- 80g rice (weighed raw)
- 100g cooked chicken breast
- 150g steamed green veggies
- 1 banana
- 5g olive oil

### SUPPLEMENTS :

- 1 omega-3 capsule

**380 KCALS**

**FATS : 5G – CARBS : 38G – PROTEIN : 29G**

# DIET 1 ( $\leq 70$ KG) – 154 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## PRE-WORKOUT:

### SUPPLEMENTS:

- 3g L-Carnitine
- Caffeine (50–200mg)
- BCAAs: 1g per 10kg bodyweight (~7–8g)

# DIET 1 ( $\leq 70$ KG) – 154 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## SNACK

### INGREDIENTS :

- 30g whey
- 70g oats  
/ cream of rice / oat flour
- 1 omega-3 capsule

### SUPPLEMENTS :

- 1 omega-3 capsule

**336 KCALS**

**FATS : 5,7G – CARBS : 46G – PROTEIN : 24G**

# DIET 1 ( $\leq$ 70 KG) – 154 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## DINNER

### INGREDIENTS :

- 100g cooked 5% ground beef
- 130g sweet potato
- 150g green beans

### SUPPLEMENTS :

- 1 omega-3 capsule
- ZMA (30 mins before bed)

**275 KCALS**

**FATS: 5G – CARBS : 32G – PROTEIN : 22G**

# DIET 1 ( $\leq 70$ KG) – 154 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



To gain muscle, you need to consume **proteins, carbohydrates and fats** in the right proportions to optimise muscle gains.

**MACRONUTRIENTS TOTAL :**

**1500 KCALS**

**FATS : 32G – CARBS : 176G – PROTEIN : 121G**

**DIET 2:**

**(70-75 KG)**

**154-165 LBS**

# DIET 2 (70–75 KG) – 154–165 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## BREAKFAST

### INGREDIENTS :

- 4 egg whites
- 75g oats

### SUPPLEMENTS :

- 1 multivitamin capsule
- 3 Rcut-Day capsules

**349 KCALS**

**FATS : 5,5G – CARBS : 47,3G – PROTEIN : 24G**

# DIET 2 (70–75 KG) – 154–165 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## LUNCH

### INGREDIENTS :

- 100g raw rice
- 125g cooked chicken
- 150g green veggies
- 6g olive oil

### SUPPLEMENTS :

- 1 omega-3 capsule

**614 KCALS**

**FATS : 11G – CARBS : 83G – PROTEIN : 40,5G**

# DIET 2 (70–75 KG) – 154–165 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## PRE-WORKOUT

### SUPPLEMENTS:

- 3g L-Carnitine
- Caffeine (50–200mg)
- BCAAs: 1g per 10kg bodyweight (~7–8g)

# DIET 2 (70–75 KG) – 154–165 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## SNACK

### INGREDIENTS :

- 30g whey
- 70g oats  
/ cream of rice / oat flour
- 1 omega-3 capsule

### SUPPLEMENTS :

- 1 omega-3 capsule

**336 KCALS**

**FATS : 5,7G – CARBS : 46G – PROTEIN : 24G**

## DIET 2 (70–75 KG) – 154–165 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



### DINER

#### INGREDIENTS :

- 125g cooked 5% beef
- 150g green beans
- 150g sweet potato

#### SUPPLEMENTS :

- 1 omega-3 capsule
- ZMA (30 mins before bed)

**275 KCALS**

**FATS: 5G – CARBS : 32G – PROTEIN : 22G**

## DIET 2 (70–75 KG) – 154–165 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



To gain muscle, you need to consume **proteins, carbohydrates and fats** in the right proportions to optimise muscle gains.

**MACRONUTRIENTS TOTAL :**

**1910 KCALS**

**FATS : 49G – CARBS : 225G – PROTEIN : 142G**

**DIET 3:**

**(75-80 KG)**

**165-176 LBS**

# DIET 3 (75–80 KG) – 165–176 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## BREAKFAST

### INGREDIENTS :

- 4 egg whites
- 75g oats

### SUPPLEMENTS :

- 1 multivitamin capsule
- 3 Rcut-Day capsules

**349 KCALS**

**FATS : 5,5G – CARBS : 47,3G – PROTEIN : 24G**

# DIET 3 (75–80 KG) – 165–176 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## LUNCH

### INGREDIENTS :

- 110g raw rice
- 150g cooked chicken
- 150g green beans
- 6g olive oil
- 3 egg yolks

### SUPPLEMENTS :

- 1 omega-3 capsule

**848 KCALS**

**FATS : 25,9G – CARBS : 92,3G – PROTEIN : 55,3G**

# DIET 3 (75–80 KG) – 165–176 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## PRE-WORKOUT

### SUPPLEMENTS:

- 3g L-Carnitine
- Caffeine (50–200mg)
- BCAAs: 1g per 10kg bodyweight (~7–8g)

# DIET 3 (75–80 KG) – 165–176 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## SNACK

### INGREDIENTS :

- 30g whey
- 100g oats  
/ cream of rice / oat flour
- 1 omega-3 capsule

### SUPPLEMENTS :

- 1 omega-3 capsule

**524 KCALS**

**FATS : 9G – CARBS : 68G – PROTEIN : 40G**

# DIET 3 (75–80 KG) – 165–176 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## DINER

### INGREDIENTS :

- 150g cooked 5% beef
- 170g sweet potato
- 150g green beans

### SUPPLEMENTS :

- 1 omega-3 capsule
- ZMA

**421 KCALS**

**FATS : 13,8G – CARBS : 38,3G – PROTEIN : 35,8G**

## DIET 3 (75–80 KG) – 165–176 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



To gain muscle, you need to consume **proteins, carbohydrates and fats** in the right proportions to optimise muscle gains.

**MACRONUTRIENTS TOTAL :**

**2135 KCALS**

**FATS : 47G – CARBS : 268G – PROTEIN : 160G**

**DIET 4:**

**(80-85 KG)**

**176-187 LBS**

# DIET 4 (80–85 KG) – 176–187 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## BREAKFAST

### INGREDIENTS :

- 4 egg whites
- 90g oats

### SUPPLEMENTS :

- 1 multivitamin capsule
- 3 Rcut-Day capsules

**405 KCALS**

**FATS : 6,5G – CARBS : 56,6G – PROTEIN : 26G**

# DIET 4 (80–85 KG) – 176–187 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## LUNCH

### INGREDIENTS :

- 120g raw rice
- 200g cooked chicken
- 150g green veggies
- 6g olive oil
- 3 egg yolks

### SUPPLEMENTS :

- 1 omega-3 capsule

**960 KCALS**

**FATS : 27,4G – CARBS : 101,6G – PROTEIN : 69,6G**

# DIET 4 (80–85 KG) – 176–187 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## PRE-WORKOUT

### SUPPLEMENTS:

- 3g L-Carnitine
- Caffeine (50–200mg)
- BCAAs: 1g per 10kg bodyweight (~7–8g)

# DIET 4 (80–85 KG) – 176–187 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## SNACK

### INGREDIENTS :

- 30g whey
- 100g oats  
/ cream of rice / oat flour
- 1 omega-3 capsule

### SUPPLEMENTS :

- 1 omega-3 capsule

**524 KCALS**

**FATS : 9G – CARBS : 68G – PROTEIN : 40G**

# DIET 4 (80–85 kg) – 176–187 lbs

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## DINER

### INGREDIENTS :

- 200g cooked 5% beef
- 200g sweet potato
- 150g green beans

### SUPPLEMENTS :

- 1 omega-3 capsule
- ZMA

**525 KCALS**

**FATS : 19G – CARBS : 43,7G – PROTEIN : 47G**

## DIET 4 (80–85 KG) – 176–187 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



To gain muscle, you need to consume **proteins, carbohydrates and fats** in the right proportions to optimise muscle gains.

**MACRONUTRIENTS TOTAL :**

**2200 KCALS**

**FATS : 43G – CARBS : 264G – PROTEIN : 182G**



**DIET 5:**

**( $\geq 90$  KG)**

**198 LBS**

# DIET 5 ( $\geq 90$ KG) – 198 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## BREAKFAST

### INGREDIENTS :

- 4 egg whites
- 90g oats

### SUPPLEMENTS :

- 1 multivitamin capsule
- 3 Rcut-Day capsules

**405 KCALS**

**FATS : 6,5G – CARBS : 56,6G – PROTEIN : 26G**

# DIET 5 ( $\geq$ 90 KG) – 198 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## LUNCH

### INGREDIENTS :

- 120g raw rice
- 200g cooked chicken
- 150g green veggies
- 6g olive oil
- 3 egg yolks

### SUPPLEMENTS :

- 1 omega-3 capsule

**996 KCALS**

**FATS : 27,5G – CARBS : 115,6G – PROTEIN : 70,4G**

# DIET 5 ( $\geq 90$ KG) – 198 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## PRE-WORKOUT

### SUPPLEMENTS:

- 3g L-Carnitine
- Caffeine (50–200mg)
- BCAAs: 1g per 10kg bodyweight (~7–8g)

# DIET 5 ( $\geq 90$ KG) – 198 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## SNACK

### INGREDIENTS :

- 30g whey
- 100g oats  
/ cream of rice / oat flour
- 1 omega-3 capsule

### SUPPLEMENTS :

- 1 omega-3 capsule

**524 KCALS**

**FATS : 9G – CARBS : 68G – PROTEIN : 40G**

# DIET 5 ( $\geq 90$ KG) – 198 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



## DINER

### INGREDIENTS :

- 200g cooked 5% beef
- 225g sweet potato
- 150g green beans

### SUPPLEMENTS :

- 1 omega-3 capsule
- ZMA

**545 KCALS**

**FATS : 19G – CARBS : 47,9G – PROTEIN : 47,5G**

## DIET 5 ( $\geq 90$ KG) – 198 LBS

To help you maximise your muscle growth, here are a few recipes that I personally use in my meals.



To gain muscle, you need to consume **proteins, carbohydrates and fats** in the right proportions to optimise muscle gains.

**MACRONUTRIENTS TOTAL :**

**2300 KCALS**

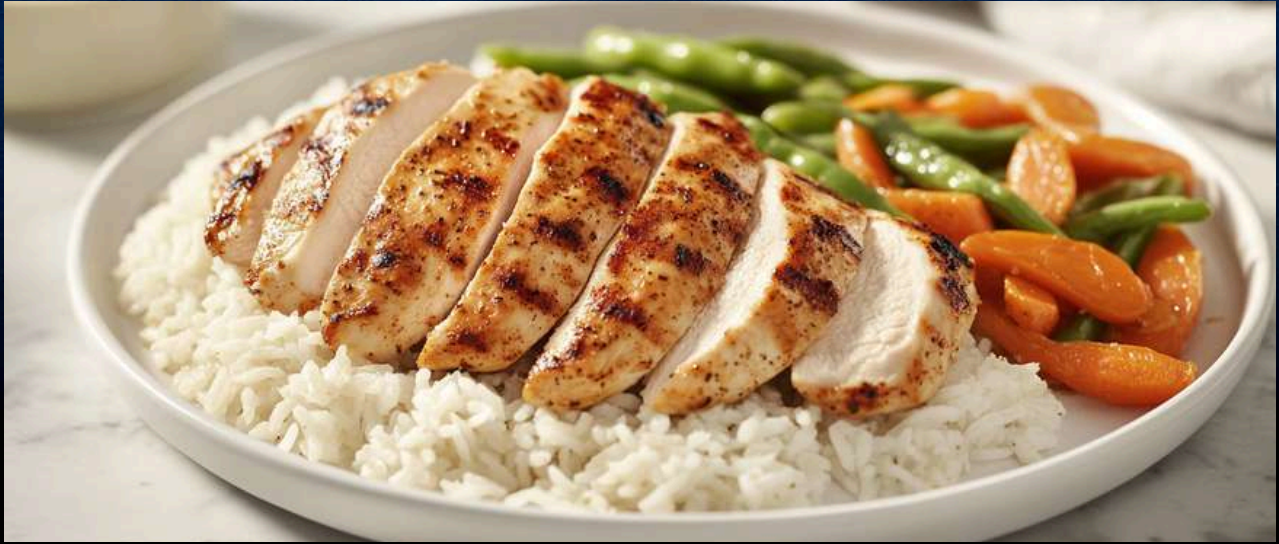
**FATS : 48G – CARBS : 278G – PROTEIN : 195G**

# ***NUTRIENT SUBSTITUTION GUIDE***

**EAT SMART, STAY ON TRACK**

To help you vary your meals while staying within your macros, here are exact food equivalencies for proteins, carbs, and fats.

# PROTEIN EQUIVALENTS (PER 100G OF FOOD)



## **100g Chicken ≈**

100g 5% Ground Beef  
100g Beef  
100g Salmon  
4 eggs (~120g)  
80g Tuna  
30g Whey  
140g Cod  
90g Sardines

## **100g Tuna ≈**

110g 5% Beef  
110g Chicken  
110g Beef  
110g Salmon  
150g Egg  
35g Whey  
110g Sardines  
150g Cod

## **100g Cod ≈**

80g 5% Beef  
80g Chicken  
80g Beef  
80g Salmon  
100g Eggs  
65g Tuna  
24g Whey  
75g Sardines

## **100g Eggs ≈**

90g 5% Beef  
90g Chicken  
90g Beef  
90g Salmon  
25g Whey  
80g Sardines  
100g Cod  
70g Tuna

# PROTEIN EQUIVALENTS (PER 100G OF FOOD)



## **100g Salmon ≈**

100g Chicken  
100g Beef  
30g Whey  
100g Sardines  
130g Cod  
90g Tuna

## **100g 5% Ground Beef ≈**

100g Chicken  
100g Beef  
30g Whey  
100g Sardines  
140g Cod  
80g Tuna  
100g Salmon

## **30g Whey ≈**

100g Chicken  
100g Salmon  
100g Ground Beef  
80g Tuna  
130g Cod  
90g Sardines

## **100g Sardines ≈**

110g Chicken  
110g Beef  
110g Salmon  
90g Tuna  
140g Cod  
35g Whey

# CARB EQUIVALENTS (EXCLUDING FRUIT)



## **100g Oats ≈**

150g Whole Wheat Bread  
250g Quinoa  
400g Sweet Potato  
230g Pasta  
270g Basmati Rice  
200g Whole Wheat Pasta  
400g Potatoes

## **100g Whole Wheat Bread ≈**

70g Oats  
160g Quinoa  
260g Sweet Potato  
150g Pasta  
180g Basmati Rice  
260g Potato  
130g Whole Wheat Pasta

## **100g Quinoa ≈**

60g Bread  
40g Oats  
150g Sweet Potato  
90g Pasta  
110g Basmati  
150g Potato  
80g Whole Wheat Pasta

## **100g Sweet Potato or Potato ≈**

40g Bread  
30g Oats  
60g Pasta  
65g Quinoa  
70g Basmati  
50g Whole Wheat Pasta

# CARB EQUIVALENTS (EXCLUDING FRUIT)



## ***100g Pasta ≈***

70g Bread  
50g Oats  
180g Sweet Potato  
110g Basmati  
180g Potato  
80g Whole Wheat Pasta  
110g Quinoa

## ***100g Basmati Rice ≈***

60g Bread  
35g Oats  
150g Sweet Potato  
150g Potato  
70g Whole Wheat Pasta  
90g Quinoa  
90g Pasta

## ***100g Whole Wheat Pasta ≈***

80g Bread  
50g Oats  
200g Sweet Potato  
140g Basmati  
200g Potato  
120g Quinoa  
120g Pasta

# FAT EQUIVALENTS



## **10g Olive Oil ≈**

20g Peanut Butter  
15g Nut Mix  
20g Almonds

## **10g Peanut Butter ≈**

5g Olive Oil  
7g Nut Mix  
10g Almonds

## **10g Nut Mix ≈**

7g Olive Oil  
13g Peanut Butter  
13g Almonds

## MEAL SWAPPING EXAMPLE:

If your diet includes 200g sweet potato, but you want pasta instead → [check the table](#).

200g sweet potato ≈ 120g pasta (raw weight).



# LITTLE TIPS TO HELP YOU STICK TO YOUR PLAN

- Add seasoned cottage cheese (salt, pepper, herbs) to your meals **for moisture**
- Mix whey + cream of rice + water/milk for a creamy, tasty shake
- Don't rely on **caffeine** daily. Use it only on days when you feel sluggish or want to push extra hard.
- Allow 1 cheat meal per week if you really need it
- At restaurants, go for meat + rice/pasta to keep things clean
- Prep meals on Sunday & Wednesday for max convenience
- Separate meals by **3–4 hours**
- Drink at least **2L** of water/day, more if you sweat a lot
- Always base **food swaps on macro equivalents**



# CHAPTER : 5

## TRAINING

# TRAINING

Let's be real. Without intense training—you won't get results. No matter how good your diet is, without sweating, pushing yourself, and showing up—you'll only go halfway.

**Training is the catalyst for both muscle gain and fat loss.**

Muscle helps you burn more calories. A leaner, more muscular body has a higher metabolism, which means more fat gets burned. That's why I always recommend lifting weights over just doing cardio.



# TRAINING

## KEY FORMULA:

Nutrition + Intense Training = Real Results

## Fat Loss Training Guidelines:

- Focus on compound lifts (multi-joint movements)
- Add cardio exercises to increase calorie burn
- Train with a muscle-building mindset even when cutting
- Fat loss = Caloric deficit + Cardio + Intensity

# TRAINING PLAN

**SPLIT**

**3-DAY**

# DAY 1

## PART 1

CLICK ON THE IMAGES TO VIEW VIDEOS

### FREE BARBELL SQUAT



#### STEP-BY-STEP INSTRUCTIONS:

Keep your back straight, push through your heels, break parallel.

SETS X REPS

4 X 8

REST

3 MIN

### SEATED ROW



#### STEP-BY-STEP INSTRUCTIONS:

Pull with your elbows, keep your chest up, avoid rocking your torso.

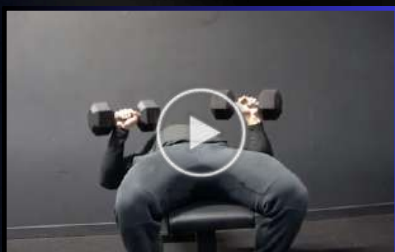
SETS X REPS

4 X 10-12

REST

2 MIN

### DUMBBELL BENCH PRESS



#### STEP-BY-STEP INSTRUCTIONS:

Control the descent, pause at the bottom, press hard without locking out.

SETS X REPS

4 X 10

REST

2 MIN

NEXT PAGE FOR THE REST -->

# DAY 1

## PART 2

CLICK ON THE IMAGES TO VIEW VIDEOS

### PLANK



#### STEP-BY-STEP INSTRUCTIONS:

Tighten core and glutes, keep hips level, no sagging.

SETS X REPS

3 X 8

REST

3 MIN

### JUMP ROPE OR STAIRS



#### STEP-BY-STEP INSTRUCTIONS:

Stay light on your feet, smooth pace, upright posture.

SETS X REPS

10-20 MIN

<-- PREVIOUS PAGE FOR THE START

# DAY 2

## PART 1

### ROWER



#### STEP-BY-STEP INSTRUCTIONS:

Explosive strokes, legs first, drive through the hips.

SETS X REPS **4 X 30S** REST **2 MIN**

### LEG PRESS



#### STEP-BY-STEP INSTRUCTIONS:

Push through your heels, back flat, lower to 90 degrees.

SETS X REPS **4 X 8** REST **2 MIN 45**

### BARBELL BENCH PRESS



#### STEP-BY-STEP INSTRUCTIONS:

Chest up, elbows slightly tucked, steady bar path.

SETS X REPS **4 X 10** REST **2 MIN**

### BURPEES



#### STEP-BY-STEP INSTRUCTIONS:

Stay explosive, tight form, controlled breathing.

SETS X REPS **3 X 30S** REST **1 MIN**

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# DAY 2

## PART 2

### LAT PULLDOWN



#### STEP-BY-STEP INSTRUCTIONS:

Pull to your chest, squeeze your lats, control the negative.

SETS X REPS

3 X 12

REST

1 MIN 45

### INCLINE TREADMILL/STAIRS/BIKE



#### STEP-BY-STEP INSTRUCTIONS:

Keep a steady pace, tall posture, consistent breathing.

SETS X REPS

15-30 MIN

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# DAY 3

## PART 1

### ROW



#### STEP-BY-STEP INSTRUCTIONS:

Back parallel to the ground, explosive pull.

SETS X REPS

4 X 8

REST

2 MIN

### SHOULDER PRESS



#### STEP-BY-STEP INSTRUCTIONS:

Bar in front of the face, core engaged, no arching.

SETS X REPS

4 X 10

REST

1 MIN 30

### WALKING LUNGES



#### STEP-BY-STEP INSTRUCTIONS:

Big step, back knee grazes the ground, torso upright.

SETS X REPS

4 X 12

REST

2 MIN

**NEXT PAGE FOR THE REST -->**

**CLIQUE SUR LES IMAGES POUR VOIR LES VIDEOS !**



# DAY 3

## PART 2

### PUSHUPS



#### STEP-BY-STEP INSTRUCTIONS:

Keep elbows close, core tight, chest to floor on each rep.

SETS X REPS

3 SERIES  
ÉCHEC

REST

1MIN30

### INCLINE TREADMILL/STAIRS/BIKE



#### STEP-BY-STEP INSTRUCTIONS:

Focus on rhythm and posture over speed.

SETS X REPS

15 - 45 MIN

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**SPLIT**

**4 DAY**

# DAY 1 (LOWER BODY)

## PART 1

### FREE BARBELL SQUAT



#### STEP-BY-STEP INSTRUCTIONS:

Back tight, knees aligned, go below parallel.

SETS X REPS

4 X 6

REST

3 MIN

### DUMBBELL WALKING LUNGES



#### STEP-BY-STEP INSTRUCTIONS:

Long stride, upright torso, back knee close to the ground.

SETS X REPS

4 X 12

REST

2 MIN

### ROMANIAN DEADLIFT



#### STEP-BY-STEP INSTRUCTIONS:

Hinge at the hips, keep legs almost straight, spine neutral.

SETS X REPS

4 X 10

REST

2 MIN 30

### JUMP SQUATS OR BOX JUMPS



#### STEP-BY-STEP INSTRUCTIONS:

Explode up, soft landing, bend knees.

SETS X REPS

3 X MAX

REST

2 MIN

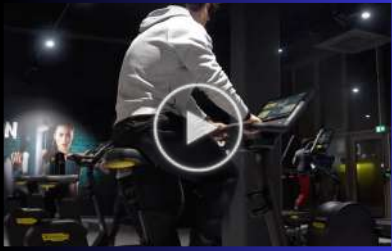
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# DAY 1 (LOWER BODY)

## PART 2

### BIKE



#### STEP-BY-STEP INSTRUCTIONS:

Keep a steady cadence, aim for endurance.  
(Free cardio)

SETS X REPS

REST

10-30 MIN

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# DAY 2 (UPPER BODY)

## PART 1

### ROWER



#### STEP-BY-STEP INSTRUCTIONS:

Powerful pulls, upright chest, finish with the elbows.

SETS X REPS

3x  
1MIN30

REST

2 MIN

### LAT PULLDOWN



#### STEP-BY-STEP INSTRUCTIONS:

Pull to collarbone, no swinging, focus on lat contraction.

SETS X REPS

4 X 10

REST

2 MIN

### DUMBBELL BENCH PRESS



#### STEP-BY-STEP INSTRUCTIONS:

Controlled reps, full range, chest up.

SETS X REPS

4 X 12

REST

2 MIN

### BURPEES



#### STEP-BY-STEP INSTRUCTIONS:

Explode through each rep, stay fluid and focused.

SETS X REPS

3 X MAX

REST

1 MIN

CLICK ON THE IMAGES TO VIEW VIDEOS

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# DAY 2 (UPPER BODY)

## PART 2

### MILITARY PRESS



#### STEP-BY-STEP INSTRUCTIONS:

Press in line with ears, engage your core, avoid arching.

SETS X REPS

4 X 10

REST

2 MIN

### PLANK



#### STEP-BY-STEP INSTRUCTIONS:

Hold tight, breathe steady, don't let hips drop.

SETS X REPS

4 X  
1 MIN30

REST

1 MIN

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# DAY 3 (LEG FOCUS)

## PART 1

### STAIRS



#### STEP-BY-STEP INSTRUCTIONS:

Complete foot contact, strong tempo.

SETS X REPS

10 MIN

REST

### LEG PRESS



#### STEP-BY-STEP INSTRUCTIONS:

Heels down, full control, don't lock knees.

SETS X REPS

4 X 8

REST

2 MIN 45

### LEG EXTENSION



#### STEP-BY-STEP INSTRUCTIONS:

Squeeze at the top, slow on the way down.

SETS X REPS

4 X 12

REST

1 MIN 30

### BULGARIAN SPLIT SQUATS



#### STEP-BY-STEP INSTRUCTIONS:

Vertical drop, balance centered, front knee stable.

SETS X REPS

4 X 10

REST

2 MIN

CLICK ON THE IMAGES TO VIEW VIDEOS

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# DAY 3 (LEG FOCUS)

## PART 2

### LEG CURL



#### STEP-BY-STEP INSTRUCTIONS:

Controlled curl, feel the squeeze on each rep.

SETS X REPS

3 X 10

REST

1 MIN 30

### OBLIQUE PLANK



#### STEP-BY-STEP INSTRUCTIONS:

Keep hips high, stay aligned, strong breathing.

SETS X REPS

4 X 30S

REST

1 MIN

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# DAY 4 (FULL UPPER BODY)

## PART 1

### BARBELL BENCH PRESS



#### STEP-BY-STEP INSTRUCTIONS:

Control the bar path, chest high, strong push.

SETS X REPS    4 X 8-10    REST    2 MIN 30

### PUSH-UPS



#### STEP-BY-STEP INSTRUCTIONS:

Full range, stay tight, consistent tempo.

SETS X REPS    X3    REST    1 MIN 30

### LAT PULLDOWN



#### STEP-BY-STEP INSTRUCTIONS:

Stretch at the top, contract hard at the bottom.

SETS X REPS    4 X 10    REST    2 MIN

### SEATED ROW



#### STEP-BY-STEP INSTRUCTIONS:

Lead with elbows, don't lean back, strong posture.

SETS X REPS    4 X 15    REST    1 MIN 30

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# DAY 4 (FULL UPPER BODY)

## PART 2

### LATERAL RAISE + SKULLCRUSHER



#### STEP-BY-STEP INSTRUCTIONS:

Raise arms to shoulder height, control the triceps extension.

SETS X REPS

4 X 15  
+ 10

REST

1 MIN

### CABLE CRUNCH



#### STEP-BY-STEP INSTRUCTIONS:

Round the spine, crunch with the abs, not your arms.

SETS X REPS

4 X 15

REST

1 MIN

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**SPLIT**

**5 DAYS**

# DAY 1 (PUSH)

## PART 1

### DUMBBELL PRESS



#### STEP-BY-STEP INSTRUCTIONS:

Elbows under wrists, full control, don't rush reps.

SETS X REPS

4 X 8

REST

2 MIN 30

### PULL-UPS



#### STEP-BY-STEP INSTRUCTIONS:

Full range, strong grip, avoid swinging.

SETS X REPS

4 X MAX

REST

2 MIN

### DIPS



#### STEP-BY-STEP INSTRUCTIONS:

Slight lean forward, dip to 90°, explosive push-up.

SETS X REPS

4 X MAX

REST

2 MIN

### NEUTRAL GRIP ROW



#### STEP-BY-STEP INSTRUCTIONS:

Keep arms close, squeeze shoulder blades.

SETS X REPS

3 X 12

REST

1 MIN 45

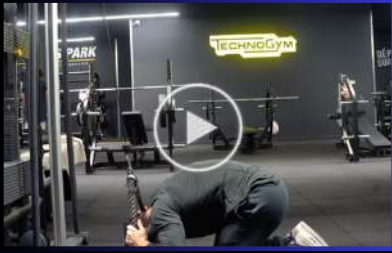
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# DAY 1 (PUSH)

## PART 2

### CABLE CRUNCH



#### STEP-BY-STEP INSTRUCTIONS:

Pull with your abs, spine curls down.

SETS X REPS

4 X 12

REST

1 MIN

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# DAY 2 (LEGS)

## PART 1

### SQUAT



#### STEP-BY-STEP INSTRUCTIONS:

Tight core, knees out, go deep.

SETS X REPS

3 X 6-8

REST

3 MIN

### WALKING LUNGES



#### STEP-BY-STEP INSTRUCTIONS:

Long stride, controlled movement, stay upright.

SETS X REPS

4 X 12

REST

2 MIN

### ROMANIAN DEADLIFT



#### STEP-BY-STEP INSTRUCTIONS:

Push hips back, feel the hamstring stretch, flat back.

SETS X REPS

3 X 10-12

REST

2 MIN 30

### LEG EXTENSION + LEG CURL



#### STEP-BY-STEP INSTRUCTIONS:

Focus on the squeeze, slow and controlled reps.

SETS X REPS

4 X 12  
+12

REST

1 MIN

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# DAY 2 (LEGS)

## PART 2

### STAIRS



#### STEP-BY-STEP INSTRUCTIONS:

Keep pace steady, focus on posture.

SETS X REPS

REST

15-30 MIN

### CABLE CRUNCH



#### STEP-BY-STEP INSTRUCTIONS:

Crunch from the core, round your back slightly.

SETS X REPS

4 X 12

REST

1 MIN

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# DAY 3 (ARMS/SHOULDERS)

## PART 1

### BARBELL MILITARY PRESS



#### STEP-BY-STEP INSTRUCTIONS:

Press straight up, tight core, no lean back.

SETS X REPS

4 X 8

REST

2 MIN

### LATERAL RAISE



#### STEP-BY-STEP INSTRUCTIONS:

Slight bend in arms, lift to shoulder height.

SETS X REPS

4 X 12  
+ DROPSET

REST

1 MIN

### INCLINE REAR DELT RAISE



#### STEP-BY-STEP INSTRUCTIONS:

Form a "T" shape, squeeze shoulder blades.

SETS X REPS

4 X 12

REST

1 MIN 30

### SKULLCRUSHER



#### STEP-BY-STEP INSTRUCTIONS:

Keep elbows locked in, full stretch and extension.

SETS X REPS

4 X 10

REST

2 MIN

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# DAY 3 (ARMS/SHOULDERS)

## PART 2

### ROPE TRICEPS



#### STEP-BY-STEP INSTRUCTIONS:

Spread the rope at the bottom, no momentum.

SETS X REPS

4 X 15

REST

1 MIN 30

### EZ BAR CURL



#### STEP-BY-STEP INSTRUCTIONS:

Elbows tight, squeeze hard at the top.

SETS X REPS

4 X 10

REST

2 MIN

### LEG RAISES



#### STEP-BY-STEP INSTRUCTIONS:

Control the lift, no swinging, core tight.

SETS X REPS

4 X MAX

REST

1 MIN

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# DAY 4 (LEGS)

## PART 1

### LEG EXTENSION



#### STEP-BY-STEP INSTRUCTIONS:

Hold the top, lower slowly.

SETS X REPS

4 X 8

REST

1 MIN 30

### LEG CURL



#### STEP-BY-STEP INSTRUCTIONS:

Focus on stretch and contraction.

SETS X REPS

4 X 12-15

REST

1 MIN 30

### LEG PRESS



#### STEP-BY-STEP INSTRUCTIONS:

Feet flat, knees controlled, no lockout.

SETS X REPS

4 X 10

REST

2 MIN 45

### CALF RAISE (SMITH MACHINE)



#### STEP-BY-STEP INSTRUCTIONS:

Full extension, pause at the top.

SETS X REPS

4 X 10

REST

1 MIN

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# DAY 5 (CHEST)

## PART 1

### INCLINE DUMBBELL PRESS



#### STEP-BY-STEP INSTRUCTIONS:

Drive through chest, full control.

SETS X REPS

4 X 12

REST

2 MIN

### BARBELL ROW



#### STEP-BY-STEP INSTRUCTIONS:

Stay low, strong pull, elbows close.

SETS X REPS

4 X 10

REST

2 MIN

### VERTICAL ROW



#### STEP-BY-STEP INSTRUCTIONS:

Elbows lead the movement, upright posture.

SETS X REPS

4 X 15

REST

1 MIN 30

### SEATED CHEST MACHINE



#### STEP-BY-STEP INSTRUCTIONS:

Chest pushed out, slow return.

SETS X REPS

4 X 12

REST

2 MIN

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# DAY 5 (CHEST)

## PART 2

### DUMBBELL LATERAL RAISE



#### STEP-BY-STEP INSTRUCTIONS:

Controlled lift, no swinging.

SETS X REPS

4 X 15

REST

1 MIN

### ROMAN CHAIR OBLIQUES



#### STEP-BY-STEP INSTRUCTIONS:

Full twist, stay tight.

SETS X REPS

4 X 12

REST

1 MIN

### STAIRS



#### STEP-BY-STEP INSTRUCTIONS:

Steady rhythm, complete steps.

SETS X REPS

10 MIN

REST

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# CHAPTER : 6

## REST (MUSCULAR & NERVOUS)



# REST

Even if you're training like a beast, if you don't rest, you won't grow or burn fat efficiently.

Your **nervous system** and **muscles** need time to recover. Your body isn't an endless energy tank—it needs **to rebuild after stress**.

## **WHAT YOU NEED TO KNOW:**

- ✓ **Sleep** is where recovery happens.
- ✓ **Aim for 8 hours per night** to optimize repair of muscle, tissue, and the nervous system.
- ✓ After training a muscle group, give it **48–72 hours of rest** before hitting it again.
- ✓ Even if you “feel fine,” you still need **deload weeks every 4–6 weeks** if you're 100% consistent.
- ✓ **Take 4 to 7 full rest days** to avoid burnout, injury, and mental fatigue.

# **WHY YOU FEAR REST... AND WHY IT'S FALSE**

Most people see rest as losing progress.  
But that's a lie.

- ✓ One week off won't erase months of progress.
- ✓ In fact, it's how you stay consistent long-term.

Proper rest, hydration, and sleep are just as important as your training and nutrition.



# CHAPTER : 7

## SUPPLEMENTS

# SUPPLEMENTS

**Supplements are not magic pills** but they can support your goals if chosen wisely.

Here's what I consider useful vs. useless, especially in a fat loss (cutting) phase:

## USEFUL SUPPLEMENTS

### ✓ **Creatine**

Increases strength, improves recovery, supports intracellular water retention (not under the skin).

3–6g daily, split into 2 doses (morning + post-workout).

### ✓ **Omega 3**

Found in fatty fish. Helps with heart, brain, eyes, and emotional well-being.

If you don't eat fatty fish, take 4–6 capsules/day.

### ✓ **Multivitamins**

Unless you eat tons of fruit, this ensures you get all the essential vitamins.

### ✓ **ZMA/ZMB**

Zinc + Magnesium blend. Great for deeper, more restorative sleep. Personally noticed deeper sleep and more vivid dreams. Highly recommended.

✓ **Whey Isolate**

Fast-absorbing protein with almost no carbs. Ideal when you're on the go.

✓ **L-Carnitine**

Helps burn fat, boost endurance, and makes you sweat more during training.

## **IF I HAD TO CHOOSE ONLY 3 :**

✓ **Whey Isolate**

✓ **Omega 3**

✓ **Multivitamins**

(ZMA and L-Carnitine are my personal favorites, but the top 3 are essential for **overall health + performance.**)

## **TRUSTED BRAND :**

All my supplements come from **MYPROTEIN.**

Use my code: **MIKE** for special offers on quality-tested products.





**CONCLUSION**



**You now have everything you need:**

- ✓ A proven fat-loss **strategy**
- ✓ Multiple **diet plans** based on your weight
- ✓ Macro substitution tables for variety
- ✓ Complete **training programs**
- ✓ **Supplement breakdown**
- ✓ **Recovery tips**

**So don't wait.**

**Not tomorrow, not the day after. Start today.  
Choose your diet, hit your workout, and stay consistent.**



# REACH THE TOP 1% FASTER:



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