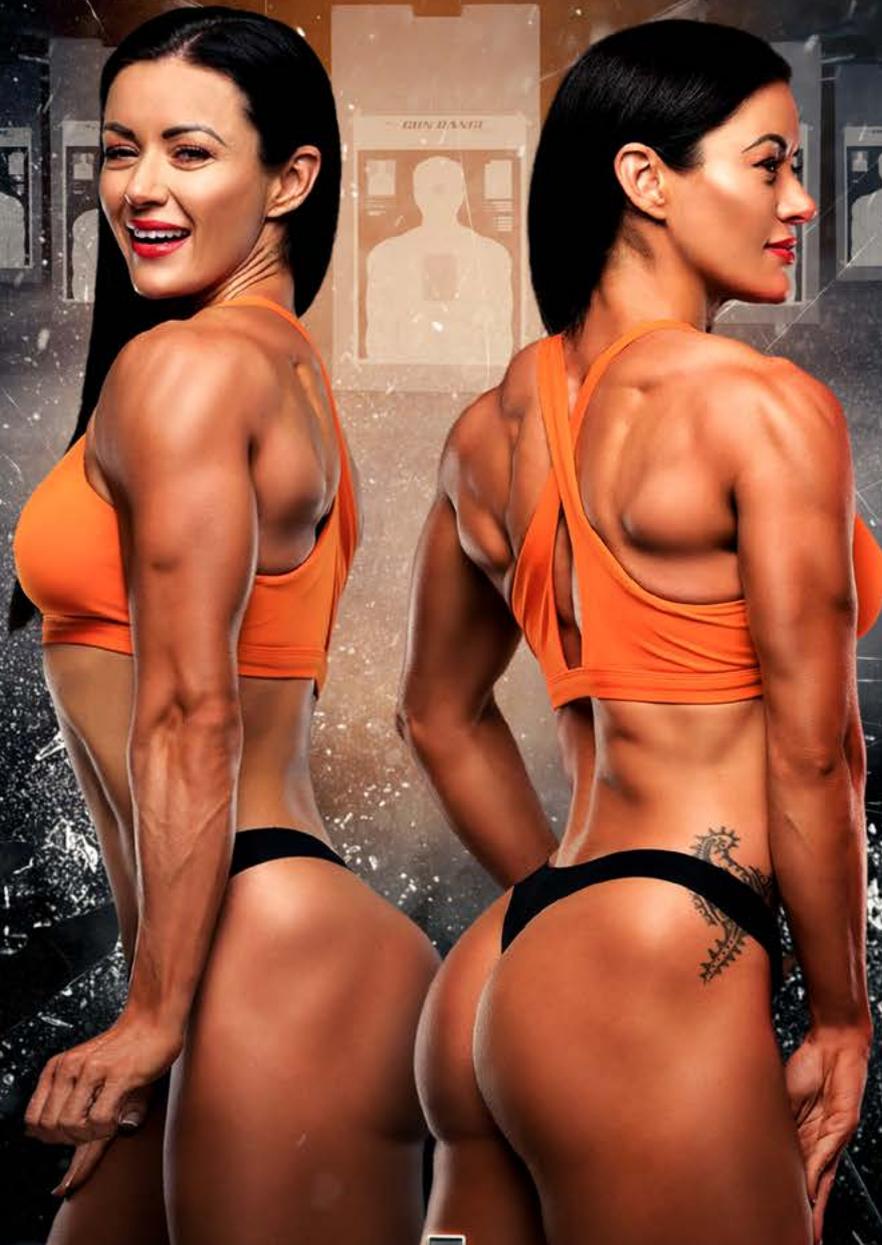


THE SCULPTED *vegan*



BUNS & BICEPS

THE BRAND NEW

8 WEEK WORKOUT

FOR GLUTES & BICEPS

Kim Countable

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THE SCULPTED *vegan*™

BUNS & GUNS

HIGH CALIBRE HOME FITNESS

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CONTENTS

Introduction	5
By Failing To Prepare, You Are Preparing To Fail	9
How Does This Program Work?	14
Training Overview	17
Training Structure	43
Workout Breakdown	46
Gym Workouts	48
Barbells & Dumbbells Workouts	52
Home Program - Minimal Equipment	56
Cardio Overview	60
How To Measure Your Progress	65
Nutrition Overview	67
Macronutrients	72
Meal Planning For Success	75
Daily Macro Requirements	85
Creating Your Own Meal Plan	87
Supplements	90
Congratulations!	97
Additional Resources	98
Apparel	99

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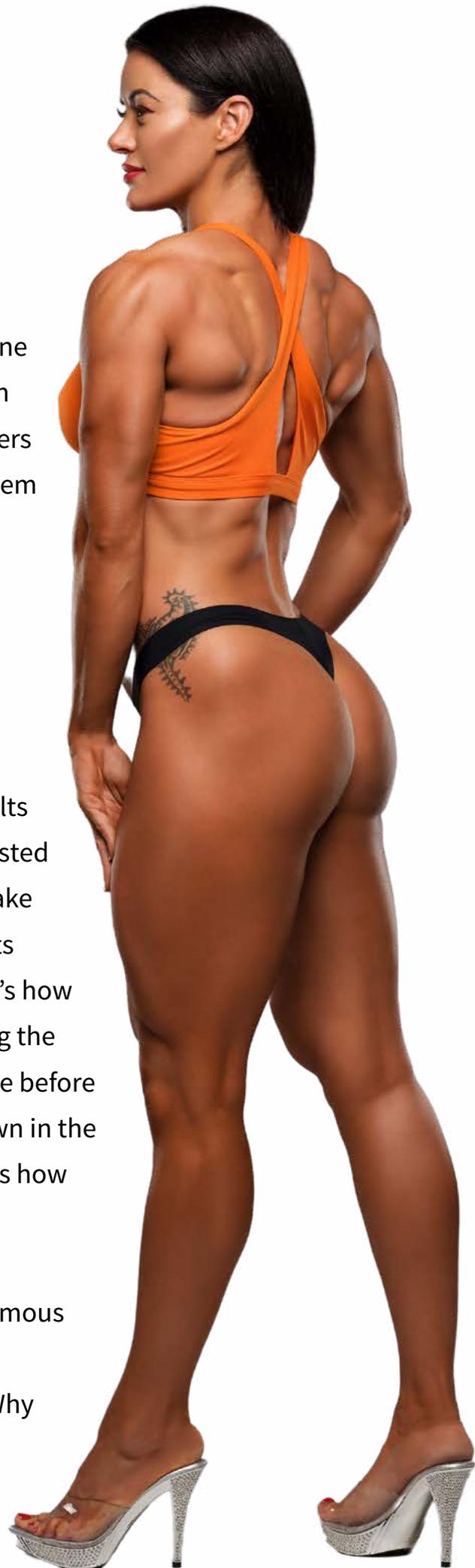
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INTRODUCTION

Well, hello there,
gorgeous athlete!

I'm so excited to welcome you to this latest edition of one of our most epic programs. We launched Buns & Guns in 2021, after receiving constant requests from our members for a program that would target two of their main problem areas; glutes and arms. We had already launched the wildly successful 8 Week Butt Camp Program which sold more than 50,000 copies worldwide. But it wasn't enough! You told us you wanted more. You told us you wanted a full body program with a very specific focus on sculpting gorgeous arms and high, tight glutes. The first time we ran the Buns & Guns competition, the results were phenomenal. In fact on social media, when we posted the top 10, people were saying the photographs were fake because they did not believe that such incredible results could be achieved in such a short amount of time. That's how you know your programs work! When people are saying the results are too good to be true. But it's also why we have before and after uniquely printed signs (which have to be shown in the background of the photos) for every competition. This is how we prove that the results are real.

Over the years, the Sculpted Vegan has become synonymous with providing not only incredible body transformation programs, but enormous cash prizes alongside them. Why do we offer such incredible prizes? It's simply because as a competitive athlete for many years, I know that



there has to be a big shiny prize at the end of the shred to keep you going through the hard times. And even though we offer an insane amount of cash for the winners, we still only have around 10% of people complete the program. Isn't that incredible? Only 10% of people actually manage to make it to the end. This just proves how incredibly difficult body transformation actually is, and how you really do need to have an incentive to keep going.

Whether you have purchased this program because you intend to enter the competition, and be in with a chance of winning the money, or whether you have simply purchased it, so you can work through it at your own speed, it matters not. The fact is that if you follow this program exactly as laid out, making sure you follow the food plan and the exercise and cardio plan, religiously,

you will get results like none you have ever witnessed in your life before.

Past winners have told us that they have completed some of our shred programs previously before finally winning the grand prize. And the one thing that they have in common is that when they completed the first shred program, they did all of the prescribed exercise, but only followed the nutrition part around 50% to 80%. And from this, they



thought their results should've been better! Most people just can't believe that you will not get showstopping results from just following the exercise. But if it were that simple, everyone would be walking around, shredded. The reason bodybuilders get such good results is because they dial in their nutrition, first and foremost. Going to the gym is time-consuming, and physically demanding, yes. But controlling your food and making sure you are eating in a calorie deficit consistently, for a period of time, is what actually gets the results. But it's hard! Hunger really is something you have to train your body to be okay with because it makes us feel deprived, irritable and grumpy. Our bodies are wired for survival and they are wired for satiation. They don't want us to feel hungry because

your body's goal is to keep you fed, healthy, and happy. And food feels good! Eating it and feeling full after, makes us happy because we are comfort seekers at heart. And we want to feel that feeling as much as we can. This is why you have to develop an insane amount of discipline to stand on stage as a competitive athlete, but also to complete one of my shred programs. Because I can promise you, they are not easy.

However, here you are embarking on a new year and a new program! I actually feel that starting a new fitness program at the start of a new year is probably the easiest time, because you are motivated. However, the motivation will only last you a short time before discipline has to kick in. Motivation will get you going but discipline will keep you going. If you can commit to finishing this program, whether perfectly or imperfectly, you are not only going to have a different body at the end of it, you're going to have an incredible amount of self belief. And I can promise you, that feeling lasts a lot longer than satiating your hunger and falling off the wagon during the shred. Keeping your inner word to yourself is one of the most important things you can do to become successful in life. We must get comfortable with being uncomfortable, if we want to be successful in any endeavor. **If you want to get world-class results, you need to actually live 80% of your life in discomfort.** It sounds crazy right? But it's true. You must be willing to do the hard thing 80% of the time rather than the other way round. That is how you truly create life changing results.

During this program, you will be moving through the weeks, not only supported by my team of world-class coaches, but also by people completing the program with you. There is something magical that happens during a shred program when there is a group of people suffering together. You feel like you're not alone and any time you need a little bit of extra support, you can pop into the Facebook group and chat with one of the coaches or the other members and know that the struggle is real and it's not yours alone as a cross to bear. Sometimes just having someone empathize with you is all you need in order to keep going.

To get started I would recommend you get planned as quickly as possible. If your budget allows it, stock up on all the protein powder you will need to see you through the eight weeks. Stock up on all the supplements you plan to consume. And make sure that you

prep and plan all your meals in advance as you will be eating the same thing every day for one week. I know this sounds monotonous now. But let me assure you that if you have your meals prepared and planned in advance, when you're hungry, you will be less likely to reach for a snack that is not on plan and derail your progress. The guilt that you feel when you make a choice that is not in line with your goal is also very real. And planning in advance really does help to combat this.

I want you also to know that I'm always beside you every step of the way, even if I'm not in the Facebook groups. I watch the groups every single day and I read all the comments and posts. Even though I'm not as visible in the company anymore, simply because of the sheer volume of work I need to complete each day just to keep the company running, it doesn't mean that I'm not always watching, learning and cheering you on from the sidelines. I'm kind of like a silent stalker, always lurking in the background, tooting for you every step of the way, but not always visible. But please do know that everything that you are feeling and will feel during the shred, I have also felt and gone through myself. So have the coaches! You are never alone on this journey. We have all walked the path before you and continue to walk it with you every single day.

To finish I want to say a real heartfelt thank you for choosing the Sculpted Vegan to help you with your fitness journey. Whether this is your first program with us, or you are a seasoned shredder, I do not take it lightly that you chose to spend your hard earned cash with me and my company. It means the world to me that you have put your trust in me and I promise never to let you down.

All that remains for me to wish you all the luck in the world,
and to let you know that I'm always rooting for you.

Sending you all my love

Kim xo

CEO & Founder

The Sculpted Vegan

TO LISTEN TO AN
AUDIO VERSION
OF THE PROGRAM,
JUST SCAN THE
QR CODE



BY FAILING TO PREPARE, YOU ARE PREPARING TO FAIL

Please read this PDF in its entirety at least three times. Yes, three. I have included a massive amount of information in this program so that you can learn the process instead of just going through the motions. I also recommend that you watch all the exercise instructional videos for the whole program before your first session so you are not having to search for how to do an exercise in the middle of your workout. You will have loads of questions, but they will be answered within these pages. If they are not answered within these pages, the coaches in the [Private Facebook Group](#) will help you. I strongly recommend not printing this program right away. We often make updates within the first couple of weeks, based on members' feedback. So if you are purchasing this within two weeks of December 26, 2022, please hold off printing for 14 days.

Why did I create this program?

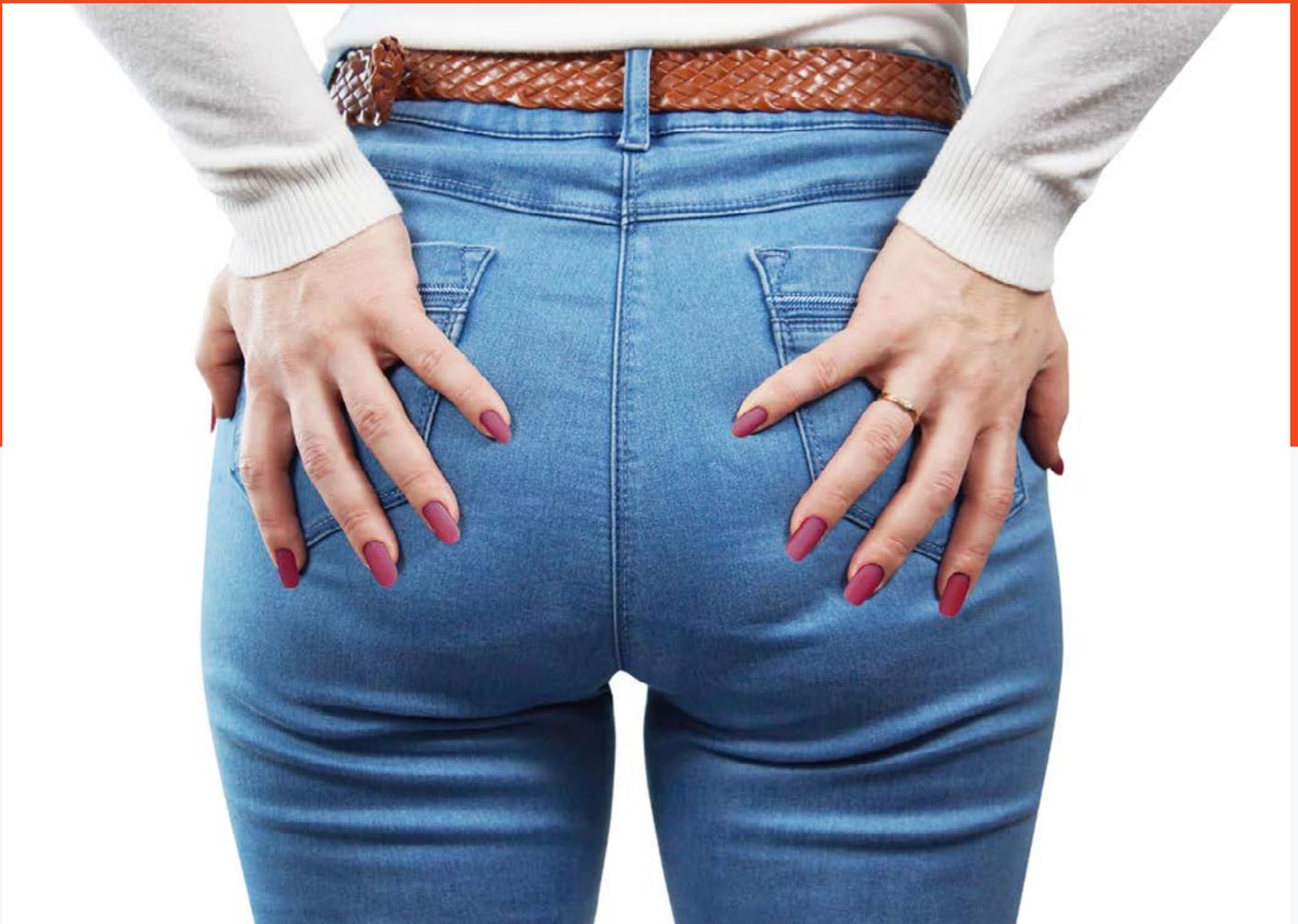
One of the most common complaints I see from women in my private groups is that they can't seem to get rid of the unsightly fat that accumulates around their upper arms. We have many "endearing" terms for this, don't we?

- ➔ Bingo wings
- ➔ Bat wings
- ➔ Hello Helens
- ➔ Arm bacon
- ➔ Fatceps



No matter what you refer to them as, it's all simply just a matter of not enough muscle to show there and body fat hiding whatever muscle you do have. This causes an upper arm that lacks shape, curve, and definition. And I don't know a single woman who appreciates that! (But the good news is, we are going to fix this!)

Another common complaint I see is glutes that lack shape, are flat and undefined, and even sometimes square-ish. **We call this “pancake butt”.**

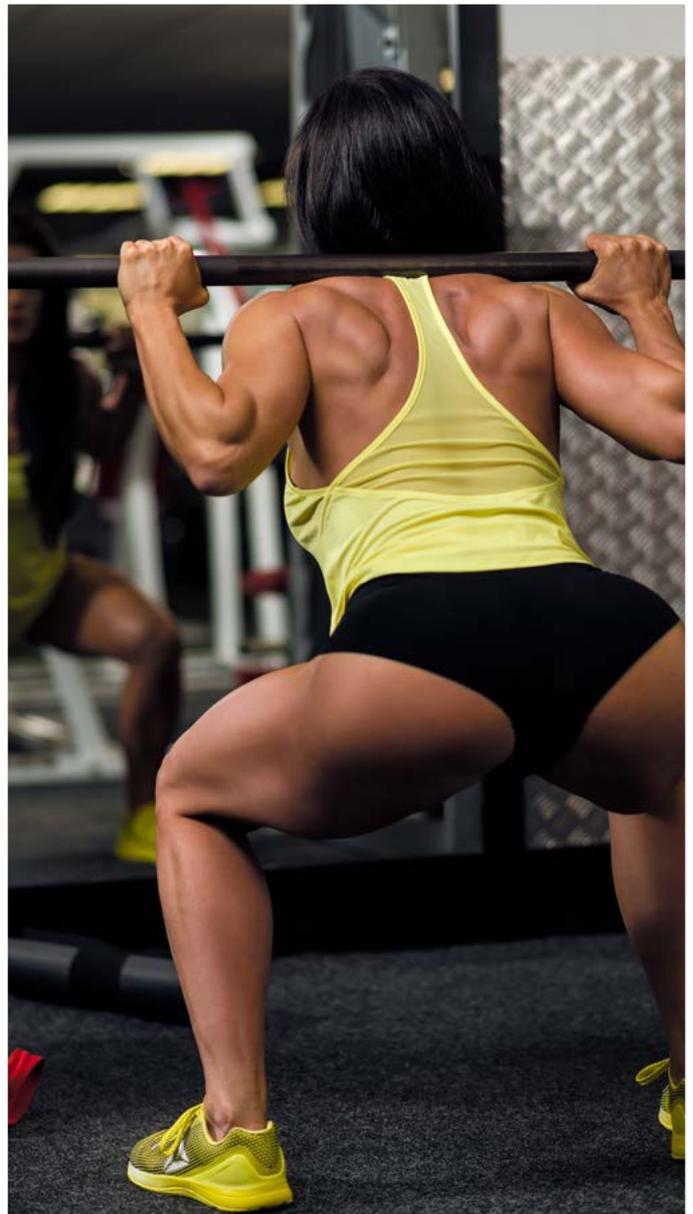


Let me tell you a story. One day, back in April 2016, when I was still a yoga instructor. I passed through my little home yoga studio wearing only a thong and tank top. The sun was streaming in through the window so I turned to examine my glutes in the mirror. I had never been happy with my glutes and always obsessed over them every summer when bikini season was upon us. This particular day, as the light streamed in through the window, it illuminated what can only be described as my sad and saggy butt cheeks. I was 37 and a mother of four young kids, and my skin had lost a lot of its elasticity. Although it was small, it was also very flat.

So it was on this day, when I examined my butt from all angles in the mirror, that I realized I needed to do something about it. I think I had always assumed that women with good glutes were born that way. And while genetics do play a large part in body composition, you can make incredible changes to your physique by shaping it with muscle. I decided to start training in the gym and focus on growing my glutes to see if I could transform this area and actually begin to like what I saw.



I went on a mission to find out what caused the glutes to grow, and what were the most effective exercises I could perform to achieve my goal. I bought several anatomy books and learned for the first time what the glutes are actually for and how to effectively activate them. I was surprised to learn that the glutes were the largest muscle in the body and were designed to “turn off” with inactivity or injury. I realized that mine had certainly turned off, which was probably why squatting was giving me back pain. I had suffered back pain from the time I first gave birth and no matter what I did, I couldn’t seem to get rid of it. My research suggested that my lower back was picking up the work that my glutes were supposed to be doing in a way that was not good for it. This alone spurred me on to further develop my glute training.



Now, if we think of today's extremely sedentary society, it's common to sit for 8+ hours a day for work, come home and veg in front of the TV while eating dinner, then lazily drag ourselves to bed. Unfortunately, this has become so commonplace that we are seeing an epidemic of pancake butts (amongst other very dangerous issues from not moving enough, like obesity and heart issues). In fact, living a sedentary lifestyle is so dangerous, that leading health experts say it's just as bad as smoking. Humans were built to be upright. Our cardiovascular system functions at its optimal efficiency when we are upright and moving. Did you know that being sedentary also negatively affects our digestion?



It's quite common for sedentary people to experience more bloating, gas, and stomach pains than their more active counterparts and are more often diagnosed with bowel disorders! In terms of your muscles, joints, tendons, and ligaments, sitting for long periods can cause tight hip flexors, leading to back and hip pain. It also can cause varicose veins, high blood pressure, diabetes, sluggish metabolism and is a cause of poor posture, which could eventually compress the discs in your spine.

And of course, the pancake butt syndrome is high on the list, but after learning all of that, it kind of seems trivial, doesn't it? Well, honestly, for many people, having a flat butt ranks high up there on the list of things they dislike most about their bodies. And remember, I completely understand this because I was once that person. My pancake ass was THE reason I started bodybuilding!

It is now six years since I first started my research into glute training, I can tell you a couple of things for certain. The first one is that my butt looks completely different. It is full, round and most importantly strong! I can glute bridge 660lbs and squat 400lbs. Secondly, I have zero back pain. Strengthening my glutes and back muscles has completely eradicated what was a daily and persistent nagging pain in my lower back. Women write to me every day asking how they can get rid of cellulite and shape their butt. My answer is always the same: consistent, persistent effort. I want you to know that no matter your reasons for wanting a shit-hot body, I get you. There is no right or wrong reason for wanting this. It can be as serious as preventing health complications, or as minor as wanting to look good naked (which isn't exactly "minor" for most of us, is it?), or anything in between.





HOW DOES THIS PROGRAM WORK?

The 8-week Buns & Guns program is designed to build (or maintain) muscle in the glutes and arms while simultaneously melting away body fat to reveal the most insanely shredded and sculpted physique possible. To do this, it will require intense focus and discipline on your part. It combines the elements of strength training and cardio with precise nutrition to get sculpted in a mere 8 weeks. Will you sculpt muscle in other areas of the body? Yes! Will your stomach get flatter and your waist get smaller? Yes! There is just a heavy focus on glutes and arms because those are the areas women tend to have the most trouble with. Even I have struggled with these areas! I've never had big biceps. It's taken me four years to sculpt any kind of visible curve there. My bicep head is very long, whereas my sister

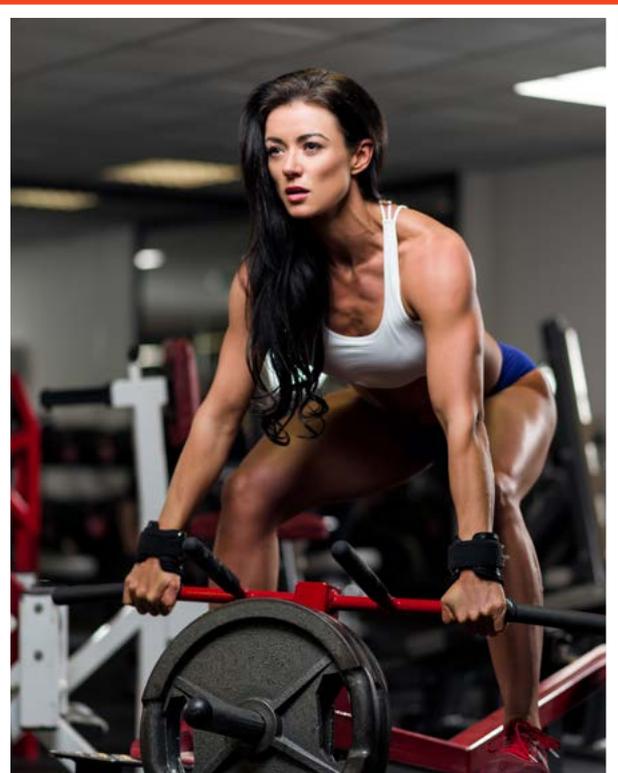


Kerry has a tennis ball-shaped bicep, even though she doesn't workout. So the length of your muscles is genetic (and there is nothing you can do to change that), but you can absolutely do a lot to grow them and change their shape!

This program focuses on progressively overloading the glutes and arms in three ways: with load, volume, and shorter rest breaks. You will be hitting the glutes twice a week and upper body four days a week, with one total rest day. Each workout is designed to target each head of the muscle in the same workout. This is the fastest, most efficient way to grow the muscles and give them that beautiful, full, symmetrical shape. Nobody wants biceps that look good from the side, but then flat and shapeless from the front, do they? I know I don't!

We also don't want all this gorgeous muscle to be hidden behind a layer of fat. This is where the cardio and nutrition come in. This program is a shred, which means you'll be eating in a calorie deficit. I know that the general school of thought is that you can't build muscle in a calorie deficit, but I have never found this to be true. For the sake of measurement, I usually weigh myself when dieting each year for my shows. And every single year, I stand on stage the same weight as I started my diet. Sometimes there's a small loss on the scale of a pound or two, but that's it.

The only way you can visibly shred a huge amount of body fat but still remain the same scale weight is if you have built muscle at the same time. So even though I've been in a prolonged calorie deficit when dieting, I've still continued to build muscle due to the hard and heavy training I continue to do. Many people make the mistake of changing their training to more cardio-based workouts when dieting for shows. What builds the muscle keeps the muscle. If you stop lifting heavy, your body will drop muscle as it believes it doesn't need it anymore.



The only way to burn fat and build muscle at the same time is to continue to progressively overload the muscle in every training session by increasing the resistance and/or volume.

There are **THREE** plans for this training, **Gym, Home gym and Minimal Home Training**. For Gym and Home gym training, if you don't have a piece of equipment available, simply use the substitution guide to choose another exercise. It's less important which exercise you do and more important that you do them with intensity, aiming to hit failure on your last set. As long as you are using the same muscle group, you can substitute with another exercise. If you are training from home using limited equipment and need a substitution, simply ask Google for "home substitution exercise for..." and list the exercise. Google will give you some great suggestions. The Minimal Home gym plan will give you a tough effective workout, meaning you don't have to leave your house to chisel a beautiful body. But what I would say is that if you are chasing a more muscular look and have access to a commercial gym or well kitted home gym, then I would advise that you choose those plans for optimal muscle growth results.





TRAINING OVERVIEW

The number one reason people don't see the results they crave is that they don't push hard enough, plain and simple. Not only do people not push hard enough, but they don't truly understand how hard "hard" really is. They think that the moment they feel uncomfortable during a set, that means they've pushed hard, and the set stops there—or, even worse, they stop at the prescribed rep number listed, even if the muscle isn't burning and they're not struggling. Don't do this! This will never be enough to change your physique. I want you to think of the rep ranges that you see in the training plans as not an aim, but a guide. When it starts to feel hard that is not when we stop, that is when the work begins!

Another reason people don't see results is that they are not consistent enough in their training. Each week they jump around between exercises and training plans and wonder why their body is not changing. They think that they need to constantly confuse their muscles with different exercises to see changes. Stop! If you don't push your muscles beyond what they are capable of lifting you will never progress. By jumping around between exercises you are not letting your body find that upper limit.

By sticking to a consistent training plan and exercise selection you are building concrete movement patterns where your body can find those upper limits. We can find what our muscles are truly capable of and push past this point, stimulating more muscle fibers, more muscle growth and finally get the results we have been looking for. Is it all starting to make sense?

Progressive overload is the only way to grow

Let's say you just started doing squats, and you can squat 30 lbs for 10 reps. This challenges you, you feel out of breath, and your legs are quivering in agony. You feel like the badass you are, and you notice some muscle growth. Yay! But, time passes, and now that 30 x 10 has become easy. You haven't overloaded your legs by adding more weight or reps, and now your gains have stopped. Why would your muscles just stop growing? Aren't you still using them every time you workout?

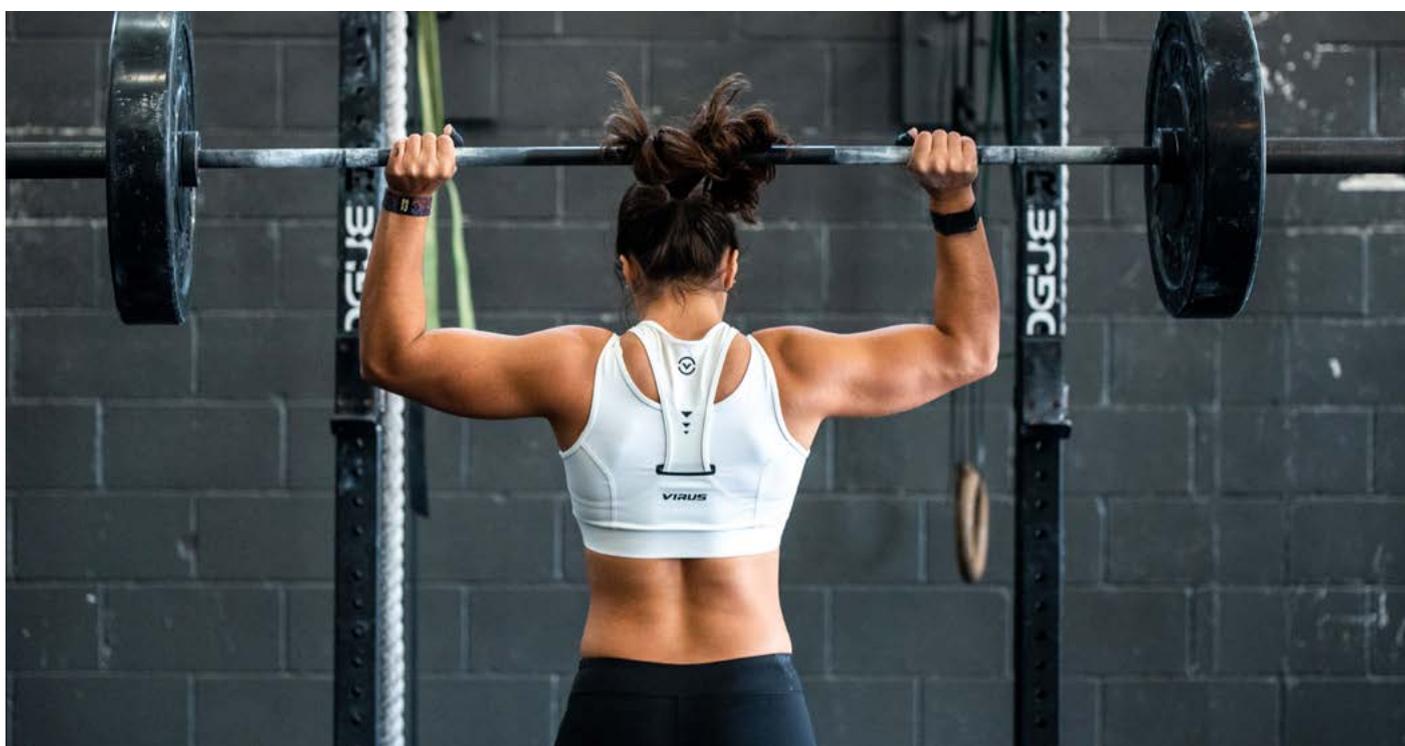
Well, yes, but they've become used to the stimulus you've been subjecting them to, and they aren't being forced to endure more than they can already handle (by progressively overloading them). You can progressively overload the muscle in a few different ways:

- Increased resistance
- Increased reps
- Increased volume
- Increase training frequency
- Fewer/shorter rest breaks



Without this progressive overload, there is no reason for them to grow! You must place greater demands on your muscles over time. In *The Sculpted Vegan* we have a saying “Load is King”. Increased resistance (Load) is the main way that we choose to progressively overload our muscles. If an exercise is starting to feel too easy, the first thing I want you to try and do is increase the resistance to make the exercise more challenging. If you find that you are at a point where you can’t do that we can look to the other suggested ways of progressive overload to stimulate until we can increase the load. But I want you to always try and increase it first, remember athletes! “Load is King.”

Training to Failure

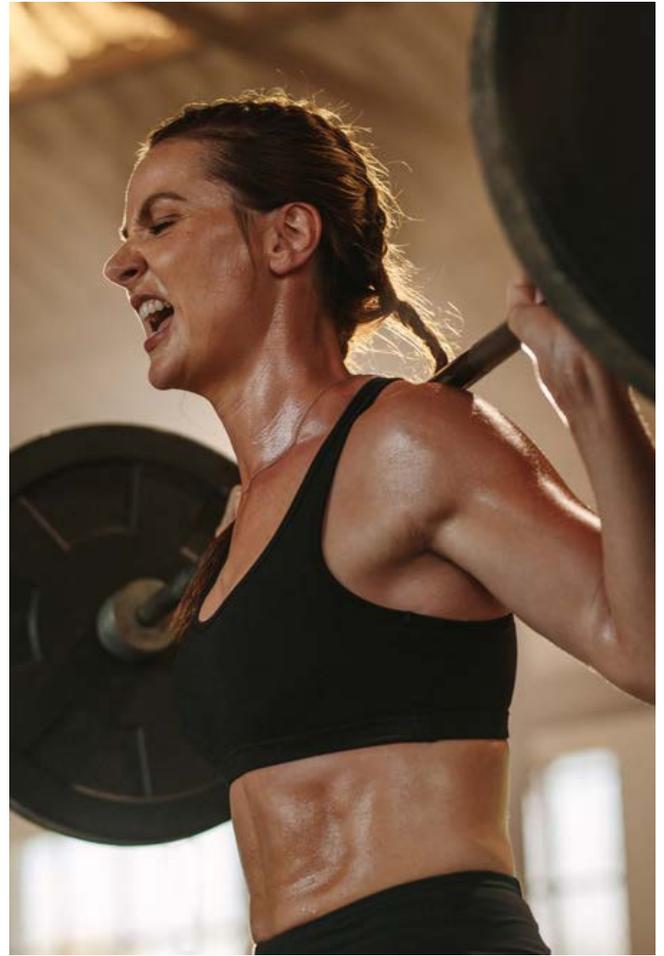


In all of my programs, we train to failure. Training to failure is how you can completely transform your body in the fastest amount of time. Failure is reached when your neuromuscular system can no longer generate enough force to move a load.

There are 3 ways in which you will reach muscle failure:

1. Failure on **form**
2. Failure on the **positive** part of the movement
3. Failure on the **negative** part of the movement

Failing on form (i.e. when you can no longer maintain good form during the movement) is when most people stop. This is one of the biggest mistakes people make! Not only is it perfectly safe to loosen your form slightly when you're coming close to failure, it's literally impossible not to! Be sure you're getting a full stretch and a full squeeze, going through the full range of motion if you can. If you need to rock or swing in your final reps of the final set towards the end of the 30 seconds, it's perfectly acceptable to do so! Bang out those last reps even when they feel impossible. You will tear more muscle fibers and burn more fat.



Failing on the positive is when you're struggling to push or pull the weight. For example, if you're doing a bicep curl and you're starting to fail on the positive, you'll have a hard time curling the weight towards your body. If it's a squat, you will struggle on the way back up to the standing position.

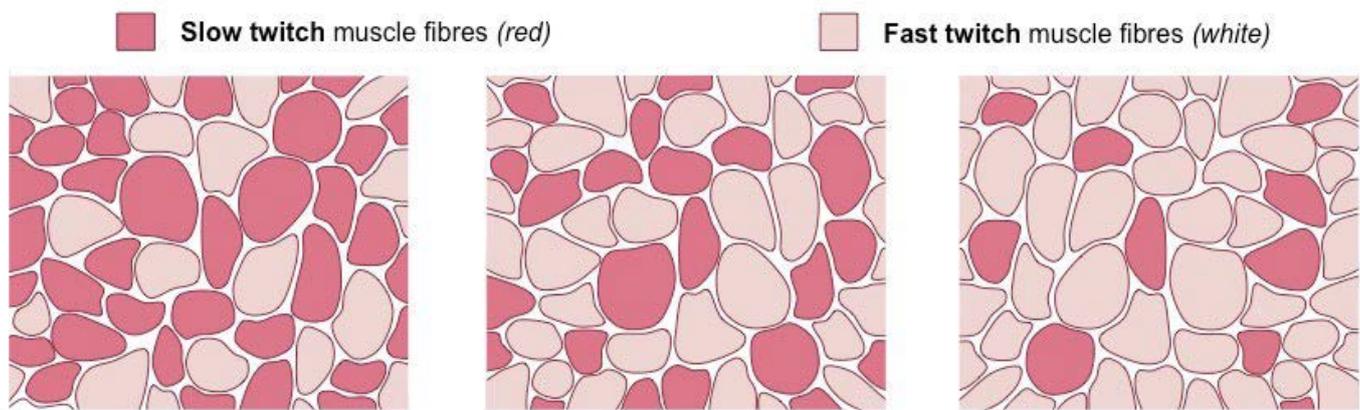
Failing on the negative is when you have truly failed! You have trouble controlling the weight on the way back down. This is like during a biceps curl or shoulder press when you're able to use momentum to push or curl the weight up, but you cannot control it as it's coming back down.

If the muscles you're working aren't trembling from sheer misery and torment on your final (failure) set, you haven't challenged them near enough. If you stop when the pain starts, you are missing out on valuable muscle growth potential.

By aiming for failure in all 3 ways, you activate more muscle fibers, damaging more tissue, leading to more muscle stimulation and growth. Grow baby, grow!

Three types of muscle fibers get activated when a load is forced upon them:

- 1. Slow-twitch (Type I):** With low-intensity exercise (think: aerobic exercise), these fibers get recruited. They use oxygen for energy in endurance-related activities like running, swimming, and even standing. They also take a while to contract and to fatigue. In fact, these fibers are always being used, and you will learn why.
- 2. Fast-twitch (Type IIA):** Once the load is further increased, the fast-twitch fibers get recruited next, along with the slow-twitch fibers' help. You can think of these fibers as the “middlemen”. Type IIA fibers contract quickly, and although they're not slow to fatigue like Type I, they also don't fatigue fast either.
- 3. Fast-twitch (Type IIB):** When the load becomes even greater, these fibers get recruited with the help of Type IIA and Type I fibers. These are used in quick, explosive, and extremely high-intensity exercises. They contract extremely fast, fatigue fast, and are the largest of all the fiber types.



Remember that stimulus forces the muscles to grow. They need to be stimulated repeatedly and with greater overload over time.

There are two main ways in which we can provide a stimulus to the muscle tissue:

1. Metabolic stress
2. Mechanical stress



Metabolic stress is a “feel the burn” type of stimulus. The key is to keep constant tension on the muscle—never allowing yourself to fully lockout or stop the reps to take a break—until you have reached utter failure and the burning sensation is too powerful to continue. What causes that burning sensation anyway? Lactic acid. Lactic acid is released into the muscle during the short and fast reps. This type of training produces cellular swelling that pumps the muscle up, but it doesn’t cause a huge amount of muscle damage in the way that mechanical stress does. This allows you to train the muscles more frequently without being sore in the following days. You will feel the sorest during the actual workout, but once it’s over, you won’t feel much.

(You may feel delayed or lingering soreness during the first week or two no matter what. Don’t be concerned that you did something wrong; beginners or those coming back after a long hiatus tend to be more prone to this beginning soreness, even with metabolic workouts.)

Mechanical stress is caused by heavy lifting—generating as much force as possible through a full range of motion. The muscle is either stretched, contracted, or both. This type of stress inflicts maximum muscle damage! You don’t feel that burning sensation the way you do with metabolic stress, but it’s what causes the Delayed Onset Muscle Soreness (DOMS) in the days that follow. Mechanical stress happens with much fewer reps but heavier loads and cannot be used frequently. You will need several days off in between working the same muscle again.

What is DOMS? (Delayed Onset Muscle Soreness)

DOMS, Delayed Muscle Soreness put simply is that nasty feeling you get in your muscles 12-72 hours after training. It can also be called “Muscle Fever” which is quite an accurate description of that weak, stiff and yucky feeling you can experience. It is something that literally everyone who trains will experience especially when you first start training or try a new exercise. For anyone who has trained legs HARD I think we can all relate to the experience of the “Two handed toilet seat lever” as it’s commonly known in The Sculpted Vegan groups. Where you literally cannot sit down on the toilet without holding the seat with 2 hands! BUT it eventually does get better over time.

DOMS is basically a minor inconvenience to training and because of this there is not that much literature or research on DOMS as it comes bottom of the priority list for research scientists. Because of this DOMS is really not that well understood from a biological sense and it’s more that we know a couple of things that it might be rather than what it is.

DOMS is not as simple as you feel sore because you have damaged the muscle (in the good way of creating more muscle fibers). There seems to be a combination of factors which cause it.



At the start of a new program DOMS can be expected but as the weeks go on and DOMS reduces, we can receive questions in the groups of “I am not as sore anymore, am I not working hard enough?” DOMS gets better over time due to something called the “repeated bout effect”, basically if you do the same exercise consistently, eventually you won’t become as sore anymore because your body becomes trained and more capable of it. While this is good that we potentially are not feeling the same extremes of DOMS as when we first started training, we still want to keep chasing progressive overload and training to failure to keep pushing our muscles past what they are capable of.

The Sciency Stuff

Studies have shown that even when the pain of DOMS lessened due to the body adapting and experiencing the “Repeated Bout Effect”. The inflammation in the body was still there despite less physical pain. This can show us that inflammation from training alone does not cause the pain of DOMS, it definitely plays a part but not enough to say it’s the main reason. If it was the main reason then we could say when the pain is not there, the inflammation is not there anymore but as you have just read that is not the case.



In other studies where they investigated the effect of training to failure on the leg extension with just one leg and not the other, results showed that there were still DOMS in the leg that hadn’t been trained! So not only was that not due to muscle damage in that leg or inflammation but it led the researchers to think that it came down to some sort of neural stimulus from the brain. Like the brain is protecting the body in some way. Can we just take a second to appreciate how amazing our bodies are!

With all this fascinating information we can determine that DOMS is a potential combination of all these things, muscle damage, inflammation and neural stimulus but even researchers can not quite say EXACTLY what the main influence and connection is.

So while “What is DOMS?” is definitely not the clearest question and answer ever, we can focus on some methods of how to not make DOMS worse and improve recovery,

- ➔ Excessive training can make it worse- So please know that if you are new to training then this program could be a massive increase on the exercise you have previously been doing. This will be the reason why your DOMS are so bad at the start. As the weeks go on the training will not feel so excessive and unfamiliar to your body and the DOMS WILL lessen.
- ➔ Vitamin D Deficiency- It can make you less able to handle the inflammation which can be caused by training. We advise Vitamin D as a recommended supplement in the supplement list.
- ➔ Dehydration can make DOMS worse- Staying at a baseline of good hydration and aiming for 2-3 litres of water a day will help keep you hydrated.
- ➔ Non Steroidal Anti Inflammatories- eg. Paracetamol, Ibuprofen can be good for the purpose of competition eg. cross fitters, who are having to do a lot of competition in quick succession and want to recover quickly for a purpose. It is not recommended as part of a general training recovery plan.
- ➔ Poor sleep can make DOMS worse. Put emphasis on good sleep and recovery routines. Remember when we sleep this is where our body repairs and muscle grows, say night night and get those gains.

The Science Behind Building a Perfect Butt



Gluteus Maximus



Gluteus Medius



Gluteus Minimus

To build the roundest, perkier butt possible, you need to stimulate all of the muscles in the glutes from all angles (but focusing heavily on the gluteus maximus to improve the overall shape).

Your glutes are comprised of 3 primary muscles (there are other accessory muscles around these, but these are the main ones):

- ➔ **Gluteus Maximus:** largest gluteal muscle, and responsible for giving your glutes their most prominent shape.
- ➔ **Gluteus Medius:** located on the sides of your hips and underneath the gluteus maximus.
- ➔ **Gluteus Minimus:** smallest of the glute muscles, and located right under the gluteus medius.

Our glute muscles are essential for movement, so it's important to focus on strengthening them. But they're also a primary focus for aesthetics because they create that beautiful curvature that many women dream of. Sure, genetics do play a role in the length and shape of ANY muscle, but that doesn't mean you can't create significant changes from your natural-born body shape. While vertically-loaded exercises, such as squats, deadlifts, and lunges are excellent for building the largest part of the glutes, it's important not

to forget about the smaller glute muscles with more horizontally-loaded work, like hip thrusts. This is a critical factor in developing maximum muscle growth in a short space of time. For the next 8 weeks, we are going to be directly targeting your entire gluteal region from all angles, twice a week. But just because they're being targeted in a workout, doesn't necessarily mean you're stimulating them enough to produce any visual change (or even getting stronger).

Why? Because without activating the muscles, you're just going through the motions. You'd be surprised how many people aren't aware that they're not even activating the muscle they're "working", which is contributing to their lack of results. When the glutes aren't activated, other muscles take over and become "helpers" in areas they weren't designed for. For example, your IT bands can take over when your glutes aren't activated, leading to pulling of the ligaments around your kneecaps, causing pain and inflammation (and eventually bad injuries). Or, your hamstrings will often take over, placing unnatural stress on your hip flexors. This frequently causes hamstring tendinopathy—that really deep butt pain you may have felt before that feels like someone jabbed a butter knife into your glutes and left it there! OUCH!

Before we continue, let's do a quick test to see if your helpers are taking over due to lack of glute activation. I want you to focus on NOT purposely forcing glute activation for this test, as that isn't going to help you at all. Cheat on this test and you're only hurting yourself!

Glute Activation Test:

1. Lie face down on your stomach
2. Place a couple fingers on gluteus maximus on just one side of your body (see image above for proper location) and the other fingers on your hamstring on the same leg (your hamstring is directly behind your quad, or front of your thigh, starting right behind your knee joint)
3. Now lift your leg straight up a few inches and notice which muscle fired first, your glute or your hamstring. If you need to do this a couple times, that's okay.

If your hamstring fired first, you will need to practice glute activation exercises a few times per day throughout this program (or as a warm-up to each glute-focused workout). Perform 1-3 sets of 10 reps of each exercise.

Glute Activation Exercises to Practice (using your glute loops, aka hip bands):

1. Banded Bodyweight Squats
2. Banded Abduction - place loop on your mid-thigh area, and using one leg at a time, simply extend it away from your body a few inches, while maintaining a slight bend in your legs.
3. Banded Donkey Kicks
4. Banded Glute Bridges on floor

By activating your glute muscles properly, you are also preventing injury (and alleviating any lower back pain you may be experiencing). Remember, what doesn't activate doesn't grow!

But is activation the only concern? Well, no. Sorry. You may be able to activate your glutes properly, but they could still be weak. Throughout these 8 weeks, they are going to get a lot stronger, but you should know ahead of time, if you have any signs of weakness, so you can keep tabs on improvements in these areas:

Signs Your Glutes are Weak

- ➔ Bad posture/slouching
- ➔ Knee, lower back, or hip pain
- ➔ Trouble with balance
- ➔ Tight hamstrings

Don't worry if you have trouble activating your glutes properly or if they are weak. It's always good to have the data so that you can see the areas you need to improve on. In the private groups we constantly hear from members who feel that their back pain has just magically disappeared. Is it a miracle? Or could they have finally addressed the route of their back problem which has actually been weak glutes this whole time?

Why running will never give you a great ass

Lots of women write to me complaining that they run miles and miles every week, but just can't get a nice set of cheeks. Others write in despair as they have been doing hours of cardio on the stairmaster, yet not seeing any change in the perkiness of their glutes. Sound familiar? The reason so many women have this problem is that they don't understand the difference between strength training and cardio.

Strength training is for muscle gain and cardio is for fat loss.

It's important not to confuse the two. Too often, I see fitness trainers championing their "muscle building" home workout programs, which seem to solely focus on cardio training. These programs will certainly burn fat, but they will never build the muscle that is needed for long term metabolic enhancement. Muscle is what gives your body shape and curves. If you diet all the time, you will simply end up looking skinny. I have managed to completely transform the shape of my body with muscle, creating the illusion of an hourglass figure that I was not blessed with at birth. I eat like a horse and train like a bitch.



The more muscle you have, the more calories you will burn, and the more food you can eat. When I started training I was only eating 1200 calories a day and was terrified to eat more in case I put on fat. Now I eat 3000 calories a day and maintain 17% body fat in off season, dropping to 10-12% when dieting for a show. How do I eat so much and still stay lean? A fast metabolism. I was not born with a naturally fast metabolism, but instead had to build one. Just like you can change your shape with muscle, so can you change your metabolism. A body with more muscle will naturally have a faster metabolism because muscle is very calorie hungry, I compare it to a growing toddler. If it requires a constant supply of nutrients to keep it alive, drawing from either food or fat energy. A body with more muscle will also naturally burn fat more quickly than a skinny body with no muscle. When you are skinny fat, (slim with very little muscle tissue), your body doesn't want to give up its fat stores as it knows that they may be needed for energy at some point in the future.



So it will be more likely to convert muscle tissue into amino acids for energy, than risk burning off precious fat stores. This is why many people put on all the weight they have lost after an extreme period of dieting when they just focus on dieting on its own and not building muscle too. The body has no muscle to feed with the extra calories, as not only was no muscle built during dieting, but more was probably burned off because of dieting. When your body has no muscle to feed with the food you eat, it simply dumps the extra calories into fat stores.

This program will not only increase the size of the glutes, and create more shapely arms, but it will also shred body fat at the same time. There are many women who don't actually want to have a bigger butt, but prefer to have a more shapely one. Mine was so tiny in the beginning that I wanted it to be bigger. But I never wanted it to be "fat and lumpy bigger", which is what can happen if it just gets fat. I didn't want it to just look good in jeans, I also wanted it to look good in a bikini - preferably a skimpy one! I wanted it to be round, firm, and pert, which it is now. How did I achieve this goal? By reducing body fat and building muscle at the same time.

And that's exactly what this program is designed to do for you.





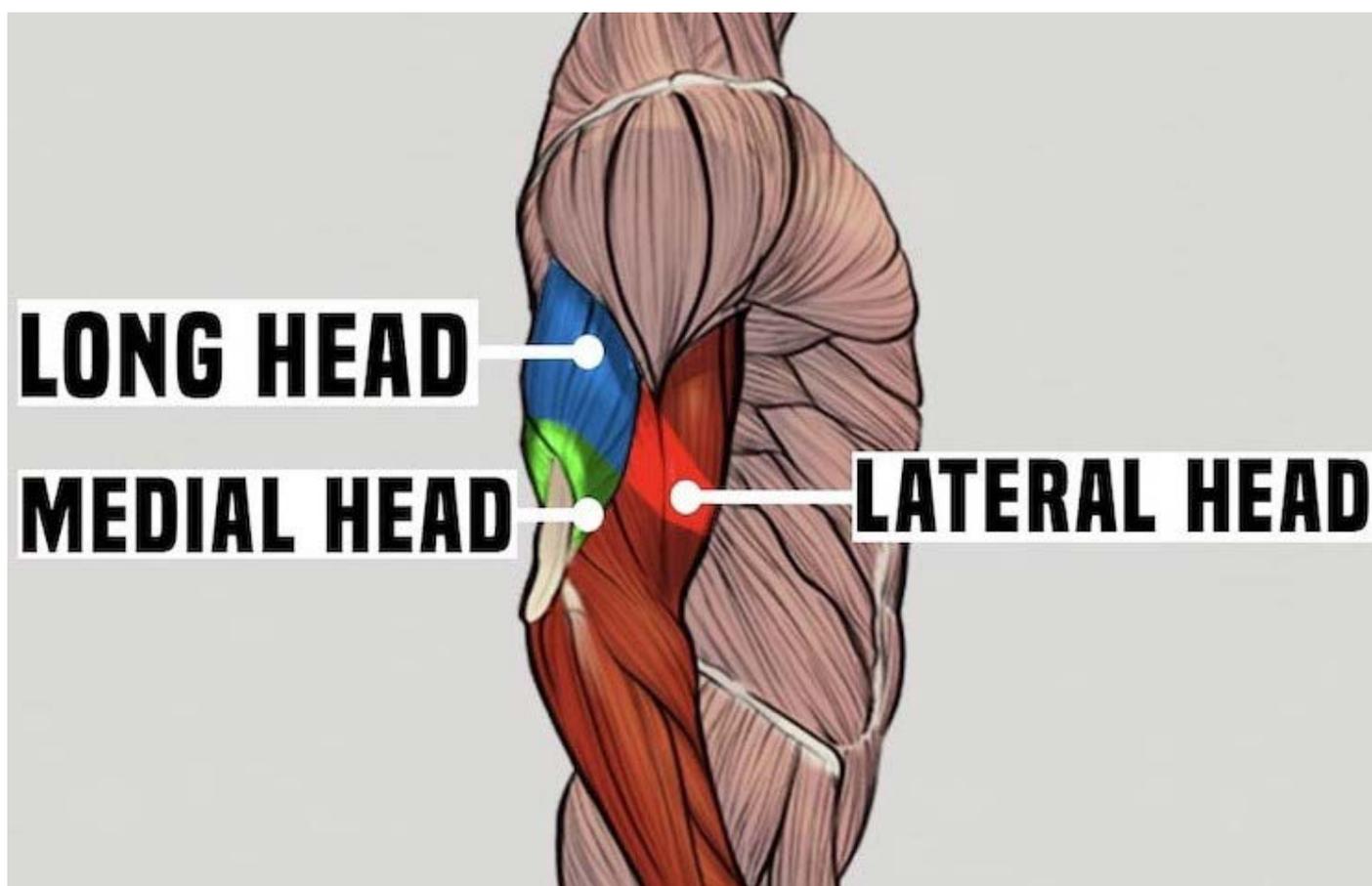
Sculpting Sexy Arms

Many women avoid adequately training their arms because they're afraid of looking manly, (seems to be a running trend, doesn't it?). But the only way to create any shape to them is to progressively overload the muscles there, in the same way you would any other muscle in your body. You need to train your arms just as efficiently and intensely as the rest of your body to avoid those arms complaints that I talked about earlier (to jog your memory —> “bingo wings” and “arm bacon” to name a few). Remember: muscle creates firmness and curvature in your body, and the more muscle you have, the leaner you will be by default because muscle revs up your metabolism. Shifting your training focus away from certain body parts out of fear of too much “masculine” growth is literally the worst thing you can do for your physique and strength goals. Remember as women we don't have enough testosterone to “beef up” the way men do.

In this program, you'll be stimulating each head of each of the muscles in your arms. This will maximize your arm development potential in a short period of time (8 weeks really is a very short timeframe, although you won't feel like it is. Sorry about that.)

Triceps

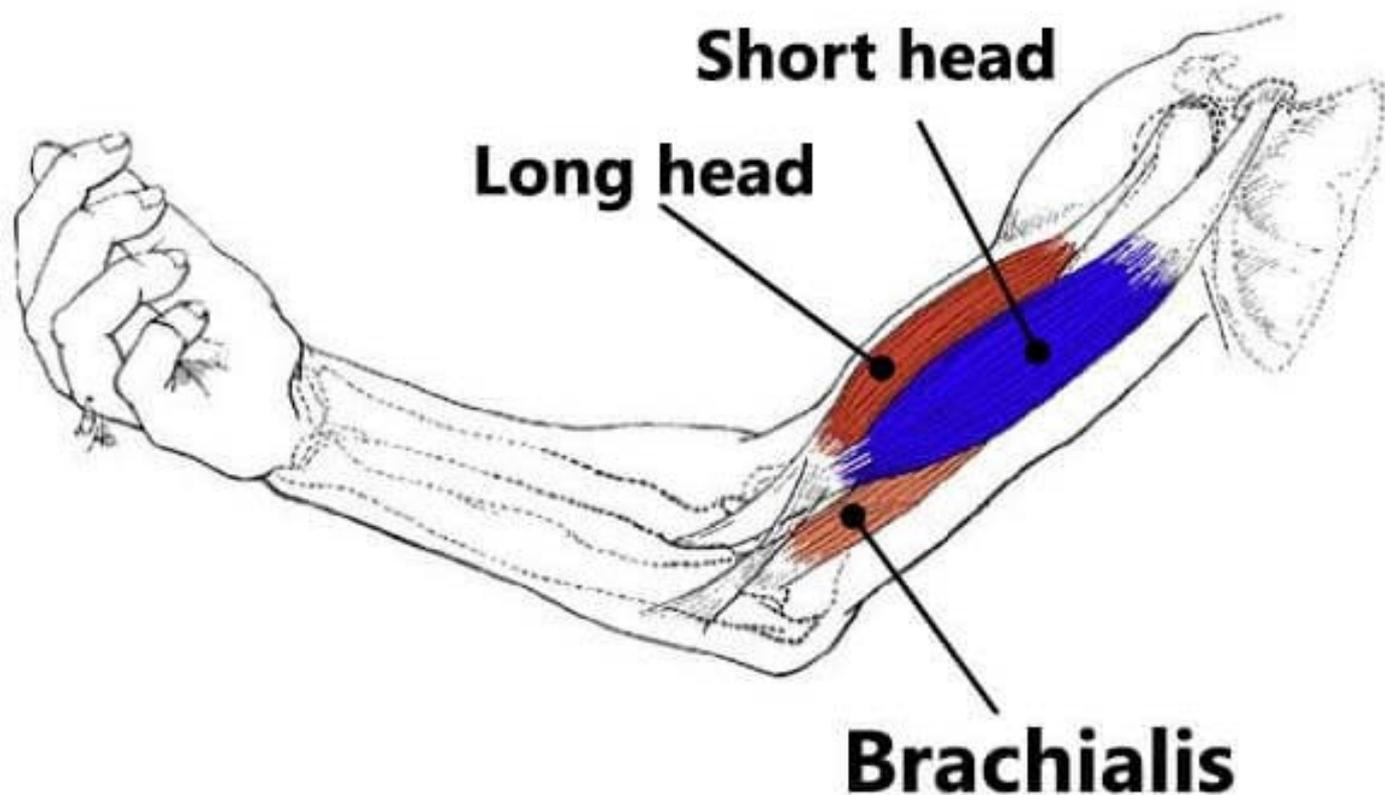
Your triceps are the muscles located on the back of the upper arm, and are made up of three heads: the lateral, medial, and long heads. We are targeting all 3 heads in this program! The triceps work with your back muscles to extend your shoulders, such as when you do a pushup or push a door closed.



Training your triceps is one of the best ways to strengthen and sculpt your upper body! They're one of the most hard-working muscles in your body. You use them to perform dozens of tasks each day, from brushing your teeth and carrying your child, to opening doors or banging out pushups. Strong triceps make you stronger overall: In fact, your strength isn't measured by the size of your bicep but by the force in your tricep (who knew?). If you want to push more weight, you need to build stronger triceps, period. One of the biggest mistakes I see people make is focusing almost exclusively on the biceps when training their arms, since the biceps are a "show off" muscle. This is common actually. People tend to only focus on the muscles they can see in the mirror or show off to others (for the record, there is nothing wrong with showing off your muscles).

Biceps

Your biceps are located on the front part of the upper arm, and include 2 heads: a short head and a long head, that work as a single muscle. The long head passes through the shoulder joint to the upper arm. The short head runs alongside the long head on the inside of the arm. You may not realize this, but you work your biceps anytime you pull something towards you.



So in every back exercise, you are simultaneously working your biceps. This is why I combined them together into the same workout (the same goes for your triceps and your chest exercises, which I've also combined in this program.)

Deltoids (shoulders, aka “delts”)

Your delts are also comprised of three heads: anterior, medial, and posterior heads. The anterior delt heads are located on the front of your shoulders, and it's this head that happens to be the most overdeveloped. How? Because it's involved in every chest exercise you do (pushups, chest presses, dips, all of them), acting as a helper. It's a very hard-working muscle! The medial delt heads are located on the sides of your shoulders,

and these are responsible for the width of your shoulders. The more developed this head is, the more of a V taper you will have, making your waist look smaller! When you lift your arms out to the side, this is the primary head that's working. The posterior delt heads are located in the back of your shoulders, and are typically the most underdeveloped. Most people don't focus on this area, once again, because they can't see it in the mirror. It is, however, involved in many back exercises. But not focusing on the posterior head can and will lead to shoulder imbalances that can affect posture and cause pain.

Have no fear, we will be targeting all heads of all muscles in this program, so you're going to get incredible visual results as well as strength and postural.



Grip differences - does grip really matter?

The way you hold your weight and where you place your hands is called your “grip”. This might seem like an insignificance, but it literally dictates how and where you will feel the work in the muscle(s). There are 3 elements that make up your grip: position (overhand or underhand), width (close grip/narrow or wide grip/far away), and size (whether you’re using a barbell, dumbbell, rope, plate, etc.). In a pushup, a close grip will work your triceps more. In a pull-up, if you use an underhand grip (where your palms are facing you), you will work your biceps more. In a barbell deadlift, a wide overhand grip will give you more range of motion, whereas a narrow over-under grip (one hand overhand and one hand underhand) can make it easier to go heavier by removing the strain in your shoulders. In a dumbbell overhead shoulder press, you can have your palms facing in towards each other, if you’re coming back from a shoulder injury, as this places the least amount of stress on the joints by keeping them in a more natural position. In this program, some of the exercises are prescribed with a specific grip and others are not. The ones that aren’t specified can be any grip that you prefer. Feel free to even change up your grip with those exercises each week.



Form

Ah, probably the most controversial part of your journey towards body change. I swear this is a never ending battle. Whenever I post videos of myself in the midst of an exercise, it invariably attracts at least a handful of people who want to call me out for bad form. Newsflash: perfect form actually doesn’t exist. Yes, it’s important to be safe, but it’s also physically impossible to have “perfect” form when you’re lifting heavy—especially on

your final, failure set. People seem to have an obsession with form. They think that any movement whatsoever, besides the muscle they're contracting, is dangerous and will cause injury. This is so far from the truth. Our muscles work synergistically—this means that there will always be other muscles who jump in to help the primary working ones in any given exercises because that's how we're designed. This will cause a bit of swaying, swinging, forward bending at the hips, etc. the heavier you go. Your form is always dependent on the weight you're pushing, pulling, or lifting. Your form on a 50-lb deadlift is going to look a lot “prettier” than your form on a 200-lb deadlift. Yet, this has nothing to do with your chances of injury. In fact, you can certainly get injured even if your form is “perfect”. Put more weight on the bar than your tissues can withstand, and you're going to get an injury, plain and simple. So yes, I do want you to be careful with your form, but being careful doesn't mean obsessing over perfection. **A perfect example of this is in this video compilation of a leg workout.** You can see my form isn't perfect, but it's still absolutely safe. I'm swinging, lifting up off the machines, and slightly arching my back at times. It's the only way I could ever lift that much weight!



People become so obsessed with form that they can't even focus on contracting the muscles they're working. Believe it or not, we have to have laser-like focus on the mind-body connection to make our muscles contract enough during an exercise to make it count. It's not enough to simply perform a repetition, though this is a mistake so many people make. Don't be afraid of lifting some damn weight. It's the only way you're going to build the body of a physique athlete!



Rest + Recovery (two very different things, and you must implement both)

From this day forward, you are now an athlete. I don't care if you've never trained for anything athletic in your life, you are an athlete in my eyes, and I will refer to you as one. Anyone who undertakes any of my programs will be eating and training the way professional athletes do, and athletes require far different levels of rest AND recovery than the average person. I would even go as far as to say this is the most important part of this program, because without prioritizing these two things, nothing else that you follow from this program (or any program) is going to matter. How is that possible? Well, did you know that the only time your muscles grow is when they're at rest? They actually don't grow "in the gym" (while you're working out), but rather, that's when you're causing microtrauma/ripping within the muscle tissue and fibers. Imagine accidentally cutting yourself with a kitchen knife while cooking. It tears open the skin, so you clean it out and bandage it. As the days pass, you do everything you can to ensure that as you clean and change the dressing, you don't reopen the wound—not only because that would hurt like crazy, but it would delay healing significantly. Well, think of your strength training the same way: during each workout is where you're creating the "wounds", and while you're sleeping and resting, those are the times you're allowing the wounds to heal. Respect that your body needs time to recover from the stress of intense exercise and heal the microtrauma in the affected tissues.

Something important to know is that rest is different from recovery, and you need both every single day when training like an athlete.

- ➔ **REST - Time spent not training.** If you're training (lifting) for 7 hours a week, that leaves you 161 hours every week where you're not training. That is a lot of time for potential rest, and you had better prioritize it. We all of course have other responsibilities, but make no mistake, if you let other things get in the way of your body's ability to truly rest, and you run yourself ragged, no program in the world is going to change your body for the better.
- ➔ **RECOVERY - Specific techniques taken for helping your body repair.** These are things that help repair any system of the body, like hydrating, ice/heat therapy, stretching, stress management, etc.

Athletes have **two different types of recovery** that is critical to their success, (whether that success is their sport or their appearance, it's all the same):

- **Short-term recovery** - this is the recovery that happens in between your workouts. In this program, your LISS cardio (you will learn about that in the following pages) actually serves as a huge portion of your short-term recovery, along with your sleep. This is one of the reasons we do not do high-intensity cardio—that is anything but recovery and actually causes more inflammation and more stress on the body (not something you want while shredding, trust me!)
- **Long-term recovery** - this is the recovery that is purposely scheduled into an athlete's training program, often at the end of one phase before transitioning into the next. This is why I always recommend taking a complete and total break after my shred programs, before repeating them or going into a different phase of your training. And this program is no exception. It is highly recommended that you take a week or two off after you complete this program. We will talk about this more at the end.



Sleep is another critical part of your recovery. Sleep deprivation doesn't just mean you're logging too few hours of sleep, but it has more to do with the ratio of your activity (time and intensity) and your sleep (time and quality), in a 24-hour cycle. Sleep deprivation is actually very real, and in today's fast-paced world, people don't take it seriously. If they do, they find it almost impossible to prioritize, anyway because of all the responsibilities on their plates. Sleep deprivation impairs your body's ability to repair damaged tissue, lowers your endurance, raises stress hormones, weakens your immune system, and so much more. There is no exception to this part of your training program and any training you embark on. DO NOT put yourself in a position where you're unable to recover because you're lacking sleep quantity and/or quality.

Here are some ways you can prioritize your rest + recovery during this intense program:

- Infrared sauna
- Naps
- Massage
- Magnesium baths
- Logging as many hours of sleep as possible BEFORE midnight (studies show the hours before midnight are the most important.)
- Foam rolling
- Stretching
- When preparing for bedtime, try to avoid artificial lights as much as possible in the 3 hours prior
- Do something that relaxes you before bed
- Exposure to nature and natural elements (do your workouts outdoors!)
- Meditation and breathing techniques

Women versus men: do women really have a harder time building muscle?

“But Kim, I don’t want to lift heavy because I’ll bulk up/look like a man.” I hear this literally every single day. I need you to understand something: you couldn’t possibly put on as much muscle mass as a man, even if you tried, (unless you took steroids). And even if you took steroids, you STILL need to bust your ass in the gym, day in and day out for that muscle mass (I’m talking years and years of concerted effort). Quite simply, most people won’t work that hard. And, we women don’t have the levels of testosterone that men do. We make about 20 times less, actually. And although testosterone is not the only hormone that plays a role in how we build muscle, because of anatomical and hormonal differences, women cannot gain as much total-body muscle as men can.

However, women can and do get bulky when lifting for a totally different reason: they had excess body fat to begin with. Sorry, but that’s the truth. With excess body fat, you’re just building muscle underneath it and making your body bigger and bulkier. In fact, the more muscle you have, the leaner you need to be to avoid looking bulky. But don’t twist this either. You NEED muscle to give your body those beautiful curves and to avoid the skinny-fat look. So don’t try to avoid putting on muscle in fear of needing to stay leaner and not look bulky. Putting on muscle is the best thing you can do for your metabolism and your appearance. And during these 8 weeks, your body will be primed for losing loads of excess body fat while preserving and building precious muscle tissue.

Estrogen Dominance

Estrogen dominance is one of the biggest issues affecting women over 35. Your period and PMS are from hell. Heavy bleeding, fibroids, fibrocystic breasts, and intense cramping have become your new normal. Your mood is all over the place, you have low libido and you just don’t feel like YOU anymore. Physically you are struggling to



reduce that stubborn body fat around the lower back/leg region. Now here I must add a reality check, in some cases estrogen dominance may apply BUT not in all. So we cannot now go around and blame all excess lower back and leg fat on our hormones, let's keep it real.

The reason you become estrogen dominant in the first place is that your body (specifically your liver) becomes inefficient at cycling out excess estrogens from your bloodstream, leaving them to recirculate back into the body. This is one of the many reasons why I believe it is so important to look after your liver.

There are different ways that your liver breaks down extra estrogen in your body to take it out of commission and prevent it from accumulating. The 2-OH pathway is one of them and we are going to look at how we can support it.

Ways we can support Estrogen Balance

Cruciferous vegetables- One of the best ways to encourage the 2-OH pathway is to eat cruciferous vegetables like broccoli, kale, cauliflower, broccoli sprouts, and brussel sprouts. Cruciferous vegetables contain DIM (Diindolylmethane) and Sulforaphane which help support healthy estrogen balance and support liver detoxification. We will be filling up on all this green goodness on this plan.

The best Supplements for Estrogen Dominance

DIM- Eating two pounds of cruciferous vegetable can ultimately supply about 20-30 mg of DIM. To get 100mg of DIM, one would need to eat at least 5 pounds of these crucifers – which might not be doable for you. If you're looking for another way to get the benefits of these vegetables, **DIM** is a suggested supplement. It packs in the benefits of pounds and pounds of these crucifers into convenient pills to help your liver metabolize estrogen. If you can't purchase DIM, there are other supplements available that contain Sulforaphane which is derived from **broccoli sprouts**. Sulforaphane is directly involved in supporting liver detoxification aiding hormone balance, a similar characteristic to DIM but it does not metabolise estrogen. DIM would be the number one recommendation as it's established in the market as an "estrogen buster".



TRAINING STRUCTURE

The training in this program is carried out over six days, with the seventh day being a complete rest day. **On this day, you will not do any cardio or strength training.** On the other six days, you will be doing body part split training, which is the best way to develop the size and strength of the muscles. Pay close attention to the “notes” section of each exercise listed in the workout plan below, as there are certain things I want you to focus on in the exercises. I also recommend that you watch all the exercise instructional videos for the whole program **before** your first session so you are not having to search for how to do an exercise in the middle of your workout. All sets prior to your final set are just warm-up sets; you are warming up for your final set, which is all-out failure. Remember the reps that are set out in the plan are not an aim but a guide.

- ➔ First set is a warm up: you should have another 10-15 reps in reserve (meaning you can easily do another 10-15 reps)
- ➔ Second set is also a warm up: 5-10 reps in reserve
- ➔ Third set is your first working set: 2-3 reps in reserve
- ➔ Final set is failure! If you have a spotter, force out those final reps even if they're half reps!
- ➔ If you don't hit concrete muscle failure and you've got more reps in the tank, then do more reps! You finish your 12 reps, re-rack the bar, put more weight on, and go again. Even if you only hit 4 or 5 more reps, if you go to failure then your muscles will have a reason to grow. By any means necessary, hit failure baby!

I will suggest that if you are on your final set and hitting 10-12 reps or more then that is a sign that you need to increase your weight in your previous sets. Remember, there's an inverse relationship between load and reps, so when you increase the weight, your reps are going to fall to some degree. That's OK, because soon enough, you'll get stronger with that weight and be able to repeat the cycle over again. Aim to hit 6 reps minimum with a new weight when you add more load for your final set. Then the next week aim for 7 or 8 reps. Keep pushing the reps up until you hit nearly 10, then increase the weights again. Increase on all sets, not just the final set. If you are stronger, you are stronger!

Remember athletes, “Load is King.”

You will need a spotter for some (or all) of the exercises in your failure set. You're going to have to pull up your big girl pants and get used to asking for a spotter when you're in the gym. I know it can be uncomfortable!



FEATURED PODCAST

HOW TO ASK FOR A SPOT IN THE GYM

[CLICK HERE TO TUNE IN](#)

When this is just not possible (no one else is around, or you're working out at home alone), you can reach failure by using machines that you can safely set down (like a hack squat machine for squatting, or a shoulder press machine that is easy to just set down when you've hit failure).

Expect to be grunting, grinding, swearing and sweating in your final set of every single exercise. Don't be afraid to make some noise!

*Note: your spotter should ONLY be helping you force out those final few reps. The spotter's job is to actually make it harder, not easier. Half reps are better than no reps! Remember our talk about form? Don't think that half reps are bad form and shouldn't be executed. They're one of the best ways to truly burn out the muscle until it can't possibly

move another millimeter. Tell your spotter up front that your final rep should take you 8-10 seconds and to only help you a little bit to keep the reps moving. Be sure he/she knows that your final 2-4 reps should be a total struggle for you.

What equipment do I need?

I've designed this program to be compatible for use in a gym, home gym or at home with minimal equipment. Wherever gym equipment is listed, you can use the dumbbell or barbell version at home instead. For the leg curls to be done at home, you can replace them with plate slides or stability ball curl-ins. For the glute-ham raise, you can lock your heels underneath your bed frame or have a partner hold them. You will need the following:

- Dumbbells
- Barbells
- Pull-up bar
- Bench (or use stairs at home for incline work)
- Resistance Bands (If using Home Minimal Equipment plan)
- Cobra grips (recommended)



Training notes

- ➔ The exercises should be performed in the order listed, unless you have to wait around for equipment. In this case, choose another exercise from the list or choose a substitute to perform in its place.
- ➔ Rest periods should be just long enough for the muscle to recover before you go again. I will usually take no longer than 20-30 seconds in between sets. With my leg workouts I might take up to 2 minutes to let my cardiovascular system recover enough to be able to push more weight. Running out of air means running out of strength too.
- ➔ Muscles only grow in your final set. It's critical that you bust ass in this final set and reach concrete muscle failure, or you're wasting your time.



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	Notes
Barbell Bench Press	4	8-12	Go to failure in final set
Machine shoulder press	4	6-12	Get a spot in final set
Tricep machine dip	3	10-12	Use assistance if necessary
Skull crushers	3	10-12	Keep elbows close
DB Shoulder press	3	8-12	Try to get a spot in final set
Tricep pushdown	4	10-12	Loosen form in final set to fail
DB Side lateral raises	3	10-12	Try not to use momentum

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

Exercise	Sets	Reps	Notes
Bent over row	4	8-12	Push hips back, don't bend over
Double Arm Dumbbell Row	3	8-12	Use cobra grips to hold dumbbell
Chin ups	3	6-10	Use bands to assist if necessary
Barbell curls	4	10-12	Extend fully into tricep at bottom
Dumbbell curls	3	10-12	Curl DB into shoulder at top
Close grip pulldown	3	10-12	Squeeze elbows back at bottom

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

Exercise	Sets	Reps	Notes
Lying leg curl	4	10-12	Do half reps to grind out final set
Barbell Back Squats	4	6-12	Get a spot for final set if possible
Deadlifts	4	6-10	Use Hex or Olympic bar with grips
DB deadlift	4	10-12	Push hips back, don't bend over
Elevated goblet squat	3	10-12	Push back, stretch through glutes
Barbell hip thrust	3	10-12	Go hard and heavy in final set

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

Exercise	Sets	Reps	Notes
Incline DB chest press	4	10-12	Get a spot for final set if possible
BB seated shoulder press	3	8-10	Get a spot for final set if possible
BB front raise	3	10-12	Use momentum to fail on final set
Side lateral raise	3	10-12	Keep elbows higher than hands
Close grip bench press	3	8-10	Keep elbows close to body
Triceps rope pressdown	3	10-12	Keep elbows close to body

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

Exercise	Sets	Reps	Notes
Pull up	3	10	Use band to assist if necessary
Barbell bent over row	3	10-12	Push hips back, don't bend over
Seated cable row	3	10-12	Keep chest high & elbows close
One arm dumbbell row	3	10-12	Use cobra grips on dumbbell
Barbell curls	3	10-12	Squeeze bicep hard at top
Preacher curl	3	8-10	Fully stretch arms at bottom

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

Exercise	Sets	Reps	Notes
Lying leg curl	4	10-20	Go to failure in final set
Deadlift	4	6-10	Use Hex or Olympic bar, any grip
Bulgarian split squat	3	10-12 each leg	Hold weights if needed
Glute ham raise	3	10-12	Curl chin to chest
Barbell hip thrust	4	10-15	Do not rock whole body
Seated leg curl	4	10-15	Squeeze hamstring at top

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	Notes
Barbell Bench Press	4	8-12	Go to failure in final set
Barbell seated Shoulder press	4	6-12	Get a spot in final set
Tricep dips	3	10-12	Use assistance if necessary
Skull crushers	3	10-12	Keep elbows close
DB Shoulder press	3	8-12	Try to get a spot in final set
Tricep kickbacks	4	10-12	Loosen form in final set to fail
Or			
Triceps rope pressdown	4	10-12	Loosen form in final set to fail
Side lateral raises	3	10-12	Try not to use momentum

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

Exercise	Sets	Reps	Notes
Bent over row	4	8-12	Push hips back, don't bend over
Dumbbell Row	3	8-12	Use cobra grips to hold dumbbell
Chin ups	3	6-10	Use bands to assist if necessary
Barbell curls	4	10-12	Extend fully into tricep at bottom
Dumbbell curls	3	10-12	Curl DB into shoulder at top
Close grip chin up	3	10-12	Squeeze elbows back at bottom

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

Exercise	Sets	Reps	Notes
Barbell back squat	4	6-12	Get a spot for final set if possible
Deadlift	4	6-10	Use Hex or Olympic bar with grips
DB deadlift	4	10-12	Push hips back, don't bend over
Elevated goblet squat	3	10-12	Push back, stretch through glutes
Barbell hip thrust	3	10-12	Go hard and heavy in final set

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

Exercise	Sets	Reps	Notes
Incline DB chest press	4	10-12	Get a spot for final set if possible
Seated shoulder press	3	8-10	Get a spot for final set if possible
Barbell front raise	3	10-12	Use momentum to fail on final set
Side lateral raise	3	10-12	Keep elbows higher than hands
Close grip bench press	3	8-10	Keep elbows close to body
Tricep kickbacks	3	10-12	Loosen form in final set to fail
Or			
Triceps rope pressdown	4	10-12	Loosen form in final set to fail

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

Exercise	Sets	Reps	Notes
Pull up	3	10	Use band to assist if necessary
Barbell bent over row	3	10-12	Push hips back, don't bend over
Double Arm Dumbbell Row	3	10-12	Wedge feet wide for support
One arm dumbbell row	3	10-12	Use cobra grips on dumbbell
Barbell curls	3	10-12	Squeeze bicep hard at top
Preacher curl	3	8-10	Fully stretch arms at bottom

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

Exercise	Sets	Reps	Notes
Single leg deadlift	4	10-12	Go to failure in final set
BB good mornings	4	10-12	Push hips back and hinge
Deadlift	4	6-10	Use Hex or Olympic bar, any grip
Bulgarian split squat	3	10-12 each leg	Hold weights if needed
DB Deadlift	3	10-12	Curl chin to chest
Barbell Hip Thrust	4	10-15	Do not rock whole body

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	Notes
Push ups	4	10-15	Drop back a level to finish set
Handstand push up	4	10-15	Start hard, and drop back
Tricep dips	3	10-15	Elevate feet to increase difficulty
Decline push up	3	10-15	Knees bent is easier
Triceps push up	4	8-15	These are hard! Keep going
Band side lateral raise	3	10-15	Increase resistance band each set

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

Exercise	Sets	Reps	Notes
Australian Pull Ups	4	10-15	Knees bent is easier
Banded One Arm Row	3	10-15	Increase resistance band each set
Chin ups	3	10-12	Use bands to assist if necessary
Band biceps curl	4	10-15	Increase resistance band each set
Bar Biceps Curls	4	10-15	Straight legs is harder
Close grip chin up	4	10-12	Use bands to assist if necessary

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

Exercise	Sets	Reps	Notes
Banded good morning	4	10-15	Push hips back and hinge
Overhead squat	4	10-20	Sit back into the squat
Banded Deadlifts	4	10-12	Keep chest high at all times
Reverse lunge with forward lean	4	10-12	Lean forward to hit the glutes
Elevated goblet squat	4	10-12	Sit back to stretch through glutes
Single leg glute bridge	3	30 reps each leg	Feel the burn!

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

Exercise	Sets	Reps	Notes
Incline push up	4	10-12	Keep legs straight if possible
Banded upright row	4	8-10	Hands close and elbows high
Band front raise	4	10-15	Keep control on the negative rep
Band side lateral raise	4	10-15	Little finger always leads
Diamond push ups	3	8-10	Drop back in difficulty to finish
Banded rear delt fly	4	10-15	Squeeze hard in to the rear delt

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

Exercise	Sets	Reps	Notes
Pull up	4	10	Keep hands shoulder width apart
Banded bent over row	4	10-15	Keep elbows close to body
Seated banded row	4	10-15	Push chest forward, elbows back
Banded single arm row	4	10-15 each arm	Keep elbow close to body
Band biceps curl	4	10-15	Squeeze bicep hard at the top
Band upright row	4	10-15	Control the negative rep always

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	Notes
Banded squats	3-5 sets	20	Move straight onto next exercise
Banded good mornings	3-5 sets	20	Move straight onto next exercise
Reverse lunge forward lean	3-5 sets	20	Move straight onto next exercise
Single leg deadlift	3-5 sets	20	Move straight onto next exercise
Frog pump glute bridge	3-5 sets	20	Move straight onto next exercise
Repeat circuit 3-5 times			

DAY 7 - REST

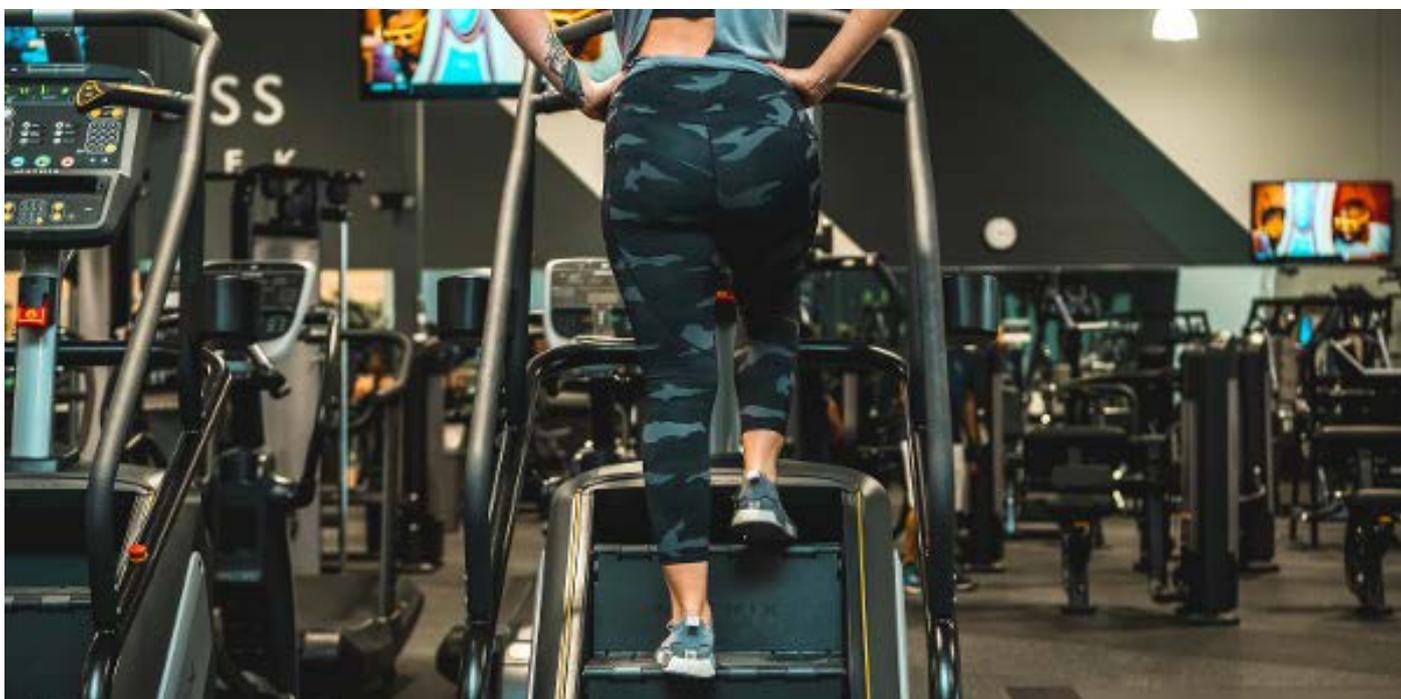
CARDIO OVERVIEW

Cardio Schedule

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

Slow Steady Cardio

It's important to remember that cardio serves a purpose far different from resistance training. While resistance training is essential for stimulating your muscle tissue to the point of strength and growth, cardio does not do this. Cardio is strictly for fat loss! I know people tend to get antsy and impatient and often combine their cardio with their resistance training (for example, some people do resistance band leg work on the Stairmaster because they think it will help sculpt their legs more). This does nothing for you other than risking injury and an accidental fall. Leave the resistance training for your muscle maintenance and growth, and leave the cardio for burning fat.



You will be performing Low-Intensity, Steady-State cardio (LISS) for six of the seven days on this program. This type of cardio, when done correctly, is extremely effective for fat loss and muscle preservation. It doesn't matter so much the kind of LISS you do, as long as you do it correctly and consistently. It's preferable to do it morning and night, but not necessary. Just do it whenever you can, but only combine cardios as a last resort!

It's far better to do two sessions and boost the metabolism twice in one day than 2 hours of cardio in one go which we will eventually build up to.

How is LISS so effective?

When you first start exercising, your body immediately taps into any stored glycogen for its energy source. It generally takes about 10 minutes before your body registers that there aren't enough demands being placed on the muscles, so it switches to fat stores instead. This is why it's so great at preserving muscle tissue and why I don't want you to do it intensely! So if your cardio session is 60 minutes, you're burning pure fat for about 50 of those minutes. I get a lot of questions about why my programs never prescribe High-Intensity Interval Training (HIIT) cardio. This style includes cycling short periods of extremely intense, heart-pounding cardio and rest. I want to be very clear about this type of cardio and why it's not ideal when you're shredding. HIIT training is remarkably taxing. Particularly when your body is already under stress—like when you're dieting—adding more is the worst thing you can do.



Here are some reasons why I strongly urge you to steer clear of HIIT during this program:

- ➔ Causes you to reach your anaerobic threshold very quickly, which switches your body's primary fuel source away from fat.
- ➔ Incredibly demanding on all systems in the body—difficult, strenuous, and not enjoyable for most people.
- ➔ Highly inflammatory
- ➔ Recovery time is long
- ➔ Injury risk is high
- ➔ Not at all for beginners

How can you be sure that you're not inadvertently doing HIIT? Your body will tell you!

There are two ways you can measure this:

1. Use a heart rate (HR) monitor or do a manual check of your HR by lightly pressing your index and middle fingers on your opposite wrist, just below the thumb. Alternatively, you can place them on your neck, just below your jawbone. Count the number of beats in 6 seconds, and then multiply by 10. This is your heart rate! It's important to know that even the monitors are notorious for being inaccurate at times, and checking a few times manually during each session is not only very easy but very accurate. You do not need to go out and buy a heart rate monitor, but if you already have one and prefer to use it, that's completely fine.

2. Use your body's physiological signs

- You're slightly out of breath
- You have a thin layer of sweat on your back
- It's hard to hold a conversation without drawing your breath in periodically



The most fat is burned at a heart rate of around 70% of your maximum. Aim to keep your HR steady at this number during each cardio session.

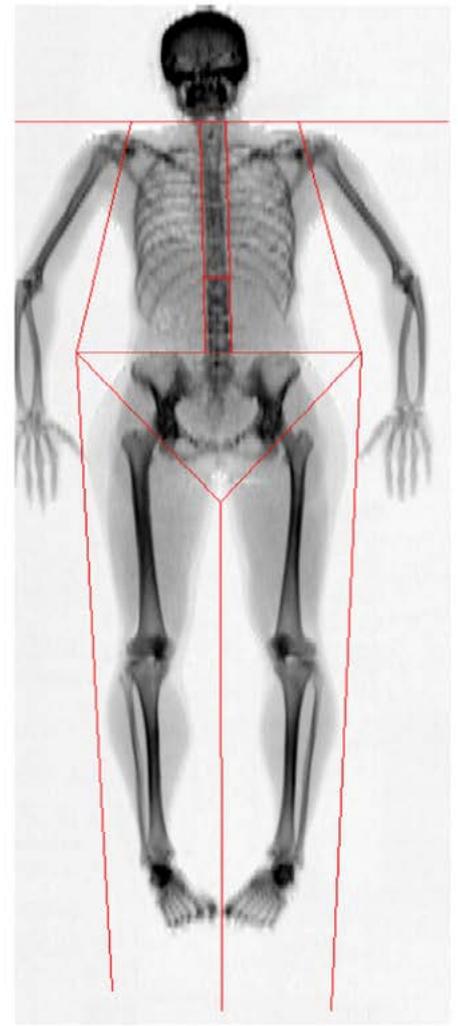
1. Calculate your max HR (220 - age)
2. Calculate 70% of your max HR (max HR x .70)



Cardio Options

Any cardio that keeps your HR steady at around 70% of your maximum is perfect. You have a range of options you can choose from. I want you to try and choose the same thing each day whenever possible:

- ➔ Stairmaster
- ➔ Uphill or flat treadmill walking
- ➔ Elliptical
- ➔ Stair stepper
- ➔ Stationary bike
- ➔ Lightly jogging in place
- ➔ Power walking outdoors

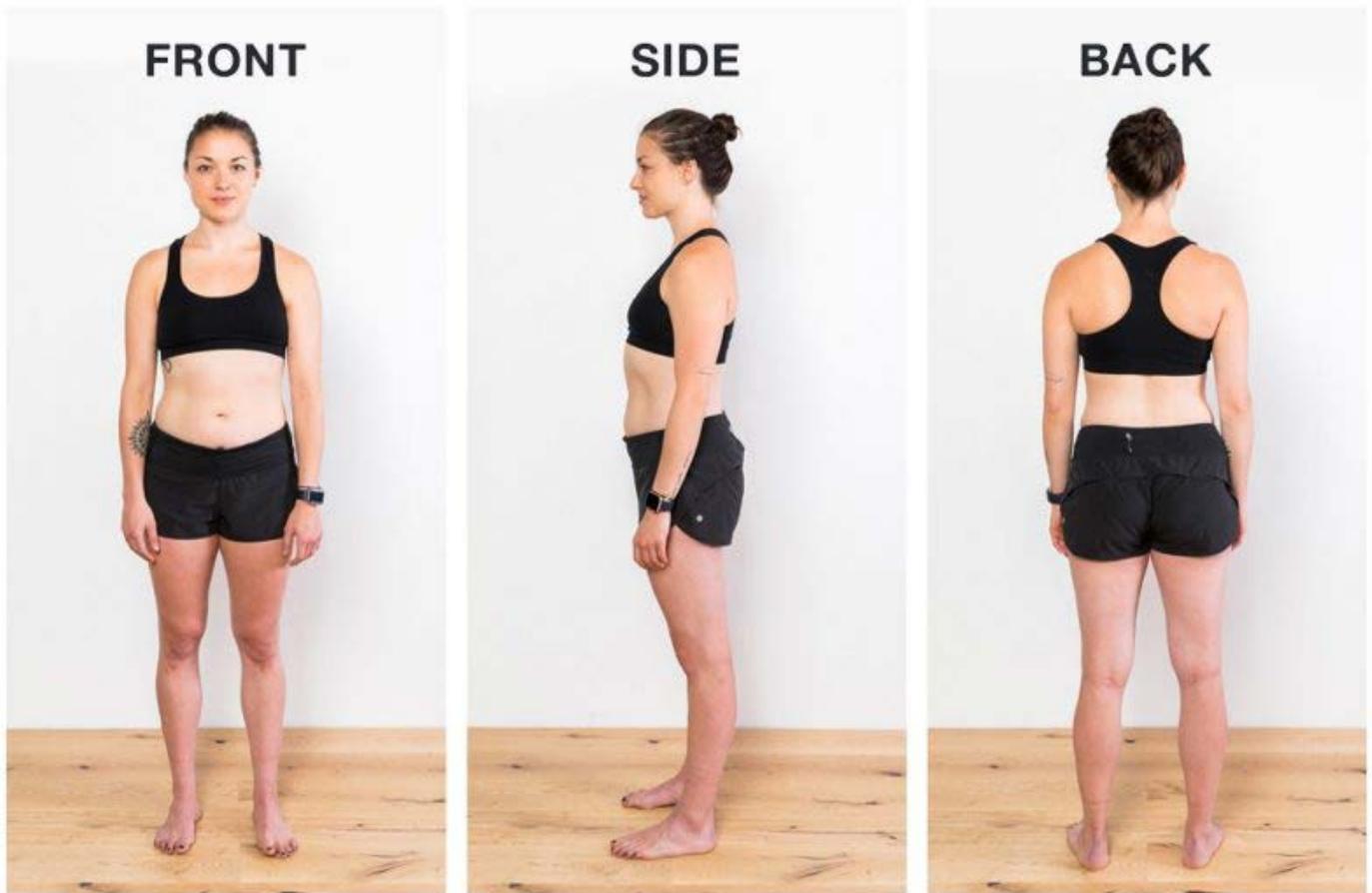


HOW TO MEASURE YOUR PROGRESS

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 8 weeks, use exactly the same method to re-calculate your body fat and compare the two.

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 pictures each week from the front, side with arms at chest level and from the back. Don't just compare week 1 to week 2, or week 2 to week 3, compare week 1 to week 4 and so on to really see the bigger picture of your progress.

NUTRITION OVERVIEW



Your **metabolism** is quite demanding (and brilliant, honestly). Particularly when you're on an intense shred such as this, you will need to feed it small amounts often, so you can keep it elevated. You will be eating 5 times a day, and your diet will be relatively high in protein. Protein is highly thermogenic (this means it takes a lot of energy to digest, thus creating intense heat in the body, which gives you a metabolic boost). This will not only help to keep your hunger at bay and keep your metabolism roaring, but it will protect your current muscle mass while you're in a deficit. Increasing your protein intake while shredding is vital. Protein is literally made up of the amino acids your muscles need to exist. Without this, you can't even preserve the muscle tissue you do have, much less build any more. When shredding, you will be depleted inside and out. The one area we do not want to deplete is your muscle tissue, so don't be afraid of the increased protein.

Many people ask me... *"But Kim, won't I harm my metabolism by eating so few calories?"*

The short answer is no. Eating in a deficit doesn't ruin your metabolism—not eating frequently enough does!

How to build muscle on a vegan diet

One of the biggest myths regarding building muscle is that we have to consume animal products to do so. For some reason, people think that humans are like lions. I'm not really sure why this is a common comparison, but it is. Protein is essential for building muscles, and although animal protein does contain a ton of protein, it is highly deficient in other nutrients, especially fiber and vitamin C. Those who consume a proper vegan diet automatically get up to 5x as much of just those two nutrients alone! Animal protein is also much heavier in calories, which can make it harder when you're shredding because you can't eat as much food overall. In this program, your carbs will be limited, which means the only way to do this efficiently is to get a lot of your plant protein from a low-carb vegan protein powder, which we will discuss in the supplements section.

When it comes to building muscle, the research is solid: you need resistance training, enough water, and PROTEIN. Period. The source of your protein is totally up to you, but I want you to see why plant protein is absolutely the healthier and better choice.

Benefits of a vegan diet

Because plants are loaded with so many other nutrients, vitamins, and minerals, than animal protein, they have a dramatically beneficial effect on things like increased blood flow, lowering inflammation, decreasing soreness, and better and faster recovery. Healthy vegan diets (large variety, many colors, as fresh as possible) are abundant with vitamins like B1, C, potassium, folate, magnesium, and iron. They're also incredibly low in saturated fats and cholesterol, (unlike animal protein), and this is especially important for your health.



Many studies show that saturated fat intake is associated with an increased risk of heart disease and coronary artery atherosclerosis.

Eating plants actually combats the inflammation caused by animal products! If you were to simultaneously decrease your animal food consumption while increasing your intake of plant foods, you'll flood your body with anti-inflammatory compounds! And because those compounds won't be shackled by fighting inflammation from the animal products, they'll be free to help fight inflammation from your training or any illnesses or injuries.



You see, most of us know that a poor diet leads to obesity, malnutrition, sickness and disease and in extreme cases death. But not many people know what exactly constitutes a poor diet! And can we blame them? We are inundated with advertisements and misleading studies that the food industry (backed by billions of dollars in subsidies) throws out every minute of the day. When was the last time you saw a commercial for something healthy, like vegetables? It's nothing but fast food and junk food! These same commercials and advertisements are laden with animal products too. Have you noticed this? You can't go one day without seeing a commercial for milk. And that's because the meat and dairy industry is heavily funded and subsidized by governments, so they can.

When I read **The China Study** many years ago, I went vegan right then and there. (It's literally one of the largest, most comprehensive studies on human nutrition ever conducted, which was also written by a doctor who grew up on a farm and drank milk almost daily). I had been vegetarian for a while before that, but I was horrified by what I read. It was enough to push me over the ledge. For example, did you know that researchers were able to turn the growth of cancer cells ON AND OFF by raising and lowering the amount of casein (a protein found in milk)? I strongly recommend everyone reads this book, if for nothing else, just to have the opportunity to examine the link between animal product consumption and many types of cancers and chronic illnesses.

I understand that not everyone is interested in a permanent vegan diet and that's okay. But what if you just tried it for 8 weeks? Give your body the best possible chance at being as healthy as it can possibly be during this program.

The great soy debate - debunking the myths

I've realized over the years, as I release more and more programs, that these soy myths are living on forevermore. One of the first questions I get in my groups is, "Soy causes [insert hormonal disruption/cancer/disease/illness/inflammatory response] and my doctor told me to avoid it. What can I replace it with?" First, let me say this: the majority of doctors get almost zero hours of nutrition training, so it boggles my mind that people listen to a doctor's nutritional recommendations over doing their own research. Please do your own research and form your own conclusions! I have researched this for YEARS and I have yet to find any legitimate study that shows soy causes any of the issues I just mentioned. What I have found instead is that soy is far more beneficial than detrimental, and actually fights many types of cancers and diseases. Extensive epidemiological studies have shown this for decades. Soy has been shown to be anti-inflammatory, anti-microbial, and a potent antioxidant. Human trials have shown that 8 weeks of a soy nut diet reduced inflammation markers like C-reactive protein and IL-18 in the blood. It's also been shown to protect against cognitive decline and age-related diseases like osteoporosis.

I think part of the confusion lies in the fact that soy contains a high concentration of isoflavones (plant estrogen), and many people believe that plant estrogen acts in the same way that human estrogen does. It does not! Plant estrogen actually binds to estrogen receptors in our body and helps to flush out excess estrogen and cause anti-estrogenic activity (especially in premenopausal women).

Soy is also considered a complete protein! It contains all 9 essential amino acids that our bodies cannot make, which we need to get from our diet (another common misconception being that animal proteins are the only ones that are complete. **NOT TRUE!**). It's rich in many of the nutrients that animal proteins are deficient in, like fiber, potassium, B vitamins, and magnesium. Not all soy is equal, though. The best soy to consume is fermented and organic. Fermented soy has been cultured with highly beneficial bacteria and yeast that help break down the sugars and protein, and make it easier to digest and absorb.



MACRONUTRIENTS

Macronutrients are protein, carbohydrates and fat. Each macronutrient has an important role that it plays in the body. We will intelligently manipulate and time these macronutrients in this program for maximum success.

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, recovery 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. We see members joining the groups with a previous diet of very low protein but high carbohydrates. "Carb Junkies" you need to break this cycle if you are to get good results on this or any program. Remember protein is one of the most (if not the most) critical macronutrients that the body needs, at least 1gram per 1 pound of body weight.



Fat

Although fats are essential for good health, eating too many calories from fat is one of the main reasons I see people fail in their fat loss efforts. Fats keep our bones healthy by helping with calcium absorption, lower risk of heart disease and lower cholesterol levels. Fats are important for our brain health and for women they play an important role in hormone balance. We most definitely need fats in our diet but we just need to be aware of the amounts we are consuming and that they are inline with our goals. Did you know that there are 9 calories to 1 gram of fat? Have you ever measured how little a 15 gram teaspoon of peanut butter actually is? It's so disappointingly small! Which can give you an insight into how many calories we may have been unintentionally consuming from our previous big scoop of it out of the jar.

Carbohydrates

Carbohydrates 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.





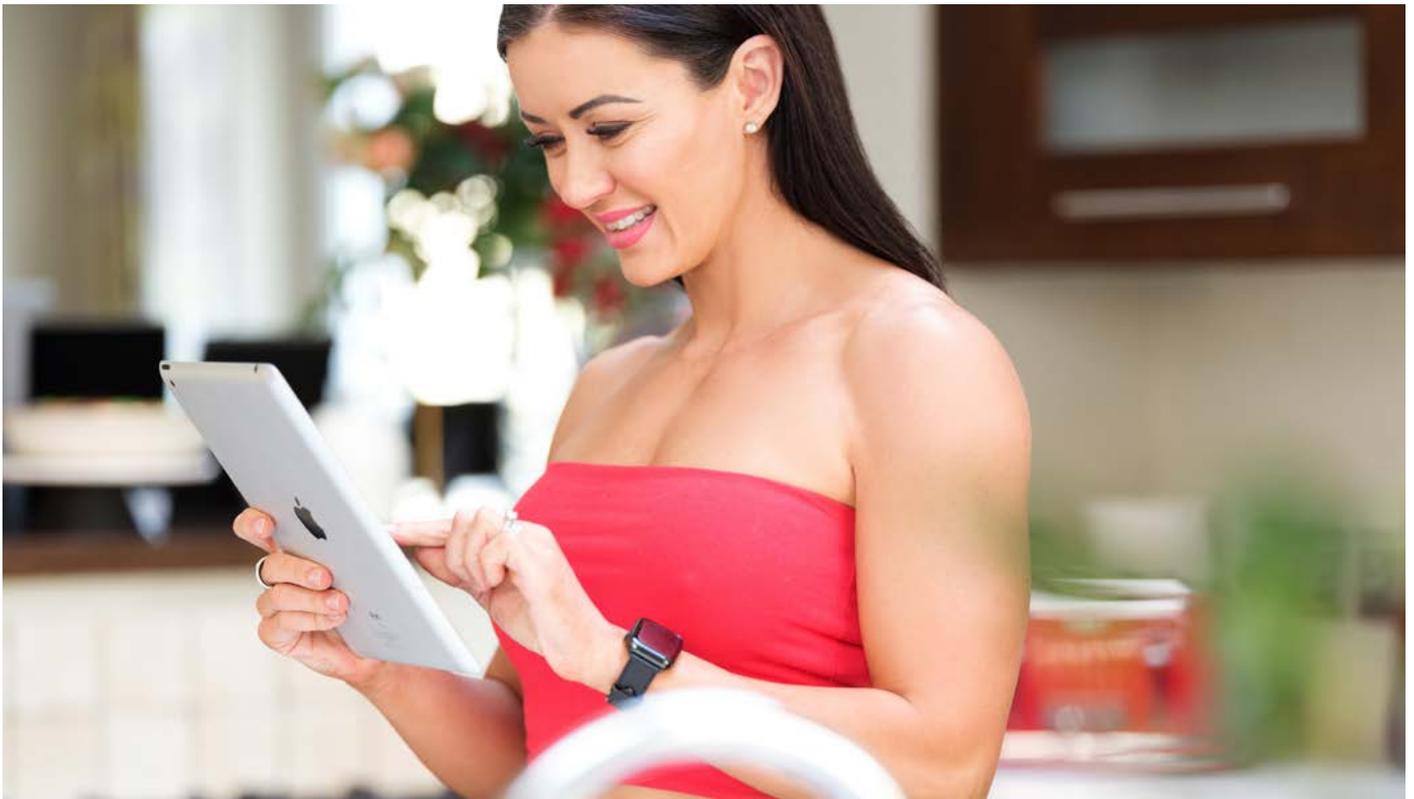
MEAL PLANNING FOR SUCCESS

I won't sugarcoat this for you—the meal plans in this program will be repetitive. Simple, yes. Delicious, yes. But also repetitive. You are not eating for pleasure (as eating for pleasure is what caused the pounds to creep on in the first place); you are eating to measure. The reason that bodybuilders get such good results is because of the precision with which they track their calories. We don't leave anything to chance. When you are dieting for the stage, or to reach a specific goal, your nutrition must be on point at all times. It's easy to think because you are doing lots of cardio, that your calorie burn is higher than it actually is. But this is simply because you do not understand how easy it is to “out eat” the exercise you are doing.

Calories and macros on this plan

When I create a meal plan, the first thing I do is decide how many calories I will eat and what the macro split will be. I always choose a higher protein and lower carbohydrate macro split when dieting, simply because this has always worked well for me. Protein is thermogenic meaning that it creates work for the body to digest, ultimately burning more calories. Carbohydrates are much more likely to be converted to fat if not used as energy

straight away. It is extremely difficult for the body to convert protein to fat. Protein also keeps you feeling fuller for longer so you will not actually feel like you are dieting. The macro split on this plan is set at **45% protein, 25% fat and 30% carbohydrate.**



I don't like cutting too much fat out of my diet unless I am on a very strict and short shred timeline. Higher protein also keeps you feeling fuller for longer. I have created the meal plan for this program in such a way that you should aim to eat your largest carbohydrate meals before and after training. (Training meaning strength training, not cardio.) Cardio does not use muscle glycogen when done in a slow steady state. This is because after about 10 minutes your body recognizes that the energy demand is not great enough to risk wasting precious muscle glycogen, so it switches over to its secondary energy source which is fat. So even though the meal plans are structured with five meals per day, it's up to you to change the order of the food to suit your own training schedule. If you prefer to train in the morning I would recommend eating carbs after your morning cardio session - but before strength training - and then again after your strength training session.

For the rest of the day you can fill up on green cruciferous vegetables with your meals as this will keep you feeling full but not risk conversion to fat. These calories will be the only calories that you consume that will be considered "free". Free calories can be eaten at any time, in any amount. I want you to utilize these free calories to your advantage. They will be invaluable for combating hunger pangs while boosting your daily fiber intake.

Why are green crucifers free?

Quite simply, because they're loaded with fiber! About half of the fiber found in these veggies is actually a type of carbohydrate that our bodies cannot break down into energy in the intestine: insoluble fiber.

There are two kinds of fiber: soluble and insoluble.

- **Soluble fiber:** turns into a gel-like substance as it dissolves in water and intestinal fluid. It slows down the rate at which food travels from the stomach to the intestine and is digested by the bacteria in your large intestine. It feeds your gut flora!
- **Insoluble fiber:** many times, this is lovingly referred to as “roughage” simply because it doesn't dissolve in water. It sits in the gastrointestinal tract and absorbs fluid, sticks to other digestible bits, and is then formed into stool that gets passed. Our bodies can't digest it, and our gut flora can't use it. It quite frankly just goes in your mouth and straight out the other end.

What makes all this cruciferous vegetable fiber so beneficial for you, particularly during this shred, is that these fiber carbohydrates won't count towards your total calorie allotment. Only food that can be broken down in the small intestine and absorbed into the bloodstream can be stored as fat or used for energy, so those are the foods we count and track.

That's the best part, right?

Well, there is a bit more. I want you to be prepared for the other benefit of all this fiber: *increased movement of waste through the body*. In other words, you're going to be pooping—**a lot!** It's not unusual to poop 3-6 times per day. In fact, it's normal for me—I usually poop six times per day! For some reason, most of the population thinks this means something is wrong with them, but that's not the case at all. This is the healthiest way for your body to function! The less time food stays in the digestive tract, the healthier your body will be.

You may also feel a bit bloated, gassy, or even experience some constipation at first. Please don't despair. This is all to be expected in the beginning. Your body is digesting all that soluble and insoluble fiber. And with fermentation and digestion comes gas, unfortunately. Many people start to worry when they first join one of my programs, thinking that they are doing something incorrectly or that they are damaging their digestive system. The reality is that your body has to adjust to a whole new way of eating and digesting food, and you can always expect that there will be side-effects. Bloating, gas and either constipation or frequent pooping are very common side-effects in the first few weeks. That's why it is imperative that you also drink a huge amount of water to keep everything flowing smoothly.

The Importance of Water

On this program you should aim to drink 2-3L of water daily. This will help your digestive system to function efficiently and also help your body to flush out extra water that may accumulate in fat cells once your body has depleted them of fat. Many people get disheartened if they step on the scale after a week and realize they haven't lost any weight. Firstly, quite often their expectations are not in line with what's realistic. Secondly, they don't realize that when the body uses fat stores as energy, it fills the fat cells with water to replace the fat and keep the cells



plump and ripe for more storage. It takes around 10-12 days for this water to dissipate and the fat cells to shrink. Fat cells very rarely die, but simply shrink. But they will first fill up with water, which makes your scale weight the same, or even more, than it was when you started. Do not be disheartened by this, and try not to weigh yourself. No matter how much I say this, people still do it and I ask Why? Why torment yourself? In bodybuilding we do not use the scales as a form of measurement, the last time I stepped on stage I had no idea what I weighed. It is just not accurate or relevant information.

Avoid inulin, the biggest cause of bloating

Many people write to me complaining that they are suffering from bloating after starting to use protein powder. The first thing I ask them is if their protein powder contains inulin. The answer is almost always “yes”. So what exactly is inulin? Inulin is a type of prebiotic, a substance used by the microorganisms in your digestive tract and positively influences health. It is usually extracted from chicory root fiber, a natural dietary fiber extracted using hot water from a plant that’s part of the dandelion family. Chicory root fiber passes through your small intestine and is then fermented by the bacteria in your large intestine. What happens when something is fermented? Gas!



Taking in too much too quickly can lead to digestive discomfort - which can happen with any fiber. In addition, some people seem to be more sensitive to inulin than others and may need to limit their consumption. Fiber is “the new protein”, according to market research firms. But it could also be the new pain in your stomach. If you’re like most people, you’re trying to add more fiber to your diet. That’s a good thing because the average American gets only half the recommended amount of fiber each day. Manufacturers are responding to consumers’ wishes by adding fiber to a plethora of foods and beverages, including cereals, energy bars, protein supplements, “healthier” cookies, diet ice cream, and even bottled water! One of the most prevalent fiber-boosting ingredients is inulin. Like any fiber, it can cause gas, bloating, and abdominal pain if consumed too quickly or in large quantities.

Members in the groups who have complained about digestive discomfort don't realize how much inulin they're consuming each day. Most of them have never even heard of it! When you eat a diet rich in green vegetables and salad, you are getting more than enough fiber. All my programs are packed with fibrous foods, so you definitely do not need to buy foods that are fortified with extra fiber. Aim to eat whole plant foods for health and digestion.

How to Meal Prep for Success

The easiest and most efficient way to meal plan for this shred is to batch-cook for the week and store the food in airtight containers. All of the food, except for the salads, can be frozen and defrosted overnight. Here are some steps to help you get started:



1 – Decide on your meal plan

If you have never done meal prep before, trying to organize all your meals at once can be challenging. Sit down with a pen and paper, and arm yourself for success straight out of the gate. Either decide on one meal plan to prep for or do both at the same time.

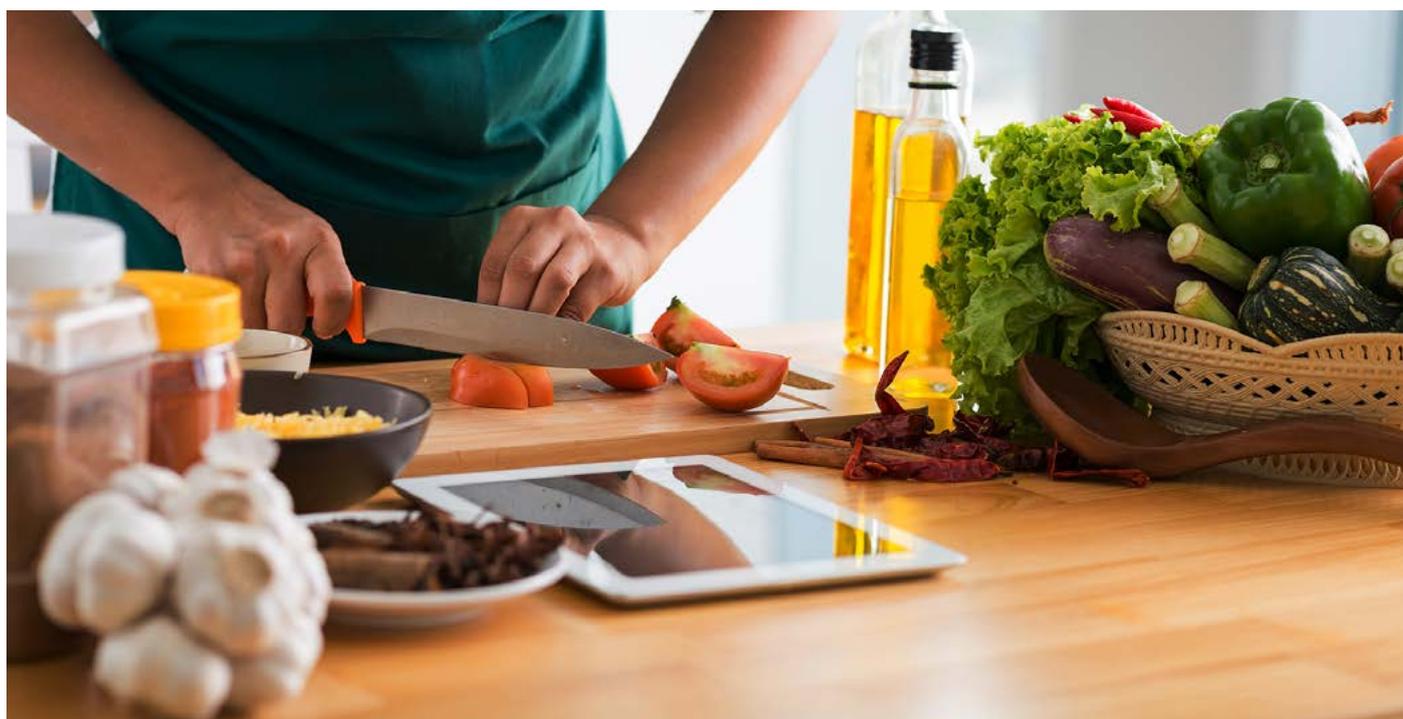
2 – Plan time and portions

Decide when you can allocate time to bulk-prepare your meals. Weekends might work better as you will need to set aside 2-4 hours. Schedule this into your calendar. If your family will eat the same food as you, decide how many people you are meal prepping for and plan accordingly. Use the time when you have time to plan for when you don't have time. Think how much easier and stress free a busy day could be when you have planned and prepared your food for it!



3 – Keep a file of recipes

Print out the recipes in this PDF, so you have a hard copy to work from. This makes it easier to access. You can also quickly prep more if your family eats all your delicious food! This happens regularly, so know that it could also happen to you if you have a spouse and/or children. When food is easy to access in the fridge, it gets accessed by those who aren't supposed to access it!



4 – Plan your week ahead

Keep a calendar of the daily meals included in your meal prep. Adjust your calendar to fit around any commitments you have during the week. Plan the times you will eat and what you will be eating. Print the meal plan and stick it somewhere you can easily refer back to it.

Then print out the shopping list and cross-reference which ingredients you already have, and adjust as necessary. Keep in mind that some foods will keep longer than others, and the salads may have to be bought fresh. Plan to do this in advance.

5 – Make a prep list

What needs chopping, cooking, or blending? Write it down! Can you combine your ingredient prep list between recipes to save time? What recipes use the same ingredients? Plan these on paper and chop in bulk, weighing and portioning as you go.

6 – Plan your containers

Make sure you have enough to stock up on food. Choose shapes that are easily stackable in the fridge. **We love these ones on Amazon** (for **US customers**). If you want hot food at work, are your containers suitable for the microwave? Or do you prefer taking in an insulated pot? Purchase containers for protein powder and dry ingredients that can be measured out and prepped in advance.



Once you have practiced meal prep a few times, it will become second nature. It is a trial and error process, so don't be discouraged if it is not perfect at first. You'll soon know which recipes work best, and your shopping list and prep list will be done in no time.

The Meal Plans - Prescriptive Meal Plans or Create Your Own?

This program offers you two different options when it comes to planning your food.

1. You can follow the prescriptive meal plans for simplicity and ease.
2. You can create your own using the calculations provided.

**Please choose only ONE option
(don't try to combine the two).**

Choose the prescriptive meal plans if ANY of the following apply:

1. If you are completely new to macros, calories and tracking.
2. You are 28-30% body fat or more.
3. You like a “done for you” resource.
4. You know you'll be more likely to follow through and remain consistent, if it's planned out for you already.
5. You are prone to bingeing, snacking or are a perpetual “failed” dieter.

Choose to calculate your own macros if ANY of the following apply:

1. You are an experienced athlete who is familiar with macros and calories.
2. You are under 16-18% body fat (as your macros should be more precise).
3. You are an under eater, and have been consistently eating less than 1500 calories.
4. You want to learn the fundamentals of tracking.
5. You have allergies or intolerances which prohibit you from using the meal plan.

Again, these are just guidelines and you may choose whatever suits you best. Even if you are under 16-18% body fat, the prescriptive meal plans will still work very well for you

How to create your own meal plan

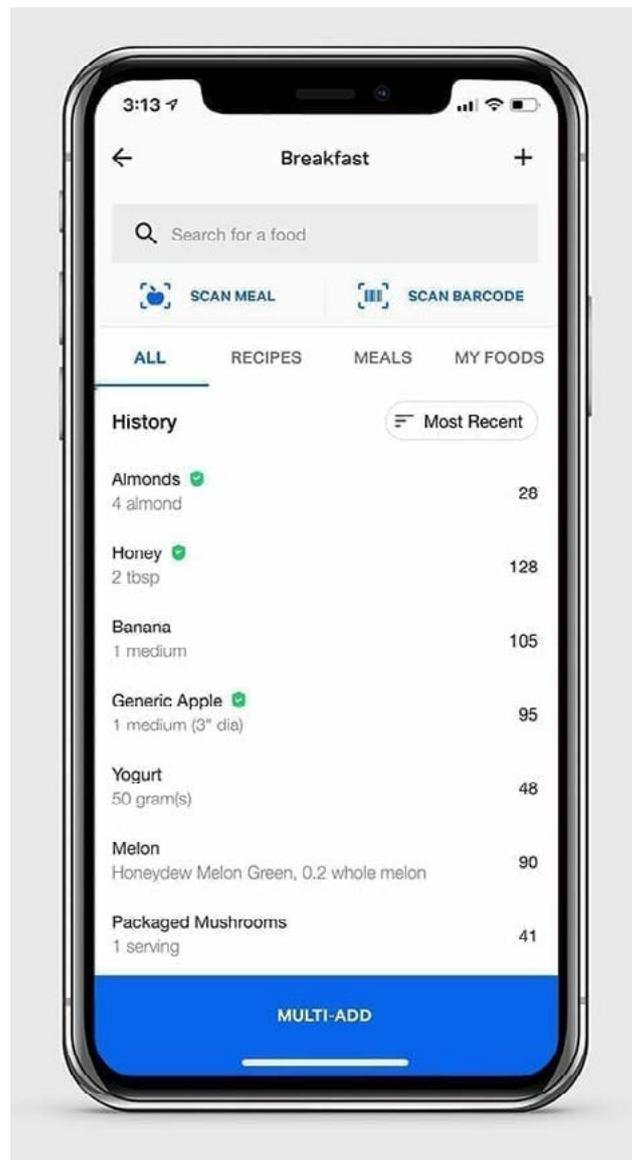
Your success on this program will largely be due to your willingness to eat the same food every day. The reason that bodybuilders don't eat recipes that combine a lot of ingredients is that it makes it very hard to track. You can certainly weigh all of the food that goes into a recipe and divide it into six portions, but you will never know the exact macros of that portion. Bodybuilding and shredding is a science. It's also mathematical in nature. You must consistently burn more calories than you consume. The bigger the deficit, the bigger the fat loss, as long as you keep the metabolism roaring along with regular meals and refeed days. For best results on this program simply eat whole, nutritious foods that are easy to track. Weigh absolutely everything that goes into your mouth. Don't guess a teaspoon of something, weigh it (especially peanut butter!) Measure the plant milk that you put in your coffee and track the calories. Avoid Starbucks or takeaway coffee, unless it is black, don't eat sandwiches from the local deli.

Calculating your own macros

Use the following formulas to calculate your exact macronutrient requirements. Sit down with a pen, paper and a calculator to work this out. Then, download an app on your device called [My Fitness Pal](#), this app will allow you to track all your food daily.

If you are new to tracking, this can seem very daunting at first. **DO NOT PANIC.**

Read and re-read this section again until you understand it. Commit to playing around with the numbers and plan your food in advance, for maximum success.



DAILY MACRO REQUIREMENTS

(creating your own meal plan)

Protein

Weeks 1-8: 1g per pound of body weight

Fat

Weeks 1-8: 0.3 g per pound of body weight

Carbs

Weeks 1-2: 1 g per pound of body weight

Weeks 3-4: 0.8g per pound of body weight

Weeks 5-6: 0.7 g per pound of body weight

Weeks 7-8: 0.6 g per pound of body weight

Example:

Kim weighs: 148lbs

Protein: 148 g daily

Fat: 44 g daily

Carbs:

Weeks 1-2	148 g daily
Weeks 3-4	118 g daily
Weeks 5-6	103 g daily
Weeks 7-8	89 g daily

Calories:

Weeks 1-2	1580 cal
Weeks 3-4	1460 cal
Weeks 5-6	1400 cal
Weeks 7-8	1344 cal



*I have listed the calories here only because everyone always asks what they are set at when they choose this option. In this create your own plan It's important not to focus on calories, but to focus on the macros above. The macros will keep you feeling full for longer due to the high protein content, and will keep you burning fat. It's the macros that are important, not the calories on this plan.

Refeed Day

Once a week, **on any day of your choice**, you will have a higher carbohydrate refeed day to maintain leptin levels and boost the metabolism. I like to have my refeed day on my rest day from strength training, but you can have it whenever you choose. You have the choice to follow the refeed meal plan or create your own. Please don't be tempted to skip the refeed day thinking that you'll enhance your results. Conversely, skipping the refeed day or cutting back on the recommended carbs will actually hinder your progress, not help it. You need the carbs to keep leptin levels high and keep the metabolism roaring along. The years when I have skipped big refeed days when prepping, are the years when I have suffered the most emotionally and physically. You always have a fear that a refeed day will undo all your hard work. It won't, trust me. It will give you exactly what you need, when you need it, both physically and emotionally. Trust the Process.

Refeed Day Macro Requirements (Create your own meal plan)

This is a day when you can be a little more relaxed and I don't want you to stress or micro manage it. Try to hit your protein and carb requirement, and don't worry too much about fat.

Protein

Weeks 1-8: 1g per pound of body weight

Fat

Weeks 1-8: 0.3 g per pound of body weight

Carbs

Weeks 1-8: 2 g per pound of body weight

Example:

Kim weighs: 148lbs

Protein: 148 g on refeed day

Fat: 44 g on refeed day

Carbs: 296 g on refeed day

Calories: 2172 cal

CREATING YOUR OWN MEAL PLAN

Protein, Carbs & Fats



The food on this program will be simple and repetitive. You will learn to appreciate simple flavors and whole, nutritious food. Use this time to experiment with different ways to cook the simple ingredients without adding extra calories. If creating your own meal plan, try to stick to the following foods:

Protein

- Tofu
- Tempeh
- Seitan
- Soy meat subs
- Sunflower mince/hache

Carbohydrates

- Oatmeal
- Lentils
- Beans
- Chickpeas
- Cruciferous vegetables
- Sweet potato
- White rice (for post work-out only)
- Quinoa

Fats

- Olive oil
- Flax oil
- Avocado
- Chia seeds
- Nuts Condiments

“Free food” Cruciferous Vegetables

The following are considered free food. Eat as many as you need to feel full and satisfied at any time of the day.

- Spinach
- Broccoli
- Green beans
- Asparagus
- Courgette (zucchini)
- Cauliflower
- Kale
- Pak choi/Bok Choy
- Salad greens/lettuce
- Cucumber
- Celery
- Radish
- Brussels sprouts
- Collard greens

Free Flavorings

The following flavoring are also considered free foods, and can be used to season and flavour. Do not use hot sauces or ketchups as these are full of sugar.

- [Mexican Spice Tajin](#) (this is AMAZING for flavouring food!)
- Tamari/soy sauce/liquid aminos/liquid smoke
- Spices, fresh or dried
- Herbs
- Fresh or powdered garlic
- Fresh or powdered ginger
- Spice mix or seasoning (such as that you would put on a fajita)
- [Apple cider vinegar](#) (*Natural Umber is only available in the UK & Europe)
- Fresh lemon or lime juice
- Mustard



The prescriptive meal plans

I have never been a fan of prescriptive meal plans. I believe that you are better to learn how to track yourself so that you can fall back on this skill in the future. However, I know that many of you are super busy and just want to be told what to do. With this in mind, I have created four meal plans that you can follow to the letter, with no planning or tracking. What you cannot do is mix and match the meal plans. They are created very specifically to macros and calories, mixing and matching would create a mutant meal plan that might be too high in calories for what you need to get results. Meal planning is an exact science. You add and subtract proteins, carbs and fats until you have a perfect balance of what you need. The meal plans are based on four calorie counts: 1600 for weeks one and two, 1500 for weeks three and four, 1400 for weeks five and six, and 1300 for weeks seven and eight. These quantities seem low, but they need to be to get results. Also, don't forget two things. First is that you're getting a higher calorie refeed day per week where your calories will be around 1800. Second, green cruciferous vegetables from the list above, are considered free foods. You can eat as many of these as you like to combat hunger and keep energy levels high.



**Will it be boring? Quite possibly.
But I'm not here to entertain you,
I'm here to get you results.**



Keep a big box of steamed green vegetables and salad greens in the fridge, and snack on them when hungry. They may seem unappetising when you're hungry, but you'll soon learn to appreciate and enjoy them. Lightly dip veg in mustard or sprinkle with salt, spices and lemon juice. Stay away from high sugar hot sauces, oils and marinades as these will have too many calories. The meal plans are created in such a way that it doesn't matter if you're 110lbs or 220lbs, they will work across the board. Obviously the food will vary depending on where you live in the world and what is available. The important thing is not to worry if you can get the exact product or hit the exact macros. Consistency is important, not perfection. If you are a few grams out it's not going to make a huge amount of difference in the long run.



SUPPLEMENTS

Note - Make sure when you are searching for your supplements to purchase that they are labelled Vegan. Non Vegan supplements of amino acids can be made from animal hair and feathers. If you buy capsules, make sure they are free from gelatine. Do your research carefully!

Supplements are not essential and will never replace consistent diet and training. Food and exercise are the most critical components of this program and will get 99% of the results. All the supplements in this program are entirely optional but what I would remind you is that you are an athlete now, Remember? We are not thinking like the average person anymore.

Athletes are always looking for that 1% competitive edge for superior results. Bodybuilders, Triathletes, Olympians and Professional athlete's all supplement. While yes we may not be quite at that level, in this program we are now placing higher demands on our body than we ever have before. As athletes chasing greatness we need to place an importance on our performance in training and our recovery and repair around it.

I approach my goals with an athlete's mindset and if there is even a small chance that a supplement stack could give me that 1% edge, then I am all over it!

Below is a list of my favorite supplements for muscle repair, fat burning and general health. I would advise you to look through the list and use common sense, work within your budget and prioritize the supplements that you feel would provide the best support to you through this program.

Protein Powder

No vegan bodybuilder can survive without supplementing with protein powder! It is absolutely essential for reaching higher protein goals while keeping calories low. Protein powder can be a sticking point for those that come into the program who are new to bodybuilding. We can hear that members don't want to take protein powder because it "isn't real food". In my life, I've always worked by a few guiding principles.



1. Eat to serve my goals, whilst never sacrificing my health
2. Don't become hung up on "my way" being the "only way"
3. Eat as much whole food as possible, and supplement where not possible

Following these principles has enabled me to achieve a massive amount of success in my professional bodybuilding career and I invite you to keep an open mind to what can move you further forward towards your goals too.

Protein powder is convenient to achieving your bodybuilding goals, especially as a vegan it can be difficult to reach your daily protein requirements without it. Protein powder is just powdered protein, it's not harmful for your body in any way. There are many protein powders on the market so do your research and choose one that suits your taste and budget as long as the protein is high and it does not contain a lot of sugar, fat or carbs.

I absolutely love Vegan Wondershake from [The Protein Works](#), especially during a shred—the macros are fantastic! It is very low-calorie with a substantial amount of protein in those calories, making it great when you need to be meticulous with your macros. If you're not able to purchase this one for any reason, you can choose another one. Just be sure you are getting at least 20g protein with around 90 calories. The scoop size isn't important—the ratio of calories to protein is the critical part. Many protein powders have about 150 calories for 20-23g protein, which is far too many calories!

Average Wondershake Macros:

- 20g protein
- 0.6g fat
- 1.9g carbs
- 94 calories



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.)

If you would like any advice on protein powder, be sure to ask in the [private facebook group](#) where my coaching team will be on hand to help as well as experienced members from all over the world.

If you find you are falling short of the protein requirements on this program, simply add an additional scoop of protein powder to your protein shake.

General Health The Essentials

Vitamin B Complex improves energy levels, nerve conduction, concentration and much more! I recommend that everyone take this supplement for general health as it is easily depleted with stress, caffeine and alcohol. Your supplement should have 100% of each of the B Vitamins. Take 100mg per day.

Vitamin D3 is essential for promoting calcium absorption in the gut and maintaining adequate serum calcium and phosphate concentrations to enable normal mineralization of bone. Vitamin D has other roles including helping with immune function and reduction of inflammation. I highly recommend this supplement. Get in spray form preferably and take up to 3000 iU every morning.

Magnesium helps to regulate muscle contraction and relaxation for muscle cramps and spasms. It regulates blood pressure and cholesterol and strengthens the bones by improving bone mineral density. It also plays an important role in carbohydrate metabolism as it influences the release and activity of cortisol and insulin, the hormone that helps control blood glucose sugar levels. It also helps support the adrenals, production of hormones, regulates nerve conduction by maintaining the myelin sheath around the nerves, activates vitamins C and E, and is used for protein synthesis. If we are deficient in Magnesium it can cause poor sleep quality, supplementing will help improve your sleep and recovery. Take 1000-3000mg preferably before bed.

Optional

Vitamin C is a strong antioxidant and an essential vitamin, meaning it can't be produced by the body. Nevertheless, it has many roles in your body and has been linked to impressive health benefits, such as reducing the risk for chronic diseases, helping battle high blood pressure, helps improve iron absorption, boosting immunity and reducing dementia risk. It is found in many fruits and vegetables, including oranges, strawberries, kiwi fruit, bell peppers, broccoli, kale and spinach. Take 2000- 3000mg per day.

DIM- Diindolylmethane (DIM) is a molecule commonly found in broccoli that acts as an aromatase inhibitor. This supports a healthy oestrogenic balance in the body, something women can be concerned with managing for a raft of health implications, in addition to its health benefits, DIM also has the added benefit of reducing stubborn body fat in areas susceptible to looking 'bloated'. For example, women may store additional body fat around the lower back/



leg region. If you struggle with reducing stubborn body fat in problematic areas, you can benefit from supplementing with DIM. If you also want to manage oestrogen and promote health levels within the body, then DIM can also assist you in this area. Take 1-2 capsules daily consumed with food. If you can't purchase DIM, there are other supplements available that contain Sulforaphane which is derived from **broccoli sprouts**. Sulforaphane is directly involved in supporting liver detoxification aiding hormone balance, a similar characteristic to DIM but it does not metabolise estrogen. If purchasing this alternative follow the dosage suggestions per the manufacturer. If I had to choose between the two, DIM would be the number one recommendation as it's established in the market as an "estrogen buster". I must add that if you are really struggling with the symptoms of peri to post menopause, the case may be that you need to seek medical advice. These supplements will most likely not be strong enough to help someone who might need medically prescribed medication and therapies.

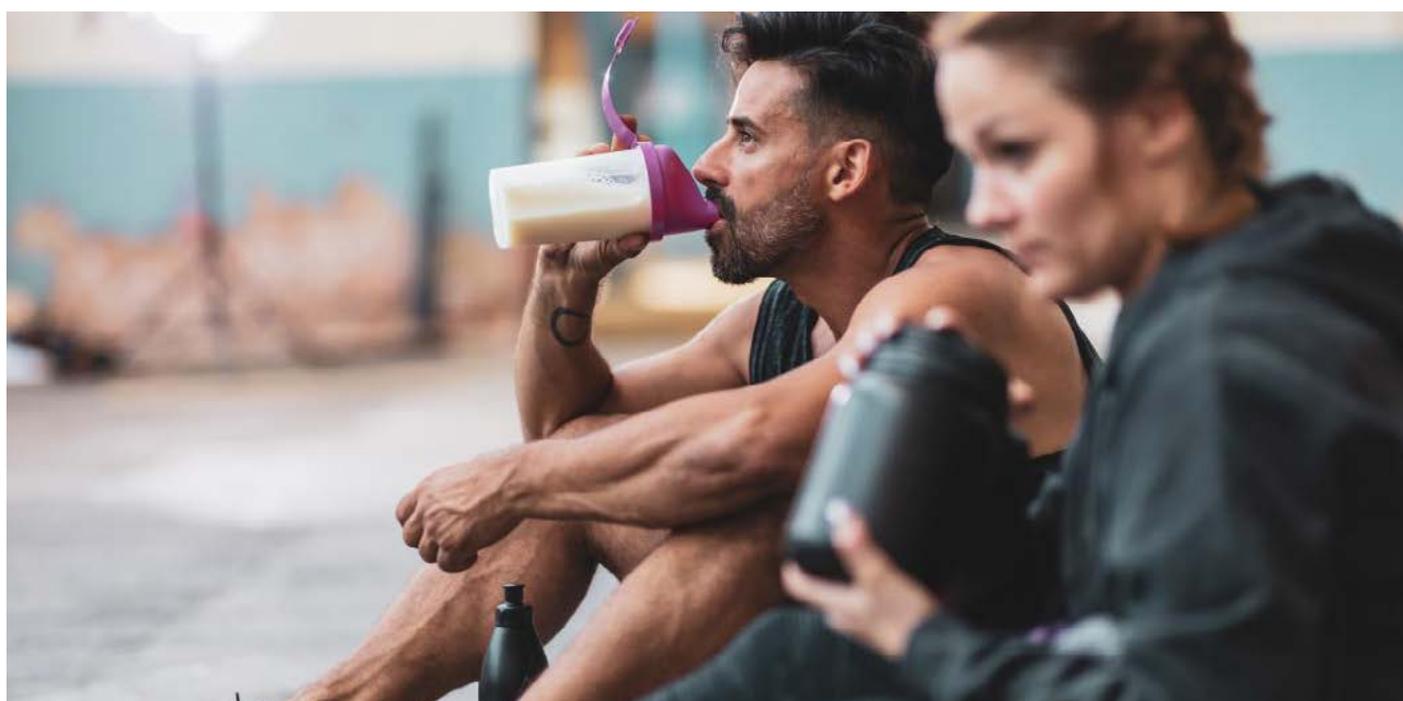
Fat Burning

Caffeine helps to stimulate you during your workout, working with the central nervous system to increase alertness and focus, it also causes your body to burn more calories by raising the metabolism. Even more interesting, caffeine can stop the body from storing fat by attaching to the receptors on fat cells, while at the same time encouraging it to release energy from fat tissue to use as fuel. This is why I love caffeine as a fat burner. Like any stimulant, it might take a few days to get used to it. But the stimulant effects soon wear

off and you won't even notice the effects. At the end of the shred you can usually just cut the caffeine out again with no side effects. Contrary to what you might think, there is usually no withdrawal period. Take 1-2 caffeine tablets in the morning or before training.

ALA- Alpha Lipoic Acid is a unique antioxidant that dissolves in both water and fat, allowing it to not only recycle vitamins C and E, but also to do the work of other antioxidants when the body is deficient in them. ALAL produces Glutathione, which dissolves toxic substances in the liver. Studies show that ALA increases Glut-4 transporters on the outside of muscle cells and away from fat cells, an increase of 50-60%, which also makes it an excellent glucose regulator. When you take an ALA tablet with food, it shuttles more of the food into muscle and away from fat cells. Take 1-2, 300mg capsules before each large meal.

Muscle Repair - The Essentials



L Leucine is one of the branched-chain amino acids (BCAAs) which are so important in assisting muscular health. It is one of the two amino acids which cannot be converted to sugar. The functions include a special ability to: - Stimulate muscle growth - Modulate insulin sensitivity - Break down fat cells L-Leucine assists greater muscle protein synthesis and allows the body to recover from exercise, perform better and counteract the negative effects of aging. Take 5g-10g in the morning and another 5g-10g in your post workout smoothie.

L Glutamine minimizes the breakdown of muscle tissue and improves protein metabolism for use after prolonged exercise. Glutamine can also be taken first thing in the morning to help rebuild the lining of the digestive system. This helps to maintain the gut barrier function, intestinal cell proliferation and differentiation, as well as generally reducing the symptoms of leaky gut or irritable bowel. Take 5-10g post workout and before bed.

Optional:

BCAA (Branched Chain Amino Acids) is considered the perfect supplement for people looking to put on muscle. But more so people who are looking to shed some body fat whilst maintaining as much muscle as possible. When you are cutting calories, your body will be in a catabolic state. This means that your body will be breaking down tissue (fat, some muscles etc) rather than making it (which is known as being anabolic.) Muscle loss will occur when cutting since your body opts to use the amino acids that would have otherwise been utilized for protein synthesis (to build muscle) as an energy source. This is why BCAA is a useful supplement. BCAA supplements can also help to reduce tiredness, which can significantly boost your workout. 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 is an organic acid that acts as a reserve power source for your muscles during high-intensity exercise. Creatine is a safe and highly effective supplement that acts on your body's phosphocreatine energy systems, helping to improve the repetitive performance of muscular strength and short-term power, while aiding short bursts of muscular performance. It's particularly useful for those who regularly weight train because it provides huge benefits for short-duration, high-intensity exercise. Taking 3-5g of creatine in the morning and also in your post workout smoothie.

CONGRATULATIONS! YOU DID IT!

A massive “congratulations!” is in order for you! You have reached the end of 8 insane weeks of hard-ass work, discipline, and serious shredding! I hope you’re as proud of yourself as I am of you—shredding is never easy. You have proved to yourself that you can do hard sh*t!

And if you feel you aren’t done yet, fabulous! You can repeat this program again after taking a week off to enjoy some food, rest, and relaxation. A rest will do your body no harm as long as you eat sensibly and don’t binge for a week long. Take the time to rest, recover and set some new goals. You can go back to the start and do the program all over again. Many people find that they experience even better results the second time through the program as they are familiar with the exercises, nutrition and supplements.

Need some help with what’s next?

If you are ready to take on your next challenge, reach out in the [Insiders Facebook Group](#), and the coaches will help you.

To finish, can I say your focus, drive, and determination these past 8 weeks are so admirable. I cannot wait to hear all about your results. I hope you will share your pictures and brag about yourself because what you’ve done is something only 10% of the people who sign up ever actually finish!

I am so proud of you!

With love,
Kim xo

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
8. **Get Kim's Look**
The list of the products I use to feel SEXIER, FITTER, MORE TANNED (and CONFIDENT!) EVERY damn DAY

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