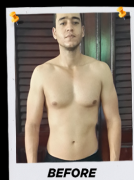
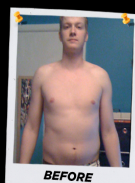
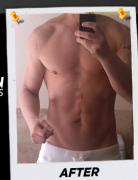
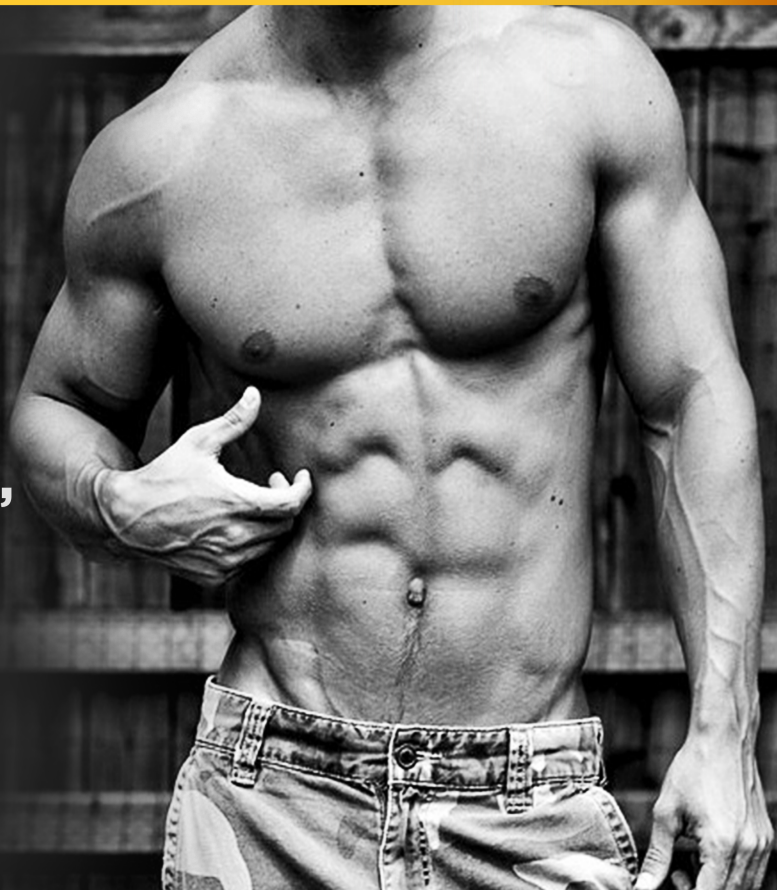


FROM NEW YORK TIMES BEST SELLING AUTHOR

ADAM BORNSTEIN

GETTING SHREDDED

**A
PRACTICAL
GUIDE
TO
BURNING FAT,
BUILDING MUSCLE,
& GETTING IN THE
BEST
SHAPE OF
YOUR LIFE**



Let's make one thing clear: Dieting sucks. I'm not saying dieting doesn't work. Or even going off on a rant about hating the word "diet." I've said it many times before: The only thing to hate about the word diet is what we—as a society—have done to it.

A diet is a way of eating. Whether we like it or not, we all follow a diet. So let's stop focusing on the meaningless word and start fixing what really matters.

Seeing awesome results.

I don't care who you are, this is all that really matters. When you change the way you eat and exercise you're doing it with the intention of looking better, feeling better, and improving your health. End of story.

That's where Getting Shredded all started. My wife issued a challenge and it led to this blog post.

I just received the following text message from my wife.



If you read closely, it's clear that "Shirtless Friday's" on The Berry finally has her wanting me to return to a leaner, meaner version of me.

*You see, for the last few years (let's just call this "marriage") my goals have changed. My focus hasn't been on body composition. I've stayed within 12 to 14 percent body fat, but with the exception of during our preparation for **Engineering the Alpha**, I haven't been targeting a super lean body or dropped below 10 percent.*

This is a shift from my single days. I spent the back half of my 20s living in vanity heaven. When I was a grad student, I trained like a crazy man, carb cycled like it was my job, and became very lean.

Then when I was working at Men's Health (around the time I first met my wife), I got down to 6.8% body fat for a story.

Since we've been together, my focus has been more on strength than cuts; more on cheesecake than oatmeal. More on wine than protein shakes...ok, that's a lie. I still love protein shakes. And protein ice cream. I'm happy with my body. Happy with the way I look. And still train with great enjoyment and eat "clean" about 90 percent of the time. Then I received this text and I couldn't help but smile.

It's a challenge. The first fitness challenge ever presented by my wife. That's 5 years of her not caring how I look or what I do. It's a big part of what makes her great; body image doesn't exist with her. It's all about health and happiness.

But when there's a chance to rise to the occasion and fulfill a request from your wife—just for the hell of it—well, it doesn't get much better than that.

Getting Shredded: Is it in you?

I called my wife and asked her if she was serious. (Full disclosure: I actually walked out of my office...which is in our home...and into my bedroom.)

She was. She doesn't actually care if I get super lean, but she thinks it'll be fun for me. And for her. And I couldn't agree more.

I'm already crafting a workout and diet plan to get shredded, and enjoying every second of it.

This isn't about building more muscle or getting stronger. This is fat loss and aesthetics. Pure and simple. I'm training to look good naked and making no apologies about it.

What happened next I could have never imagined. The outpouring of support was massive. The article was shared more than 5,000 times in the first 12 hours. People wanted to support my movement, joke about my wife, and wish me luck.

But more than anything, they wanted to join in on the process.

After all, if there's one thing I've become repeatedly good at, it's helping people lose fat. I did it for the Men's Health Diet. I did it again in a big way for The Men's Health Big Book: Getting Abs. And then I did it again with Engineering the Alpha.

More importantly, it's something I do for real people. I keep a small online coaching group, but over the last 10 years of training people and 6 years of online coaching, I've helped hundreds of people lose fat, gain muscle, and transform their body.

But never at any point did I put together a program so focused on one particular goal: Getting shredded.

This was purely about aesthetics. Forget being functional. This was about looking good naked and feeling good *without* going on some carb starve, insane diet.

Getting Shredded: It Works

So I launched a community. If you are now in possession of this book, odds are you now have access to that same community.

When I surveyed people at the end of month 1, the results were staggering. Of everyone in the Get Shredded community, the *average* fat loss was 3 percent. That's 3 percent fat loss in 4 weeks. I don't want to call it crazy, but even I was pleasantly surprised.

I'll be honest: I only dropped 1.5 percent body fat in the first phase, which probably means I need to step up my game.

The message was clear: The program was working so well that it was time to share it with the masses. And that's exactly what this book is: A complete breakdown of the first phase of the Get Shredded Workouts. You have 4 weeks of training, all of the conditioning work, and a Q&A of the most common questions.

What's more, you receive access to the Getting Shredded community, so you can interact with me one on one and have plans for months and months to come. Even better? I also provide a diet catered to your weight and your goals. How do I do that? I've included a special link in this book that will connect you to my email (Yes, my email.)

It's something I make accessible for all members of *Getting Shredded*. Once I have your information I can send you personal macros for the plan.

Winning the War on Fat Loss

You want to lose weight, gain muscle, and change your body—but without worrying about whether you're eating the right foods. After all, countless diets pronounce that they provide the ultimate solution to your goals. Only problem is, they all differ in the types of foods they suggest, the timing of meals, and how much you can eat.

But all diets are dependent on one common factor: macronutrient composition. That is, the protein, carbohydrate, and fat content in the foods you eat. Macronutrients are the single most important factor that determines a diet's success or failure. Every diet has its own macronutrient manipulation. On one end of the continuum are the low-carb diets, such as Atkins and Protein Power (and some variations of the Paleo Diet). More towards the middle are diets like The Zone and South Beach. On the other end of the continuum are high-carb/low-fat diets such as Pritikin and Ornish.

So who's right? Recent evidence in the *International Journal of Obesity* suggests that the diet you can stick to best is the right one – regardless of the exact breakdown of macronutrients. But this still leaves questions about how to determine your needs to simplify eating. Consider this your final answer, and the guide you need to finally determine the most effective plan for you.

PROTEIN: WHAT IT IS AND WHY YOU NEED IT

Protein is the major structural and functional component of all cells in your body. Proteins literally play a necessary role in many of the biological processes that allow you to live and function. Not to mention, about 25 percent of your muscle mass is made up of protein—and the rest is made up of water and glycogen (your body's stored form of carbohydrates). So it's no wonder why so many diets place a heavy emphasis on protein. But the reason you need to eat so much is simple: Unlike other nutrients, your body can not assemble protein by combining other nutrients, so enough must be consumed in your daily meals in order to achieve your desired health and appearance.

BIGGEST MYTH

Despite what you might have heard, your body can process a lot more protein than you think in each meal. Like a big steak dinner? Don't worry, you can handle it. The most common claim is that your body can only handle 20 to 30 grams per meal and that the rest will go to waste. Nothing could be farther from the truth.

The idea that your body can only handle limited amounts of protein was one of the initial reasons why people began eating meals every 2 to 3 hours. It was a tactic designed to prevent wasting food, while also raising your metabolism. However, science has proved that your body can take as much time as it needs to digest and absorb protein and utilizes all of the nutrients appropriately. With the exception of a massive protein binge—where you consume more protein in one meal than your body can handle in an entire day—you can feed yourself larger doses as part of a healthy approach to your diet.

ADDING PROTEIN TO YOUR DIET

While most people think that protein is most important before and after your workout, this isn't true. Hitting your goal for the day is the most important aspect of eating protein, whether it's for fat loss, building muscle, or just maintaining your weight. Setting your protein goals is a fairly simple process. Research shows that a range of .5 to 1 gram of protein per pound of body weight is ideal if you are active. If you want to be even more specific, a good general guideline is to eat about 1 to 1.5 grams of protein per pound of lean body mass (LBM). However, most people don't know or can't reliably measure their LBM. As an alternative, consume 1 gram of protein per pound of your goal body weight.

That means if you're a fluffy 200 pounds and want to be a lean, toned 180 pounds, simply eat 180 grams of protein per day. Learning what food intake amounts to 180 grams of protein – or any macronutrient – is a matter of tracking your intake. Food journaling software like LIVESTRONG.COM's MyPlate can help you record how much protein you're really eating.

THE BOTTOM LINE

The pitfalls of under-doing protein far outweigh those of overdoing it. Meeting protein requirements is particularly important when you're trying to lose weight because protein is the most muscle-sparing and metabolic macronutrient, and it also keeps you full. If you struggle to achieve your protein target through whole foods like meat, fish, poultry, eggs, legumes, and milk products, you can easily supplement your diet with protein powder (whey, casein, or egg). There's no need to nitpick over the precise distribution and timing of protein throughout the day, just concentrate on the total for the day, and consume protein at doses and times that suit your schedule and personal preference.

FAT: WHAT IT IS AND WHY YOU NEED IT

Fat is a major fuel source for your body and has multiple functions, such as helping your body absorb fat-soluble vitamins, regulating inflammation, and hormone production. Like protein, fat is considered to be nutritionally essential because certain fatty acids (linoleic acid & alpha-linolenic acid) cannot be sufficiently produced by your body for survival, and thus you must fulfill your needs by eating fatty foods. That's right. Read

that sentence again: You must eat fat. Although essential fatty acid deficiency is uncommon among adults in developed countries, the consumption omega-3 fatty acids is often too low for the purpose of optimizing health and preventing disease.

BIGGEST MYTH

Let's settle the score once and for all: Fat does not make you fat.

Once you get beyond that myth, there are many other misconceptions that could steer your eating habits in the wrong direction. Most notably, many people still believe that saturated fat is a dangerous substance that causes heart disease and should be avoided. This myth has survived for at least the last 3 decades, and has refused to die despite numerous studies that have shown that saturated fat is actually good for your body. In a recent invitation-only scientific consensus meeting, the Department of Nutrition at the University of Copenhagen determined that saturated fat does not need to be avoided. What's more, a recent review failed to find a link between saturated fat and coronary heart disease. More importantly, it's not just that saturated fat isn't bad; the scientists found that eating saturated fat benefits your health.

That doesn't mean that all fats are safe. The Dutch analysis found that excessive trans-fats (from hydrogenated vegetable oils in shortening, commercial baked goods, and refined snack foods) still pose a significant threat to your health.

ADD FAT TO YOUR DIET

The best way to prevent heart disease is to simplify your diet. Eat more whole and minimally refined foods, including an increased proportion of vegetables, fruits, and nuts—and know how to balance your omega-3 fatty acids. The American Heart Association (AHA) recommends 0.5-1.8 g/day of combined EPA and DHA, which are omega-3 fatty acids with potent heart-protective properties. This intake can be achieved by either consuming two to six one-gram capsules of fish oil, or by having roughly three to six ounces of fatty fish per day. Vegetarians should realize that achieving the same EPA and DHA levels with flaxseed oil is a much less efficient process, requiring roughly double the dose.

THE BOTTOM LINE

Unfortunately, there isn't a gold standard for the amount of fat you need in your diet. Instead, it should be determined on an individual basis. The most recent report by the Food and Nutrition Board of the Institute of Medicine recommends that you eat at least 20 to 35 percent of your total calories from fat. But realize that eating slightly more than this won't cause added fat storage as long as your total calories match your goal for weight gain, loss or maintenance. If you still want a target, divide your weight in half and

eat that many grams of fat. So if you're 180 pounds, you would aim to consume 90 grams of fat per day. You'll see some similar recommendations in the macros you receive in *Getting Shredded*, but with variations for several factors and changes between training and non-training days.

CARBOHYDRATES: WHAT THEY ARE AND WHY YOU NEED THEM

Carbohydrates have many functions, but their main role is to provide energy to the cells in your body. Carbohydrates are unique because they are not considered essential. That's because your body can synthesize its needs from non-carbohydrate sources through processes called gluconeogenesis and ketogenesis. As a result, the other foods you eat (proteins and fats) can be converted into energy, meaning that your general survival does not depend on eating carbohydrates. As mentioned before, this can't be said about amino acids (protein) or essential fatty acids (fat)—both of which you need to obtain from foods.

Still, while carbohydrates technically are not essential, you do need them when living an active lifestyle. Not to mention, fruits and vegetables are two of the most important sources of carbohydrates, and both provide nutrient-rich calories that protect against disease.

BIGGEST MYTH

Carbs do not make you fat. (Picking up on a theme?) Ever since the low-carb craze began in the early 1990s, carbohydrates have been demonized as the cause of the growing obesity rates. And while a low-carb diet does have many health benefits and can lead to lasting weight loss, there is no "metabolic advantage" to going low carb. In fact, a study published in the *American Journal of Clinical Nutrition* compared a low-carb diet with one that was higher in carbohydrates. The result: There was no difference in weight loss or changes in the ratio of muscle-to-fat. What's more, when researchers compared a low-carb diet with a low-fat diet (and higher in carbs), they discovered that neither was better at boosting metabolism.

You can analyze studies and research all day, but the bottom line is simple: You can eat carbs and still lose weight. The diet you choose will be largely dependent on many personal preferences and eating styles, and whether it's low carb or higher in carbs, both strategies can be equally effective at creating change.

ADD CARBS TO YOUR DIET

Generally speaking, if you're active you need anywhere between one to three grams of carbohydrate per pound of lean body mass. The carbohydrate requirement tends to range more widely than the other macronutrients because it's largely dictated by how many calories you're trying to eat per day, and your total amount of activity. In other words, determining the right amount of carbs is really the fourth step in your diet plan.

First, figure out how many calories you need, then set goals for proteins and fats. Once you establish those guidelines, then your remaining calories for your weight goal should be filled in with carbs.

THE BOTTOM LINE

Carbohydrates, just like fat and protein allotments, should be comprised mostly of whole and minimally processed foods. For most people, carbohydrates are a form of dessert. And if you're eating healthy, about 10 to 20 percent of your total calories can basically come from any foods you want. Your choices among carb-dominant foods (fruit, milk, starchy vegetables, non-starchy vegetables, grains, legumes) should be based on your personal preference and tolerance, while maintaining as much variety as reasonably possible. As a rule of thumb, eating two to three fruits and two to three vegetables per day will usually fill up the majority of your carbohydrate allotment, while providing beneficial nutrients that will help your overall health. Easy enough, right?

The Dirty Diet Lie

Before you begin, I think something needs to be discussed, which will help your entire process of "Getting Shredded."

One of the defining characteristics of a person is their ability to look at life through an unfiltered lens. That is, can you be honest with yourself about everything—including your own decisions and opinions—in an effort to become better and positively influence others. Admitting you are wrong about anything is very difficult. After all, ideas are like your child: You will protect and support them passionately.

But I have a confession to make: I was wrong.

For years I told people that breakfast was the most important meal of the day. Eat a big meal to start the day and everything will be ok. The idea seemed to make sense, and there were plenty of correlational studies that "showed" how eating breakfast was necessary for improved weight loss.

The problem wasn't that I made a mistake; we all do that. Rather, it was how I delivered the message, which made me a representative of one of the most frustrating aspects of the nutrition and fitness industry.

I'm here to admit I was wrong. I haven't believed breakfast was essential for a couple years now, but I never made a public declaration because it meant admitting that I spread potential misinformation. But this isn't about me—it's about making sure you understand what's right: Breakfast is not the most important meal of the day.

But neither is lunch, dinner, or snacks. This isn't meant to be puzzling or a letdown to those of you trying to crack the weight loss code. Believing that one meal is the foundation of success can be detrimental to your healthy living goals.

The problem with the breakfast-is-best hypothesis is that it steers people into the "there's only one way to eat" mentality. The truth is, it doesn't matter when you eat your meals: Morning, night, or spread out through the day. It doesn't matter if you eat three meals or six meals or anywhere in between. If you don't believe me, I recommend reading [this study](#) and [this one](#) as well. Studies can be flawed, but our bodies biological nature is not meant to be deceiving. The bottom line is simple: Weight loss depends on how many calories you eat, the foods you eat, and the macronutrients you consume in your diet (that is, what's the ratio of proteins, carbs, and fats). Add in your exercise tendencies, and that will determine how you look and feel.

I know that some people believe that eating more frequently has a host of benefits, such as curbing appetite. This can be true—but the opposite can also occur. Eating more can make you feel hungrier and consume more calories.

And there's the thought that frequent meals improves your metabolism. But as long as total calories are equal (and macronutrients are balanced), your body will burn the same number of calories in the digestion process. That's just science.

Yes, there are other processes in your body that can play a role in the weight loss process—most notably stress and hormones—but that's at a higher level. Before you can even worry about those individual issues, you must make sure that you've established baseline eating habits that are the foundation for a healthy life. Once you do that, you might experience the type of change you didn't think could happen for your body.

Here's the problem with the breakfast hypothesis: The moment you insist that breakfast is essential, you create a mental block that over-emphasizes the importance of the meal. Suddenly if you miss breakfast, you believe that your fat loss will be slowed, you're destined to eat more at the next meal, and your energy will be off. It's the real issue with diets: They create psychological barriers that make the journey seem harder, rather than suggesting flexible solutions that make the process more convenient to your lifestyle.

Changing your body is as much a psychological process as it is a physical one. You need to believe that you can become better. But you also need to believe in the program you're following, and use an approach that can be maintained.

Any time you want to make a change you'll have to make sacrifices. But don't confuse working harder and removing certain habits with losing all control. That's a recipe for failure.

Here's what you really need to know about breakfast: It's great for some but not for others. (I love breakfast foods, but rarely eat breakfast anymore) Insisting that someone has to eat breakfast to lose weight could be the one change that actually makes it harder for them to experience long-lasting change. Some people aren't morning eaters, and there's no reason they have to change that aspect to be healthy.

Don't believe in dogma. Just as you have a unique body, you can have a unique diet.

Here are the laws of dieting you need to follow:

1. Use sound principles that are backed by science. (sorry detox diets) This starts with understanding your calorie needs, and eating a good ratio of proteins/carbs/fats.
2. Rely on personal experience to adjust your diet as necessary. If a generalized plan isn't working over time, don't stubbornly stick to it.
3. Let your eating habits be guided by your personal preferences.

If you like breakfast, eat it. If you like snacking, make that your habit. But don't let anyone convince you that your success will depend on any one meal.

My goal is to remove the boundaries that make dieting and exercise stressful. You will have your battles, and as I said before you will have to work hard and push yourself. Change isn't easy.

But the process can be made easier. It can be enjoyable. And most of all, it will be effective if you take the right approach.

I want you to see results. I want you to change your body. And I want you to feel empowered and then help others make a change.

Who are you going to be? The person who always plays by the rules? Or do you want to be the person who realizes rules are just guidelines to help steer you in the right direction and away from danger.

Eat breakfast. Don't eat breakfast. That choice is yours. What matters more is taking the information, adapting to your life and schedule, and then doing everything in your power to stay consistent with the plan.

In the end, that's what will give you the results and make sure you *get shredded*.

Getting Shredded: Phase 1

The Metabolic Breaking Point

Instructions: It's pretty simple, just do as I say and follow the program. Lots of different variations exist so that you can set the schedule that works best for your lifestyle. Have fun and enjoy.

Week 1 Workout

You will perform 4 workouts this week (Day 1, Day 2, Day 3, Day 4).

Your workout week might look like

Monday: Day 1

Tuesday: Day 2

Wednesday: OFF or warmup or slow cardio

Thursday: Day 3

Friday: Day 4

Saturday: Off

Sunday: Off or repeat Day 1

IMPORTANT: Warmups are important, so please do them. Start every workout with a dynamic warmup. Here's what I recommend

Bird dog 2 sets x 8-10 reps per side

Elbow to instep 2 sets x 8-10 reps per leg

Hip Flexor Stretch 1 x 30 seconds per leg

Thoracic Rotation 1 x 10 reps per side

Lunge and Reach 1 x 10 reps

Hip raise 2 x 12 reps

Wall Slides 2 x 10 reps

Seal Jumps 1 x 20 reps

Scap Pushups 1 x 12 reps

Understanding the Format

When you see an exercise with the same number but a different letter (1A and 1B, for instance) this infers a paired set. (Or superset, as some prefer.) Perform these exercises back-to-back with as little rest as possible. Do all sets before moving on to the next exercise or pair. For example, if you see 3 sets for 1A and 1B, you'll do 1 set of 1A, 1 set of 1B, then rest. Then you'll repeat 2 more times (for 3 sets total) before moving on to the next exercise.

Warmup Sets

How many sets depends on the movement and how much weight I'm using, but usually I perform 3-5 warmup sets (increasing in weight) before I do my first real set.

For instance, if I wanted to deadlift 300 pounds for 4 reps, my warmup might look like:

135 x 5

185 x 5

205 x 3

225 x 3

245 x 1-2

When warming up, I try not to use more than 70-80% of my "working sets" weight.

The heavier the weight I use for my work sets, the more warmup sets required. The lighter the weight, the fewer the sets.

Week 1, Day 1

Select a load that's appropriate for each exercise, given the rep range. You want to stop one or two reps short of failure on each set.

Goal: 4 sets of 4 reps of each exercise. Rest 90 to 120 seconds between sets.

- 1) Snatch-grip deadlift
- 2) Dumbbell Bulgarian split squat
- 3) Barbell hip raise
- 4a) Goblet squat
- 4b) Dumbbell Step up

Post workout conditioning

Do the following after you complete your workout. Set a timer for 15 Minutes and complete the following.

Go wild on the cardio equipment of your choice. Treadmill, jump rope, kettlebell swings, stairstepper, rowing machine. It's up to you.

The conditioning: 60 seconds of intense work, 120 seconds of recovery (but still moving). Perform five rounds.

Week 1, Day 2

Select a load that's appropriate for each exercise, given the rep range. You want to stop

one or two reps short of failure on each set.

3 sets of 8 reps of each exercise. Rest 75 to 90 seconds between sets.

- 1) Barbell push press
- 2) Close-grip chinup
- 3A) Dumbbell incline press
- 3b) Chest supported row
- 4a) Dips
- 4b) Standing dumbbell curls
- 4c) Standing band lateral raise

Post workout conditioning

Do the following after you complete your workout. Set a timer for 15 Minutes and complete

Go wild on the cardio equipment of your choice.

Conditioning 60 seconds of intense work, 120 seconds of recovery (but still moving). Perform five rounds.

Week 1, Day 3

- 1) Rack Deadlifts 5 x 5 (90 seconds)
- 2) Incline bench press: 5 x 5 (90 seconds)
- 3A) Dumbbell step up 3 x 8-10 (60 seconds)
- 3B) Neutral grip chin up 3 x 8-10 (60 seconds)
- 4A) Seated dumbbell curl 3 x 10-12 (60 seconds)
- 4B) Dumbbell Farmer's Walk 3 x 15-20 (60 seconds)

Week 1, Day 4

Perform the following in a complex of one rep each with your hands never leaving the bar:

- Deadlift
- Romanian deadlift
- Bent-over row
- High pull
- Power clean

- Front squat
- Push press
- Back squat

That's eight reps.

Rest as long as you want, but perform as many rounds as you can in 20 minutes. Start with a goal of getting ten rounds done. Select a load that's challenging, but one that makes it easy to complete the set. Remember, we aren't using this to out-lift strongmen. We're using this to break through to that next level of leanness.

Cardio

After completing do steady state cardio.

Keep these hamster wheel sessions at 75% of your max heart rate.

Week 1: 15 minutes

Week 1 Printable Workout Sheets

Week 1, Day 1					
4x4 - Rest 90-120 btw sets		Set 1	Set 2	Set 3	Set 4
1	Snatch-grip deadlift				
2	Dumbbell Bulgarian split squat				
3	Barbell hip raise				
4A	Goblet squat				
4B	Dumbbell Step up				
Post workout conditioning					
Do the following after you complete your workout. Set a timer for 15 Minutes and complete the following.					
Go wild on the cardio equipment of your choice. Treadmill, jump rope, kettlebell swings, stairstepper, rowing machine. It's up to you.					
The conditioning: 60 seconds of intense work, 120 seconds of recovery (but still moving). Perform five rounds.					

Week 1, Day 2				
3x8 - 75-90seconds rest btw sets		Set 1	Set 2	Set 3
1	Barbell push press			
2	Close-grip chinup			
3A	Dumbbell incline press			
3B	Chest supported row			
4A	Dips			
4B	Standing dumbbell curls			
4C	Standing band lateral raise			
Post workout conditioning				
Do the following after you complete your workout. Set a timer for 15 Minutes and complete the following.				
Go wild on the cardio equipment of your choice. Treadmill, jump rope, kettlebell swings, stairstepper, rowing machine. It's up to you.				
The conditioning: 60 seconds of intense work, 120 seconds of recovery (but still moving). Perform five rounds.				

Week 1, Day 3						
		Set1	Set2	Set3	Set4	Set5
1	Rack Deadlifts 5 x 5 (90 seconds)					
2	Incline bench press: 5 x 5 (90 seconds)					
		Set1	Set2	Set3		
3A	Dumbbell step up 3 x 8-10 (60 seconds)					
3B	Neutral grip chin up 3 x 8-10 (60 seconds)					
4A	Seated dumbbell curl 3 x 10-12 (60 seconds)					
4B	Dumbbell Farmer's Walk 3 x 15-20 (60 seconds)					

Week 1, Day 4		
Perform the following in a complex of one rep each with your hands never leaving the bar:	Weight:	Notes:
Deadlift		Rest as long as you want, but perform as many rounds as you can in 20 minutes. Start with a goal of getting ten rounds done. Select a load that's challenging, but one that makes it easy to complete the set. Remember, we aren't using this to out-lift strongmen. We're using this to break through to that next level of leanness.
Romanian deadlift		
Bent-over row		
High pull		
Power clean		
Front squat		
Push press		
Back squat		
Post workout conditioning		
After completing do steady state cardio.		
Keep these hamster wheel sessions at 75% of your max heart rate.		

Week 2 Workout

You will perform 4 workouts this week (Day 1, Day 2, Day 3, Day 4).

Your workout week might look like

Monday: Day 1
 Tuesday: Day 2
 Wednesday: OFF or warmup or slow cardio
 Thursday: Day 3
 Friday: Day 4
 Saturday: Off
 Sunday: Off or repeat Day 1

OR

Monday: Day 1
 Tuesday: Day 2
 Wednesday: OFF day
 Thursday: Day 3

Friday: Off Day
Saturday: Day 4
Sunday: Off day

OR

Monday: Day 1
Tuesday: OFF
Wednesday: Day 2
Thursday: OFF
Friday: Day 3
Saturday: OFF day
Sunday: Day 4

IMPORTANT: Warmups are important, so please do them. Start every workout with a dynamic warmup. I'd recommend using the one found here: [Bird dog](#) 2 sets x 8-10 reps per side

[Elbow to instep](#) 2 sets x 8-10 reps per leg

[Hip Flexor Stretch](#) 1 x 30 seconds per leg

[Thoracic Rotation](#) 1 x 10 reps per side

[Lunge and Reach](#) 1 x 10 reps

[Hip raise](#) 2 x 12 reps

[Wall Slides](#) 2 x 10 reps

[Seal Jumps](#) 1 x 20 reps

[Scap Pushups](#) 1 x 12 reps

When you see an exercise with the same number but a different letter (1A and 1B, for instance) this infers a paired set. (Or superset, as some prefer.) Perform these exercises back-to-back with as little rest as possible. Do all sets before moving on to the next exercise or pair. For example, if you see 3 sets for 1A and 1B, you'll do 1 set of 1A, 1 set of 1B, then rest. Then you'll repeat 2 more times (for 3 sets total) before moving on to the next exercise.

Week 2, Day 1

Select a load that's appropriate for each exercise, given the rep range. You want to stop one or two reps short of failure on each set.

Goal: 3 sets of 12 reps of each exercise. Rest 60 to 75 seconds between sets.

****Remember to perform work-up sets as outlined in the warmup discussion thread.****

- 1) Snatch-grip deadlift
- 2) Dumbbell Bulgarian split squat
- 3) Barbell hip raise

- 4A) Goblet squat
- 4B) Dumbbell Romanian Deadlift
- 5) L-sit holds: 4 x 10-15 seconds

Post workout conditioning

Do the following after you complete your workout. Set a timer for 15 Minutes and complete

Go wild on the cardio equipment of your choice.

Week 2: 60 seconds of work, 100 seconds of recovery. Repeat until the 15 minutes are up.

Week 2, Day 2

Select a load that's appropriate for each exercise, given the rep range. You want to stop one or two reps short of failure on each set.

****Remember to perform work-up sets as outlined in the warmup discussion thread.****

3 sets of 4 reps of each exercise. Rest 90 to 120 seconds between sets.

- 1) Barbell push press
- 2) Two-arm Chest supported row
- 3a) Dumbbell incline press
- 3b) Neutral-grip chin-up (weighted if necessary)
- 4A) Bent over 1-arm dumbbell row
- 4B) Floor press
- *5) 100-rep rear delt raise (1 continuing set)

Lie face down on a mat and use a weight you can do for 20-reps. Start doing rear delt flies with a range of motion about 6-10 inches. Key is to really focus in on the rear part of your shoulders and NOT let your bigger back muscles get involved. Fatigue is going to set in, but just keep on working, even as range of motion decreases. When you hit 50, drop the weight in half and do 25 more reps. Then drop again and do 25 more reps. (Yes, ROM will be small here, but you'll also be keyed in on your shoulders). Now your shoulders are on fire and it's time for conditioning.

Post workout conditioning

Do the following after you complete your workout. Set a timer for 15 Minutes and complete

Go wild on the cardio equipment of your choice.

Week 2: 60 seconds of work, 100 seconds of recovery. Repeat until the 15 minutes are up.

Week 2, Day 3

Select a load that's appropriate for each exercise, given the rep range. You want to stop one or two reps short of failure on each set.

****Remember to perform work-up sets as outlined in the warmup discussion thread.****

- 1) Front squat 5 x 5 (90 seconds)
- 2) 45-degree Incline bench press: 5 x 5 (90 seconds)
- 3A) Single leg dumbbell Romanian deadlift 3 x 8-10 (60 seconds)
- 3B) Barbell bent over row 3 x 8-10 (60 seconds)
- 4A) Alternating reverse lunges 3 x 10-12 (60 seconds)
- 4B) Face pull 3 x 15-20 (60 seconds)
- 5A) Turkish getup 3 x 8 (60 seconds)
- 5B) Kettlebell swings 3 x 15 (30 seconds)

Week 2, Day 4

Week 2: Add five pounds to the bar from week 1 and perform two reps of each (16 reps per round). Work on increasing the total rounds performed each workout.

- Deadlift
- Romanian deadlift
- Bent-over row
- High pull
- Power clean
- Front squat
- Push press
- Back squat

Rest as long as you want, but perform as many rounds as you can in 20 minutes. Start

with a goal of getting ten rounds done. Select a load that's challenging, but one that makes it easy to complete the set. Remember, we aren't using this to out-lift strongmen. We're using this to break through to that next level.

Cardio

After each training session, do steady state cardio.

At this point, don't increase the intensity, just the duration. So, keep these hamster wheel sessions at 75% of your max heart rate.

Your goal: Do the cardio for 20 minutes.

Week 2 Workout With Tables

Week 2, Day 1				
3x12 - Rest 60-75s btw sets		Set 1	Set 2	Set 3
1	Snatch-grip deadlift			
2	Dumbbell Bulgarian split squat			
3	Barbell hip raise			
4A	Goblet squat			
4B	Dumbbell Romanian Deadlift			
5	L-sit holds 4x10-15s			
Post workout conditioning				
15minutes on the cardio of your choice. 60seconds work, 100seconds recovery				

Week 2, Day 2				
3x4 - 90-120seconds rest btw sets		Set 1	Set 2	Set 3
1	Barbell push press			
2	Chest supported row			
3A	Dumbbell incline press			
3B	Neutral Grip chin-up (weighted)			
4A	Bent-Over 1 arm row			
4B	Floor Press			
4C	100 rep rear delt raise (50,25,25 continuous)		-50%	-50%

Post workout conditioning	
15minutes on the cardio of your choice. 60seconds work, 100seconds recovery	

Week 2, Day 3

		Set1	Set2	Set3	Set4	Set5
1	Front Squat 5 x 5 (90 seconds)					
2	45 degree Incline bench press: 5 x 5 (90 seconds)					
		Set1	Set2	Set3		
3A	Single-Leg DB RDL 3 x 8-10 (60 seconds)					
3B	Barbell Bent Over Row 3 x 8-10 (60 seconds)					
4A	Alt. Reverse Lunge 3 x 10-12 (60 seconds)					
4B	Facepull 3 x 15-20 (60 seconds)					
5A	Turkish Getup 3 x 8 (60 seconds)					
5B	KB Swing 3x15 (30 seconds)					

Week 2, Day 4		
Perform the following in a complex of one rep each with your hands never leaving the bar:	Weight:	Notes:
Deadlift		Rest as long as you want, but perform as many rounds as you can in 20 minutes. Start with a goal of getting ten rounds done. Select a load that's challenging, but one that makes it easy to complete the set. Remember, we aren't using this to out-lift strongmen. We're using this to break through to that next level of leanness. For this week, add five pounds and perform 2 reps of each.
Romanian deadlift		
Bent-over row		
High pull		
Power clean		
Front squat		
Push press		
Back squat		
Post workout conditioning		
After completing do steady state cardio for 20minutes		

Keep these hamster wheel sessions at 75% of your max heart rate.

Week 3 Workout

You will perform 4 workouts this week (Day 1, Day 2, Day 3, Day 4).

Your workout week might look like

Monday: Day 1
Tuesday: Day 2
Wednesday: OFF or warmup or slow cardio
Thursday: Day 3
Friday: Day 4
Saturday: Off
Sunday: Off or repeat Day 1

OR

Monday: Day 1
Tuesday: Day 2
Wednesday: OFF day
Thursday: Day 3
Friday: Off Day
Saturday: Day 4
Sunday: Off day

OR

Monday: Day 1
Tuesday: OFF
Wednesday: Day 2
Thursday: OFF
Friday: Day 3
Saturday: OFF day
Sunday: Day 4

IMPORTANT: Warmups are important, so please do them. Start every workout with a dynamic warmup. I'd recommend using the one found here: Bird dog 2 sets x 8-10 reps per side

Elbow to instep 2 sets x 8-10 reps per leg

Hip Flexor Stretch 1 x 30 seconds per leg

Thoracic Rotation 1 x 10 reps per side

Lunge and Reach 1 x 10 reps

Hip raise 2 x 12 reps

Wall Slides 2 x 10 reps

Seal Jumps 1 x 20 reps

Scap Pushups 1 x 12 reps

When you see an exercise with the same number but a different letter (1A and 1B, for instance) this infers a paired set. (Or superset, as some prefer.) Perform these exercises back-to-back with as little rest as possible. Do all sets before moving on to the next exercise or pair. For example, if you see 3 sets for 1A and 1B, you'll do 1 set of 1A, 1 set of 1B, then rest. Then you'll repeat 2 more times (for 3 sets total) before moving on to the next exercise.

Week 3, Day 1

Select a load that's appropriate for each exercise, given the rep range. You want to stop one or two reps short of failure on each set.

3 sets of 8 reps of each exercise. Rest 75 to 90 seconds between sets.

- 1) Snatch-grip deadlift
- 2) Dumbbell Bulgarian split squat
- 3) Barbell hip raise
- 4A) Goblet squat
- 4B) Dumbbell Romanian Deadlift
- 5) L-sit holds: 4 x 10-15 seconds

Post workout conditioning

Do the following after you complete your workout. Set a timer for 15 Minutes and complete

Go wild on the cardio equipment of your choice.

Week 3: 60 seconds of work, 90 seconds of recovery. Perform six rounds in 15 minutes.

Week 3, Day 2

Select a load that's appropriate for each exercise, given the rep range. You want to stop one or two reps short of failure on each set.

2 to 3 sets of 12 reps of each exercise. Rest 60 to 75 seconds between sets.

- 1) Barbell push press
- 2) Chest supported row

- 3a) Dumbbell incline press
- 3b) Neutral-grip chin-up (weighted if necessary)
- 4A) 1-arm dumbbell row
- 4B) Floor press
- *5) 100-rep rear delt raise

Lie face down on a mat and use a weight you can do for 20-reps. Start doing rear delt flies with a range of motion about 6-10 inches. Key is to really focus in on the rear part of your shoulders and NOT let your bigger back muscles get involved. Fatigue is going to set in, but just keep on working, even as range of motion decreases. When you hit 50, drop the weight in half and do 25 more reps. Then drop again and do 25 more reps. (Yes, ROM will be small here, but you'll also be keyed in on your shoulders). Now your shoulders are on fire and it's time for conditioning.

Post workout conditioning

Do the following after you complete your workout. Set a timer for 15 Minutes and complete

Go wild on the cardio equipment of your choice.

Week 3: 60 seconds of work, 90 seconds of recovery. Perform six rounds in 15 minutes.

Week 3, Day 3

- 1) Front squat 5 x 4 (90 seconds)
- 2) 45-degree Incline bench press: 5 x 4 (90 seconds)
- 3A) Single leg dumbbell Romanian deadlift 3 x 15 (60 seconds)
- 3B) Barbell bent over row 3 x 15 (60 seconds)
- 4A) Pushups (2 second hold at bottom and top) 3 x failure (60 seconds)
- 4B) Face pull 3 x 15-20 (60 seconds)
- 5A) Turkish getup 4 x 6 (60 seconds)
- 5B) Kettlebell swings 4 x 20 seconds (30 seconds)
- 5C) Med ball slams OR battling waves OR burpees 4 x 20 seconds (60 seconds rest)

Week 3, Day 4

Add five pounds to the bar and perform three reps of each (24 reps per round). Work on increasing the total rounds performed each workout.

- Deadlift
- Romanian deadlift
- Bent-over row
- High pull

- Power clean
- Front squat
- Push press
- Back squat

Rest as long as you want, but perform as many rounds as you can in 20 minutes. Start with a goal of getting ten rounds done. Select a load that's challenging, but one that makes it easy to complete the set. Remember, we aren't using this to out-lift strongmen. We're using this to break through to that next level.

Cardio

After the 20 minute workout, do steady state cardio. At this point, don't increase the intensity, just the duration. So, keep these hamster wheel sessions at 75% of your max heart rate. Do this for 25 minutes.

Week 3 Workout With Tables

Week 3, Day 1				
3x8 - Rest 75-90s btw sets		Set 1	Set 2	Set 3
1	Snatch-grip deadlift			
2	Dumbbell Bulgarian split squat			
3	Barbell hip raise			
4A	Goblet squat			
4B	Dumbbell Romanian Deadlift			
5	L-sit holds 4x10-15s			
Post workout conditioning				
15minutes on the cardio of your choice. 60seconds work, 90seconds recovery. 6 rounds				

Week 3, Day 2				
2-3x12 - 60-75s rest btw sets		Set 1	Set 2	Set 3

1	Barbell push press			
2	Chest supported row			
3A	Dumbbell incline press			
3B	Neutral Grip chin-up (weighted)			
4A	1 arm DB row			
4B	Floor Press			
4C	100 rep rear delt raise (50,25,25 continuous)		-50%	-50%
Post workout conditioning				
15minutes on the cardio of your choice. 60seconds work, 90seconds recovery. 6 rounds				

Week 3, Day 3

		Set1	Set2	Set3	Set4	Set5
1	Front Squat 5 x 4 (90 seconds)					
2	45 degree Incline bench press: 5 x 4 (90 seconds)					
		Set1	Set2	Set3		
3A	Single-Leg DB RDL 3 x 15 (60 seconds)					
3B	Barbell Bent Over Row 3 x 15 (60 seconds)					
4A	Alt. Reverse Lunge 3 x 15-20 (60 seconds)					
4B	Facepull 3 x 15-20 (60 seconds)					
5A	Turkish Getup 4 x 6 (60 seconds)					
5B	KB Swing 4x20 (30 seconds)					
5C	Med Ball Slams OR battling waves OR burpees 4x20 (60sec)					

Week 3, Day 4		
Perform the following in a complex of one rep each with your hands never leaving the bar:	Weight:	Notes:
Deadlift		Rest as long as you want, but perform as many rounds as you can in 20 minutes. Start with a goal of getting ten rounds done. Select a load that's challenging, but one that makes it easy to complete the set. Remember, we aren't using this to out-lift strongmen. We're using this to break through to that next level of leanness. For this week, add five pounds and perform 3 reps of each. Work on increasing the total rounds performed each workout.
Romanian deadlift		
Bent-over row		
High pull		
Power clean		
Front squat		
Push press		
Back squat		
Post workout conditioning		
After completing do steady state cardio for 25 minutes		
Keep these hamster wheel sessions at 75% of your max heart rate.		

Week 4 Workout

You will perform 4 workouts this week (Day 1, Day 2, Day 3, Day 4).

Your workout week might look like

[NOTE: If you have been struggling on day 4, I highly recommend a rest day between days 3 and 4.)

Monday: Day 1

Tuesday: Day 2

Wednesday: OFF or warmup or slow cardio

Thursday: Day 3

Friday: Day 4

Saturday: Off

Sunday: Off or repeat Day 1

OR

Monday: Day 1

Tuesday: Day 2

Wednesday: OFF day

Thursday: Day 3

Friday: Off Day

Saturday: Day 4

Sunday: Off day

OR

Monday: Day 1

Tuesday: OFF

Wednesday: Day 2

Thursday: OFF

Friday: Day 3

Saturday: OFF day

Sunday: Day 4

IMPORTANT: Warmups are important, so please do them. Start every workout with a dynamic warmup. I'd recommend using the one found here: [Bird dog](#) 2 sets x 8-10 reps per side

[Elbow to instep](#) 2 sets x 8-10 reps per leg

[Hip Flexor Stretch](#) 1 x 30 seconds per leg

[Thoracic Rotation](#) 1 x 10 reps per side

[Lunge and Reach](#) 1 x 10 reps

[Hip raise](#) 2 x 12 reps

[Wall Slides](#) 2 x 10 reps

[Seal Jumps](#) 1 x 20 reps

[Scap Pushups](#) 1 x 12 reps

When you see an exercise with the same number but a different letter (1A and 1B, for instance) this infers a paired set. (Or superset, as some prefer.) Perform these exercises back-to-back with as little rest as possible. Do all sets before moving on to the next exercise or pair. For example, if you see 3 sets for 1A and 1B, you'll do 1 set of 1A, 1 set of 1B, then rest. Then you'll repeat 2 more times (for 3 sets total) before moving on to the next exercise.

Week 4, Day 1

Select a load that's appropriate for each exercise, given the rep range. You want to stop one or two reps short of failure on each set.

Goal: 5 sets of 4 reps for the first three exercises. Rest 90 to 120 seconds between sets. Then follow the supersets as prescribed

- 1) Sumo deadlift (or snatch grip)
- 2) Front squat
- 3) Barbell hip raise
- 4A) Goblet squat: 3 x 12 reps (30 seconds rest)
- 4B) Dumbbell Romanian Deadlift 3 x 12 (30 seconds rest)
- 5a) L-sit holds: 3 x 10-15 seconds (no rest)
- 5b) Ab wheel rollout: 3 x 10 (30 seconds)

Post workout conditioning

Do the following after you complete your workout. Set a timer for 15 Minutes and complete

Go wild on the cardio equipment of your choice.

Week 4: 60 seconds of work, 75 seconds of recovery. Repeat until the 15 minutes are up.

Week 4, Day 2

Select a load that's appropriate for each exercise, given the rep range. You want to stop one or two reps short of failure on each set.

4 sets of 8 reps of each exercise. Rest 75 to 90 seconds between sets.

- 1) Barbell push press
- 2) Chest supported row
- 3a) Dumbbell incline press
- 3b) Neutral-grip chin-up (weighted if necessary)
- 4A) 1-arm dumbbell row
- 4B) Floor press
- *5) 100-rep rear delt raise

Lie face down on a mat and use a weight you can do for 20-reps. Start doing rear delt flies with a range of motion about 6-10 inches. Key is to really focus in on the rear part of your shoulders and NOT let your bigger back muscles get involved. Fatigue is going to set in, but just keep on working, even as range of motion decreases. When you hit 50, drop the weight in half and do 25 more reps. Then drop again and do 25 more reps. (Yes, ROM will be small here, but you'll also be keyed in on your shoulders). Now your shoulders are on fire and it's time for conditioning.

Post workout conditioning

Do the following after you complete your workout. Set a timer for 15 Minutes and complete

Go wild on the cardio equipment of your choice.

Week 4: 60 seconds of work, 75 seconds of recovery. Repeat until the 15 minutes are up.

Week 4, Day 3

- 1) Rack Deadlifts 5 x 5 (90 seconds)
- 2) Incline bench press: 5 x 5 (90 seconds)
- 3A) Dumbbell step up 3 x 8-10 (60 seconds)
- 3B) Neutral grip chin up (or lat pulldown) 3 x 8-10 (60 seconds)
- 4A) Seated dumbbell curl 3 x 10-12 (60 seconds)
- 4B) Dumbbell Farmer's Walk 3 x 30 seconds (60 seconds)

5A/B) EDT finisher of choice (arms or shoulders)

Chose only ONE area of focus: arms or shoulders. Set a timer for 8 minutes. Select a weight you can lift 8 times but only perform FIVE reps. Repeat back and forth between the two exercises without any rest until time is up. You should NOT do both sets of exercises. Just chose one and once completed the workout is over.

5A) biceps curls

5B) triceps extensions

OR

5A) Dumbbell Y's

5B) Dumbbell T's

Week 4, Day 4

Add five pounds to the bar again and go back to performing ONLY ONE REP of each (8 reps per round). Work on increasing the total rounds performed each workout.

In other words, you should have added 15 pounds to your FIRST week, and now you'll test again and see how many sets you can do in 20 minutes with only 1 rep per set.

- Deadlift
- Romanian deadlift
- Bent-over row

- High pull
- Power clean
- Front squat
- Push press
- Back squat

Rest as long as you want, but perform as many rounds as you can in 20 minutes. Start with a goal of getting ten rounds done. Select a load that's challenging, but one that makes it easy to complete the set. Remember, we aren't using this to out-lift strongmen. We're using this to break through to that next level.

Cardio

After each training session, do steady state cardio.

At this point, don't increase the intensity, just the duration. So, keep these hamster wheel sessions at 75% of your max heart rate.

Week 4: 30 minutes of additional week ending cardio

Week 4 Workout With Tables

Week 4, Day 1				
5x4 - Rest 90-120s btw sets		Set 1	Set 2	Set 3
1	Sumo or Snatch-grip deadlift			
2	Front Squat			
3	Barbell hip raise			
4A	Goblet squat 3x12			
4B	Dumbbell Romanian Deadlift 3x12 (30s)			
5	Ab Wheel Rollout 3x10 (30s)			
Post workout conditioning				
15minutes on the cardio of your choice. 60seconds work, 75 seconds recovery. 6 rounds				

Week 4, Day 2				
4x8 - 75-90s rest btw sets		Set 1	Set 2	Set 3
1	Barbell push press			
2	Chest supported row			
3A	Dumbbell incline press			
3B	Neutral Grip chin-up (weighted)			
4A	1 arm DB row			
4B	Floor Press			
4C	100 rep rear delt raise (50,25,25 continuous)		-50%	-50%
Post workout conditioning				
15minutes on the cardio of your choice. 60seconds work, 75 seconds recovery. 6 rounds				

Week 4, Day 3						
		Set1	Set2	Set3	Set4	Set5
1	Frack Deadlift 5 x 5 (90 seconds)					
2	45 degree Incline bench press: 5 x 5 (90 seconds)					
		Set1	Set2	Set3		
3A	DB Step-up 3 x 8 (60 seconds)					
3B	Neutral Grip chin-up or LatPullDown 3 x 8-10 (60 seconds)					
4A	Seated Dumbbell curl 3 x 10-12 (60 seconds)					
4B	DB Farmer's Walk 3 x 30s (60 seconds)					
5A	Biceps Curls	Set a timer for 8 minutes. Choose ONE of the sets of exercises (don't do both). Select a weight you can do for 8 reps but you'll only do 5 reps. Complete each exercise back and forth no rest for the full 8 minutes.				
5B	Triceps Extension					
5A	Dumbbell Ys					
5B	Dumbbell Ts					

Week 4, Day 4		
Perform the following in a complex of one rep each with your hands never leaving the bar:	Weight:	Notes:
Deadlift		<p>Rest as long as you want, but perform as many rounds as you can in 20 minutes. Start with a goal of getting ten rounds done. Select a load that's challenging, but one that makes it easy to complete the set. Remember, we aren't using this to out-lift strongmen. We're using this to break through to that next level of leanness. For this week, add five pounds and perform ONE reps of each.</p>
Romanian deadlift		
Bent-over row		
High pull		
Power clean		
Front squat		
Push press		
Back squat		
Post workout conditioning		
After completing do steady state cardio for 30 minutes		
Keep these hamster wheel sessions at 75% of your max heart rate.		

The Getting Shredded Diet: Phase 1

The best part about this book might be that it's just not a book. It's an invitation into a community to help you beyond the first month of Getting Shredded. It's also a chance for a little bit of personalization.

Getting Shredded was born (no pun intended) out of the purpose of you following along with me to reach your goals. To that end, I wanted to provide everyone with the same type of macro-based diet I was following. But there was one problem: I created a formula that factored in my current weight, my goal weight, and my current body fat percentage, as well as the workouts performed, the rest periods, and the total metabolic stress.

That's not something I can account for in a book. But that's why I decided to break the rules and make this interactive.

When you signed up for this program you were told to provide your email. By doing so, you were given a direct channel to me to create a personalized diet.

I took that information, plugged it into my formula, and then personally sent you back the macros you need for the first phase of this diet. (If you haven't received these yet, either you haven't emailed me or the info is on its way.)

And then as long as you stay in the Getting Shredded Community, I'll keep on sending you macros for each phase. That's right: New macros each time it becomes necessary to keep you making progress.

Here's that link again: [Getting Shredded](#)

Just provide your email, I'll contact you, and then enter in all your information, and you'll be hearing back from me soon.

Shopping List

I love food. You love food. Here are the foods you have the choice to enjoy on the Getting Shredded plan.

PROTEINS

Brisket
Chuck, Arm Pot Roast
Cured, Dried Beef
Eye Round

Filet Mignon
Flank Steak
Ground Beef, 95% Lean
New York Strip
Rib Eye
Skirt Steak
Sirloin
Chicken, Breast
Chicken, Leg
Chicken, Thigh
Chicken, Wing
Turkey, Breast
Turkey, Leg
Turkey Sausage
Canadian Bacon
Ham, Fresh 95% Lean
Lamb, Leg, Chop
Pork Loin
Pork Chop, Sirloin, Boneless
Pork Tenderloin
Clams
Crab
Lobster
Oysters
Scallops
Shrimp
Anchovy
Bluefish
Cod
Flounder, Sole
Halibut
Haddock
Herring
Mackerel
Orange Roughy
Salmon
Sea Bass
Snapper
Swordfish
Tilapia
Tuna, Fresh
Tuna, Canned Egg White
Whole Egg
Cottage Cheese, Nonfat

Protein powder
Mozzarella Cheese, Nonfat

VEGETARIAN PROTEIN SOURCES

Tempeh
Tofu
Chickpeas
Edamame
Eggs
Hemp
Seitan
Non-dairy milk
Pea protein
Rice protein
Whey Protein
Lentils

FATS

Block Cheese (American, Cheddar, Colby, etc)
Butter
Cream Cheese
Feta Cheese
Mozzarella Cheese, Whole Milk
Parmesan Cheese, Grated
Ricotta Cheese, Whole Milk
Sour Cream
Whole Egg Canola Oil
Extra Virgin Olive Oil
Flax Seed Oil
Fish Oil Capsules
Hemp Oil
Primrose Oil
Pumpkin Seed Oil
Almonds
Almond Butter
Peanut butter
Brazil Nuts
Cashews
Cashew Butter
Hazelnuts
Pecans
Pistachios

Walnuts
Flaxseeds (must consume ground, not whole)
Pumpkin Seeds
Sunflower Seeds
Avocado

"CARBS"

Black Beans
Black-eyed Peas
Chickpeas
Green Peas
Kidney Beans
Lentils
Lima Beans
Navy Beans
Pinto Beans
White Beans
Apple
Apricot
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Grapefruit
Grapes
Honeydew
Kiwi
Mango
Orange
Peach
Pear
Pineapple
Plum
Raspberries
Rhubarb
Strawberries
Watermelon Artichoke
Beets
Carrots
Pumpkin
Rutabaga
Squash

100% Whole Wheat
Multi-grain
Oat Bran
Pita, 100% Whole Wheat
Pumpernickel
Rye
Tortilla Wrap, 100% Whole Wheat
Barley
Buckwheat
Quinoa
Oatmeal
Oat Bran
Sweet Potato
Yam
Rice (including white rice/jasmine)
Cream of Rice

FREE VEGETABLES

****These veggies can be eaten anytime and/or added to any meal. Veggies should be added to as many meals as possible****

Arugula
Asparagus
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Cucumber
Eggplant
Lettuce
Kale
Mushroom Okra
Onion
Peppers
Radish
Scallions
Snow Peas
Spinach
Tomato
Watercress
Zucchini

The Born Fitness/Getting Shredded Supplement Guide

No False Promises. No Marketing. The Cold, Hard Facts That Science Says Your Body Needs

Like anyone else who's been involved with the fitness and nutrition business for a decade or more, we've developed sort of a love/hate relationship with supplements—and supplement companies.

On the one hand, I love supplements (when they do what they claim), and without the convenience of protein drinks, meal replacements, vitamins, and the occasional protein bar, many people would struggle to reach their goals given all the demands and barriers that exists in your busy life. In that respect, supplements can be very practical—when they're safe and take the right way.

On the other hand, a lot of supplements are just flat-out crap. They're filled with only half of what the label says, and who knows what the other half is. And of course, many supplement companies have shady marketing tactics like photo-shopped before and after pics and other underhanded BS. I won't name drop...but a certain protein powder was charging top dollar for 20+ grams of protein but turns out the product only contained 5 grams. Just as bad, supposedly the powder contained 2 grams of carbs but in reality it was loaded with 18 grams of sugar.

You know what? I will name drop so you don't buy that crap: It's One World Whey. (And you should stay away. See, it rhymes!)

Listen, we've all been duped by supplements. It's happened to me too. But having said all that, if chosen wisely and used correctly, supplements can make your program even more productive and can accelerate your progress. The companies I recommend are certified GMP (Good Manufacturing Practices). With this rating, you know for certain that you're getting exactly what the label says—and nothing it doesn't—every single time. You can find a GMP stamp on the front of the packaging or on the backside next to the nutrition information. One thing is certain: it won't be hard to miss. Manufacturers that have a GMP certification want to boast about it because it's very valuable.

**The Born Fitness Foundation:
Supplements I recommend and personally pay for and take each
and every day**

Protein Powder (choose 1 of the following or get a whey powder and a blend)

[Whey powder \(easier on stomach\)](#)

[Protein blend](#)

[Protein blend \(little cheaper with more flavor options\)](#)



Omega-3 fatty Acids (take 2-3 gram of fish oil per day)

[Fish Oil](#)



Vitamin D (take 2,000-4,000 IU of Vitamin D3)

[Vitamin D](#)



Greens Drink (take once per day either in morning or with a meal)

[Greens Powder](#)



Probiotic/Gut Health (take twice per day)

[Probiotic](#)



Sample Day of Supplements

Upon Waking: Athletic Greens in Water

Meal #1: Fish Oil, Vitamin D, Probiotic

Post-workout shake: 2 scoops of whey powder mixed with water, banana, almond butter

Meal #2: Fish oil, Vitamin D

Meal #3: Fish oil, Vitamin D, Probiotic

Night time snack: Whey powder or protein blend in [Born Protein Ice Cream](#)

The Fat Loss Approach

In addition to the normal Born Fitness supplement recommendations, you might want to consider:

[BCAAs](#)

Green Tea

Caffeine



FAQs

Q: How do I test my body fat?

I know many of you have already inquired about finding out your body fat. There are many ways to do it, but the fastest (while still being fairly accurate) can be found at this site.

<http://www.weightrainer.net/circbf.html>

Just click the link, add some measurements, and just like that you have your body fat percentage. Hope this helps.

Q: Do you do a warm-up before your workout?

Yes, always. Read this article about the importance of warming up
<http://www.bornfitness.com/the-most-common-workout-mistake/>

Q: How closely should I follow my personalized diet?

My goal is not for you to obsess. Therefore you can follow these macros down to the number or as more of a guideline. It's truly up to you. I'll not that I *don't* count down to the gram. I know that it's not worth the obsession or frustration. Instead, these are used to keep you in line. If you love counting, go all out. If it feels like it could be stressful, let the numbers guide you. If anything, counting for a few days will open your eyes to how much (or how little) you actually eat compared to what you need.

Q: What if my gym doesn't have the right equipment to complete certain exercises?

Not a problem. In the forum there are examples of substitutable exercises. If these do not apply to you ask away and I will answer.

Q: Are supplements required for this program?

No supplements are mandatory on this program. In general, I take athletic greens, fish oil, and vitamin D. That's it. Sometimes I take creatine too.

If you must know, these are the exact supplements I use

[Protein](#)

[Probiotics](#)

[Omega 3](#)

[Athletic Greens](#)

[BCAAs](#)

[Vitamin D](#)

Q: Does it matter when I eat?

Read this article if you haven't already – it covers the topic in-depth
<http://www.bornfitness.com/the-truth-about-nutrient-timing/>

Q: I can't think of any cardio options. What do you suggest?

Jump rope, prowlers, sled pulls, sledge hammer, tire flips, rope slams (or any variation of rope stuff), burpees, boxing, and med ball slams

Q: I just created an account on the forum and I tried logging in and it says that I do not have access. Why can't I get into the forum?

Access to the forum is approved on a case-by-base basis. This way we eliminate any potential spammers from entering the forum. It may take up to 24 hours to be accepted into the forum. You will receive an email letting you know that you have been accepted.

WHAT'S NEXT?

Now that you have your guide, it's time for you to start your journey. Be sure to take full advantage of the *Getting Shredded* community to keep track of your results, ask me any questions, interact with others, and learn more about fitness, nutrition, and living a better life.

As I always say, now is the time to *be the change*.

I'll see you inside the community, which you can find here:

<http://bornfitness.vanillaforums.com/discussions>

Be The Change,
Adam