

THE SCULPTED *vegan*



PEAK WEEK

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PEAK WEEK

THE BIKINI ATHLETE'S SECRETS TO LOOKING SHREDDED ON STAGE

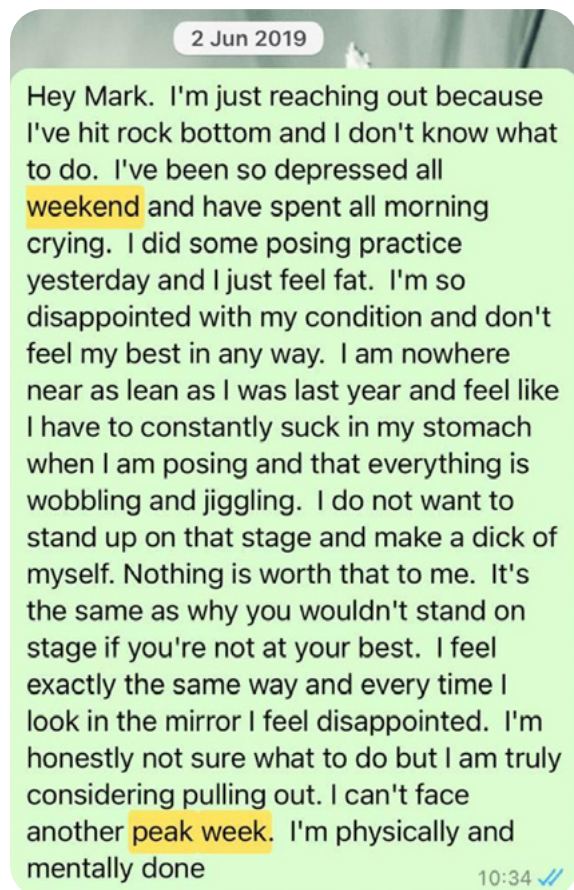
All bikini PROs fear stepping on stage flat, smooth, holding water, and not at their full potential. The final week before a competition is called "Peak Week" because bodybuilders will implement various strategies to make themselves look the best they can come show day. After dieting for months to step onto the competitive bodybuilding stage, you want nothing more than to be in your best condition.

Before now, I have never given away the secrets of my Peak Week schedule because **you do not need to perform a Peak Week** for any of *The Sculpted Vegan* programs. But, as every shred comes to an end, I always see questions in the private groups from members asking if they should change anything in the last week to prepare for their final pictures. Many of them have heard of bodybuilders performing a Peak Week to manipulate water, carbs, and training to make their muscles stand out on show day. And, I know that after completing weeks of hard-ass work, discipline, and serious shredding, my members want to do everything they can to look their absolute best for their final pictures. So, after much deliberation, I decided to teach a Peak Week for the very first time. I have created this precise, step-by-step guide to show you the science and secrets of getting the dry, cut, super-lean look that bikini athletes have on stage. I'm delighted to share the tried-and-tested techniques from my own bikini pro journey to bring you success in your bodybuilding goals. [**CLICK HERE**](#) to see first-hand my documentation of my May 2019 Peak Week, including getting ready with Lusso Tan and how I nearly ended up being moved out of the bikini category (but then ended up winning).



THE REALITY OF PEAK WEEK

While creating this plan, I thought I would look back at my past messages to my competition prep coach Mark Getty, and I discovered this gem of a meltdown from a Peak Week in June 2019.



While it made me laugh to read this message, I still can remember how rock bottom I felt when I sent it. I was tired, emotional, hormonal, and just so f*cking done with shredding. I was always crying and my mind had me convinced that I looked 'fat'. I have honestly never been so close to giving up and pulling out of a show.

As soon as I sent it, Mark immediately called me and I cried on the phone to him for a good twenty minutes. He listened to me rant and wail, until finally, he said, ***"Kim, this is Peak Week. It's normal to feel this sh*t."*** As depressing as that sounds, it massively helped to know that this is the harsh reality of Peak Week. I realized that it wasn't just me and that every single bodybuilder experiences this, but they just don't want to admit it or openly talk about it.

If you have been a follower of mine for a while, you will know that I pride myself on complete honesty and openness with my members. I believe that this is one of the main reasons I have grown my communities so fast, as my members trust me because they know that what they see is what they get from me. I am no different offline than I am online. **So, as your coach, I want to give you the same honest advice: You will feel sh*t in Peak Week, and if you don't, you are probably not doing it right.** I need you to go into Peak Week with the full expectation that this is going to be one of the hardest weeks of your life. It is ok to be tired, cry, and struggle, but I need you to get any complaints very quickly out of your system. The truth is that if you continually complain, it will constantly remind you of your perceived weaknesses. Remember, nobody cares how tough it is. You chose to take on this challenge and can stop it anytime. But, those who decide to continue will come out on the other side with the reward. In Peak Week, be mindful of your energy, dig deeper than you ever have in your entire life, and you will succeed.

PEAK WEEK SCHEDULE

In week twelve of this program, you will implement the Peak Week plan in the six days before your final photos. Peak week will start on Monday, with the last day of the plan and final photos happening on Sunday.

DAY	PEAK WEEK - Week 12 of Ultimate 12-Week Shred
Day 1 - 6 days out	Monday
Day 2 - 5 days out	Tuesday
Day 3 - 4 days out	Wednesday
Day 4 - 3 days out	Thursday
Day 5 - 2 days out	Friday
Day 6 - Day before	Saturday
Day 7 -FINAL day	Sunday

HOW TO PERFORM PEAK WEEK

In bodybuilding, all of the work is done in the weeks and months leading up to the final Peak Week. If you want a ripped and shredded physique, you will need to have already shredded your body fat by first putting the hard work into your nutrition and training throughout the whole duration of this program. **Attempting to just carb deplete and rid excess water weight from the body in Peak Week will not create a magical body transformation.**



If you are beginning the Peak Week at 20% body fat or above, the reality is that you will not look dramatically different at the end of Peak Week. But, you should feel less bloated and have lost a couple of pounds on the scale. **Anyone with 20% body fat and below will see more visible results, with 15% body fat and below seeing the most dramatic results.**

Bikini athletes manipulate carbohydrates, training, cardio, and their supplement schedule in the week before their competition to deplete their bodies of carbohydrates and excess water. It might sound funny, but a competitive bodybuilder's goal is to look 'dry' on stage. The term 'looking dry' refers to the lean look where the skin looks tight and taut around the muscles, showing off defined muscular lines and shape, as opposed to a 'watery' look where the body seems soft and it's harder to see the details of a physique on stage. In The Ultimate 12-Week Shred, we will be taking inspiration from my previous Peak Week routines and applying them to the twelfth week of the program to ensure that your hard-earned results shine through in your final photos.

Over the last six days, you will implement the Peak Week techniques that I used to look sh*t hot on stage to look your very best in your final photos.

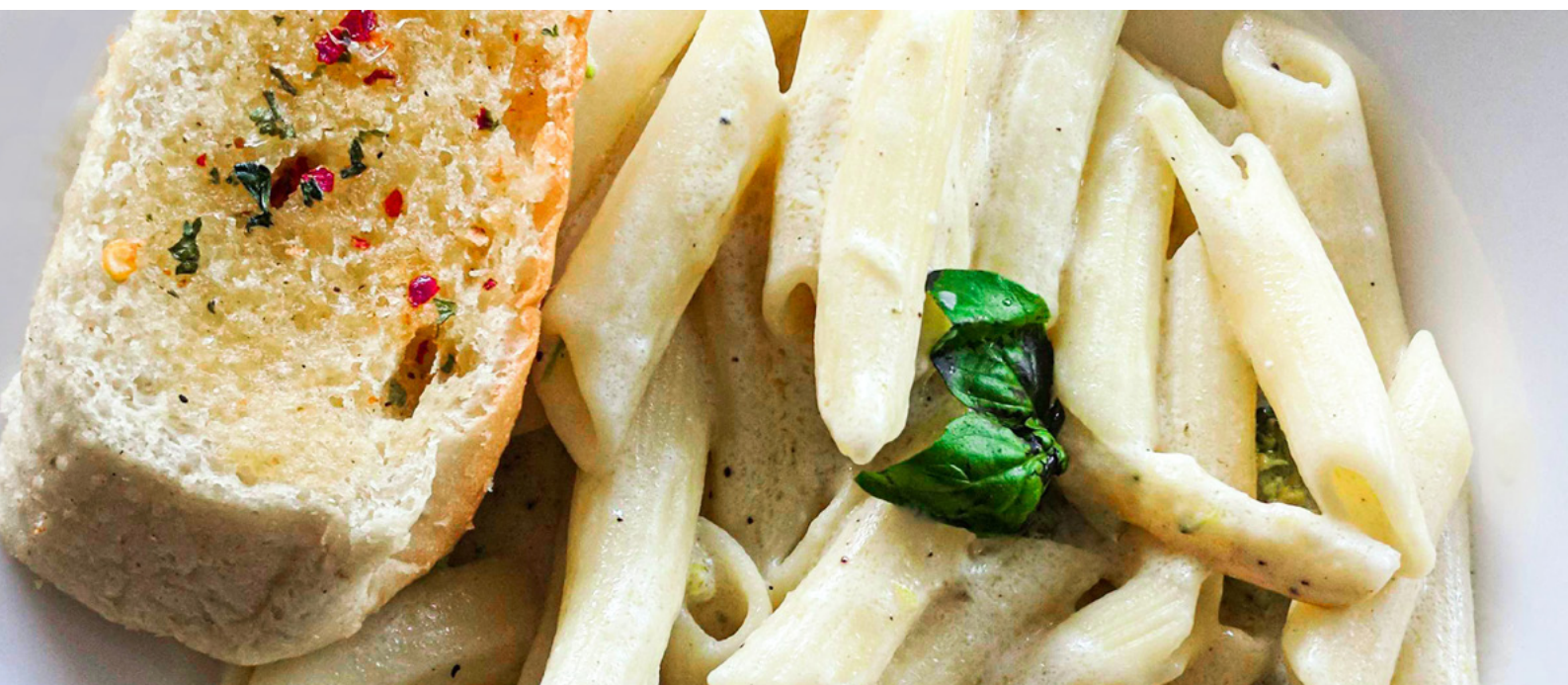
I WILL TEACH YOU THE EXACT STEPS OF:

- Carb depletion and carb-loading for full and round-looking muscles
- Excess water flushing supplement schedule
- Depletion workouts to glycogen deplete the muscles
- Tapered cardio to reduce inflammation in the body
- Pump up workout for your final photos
- Final photo finishing touches

PEAK WEEK - DEPLETION AND LOADING

DEPLETION - In the first four days of Peak Week, you will be depleting the body of muscle glycogen, inflammation, and excess water through nutrition, depletion workouts, tapered cardio, and the suggested water flushing supplements. During these days, you will feel the most tired, weak, and 'flat.' Feeling and looking 'flat' is very common and expected in Peak Week. The flat feeling will come from feeling fatigued from twelve weeks of hard-ass work on low calories. You may feel slightly depressed and emotional. **Watch out for the negative self-talk!** Peak week is definitely a time when any body insecurities can rear their ugly head and try to convince you to give up. A reason this can happen is that your body may really look quite small and flat. Muscles and curves that you thought you had built over the past eleven weeks can look like they have suddenly disappeared overnight. Let me reassure you that your muscles are still there; they are just carb depleted, which can cause this look. You need to dig deep and trust the process that the carb-loading and muscle pumping at the end of the week will bring your body back to its absolute best.

LOADING - In the two days before your final pictures, you will be aiming for optimal reduction in body inflammation by ceasing all strength and cardio training while continuing to flush excess water from the body with smart supplementation. You will be carb-loading two days before your final pictures so that the carbohydrates go straight to your glycogen-depleted muscles. The carb-loading, combined with the strength training rest, means that when you use the suggested 'pump-up workout' before your final photos, your muscles will swell up in response to the carb and resistance stimulus for show-stopping results!



A collage of various healthy food items. In the top left, there's a bowl of red beans and white rice topped with a lime wedge. Below it, a glass dish contains sliced carrots, cucumbers, and red bell peppers. To the right, a glass dish holds cauliflower florets. In the bottom right, there are two bottles of smoothies, one orange and one red. The title 'PEAK WEEK NUTRITION OVERVIEW' is overlaid on a red banner in the top right corner.

PEAK WEEK NUTRITION OVERVIEW

CARBOHYDRATE MANIPULATION

CARBS AND WATER RETENTION

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). When we eat carbs, they are converted to glucose in our bloodstream to fuel all of our basic metabolic functions and feed our brain. Not all glucose energy is used immediately. Whatever does not get used immediately is then converted and stored as glycogen molecules that can be stored in your muscles and liver for later use.

Carbs also cause the body to store extra water. Each gram of glycogen comes with 3 grams of water attached. When your body stores glycogen, it does so by binding it to water molecules at a ratio of 1 gram of glycogen to 3 grams of water. Your body stores an average of 1 pound of glycogen at any given time, which means at least 3 pounds of water. This is normal. But, your body is capable of storing more glycogen than that, which means even more water.



CARB DEPLETION - DAYS 1 TO 4

On days 1-4 of Peak Week, we will not stop eating carbs altogether. But, we will consume very low amounts of carbohydrates, and any carbs we consume will be from green cruciferous vegetables. Remember, what makes all this cruciferous vegetable fiber so beneficial for you, particularly during Peak Week, is that these fiber carbohydrates will hold minimal water in the body. Only food containing carbohydrates 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 that hold water.

The goal of the low-carb days is to deplete glycogen from the muscles to better over compensate later on when we carb-load in the final days of Peak Week. The low-carb days also help minimize water retention, as there is less glycogen that water can bind to and less water that will be held in the body. The combination of glycogen depletion and reduction of water retention can cause that flat look and feel, but it is part of the process of chasing that dry and cut look that we see on the bikini pro stage.

CARB LOADING - DAYS 5-6

When it comes to carb-loading, we will play it safe. If you have any knowledge of bodybuilding, you may have heard of competitors 'dirty bulking' before a show where they consume all forms of sugary, high carb, and high-fat foods. Anyone who tries this is either a highly experienced bodybuilder at ridiculously low levels of body fat or quite simply someone who is playing with fire—with this technique, you can never 100% guarantee that the plan is not going to backfire on you.

In the two days before our final photos, while we are going to carb-load, we are going to keep our food choices clean and simple. We want to play it safe with our meal plan options before our final pictures to minimize bloating and our bodies not looking anything but peak condition. A gram of carbohydrate pulls 3 grams of water into the muscle. So, if you carb up when you have been glycogen- and excess water-depleted, this 3 grams of water will come from beneath your skin. As a result, you'll achieve that pumped look with your skin taut around your muscles instead of the soft, watery appearance that lacks definition.



PEAK WEEK MEAL PLAN

THE PEAK WEEK MACRO SPLIT

CARB DEPLETION - DAYS 1 TO 4

On days 1-4 of Peak Week, you will be following the prescribed 1200-calorie meal with the macro split on this plan set at 40% protein, 30% carbohydrate, and 30% fat. Or, you will create your own meal plan based on this calorie and macro count or make swaps as close to the prescribed meal plan ingredients.

CARB LOADING - DAYS 5 TO 6

On days 5-6 of Peak Week, you will be following the 'Peak Week carb-loading schedule' as included in the meal plans. **This meal plan will be 2065 calories due to the higher carbohydrate macro split of 106g protein, 300g carbs, and 49g fat.** My best advice is to follow the prescribed meal plan as laid out, or you have the options of creating your own meal plan based on this calorie and macro count or making swaps as close to the prescribed meal plan ingredients. These two carb-loading days are crucial to looking your best in your final photos. Do not be tempted to carb-load with sugary, starchy carbs as you are at risk of 'spilling over,' which is where you start to look bloated and watery. For ultimate results, stick as close to the prescribed meal plan as possible.

PEAK WEEK TRAINING OVERVIEW

OVERVIEW

DEPLETION WORKOUTS

Throughout The Ultimate 12-Week Shred, you have been building the body of a bikini athlete, with the biggest muscle gains being made over the past eleven weeks. Now, all your hard work is done and it's time to cruise into your final week. The goal of the Peak Week workouts is not muscle gain but glycogen depletion, although the shock effect of this style of depletion training is certainly challenging to the body. For the past eleven weeks, you have been completing one of the three training plans: Gym, Home Gym, or Minimal Home Equipment. In Peak Week, you will continue to use the training plan that you have used for the full duration of The Ultimate 12-Week Shred. But, over the next six days, you are going to adapt the workout schedule, lower the resistance, and increase the reps.

DEPLETION WORKOUT SCHEDULE

In Peak Week, you will only perform days 1 - 4 of your chosen training plan. Your final leg day will be on day 3, and you will not be completing the day 5 workout of glutes and hamstrings or the day 6 Tabata circuit. This is because leg workouts tend to be the most strenuous on the body and taxing on the nervous system. Our legs have the largest muscles in our body, so the cardiovascular system gets involved when we train them. Performing your last leg day four days out from your final pictures will help inflammation leave the body to leave you looking really shredded for your final snaps.

LOW-RESISTANCE, HIGH-VOLUME WORKOUTS

The Peak Week priority of the depletion workouts is muscle glycogen depletion

through low resistance and high volume workouts. You will now be performing your workouts with increased sets, reps, and **no supersets** at the end of your workouts. I want you to select lighter weights and resistance than what you have been previously choosing over the past eleven weeks. Remember, we are actively choosing **not** to create mechanical damage in our muscles by overloading them with load. This would create muscular damage and inflammation in the body as it recovers and repairs the muscle for growth. The purpose of the depletion workouts is to preserve the muscle that we have built throughout the program while depleting the glycogen in our muscles through the high volume of sets and reps in the workouts.

During the first days of Peak Week, you will already be carb depleting your muscles from your low-carb intake, as there are no carbohydrates in the form of glucose circulating around the bloodstream for energy. Your body will need to access the stored glucose in the form of glycogen from the muscles. As you both carb-deplete your body with the nutrition plan and glycogen-deplete with the high-volume workouts, you will feel like your body becomes quite flat.

In past Peak Weeks, I have felt very weak and even sore in my final week. I will warn you that you might feel quite frustrated that lighter weights are feeling challenging to you. But, please rest assured that it is not because you have suddenly lost all of your strength gains. It is just that you are not optimally fueled for your workouts. For the same reason, you might get quite crampy during your workouts as the glycogen stores in your muscles start to deplete.

ON DAYS 1-4, we want to use the workouts to glycogen-deplete our muscles while also carb-depleting our body through our nutrition. **ON DAYS 5-6** of Peak Week, we will cease all strength training in line with carb-loading. The idea is that as you rest, your glycogen-depleted muscles start to load carbohydrates back into the body, then the glucose will be pumped straight into the muscle. If we were still strength training at the point of carb-loading, then we would be losing the benefit of the glucose pump as it would be used up as fuel in workouts. In the two days before your final photos, I want you to actively rest your body so that any left carbs return to muscle glycogen stores. While carb-loading may mentally make you feel better, you may still feel that you don't see the physical benefits of the carbs just yet. But trust me when I say you are going to see the full effects of the carb-loading kicking in when you perform the pump-up workout before your final photos.

PEAK WEEK DEPLETION WORKOUTS

Perform only **DAYS 1 - 4** of your chosen Gym, Home Gym, or Minimal Equipment Home training plan. 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. Please note that the videos are for exercise instructional purposes only. Please follow the program guidance for sets and reps.

GYM PROGRAM

For this program you will need access to a full gym with a range of machines and equipment, and a set of cable machine ankle straps. Complete all sets of one exercise before you move on to the next, unless you are instructed to superset or to complete the abs circuit.

DAY 1 - LEGS (QUAD FOCUSED) AND ABS

EXERCISE	SETS	REPS	NOTES
<u>Leg Extensions</u>	5	15-20	Go to failure final set
<u>Barbell Back Squat</u>	5	15-20	Focus on squat depth
<u>Bulgarian Split Squat</u>	5	15 each leg	Hold weights
<u>Dumbbell Deadlift</u>	5	15-20	Squeeze up hard into glutes
<u>Abs Circuit</u>	3	60 secs	Choose any three from playlist

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QUADS

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ABS CIRCUIT

DAY 2 - BACK AND BICEPS

EXERCISE	SETS	REPS	NOTES
<u>Wide Grip Lat Pull Down</u>	5	15-20	Squeeze hard at bottom
<u>Seated Cable Row</u>	5	15-20	Keep chest high & elbows close
<u>Pull Up</u>	5	10	Decrease band resistance
<u>EZ Bar Cable Biceps Curl</u>	5	15-20	Squeeze bicep at top
<u>Dumbbell Bicep Curls</u>	5	15-20	Curl DB into shoulder at top
<u>Chin Up</u>	5	10	Decrease band resistance

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BACK & BICEPS

DAY 3 - GLUTES AND ABS

EXERCISE	SETS	REPS	NOTES
<u>Lying Leg Curl / Seated Leg Curl</u>	5	15-20	Full ROM in each rep
<u>Smith Glute High Lunge</u>	5	15 each leg	Don't let back toe touch floor
<u>Dumbbell Hyperextensions</u>	5	15-20	Keep chin to chest
<u>Cable Glute Kickback</u>	5	10 each leg	Don't hyperextend back
<u>Abs Circuit</u>	3	60 secs	Choose any three from playlist

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GLUTES

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ABS CIRCUIT

DAY 4 - SHOULDERS AND TRICEPS

EXERCISE	SETS	REPS	NOTES
<u>Smith Machine Military Press</u>	5	15-20	Keep hands wide
<u>Dumbbell Side Lateral Raises</u>	5	15-20	Try not to use momentum
<u>Cable Rear Delt Fly</u>	5	15-20	Slight bend in elbows
<u>Skull Crushers</u>	5	15-20	Keep elbows close
<u>Overhead Cable Tricep Extension</u>	5	15-20	Fully extend into arms
<u>Tricep Rope Pressdown</u>	5	15-20	Keep elbows close to body

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SHOULDERS & TRIS

NOTES:

- Perform days 1 - 4 only of the gym training program.
- Perform the prescribed sets of each exercise, aiming to only take 20 seconds rests between sets.
- Perform the prescribed reps of each exercise, choosing a weight and resistance that is lighter than what you have used over the past eleven weeks.
- Perform each exercise with a fast tempo, trying not take to breaks in between reps.
- Never hit failure. Excessive muscle damage slows down glycogen repletion. Stop 2-3 reps short of failure.
- **ABDOMINAL CIRCUIT** - Choose any three exercises from the playlist for the abdominal circuit.
- If you do not have a Smith machine, you may substitute using a barbell.



HOME GYM - BARBELLS & DUMBBELLS PROGRAM

For this program you will need a pull up bar, dumbbells, barbells, a bench, and squat rack, as well as a range of weight plates. Complete all sets of one exercise before you move on to the next. Perform the abdominal exercises as a circuit.

DAY 1 - LEGS (QUAD FOCUSED) AND ABS

EXERCISE	SETS	REPS	NOTES
<u>Barbell Back Squat</u>	5	15-20	Focus on squat depth
<u>Step Back Barbell Lunge</u>	5	10 each leg	Knee nearly touches floor
<u>Bulgarian Split Squat</u>	5	10 each leg	Hold weights
<u>Pulse Squats</u>	5	20	Add weights to the squats
<u>Abs Circuit</u>	3	60 secs	Choose any three from playlist

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ABS CIRCUIT

DAY 2 - BACK AND BICEPS

EXERCISE	SETS	REPS	NOTES
<u>Bent Over Row</u>	5	15-20	Push hips back, don't bend over
<u>Double Arm Dumbbell Row</u>	5	15-20	Wedge feet wide for support
<u>Pull Up</u>	5	10	Decrease band resistance
<u>Barbell Bicep Curl</u>	5	15-20	Squeeze bicep at top
<u>Dumbbell Bicep Curls</u>	5	15-20	Curl to shoulder at top
<u>Chin Up</u>	5	10	Decrease band resistance

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BACK & BICEPS

DAY 3 - GLUTES AND ABS

EXERCISE	SETS	REPS	NOTES
<u>Barbell Hip thrust</u>	5	15-20	Go hard and heavy in final set
<u>Dumbbell Hyperextensions</u>	5	15-20	Keep chin to chest
<u>Dumbbell Deadlift</u>	5	15-20	Push hips back, don't bend over
<u>Elevated Goblet Squat</u>	5	15-20	Push back, stretch through glutes
<u>Abs Circuit</u>	3	60 secs	Choose any three from playlist

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ABS CIRCUIT

DAY 4 - SHOULDERS AND TRICEPS

EXERCISE	SETS	REPS	NOTES
<u>Barbell Seated Shoulder Press</u>	5	15-20	Get a spot for final set if possible
<u>Dumbbell Side Lateral Raises</u>	5	15-20	Try not to use momentum
<u>Dumbbell Rear Delt Fly</u>	5	15-20	Try not to swing
<u>Skull Crushers</u>	5	15-20	Keep elbows close
<u>Dumbbell Tricep Extensions</u>	5	15-20	Keep elbows high
<u>Close Grip Bench Press</u>	5	15-20	Keep elbows close to body

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SHOULDERS & TRIS

NOTES:

- Perform any days 1 - 4 of the home gym training program.
- Perform the prescribed sets of each exercise, aiming to only take 20 seconds rests between sets.
- Perform the prescribed reps of each exercise, choosing a weight and resistance that is lighter than what you have used over the past eleven weeks.
- Perform each exercise with a fast tempo, trying not take to breaks in between reps.
- Never hit failure. Excessive muscle damage slows down glycogen repletion. Stop 2-3 reps short of failure.
- **ABDOMINAL CIRCUIT** - Choose any three exercises from the playlist for the abdominal circuit.



HOME PROGRAM - MINIMAL EQUIPMENT

For this program you will need long looped resistance bands and glute bands in varying strengths, and a pull up bar. Complete all sets of one exercise before you move on to the next. Perform the abdominal exercises as a circuit.

DAY 1 - LEGS (QUAD FOCUSED) AND ABS

EXERCISE	SETS	REPS	NOTES
<u>Lateral Banded Walks</u>	6	30	30 steps each side
<u>Banded Squats</u>	6	15-20	Sit back into the squat
<u>Banded Split Squat</u>	6	20 each leg	Keep tension in band
<u>Pulse Squats</u>	6	15-20	Sit back into the squat
<u>Abs Circuit</u>	3	60 secs	Choose any three from playlist

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DAY 2 - BACK AND BICEPS

EXERCISE	SETS	REPS	NOTES
<u>Banded Bent Over Row</u>	6	15-20	Keep elbows close to body
<u>Seated Banded Row</u>	6	15-20	Push chest forward, elbows back
<u>Pull Up</u>	5	10	Decrease band resistance
<u>Banded Bicep Curl</u>	6	15-20	Squeeze band hard at top
<u>Banded Reverse Curl</u>	6	15-20	Hands are in overhand grip
<u>Chin Up</u>	5	10	Decrease band resistance

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BACK & BICEPS

DAY 3 - GLUTES AND ABS

EXERCISE	SETS	REPS	NOTES
<u>Knee Banded Hip Thrust</u>	6	20	With 1-2 sec squeeze
<u>Reverse Lunge with Forward Lean</u>	6	15 each leg	Really lean forward
<u>Banded Deadlift</u>	6	15-20	Keep chest high at all times
<u>Single Leg Glute Bridge</u>	6	30 each leg	Feel the burn!
<u>Abs Circuit</u>	3	60 secs	Choose any three from playlist

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ABS CIRCUIT

DAY 4 - SHOULDERS AND TRICEPS

EXERCISE	SETS	REPS	NOTES
<u>Handstand Push Up</u>	5	15-20	Start hard, and drop back
<u>Banded Front Raise</u>	6	15-20	Keep control on the negative rep
<u>Banded Rear Delt Fly</u>	6	15-20	Squeeze hard into the rear delt
<u>Diamond Push Up</u>	5	10-15	Drop back in difficulty to finish
<u>Tricep Dips</u>	5	15-20	Elevate feet to increase difficulty
<u>Tricep Push Up</u>	5	10-15	Keep elbows in

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SHOULDERS & TRIS

NOTES:

- Perform only days 1 - 4 only of the minimal equipment home training program.
- Perform the prescribed sets of each exercise, aiming to only take 20 seconds rests between sets.
- Perform the prescribed reps of each exercise, choosing a weight and resistance that is lighter than what you have used over the past eleven weeks.
- Perform each exercise with a fast tempo, trying not take to breaks in between reps.
- Never hit failure. Excessive muscle damage slows down glycogen repletion. Stop 2-3 reps short of failure.
- **ABDOMINAL CIRCUIT** - Choose any three exercises from the playlist for the abdominal circuit.
- If you have access to more equipment, then I would encourage you to use it. The more load you can add to your exercises, the better your results.



FINAL PHOTOS - PUMP UP WORKOUT

On show day, amongst the final touches of make-up, hair spray, body oil, and more layers of tan, you will see bikini athletes pumping up backstage. Every single show, you would find all my competitors and me in our sparkly bikinis and heels, pumping up our upper body with either resistance bands or very light dumbbells in the changing rooms. It is an understatement to say that no bodybuilder would ever dare step on stage without 'pumping up' before. In this plan, we are going to use my pre-competition pump up workout to increase vascularity and muscle pump and to highlight and polish your physique in your final photos. It's all about timing when you pump up, as we want to start performing the low resistance but high volume upper body exercises immediately before our photos to have peak vascularity. Because you have not performed any strength training for two days, nor cardio for one day, your body is well rested. This means when you start to pump up, all that blood flow will rush to your carb-loaded muscles

HOW TO PUMP UP

In the ten minutes before your final photos, I want you to perform the pump up workout with the lightest resistance bands or dumbbells you have. When it comes to dumbbells, I suggest going no heavier than 5kg. I want you to perform the workout in front of a mirror, keeping in mind that we are performing this resistance training just enough to get a small pump and some vascularity going. Perform a minimum of 3 rounds of the pump up circuit, with a maximum of 5 rounds depending on how pumped you want to look. **Take your pictures immediately after pumping up. Do not delay, or you will lose the optimal effects of the pump.**



PUMP UP WORKOUT

For this workout, you will need light resistance bands or 2-5kg dumbbells. Perform this workout like a circuit

PERFORM EACH EXERCISE IN A CIRCUIT, THEN REST 60 SECS AND REPEAT 3-5 TIMES DEPENDING ON HOW PUMPED YOU WANT TO LOOK

PUMP UP WORKOUT

EXERCISE	SETS	REPS	NOTES
<u>Push Ups</u>	3-5	10	Perform on toes if possible
<u>Banded Upright Row</u>	3-5	20	Pull elbows high
<u>Banded Bicep Curl</u>	3-5	20	Squeeze band hard at top
<u>Banded Side Lateral Raise</u>	3-5	20 each arm	Keep band taut at all times
<u>Banded Rear Delt Fly</u>	3-5	20	Hands higher than shoulders

[CLICK HERE](#)
to view a playlist of
THESE EXERCISES
or **SCAN ME**



PUMP UP

PUMP UP NOTES:

- Perform resistance training just enough to get a small pump and some vascularity going.
- Don't pump up the legs. They look better unpumped.
- Focus most of your pumping on the shoulders and chest. It's pretty much impossible to over-pump your shoulders, so nail them good.
- If you have a choice, keep the temperature in the room high. This facilitates the pump and keeps you pumped for longer.
- Pump up in front of a mirror. Perform a minimum of 3 rounds of the pump up circuits, with a maximum of 5 rounds depending on how pumped you want to look.
- Take your pictures immediately after pumping up. Do not delay, or you will lose the optimal effects of the pump.



PETER BENNETT PHOTOGRAPHY.COM



PEAK WEEK CARDIO OVERVIEW

DROP CARDIO

Over the past eleven weeks, you have been performing 60 minutes of LISS cardio once a day. From five days out from the final day, you will start to decrease your LISS cardio session by 10 minutes a day. This tapered drop of cardio is designed to help reduce inflammation in the body as you head towards your final photos. While you might be tempted to, I advise that you perform no cardio on the day before or final day of your photos. Remember all the hard work has been done in the previous eleven weeks of this plan, now is the time to relax and enjoy the fruits of your labor.

DROP CARDIO SCHEDULE

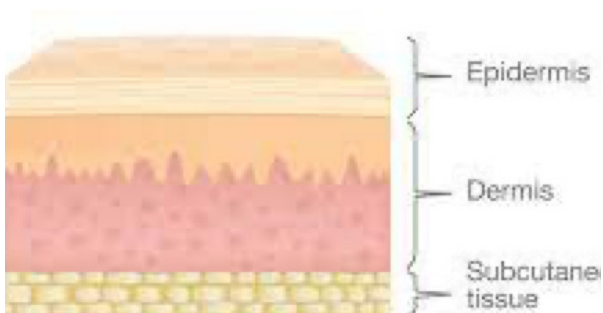
DAY	PEAK WEEK	LISS CARDIO
6 days out	Monday	60 minutes x 1 per day
5 days out	Tuesday	50 minutes x 1 per day
4 days out	Wednesday	40 minutes x 1 per day
3 days out	Thursday	30 minutes x 1 per day
2 days out	Friday	20 minutes x 1 per day
Day before	Saturday	NONE
FINAL day	Sunday	NONE

PEAK WEEK WATER FLUSHING

THE WATER FLUSHING PROCESS

The skin is the body's largest organ, covering the entire body and serving as a protective shield against heat, light, injury, and infection. The **dermis** (also known as corium) is the middle layer of skin that connects the outer layer (**epidermis**) with the underneath layer (**hypodermis**). The dermis is 10–40 times thicker than the epidermis storing much of the body's water supply. Its own water content is over 60%, and it contains 20–40% of the total water content of the whole body!

The Layers of Skin



The goal of a water drop is to temporarily decrease extracellular water, specifically subcutaneous water (water under the skin), as much as possible. Removing subcutaneous water from the dermis uncovers individual muscle striations to give you that dry, hard, and vascular look. The first step in accomplishing this is removing subcutaneous water, but in addition, you must keep your muscles hydrated and

full. Skeletal muscle is over 70% water, so you cannot just totally stop drinking water to remove subcutaneous water because you would also then deplete muscle of its water. Muscle tissue must be hydrated to appear full and not flat.

Throughout Peak Week, as well as carb depleting the body through our nutrition and depletion workouts to minimize excess water retention, we can also use smart supplementation to optimize the water flushing process. In this plan, I suggest using the prescribed water flushing supplements to rid excess water from your body.

WATER FLUSHING SUPPLEMENT SCHEDULE

NOTE: This supplement schedule is entirely optional but highly recommended. If you have purchased 'The Water Drop' plan, I even more highly recommend the use of this supplement schedule to assist in the safety of the water flushing process. Please see the supplement schedule infographic for the prescribed peak week dosages. I would suggest spreading the prescribed supplement amounts out throughout the day, rather than consuming them all in one go. Preferably consume around meal times.

POTASSIUM is a mineral that helps control the body's balance of fluids, helps maintain normal blood pressure, and contributes to normal muscle function, which is why it is popular for helping with sport and exercise and normal functioning of the nervous system.

VITAMIN B6 supports immune & nervous system function, hormonal activity, and reduction of fatigue. Vitamin B6 contributes to many chemical reactions of proteins and amino acids. It also helps normal brain function. But for an athlete, it plays a vital role: it promotes normal red-cell formation. Athletes need to maximize their red cell count as it regulates the excretion of water, and helps with energy production and resistance to stress.

DANDELION ROOT is a known ingredient for its cleansing, detoxing & water flushing properties. Dandelion root helps to support the health of the liver, urinary tract, and bowels. Bodybuilders use dandelion root to actively push out more water via the kidneys before and on the day of a show.

UVA URSI is a herb that has astringent effects, helping to shrink and tighten mucous membranes in the body. In turn, that helps reduce inflammation and fight infection. Today, uva ursi is sometimes used to treat urinary tract infections (UTIs) and cystitis (bladder inflammation). Uva Ursi is only recommended for very short-term use. Please use it for the duration of Peak Week only.

VITAMIN C is a potent natural diuretic! This means that it helps the body flush out excess fluid. Bodybuilders will take Vitamin C and gradually increase their daily amount during “Peak Week” leading up to a show. Vitamin C tends to come in 1000mg capsules. I would suggest spreading the capsules out throughout the day, rather than consuming them all in one go. Preferably consume around meal times.

	TOTAL	SPREAD THROUGHOUT THE DAY
5 days out	2000mg	2 x 1000mg
4 days out	3000mg	3 x 1000mg
3 days out	4000mg	4 x 1000mg
2 days out	5000mg	5 x 1000mg
Day before	5000mg	5 x 1000mg

CAFFEINE - I love caffeine as a fat burner! Caffeine is a very commonly-used supplement amongst people looking to lose weight. It is highly recognized for its potent metabolism-boosting effects, central nervous system stimulation, and dramatically increasing focus and alertness. It 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. Please feel free to avoid this supplement, if you find that you are very sensitive to caffeine.



PEAK WEEK SUPPLEMENT SCHEDULE

PEAK WEEK	DAY	POTASSIUM	VITAMIN B6	DANDELION ROOT	UVA URSI	CAFFEINE	VITAMIN C
6 DAYS OUT	Monday	99mg every 4 hours					
5 DAYS OUT	Tuesday	99mg every 4 hours					2000mg
4 DAYS OUT	Wednesday	99mg every 4 hours	100mg x 3	1000mg x 3	625mg x 3	100mg x 3	3000mg
3 DAYS OUT	Thursday	99mg every 3 hours	100mg x 3	1000mg x 3	625mg x 3	100mg x 3	4000mg
2 DAYS OUT	Friday	99mg every 2 hours	100mg x 4	1000mg x 4	625mg x 4	100mg x 4	5000mg
DAY BEFORE	Saturday	99mg every 2 hours	100mg x 4	1000mg x 4	625mg x 4	100mg x 4	5000mg
FINAL PHOTOS	Sunday - No Supplements						



FINISHING TOUCHES



GET BRONZED

Anyone who follows me on social media will know that I am a huge fan of **Lusso Tan's** sunless tanning. I have been using Lusso Tan since 2018, and it was my go-to tan for all of my bodybuilding shows. No bodybuilder would dream of stepping foot on stage without a tan. It is literally unheard of and would massively hinder their chances of placing. This is because when standing on stage under harsh overhead light, it can be really hard for the judges to see the cuts, lines, and definition of even the most shredded bodies.

While you are prepping for final photos rather than the stage, I know what it feels like to take pictures and be disappointed that you can't see the hard-earned results reflected in them. So for this shred, we have partnered with Lusso Tan so that you, too, can be bronzed and glowing for your final photos. I don't know about you, but I feel a million times better (and leaner) when I have a tan. There's something about bronzed limbs that makes me look and feel amazing. And as this is the ultimate shred, what better way to get you buff, bronzed, and bikini-ready than with a glowing sunless tan that will highlight your hard work.



Lusso tan launched in Belfast many years ago by a team of sisters who I now consider very good friends. I've known Lynsey, Leah, and Sarah for around 20 years, and in that time, I have seen them grow their brand from a small tanning salon to a beauty empire that includes spas, beauty salons, nail salons, and Lusso tan. Everything that these girls touch turns to gold. Literally! I became such a diehard fan of Lusso Tan because it's not simply a bottle of tan; it's a full tanning system. Anyone who's ever applied sunless tan has experienced the horrors of dodgy orange fingers, curry wrists, and patchy legs. The system Lusso has developed overcomes all of these struggles.

So, how does this collaboration work?

Lusso Tan have agreed to offer you, my ultimate shredders, a whopping 30%* off the entire tanning system!

The company also offers essential products for all skin tones, so you can swap out the tan for one of their other excellent products to make your skin shine. (Simply write a note when placing your order).

To place your order, [simply click here](#) and use the code **TSV30*** at checkout. They deliver worldwide, and shipping only takes a few days. And make sure you follow and tag @lussotan on Instagram with your tanning pics! They love to see their happy customers enjoying their tan.

*30% discount code TSV30 is valid sitewide across all single products, and **NOT bundles or sale items.**



ENJOY ONE GLASS OF WINE (IF YOU WISH)

On this program, you are allowed to drink one glass of red or white wine on the night before your final photos. ONE, not two, or three, or half a bottle, or you will end up with a hangover! Wine is a natural diuretic and a completely optional part of the program. Don't drink it if you don't want to. But, if you wish to, it can feel damn good to put your feet up and relax the night before the final day.

THE NIGHT BEFORE THE FINAL PHOTOS
180ml-300ml / 6-10 oz red or white wine



THE
ULTIMATE
12 WEEK
SHRED

THE SCULPTED *vegan*