

Lindsey

12-WEEK FIT BODY BIKINI PROGRAM

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The background of the page is a vibrant blue with a pattern of white and light blue tropical leaves, including palm fronds and banana leaves, creating a lush, summery feel.

WELCOME

To My 12-Week Fit Body Bikini Program

Throughout my bikini competition prep I got so many messages asking for a program based on how I train for a competition. There are distinct body parts I focus on and aspects of training that are most beneficial when working towards a bikini competition.

I spent 9 months putting together a program for YOU based exactly on how I train for competition. Whether you are training for a bikini competition, a photo shoot, your summer bod, or just a fit life in general, this program will take your fitness level to all-new heights and give you a rock star bod to go along with it!

All of the workouts can be done either in a gym or at home, utilizing lots of weight training, circuit training, plyometrics and, of course, booty work designed to help you get that fitness model bod and feel incredible!

My favorite part of this amazing program is that it changes WITH you as you progress towards your goals. It's split into four 3-week phases and with each phase you will evaluate your progress towards your goals. If your progress isn't where it should be, you will make some changes to your cardio and your macro targets for the next phase. Don't worry, this doesn't need to be confusing. I will walk you through every single change you'll need to make!



This 12-Week Fit Body Bikini Program includes 2 new meal plans per phase and you have the option of following those meal plans or tracking your own macros and really creating life-long habits of good nutrition. As you get closer to your goal date, the meal plans and food choices will get more basic and you will focus more on whole foods and simple meals instead of elaborate recipes. This change will really help you dial in your physique.

With my own fitness journey and over 8 years of competing, including many national level competitions, I've learned that if you want to see

those jaw dropping results, you have to hit it from all angles. Focused workouts, intense cardio, on point nutrition, lots of water, and using the appropriate supplements will get you to your goals.

Thanks for bringing me along on your journey! Be sure to use these hashtags in your posts so I can follow your amazing progress.

#trainerlindseystribe #fitwithlinds
#fitbody #fitbikiniwithlinds
#trainerlindsey

XOXO,

Lindsey

What You Need For This Program

- IdealLean Supplements (Protein, BCAAs, Pre-Workout, Burner (optional))
- Food scale
- Measuring tape
- Scale for weigh-ins
- Booty bands
- Hip circle
- Long resistance band with handles*
- Aerobic step*
- Stability ball*
- Dumbbells (a lighter set and a heavier set)*

*For at home workouts

FIT TEST

You will complete this fit test before beginning the 12-week program to give you a baseline, and again when you finish to measure your progress against that baseline. It's important to monitor your progress in many different ways and measuring your fitness level is just as important as taking pictures and measurements. As I mentioned before, weight will be monitored, but only taken into consideration with the other metrics.

You will complete the four tests below after a five minute warm-up. Walk or jog for five minutes on a treadmill or do jumping jacks for 30 seconds on/30 seconds rest for five minutes. Once you are warmed up, complete the tests below, taking time to rest for five minutes between each one OR by doing each test on a separate day. Remember to do the test the same way at the end of the program!

Treadmill Speed Test

Warm up on the treadmill for about 5-6 minutes increasing your intensity as you go. Start with a walk and increase to a jog and then a run. Finish your warm-up with a slow walk again. When you feel ready to begin your test, increase your speed to your starting speed. (Estimate what you think your top 30-second sprint speed would be, and start 1.5 mph lower than that). Hold this start speed for 30 seconds. Increase by 0.5 mph every 30 seconds until you can't hold that speed for the full 30 seconds. This top speed is your score. If you're new to treadmill running and have no idea where to start, use 5.0 mph as your starting speed.

Wall Sit Test

Find a sturdy wall to complete this test. You will hold a wall sit with proper form for as long as you can and then record your time. For proper form, make sure your back is flat against the wall, hips are in line with your knees, and ankles are right under your knees. Focus on right angles at the hips, knees, and ankles. Don't rest your hands on your legs while you sit, that's cheating!

Plank Test

Hold an elbow plank for as long as you can then record your time. For proper form, keep your hands and forearms relaxed on the floor with elbows right under your shoulders. Keep your core tight and in a straight line from your shoulders to your toes.

Push-Up Test

Do as many push-ups as you can do on your toes without resting. Start and stay on your toes and do as many as you can. Keep your core nice and tight the whole time! You can take brief rests as needed but when your rest gets to five seconds, you're done! Write down how many push-ups you did. When you repeat the fit test, look at your number again so you know what to beat!

Example: 10 push-ups, 3 sec rest, 8 push-ups, 4 sec rest, 8 push-ups, 6 sec rest - END TEST. Score would be 26.

	Baseline	End of Program
Date		
Treadmill Test		
Plank Test		
Wall Sit		
Push-Up Test		

WORKOUTS

All of your workouts are written out in the workout eBook, but here is some info on some of the cool things you'll see throughout the program.

Workout Setup: You will see a variety of different workout setups throughout this program. We will be utilizing straight sets, supersets, and circuits. More explanation on what each of these mean can be found in your workout eBook.

Rest Period: Unless otherwise noted, I want you to rest for about 60 seconds between sets or supersets. At first this rest period may seem long, especially if you're used to circuit-training workouts. It's important that you're pushing yourself hard enough to NEED this rest period. You need to rest so that you can push your muscles to exhaustion again during the next set.

Periodization: This 12-week program is periodized through four different 3-week phases, which means the exercises, sets, and reps change each phase to build the most strength possible over the 12-week period. It's also perfect to repeat over and over because each phase has a different focus. To get the most out of this periodization, make sure you increase your weights and lift heavier when you can! Make absolutely sure you have proper form before increasing your weights!

Progressive Overload: This is probably the most important aspect of lifting weights when it comes to getting results! What it means is simple--make sure you're always challenging yourself and working to increase your weight when you feel ready. A good rule of thumb is that if you could have lifted that weight for 2-3 more reps, increase your weight for the next set. This will happen naturally with the way the program is periodized (remember that term?). As you decrease the number of reps in each set, increase your weights! It's a no-brainer to keep you progressing.

HIIT Cardio: This is basically the "answer" when it comes to fat-loss cardio. This cardio should not feel easy. It shouldn't even just feel "hard." It should almost feel like you're dying a little... in a good way ;-). When I say

sprint, this is not a fast run. This is a life or death sprint. Pretend like a bear is chasing you and you have to get away or you will for sure be eaten--that kind of a sprint! With that said, you don't have to actually run for your cardio. You can use any sort of cardio modality you'd like. The workout eBook will list a lot of options. The idea is that you push yourself to your max during that short time period. Your rest period should not be a jog or anything slightly intense. If you can jog during your rest, you weren't running fast enough. Your rest can be a slow walk/pace or even a complete rest where you stand on the side of the machine and wait it out, struggling for breath. Have I scared you yet? ;-). This kind of cardio will boost your metabolism, burn MORE fat in LESS time when compared to normal cardio, continue to allow your body to burn fat throughout your day, boost heart health, actually help in muscle building, and generally make you feel like a bad a**. 'Nuff said.

In addition to doing sprints, I also want you to work in HIIT cardio circuits where you use conditioning moves that can actually help shape your legs and glutes. More information on how to set these up can be found in the cardio section of each phase's eBook. Your work intervals can be anywhere from 60 seconds to 3 minutes, followed by 1 minute of complete rest to bring your heart rate down.

Steady-State Cardio: The downside to HIIT cardio is that it is taxing on your central nervous system (CNS), so it shouldn't be done too often. I have you doing it four times a week (3 HIIT sessions and one METCON session). Sometimes you need a little more cardio to reach your sculpting goals. Depending on your results, you may need to add in some steady-state cardio. This is simply cardio done without the intense intervals. It's a way to burn some extra calories without taxing the CNS and doesn't require as intense of a recovery. Don't go crazy though, because just like HIIT cardio, too much is not always better, so only do what is recommended!

Lifting Workouts

The lifting workouts are separated out into four 3-week phases and the workouts change each phase. The focus of the workouts is on shoulders and glutes - those all-important bikini muscles. We utilize many different techniques including plyometrics and circuit training to effectively shape those muscles. I recommend tracking your workouts in a notebook so you can make sure you are maximizing each session within the 3-week phase.

Vacuum Abs

In addition to the ab work in your actual workouts, I want you to perform vacuums every single day! Vacuums are an isometric hold that will tighten and tone your core like nothing else! It requires you to tighten and hold all of your inner ab muscles - your rectus abdominis - creating a nice flat tummy! You'll get so used to doing this that after a while you will naturally walk around with better posture, holding your tummy tighter with the appearance of a lean torso and flat tummy!

HOW TO: Start by taking a couple deep breaths, breathing in and out through your belly allowing your belly to rise with your inhale and fall with your exhale. On an exhale, blow all the air out of your lungs and draw your belly button in towards your spine as far as you can. Think about slightly pulling it "up" as well. Hold this contraction and your breath as long as you can, working up to about 1 minute. If you need to take a breath, hold the contraction and take a shallow breath.

You can also put your hands behind your head and rotate through your torso to engage your obliques.

HOW MANY: Do 4-5 sets, holding as long as you can. You can mix it up between isometric holds and torso rotations by either doing 2 sets of each, or focusing on holds one day and rotations the next day.

HOW OFTEN: You can perform vacuums every single day! Aim to do them at least 4x/week. Choose a time of day when you'll be most likely to remember them. I like to do them in the morning before or after I shower while I'm getting ready.

Cardio Workouts

We are using your HIIT workouts to build, tone and shape the glutes and hamstrings so it's important that you structure your HIIT workouts correctly. In this program, HIIT is NOT just a compilation of a bunch of body weight movements such as 10 squats, 10 crunches, 10 lunges, etc. You must choose exercises that leave you completely out of breath and require 100% all-out effort. Exercises such as burpees, running sprints, jump squats, skaters, medicine ball slams, battle ropes, rowing, etc. are great examples.

I want you to have variety in your HIIT workouts and use different machines and exercises. For this reason there are not set HIIT workouts. I do give you 14 examples that you can rotate through if you'd like, or you can create your own (See Cardio Addendum for example cardio workouts) or do routines you see on social media. The only requirements are the following:

- 60 seconds to 3 minutes of all-out 100% effort (you are DYING at the end of this)
- 60 seconds rest between intervals
- At least a few times a week include plyometric moves that specifically shape the glutes and shoulders such as those listed above
- If your rest is shorter, your work interval can be shorter (ie: 30 sec work : 30 sec rest ratio would also be appropriate)

Depending on your results we may be adding some steady-state cardio as well. Steady-state cardio is any cardio done at a relatively steady intensity. Where HIIT is all-out effort followed by rest, I want your steady-state cardio to be approximately 75-85% intensity for the entire workout.

If you have a heart rate monitor, that 75-85% exertion is what I want you to aim for. You can do any sort of cardio modality for your steady-state cardio that you'd like. Like the HIIT, if you can mix this up, that would be best.

Cardio Addendum

HIIT Cardio - We are using the cardio portion of this program to help shape your legs and glutes, so it's important that you vary your exercises and push yourself hard! Feel free to create your own workouts, use workouts you find online, or rotate through the examples below. The only stipulations are that you must push yourself as hard as you possibly can for 60 seconds to about 3 minutes. Each workout interval should be followed by a 60-second rest. You may choose to use a cardio machine and simply sprint/go as hard as you possibly can for 60 seconds followed by a 60-second rest, or you can create circuit workouts like the ones below. If you do create circuits, each exercise should be very difficult and a cardio-based move. Do not work in lower intensity moves such as sit-ups, for example, like many "HIIT workouts" do. I want each move to be very difficult and high intensity.

PHASE 1

Everyone will start with 20 minutes of HIIT 3x/week (This does NOT count your METCON - metabolic conditioning- workout that is written out with your lifting workouts). You will technically have four HIIT cardio sessions per week if you count the METCON workout.

EACH PHASE

If you gained more than 1-2 lbs in the previous phase, add 10 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 40-minute session on a separate day)

If you maintained weight within plus or minus 1 lb - add 5 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 20-minute session)

If you lost 1 ½ -3lbs or more - No additional cardio - only four 20-minute HIIT sessions.

Example Workouts

WORKOUT 1

30 sec Sled Push
5 Squat Thrusts
30 sec Sled Pull
10 Squat Jumps
60 sec Rest
REPEAT for 20 minutes

WORKOUT 2

30 sec Dumbbell Side Shuffle Squat Thrusts
5 Squat Thrusts
30 sec Rower
10 Squat Jumps
REPEAT for 20 minutes

WORKOUT 3

8 Skaters, each side
3 Burpees
30 Battle Rope Slams, each arm
3 Burpees
8 Box Jumps
3 Burpees
15 Med Ball Slams
REPEAT for 20 minutes

WORKOUT 4

60 sec Arc Trainer Sprint
60 sec Rest
60 sec Med Ball Slam/Burpee Combo
60 sec Rest
REPEAT for 20 minutes

WORKOUT 5

60 sec Stairs
60 sec Rest
30 sec VIPR Clean and Press
30 sec Ball Slam
60 sec Rest
REPEAT for 20 minutes

WORKOUT 6

30 sec Tire Flips
30 sec Box Jumps onto Tire
60 sec Rest
30 sec Battle Rope Slams
30 sec Kettlebell Burpees
60 sec Rest
REPEAT for 20 minutes

NO EQUIPMENT NEEDED:

WORKOUT 1

10 Ninja Jump Squats*
25 High Knees, each leg
10 Burpees
25 High Knees, each leg
10 Skaters, each side
25 High Knees, each leg
60 sec Rest
REPEAT for 20 minutes

*Rotate 180 degrees (facing opposite direction) with each jump squat.

WORKOUT 2

30 sec Sprint
30 sec Jump Squats
60 sec Rest
30 sec Sprint
30 sec Skaters
60 sec Rest
REPEAT for 20 minutes

WORKOUT 3

60 sec Sprints
60 sec Rest
30 sec Pop Squats onto Step
30 sec Toe Taps onto Step
60 sec Rest
REPEAT for 20 minutes

WORKOUT 4

10 Box Jumps
3 Mt Climbers with Hands on a Med Ball/1 Squat Thrust/
Stand with Ball
15 Ball Slams
10 Pop Squats onto Step
60 sec Rest
REPEAT for 20 minutes

WORKOUT 5

40 Mt Climbers, each leg
5 Burpees
30 Jump Squats
5 Burpees
20 Med Ball Slams
5 Burpees
60-90 sec Rest
REPEAT for 20 minutes

WORKOUT 6

30 sec Suicides*
30 sec Burpees
60 sec Rest
30 sec Man Makers
30 sec Star Jumps
60 sec Rest
REPEAT for 20 minutes
*sprint to one point, touch the floor and sprint back, going back and forth

TRACK

10 Stair Runs (up/down=1)
60 sec Rest
1 lap around track (Sprint longs/walk shorts)
60 sec Rest
REPEAT for 20 minutes

Burpee Runs:

Start at end zone
Run to 10-yard line and do 1 burpee
Run back to end zone
Run to 20-yard line and do 2 burpees
Run back to end zone
Run to 30-yard line and do 3 burpees
Run back to end zone
Run to 40-yard line and do 4 burpees
Run back to end zone
Run to 50-yard line and do 5 burpees
60 sec Rest
REPEAT for 20 minutes

NUTRITION

There are 8 delicious meal plans to choose from separated out into two plans per phase. You'll notice as you go through the phases the recipes get more simplified the closer you are to your goal. This has been done on purpose and will help you see the best results possible.

I have included really great recipes to dress up the food on your plans, or you can simply eat the protein, fats and carbs I have laid out for you as well. There is something for everyone, their schedules, and preferences. Feel free to try different plans and pick your favorite as long as you stick to the same plan for the entire day! No mixing and matching meals between meal plans is allowed! You are more than welcome to choose a plan from later phases to try earlier on in the program.

If you prefer a more flexible dieting strategy, the macros per meal and per day are all listed with each meal plan. You will also find the target macros for each weight range in the section below called "Flexible Dieting".

Guidelines

1. Choose one of the meal plans to follow and stick to that plan for the entire day. Do not switch between meal plans mid-day or pick and choose meals from different days.
2. Drink ONE gallon of water a day.
3. You may use any non-caloric sweetener.
4. No BLT's (bites, licks, tastes) of anything off the plan.
5. You must eat ALL of the food on the plan. Do not skip meals.
6. All veggies are allowed at any time during the day and do not need to be counted with the exception of soybeans/edamame, potatoes and corn. These fall under the carb category. Carrots, peas and squash can be eaten without tracking but keep them in moderation as eating these in excess will increase your carb intake.

Macro and Cardio Manipulation

One of the most unique parts of this program, and the one that will almost guarantee you reach your goals, is the macro manipulation between phases. This may sound overwhelming at first, but once you reach the end of that first phase it should all click!

At the end of each 3-week phase you will evaluate your results from that phase. You will make modifications to your macros based on your results of that phase. This should incentivize you to stay on track and work your absolute hardest during each and every phase.

IMPORTANT NOTE: If you were not 100% on track, do NOT make the macro and cardio manipulations! One of the biggest mistakes people make is dropping their calories too low, too soon. Instead, rededicate yourself to the program and give it your 100% effort. Make sure you're tracking correctly and not having any off plan bites, licks or tastes (BLT's). Stick with your current macro/cardio programming for another phase (3 weeks). Then, if you do not see results at the end of that phase and you were 100% on track, make the next macro adjustment.

Target Macros

Each meal plan will have slightly different macros, but the target macros for each weight range are as follows:

STARTING MACROS

Under 135 lbs - 1,450 cal; 46g fat; 130g carbs; 135g pro

135 - 165 lbs - 1,650 cal; 53g fat; 145g carbs; 150g pro

Over 165 lbs - 1,825 cal; 58g fat; 160g carbs; 165g pro

These are the macros everyone will start with for Phase 1. At the end of Phase 1, you will look at your results so far. If you lost 1 ½ - 3 lbs, you will not make any macro changes and will not add any steady-state cardio. You will continue with Phase 2 as written.

If you maintained your weight within 1 lb, you will multiply the fat grams x .9 for phase two, and add 5 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 20-minute session at a separate time).

If you gained 1 ½ - 2 lbs or more, multiply your fat grams x .8 for phase two, and add 10 minutes steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 40-minute session on a separate day).

HOW TO MANIPULATE THESE MACROS:

If you are tracking your own macros, you'll simply adjust your targets. If your target was 53g of fat, you will multiply $53 \times .9 = 47.7$, which is 48g of fat.

If you prefer to follow the meal plans, then you will simply multiply all of the fats in the program x .9. For example, if a meal calls for 45g of avocado you'll multiply $45 \times .9 = 40.5$ which is 40g avocado. Do this for each fat item in the meal plan.

After each phase you will look back at your results and, if your results weren't where we want them, you'll make a macro manipulation and add some steady-state cardio. No matter what phase you are entering, the first time you need to make a macro manipulation will come from fats. The second time (if needed), it will come from carbs. The third time (if needed - you may not even get to this point), it will come from both.

Here is an overview. This will be explained again at the beginning of the eBook for each phase.

First Manipulation

- Macros**
- If you gained more than 1-2 lbs - multiply fat x .8
 - If you maintained weight within plus or minus 1 lb - multiply fats x .9
 - If you lost 1 ½ -3 lbs or more - no changes
- Cardio**
- If you gained more than 1-2 lbs - add 10 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 40-minute session on a separate day)
 - If you maintained weight within plus or minus 1 lb - add 5 minutes steady-state cardio 4x/week (can be post-HIIT, post-lifting or as one 20-minute session)
 - If you lost 1 ½ -3lbs or more - No additional cardio - continue with only four 20-minute HIIT session

Second Manipulation

- Macros**
- If you gained more than 1-2 lbs - multiply carbs x .8
 - If you maintained weight within plus or minus 1 lb - multiply carbs x .9
 - If you lost 1 ½ -3 lbs or more - no changes
- Cardio**
- If you gained more than 1-2 lbs - add 10 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 40-minute session on a separate day)
 - If you maintained weight within plus or minus 1 lb - add 5 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 20-minute session)
 - If you lost 1 ½ -3 lbs or more - No additional cardio - continue with only four 20-minute HIIT session

Third Manipulation

- Macros**
- If you gained more than 1-2 lbs - multiply fats x .9 and carbs x .9
 - If you maintained weight within plus or minus 1 lb - multiply fats x .95 and carbs x .95
 - If you lost 1 ½ -3 lbs or more - no changes
- Cardio**
- If you gained more than 1-2 lbs - add 10 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 40-minute session on a separate day)
 - If you maintained weight within plus or minus 1 lb - add 5 minutes of steady-state cardio 4x/week (can be post-HIIT, post-lifting, or as one 20-minute session)
 - If you lost 1 ½ -3 lbs or more - No additional cardio - continue with only four 20-minute HIIT sessions.

The amazing thing about this program is that if you are consistent and stay on track, you WILL reach your goals because the program literally changes based on your results! If this seems confusing to you, see the example in the FAQs of a typical macro and cardio manipulation.

Treat Meals

Treat meals are worked into this program as a reward for your hard work and to give your metabolism and hormones a boost! Eating clean makes ME happy, as does the occasional treat. No need to feel deprived! You can have one treat meal each week on any day you choose.

You do NOT need to count the calories from your treat meal unless you find your results are slower than you'd like! As a way to speed up results, you can count the calories on this meal and limit it to 600 calories.

Do not stress over this too much though. This should be a time when you can go to a restaurant or to a party and eat moderate servings of the food that is served or a normal serving size of whatever it is you're craving. Just follow the guidelines listed below:

- Don't pig out or binge! This is not an excuse to hit a Las Vegas buffet, ha! Enjoy a moderate serving size of whatever it is you choose to have and move on.
- PLAN your treat meal! It's much more satisfying to plan it out in advance and anticipate the meal to come. Doing this can also help you stay on track and works as a reward system.
- Your treat meal should replace one of the meals on your plan. If you are going out to dinner, skip meal 5 on that day's plan and eat on track the rest of the day.
- If you don't feel like you need it or you feel like you haven't stuck to the plan as well as you should have/could have — don't take it! You do not NEED to take a treat meal if you don't want it. Towards the end of the program, if your results are not where you want them to be, I would suggest limiting your treat meal to every other week or cutting them out if you feel like you can handle it.
- Time your weekly weigh-in on the MORNING OF your treat meal and most definitely not after! It's common for your weight to go up a bit after a treat meal because of extra carbs and sodium, so stay away from the scale after you take one and don't stress, it will even right back out!

Meal Plan Charts

This plan is completely doable for anyone. In the Meal Plan Charts, I've provided a basic food chart OR a recipe/idea to follow for each meal. You can pick whichever works best for you. If you're in a hurry and can't make the recipe or you simply don't like the recipe, stick to the basic foods for that meal in the chart provided. You can eat those basic foods plain or you can use the food substitution chart to create your own meal that is still on plan! (More on this chart to follow).

You'll notice that some of the amounts are different in the recipe vs the basic foods chart, this is because I've accounted for any added sauces or extras that might affect the macronutrient content of the meal. So pick either the recipe OR the basic foods and stick with it for that meal.

MEAL PLAN CHART NOTES

1. If you don't work out in the morning, see the section in the FAQs about workout timing and adjusting your meals.
2. Drink one scoop of IdealLean BCAAs during your workout. You may also drink another scoop at the opposite time of day between meals. If you work out in the morning hours you can have your second scoop mid-afternoon. If you work out in the afternoon or evening, have your other scoop mid-morning. If there are certain times of the day when you have more cravings, that would be a great time to take your BCAAs!
3. Try IdealLean Pre-Workout for more energy, blood flow, and focus during your workout. Drink one scoop about 20 minutes before your workout.
4. When I specify a certain flavor of IdealLean Protein in the meal plans, you can try the recipe with any flavor you'd like.
5. Preferred sweetener is stevia, but you may use any non-caloric sweetener.
6. Practically any meal can be taken on-the-go if you have a smaller cooler and a hard-core attitude! Yes, you really CAN eat your food cold! ;-)
7. You'll need a food scale for accurate food measurements!
8. Make sure you follow the recipes in YOUR section of the booklet as they are formatted to fit YOUR specific meal plan!

Food Substitutions

Part of loving the process is loving your food! Feeling restricted or limited in your choices can have some pretty disastrous effects and can cause you to fall way off plan. It's important to have some flexibility in your options to give you ownership and confidence to make good nutrition choices, both during and after the challenge ends.

To adapt any plan to fit your preferences, use the food substitution chart. To use this tool, simply find the item in the chart in the right amount that you want to sub out, and you can sub in anything from the same row! The approximate calorie total for that food is in the left column so you can also substitute ANYTHING you'd like of the same macronutrient in the right calorie amount! Remember to only sub carbs for carbs, protein for protein, and fat for fat. Also, keep in mind that if you want to follow the recipe, subbing in different foods may affect the recipe and the nutritional content.

Use the fruit substitution list the same way. Find the fruit and amount called for in your plan and sub in anything in the same row or match the calories with another fruit. Any fruit can be subbed in for your fruit in your plan. Fruit can also be subbed in as a carb source by matching calories using the substitution chart.

FLEXIBLE DIETING

Use the food substitution chart as described above if you want to mainly focus on following the meal plans while adding a little variety. If you'd like to really open yourself up to more ideas and much more flexibility, you have the option to track your own macros. If you're not familiar with tracking macros I would suggest purchasing my eBook "Trainer Lindsey's Ultimate Guide to Macros". It may be a daunting task at first but you'll catch on quickly. It has been a tool for many people searching for food freedom!

If you choose to track your own macros, here are the target macros for each weight range for this program. Remember, as you move from phase to phase, you may be adjusting these macros based on your progress. Instructions on this can be found at the beginning of each phase eBook.

WEIGHT RANGE	APPROX CALORIES	FAT	CARBS	PROTEIN
UNDER 135 LBS	1,450	46g	130g	135g
135-165 LBS	1,650	53g	145g	150g
OVER 165 LBS	1,825	58g	160g	165g

I call the calorie target "approximate" because as long as you are tracking each individual macro within +/- 3g fat and +/- 5g carbs and protein, your calories will automatically be in the right range. Each gram of fat has 9 calories and each gram of protein and carbs has 4 calories. Do not worry about getting your calories exactly to these targets. Food labels legally have some allowance in their calories listed on the label, so it may not come out as perfectly as the math would.

Clean Eating

Flexible dieting and tracking your own macros sounds fun and enticing because you can have more variety in your food. This is true! But remember that your results will be best when you keep your food choices and meals simple, basic, and “clean”. As a general guide, here are some food lists of acceptable foods you can include for best results. As you get closer and closer to your goal, you may find yourself having to limit your food choices to foods that YOU digest easier and feel better on. If you notice you get very bloated after eating dairy or beans for example, it would be best to cut those out for the short term while you are working towards this goal.

This list is NOT all-inclusive. If there are foods you want to eat that are not on this list, it is completely acceptable for you to work them into your macros. This list is just an example of good choices that will help you reach your goals:

CARBS

Oats
Any potato (sweet, red, white, baking, etc.)
Brown or white rice
Rice cakes
Puffed grain cereal (the only ingredient should be the grain)
Low-sugar cereal (6g sugar per serving or less)
Cream of rice/wheat
Quinoa
Couscous
Beans (assuming you digest them well)
Any fruit
Any veggies**

PROTEIN

Chicken breast
Flank steak
Lean ground beef
White fish
Shrimp
Salmon
Lean ground turkey
Deli meat (deli slices are fine if they are all natural and have no added nitrates)
Turkey bacon/Bacon
Eggs/Egg whites
Protein powder

FATS

Nuts
Nut butters
Avocado
Coconut oil
EVOO
Nut milks

Important Note: Salsa, mustard, vinegar, hot sauce, buffalo sauce, seasonings, stevia/other zero-calorie sweeteners, black coffee and tea are all fine and do not need to be tracked.

Macros

The term “macros” refers to macronutrients and is where you get the “energy” (calories) from the the food you eat. All of your calories come from one macronutrient or another, and each calorie source can generally be classified as being “healthy” or not.

Macronutrients can be divided up into three categories:

Protein
Carbohydrates
Fats

*Alcohol is technically a fourth category that we’ll address later

How people choose to track and eat their macronutrients varies, but it is ultimately based off of a few different factors including weight, height, and body fat percentage in relation to how often you work out and what your goals are (weight loss, build muscle, etc.).

All of the meals in this challenge have been carefully constructed around specific macronutrient amounts to help your metabolism operate at top efficiency for burning fat and developing lean muscle.

PROTEIN

Protein is made up of amino acids that are the building blocks of muscle tissue. When you lift weights, your muscles break down, microscopically tearing. Protein is responsible for building those muscles back up even stronger than before through a process called protein synthesis. If you want to build lean muscle, burn more fat and effectively lose weight, then you should include more protein in your meals.

FAT

Somewhere in the recent past, fat in any form became something to fear. Low-fat diets were all the rage and even though science and research have disproved this approach over and over, some people are still fooled.

The truth is that your body needs and depends on healthy fats such as those found in avocados, oils, eggs, nuts and nut butter, meats and even dairy products. Fat gives you energy, helps with cell structure, allows you to absorb other nutrients, and assists in nerve, brain and heart function. Plus, it's delicious and makes your food taste better! Because fats are so rich and tasty, it's easy to go overboard. Like most things in life, moderation is a key part of fat consumption.

CARBOHYDRATES

Carbs are not the enemy, ESPECIALLY when it comes to boosting your metabolism and sustaining your weightlifting workouts. Carbs are your body's preferred and most efficient source of energy and are very important when it comes to fueling high-intensity exercise.

Simple carbs are digested and broken down in the body very quickly, triggering a rise in your blood sugar (via insulin release) and promoting fat storage. Most simple carbs are high in sugar and highly processed--think white bread, candy, chips, crackers, cakes, and everything your sweet tooth probably craves! Ideally, you avoid simple carbs in your daily diet as much as you can with the exception of treat meals and a few specific post-workout related windows.

Complex carbs take longer to digest and create less of a need for an immediate insulin release, which helps

stabilize your blood sugar level. They contain important vitamins, minerals and nutrients that are essential to your health. These carbs are "unrefined," meaning they aren't broken down and processed. Generally, complex carbs come in the form of vegetables and whole grains.

HYDRATION

Drinking a gallon of water a day is crucial to this program. Water is a natural appetite suppressant, improves metabolic function, and keeps you hydrated during workouts and throughout the day. Plain old water is one of the best tools for maximizing metabolism!

If you aren't in the habit of drinking this much water, planning is key! Figure out the kind of bottle that would work best for you, and plan a daily schedule to stay on track to finish a gallon by the end of the day.

Example Hydration Strategy:

Drink two cups immediately upon waking

Two more by 9am

Four more cups by noon

Four more cups by 3pm

Four more cups by 6pm

Some of you may prefer to just sip on your gallon throughout the day and that's fine too. I recommend buying a plain empty gallon water jug from the grocery store (you can find these usually back by where you fill up filtered water jugs in the juice and beverage aisle).

However you go about it, try to get at least half of your water in by noon and finish early enough in the evening to make sure you're not up all night making trips to the bathroom.

Acceptable Low-Calorie Options:

IdealLean BCAAs

Tea

Black Coffee (can use almond milk as a creamer and stevia to sweeten)

Zero-Calorie Water Sweeteners

Any Sugar-Free, Zero-Calorie, Sports Drinks

Any drink with five or fewer calories per serving

*Diet soda is allowed in moderation, but do not exceed one 12 oz can per day while on this program.

ALCOHOL

I recommend cutting out all alcohol for the entirety of the 12-week program. If that's not possible, please limit your intake to one drink a week and include it with your cheat meal.

Most alcoholic beverages are sugar-laden and high-calorie. Alcohol has low nutritional value and can actually keep your body from metabolizing other needed nutrients. Our bodies recognize alcohol as a toxin and will stop other processes (ie: your metabolism and digestion) in order to rid your body of this toxin. Also, when your judgement is impaired, so is your willpower, potentially causing you to disregard calorie intake and drive your meal plan completely off track.

Let's keep things easy and stick with water!

Eating Out

I understand that situations arise where you're not always home for meal times. The best case scenario would be to prepare your on-plan meals and take them on-the-go, but if that isn't possible, follow these guidelines to help you stay on plan as much as possible.

1. Consider the planned meal you would normally be having and try your best to replicate it. Eyeball your portion size and match up carbs and fats according to what you would have been eating for that meal.
2. Try to plan ahead of time, especially if you know the restaurant where you'll be eating. Many have their menus posted and some even include the nutritional content. If you're using a phone app like MyFitnessPal, you can search out the nutritional information of different foods which can also be a big help. Remember, restaurant portions are usually huge--don't be tempted! Keep your portion size in check and box up any excess to go before you start eating.

Ideas for Food Choices When Eating Out

Proteins: order lean meats like chicken or fish, grilled if possible, and plain without sauces or butter. Seasoning is totally ok.

Vegetables: order plain without sauces or butter. Seasoning is totally ok.

Side Dishes: order side salads or a baked potato without sour cream and butter.

Safe bets include:

Grilled chicken or fish, steamed veggies and baked potato

Salad with grilled chicken and rice and beans (ask for half the amount of rice and beans they would normally serve)

Grilled fish tacos on corn tortillas

Salad with grilled chicken and avocado, dressing on the side

Post-Workout Meal on Rest Days

On any day you don't lift weights, replace the "treat" carb in your post-workout meal with a "cleaner" carb such as fruit, oats, rice, etc. Have the meal match the macros listed in that particular meal plan.

Supplements

You don't need to run off to your local supplement shop and drop hundreds of dollars on supplements. We are relying primarily on whole foods and hard workouts for results in this program. Below are the few specific supplements I do recommend:

- **IdealLean Protein:** This is a high quality 100% whey isolate that is great for pre- and post-workout nutrition. It is quickly and easily absorbed and will get to your muscles fast to start the repair process. Plus, the flavors are amazing and can be a great solution to a sweet tooth ;)
- **IdealLean BCAAs:** BCAAs stand for Branched Chain Amino Acids. They are essential amino acids that our bodies cannot make themselves, so we need to get them from outside sources. BCAAs help maintain muscle as well as combat muscle soreness and assist in recovery. IdealLean BCAAs also have a special, stimulant-free, fat-burning blend and coconut water to aid in hydration.
- **IdealLean Pre-Workout:** Pre-workout can give you an extra boost for your workouts, helping you have the best workout possible every time. Some of the ingredients include natural sources of caffeine for energy, betaine anhydrous for increased strength, beta alanine for endurance and stamina, and citrulline malate for that great "pump." I love this pre-workout because I get a great boost of energy and focus and never feel a crash because it has natural caffeine that won't make you jittery or anxious, as can be common with other pre-workouts.
- **IdealLean Burner:** This is optional. With important fat-burning ingredients like caffeine, green tea, black pepper extract, and CLA, this supplement will give your metabolism a boost when you are eating right and working out hard in the gym.
- **IdealLean L-Carnitine:** L-Carnitine helps convert fat to a usable form of fuel that your muscles can rely on for energy during workouts. There are no stimulants in this supplement, so it can be taken anytime of the day and does not need to be cycled off of.
- **IdealLean Krill Oil:** Krill oil is one that I recommend everyone take daily! Krill oil is absorbed much easier than fish oil and can help give you a boost in mood, cardiovascular health, and help reduce inflammation. Omega 3- fatty acids have also been shown to boost many bodily processes and can even help promote a healthy metabolism!
- **IdealLean Nighttime Probiotic:** Fitness is holistic, meaning what's going on inside is just as important as what goes on outside. Your gut health absolutely affects how well your body responds to nutrition and workouts. Rebalancing your gut with both healthy pre- and probiotics will speed up healthy digestion for a smooth metabolism and boost immunity by replacing old or weak probiotics. And IdealLean Nighttime Probiotic has a natural Sleep Blend with chamomile and valerian root, to help you get a restful night's sleep--which is also essential for good results.
- **IdealLean L-Glutamine:** L-Glutamine is a naturally occurring amino acid that plays a big role in helping you build a strong, happy, healthy body! L-Glutamine supports optimal post-workout recovery, helps optimize digestion, and supports a strong immune system. If you're living an active lifestyle and working hard toward reaching your fitness goals, IdealLean L-Glutamine can help provide that edge you're looking for.

FAQ

Q: What does it mean to “lift heavy”? I think I’m lifting heavy but the weights I’m lifting aren’t as heavy as the girl next to me. Am I lifting heavy enough?

A: Keep in mind that the term “lifting heavy” is relative and means something different to everyone. For each individual, it means you are pushing yourself to exhaustion or close to it every single set. That may mean using 10 lb weights for one person and 20 lb weights for someone else. As long as you know you are giving each workout your best, you’re lifting heavy. Don’t worry about what weights other people are using. Focus on you, girl.

Q: These exercises are new to me. How do I know what weights to use?

A: I want the workouts to be challenging! In order to change your body you *MUST* push outside of your comfort zone. The weights you use should be very challenging to finish the set but not impossible. If you feel like you could have done 3-5 more reps when the set is over, increase the weight next time. If you couldn’t finish the set, decrease the weight. The first workout will be full of trial and error and that’s ok! Pick a weight that you think you can handle to start out with. Play around with it if you don’t know. Most people like to start with two sets of weights--one heavier and one lighter. Try starting with 5 lb or 8 lb dumbbells and then a set of 12’s, 15’s or 20’s.

Q: Can I do the exercises out of order if someone is using the machine I need or should I just wait for it to open up?

A: The exercises were written in the order they were for a specific reason, BUT I don’t want you to waste time sitting around waiting. Definitely feel free to do the exercises out of order if needed to keep you moving through the workout.

Q: The workouts are too long for the amount of time I have. Can I shorten them?

A: Definitely! Keep in mind that to build muscle and get toned, you do need to be able to commit a solid amount of time every day, but shortening the workout is definitely better than skipping it or feeling frustrated and quitting. All you need to do is do one less set than the workout calls for in each exercise. If the workout is set at

4 sets of 12 reps, feel free to do 3 sets of 12 reps of each exercise if needed. Simple as that! :-)

Q: I’m really sore from my workouts, what should I do? Is it okay to skip a workout?

A: Muscle soreness is definitely something you may experience after a great workout. Some things you can do to help support your recovery include:

- Low-intensity cardio such as a walk or easy jog
- Foam rolling
- Stretching
- Epsom salt bath--put two cups epsom salt into a really warm bath and soak for 20 minutes.

Use IdealLean Protein and make sure you’re drinking IdealLean BCAAs during your workout and one other time during your day between meals! BCAAs help muscle recovery and protein synthesis. Also consider adding IdealLean L-Glutamine to your supplement routine! It will also help muscle recovery. Your sore muscles can use all the extra help!

If you’re so sore you feel like you can’t even walk or move, try rearranging the workouts for the rest of the week so that you have another day off before you work the sore body part again. It’s also okay to drop the weight a little bit but still complete the workout if you can. If you are absolutely too sore to move, add a rest day in and pick things back up the day after.

Q: I’m not sore anymore! Is this bad?

A: Being sore can be a good indicator of how hard you pushed yourself, but if you’re not sore, that doesn’t necessarily mean your workout was unsuccessful. The body is incredibly efficient at adapting, so just because you don’t feel sore doesn’t necessarily mean your workout was bad! The most important factor is to make sure you are giving each and every workout everything you have!

Q: Do I get a treat carb with the post-workout meal even on days I don't lift weights?

A: No. Bummer, right?! On your days you don't lift, I want you to have a healthier carb such as fruit, oats, rice, potatoes, etc. Feel free to create your own meal matching the macros of that post-workout meal, or use the sub list to sub that carb out for a healthier option.

Q: If I am tracking my own macros do I need to track sugar?

A: No, you don't need to track your sugars. For best results, keep any added sugar or treat to your post-workout meal only. If you do that then you will be fine. I've found that when people get too hung up on their sugar totals, it discourages them from including very healthy foods that are higher in natural sugar such as fruit, sweet potatoes, bell peppers, etc.

Q: If I am tracking my own macros, do I need to track my veggies?

A: All veggies are allowed and do not need to be tracked, with the exception of soybeans/edamame, potatoes, and corn. These need to be tracked. Carrots, peas and squash are allowed untracked in moderation. The exception would be if you are eating a lot of them such as a meal where the base of the meal is a squash like spaghetti squash or zucchini noodles, or if you're using a lot of a tomato product like salsa or tomato sauce. Then you may see best results if you do track those veggies in that meal. Another exception would be if at any time you would like to speed up your results and be as exact as possible. Then you are welcome to track all of your veggies.

Q: Do I need to eat before working out?

A: It's ALWAYS best to eat before working out, but it can be difficult to do if you work out very early in the morning or simply prefer to exercise on an empty stomach. If you find that doesn't work for you, working out on an empty stomach is OK, as long as you're sipping on IdealLean BCAAs during your workout to keep protein synthesis going. See the next FAQ for how to organize your meals for early AM workouts.

Q: How do I alter my meals to fit with my workout schedule?

A: Based on when you work out, adjust your meals as follows:

VERY EARLY AM workouts for people who don't want

to eat pre-workout:

Workout

Meal 2

Meal 1

Meal 3

Meal 4

Meal 5

Meal 6

AM workout:

Plan as written

Mid-day workout:

Meal 1

Meal 3

Workout

Meal 2

Meal 4

Meal 5

Meal 6

Afternoon Workout:

Meal 1

Meal 3

Meal 4

Workout

Meal 2

Meal 5

Meal 6

Late Afternoon/Early Evening Workout:

Meal 1

Meal 6

Meal 3

Meal 4

Workout

Meal 2

Meal 5

After Dinner Workout:

Meal 1

Meal 6

Meal 5

Meal 4

Meal 3

Workout

Meal 2

Q: Why is there sugar/junk food included in some of the post-workout meal options?

A: Your body burns through a post-workout meal very fast, so adding in a fast-digesting carb or simple sugar (i.e. “treat”) during this window can actually help speed up that digestion even more. This is the one time of the day that eating simple carbs or sugars can be considered helpful! I’ve also observed that having a post-workout treat helps people stay on plan because they feel rewarded and can satisfy their sweet tooth, which in turn keeps them motivated and moving forward. You do not need extra fat post-workout because it can slow digestion and impede the body’s ability to recover so you’ll notice the treats we use are all low-fat or fat-free options!

If you do include a treat with your post-workout meal you might feel hungry faster than you would normally. This is normal and you can eat your next scheduled meal 90 minutes after your post-workout meal if you need to. You don’t have to wait the full 2 1/2 to 3 hours as directed in the nutrition plan.

Feel free to use the sub list and sub in a complex carb if you feel like a treat post-workout would be mentally counterproductive for you. However, rest assured that a little sugar will not affect your results when included as part of your post-workout meal and may even help with muscle building!

Q: Do I alter the meal plans on my rest days?

A: I don’t want you skipping any meals on days you don’t lift weights. When you’re working out 5-6 days a week, your body is always in a state of recovery and will always need this amount of protein and food.

Q: I’m having a lot of sugar cravings. What can I do to curb them?

A: Keeping your blood sugar levels stable will do a lot to help you avoid cravings. Do this by adding in more approved veggies to each of your daily meals. You can also try any of the following strategies to help you stay on plan:

- Drink one scoop of IdealLean BCAAs
- Take a walk outside for 10 minutes
- Drink 16 oz water or or add in zero-calorie water flavoring
- Chew a piece of gum
- Brush your teeth
- Take a bath
- Change up your scenery and keep yourself busy! Do you have errands to run? Laundry to fold? Work that needs

doing? Get yourself involved in those tasks and take your mind off your cravings!

Q: Can I still do this program if I’m pregnant or breastfeeding? What do I need to adapt?

A: First of all, if you’re pregnant or breastfeeding you should receive clearance from a doctor before beginning any new fitness regimen.

I am not a medical professional. But generally, if you’ve been weight training and doing cardio prior to getting pregnant you are OK to continue that same approach into pregnancy. If you want to begin a new program, it’s always best to take a slow approach and really pay attention to how your body feels. If you begin to feel dizzy, sick, light-headed or otherwise “off,” rest until you feel better or cut the workout short to be safe and be sure to discuss these symptoms with your doctor before continuing further.

Women in the second trimester shouldn’t do anything inverted or lie flat on their back. Use a stability ball or an aerobic step to put your body at an incline instead of lying flat on the floor.

As you advance into pregnancy, pay special attention to how your joints feel. If any exercise hurts your joints such as your hips or knees for example, substitute another exercise that works the same body part, or skip it altogether.

For the second and third trimesters, and also postpartum (if you are breastfeeding) you’ll need additional calories. If you are pregnant, I recommend taking the food amounts in the program and multiplying them x 1.15. This will add about 200-300 calories to the program. If you aren’t putting on weight and your doctor feels like you should be gaining more, jump up to the next higher calorie meal plan and continue multiplying the amounts x 1.15. If you are nursing, I suggest multiplying the food amounts in the program x 1.25. The idea here is to allow you to start to lose extra weight while still maintaining your milk supply. Again, if you feel like you are losing too quickly and your milk supply begins to suffer, jump up to the next higher calorie meal plan.

For example, If the plan calls for 40g oats you would do the following:

40g oats x 1.15 = 46g oats

Instead of having 40g oats you would have 46g oats. Do that for every single food item on the plan. This will ensure you're getting enough calories for your pregnancy and for postpartum milk production.

Q: Can men do this program?

A: Yes! Just multiply all food amounts x 1.3. This will increase the carbs, protein, and fats in proportion to each other.

For example, If the plan calls for 40g oats you would do the following:

40g oats x 1.3 = 52g oats

Use the same calculation for every single food item on the plan. This will ensure you're getting enough calories to fuel your workouts and your metabolism and still lose fat.

Q: I am lactose intolerant/gluten intolerant/vegetarian. Can I still follow this program?

A: Yes!! Just use the Food Substitution Chart to sub out any non-allowed food items and sub in gluten-free or lactose-free foods, or non-meat based protein sources off the list. Or you can completely tailor it to fit your preferences by tracking your own macros.

Q: I'm going on vacation during the challenge and I don't want to lose all of my results and ruin my progress, what should I do?

A: If it's the type of vacation where you have control over some of your food, try to stick to the plan when you can. Use the Food Substitution Chart and sub out the basic foods in the meal plan for more travel friendly options. Some of my favorite travel-friendly options are:

Carbs: tortillas, rice cakes, low-sugar cereal, fruit

Protein: IdealLean Protein, beef jerky, tuna packets, low-sugar protein bars

Fats: nuts and nut butters

For the meals where you don't have control over your food, try to eat as close to on-plan as possible with your food choices. If that's not possible, focus on the amount of food eaten and keep portions small. Get back on track with your next on-plan meal as soon as you are able.

For your workouts, invest in an inexpensive set of bands, most dumbbell exercises can also be done with bands. Bands are easy to tuck into a suitcase and you can take them anywhere.

If you find yourself without equipment, you can turn a weighted move into a bodyweight move and just increase the intensity by increasing the reps. You can also add in more plyometric type moves such as burpees, mountain climbers, squat thrusts, etc. to increase the overall intensity of the workout. Don't forget to look into local gyms or your hotel gym. There are sometimes great options close by!

Staying on plan on vacation CAN be done, I've personally done it many times! It is hard but completely worth it to come home from vacation feeling amazing and knowing you earned great results even while you were away from home!

Q: Why do you always use unsweetened almond milk? Can I use a different kind of milk?

A: Unsweetened almond milk is a creamy, low-calorie alternative to cow's milk. Other acceptable milks are unsweetened coconut or cashew milk. Any milk that is 30-40 calories per cup is fine. If you'd like to use skim milk you can, but use half the amount that is listed in the plan for almond milk to sub properly. Soy milk isn't recommended because too much soy can affect women's hormone levels.

Q: How far apart should my meals be spaced?

A: In order to get all six meals in during the day your meals will end up being approximately 2 1/2 - 4 hours apart, the one exception to this is that post-workout meal. Since your body burns through those calories quicker than it does the other meals, you might need to eat sooner, and that's okay. After your post-workout meal you can eat again 1 1/2 hours later.

Q: Can this program be used to prep for a bikini competition or photo shoot?

A: Yes! I would combine this program with Peak Physique Protocol for a great competition or photo shoot prep! Since this program changes based on your results it's just like having your own coach!

Q: If I don't have to adjust my macros until Phase 3 which manipulation do I do? Do I do the first manipulation or the second? Can you give an example?

A: No matter what phase you are starting, if it is the first time you are changing your macros you do the first manipulation - fats. Here is an example of a typical women's journey through the program.

Starting weight: 155 lbs

Starting macros: 1,650 cal; 53g fat; 145g carbs; 150g pro

End of Phase 1: Lost 2 ½ lbs so she does not add any steady state cardio or make any macro adjustments.

End of Phase 2: Maintained her weight. She will use the first manipulation which is to multiply the fats x '9'. Her new macros are 48g fat, 145g carbs, 150g protein. This will take her calories down about 50 calories as well. She will also add 5 minutes of steady-state cardio 4x/week. She chooses to add this as one 20-minute session on a separate day of the week.

End of Phase 3: Lost 3 lbs so she does not make any macro adjustments or add any cardio.

End of Phase 4: Lost ½ lb and plans to do the program again. She will use the second manipulation and multiply carbs x '9' and add 5 more minutes of steady state cardio 4x/week. She decides to add this to her current 20-minute steady-state day, for one 40-minute steady-state cardio workout. Her new macros are 48g fat, 130g carbs, 150g protein. This gives her approximately 1550 calories. $[(48g \text{ fat} \times 9) + (130g \text{ carbs} \times 4) + (150g \text{ pro} \times 4)] = 1,552 \text{ calories}$

She will then start the workouts over with these new macros and cardio programming.

Q: Can I do this program over and over again? If so, is there some point where I should stop dropping my calories and adding cardio?

A: Yes, you can do the program over and over again and continue using the manipulations rotating through them in order. If you get to the point where you have done all three manipulations and you hit a 3-week plateau and have been 100% on track, then you can go back to the first manipulation and adjust fats again.

You will get to a point when you should NOT drop calories any lower or continue to add cardio. I do not want you doing more than 1 hour of cardio a day and I do not want your calories to be much lower than 10x your body weight. If they dip lower for a short period of time that is ok as long as you don't keep them there for long. If you're in a place where you feel like your calories need to be lower than 10x body weight to see results, then it's time to have the hard conversation with yourself and

consider a reverse diet.

This means your metabolism is very adapted to being in a caloric deficit and you need to give your body a break by slowly adding in calories each week to allow your metabolic rate to slowly increase. This process, while long and difficult, can set you up for future fat loss success.

Q: I didn't lose any weight during this last phase but, if I'm being honest with myself, I haven't been exactly on track. I had quite a few off-plan bites of food and I know that I didn't push myself as hard as I could have in my cardio and lifting workouts. Should I still make the macro adjustment?

A: No! You should only make the macro adjustments if you have been 100% on track. One of the biggest mistakes people make is dropping calories too low, too soon. All this does is set you up for an early plateau that will be difficult to push through. Instead, rededicate yourself to the program and your nutrition and continue on to the next phase with 100% effort. THEN at the end of the next phase, if you don't see results, make the macro adjustment.

Q: Can I still do this program if I don't want to lose weight? I'm more interested in shaping my muscles and building my fitness level. Is this the right fit for me?

A: Yes! The only modification you'll make is that you won't drop the calories each phase if you don't lose weight. You'll keep them at the starting calories. If you do lose weight and don't want to, you'll actually want to slowly increase calories until you find a place where you feel great and are maintaining your body weight. Try adding about 50-100 calories every week or so until you find your maintenance level.