

Issue #1

# Rigorous

## NUTRITION



## FEATURED ATHLETE

**Manny Allan**

**CHEST & SHOULDER  
WORKOUT INSIDE**

**DIET PHILOSOPHY**

**"How I Train My Clients  
For Gains"**

# Rigorous

NUTRITION

Welcome to the Rigorous Nutrition digital magazine! This is the first "issue" and I'm excited to see how it grows and iterates as we go along.

In each issue we'll feature an athlete and learn more about them:

- How they train
- Their nutrition
- Their overall philosophy
- and more...

If you'd like to be featured, shoot us an email at [media@rigorousnutrition.com](mailto:media@rigorousnutrition.com) or DM us on Instagram @rigorousnutrition.

In this issue we're featuring Manny Allan.



RICHARD RIGOR



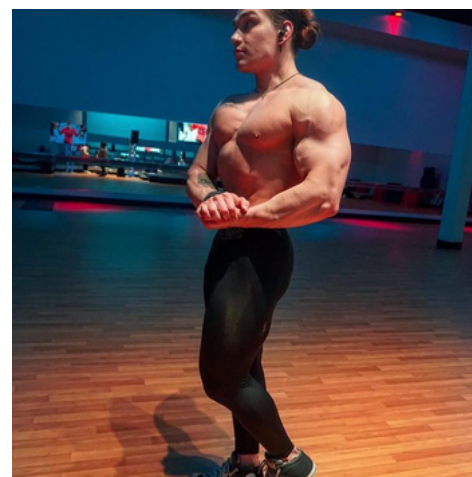


My bodybuilding journey started when I was 6 years old. My mother and I moved to the states from Colombia when I was four. She met my dad in New Jersey who was an old training partner and good friend of Dave Palumbo, one of the biggest fitness gurus in the industry.

My dad had a fully equipped gym in his basement and he was in need of a training partner so he would bring me down every day and we would lift together.

It wasn't until I was 10 years old when nutrition really came into play. At 10 years old is when I started wrestling. Wrestling has to be one of the most brutal sports for your body. This sport alone taught me something valuable in life and that is mental toughness, overcoming obstacles and if you're hungry enough and put in the work you will achieve your goals.

In order for me to perform my very best I had to make sure my nutrition, physical and mental strength was at my peak. I ended up undefeated, winning many titles and set records in wrestling.





My wrestling career ended in college with an injury from 5 torn ACL's. This is when I started focusing more on bodybuilding. I am blessed that I've always been surrounded by big named people in the fitness industry who shared their knowledge with me.

And over the years of training and surrounding myself with knowledgeable people and doing my own research, I have come up with my own method of training. Work smarter not harder, no more 3 hour gym sessions. My workouts typically last 40 minutes. Implementing different workout techniques such as pause reps, drop sets, partial reps, and fascia training giving people that hard 3D look you are looking for. Nutrition in my opinion is 80% of the equation.





If you're not fueling your body and letting your body recover you will not see the results you want. You grow when you recover. I focus on foods that make you look good but also foods that provide you with all the essential nutrients to make you internally healthy as well. If you're not feeling good inside you won't perform your best in the gym to see the results you want.

Over the years I've done many fad diets such as keto, vegan, carnivore etc. It really comes down to what your goals are and how your body reacts to the foods you consume. Everyone is unique and built differently.

Person A's diet wouldn't necessarily work for person B. Person B might benefit better with higher fat content while person A might benefit with more carbs in his or her diet. It's my job as a trainer to find what works best for you.

Fitness is awesome! There's many things in life you can't change but you can always change your body and mind set.





DIET : I change my Diet up all the time. Depending on my goals and how my body looks will determine how my macros and calories will look for that week. Right here is an example of my lean muscle building diet

- Meal 1 - 3 whole eggs, 4 egg whites, 50 grams of dry oats 1 cup of blueberries 2 tbsp of half and half
- Meal 2 - 6oz boneless skinless chicken thighs, 32 grams of quinoa (weighed before cooked) 8 grams of olive oil 1 tbsp of almond butter
- Meal 3 - 6 oz of salmon (every Thursday and Sunday i substitute this with organic beef liver), 32 grams of quinoa (weighed before cooked) 8 grams of olive oil, 1 tbs of almond butter 2 tbsp of capers, 1 cup of red cabbage 2 tbsp of nutritional yeast
- Pre-workout meal- (1 hour before workout)-2 scoop of whey protein gold standard, 2 pop tarts any flavor, pre workout
- Post workout- meal 200 grams of pineapple 2 slices of white bread, 2 tbsp of honey with pink Himalayan salt
- Meal 6 - 6oz of pork loin, 320 grams of sweet potato (weighed before cook) 8 grams of olive oil ( If i'm really hungry I'll have a low calorie ice cream bar 100 calories or less or a bag of popcorn)

Vitamins I take:

- Multivitamin
- Vitamin B6
- Zinc
- Vitamin B12
- Vitamine D3
- Vitamine D
- Vitamine K
- Biotin





## Ultimate Chest day

- Peck Deck: (warm up set 3 X 20) (rest X 20 sec)
- Incline dumbbell-( 2 warm up sets X15) (3 working sets X12,10,8) (Rest 45sec)

\*increase the weight of each set . For advanced lifters, throw in partial reps and drop sets passing the end of each rep goal helping you go pass failure.

- Incline chest fly -( 2 warm up sets X 15) (2 working sets X15) (Rest 45 sec)

\*Increase the weight of each set. Hold at the top for two seconds and come down for a 6 second negative. The weight should be light to prevent injury

- Incline dumbbell press - (4x5) 15,12,10,8 (Rest 45sec)

\* Use a power grip! Instead of having your hands out we will be having our hands facing each other and pressing up. Go heavy but remember don't sacrifice form.

- Dips - 3X5

- Super set

(Cable Chest fly- 7x15

Cable chest press- 7x10

Incline push ups 7x10)- (rest 60sec)



## Shoulders

- Shoulder press machine- (3x20) (rest 20sec)
- Dumbbell shoulder press- (2 warm up sets X15) (working set 3x12,10,8) (rest 35sec)

\*To avoid injury try not to come all the way down with the weight, Instead come down to your nose and press up. For advanced lifters, throw in partial reps and drop sets passing the end of each rep goal helping you go pass failure.

- Reverse peck deck - (3x20) (rest 35sec)
- Cable lateral raises behind the back- (3x15) (rest 35sec)
- Super set

Dumbbell lateral raises- (4X20) (rest 35sec)

Front raises (4,15) (rest 35)



Follow and connect with Manny on Instagram:



[@emo\\_hercules](#)



DM for coaching

Follow us:



[@rigorousnutrition](#)