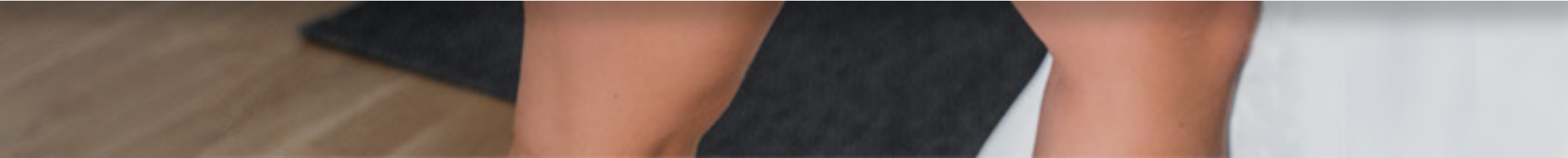




HOW TO GET SHREDDED



Welcome to the Guide

How To Get Shredded

Welcome to the Guide “How To Get Shredded”! My name is Tilda Bexell and you may know me from my Instagram @tildabexell. Either way, I thought I would introduce myself a little bit! I’m 21 years old at this very moment, I have been working out at the gym since I was 16 and I’m very passionate about working out!

In no way would I introduce myself as an expert about how to work out nor how to lose weight. But, I always share my tips about health and fitness on my social media. So I thought I would start collecting as much content as possible into guides, so it will be saved forever and not just for 24 hours.

My main goal with all my guides is to spread motivation and HELP for you to work out better and LIKE IT. I hope you’ll find it useful.

How To Get Shredded - Guide

In this Guide we will be focusing on how we can get leaner or if you will, shredded. I will share my personal best tips on how to get shredded and how I reached my dream body with this method! The diet plan this method is based on is Intermittent Fasting and I will explain exactly what I’ve done so you can know how you can do this for you!

I hope you’re excited for this Guide!! Don’t forget to take transformation pics to track your progress. Here’s my transformation following these methods!

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If you have any questions, email me at info@tildabexell.se and I’ll help you with whatever you need!

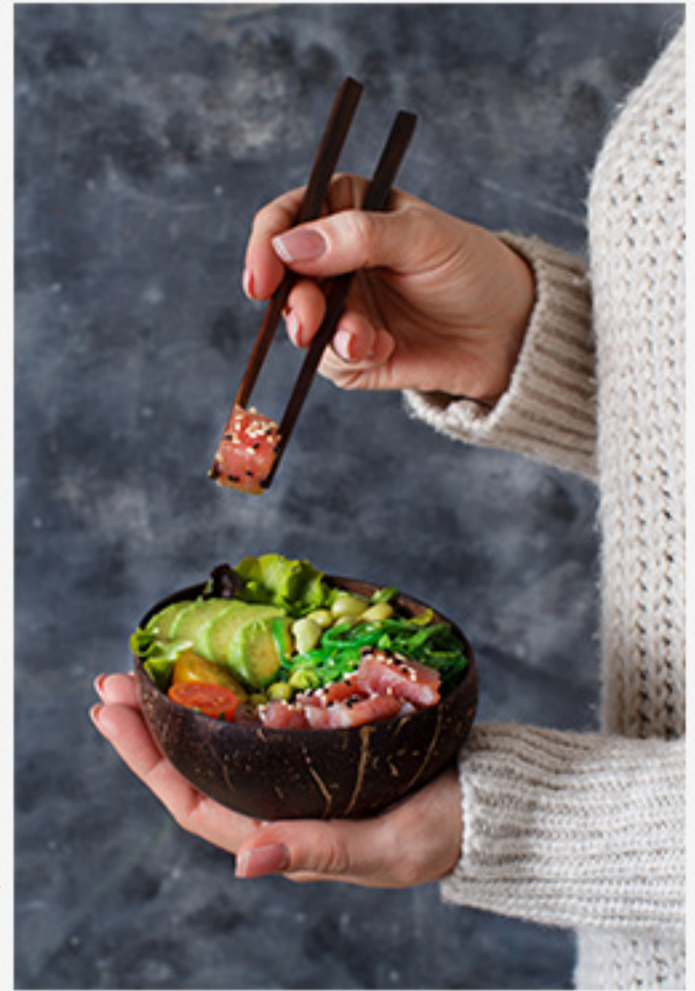
social media:
@tildabexell at insta, snap, tiktok, facebook, pintarest or whichever app is your fave!



How do we get shredded?

Like I mentioned on the first page, this guide is based on intermittent fasting. But all of you might not know what that is, which is understandable. I didn't know what it was either 2 months ago!

Intermittent fasting is a different eating habit. We all know that there's a million of different diets out there, but non of them seem to really work. Well intermittent fasting isn't really a diet of that sort, like i said it's eating habit. So we won't be doing any only eat lemons for 24 hours and BOOM you lost 10kg, no. We will do something that isn't temporary, that will fit into your lifestyle and that actually WORK.



So intermittent fasting consist of a number of hours of fast, which means no eating, only drinking and that means only water bascially. You might have heard about fasting before, it's very common in the religion Islam were they during Ramadan will among other things avoid drinking and eating until sundown. That's not what we are doing here, but it might give you an idea of what fasting is. There are many different ways of fasting, You can do a 24 hour fast, only fast 2 times a week which is called the 5/2 fast, and you can fast 16/8. Which is the one we're doing. So we will be fasting for 16 hours and only be allowed to eat for 8.

But why do we do this? And how is it different from any of the other diets? Well first of it's not very new to our bodies. Ancient hunter-gatherers didn't have supermarkets, refrigerators or food available year-round. Sometimes they couldn't find anything to eat for days! Which made that humans evolved to be able to function without food for extended periods of time. In fact, fasting from time to time is more natural than always eating 3-4 (or more) meals per day.

Fasting also has multiple benefits on our bodies, like:

- **Human Growth Hormone (HGH):** The levels of growth hormone skyrocket, increasing as much as 5-fold. This has benefits for both fat loss and muscle gain.
- **Insulin:** Insulin sensitivity improves and levels of insulin drop dramatically. Lower insulin levels make stored body fat more accessible.
- **Cellular repair:** When fasted, your cells initiate cellular repair processes. This includes autophagy, where cells digest and remove old and dysfunctional proteins that build up inside cells.
- **Gene expression:** There are changes in the function of genes related to longevity and protection against disease.

It has also made studies were intermittent fasting has prevented cancer, inflamations, risk of heart disase, lowering blood sugar and insluine levels, protects from Alzimers and is according to stuides making us live longer!

Regarless of all of these amazing information, I've actually tried intermittent fasting and it worked SO good. So upcoming is my story about my journey to get shredded as well as how you can do this on your own!

How to plan when to fast and not

To being with I want to to talk about how I've planned my fasting hours since there are so many ways of doing this. I want to be clear that there's no one right way. What's right is what works for your body.

So, here's how I planned my fasting hours:

Fast from 10 pm to 2 pm, eating from 2 pm to 10 pm.
So 16 hours of fast, and 8 hours to eat.

This is a 16 hours fast which is one of the methods of fasting. I've picked these hours because this works best with my schedule and also with my workouts (which I will come back to later). Directly after the fast is over, I recommend eating. So if you want to plan this to your work schedule, and you eat around 12 am to 1 pm, then start the fast earlier in the evening to match your work.

So if you want to eat at 12 am, start fast at 6 pm. It might seem to be very early and not possible but it might work! If you try it out and you feel like this just isn't working for me I feel so hungry when I go to bed that I can't sleep, then try to mix the hours however you like. The important things are that you try to get 16 hours of fast in. If 16 hours feels impossible at the begging, try to start with just 10 and work your way up. This diet is supposed to feel like a part of your lifestyle and not ruining it. So make it work for you!



When are you supposed to train?

2 hours before my fast has ended, I've put all my workouts. Allegedly at the last 2-3 hours before your fast ends, your insulin & blood sugar levels are at their lowest. Forcing your body to take energy from your fat to have energy. Working out 2 hours before my fast as really worked well with my schedule and it has worked very well for me.

Of course, this might not be optional for everyone depending on your working hours. So working out in the morning or evening works fine as well. But if you have the possibility to workout during the last 2 hours of the fast, I recommend it for sure!

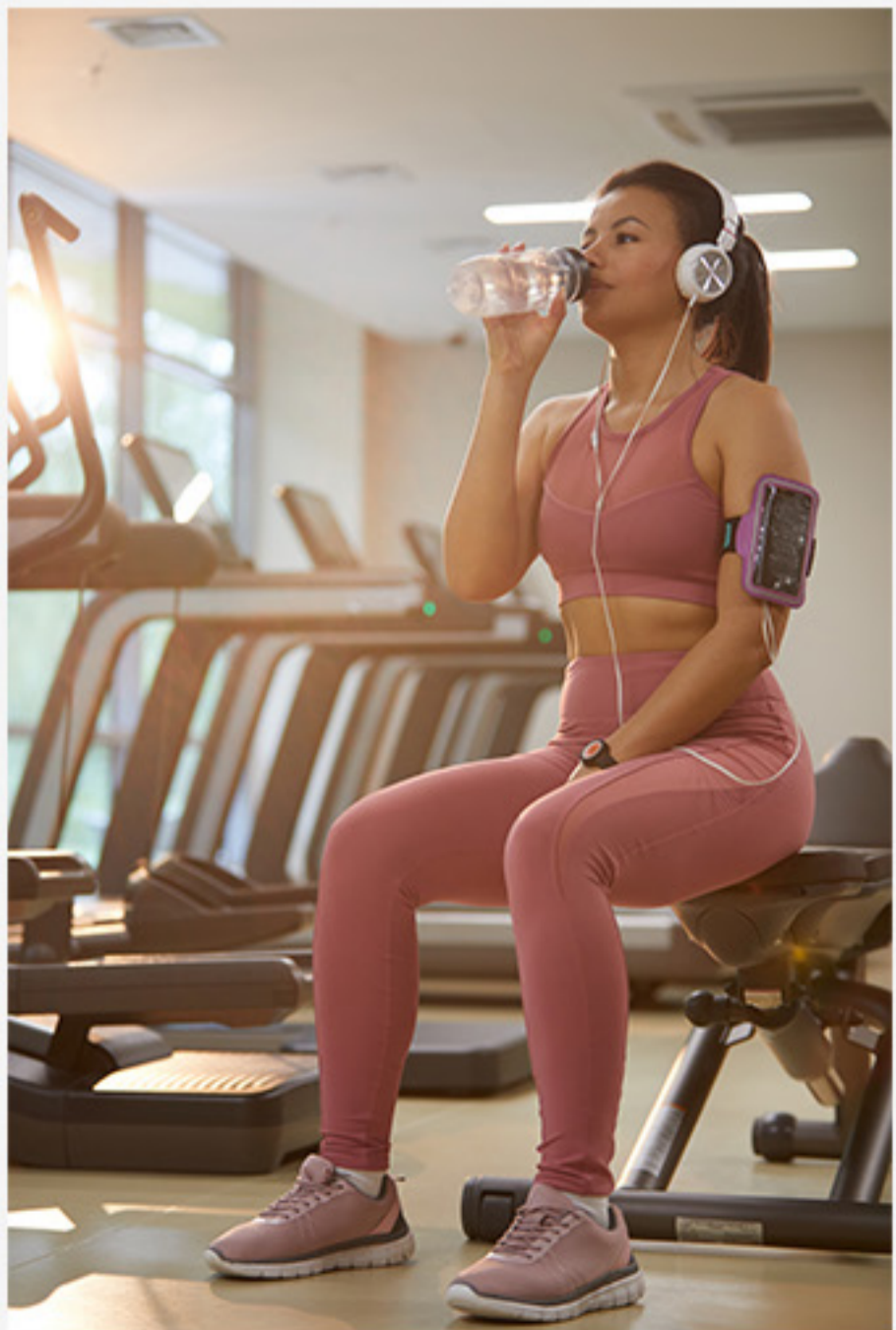
If you chose to workout during your fast and still have a few hours left before the fast ends, then don't eat until the fast is over. I know this can be very hard, but if you drink lots of water and drink bcaa if you have it. It should work! If it doesn't, then try to start the fast earlier in the day so you can eat directly after your workout!



What can you eat/drink during your fast?

No food during your fast. But what you should put in your body is water and lots of it. Try to drink during the entire fast when you're thirsty. This is not only good for your body but it also helps a lot with hunger.

I also drink caffeine during the fast. I can drink coffee (with milk), energy drinks or just water and before training, Pre-Workout. Don't drink too much caffeine though! I never go over 400mg per day and I wouldn't recommend anyone else doing that either.



What to eat when you can.

During the hours we can eat, we also want to eat right. But what's that?

First off, I can never tell you exactly what to eat. I can recommend foods that you can eat, but if you like to know exactly it's better to take professional help and get an individual meal plan just for you. So instead of tricking you that I know exactly what everyone is guide should eat, I will share what I did and what worked for me. Take this as inspiration, as it might not work for everyone. If you want



more specific meal ideas, I've made a Recipe Guide that you can check out on our website wildpurpose.com!

During the first 2 weeks of intermittent fasting, I tracked everything that I ate. I ate a lot less than I usually did since I both had little time to eat, and I also didn't get as hungry as I would before. Probably because my stomach shrank after a while of intermittent fasting.

I think that you need to see how your body reacts a lot. The first week of this diet nothing happened with my body. I figured that it was because I ate a lot of sweets during eating hours. The second week I changed that and I started to see big changes. The third week I felt less hungry and I realized that my stomach had shrunk. This made that when I "cheated" on my diet and ate sweets, I ate a lot fewer sweets than before. So I started to have "cheat" days when I felt like it and started to be more free with what I ate. Still, I was losing weight every week and I felt good! The sixth week I've reached my goal.

I do think that if I would've been more strict with my diet during these weeks, I would've reached my goal faster. But that didn't matter to me. What was important was that I could adapt this diet to my life, which was possible. I could go out with friends, I could have a movie night with my boyfriend, eat my mothers' homecooked meals. I could do everything that I usually do, and that was what mattered to me.

All the nutrition I put in my body (except on my cheat days), we're often very clean meals. And what I mean with clean is that it contains the fat, protein and carbs that my body needs. This was why it was so important to me to track my meals during the first weeks. Learning what you put in your body makes it so much easier to understand if your body doesn't react the way you like. So my recommendation is that you download a meal track app, I use Fitnesspal, and track every meal in the beginning. After you get to know your everyday meals and what they contain, you can start understanding if you're on the right path or not depending on what's happening with your body.

So, my point is that you need to adapt your nutrition to your body and how it reacts every week. **If you want more specific meal ideas, I've made a Recipe Guide that you can check out on our website wildpurpose.com!** If you need more help with how much to eat and what, please email me at info@tildabexell.se and I'll help you further.

How to track your progress.

How do you know that you're on the right track? Here are the things I did to track my progress:

1. Weighed myself every day
2. Took pictures at the start of the diet
3. Took pictures every end of the week of dieting
4. Track your meals in an app

These steps will make you see the difference in your body and keep you motivated. You will also know when you weigh yourself every day if you lose weight or not. The thing is that our bodies go up in water depending on the day and what we've done the day before. For example, I learned that my body goes up almost one kg after I've had a rest day. If I would only weigh myself once a week, I would end up thinking that nothing is happening and lose motivation immediately. But, since I got to know my body, I don't stress about it.

So you might be wondering "how do you know you're losing weight or not". Well, you can see this in two different ways. First, on the scale. Even though you might go up and down in the water, you will eventually not go all the way up to your start weight again and that's when you know your losing weight.

To know that you are losing fat, there's only one way I know. And that's a fat measurement. I do this at home and I've ordered a fat calculator that I measured on myself and then track what my fat percent is. I do this every week as well. But, a fat measurement, especially the once you do at home are never 100% correct. 1-3 percent can differ and that's just how it is. The same thing with the scale, all we do this for is to see approximately what's happening with our bodies.



What do after.

So, have you reached your goal? **YOU ARE ABSOLUTELY AMAZING.**

But what do you do now? Cause we don't want to keep loosing weight and reach an unhealthy level, neither do we want to fall back into old habits and gain our weight back. Most important thing is therefor to look closer into is how your diet should look now that you reached your goal!

I've made a whole blogpost about how to track your calories, fat, protein and carbs depending on your activity level and goal. You can read it [here](#).

