

THE SCULPTED *vegan*



BUN\$ & GUNS

8 WEEK

QUICKSTART GUIDE

Kim Constable

WWW.THESCULPTEDVEGAN.COM



THE WORKOUT BREAKDOWN IS AS FOLLOWS:

Day	Focus
1	Chest/triceps/shoulders
2	Back/biceps
3	Legs/glutes (quad focus)
4	Chest/triceps/shoulders
5	Back/biceps
6	Legs/glutes (glute focus)
7	Complete rest



TRAINING PROGRAMS

[CLICK HERE](#) for the Gym program

[CLICK HERE](#) for the Barbells and Dumbbells program

[CLICK HERE](#) for the Minimal Equipment Home program

THE WORKOUTS

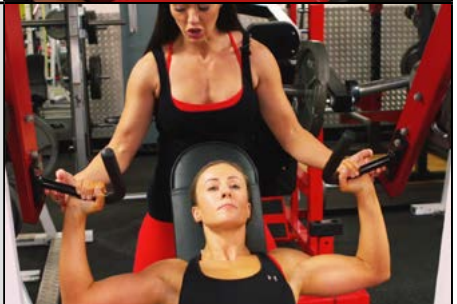
GYM PROGRAM

For this program you will need access to a full gym with a range of machines and equipment. Perform the prescribed number of sets and reps in each exercise, before moving onto the next exercise. They are not designed to be done in a circuit.

WEEKS 1 - 8

To view the training videos, please click on the name of the exercise. An instructional video will open, showing you how to perform the exercise.

DAY 1 - [Click here to view the playlist for these exercises](#)

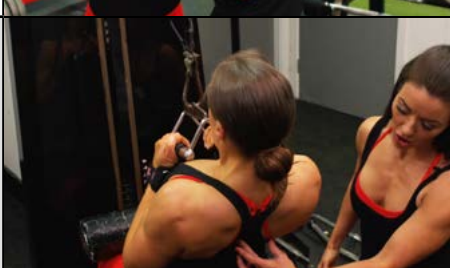
Exercise	Sets	Reps	
Barbell Bench Press	4	8-12	
Machine shoulder press	4	6-12	
Tricep machine dip	3	10-12	

Skull crushers	3	10-12	
DB Shoulder press	3	8-12	
Tricep pushdown	4	10-12	
DB Side lateral raises	3	10-12	

[CLICK HERE](#) TO VIEW
 A PLAYLIST OF
DAY 1 EXERCISES
 or **SCAN ME**



DAY 2 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Bent over row	4	8-12	
Double Arm Dumbbell Row	3	8-12	
Chin ups	3	6-10	
Barbell curls	4	10-12	
Dumbbell curls	3	10-12	
Close grip pulldown	3	10-12	

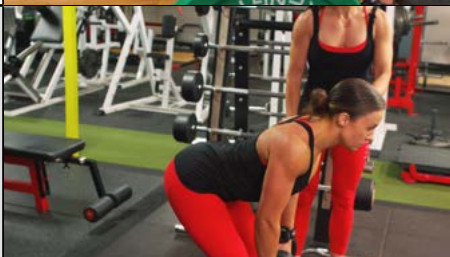
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A PLAYLIST OF

DAY 2 EXERCISES

or **SCAN ME**



DAY 3 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Lying leg curl	4	10-12	
Barbell Back Squats	4	6-12	
Deadlifts	4	6-10	
DB deadlift	4	10-12	
Elevated goblet squat	3	10-12	
Barbell hip thrust	3	10-12	

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DAY 3 EXERCISES
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DAY 4 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Incline DB chest press	4	10-12	
BB seated shoulder press	3	8-10	
BB front raise	3	10-12	
Side lateral raise	3	10-12	
Close grip bench press	3	8-10	
Triceps rope pressdown	3	10-12	

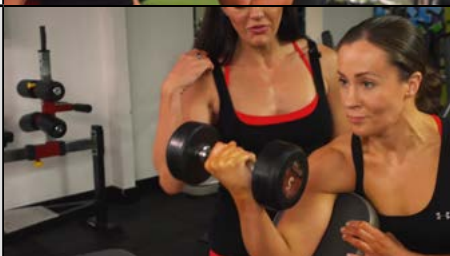
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DAY 5 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Pull up	3	10	
Barbell bent over row	3	10-12	
Seated cable row	3	10-12	
One arm dumbbell row	3	10-12	
Barbell curls	3	10-12	
Preacher curl	3	8-10	

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A PLAYLIST OF

DAY 5 EXERCISES

or SCAN ME



DAY 6 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Lying leg curl	4	10-20	
Deadlift	4	6-10	
Bulgarian split squat	3	10-12 each leg	
Glute ham raise	3	10-12	
Barbell hip thrust	4	10-15	
Seated leg curl	4	10-15	

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A PLAYLIST OF

DAY 6 EXERCISES

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DAY 7 - REST

THE WORKOUTS

BARBELLS & DUMBBELLS PROGRAM

For this program you will need dumbbells, barbells, a bench and squat rack, as well as a range of weight plates. Perform the prescribed number of sets and reps in each exercise, before moving onto the next exercise. They are not designed to be done in a circuit.

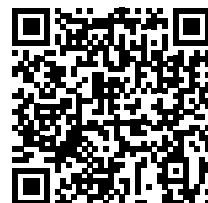
WEEKS 1 - 8

DAY 1 - [Click here to view the playlist for these exercises](#)

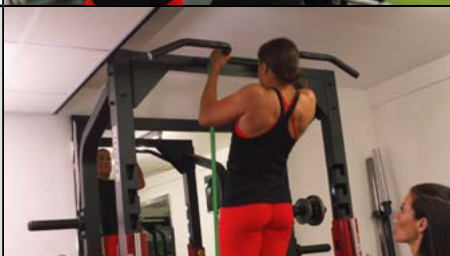
Exercise	Sets	Reps	
Barbell Bench Press	4	8-12	
Barbell seated Shoulder press	4	6-12	
Tricep dips	3	10-12	
Skull crushers	3	10-12	

DB Shoulder press	3	8-12	
Tricep kickbacks	4	10-12	
Or			
Triceps rope pressdown	4	10-12	
Side lateral raises	3	10-12	

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DAY 2 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Bent over row	4	8-12	
Dumbbell Row	3	8-12	
Chin ups	3	6-10	
Barbell curls	4	10-12	
Dumbbell curls	3	10-12	
Close grip chin up	3	10-12	

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DAY 2 EXERCISES

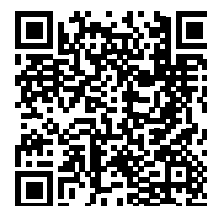
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DAY 3 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Barbell back squat	4	6-12	
Deadlift	4	6-10	
DB deadlift	4	10-12	
Elevated goblet squat	3	10-12	
Barbell hip thrust	3	10-12	

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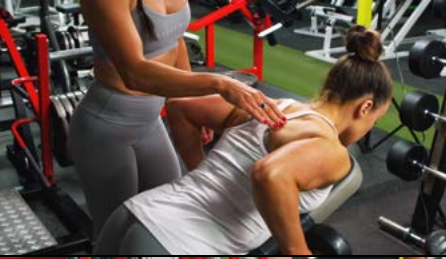
Exercise	Sets	Reps	
Incline DB chest press	4	10-12	
Seated shoulder press	3	8-10	
Barbell front raise	3	10-12	
Side lateral raise	3	10-12	
Close grip bench press	3	8-10	

Tricep kickbacks	3	10-12	
Or			
Triceps rope pressdown	4	10-12	

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DAY 5 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Pull up	3	10	
Barbell bent over row	3	10-12	
Double Arm Dumbbell Row	3	10-12	
One arm dumbbell row	3	10-12	
Barbell curls	3	10-12	
Preacher curl	3	8-10	

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DAY 6 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Single leg deadlift	4	10-12	
BB good mornings	4	10-12	
Deadlift	4	6-10	
Bulgarian split squat	3	10-12 each leg	
DB Deadlift	3	10-12	
Barbell Hip Thrust	4	10-15	

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DAY 7 - REST

THE WORKOUTS

HOME PROGRAM - MINIMAL EQUIPMENT

For this program you will need long looped resistance bands in varying strengths and a pole or pull up bar. Perform the prescribed number of sets and reps in each exercise, before moving onto the next exercise. They are not designed to be done in a circuit.

WEEKS 1 - 8

DAY 1 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Push ups	4	10-15	
Handstand push up	4	10-15	
Tricep dips	3	10-15	

Decline push up	3	10-15	
Triceps push up	4	8-15	
Band side lateral raise	3	10-15	

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DAY 2 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Australian Pull Ups	4	10-15	
Banded One Arm Row	3	10-15	
Chin ups	3	10-12	
Band biceps curl	4	10-15	
Bar Biceps Curls	4	10-15	
Close grip chin up	4	10-12	

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DAY 3 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Banded good morning	4	10-15	
Overhead squat	4	10-20	
Banded Deadlifts	4	10-12	
Reverse lunge with forward lean	4	10-12	
Elevated goblet squat	4	10-12	
Single leg glute bridge	3	30 reps each leg	

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DAY 4 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Incline push up	4	10-12	
Banded upright row	4	8-10	
Band front raise	4	10-15	
Band side lateral raise	4	10-15	
Diamond push ups	3	8-10	
Banded rear delt fly	4	10-15	

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DAY 5 - [Click here to view the playlist for these exercises](#)

Exercise	Sets	Reps	
Pull up	4	10	
Banded bent over row	4	10-15	
Seated banded row	4	10-15	
Banded single arm row	4	10-15 each arm	
Band biceps curl	4	10-15	
Band upright row	4	10-15	

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DAY 6 - [Click here to view the playlist for these exercises](#)

***Note** - Do 20 reps of each exercise as a circuit without stopping. So do 20 reps of one exercise, move straight onto the next without rest, then the next etc. At the end of all the exercises rest 60 seconds and repeat again 3-5 times.

Exercise	Sets	Reps	
Banded squats	3-5 sets	20	
Banded good mornings	3-5 sets	20	
Reverse lunge forward lean	3-5 sets	20	
Single leg deadlift	3-5 sets	20	
Frog pump glute bridge	3-5 sets	20	
Repeat circuit 3-5 times			

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DAY 7 - REST

CARDIO OVERVIEW

Week	Cardio	Duration
1	Slow steady	30 minutes x 2 per day
2	Slow steady	35 minutes x 2 per day
3	Slow steady	40 minutes x 2 per day
4	Slow steady	45 minutes x 2 per day
5	Slow steady	50 minutes x 2 per day
6	Slow steady	55 minutes x 2 per day
7	Slow steady	60 minutes x 2 per day
8	Slow steady	60 minutes x 2 per day



SUPPLEMENTS

THE ESSENTIALS

PROTEIN POWDER

My favorite protein company is The Protein Works

(Use code TSV60 to get 60% off or TSV65 to get 65% off orders over \$100/£80.)



GENERAL HEALTH

VITAMIN B COMPLEX Take 100mg per day.

VITAMIN D3 Get in spray form preferably and take up to 3000 iU every morning.

MAGNESIUM Take 1000-3000mg of Magnesium preferably before bed.

FAT BURNING

CAFFEINE TABLETS Take 1-2 caffeine tablets (200-400mg) in the morning or before training, or simply have a shot of espresso.

ALPHA LIPOIC ACID Take 300-600mg capsules before each large meal.

MUSCLE REPAIR

L LEUCINE Take 5g-10g in the morning and another 5g-10g in your post-workout smoothie.

L GLUTAMINE Take 5-10g post workout and before bed.

OPTIONAL

VITAMIN C Take 2000- 3000mg per day.

DIM- Diindolylmethane (DIM) Take 1-2 capsules daily consumed with food.

BCAA (BRANCHED CHAIN AMINO ACIDS) Take 5–15g in 600/1000ml water with the juice of half a lemon (for flavor) and drink during your workout or throughout the day.

CREATINE Take 3-5g of creatine in the morning and also in your post-workout smoothie.

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BUNS & GUINS

HIGH CALIBRE HOME FITNESS

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