



CUTTING
WITH
CRAZYBULK
YOUR HOW TO GUIDE

CRAZYBULK
BULKING • CUTTING • STRENGTH

CrazyBulk's guide to Cutting

Who are CrazyBulk?

CrazyBulk is a top provider of performance and bodybuilding supplements. Our primary focus is to improve strength, athletic performance, muscle building and muscle retention during the cutting and bulking stages of your training program. Our products have been designed to re-create the benefits of illegal steroids but without the harmful side effects and without the use of needles! The following cutting products are 100% safe and natural!

What is the cut?

'The cut' is a period of time when your main goals are losing body fat, reducing body weight, getting leaner and preserving the muscle mass gained during the bulk phase. Calorie and carbohydrate intake is reduced, and energy expenditure may be increased via HIIT training to create an 'energy deficit'. The main objective of the cutting phase is to keep your muscle tissue intact and for your body to remain in an anabolic state; whilst stripping body fat. The cutting phase is for individuals who are already in top shape and are looking to cut down ready for competition or have plans for a beach holiday.

Either way training, eating and supplementing in a smart manner is the key to a very successful cutting phase. Please read on and let's see how this book can help you to shred the fat, keep your hard earned muscle and enhance your muscle definition!

How will this book help you during the cutting phase?

Well in simple terms this book will show you how to stack the 4 alternative cutting steroids into either a 4 or 8 week cycle. The main priority of this stack and both cycles is for you to shred the fat whilst maintaining the muscle mass from the bulking phase. We will also discuss some superb post cycling methods to give your body a proper cleanse and detox after the cutting phase.

Please note the post cycle information is not medical advice but just some guidance of the best methods to cleanse some of the major organs and their associated benefits.

Cutting nutrition advice to use with work outs

In conjunction with these amazing cutting supplements there is some nutrition advice on 'knowing your own macros' and how to successfully cycle carbs using a 16/8 intermittent fasting approach.

There are also 5 work outs for you to follow and they have been designed to dramatically strip your body fat, increase your muscle definition and retain your muscle mass.

All of the exercises within the 5 work outs plans are free weight or bodyweight exercises. Therefore they are suitable to use in the gym or at home- if you have some basic weight training equipment e.g. dumbbells, barbells, bench etc.

Also included is a Tabata HIIT work out to use; as many bodybuilders are frightened to include cardio in their work outs, as they feel that it will strip their hard earned muscle. This is not the case and this will be discussed further in the workouts section.

Please note that before you begin any exercise program you should seek medical advice.

This is much of the back ground and introduction information of the book sorted; now let's get down to business and crack on with stripping some unwanted body fat and getting you ripped up!

The 'CrazyBulk' Cutting Stack

The '**CrazyBulk**' **Cutting Stack** is a special combination of hand selected legal steroid alternatives that have been combined to produce a quicker fat loss, a boost in energy levels when training, increased strength gains along with muscle mass retention. For the best results the CrazyBulk Cutting Stack should be used after **The 'CrazyBulk' Bulking Stack or The 'CrazyBulk' Ultimate Stack.**

The cycles of the cutting stack can last for either 4 or 8 weeks and it has the same benefits as using anabolic steroids but they are legal! These benefits include:

- They will seriously shred your body fat
- They maximise your lean body mass
- They boost your strength gains

- They will give you rapid results within 30 days.
- They contain all natural ingredients
- There are no harmful side effects
- No needles required to administer

The ‘CrazyBulk’ Cutting Stack

This stack is a combination of the four different supplements that are designed to ensure that you cut up quickly and effectively. The four different supplements are:

- **Anvarol**
- **Testo-Max**
- **Winsol**
- **Clenbutrol**

Don't let the names fool you, as these are not the real steroids like 'Anavar' but Anvarol, Testo-Max, Winsol and Clenbutrol are the natural alternatives that *mimic* the effects of steroids, without the harmful side effects. The main focus of this section is to discuss how each of the supplements work and the best stacking combinations for maximal shredding gains.

The supplements discussed within this book are best consumed in *combinations*, as this strategy will increase your success rate during the cutting phase. Please note that although that some of alternative steroids are powerful when used on their own but the 'CrazyBulk' Cutting Stack will give you the best results during this phase of your training.

In terms of using a 4 or 8 week cutting cycle is dependent on how much body fat that you have to shift from the bulking phase and what your % body fat target is.

Anvarol

Anvarol is a safe alternative to Anavar and it is a cutting and lean muscle agent which can be used by both males and females. It has anabolic properties that enable an increase in strength and size, boosts vascularity for increased muscle nourishment and it formulated to blast off both subcutaneous and visceral body fat.

Anvarol helps you to preserve lean muscle mass when you are cutting the calories and/or carbs in your diet. It also improves your muscle density and hardness which is vital for competition and for that ripped up beach body. In addition Anvarol will help you shred the body fat without any water retention.

Anvarol for Strength and Size

Anvarol enhances your strength and energy by stimulating the creation of phosphocreatine (PCr) within the muscle tissue. Phosphocreatine is essential for bodybuilders as it aids in the rapid regeneration of ATP. PCr is used as a very short term energy supply for explosive muscle contractions such as pumping weights.

Your muscle fibres only hold a certain amount of ATP which only last for a few seconds, this is where Anvarol steps in as it increases the creation of PCr. This increase in PCr facilitates a quicker production of ATP which gives you the energy to work harder and longer at the gym. This is especially important during the cutting phase as energy levels can sometimes be low and having that extra push is vital!

The Benefits

Anvarol has the following key benefits:

- It boosts muscular vascularity
- It blasts off both subcutaneous and visceral body fat
- It increases both muscular size and strength
- It keeps you lean and improves muscle density and hardness

Testo-Max (TM)

Testo-Max is the best testosterone boosting supplement on the market! Testosterone is the godfather of all muscle building hormones and increased levels can boost your strength, muscle growth, explosive energy, stamina and recovery times.

The main ingredient in TM is tribulus terrestris which naturally boosts testosterone levels by stimulating the pituitary gland. This in turn raises the amount of luteinizing hormone and testosterone within the body.

Having higher testosterone levels within the body boost your metabolism, bone and muscle development along with your sexual vitality. It also makes you leaner and stronger quicker and this equates to a vast increase in energy available when pumping weights. Testo-Max can help you to recovery from your work outs quicker and it is an excellent supplement for stripping your unwanted body fat!

The Benefits

- Have high levels of 100% pure tribulus terrestris
- Safe for both the liver and kidneys
- Excellent choice for men with low testosterone levels and hard gainers.

Winsol

Winsol is a safe alternative to the steroid Winsol and it is a vital supplement to be used during the cutting phase. Winsol helps with muscle retention, sculpting the perfect beach body, stripping the fat and increasing your metabolism. It is a fantastic supplement for improving your abs visibility because it helps to blitz away stubborn subcutaneous body fat and it also reduces water retention.

This supplement is a must have during the cutting phase as it helps to retain muscle tissue and it improves muscle hardness, density and vascularity. All of the factors play a vital role in enhancing your muscle definition and shape.

- Winsol can be used to improve your strength, power and performance in the gym and this is 'why' it is the legal supplement of choice for track and field athletes. In short Winsol has the following key benefits:
- It boosts your muscular endurance and strength
- It helps with muscle definition and shaping

- It helps with muscle vascularity
- It retains muscle tissue whilst stripping body fat.

Clenbutrol

Clenbutrol is safe alternative to the powerful and fat burning steroid Clenbuterol. Our safe version stimulates the beta-2 receptors and this revs up your metabolism. It is this mechanism that literally melts away your body fat. Ultimately this rise in body temperature facilitated by Clen helps you to burn off more calories. This leaves your body looking shredded ultra-lean and totally ripped. Clen is used by many celebrities and it has the following key benefits:

- It is a powerful fat burner and it can improve your training performance
- It suppresses your appetite
- It enhances both stamina and endurance
- It preserves lean body mass and gets you looking lean and ripped.

Clen significantly boosts cardiovascular function and this increase in oxygen delivery enables you to exercise for longer and to recover quicker. The active ingredient in Clen can help to suppress your appetite by raising your serotonin levels; it also blocks the carbs you eat from being stored as fat and uses these carbs as an energy source.

Clen is *'ephedrine'* free which is an illegal fat burner in many countries.

How do I use the Cutting Stack?

Take Clenbutrol before every workout to power you through each session and fuel your metabolism to incinerate more fat

Take Anvarol every day to give you the explosive strength and power you need to push every session to the max

Take Winsol every day to keep your energy and strength levels on point throughout your cutting phase

Take Testo-Max every morning to boost your testosterone levels, helping you maintain your performance in the gym and retain lean muscle

Combine with the expert advice in this free Cutting Guide, add hard work (sweat required - tears optional) and a suitable diet and prepare for a truly crazy cut!

Each stack will last you 4 weeks. For best results we recommend you buy x2 stacks and do an 8-week cycle.

The 4 and 8 Week Cycles

Combinations

It is highly recommended to follow the 'CrazyBulk' Cutting Stack but alternatively there is another combination that you can try when cutting up. These are as illustrated in the tables below:

	Week 1	Week 2	Week 3	Week 4		Week 5	Week 6	Week 7	Week 8
Anvarol	✓	✓	✓	✓		✓	✓	✓	✓
Testo-Max	✓	✓	✓	✓		✓	✓	✓	✓
Winsol	✓	✓	✓	✓		✓	✓	✓	✓
Clenbutrol	✓	✓	✓	✓		✓	✓	✓	✓

Combination Stack 1

	Week 1	Week 2	Week 3	Week 4		Week 5	Week 6	Week 7	Week 8
Trenorol	✓	✓	✓	✓		✓	✓	✓	✓
Testo-Max	✓	✓	✓	✓		✓	✓	✓	✓
Winsol	✓	✓	✓	✓		✓	✓	X	X

Post Cycle

Supplement	Wash Out Period
Anvarol	1.5 weeks
Testo-Max	1.5 weeks
Winsol	1.5 weeks
Clenbutrol	1.5 weeks

As mentioned previously for each of the 4 cutting supplements there should a post cycle time off period. There are two different approaches that you can take; these as follow:

- Have a total body cleanse of all of the major organs
- Use the post cycle therapy strategy for when you come off the supplements permanently.

Body Cleanse

A good approach is to cleanse your body during the 2 weeks before beginning the next cycle of supplements. However before we go on to discuss the benefits and products to use for a good old detox it may be worth mentioning a little tip for keeping your hard earned muscle gains. Many bodybuilders during this period continue to train hard, eat healthily and increase their calories and carb intake.

It is recommended to keep your protein intake reasonable high and during this stage, one of the main priorities is to de-stress all of the major organs within the body. Please note that it is good practice to give your body a rest when taking all supplements!

The Liver

The body will not function effectively if the liver becomes burdened and a cleansed liver will help to flush out all of the toxins accumulated within the body. The liver works closely with the kidneys to cleanse the blood and many of the toxins are stored in liver, when there are too many toxins within the kidneys. The liver will defend the body against chemicals and heavy metals etc. and it will sacrifice itself if the accumulation of these toxins becomes too high. Therefore it is imperative to have a flush or detox of the

liver for a good whole body health. The following are some natural liver tonics that are recommended to use within the 2 weeks off post supplement cycle:

- Milk Thistle
- Dandelion
- Fennel
- Burdock root

Kidney Cleanse

Having a poor body pH, kidney stones and high toxic levels can be the cause of kidney dysfunction. The following are some simple remedies for a kidney detox:

- Plenty of water and try to drink at least 2 litres per day
- Cranberry juice
- Nettle tea
- Matcha Tea

Colon Cleanse

Before we begin this section, we don't advocate the use of laxatives to cleanse your colon- as this method is both dangerous and out dated. If you follow the clean bulk plan in the nutrition section then you will have a pretty clean colon as you will be eating some healthy foods. However for a good colon cleanse we recommend a commercially formulated product from a reputable health shop because they have done all of the research for the best formulas and results!

Post Cycle Therapy

This *final procedure* should be implemented after you have *totally finished* with the use of the supplements and it a great approach for keeping your muscle gains. When we supplement with alternative steroids over a lengthy period, our hormonal status is often altered. Often during the supplement cycle our *natural* testosterone production is suppressed and when we stop the cycle our testosterone levels remain relatively low. Therefore it advised that we try to stimulate the natural production of testosterone and that we let our body 'normalise'. The post cycle plan should active the pituitary gland to

stimulant the release of more luteinizing hormone and follicle stimulating hormone. This facilitates an increase in testosterone production within the body.

The Work Outs Section

You can use these five workouts during the 4 or 8 week cycle. Many of the exercises are a mix of compounds and isolated movements.

The compound movements are multi-jointed in nature and they use several muscle groups to help you to move your limb. This strategy will help you to retain muscle tissue and to burn some serious fat.

The isolated exercises have been thrown into the mix and although they do recruit a smaller of muscle fibres they help with muscle shaping and improve your body's aesthetics.

The work outs have been specifically designed in terms of sets, rep range, intensity, tempo and frequency to induce muscle definition, whilst stripping fat and maintaining your hard earned muscle mass from the bulking stage.

Key factors of the workouts

Low Volume Work Outs

Use the weight on the bar that you were pumping out during the bulk phase to maintain your strength but the set and rep ranges are lower. The number of sets and reps has been reduced to match the cutback in calories and the reduced energy reserve left in the tank. This will target the major muscle groups without depleting all of the glycogen stores.

Tabata Work Outs

Many bodybuilders and physique athletes are big fans of HIIT. Many of these individuals now use HIIT as a part of their training regime. However in the past many were scared off by cardio as they felt that it blunted their muscular development and actually burnt away muscle mass.

It was discovered that when bodybuilders performed conventional cardio for long periods of time there was a reduction in muscle development. This was attributed to decreased levels of testosterone. On the other hand HIIT can be a catalyst for you to improve your muscle mass maintenance via increased levels of certain muscle building and fat burning hormones.

This type of work out has been included to deplete all of the muscle glycogen. This is effective once a week and it is strategy used to reset the fat burning hormones. You will typically follow use this work out in conjunction with calorie cycling to remove all of the carbs from the body. Then after you have finished your work out, consume a high carb meal. As this will reset your leptin levels and help with burning fat.

The Tabata HIIT model

Both of the cardio work outs are based around a Tabata model and this is as follows:

- Each exercise should last for a duration of 20
- After each exercise there is a 10 second rest interval
- Each round of Tabata lasts for 8 exercises
- Each round lasts between 4
- You can stack the rounds to make a Tabata work out e.g. 16 minutes = 4 rounds of 8 exercises lasting for 20 seconds with 10 seconds rest intervals in between.

Basically you work at a very high intensity (100%) for the allocated time (20 seconds) and then you rest for 10 seconds. This will optimise your fitness and physique goals. You will sweat your butt off because all of the exercises use large muscle groups and are compound in nature. This use of large muscle groups blasts up your metabolism because the muscle needs energy and calories to function effectively.

Fat Burning

A HIIT Tabata model will definitely strip away that dreaded fat and help to build muscle tissue. Research has indicated that a Tabata style work out can burn up to 10 times as much fat as conventional cardio in a shorter period of time.

How to use the work outs?

This is where the hard work really begins! Just follow the program outline below and use the workouts A-E. In terms of the sets and rep range, stick within these boundaries because this will prevent you from burning out. Plus keep the rest between each set at 60 seconds and this is an adequate time for you to train hard whilst helping you to burn fat.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Work Out A	Work Out B	Work Out C	Rest	Work Out D	Work Out E	Rest
2	Work Out A	Work Out B	Work Out C	Rest	Work Out D	Work Out E	Rest
3	Work Out A	Work Out B	Work Out C	Rest	Work Out D	Work Out E	Rest
4	Work Out A	Work Out B	Work Out C	Rest	Work Out D	Work Out E	Rest
5	Work Out A	Work Out B	Work Out C	Rest	Work Out D	Work Out E	Rest
6	Work Out A	Work Out B	Work Out C	Rest	Work Out D	Work Out E	Rest
7	Work Out A	Work Out B	Work Out C	Rest	Work Out D	Work Out E	Rest
8	Work Out A	Work Out B	Work Out C	Rest	Work Out D	Work Out E	Rest

Assessing Progress of the 4 or 8 week program

Body Composition

What is really is body composition? Well, this refers to the amount of % body fat compared to the fat free mass that is in the body. Fat free mass can be defined as body weight that doesn't include the fat that is stored e.g. muscle mass, bones, teeth, water & organs. The John Parillo formula is an accurate method of assessing your body fat. However it is always best to let a professional measure your % body fat with skin callipers, as training within this area is vital for accurate results.

John Parillo Formula for Body Fat

A pair of skin callipers is used to determine the amount of subcutaneous fat underneath your skin. The measurements are taken from the 9 sites; they can be either work out using the equation below or there is a calculation page on the website below.

Equation

% Body Fat = (Sum of 9 sites x .27) divided by bodyweight (lbs)

(Where sum of skinfold 9 sites is in mm, body weight is in lbs).

The skinfold sites are:

- Abdominal
- Bicep
- Calf
- Kidney
- Pectoral
- Quads
- Subscapular
- Suprailiac
- Tricep

<http://www.strengthandbody.com/body-fat-calculator.html>

After you have taken the skin measurements and calculated the % body fat, record your scores in the table below:

Measurements	Before	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Abdominal									
Bicep									
Calf									
Kidney									
Pectoral									
Quads									
Subscapular									
Suprailiac									
Tricep									
Total % Body Fat									

Measuring muscle girth

A tried and tested method of assessing progress is measuring the girth of the muscle. This procedure will identify where the muscle is retaining and if you need to take additional measures to preserve your muscle tissue.

To take the measurements you will need a tape measure, so that you assess the 8 different body parts. The main aim of taking muscle girth measurements is 'consistency' and the tape should be lying flat against your skin at all times. Take the measurement at the same time of day and in the same way every time so that you get an accurate measurement. The 8 body sites are as follows:

1. **Neck**- measure at the widest point which is around your Adam's apple
2. **Shoulder**-measure from a straight line from the largest points of your shoulders and across your chest
3. **Biceps**-measure both at the largest girth when flexed
4. **Chest**- measure whilst breathing in and just above the nipples
5. **Waist**- measure at the narrowest point
6. **Hips**- measure at the largest point where the butt is protruding the greatest
7. **Thighs**- measure both just below the butt and at the largest girth
8. **Calf**-measure both at the largest point.

Once you have taken these muscle girth measurements just add them into the table below. This is excellent reflective tool and you can use this to illustrate your progress within the cutting phase.

Measurements	Bulk Phase	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Neck									
Shoulders									
Biceps									
Chest									
Waist									
Hips									
Thighs									
Calf									

Work Out A- Low Volume Full Body Work

Exercise	Sets	Reps	Intensity	Tempo	Rest Intervals
Upper Chest					
Barbell Squat	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Barbell Bench Press	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Bent Over Barbell Row	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Barbell Deadlifts	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Upright Barbell Rows	1-3	5-6	70-80% 1RM	Moderate	60 seconds

Work Out B- Low Volume Shoulder Work Out

Exercise	Sets	Reps	Intensity	Tempo	Rest Intervals
Upper Chest					
Standing Military Press Barbell	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Upright Barbell Rows	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Barbell Rear Deltoid Raise - Prone	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Reverse Grip Bent Over Rows	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Dumbbell Front Raises	1-3	5-6	70-80% 1RM	Moderate	60 seconds

Work Out C- Full Body & Core Depletion Work Out

Exercise	Sets	Time	Intensity	Tempo	Rest Intervals
Hanging Leg Raises	2	20 seconds	70-80% 1RM	Fast	10 seconds
Kettlebell Swings	2	20 seconds	70-80% 1RM	Fast	10 seconds
Kettlebell Clean & Jerk	2	20 seconds	70-80% 1RM	Fast	10 seconds
Kettlebell Sumo Deadlift	2	20 seconds	70-80% 1RM	Fast	10 seconds
Kettlebell Overhead Split Squat	2	20 seconds	70-80% 1RM	Fast	10 seconds
Crunches	2	20 seconds	Bodyweight	Fast	10 seconds
Push Ups	2	20 seconds	Bodyweight	Fast	10 seconds
Ballet Twists	2	20 seconds	Bodyweight	Fast	10 seconds

Work Out D- Low Volume Legs Work Outs

Exercise	Sets	Reps	Intensity	Tempo	Rest Intervals
Barbell Squat with Step ups	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Barbell Walking Lunges	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Barbell Glute Bridge	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Bulgarian Split Squats with Barbell	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Hamstring Curls	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Leg Extensions	1-3	5-6	70-80% 1RM	Moderate	60 seconds

Work out E- LV Back and Arms Work Outs

Exercise	Sets	Reps	Intensity	Tempo	Rest Intervals
T Bar Rows	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Concentration Curls	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Skull Crushers	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Barbell Bent Over Row	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Standing Barbell Rows	1-3	5-6	70-80% 1RM	Moderate	60 seconds
AZ Hammer Curls	1-3	5-6	70-80% 1RM	Moderate	60 seconds
Incline Bench Bicep Curl	1-3	5-6	70-80% 1RM	Moderate	60 seconds

The Nutrition Section

Unfortunately many people struggling to make the transition from the bulking to cutting phase. This occurs from overestimating the rate a lifter can put on muscle mass, as well as a lack of understanding of how your body will response to dieting. Another big mistake is going from free feeding to restrictive dieting which ensures those weeks of hard work in the gym are lost in a matter of days. It really does not have to be like that and this scenario can be avoided by following the top nutritional strategies discussed within this section.

A Dummy Proof Guide to using Intermittent Fasting to Get Ripped Up!

Intermittent fasting (IF) is the time from eating your last food intake until eating the next meal. This break is termed a 'fast' and can be interrupted by sleep or by the designated time of the fast. The 16/8 model is the most common IF model used by bodybuilders during the cutting phase because it is the easiest to fit into their lifestyles.

What is the 16/8 Model?

The Leangrains model of IF is the most common used and incorporates a 16 hour fast combined with an 8 hour eating period. It doesn't matter when you begin your 8 hour eating period e.g. you can start at 9 am and finish at 5 pm or start at 1pm and finish at 9 pm. You can skip breakfast and eat lunch, do whatever works for you, as long as you abide by the 16 hour fast protocol.

Due to the fact that the 16/8 model is undertaken every day, it should get you into good eating habits quite rapidly as many people eat when the clock tells them and not when they feel hungry. This system is about controlling the times that you can't eat in relation to when you can. This is a great protocol for getting control of your appetite and eating within the right timeframe can help you to lose weight.

On the main issue with this 16/8 protocol is that you are skipping main meals throughout the day and this can reduce calorie intake. A solution to this overall reduction in weekly calorie intake is to eat big meals on a consistent basis. This is a good method for losing body fat!

The Basics of the 16/8 Leangrain's Model

- Skip breakfast
- Eat food when you need it e.g. more carbs on training days compared to rest days
- Increase the calories consumed after training rather than before.
- Choose an 8 hour window of eating that suits your needs, in terms of work, training and social life e.g. 2 pm-10 pm.
- If possible try to plan the end of the 16 hour fast to complement your session at the gym
- Don't eat within the 16 hours of fasting, remain hydrated and drink lots of distilled water.
- Plan your gym day and rest days e.g. 4 days training and 3 days of rest
- On training days eat more carbs and reduce fats
- On the rest days do the opposite eat less carbs and eat more fat. On both types of days keep the protein consumed high

Some Simple Advice

- Plan your shopping and meals relating to your macronutrient ratios (see the section on if it fits your macros). E
- Count the macronutrients and not the calories on the training and rest days.
- Keep the meal frequency the same as this helps with ease of the plan e.g. one meal at 2pm and another meal at 8pm. Or if you are eating three big meals adjust times and add a meal.
- Stick to the schedule of 8 hours window of eating opportunity and 16 hours of fasting

How Do You Calculate your Calories and Macros?

This a very simple method of calculating the macronutrients ratio will be discussed in terms of planning to suite your individual needs. This system is very flexible and you should see results in terms of fat loss very quickly!

1. Calculate your BMR using the following Harris Benedict equation:

- Women: $BMR = 655 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$
- Men: $BMR = 66 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

Use google to find a site that will take all of the leg work out of calculating your BMR. There is a huge amount of internet sites out there to help you with this!

2. Calculate Your Activity and Adjust Formula

Use the following internet site to help you with this part of the process

<http://www.shapefit.com/basal-metabolic-rate.html>

3. Body Recomposition and Calculating Calories and Macronutrients

'The macronutrients that you choose will be determined by your physique goals.

- Cutting
- Body recomposition

4. Calculate Calories for Training Days and Rest Days

These calorie intakes are just guidelines, they are simple to use and have just be adopted from the Leangrain's protocol.

Body recomposition use a +20%kCal and -20%k Cal framework for training days and rest days

For example for 1800 kcal daily allowance, the training day will be 2160 kcal and for rest days it is 1440kcal.

Cutting - For this strategy you need to create an energy deficit. However, you still need to eat enough calories on training days. This is a form of calorie recycling.

For example for 1800 kcal daily allowance, the training day will be 2200 kcal and for rest days it is 1100 kcal. Thus creating a calorie deficit, if you feel hungry on rest days eat foods that are high in satiety, high in GI and low in density.

Some Top Advice

For beginner's using the Leangrains 16/8 model a suggestion is to use body recomposition until you get the baseline of calories required right. This usually takes around a month, but once you get it right you are away!

For individual's that are you used to using the Leangrains model; the key to keeping your abs and building muscle is a simple equation- make sure that you have enough of a calorie deficit on rest days to burn the stored fat from the training days. This is a method of building muscle whilst burning fat and a slower process than eat everything approach that some people adopt when bulking up!

For example 2500 kcal on training days and 1500 kcal on rest days!

5. Calculating your Macro Targets for Training Days and Rest Days

Everyone is an individual in terms of macronutrient ratios required for training and rest day. These should be adjusted accordingly to meet the needs of the individual and their physique goals. This can take up a few weeks on simple monitoring and the following section will discuss some simple strategies.

Protein

Your protein needs to be kept high on both days, for satiety and muscle preservation. For cutting and to preserve muscle mass this may need to be around 2.5g/kg of lean body mass. If you are 100kg with a lean-mass of 80 kg, you should be consuming 200 grams of protein on both days. Keep it simple and the same for both days or you may want to add another 10% protein consumption post training. You work it out, a benefit of this Leangrain’s model is that it is flexible and whatever works for you

Every meal should have some type of meat, poultry, fish, cottage cheese, eggs or complete seeds such as quinoa as its main ingredient and use the table below as a guide to what proteins are essential for weight loss and muscle retention.

Complete ANIMAL BASED PROTEINS	Complete PLANT BASED PROTEINS	Incomplete PROTEINS
FISH	Quinoa	NUTS & SEEDS
	Buck wheat	
Salmon	Hemp seeds	Almonds
Mackerel	Chia seeds	Walnuts
Tuna		Cashews
Rainbow Trout		Pistachios
Halibut		
Lobster		Pumpkin
Sardines		Sunflower
Herring		Flaxseeds
POULTRY		LEGUMES
Skinless chicken breast		Kidney Beans
Skinless turkey breast		Black Beans
		Lentils
LEAN MEATS		
Lean beef cuts		
Lean pork loins		
DAIRY		
Eggs		
Fat free Greek yoghurt		

Skimmed milk		
Low fat cottage cheese		

Fats

Healthy fats such as omega 3 and 6 are required for hormone regulation, especially testosterone. Never eliminate fats from your diet, just switch from bad fats (trans & saturated) to the good fats (omega 3 & 6). On training days reduce the fat intake, and for cutting purposes the average male should consume between 35-65 grams of fat.

On rest days consume more fats, as you will have created a calorie deficit so all of the fat will be easier to burn off. Increase the fat consumed to balance out the reduction on training days. For cutting the average fat will should consume between 55-90 grams of day per day. However, individual with a higher % body fat will do better with higher fat on training day compared to the rest days; this is related to insulin sensitivity that increases when you reduce your body fat.

Carbohydrates

Think of the carbs as filling in the gaps between the proteins and fats. Carb consumption should be increased on training days and decreased on rest days and eat clean carbs from the list below:

Parsnips	Kidney Beans
Butternut Squash	Black Beans
Acorn Squash	Garbanzo Beans
Pumpkin	Hummus
Plantains	Beets
Sweet Potato	Amaranth
Yams	Brown Rice

How to calculate your carbs?

The following is a simple calculation of how much energy is produced from 1 gram from the three macros:

1g = fat 9kCals, Protein = 4kCal and Carbohydrates = 4kCal

For example:

A male is 100kg, 20% body-fat (80kg lean body mass), he is following a body recomposition plan (-/+20%) and the BMR calculation allowed him 2200 kcal per day.

Therefore the training day Macronutrients are:

Protein = 200g, Fats = 65g, CHO = 314g

Calories from Carbs = [Training Day Target calories] – [Protein calories] – [Fat calories]
= 2640 – (200 x 4) – (65 x 9) = 2640 – 800 – 585
1255 = (kCal)

Carbs in grams = 1255 / 4 = 314g

Rest Day Macros

Protein = 200g, Fats = 85g, CHO = 49g
Calories from Carbs = [R-Day Target calories] – [Protein calories] – [Fat calories]

= 1760 – (200 x 4) – (85 x 9) = 1760 – 800 – 765
= 195 (kCal)

Carbs in grams = 195 / 4 = 49g