

THE SCULPTED VEGAN

ONE WEEK SHRED



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ONE WEEK SHRED

INTRODUCTION



I AM NOT A FAN OF FAD DIETS OR QUICK FIXES.

Everything that I teach in my programs is about sustainable, long term results built with consistency and dedication, over time. Yet in saying this, I'm not against dieting as a concept when used correctly. Athletes diet every year when preparing for a show. It's an essential part of our bodybuilding cycle. However, the difference between competitive bodybuilders and the average Joe or Jane is that when bodybuilders diet, there is a start point and an endpoint,

coupled with a measurable goal. Calories and macros are meticulously planned around individual body composition, results are measured every week against the end goal, and changes are made accordingly. Nothing is left to chance and there is no room for cheating or error. This mindset is vastly different to the average Joe or Jane who is permanently on a "diet". They seem to view a diet as a lifestyle, not something that stops and starts and has a measurable goal.

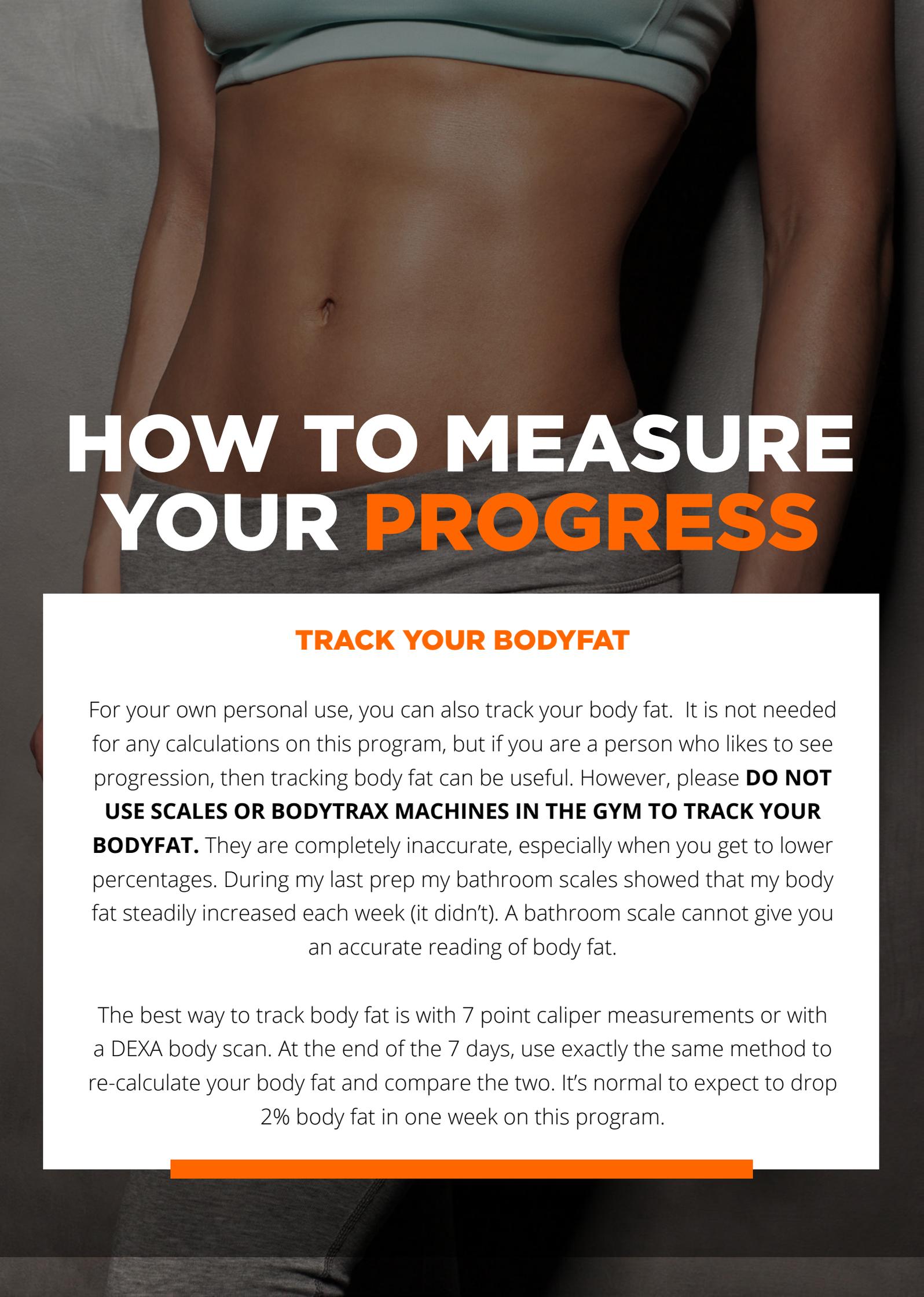
They yo-yo in and out of bingeing and starvation, confusing the hell out of their metabolism and causing results that are as inconsistent as they are. Yet I realise that not everyone wants to be a competitive athlete with the work and self control that comes with it. Many people just want to have a slim physique, look relatively toned and enjoy life and all its indulgences. And I respect that. Yet, even though not everyone wants to step on stage, most of us will have, at one point or another, a special event, wedding, birthday or vacation that we want to look and feel our best for. Others may not notice a few extra pounds on us, but we know that without them, we look and feel better. This program will help to shred them off. Also, seeing quick results is motivating, as is showing up for yourself and doing the work. I always say that the hardest part of going to the gym is getting there. Once you're there and you get into a routine, and start seeing results, it's very easy to keep going. This program could just be the kick start you need to get your healthy and fit lifestyle moving in the right direction.

THE ONE WEEK SHRED is designed to get maximum results in the shortest amount of time. It is my pre-contest diet when I am only a week or two out from a show, and need to shred off the last few percentages of body fat. It's not meant to be sustainable over the long term as it has only just over 1100 calories per day. Precise nutrition teamed with anabolic workouts and careful supplementation, means that your body will preserve muscle tissue, burn fat and keep the metabolism running along. On this program it is perfectly normal to drop up to 5lbs of fat in one week, and up to another 5lbs of water. The more weight you have to lose, the better your results. Anyone coming into this program eating more than 2000 calories will have better results than someone who is currently only eating 1400-1600 calories. The more you eat, the higher your metabolism, especially if you eat more carbs. Carbs stimulate the hormone leptin which is responsible for regulating the metabolism. Those on a low carb diet have a harder time losing fat than those who eat plenty of carbs. Remember also that the last few pounds are the hardest to shift. Your body does not want to be super low in body fat as it's job is to keep you alive and healthy. It will fight you every step of the way to get down to below 14% as a female and 10% as a male.

CAN YOU DO THIS PROGRAM FOR LONGER THAN ONE WEEK?

The One Week Shred is designed to be used for 7-14 days maximum, but could be cycled for 4 weeks if you really wanted to burn a huge amount of body fat for a special event or vacation. It's worth knowing however, that if you chose to follow this program for three or four weeks, your metabolism would start to slow down and push your body into fat storage mode once you started eating normally again. You will also notice that your recovery will not be as good as if you were eating lots of food prior to and post training. You may feel fatigued, sore and weaker in the gym. This is all a normal part of shredding. The mental strength you need to keep going is enormous. If you choose to do this program for any longer than 14 days, I recommend that you have one high carb cheat meal per week, such as pizza, pasta or a rice dish. Carbs will boost your body's production of the hormone leptin which will keep the metabolism from slowing down. Try to avoid eating a huge amount of fat with your refeed meal. Keep it carb heavy and fat light if possible.





HOW TO MEASURE YOUR **PROGRESS**

TRACK YOUR BODYFAT

For your own personal use, you can also track your body fat. It is not needed for any calculations on this program, but if you are a person who likes to see progression, then tracking body fat can be useful. However, please **DO NOT USE SCALES OR BODYTRAX MACHINES IN THE GYM TO TRACK YOUR BODYFAT.** They are completely inaccurate, especially when you get to lower percentages. During my last prep my bathroom scales showed that my body fat steadily increased each week (it didn't). A bathroom scale cannot give you an accurate reading of body fat.

The best way to track body fat is with 7 point caliper measurements or with a DEXA body scan. At the end of the 7 days, use exactly the same method to re-calculate your body fat and compare the two. It's normal to expect to drop 2% body fat in one week on this program.

TAKE PROGRESS PICTURES



The most accurate way to track your progress is by taking pictures. Try to take these at the same time of day, in the same outfit, in the same light, in the same place. For example, I take my progress pictures every Saturday morning as soon as I get up. I literally roll out of bed, pee, put on my bikini and take my photos. Your body does not usually hold a lot of water in the morning so it is the most accurate time to take progress shots. Take a picture at the start of the shred and again at the end. If you choose to follow it for longer than seven days, take a picture every week.

NUTRITION OVERVIEW



MACRONUTRIENTS

Macronutrients are protein, carbohydrates and fats. Each macronutrient is as important as the next although we will manipulate different amounts of these over the three phases of the program.

PROTEIN

Protein is one of the most critical macronutrients on this, and all of my programs. Many people believe that plant-based athletes do not need as much protein as their meat eating counterparts. However, I have never subscribed to this theory. I eat a significant amount of protein to achieve my physique goals and my health and kidneys have never suffered as a result of it. Protein is a very effective source of fuel for your body and it is also very thermogenic.

This means that it takes a lot of energy from your body to breakdown and process the protein, so it's much better at burning fat than carbs or fat.

Muscle tissue is effectively just protein which is why it's so essential for muscle growth, recover and tissue repair. Diets that are high in protein but lower in carbs and fat, have statistically shown to be effective at fat loss as well as preserving muscle tissue.

Eating too much protein won't cause you to put on body fat either because it's very hard for the body to break protein down and convert it into body fat. Protein is so essential for growth and repair, pushing the body into an anabolic state, that the body does not want to break it down and store it as fat. This is why it's so important to eat a protein rich diet when training this way. Most of the world are carb junkies. You need to break this cycle if you are to get good results on this or any program.



PLANT PROTEIN SOURCES

My favourite plant protein sources are as follows:

- Seitan
- Tofu
- Sunflower Mince / Sunflower Hache
- Low fat, low carb "clean" mock meats (*with less than 4g carbs & 2g fat and more than 15g protein per 100g weight)
- Beans (especially lupini, soy & black beans)

FAT

Although fats are essential for good health, eating too many calories from fat is one of the main reasons I have seen people fail in their fat loss efforts. In this program you will consume very little fat as we are trying to keep calories low and the shred timeline is so short. The only fat you will consume will come from that which is naturally in the food you eat. You will not add any other fat to your diet for cooking or supplementation.

CARBOHYDRATES

Carbs main job is to provide energy to the body and they are good for very little else. Unlike fats and proteins which contain essential amino acids that your body cannot make and must obtain through food, carbs do not contain any essential amino acids which is why you can eat less of them for great fat loss results. When you don't consume a lot of carbs, your body can manufacture the extra it needs in the liver. This does put a lot of strain on the liver and is not a long term solution for health and well being. But cutting carbs and eating mainly protein and fats is a great way to lose body fat and build muscle, on a short term shred program.

At all times of the year I try to avoid eating white starchy carbs such as white rice, pasta, breads etc, as your body processes them quickly and they enter the bloodstream as sugar, which is rapidly stored as fat. The only time I will eat a white starchy carb is when my muscles have a need to be replenished with glycogen, such as directly after training. In this case, the sugar will go directly to replenish the muscles and very little, if any, will be stored as fat. White starchy carbs basically just have all the fibre removed, which is why they are processed so quickly in the small intestine. The more fibre a food contains, the longer it takes to breakdown. On this program we will only eat carbs from green cruciferous vegetables, salad greens and cannellini beans.



DON'T GIVE INTO CRAVINGS

When I am dieting and get down to low percentages of body fat, it's so hard to control the urge to binge or cheat on your diet. Cravings can also be brought on by any added stress you have in your life such as work, relationship or financial. This is believed to be due to a hormone that is released in times of stress called ghrelin, which has been shown to increase hunger, probably to replenish the body's energy stores (aka fat). Stress causes the blood pressure to raise, which in turn causes the heart rate to raise, which can cause the body to release cortisol, which is catabolic in nature. When cortisol is released, the body stops burning fat as fuel and instead switches to burning off muscle tissue as energy to preserve fat stores, which it needs for future energy stores.

If the sugar/fat monster strikes and you really cannot ignore it, make a protein shake instead or eat half of one of your next meals. If you want to feel like you're eating something sweet and satisfying, blend your protein powder with ice and make it thick to eat with a spoon, like a dessert. Protein has been shown to lower ghrelin levels and reduce cortisol. It also keeps you feeling fuller for longer.



SUPPLEMENTS

Although supplements are not necessary there definitely are certain supplements worth taking over the 7 days to maximise fat loss.

- **PROTEIN** - A good vegan protein powder blend is a must when weight training to ensure that you hit your protein goals each day. I use Vanilla Creme from [The Protein Works](#) as it is low calorie and high protein. Many of our members in the USA like The Clean Machine. 30% Discounts for Sculpted Vegan Members are available site wide both these companies. Simply click the links above.
- **BCAAs** – (Branched Chain Amino Acids) can be drunk in water during the day to stop the body breaking down muscle tissue into amino acids for energy.
- **ALPHA LIPOIC ACID** - This amino is very useful during a shred as it helps to shuttle nutrients away from fat stores and into muscle tissue. Take 1000-2000mg 30 mins before eating, or with food. Take with breakfast, lunch and dinner.
- **L LEUCINE** – Helps to repair muscle after training. Add 5g to post workout protein shake.
- **L GLUTAMINE** – Repairs the gut lining and repairs muscle tissue. Take 5g post workout and also 5g before bed.
- **CAFFEINE** – Helps to raise the metabolism. Take 1-2 tablets first thing in the morning and also pre-workout. If you are caffeine sensitive, leave it out.

MEAL PLAN

BREAKFAST	POST-WORKOUT	MID-MORNING
<p>¼ block extra firm tofu (around 70g) Or ½ pack lean meat substitute* (around 90g) ¼ head broccoli, steamed</p> <p>Cals: 148 Protein: 14g Carbs: 13g Fat: 6g</p>	<p>1 scoop protein powder blended with ice and water</p> <p>Cals: 120 approx Protein 21-25g Carbs: 4g Fat: 2g</p>	<p>½ scoop protein powder blended with ice and water ½ cup unsweetened soy milk ⅛ cup cannellini beans</p> <p>Cals: 148 Protein: 14g Carbs: 13g Fat: 6g</p>
LUNCH	AFTERNOON SNACK	DINNER
<p>Huge green salad comprising of any or all of the following:</p> <ul style="list-style-type: none"> • Salad greens • Cucumber • Celery • Any other raw greens • ¼ block extra firm tofu • 1 tbsp Apple cider vinegar • Seasoning & herbs <p>1 ½ cups homemade lentil soup ¼ head steamed broccoli</p> <p>Cals: 148 Protein: 14g Carbs: 13g Fat: 6g</p>	<p>½ scoop protein powder blended with ice and water ½ cup unsweetened soy milk ⅛ cup cannellini beans</p> <p>Cals: 123 Protein: 16g Carbs: 8g Fat: 3g</p>	<p>Huge green salad comprising of any or all of the following:</p> <ul style="list-style-type: none"> • Salad greens • Cucumber • Celery • Any other raw greens • 1 tbsp Apple cider vinegar • Seasoning & herbs <p>1 pack lean meat substitute* (around 180g) ¼ head broccoli, steamed 100g steamed green beans 100g steamed asparagus 100g steamed spinach</p> <p>Cals: 300 Protein: 45g Carbs: 40g Fat: 1.2g</p>

TOTAL:**CALORIES: 1138****PROTEIN: 139G****CARBS: 118G****FAT: 22.2G**

* When choosing a lean meat substitute look for one that has less than 4g carbs and 2g fat per pack. Lean means low fat and low carbs. If it has higher than these values then avoid. In the UK I use Marks & Spence No chkn' chunks which are made from soy. Another good alternative is Sunflower mince (called hache) in the USA which is very high protein and low carb.

NOTES:

- When cooking food, do not use any oils. Saute in a little water. Do not add any extra fat to your diet.
- Drink at least 2L of water per day. This will help to flush excess water out of the body.
- If you are starving or feel the urge to snack, keep steamed broccoli, cucumber or celery sticks in the fridge and snack on them. They can be dipped in mustard for flavour. Avoid all condiments as they are a hidden source of sugar.
- Do not drink alcohol or any other liquid calories. Herbal tea is fine as is black coffee. Do not add any plant milk to your coffee.



RECIPES

RED LENTIL SOUP

- 1.5 cups dried red lentils, rinsed in a sieve
- 2 cloves of crushed garlic
- 2 tsp grated fresh ginger
- 4 sticks celery, finely chopped
- 2 medium carrots, grated or finely chopped
- 4.5 cups vegetable stock
- 2 tbsp coriander (cilantro) finely chopped

In a large pot, add a splash of water with the celery, carrots, garlic and ginger. Simmer over a low heat for 5 minutes, then add the lentils. Stir to combine and add the rest of the water. Cover and cook over a low heat, on a gentle simmer, for 20-30 minutes. Add the chopped coriander before serving, and stir well. If you want to meal prep in advance, make double or triple quantities.



SCRAMBLED TOFU

- 280g extra firm tofu
- 2 tbsp light soy sauce
- 1 clove minced garlic
- 1 tbsp nutritional yeast

Add a splash of water into a non stick pan and bring to a simmer. Add the garlic and soy sauce and cook for 5 minutes more, over a gentle heat. Turn the heat up and add the tofu, stirring all the time so it doesn't stick. Cook for 5-10 minutes, sprinkle over the nutritional yeast, stir well and serve.

STIR FRIED "CHKN" CHUNKS

- 1 pack of lean meat substitute
- 1 tsp dried turmeric
- 1 jalapeno chilli, sliced finely
- 1 tbsp chopped coriander (cilantro)
- 1 clove minced garlic

Add a splash of water to a non stick frying pan with the garlic and chilli. Cook over a gentle heat then add the lean meat substitute. Sprinkle over the turmeric and stir to combine. Turn the heat up a little and continue to stir fry until cooked through. Add the coriander, stir well and serve.





STEAMED GREENS WITH GARLIC

- Cruciferous greens such as broccoli, green beans, asparagus or spinach
- 2 cloves minced garlic
- Salt to taste

Wash and chop the veg into bite sized pieces. Add to a pan with a centimetre of water, sprinkle over the garlic and season with salt, then turn the heat up very high. Steam for 3-5 minutes, drain and immediately plunge into ice cold water to stop them continuing to cook. (If you plan to eat immediately, there is no need to do this).

7 DAY SHOPPING CHECKLIST

PROTEIN

Tofu	980g
Lean Meat Substitute (ideally containing less than 4g carbs and 2g fat per 100g)	1890g

VEGETABLES

Broccoli	6 heads
Celery	8 sticks
Green Beans	700g
Asparagus	700g
Spinach	700g
Garlic	3-4 heads
Carrots	4
Jalapeños	7

LUNCHES & DINNERS

Salad Greens	Unlimited
Cucumber	7
Celery	7 sticks
Any other raw greens	As needed

NOTE: Lunches and Dinners are accompanied by a huge green salad made up of any or all of the following (note that the quantities for these 4 options above are suggestions and will depend on your preferences). These can be tossed into a large bowl and placed into the fridge. They are also great for snacking on.

BEANS & LEGUMES

Lentils dry	3 cups (600g/21oz)
Cannellini Beans	1.75 cups

NON-DAIRY

Soy Milk Unsweetened	7 cups
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DRINKS

Herbal Tea	Coffee
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MISCELLANEOUS

Vegetable Stock	9 cups
Soy Sauce Light	14 tbsp
Nutritional Yeast	7 tbsp
Apple Cider Vinegar	14 tbsp

SPICES, HERBS AND SEASONING

Fresh Ginger	Turmeric
Coriander (cilantro)	Salt

SUPPLEMENTS

Protein Powder	14 servings
BCAAs	As needed
ALAs (Alpha Lipoic Acid)	7000-14000mg
L Leucine	35g
L Glutamine	70g
Caffeine (leave out if you are caffeine sensitive)	Up to 21 tablets

TRAINING PROGRAM



Fat loss is our priority in this program as you have an aggressive target of just one week. It is entirely possible to lose 5lbs of fat in only 7 days, provided you stick to the plan exactly. However, if you have already been under eating and have a damaged or slow metabolism, you may not experience as much fat loss as someone who is overweight and has a fully functioning metabolism.

In this program you will train in the gym six days and do cardio every day. Remember... it's only for one week! You'll hit every body part in the gym as well as in your cardio. It will be labour intensive and tiring. But it's only for 7 days and anyone can do anything for 7 days.

WORKOUT OVERVIEW

DOWNLOAD THE JOURNAL

Make sure you download the training journal that we have designed for you, and print it out if you are able. This will make it easier for you to work efficiently in the gym. It contains all the exercises you will perform in the exact order on each day. Ensure you also save this PDF to your smart phone as a PDF or in iBooks. This will make the exercise links clickable so that you can view me doing the exercise and check form etc. Watch the exercise videos several times before you head into the gym to familiarise yourself with them.

CARDIO

On this program you'll be doing two types of cardio daily. One is called active rest cardio and the other is slow steady cardio.



ACTIVE REST CARDIO

Active rest cardio is a technique used by many bodybuilders when shredding for competition that enables you not only to hold onto muscle mass, but also to burn fat at the same time. It basically means that instead of resting between sets as you normally would, you perform one minute of HIIT style cardio instead.

Effectively you will perform 10-12 reps of an exercise such as a barbell squat and then instead of resting, you will perform one minute of fast paced cardio. Then you will pick up the bar and perform another 10-12 reps, set the bar down and do another minute of cardio.

You can choose any exercise from the list below for your cardio. A good tip is to try to choose an exercise that you can do beside the squat rack so you don't have to move away for one minute and risk losing your place at the rack to another squatter.

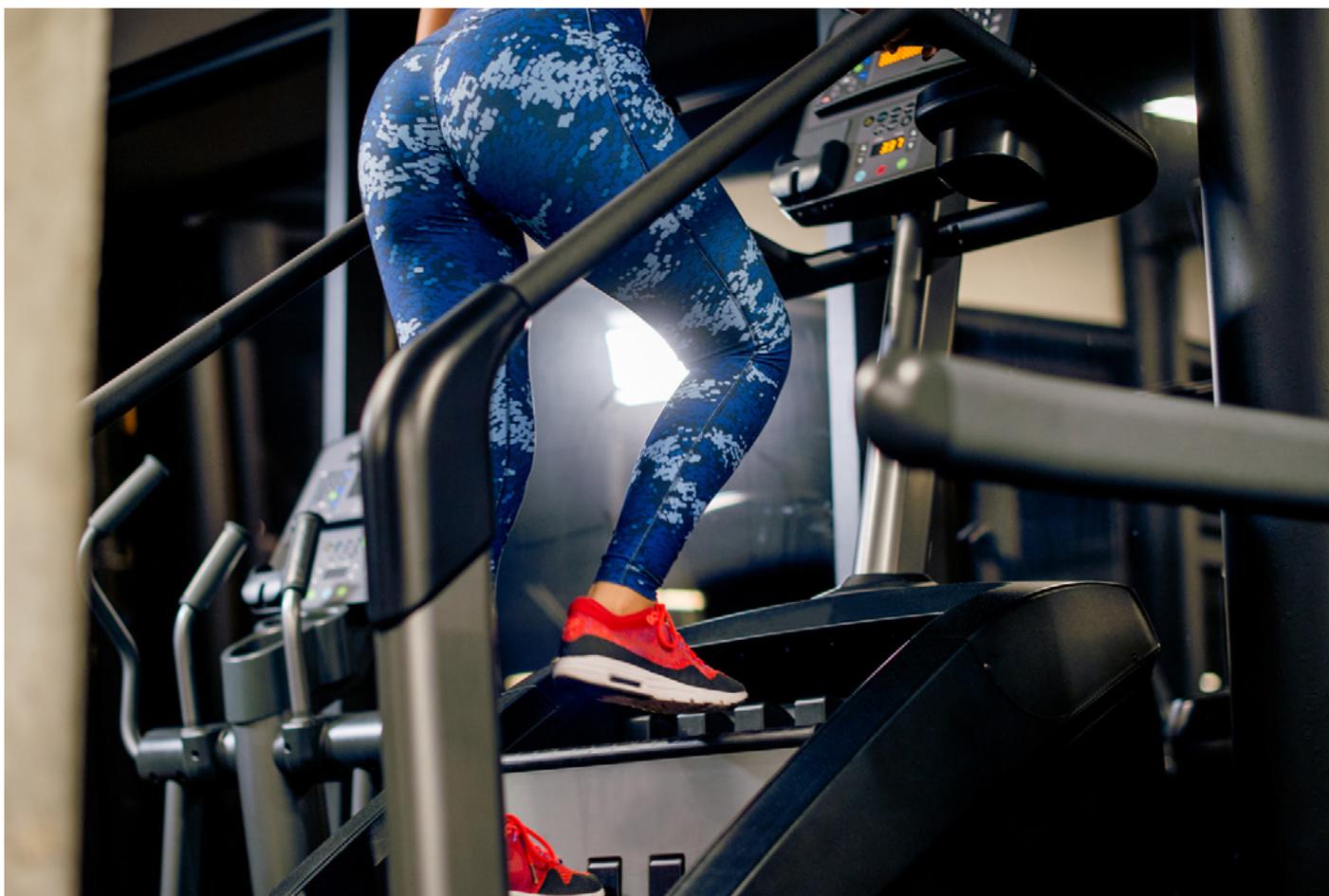
SLOW STEADY STATE CARDIO

In addition to the HIIT style gym workouts, you will also perform another slow steady cardio session each day. This should consist of any of the following:

- 45 minutes on the step mill
- 45 minutes uphill walk on a treadmill (a maximum incline)
- 45-60 minute cycle on a stationery bike
- 60 minute brisk outdoor walk (although this is less effective)
- Any other slow steady cardio that keeps the heart rate consistently at between 130-145 BPM.

The fat burning zone is between 130-145BPM for most people. When you perform slow steady state cardio at a moderate pace, the body quickly switches to burning fat as energy, rather than muscle glycogen. How? When you start to workout the body recognises the stimulus of training and immediately starts shuttling nutrients into the muscles to prepare for the work.

However, after around 10 minutes the body realises that there is not enough stimulus coming in to warrant burning the muscle glycogen, and so it switches to it's secondary energy source, which is fat. Your body wants to preserve the glycogen in the muscles in case of emergency. It's main goal is to keep you alive and safe, and if you were confronted by a tiger in the jungle and had to run very fast, your body would want you to have the energy in your muscles to do this. Hence why it shifts to burning fat instead of muscle glycogen whenever it can.



The best time to perform your training is in the morning and again in the evening. The metabolism tends to slow in the evening so by performing cardio at this time, it gives it a much needed boost. I prefer to train with weights in the morning and do slow steady cardio in the evening. However, you can do it whatever way suits your schedule. The meal plan is designed around this schedule (of weights in the morning). But you can change the order of the meals to suit your own requirements.

It's not important that you are perfect, but that you are consistent.



GYM STRENGTH TRAINING

WARM UP

In this program I recommended warming up to reduce the risk of injury. Your warm up can simply be a few minutes of cardio on a rowing machine or elliptical, or something else that gets the blood pumping. Remember, the more you move, the more calories you burn! Personally, I like the rowing machine or jumping rope as it uses arms and legs at the same time, getting the blood flowing around all of the muscles.

WHAT WEIGHT SHOULD YOU CHOOSE?

In this program you will not be increasing weight per set, Instead you'll choose a challenging weight that you will lift for every set. This will keep you from messing around with changing plates and weights.

In the first set, it may be relatively easy to get to 10-12 reps, and you feel you could've done another 2 or 3 reps. But in the final sets, you may struggle and only manage 6-8 reps. This is completely fine as you will get stronger over time. Don't drop the weight if you are only struggling in the final one or two sets. It means you have chosen well. The goal is not to work to exactly the number of reps listed in the program, but to work to total muscle failure.

Muscle failure is how the muscle grows. If you always lift what you are capable of, your muscles have no reason to grow and will stay the same. It's pushing to failure and beyond (with the help of a spotter for those final forced reps) that pushes the body to recruit more muscle fibres and therefore build more muscle.

If after the first set, you realise that you've chosen a weight that is too light, wait until after you've performed your one minute of cardio before you change the weights. However, it's also a good idea to do a practice set on your first round to experiment with the weights. Don't be afraid to test out different weights to find your sweet spot.

WHAT IF YOU ARE COMPLETELY NEW TO THE GYM?

If you worry that you will not be fit enough for the requirements on this program, simply start at a level that suits you and feels challenging, but not like you're gonna die. You can even reduce the time of the active rest cardio to 20 or 30 seconds if you need to.

The reason we perform cardio between sets as well as separately in this program is simply to raise the anabolic window and burn as much fat as possible in a short space of time. Training this way also utilises the concept of EPOC, which is exercise post oxygen consumption. Pushing your heart rate to these kinds of elevated levels means you'll keep your metabolism high, and burn calories even after you've stopped training.



A woman with blonde hair, wearing a black sports bra and shorts, is performing a back squat in a gym. She is holding a barbell with weights on her back. The gym equipment and weights are visible in the background.

SEVEN DAY TRAINING PLAN

This program will use a mixture of compound and single joint isolation exercises in the 10 to 12 rep range to target all areas of the muscle. This is what will stimulate maximum muscle growth and fat loss. 10-12 reps has been scientifically proven to be the best range for building muscle. Make sure you warm up before each training session by doing a cardio exercise that uses the whole body. I like to use the rowing machine as it targets arms and legs simultaneously.

Where possible, try to perform your exercises using machines instead of free bars. If you don't have a machine for a particular exercise that is fine. However, I like machine work for precise muscle isolation and also safety. There is less risk of injury when you are locked into position in a machine. I would prefer to do all chest exercises on a Smith machine. However, not all exercises below have a smith video available. However, just follow the instructions for the free bar exercises, and perform exactly the same exercise on a Smith machine.

Don't forget about performing active rest cardio between each set. You are not increasing the weight per set in this training program, so choose a weight that you can perform 10-12 reps with, before hitting total muscle failure. If you cannot manage 10 reps in the last set or two, do not drop the weight, just perform as many as you can and aim to increase your rep range the following week. Your goal is always to work to total muscle failure.

ACTIVE REST CARDIO

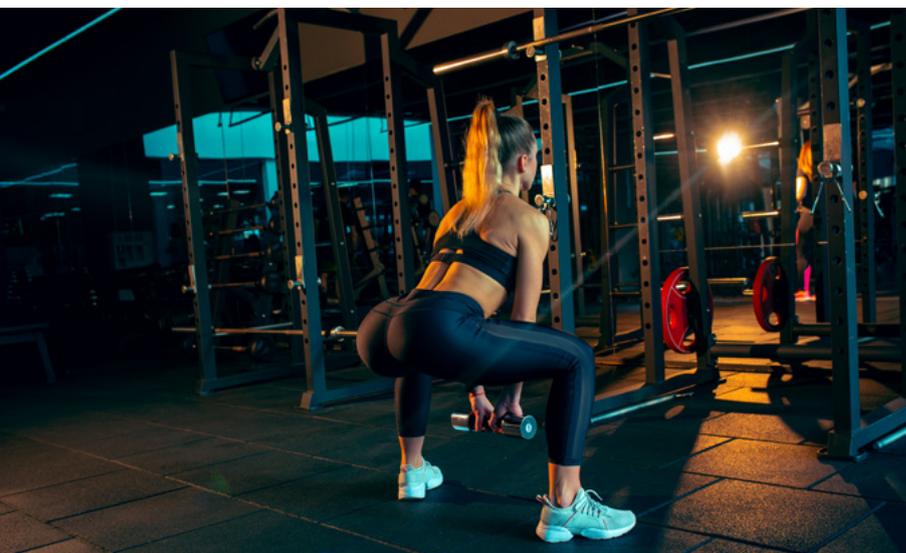
Choose from the following active rest cardio options. You can choose one exercise and perform it for all sets, or you can mix and match. The more variety you add, the more stimulation your body will receive.

LOW IMPACT

- [Battle Ropes](#)
- [Dumbbell Lunge](#)
- [Step-up with Knee Raise](#)
- [Straight Arm Dumbbell Squat](#)
- [Dumbbell Step up](#)
- [Mountain Climber](#)
- [Kettlebell Swing](#)
- [Dumbbell Clean](#)

HIGH IMPACT

- [Squat Jump](#)
- [Box or Bench Jump](#)
- [Running in place](#)
- Sprints
- Skipping / Jump Rope



DAY 1 - CHEST, TRICEPS & ABS

EXERCISE	SETS	REPS
Warm up	1	2-3 mins
Smith or <u>Barbell Bench Press</u>	3	10-12
<u>Smith or Barbell Incline Bench Press</u>	3	10-12
<u>Dips - Chest Variation</u>	3	10-12
Smith or <u>Barbell Close Grip Bench Press</u>	3	10-12
<u>Cable Crunch</u>	3	10-12

DAY 2 - SHOULDERS & LEGS

Today you may feel like you've been hit by a truck or you may feel like you've barely trained. No matter how your body has responded, keep going with intensity as much as you can. The more intensely you work, the better your results. Remember, total muscle failure is always your aim, even if you are new to training.

EXERCISE	SETS	REPS
Warm up	1	2-3 mins
<u>Machine Shoulder Press</u>	4	10-12
<u>Dumbbell Lateral Side Raise</u>	3	10-12
<u>Smith or Barbell Squat</u>	3	10-12
<u>Deadlift</u>	3	10-12
<u>Walking Lunges</u>	3	15 steps each way

DAY 3 - BACK & BICEPS

There's a saying in the bodybuilding world that "Big backs win shows". It's time to build a strong and muscular back, giving you wide shoulders and a tapered waist. Yet the intensity of the cardio in this program also means that you are pushing yourself to new levels of cardiovascular fitness too, burning fat at the same time as building.

Start to build a gym routine, if you don't already have one. Create a playlist of banging music that gets you pumped as soon as you hear it. Wear a cap low over your eyes so no one comes up to chat to you in the gym, putting you off your stride. Treat yourself to some new gym clothes. Do whatever it takes to build the habit of success.

EXERCISE	SETS	REPS
Warm up	1	2-3 mins
<u>Lat Pulldown</u>	3	10-12
<u>Bent Over Barbell Row</u>	3	10-12
<u>Seated Cable Row</u>	3	10-12
<u>T Bar Row</u>	3	10-12
<u>Cable Biceps Curl</u>	3	15 steps each way
<u>Dumbbell Curl (Both arms)</u>	3	10-12
<u>Preacher Curl</u>	3	10-12

DAY 4 - CHEST, TRICEPS & ABS

Choose a weight where you will fail at around 10-12 reps and keep it consistent. Don't add weight per set. If you feel on the last two sets that you can lift more reps, lift more! Go to 20 if you must in order to fail and then make a note to lift more next time. Play around with the weight if you need to, after the first set to get it just right. You're only doing 3 sets of weights so make sure you're pushing HARD in the active rest cardio. Don't let yourself off the hook.

EXERCISE	SETS	REPS
Warm up	1	2-3 mins
<u>Incline Dumbbell Fly</u>	3	10-12
<u>Pec Dec Fly</u> (or flat dumbbell)	3	10-12
<u>Low Cable Fly</u>	3	10-12
<u>Triceps Pushdown (Rope)</u>	3	10-12
<u>Overhead Triceps Ext (Rope)</u>	3	10-12
<u>Triceps Pushdown (V Bar)</u>	3	10-12
Crunches	3	10-12

DAY 5 - SHOULDERS & LEGS

Rest day is close so make sure you give it your all today so you can earn your rest. Continue to work to failure in each set of lifts and push yourself hard in the active rest cardio. Keep going, you're doing great!

EXERCISE	SETS	REPS
Warm up	1	2-3 mins
<u>Side lateral raise (DB or Cable)</u>	3	10-12
<u>Cable Front Raise (Rope)</u>	3	10-12
<u>Dumbbell Rear Delt Fly</u>	3	10-12
<u>Leg Extensions</u>	3	10-12
<u>Seated or Lying Leg Curl</u>	3	10-12
<u>Dumbbell Deadlifts</u>	3	10-12
<u>Crunches</u>	3	10-12

DAY 6 - BACK & BICEPS

Tomorrow is rest day so train with intensity and make yourself proud. If you failed to plan your nutrition well this week and ended up skipping meals or cheating on your diet, be sure to spend tomorrow planning and prepping food. It's effort up front that will save you a huge amount of time in the long run!

EXERCISE	SETS	REPS
Warm up	1	2-3 mins
<u>Wide Grip Lat Pulldown</u>	3	10-12
<u>Close Grip Lat Pulldown</u>	3	10-12
<u>Machine Low Row</u>	3	10-12
<u>Barbell Biceps Curl</u>	3	10-12
<u>Cable Biceps Curl</u>	3	10-12
<u>Dumbbell Curl</u>	3	10-12

DAY 7 - REST

Even though today is a rest from the gym, I want you to try to fit in two cardio sessions. They can be HIIT or slow steady cardio, for around 20 minutes each. Try to perform HIIT in the morning and slow steady in the evening.

To perform a HIIT workout, choose one exercise from the list and do it for one minute. Rest for a minute and repeat with another exercise. It's like doing a circuit. Complete 10 exercises in total, resting for one minute between sets.



YOU DID IT!

You have reached the end of 7 days of intense work and shredding.

So what do you do now?

Definitely it's time to put your feet up and enjoy that special event you've been prepping for! Or if this was a kick start to something bigger, maybe take a day off before diving in. Spend some time with family, eat a good meal and a celebratory glass of wine (if that is your thing) and a lot of sleep. But what about when that loses its sparkle?

Here are some popular options:

- Feel free to take a day or two off and do not worry about losing everything that you built or lost. A rest will do your body no harm as long as you eat sensibly and don't have a massive binge.
- You can go back to the start and do the program all over again. Many people find they experience even better results the second time through this program as they are familiar with the exercises, nutrition and supplements. If you do decide to complete it again, just set some new goals and push yourself beyond where you first started.

Kim Constable

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ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. [Strong & Sculpted Podcast](#)
Your go to resource for everything to do with muscle sculpting and fat burning
2. [Private Facebook Group](#)
Join our private community and receive free coaching from one of our experienced coaches
3. [The Sculpted Vegan YouTube](#)
For training videos, instructional resources and much more!
4. [Training to Failure](#)
Dive deep with me in my personal training sessions as I show you what it really takes!
5. [Training with Mark Getty](#)
Join heavyweight pro bodybuilder Mark Getty- my personal trainer, as we discuss supplements, protein, training and more.
6. [The Sculpted Vegan Video Blogs](#)
Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
7. [Free Resources](#)
Download training and meal plans for free
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