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OPERATION

# GET LESS FATTEREST



BY MARK BELL

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# TABLE OF CONTENTS

## Introduction

06 **Testimonials**

07 **The Goal**

08 **Pro Tips**

09 **Be Less Fat Diet**

- How to use this diet
- Tips
- Typical foods
- Exercise overview
- Example workouts

01

14 **Vertical Diet**

- How to use this diet
- Tips
- Typical foods
- Exercise overview
- Example workouts

02

19 **Keto Diet** (War on Carbs)

- How to use this diet
- Tips
- Typical foods
- Exercise overview
- Example workouts

03

22 **Carnivore Diet**

- How to use this diet
- Tips
- Typical foods
- Exercise overview
- Example workouts

04

25 **Bodybuilding Diet**

- How to use this diet
- Tips
- Typical foods
- Exercise overview
- Example workouts

05

# TESTIMONIALS

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**Borrow C.:** 56 lbs down!

**David B.:** A few years ago I was 307 lbs. I'm down to 240 lbs and almost ready to lift weights again. Unbelievably happy and extremely proud of myself. Thank you, Mark and Chris Bell. You guys have inspired me to get after it.

**Bronson K.:** I did keto for the month of January and lost 21 lbs and 3% body fat!

**Wayne S.:** I've been on this journey for what will be 2 years in March and I have to thank you for all the education, inspiration and outright laughs along the way.

**Mike M.:** I have to laugh, as The People's Coach has been educating us on what happens when you put in the work. I am really feeling my body composition changing. I'm understanding more and more of the role nutrition plays in this game. I'm understanding how food fuels your body's needs. I'm understanding the negative effects of dehydration. Being "All In" really changes your game!

**Lucky S.:** Lost 70+lbs and the journey continues.

**David B.:** I'm 50 lbs down from my all-time high of 307. 256 today. My goal is to shed fat more then drop weight.

**Matt S.:** Down from #335 to #258 lbs.

**Arlene A.:** Happy this morning to be down 7.2 lbs. Slow but sure!! On to 8.

**Bobby H.:** I just want to thank Mark Bell and the team at ST for changing my life. The message resonates so deeply with me because I was in a really dark place and could not find a way out.

So much of our journey is personal. To get less fat, to look and feel better, set another PR. But when you see how being better and doing more impacts the people around you. It becomes clear that the real reason is so you can be STrong for your family and the people who depend on you for strength and support. You can be an example for hard work and dedication and inspire someone close to you, maybe a family member, and help turn their life around.

**Ryan C.:** Started dieting 5 weeks ago and have lost 17lbs. No loss of strength yet and no cardio! Still many more pounds to lose over the coming months.

**Carlos M.:** 85 lbs down!

**Eric M.:** I've learned that it's not a race to be "X" amount of weight, but about making better choices and trying to be better than you were yesterday. Mark Bell's advice has been very useful and continues to keep me dedicated these last few months of restricting calories.

**Ryan C.:** Down 11.5 lbs [in 5 days]!

**John G.:** Come a long way from 340 ... weighed in at 218 for my first equipped meet at 220 . See ya on the platform!

# THE GOAL

## TO LOSE BODY FAT AND RECOMPOSITION YOUR BODY

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This is the perfect plan going into holidays, a vacation or a powerlifting meet. There are a bunch of strategies in here that can be used to de-fat yourself.

No matter how into working out you are or are not, you should have a standard for yourself. It can be a reasonable standard and fit into your lifestyle, and over time you can develop a higher standard.

For example, if I asked you to run for 10 minutes straight, just the thought of it might make you super nervous if you're unfit. But if I asked you to walk for 5 minutes, you would be comfortable with that. And over a period of time, you would be more comfortable raising the standard and making what you once thought was impossible fairly easy.

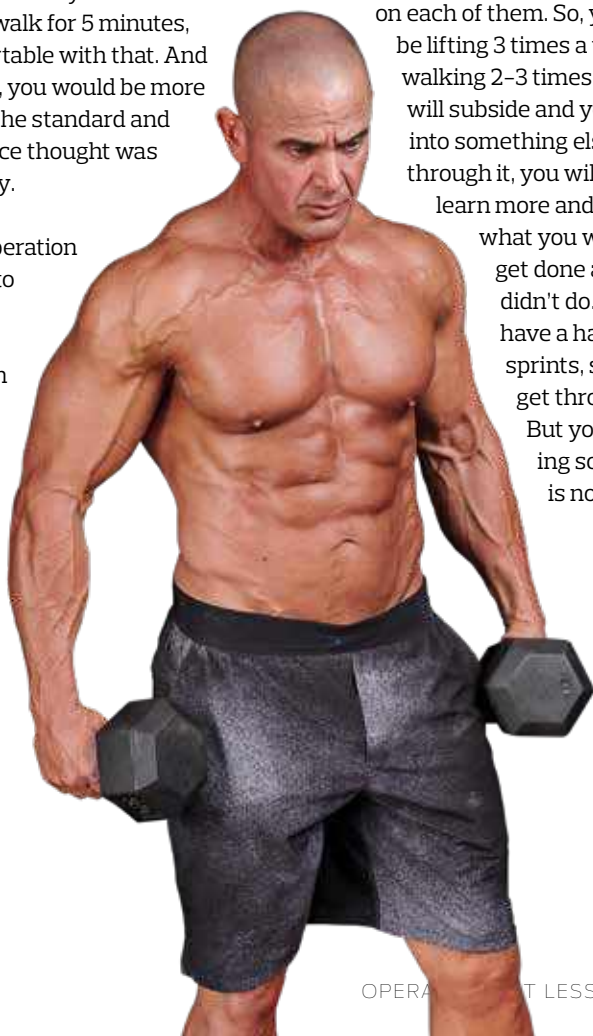
That's the point of Operation Get Less Fatterest – to expose you to many different styles of training and nutrition so you can find the diet that best fits you and makes the following statement true:

"I lost 10 pounds in the last three months, and it wasn't even that hard."

### HOW IT STARTED:

This whole thing started when I read that the average American gains around 5 lbs around the holidays starting in October and running into the new year. They gain that weight and they never lose it, so I wanted to present people with a smorgasbord of diets. We expanded this version to add exercise to help you ward off the fattest times of the year.

There will be certain parts of this process that will get hard, but there is a time cap on each of them. So, you might be lifting 3 times a week and walking 2-3 times a day but that will subside and you will move into something else. As you go through it, you will continue to learn more and more about what you were able to get done and what you didn't do. Maybe you have a hard time doing sprints, so you don't get through them. But you enjoy walking so the walking is not a problem.



# PRO TIPS

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- **Cinnamon:** Adding cinnamon to your meals should help with lowering your blood sugar levels after meals. It also has many beneficial antioxidants.

- **Sleep:** I set an alarm to cue me to go to bed every night at 7:30 p.m. That's when I make the commitment to be away from my phone. Sleep is a real and legitimate thing you have to practice and work on. It doesn't just happen overnight. Get away from your phone two or three hours before bed. Get away from screens in general two or three hours before bed. Get away from food two or three hours before you go to sleep. A lot of times your body is still breaking down foods and you might get a spike in hormones while you're sleeping. Having your room be cool and dark is very important. Buy a sleep mask. Some people have found they get better sleep with a Breathe Right strip for your nose. It can help you get into a deeper sleep because you're supposed to be breathing through your nose. I use SomniFix Breath Right Mouth Strips. On another note, getting to sleep with alcohol is fake sleep. You don't really get the deep sleep that you need. Shut down your coffee, or any caffeine, by about noon. Please ditch your pre-workouts, even though it may be hard. Your sleep is more important than being a little more amped during your workout.

- **Weighing yourself.** Get in the habit of weighing yourself every day. Personally, I weigh myself every morning and every night as a way of keeping myself in check. Under normal circumstances, I will gain 5–6 lbs. throughout the day.

- **For shopping in the grocery store:** Never shop hungry. Shop around the outside of the grocery store. That's where the meats and veggies are. Try not to go down any aisles.

- **Foods to always avoid:** Processed foods and excess sugar.

- **Try not to eat in front of a screen, especially your TV.**

- **When craving or hunger hits, give it time to see if it's real:** If you go on a walk or go to bed, you might realize you were not as hungry as you thought. You're not going to lose muscle and you're not going to die. It will pass and it's all in the pursuit of your goal.

- **Always prep your mind for every situation that you're going into:** If you're coming home from work and you're celebrating a family members' birthday at your house, prep your mind on what that food environment is going to look like before you walk through the door. If you know something like that is going on, you should eat before you get home so you're not hungry and make bad choices.

- **Try to eat a little something before you get in your car and head home from work to prevent overeating when you get home:** Don't have your snack and overeat as well. The best snacks are always protein, vegetables or fruit. Always try to start with protein first.

- **Don't forget:** The overall goal is to work toward being better. Eventually your worst day will look like your current best day. So just don't give up.

- **Warm up:** It's always a good idea to get your heart rate up, get a little bit of a sweat and get your joints ready before you jump into any workout. Something that's helpful for me is using my arms for warm up. This is the fastest way to warm-up. You can grab light weights and move your arms around. This gives you a time to take a stock and inventory of how your body is feeling for the day. If everything is feeling pretty damn good, you can get right to it.

*You can use these diets for three or four weeks at a time and then graduate onto the next. You can start with whatever you think is best for you. This is where I would start, and this is how I would use these diets.*



# BE LESS FAT DIET

01



## 01 BE LESS FAT DIET (CONT.)

You can use this diet at the beginning of this program, but you can also match it up with whatever goals you have at the time. Use it for 3–4 weeks before starting the next diet.

As the name suggests, this diet is not going to get you ready to step on a body-building stage. However, it can get you ready to hit the beach as a human being instead of as a whale.

If you have a lot of weight to lose, you may not need a fancy diet to start out. Maybe you just need to make some better food choices here and there. The whole point of this "diet" is to serve as a first step and to get you moving in the right direction. By helping you to establish better eating habits, it will prepare you to for the next phase of your diet journey. Another book that might help you make better food choices is called "Eat This, Not That!"

The goal here is not to get on a perfect and meticulous diet, but simply to get on a better diet than your current one. Of course, "better" depends on just how shitty your diet is to begin with. So, we'll start by assuming the worst and making some suggestions. Figure out where you stand on this spectrum of dietary shittiness and implement some of these tips.

### TIPS:

- **Cut out all calorie containing beverages (except protein shakes).** If you drink soda, switch to diet soda. Some people will say that diet soda is unhealthy, but let's be honest: Since when has health been a primary concern for you? Worry about that later. "But what about stuff like milk and fruit juice?" Those have pros and cons, but for the time being and for the sake of simplicity, these are off limits.
- **Drink more water.** If you hate drinking water (which would be odd because it is essential for life), then add some Crystal Light to it.
- **Prioritize protein.** If you're gonna eat a fast food burger, get two patties and either have it wrap them in lettuce or simply don't eat the bun.
- **Eat one salad per day, and drink one protein shake per day.** Remember: Meat in a salad is not only acceptable, it's encouraged! Even simple changes like this can yield dramatic results.
- **Case in point:** My dad used to be extremely overweight and have poor dietary habits. But the thing about my dad is that he's old-school and set in his ways – he likes the taste of real butter and mayonnaise and he's not about to give those things up in favor of "diet" foods. Instead of trying to fight him on this, I suggested a few small changes to him. Specifically, I recommended that he have one salad per day (which replaced a fast food burger or burrito), drink one protein shake per day, and restrict sugary beverages. The result was that he lost over 50 lbs just by making these simple changes. Not only did he feel better, but these changes helped save his life when he became extremely ill a few years later.

## 01 BE LESS FAT DIET (CONT.)

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- **Do some cardio.** How much? More than you were doing. If you've been doing absolutely zero, then maybe make it a point to take the stairs or walk your dog on a regular basis. Hop on an elliptical or treadmill while you're at the gym and read a book or watch some TV. If that's not your thing, then maybe jump rope, do some farmer's walks, drag a sled, push the prowler, etc.
- **Skip the fries.** French fries are not a vegetable, nor are they a quality source of carbohydrates. Don't view them as a common component of meals. Instead, try out some of the other sides offered by fast food places nowadays.
- **Plan ahead.** Start thinking about more than just the meal at hand. If you're cooking some food, make extra so that you have some for meals over the next couple days. If you're at a restaurant and you find something you like that's fairly healthy, order two and get one in a box to be eaten at another time. This is something that I've done in the past when I was cleaning up my diet.
- **If you're gonna eat junk, make it count!** For example, I really like the taste of pizza but I think that stuff like chips and fries are good but not great. So if I'm gonna deviate from my diet, I'm going for pizza!
- **Never shop when you're hungry.** This is a recipe for disaster and will lead you to buy food on impulse.
- **If you're too lazy to make your own food, get a meal prep company to help.** There are plenty available. Just Google "meal prep company" and some will come up in your area.
- **The more you move, the better.**

## 01 BE LESS FAT DIET (CONT.)

### TYPICAL FOODS:

- Red meat
- Lean meats: chicken, turkey, white fish, etc.
- Eggs
- Whole milk
- Yogurt/cottage cheese (these can be full fat)
- Fruit
- Nuts
- Cheese sticks
- Carrots
- Celery
- Vegetables
- Chicken, steak, hamburger meat, bison, elk, venison, pork, and fish.
- Potatoes, rice, gluten-free oatmeal, fruit, and a little bit of honey.
- Dairy products: Yogurt, cottage cheese, and milk. If you're lactose intolerant, you probably don't want to eat these things or you'll be farting your face off.
- Fruits and vegetables: All fruits and vegetables are fair game!
- Fat sources: Avocados, grass-fed butter, grass-fed ghee (great for cooking), coconut oil, avocado oil, and olive oil.
- Supplements to help avoid getting sick: Fish oil, magnesium, vitamin d3, zinc, and vitamin c.

### EXERCISE OVERVIEW:

- Walk: Get in one 10-minute walk everyday. There's no reason why you can't incorporate this into your lifestyle.
- The more you move, the better. If you have an opportunity to take the stairs instead of the elevator, take the stairs. Stand instead of sit.
- Work on not doing nothing for any extended period of time. If you sit down to watch TV, watch one TV show. Then get up and go on a walk or do something else.
- Lifting: Get to the gym three times a week. Do upper body, lower body, then upper body again. You have two upper body days with one lower body day in the middle. I personally like a lot of barbell exercises, but you should find stuff you like that you're actually going to do. Resistance training is good for everybody. If you don't really have a clue on what to do, you can hire a trainer. You can look up exercises on YouTube or you can follow the recommendations below.

This will be your training sequence for the week:

#### Upper body day 1:

Chest and back

#### Leg day:

Quads and hamstrings

#### Upper body day 2:

Biceps, triceps, and shoulders

The workouts will all be superset so you condense the period of time you're training. If you're training in a commercial gym and it's hard to superset, don't stress. Just apply the supersets wherever you can. Don't stress about the movement, but still try to do the muscle group.

## 01 BE LESS FAT DIET (CONT.)

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### EXAMPLE WORKOUTS:

#### Upper Body Day 1:

Chest and back day

**A1:** Dumbbell bench x 10

**A2:** Lat pull-down (palms up) x 10

Rest 1 minute

Repeat x4

**B1:** Incline dumbbell bench x 12

**B2:** Single-arm dumbbell row x 12

Rest 1 minute

Repeat x4

**C1:** Cable cross x 12

**C2:** Seated row x 12

Rest 1 minute

Repeat x4

#### Leg Day:

**A1:** Squat x 10

**A2:** Leg curl x 10

Repeat x4

**B1:** Leg extension x 10

**B2:** Step ups x 10

Repeat x3

**C1:** Lunges x 10

**C2:** Dumbbell stiff leg deadlifts x 10

Repeat x3

#### Upper Body Day 2:

Biceps and triceps day

**A1:** Barbell curl x 8

**A2:** Close-grip bench x 8

Repeat x4

**B1:** Dumbbell curl x 10

**B2:** Lying tricep extensions x 10

Repeat x3

**C1:** Rope hammer curl x 10

**C2:** Rope push-down x 10

Repeat x3



The Vertical Diet starts with a solid foundation of highly bioavailable micronutrients which supports a structure of easily digestible macronutrients that can be adjusted specifically to meet your body's demands. This diet is for people looking to gain muscle, lose body fat, and get stronger.

Stan Efferding, founder of the Vertical Diet, shares how to use the Vertical Diet to help you reach your goals.

Stan Efferding, creator  
of the Vertical Diet



## 02 VERTICAL DIET (CONT.)

### Tips:

**Rule #1:** Compliance is the science. All diets work when they're strictly adhered to.

So, what's the best diet? The one you'll follow. Whatever diet you choose needs to be simple, sensible, and sustainable. It has to become a lifestyle.

**Rule #2:** It's a calorie equation. Controlling how much you eat is of primary importance.

When you control calories and protein, where you adjust your carbs and fats is a matter of personal preference. If you feel low-carb works best for you, then do that. If you feel low-fat works for you, then do that. Neither one possess any powers that will make fat magically melt away. Whichever you choose, remember rule No. 1: Compliance is the science. You still have to do the work.

**Rule #3:** It's gut health. You are not what you eat; you are what you can digest and absorb.

The Vertical Diet prioritizes gut health first when selecting which foods to eat. Do you have gas and bloating? Are you regular? Do you have energy or are you tired? Good gut health simply means listening to your body. Now, I've often said, "I don't eat foods I like; I eat foods that like me," and I make that decision about an hour after I eat. That's why I recommend starting with

easily digestible foods that are rich in highly bioavailable nutrients and micronutrients – and, at least initially, avoiding foods that may cause gas and bloating.

Now, eating a variety of healthy, single ingredient whole foods is the best place to start your journey. So now let's dive into the details.

### First: HOW MANY CALORIES SHOULD YOU EAT?

This will be different for everyone. You can either use a BMR calculator to estimate your daily intake or you can look at your last week of eating. Either way, it's just an estimate to help you get started. You can make ongoing calorie adjustments based on your results.

### Second: MACROS.

For weight loss, I like to start at 1 gram of protein per pound of body weight. So, a 200-lb person will begin with 200 grams of protein; the remainder of the calories I divide between fats and carbs. So, if my 200-lb client begins with a 2,000-calorie diet and eats 200 grams of protein, which is 800 calories, then the remaining 1,200 calories would be divided between fats and carbs, which gives them about 65 grams of fats and about 150 grams of carbs.

## 02 VERTICAL DIET (CONT.)

### Third:

#### FOCUS ON FOOD QUALITY.

For protein sources, I much prefer a quality red meat like bison or top sirloin steak over chicken breast, egg whites, and tilapia. Red meat has more iron, vitamin b12, zinc, and a much better omega-6 to omega-3 fatty acid ratio. I also include a serving of salmon at least twice a week for omega-3s. I recommend at least two whole eggs for the vitamin k-2, choline, and biotin – for skin, hair, and nails. The majority of these nutrients are in the yolk, so don't just eat the whites.

I include a 4- to 8-ounce of 2% or full-fat Fage plain Greek yogurt every day, which provides calcium, potassium, probiotics, and a host of other valuable nutrients. My fats are in my protein sources, so I don't add fats to my meals; red meat is over 50% monounsaturated fats, and whole eggs and yogurt also provide healthy fats.

I cook my foods in a small amount of butter, ghee, or beef tallow if necessary, just enough to condition the pan. I also include bone broth daily, which aids digestion and it can be mixed with bison and rice, or just drink a warm cup of it in the morning to replace coffee.

My carbohydrate choices begin with a couple servings of fruit daily for vitamins and to stimulate the metabolism; this can be any low-gas, juicy fruits such as oranges, blueberries, strawberries, or melons. I include a daily potato, primarily for potassium. If you train intensely and your diet requires more carbohydrates, then I include white rice as needed to fuel that workload because it's very easy to digest. I recommend low-gas vegetables—to prevent bloating,—such as spinach, for potassium and magnesium,

raw carrots, for fiber, and bell peppers, for vitamin c.

Make sure to salt your meals to taste. This helps increase blood volume, aid in digestion, stimulate metabolism, provide more energy throughout the day, and increase stamina, endurance, and recovery for training.

Now, I include iodine from pure cranberry juice to optimize thyroid function, which stimulates metabolism and supports your immune system. Alternatively, you can use Redmond Real Salt, which has iodine in it. As for meal timing, I like to eat three to four meals a day about three to five hours apart to optimize muscle protein synthesis, and I like to consume the majority of the carbohydrates before, during, and after workouts.

That's a brief overview of The Vertical Diet. A detailed program is available for download at [standefferding.com](http://standefferding.com). I list exactly what foods to eat and what foods to avoid, and I include a sample diet for different goals. If you need help with meal prep, we offer Vertical Diet meals delivered directly to your door in the 48 continental states.

And remember this: "In the war on obesity, the enemy is also the victim." You're at war with yourself; win the war by winning the battles. Prep your meals, keep your daily checklist, and check in with your coach at least weekly. Compliance is the science.

### TYPICAL FOODS:

- White rice
- Sweet potatoes
- Carrots
- Spinach

## 02 VERTICAL DIET (CONT.)

- Oranges
- Cranberry juice  
(Note on juices: 4 ounces two times per day)
- Steak
- Eggs
- Bison
- Bell peppers
- Greek yogurt
- Chicken stock

### Exercise overview:

- Walk a little less.
- Workouts should be short and sweet, but you're really trying to kick your own ass with them.
- Two 10-minute walks on days that you are not doing your cardio and one walk on the days that you are.
- Cardio: Sprint 3x/week
- Week 1: 8 sets of 30-second sprints. 1 minute rest. The amount of time it takes to recover doesn't matter a ton. On a scale of 1-10, I want the sprint to be at a 7. Part of the reason for that is that you're sprinting for 30 seconds and it's going to be hard.

Since we have an influx of healthy carbohydrates, we're going to take advantage of this and get a big ol' pump by utilizing some bodybuilding. Make sure to select weights that will allow you to perform all the sets and reps without a very long rest period. You're always better off cautioning toward using a little bit less weight than using too much weight.

### EXAMPLE WORKOUTS:

#### Monday

##### Chest Day:

4x12 incline dumbbell benches  
3x12 flat dumbbell benches

**A1:** 12 push-ups

**A2:** 21 cable crossovers (7 reps high, 7 reps with your hands in front of you, 7 reps low)  
Repeat x3

#### Tuesday

##### Leg day:

4x12 touch-and-go box squats – if your mobility permits, get a box that's a little below parallel  
4x12 leg extensions

**A1:** 12 lunges

**A2:** 12 leg curls  
Repeat x4

#### Wednesday

Day off

#### Thursday

##### Biceps and triceps:

4x8 barbell curls

**A1:** 8 incline dumbbell curls

**A2:** 8 standing hammer curls  
Repeat x4

Drop sets on preacher curl machine – dropping weight each set

**Set 1:** 8 reps

**Set 2:** 8 reps

**Set 3:** till failure

4x10 skull crushers

3x10 close-grip benches

Drop set triceps push-downs – dropping weight each set

**Set 1:** 8 reps

**Set 2:** 8 reps

**Set 3:** till failure

#### Friday

Day off

## 02 VERTICAL DIET (CONT.)

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### Saturday

#### Back and shoulders:

(Note: If you can't do pull-ups or chin-ups, you can mimic this workout with lat pull downs.)

2 sets of pull-ups – a few reps shy of failure  
– knuckles facing toward you

2 sets chin-ups – a few reps shy of failure –  
palms facing toward you

4x12 seated rows

4x10 deadlifts

**A1:** 12 dumbbell front raises

**A2:** 12 lateral raises

**A3:** Bent over dumbbell flys  
Repeat x4

**B1:** 15 cable upright rows

**B2:** 15 cable face pulls  
Repeat x3

### Sunday

Day off





# KETO DIET (WAR ON CARBS)

# 03

By definition, this isn't a clinical ketogenic diet. I personally like to use more protein and just keep the carbs very low rather than focus on dumping large amounts of oil all over every meal. The very basics of this diet are to simply not eat carbohydrates. There may be some trace carbs in

some of your foods and there are some carbs in vegetables, but those aren't really a concern. This is a convenient way to enjoy foods that really kick ass and taste amazing while improving focus, and insulin sensitivity, and decreasing bloating, all while helping you drop some lbs.



### Tips:

- Carbs. Cut out all your carbs. Period. (You'll still probably get about 30 grams of trace carbs per day or so, but that's inevitable.)
- Protein. Keep your protein high, around 1 gram per lb. of body weight, if not higher.
- Fat. Eat about 0.8 grams per lb. of body weight per day.
- No carbs. No cheat meals. No surrender!!!

### Typical foods:

- Steak
- Hamburger patties
- Pork
- Fish
- Chicken
- Cheese
- Nuts
- Avocados
- Butter
- Heavy cream
- Half and half
- Olive oil
- Avocado oil
- Macadamia nut oil
- Coconut oil
- MCT oil
- Two servings of veggies a day

### EXERCISE OVERVIEW:

The exercise during this diet will focus on power bodybuilding: A little bit of heavy lifting followed by some lighter lifting for some sets. Make sure all the rest periods are short. Rest periods during the supersets should be none, but rest periods between each set should be 1 minute.

### EXAMPLE WORKOUTS:

#### Monday:

##### Chest and shoulders

##### Pick a different exercise each week:

Regular bench  
Sling Shot bench  
Incline barbell press  
Floor press

Work up to a heavy set of 3 reps. Once you reach an RPE of 8–10, perform one more set. (The rest between each bench set should be 3–4 minutes. It may be boring to do this, but it is crucial for your recovery and future success.) Then reduce the weight by 20% and perform reps for 1 set and then rest. Then reduce the weight again by 20% again and perform more reps. The key element to these reps is that you don't go past a technical limit. You want all your reps to be unbroken, clean reps. You want to be able to stay healthy. If you're not sure if you can do another rep, rack it. It's not an AMRAP.

## 03 KETO (CONT.)

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### Select heavy weights:

#### Dumbbell flat

Repeat x2 with 1 minute rest in between

#### Dumbbell incline

Repeat x2 with 1 minute rest in between

#### Shoulders:

**A1)** 12 standing single-arm overhead dumbbell or kettlebell press

**A2)** 12 single-arm lateral raises  
Repeat x3

**B1)** 10 Standing front dumbbell raises

**B2)** 10 bent-over dumbbell flys  
Repeat x3

### Wednesday:

#### Back day

**A1)** 10 palms-up pull downs

**A2)** 10 dumbbell or cable pullovers  
Repeat x3

2x10 heavy seated rows

1x triple drop-set seated rows

Do 10 reps, drop the weight. Do 10 reps, drop the weight. Do 10 reps.

3x10 wide-grip lat pull downs – palms out  
4x10 bent-over rows

### Friday:

#### Biceps and triceps

Lots o' frackin' supa sets

Let's make everyone in the goddamn world jealous AF of these pipes we gonna build.

Close-grip benches 5 sets 4–6 reps

Barbell curl or dumbbell hammer curls 5 sets 4–6 reps

Dumbbell tricep extensions

Alternating dumbbell curls

**A1)** 10 diamond push-ups

**A2)** 10 regular push-ups  
Repeat x4

**B1)** 10 low cable reverse curls

**B2)** 10 low cable regular curls  
Repeat x4

### Saturday:

#### Leg day

3x15 leg extensions

4x4–6 squats (alternate every other week with a deadlift)

Controlled tempo: 3 seconds on the descent.

All sets, all reps, good form. Don't push yourself beyond the technical limit. Rest period between sets should be 3–4 minutes.

3x15 reps leg presses

**A1)** 10 reps per leg Lunges

**A2)** 10 leg curls  
Repeat x4

3x12 dumbbell RDL's (If you deadlifted on this day, do glute bridges instead.)



## 04 CARNIVORE (CONT.)

### Carnivore

This is inclusive of all meat. This is how I've done the carnivore diet in the past. I've included eggs, cheese, and bacon and because I'm not trying to cure any ailments, I've even included some vegetables. However, if you do suffer from ailments, autoimmune disorders, unexplainable rashes or soreness, arthritis or inflammation, then you may want to start to really narrow down the list of foods you eat and leaning towards a carnivore diet. Try it out for a few days to see the impact that it might have. For some reason, this diet seems to cure people of a lot of ailments that they've had for years. But in order to do that, you will eat just meat – specifically red meat. Because you're limited to one category of food, it's wise to try to go after fattier cuts of meat. Rib eyes, filets, etc, because you'll need the energy.

### Tips:

Just eat meat. Period.

### Typical foods:

- Rib eye
- Filet mignon
- Bison
- Elk
- Organ meat (liver, heart, etc.)
- Cheese
- Beef
- Fish (salmon is very nutrient dense and includes healthy fats)
- Other types of meat you find enjoyable
- Anchovies
- Mackerel
- Pork
- Chicken
- Turkey (Note: These lean meats fall short because they do not contain as many nutrients as the others listed.)

### EXERCISE OVERVIEW:

You will be focusing on powerlifting and explosive movements. All assistance exercises should be done under control with clean, consistent movement. You should be training five days a week and doing two 30-minute cardio sessions per week.

### EXAMPLE WORKOUTS:

#### Tuesday: Deadlifts

Pick variation of the deadlift and switch it every week:

- Conventional deadlift
- Sumo deadlift
- Deficit deadlift
- Partial range of motion deadlift

1–2 heavy sets of 1 rep. Don't reach your technical limit. Don't want breakdowns in your form. RPE should be a 7–8 but your form should be an 8–9.

Assistance exercises:

3x8 stiff-leg deadlifts. Pick a weight that's challenging but not over-taxing your back.

2x6 or failure of heavy single-arm dumbbell rows.

4x20 dumbbell shrugs

#### Thursday: Bench

*Pick variation of the bench and switch it every week:*

Close-grip bench  
Regular bench  
Paused bench  
Spot press  
Floor press  
Sling Shot bench

- 1–2 heavy sets of 1 rep. Don't reach your technical limit. Don't want breakdowns in



## 04 CARNIVORE (CONT.)

your form. RPE should be a 7–8 but your form should be an 8–9.

- 4x6–8 momentum–less bench. Keep the tension on the muscles. No pausing on the chest and no stopping at the top. Controlled eccentric and concentric movement.

**A1)** 10 seated dumbbell press

**A2)** 10 seated curls

Repeat x4

**B1)** 15 seated row face pulls

**B2)** 15 heavy triceps push down

Repeat x4

### Saturday:

#### Squats

*Rotate every other week:*

- Speed box squat
- Heavy variation of the squat:
- Heavy squat
- Wide–stance squat
- Box squat
- Close–stance squat
- Pause squat

#### 8x3 speed box squat

**Set 1:** Start out with 60% of your max. If 60% feels too light, increase the weight 5% per set until it feels like the appropriate weight. Stop increasing weight if the speed slows down. 1–minute rest periods.

#### OR

- 1x1 heavy squat. (Work up to a heavy single. Rest periods should be 3–4 minutes.)
- 4x10 leg curls or glute ham raise
- 4x10 Reverse hyper of 45–degree back raises.
- 4x10 kettlebell front squats (If mobility is an issue, elevate your heels with 5– to 10–lb plates.) or a belt squat.

### Sunday:

#### Bench assistance

- 8x3 Speed bench. Start out with 60% of your max. If the weight feels too light, increase weight by 5% each time. Don't let the speed decrease. The goal is to perfect your form and move the weights fast.

- 4x10 Spoto press. Bring the weight down and pause the weight about an inch or two above your chest. Press the weight to near full extension and repeat.

**A1)** 10 incline dumbbell benches

**A2)** 10 bent–over dumbbell rows

Repeat x4

**B1)** 10 incline dumbbell curls

**B2)** 10 incline dumbbell triceps extensions.

Repeat x4

**C1)** 10 each arm rotator cuff external rotations

**C2)** 25 banded triceps pushdowns

Repeat x4

This is a high-protein, high-carbohydrate, low-fat diet. You are going to be able to hold onto and build muscle mass. The higher carbohydrate nature of this diet allows you to perform at a more intense pace for every single workout. That will result in being able to recruit more muscle fibers, which will result in more muscle mass. Carbohydrates will also keep the muscles full and hydrated, which will allow them to perform better and get bigger.

## Tips:

- **Protein.** No surprise here, keep your protein high. 1 gram per lb. of body weight is the minimum. If you feel like you need more for your recovery or to help you build muscle, try 1.5 grams per lb. of body weight.
- **Fat.** A good starting point is about 0.4–0.5 g/lb. of body weight for an average individual. It

might sound like a lot, but it's not. That said, fat is a necessary and important part of a healthy diet, which is why you want the majority of this to come from healthy fats such as fish oil, eggs, coconut oil, red palm oil, etc. Between cooking oils and the fat in meats, your daily fat intake will pretty much be covered so there's no need to add fat to your meals. That means that you're not going to be adding mayo, olive oil, extra butter, cheese, etc.

- **Carbs.** This is going to depend on your metabolism and whether you're looking to lose fat or add muscle, so it's hard to give a general recommendation. But you didn't shell out the big bucks for this book just to have me dodge questions, so I'll give some recommendations anyways. If you're trying to lose weight then maybe start out at 1–1.5 grams of carbs per lb. of body weight on off days and 50–100 additional carbs on training days, with those extra carbs coming



(Right) Hani Rambod coaching me through my bodybuilding prep

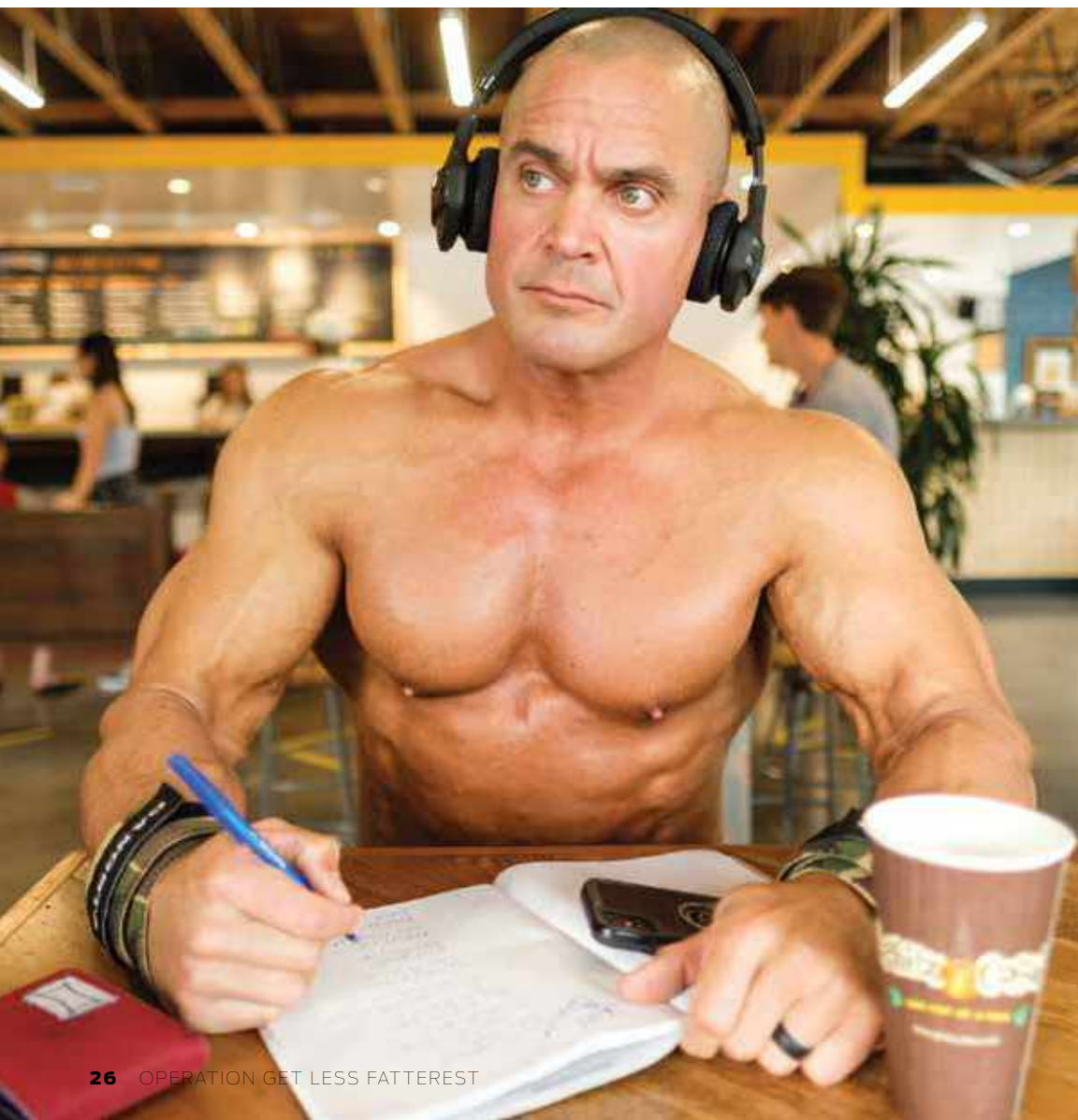
## 05 BODYBUILDING (CONT.)

before, during, and after your workouts. If you're trying to gain weight, maybe start with 1.5–2 grams of carbs per lb. of body weight on off days with an additional 100 on training days. Monitor how your weight changes over the course of a week or two and adjust your carbs up or down, according to your goals.

- **Vegetables.** Vegetables matter, but they don't count in my book. And this is, after

all, my book. In other words, vegetables are important for health, but since they're high in fiber and low in useable calories you don't need to count them towards your calorie intake. If you're trying to lose weight then you can take advantage of this by eating a good amount of vegetables to help fill you up while still keeping your calories low.

- Chicken
- Lean cuts of beef



## 05 BODYBUILDING (CONT.)

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- Turkey
- Pork
- Fish
- Egg whites
- White rice
- Sweet potato
- Japanese sweet potato
- Gluten free oats
- Brown rice pasta
- Asparagus
- Broccoli

### EXERCISE OVERVIEW:

You'll be training 4–5 days/week: Because we're eating like a bodybuilder, we're going to lift like a bodybuilder. We're going to ditch the powerlifting and not spend so much time on the squat, bench, and deadlift. Instead, we want to maximize our time in the gym and utilize our exercise differently. We will want to get to our working sets more quickly and get through 3 sets of 12 with 1-minute rest periods. The rest intervals are important. Once the warm up is completed, you should try to stay focused and get through each set without getting distracted.

### Cardio:

Make it as convenient as possible. Do it first thing when you get to the gym. Get it out of the way, since you probably don't like it. You can also utilize fasted cardio first thing in the morning, but if it requires more trips to the gym, it might not be realistic.

Get in 30 minutes on the Stairmaster of cardio 3x/week. I did it every day for my bodybuilding show, but I'm not going to kill you with that. Just try to do it four or five times a week. If you want to track the difficulty of it and know how hard it should be, your heart rate should be over 135 BPM but not exceed 145 BPM.

### EXAMPLE WORKOUTS:

**Note:** every exercise will be at a little bit of a tempo—controlled negatives for 4 seconds, and the concentric portion is just controlled. Not explosive. And the rest intervals will be short between sets – no more than 1 minute.

#### Monday: Leg Day

- 4x12 leg extension
- 4x12 leg press
- 3x10 squat (Note: The weights are going to be very light since you already did two previous exercises.)
- 3x10 walking dumbbell lunge
- 3x10 leg curls
- 3x12 dumbbell stiff-leg deadlifts

## 05 BODYBUILDING (CONT.)

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### **Tuesday:**

#### **Cardio**

### **Wednesday:**

#### **Chest and triceps**

- 3x12 machine bench or hammer strength bench
- 3x10 incline barbell or dumbbell
- 3x12 tricep dips (weighted if needed)
- 3x10 close-grip bench press
- A1: 12 triceps pushdowns
- A2: 12 dumbbell triceps extensions
- Repeat x3

### **Thursday:**

#### **Back and biceps**

- 3x10 pull ups (assisted or weighted, depending on strength)
- 3x12 palms up lat pull downs
- 3x12 palms up seated rows
- 3x10 hammer strength rows or T-bar rows
- 3x10 standing hammer curls
- 3x10 reverse curl
- 3x10 incline dumbbell curls

### **Friday:**

#### **Cardio**

### **Saturday:**

#### **Shoulders**

- 3x10 machine overhead presses
- 3x12 lateral raises
- 3x12 front raises
- 4x10 bent over lateral raises
- 4x10 face pulls

### **Sunday:**

#### **Cardio**





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BARBELL

CHAMPION

CHAMPION

**"THERE ARE PLENTY OF PEOPLE  
TALKING ABOUT THE BEST  
DIET, BUT WE ALREADY KNOW  
THE BEST DIET IS THE ONE YOU'LL  
FOLLOW. MARK BELL'S  
'OPERATION GET LESS FATTEREST'  
IS THE FIRST OF ITS KIND  
ENCOURAGING PEOPLE TO  
'TEST DRIVE' A VARIETY  
OF DIFFERENT DIETS IN  
AN EFFORT TO DISCOVER  
WHICH ONE YOU LIKE BEST."**

**— STAN EFFERDING**

\*\*\*  
OPERATION

**GET LESS FATTEREST**

**BY MARK BELL**