

THE SCULPTED *vegan*



THE  
ULTIMATE  
**12 WEEK**  
SHRED

For **EXTREME** Physical Transformation

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# THE ULTIMATE 12 WEEK SHRED

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# INTRODUCTION

Hey there, athlete! I'm Kim Constable, founder of the world's largest vegan bodybuilding company, The Sculpted Vegan, retired professional bodybuilder, wife of Ryan Constable, and mum to Corey, Kai, Maya, and Jack. I am so excited to welcome you to The Sculpted Vegan's most extreme shred yet, **The Ultimate 12-Week Shred!**

**T**he definition of “ultimate” means to be the best or most extreme example of its kind, and this shred will most certainly be that. To be the ‘ultimate’ is something I strive for every day—the ultimate mother, wife, business owner, and friend. I want the ultimate body, bank balance, vacations, relationships, and life experiences. Whether in my personal life, bodybuilding career, or building a multi-million dollar business, **I am always striving to be the ultimate version of myself.**

My journey has not been easy. In 2016, I catapulted myself into the world of bodybuilding after seeing my saggy butt in my yoga studio mirrors, which drove me to reach out to a personal trainer. One thing you should know about me is that I don't do anything half-ass. I cannot give anything less than 100%, and when I decide to do something, I go all in. In

less than twelve months, I went from a skinny fat woman to standing on stage as a vegan bikini athlete amongst top-class competitors. My journey to the stage inspired me to create a social media account under the alias of **'The Sculpted Vegan'**, and I started building a large following as I shared the brutal and honest truth of prepping for the bodybuilding stage as a vegan athlete—something which hadn't really been seen before. Looking back on my earlier photos, you will see my transformation and just how far I have come. Many of my followers have been with me from the beginning and write to me often to tell me how much they have enjoyed being along for the ride over the past six years. It's been a wild one!

Prepping for a bodybuilding show itself feels like a full-time job, never mind if you have other responsibilities such as a family and a career.





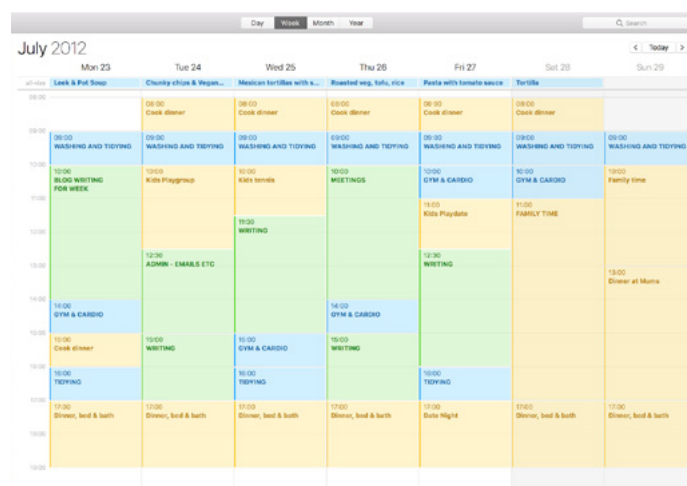
The dream of all bikini competitors is to be awarded a PRO card and to turn 'professional', so competing is their full-time income and primary focus. Unfortunately, the reality was that I competed as an amateur physique athlete for most of my career. So, while I was grinding out the prep for my bodybuilding shows, I was simultaneously building The Sculpted Vegan company, running a house, homeschooling my kids, and being a wife.

When I first started competing, my four kids were very young, and they woke on the dot at 7 am. As a full-time, stay-at-home mum with no childcare, the only time I could find free to build The Sculpted Vegan dream, was between the hours of 5 to 7 am. So for years, I woke at 4:45 am and was at my kitchen table by 5 am.

I squeezed in my gym sessions while my kids were at sports clubs, and I would do my cardio

when my husband came home from work at 6 pm. There were not enough hours in the day between homeschooling, cooking, washing, ironing, cleaning, training and building a business. At one point, I even hired a treadmill for the house, so I did not waste a single minute driving to the gym and could be near my kids and husband if they needed me.

The bigger my company gets, the more elaborate the excuses I hear from students about why they cannot complete the programs. Here's my favorite: "But Kim, you can do this because you have a full-time housekeeper, a Chef, an assistant, and a team of people helping you! If I had that, I could do it too!" And, I call bull! This is what my calendar looked like in 2012 when my kids were little before I had ANY help around the house and before my business was successful. Every minute of my day was scheduled. I planned meals a month in advance, and I knew exactly what I was supposed to be doing at all times—from laundry to cardio to playdates to taking a freakin' shower!

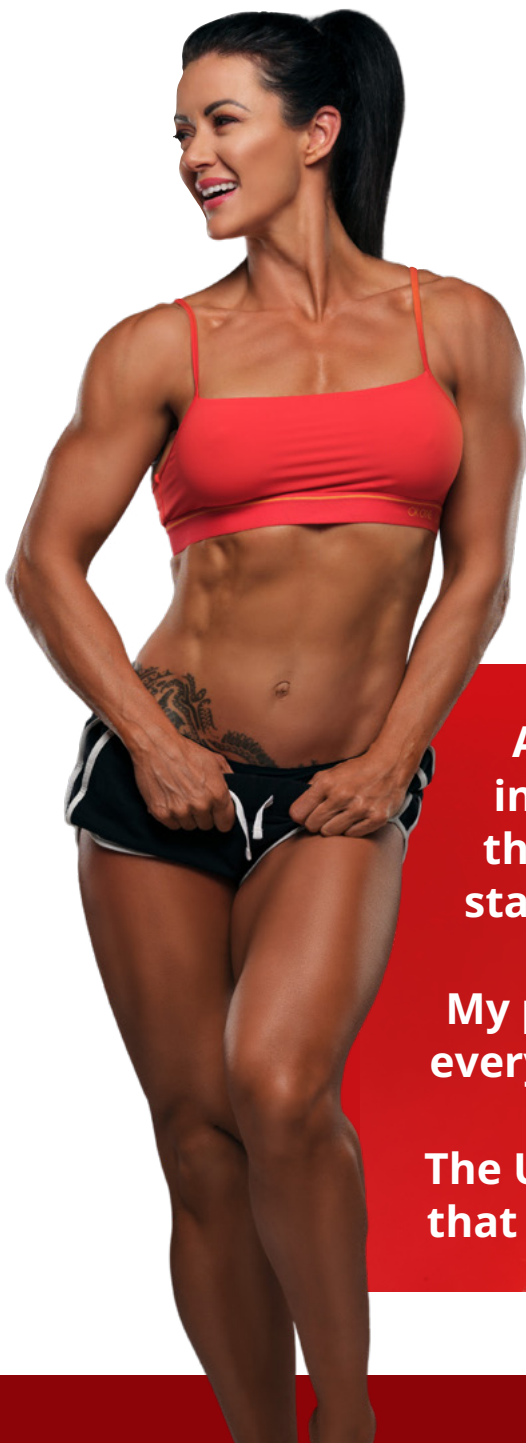


I believe there are only two types of people in the world: those who find a way and those who find an excuse. I have always been willing to do whatever it takes. I believe that with anything in life if it's important to you, you'll find a way. If not, you'll find an excuse.

From 2016 to 2019, I competed on the professional stage eight times in my short tenure as a physique athlete, achieving PRO card status in my third-ever show and the position of fifth in the world in my federation.



In 2019, I retired from competitive bodybuilding after achieving all of my professional bodybuilding goals, so I could focus on growing The Sculpted Vegan. It still blows my mind that I managed to compete in eight competitions while simultaneously building a company. I really do think I'm a bit crazy! In its first year of business, The Sculpted Vegan turned over \$1 million, and four years later, the company has turned over more than \$12 million.



**At the time of writing this program in 2022, I now have two, soon to be three companies, with thirty-two staff worldwide.**

**My point? There is ALWAYS time for everything if you will only create it.**

**The Ultimate 12-Week Shred is the plan that CHANGES ALL.**



**T**his program shortcuts my proven shredding methods PLUS secrets I've never before shared. Over the next twelve weeks, I will take you on a journey to become **the ultimate version of yourself**. You will have a raw look into my past bikini champion life and how to eat, train, and live like a PRO vegan bodybuilder (without standing on stage). You may look at my physique now and feel like it is unachievable, but remember, only six years ago, I was just a yoga teacher and home-schooling mother of four who had hardly ever lifted a weight.

If you want to finally finish a program, stick to a fitness goal, or prove to yourself how capable you are, this is your chance to do it. I want you to look in the mirror and see someone who can cultivate discipline, self-belief, and a commitment to your goals. Because here is the truth: you can do more than you ever thought possible! But it starts with believing that you CAN.



Over the three years of my competitive bodybuilding career, I worked harder in the gym than anyone I knew and utterly transformed my body. It is entirely possible to change your body with muscular curves, but you must be prepared to do the work. When I look at old pictures of myself from before bodybuilding, I feel like I look like a totally different person. And, if you want, you can too.

Every one of us has the power to radically transform our body, as our genetic potential only makes up 30% of how our body looks. The rest of it is made up of muscle and fat! And it's not rocket science, either! Of course, it takes work, but work is easy when you have a foolproof plan to follow. I believe that all women are capable of rolling up their sleeves and doing the work. But they are too busy to figure it out for themselves, which is why many are unhappy with their appearance. I created *The Sculpted Vegan* to take all the guesswork out of bodybuilding, giving women a step-by-step plan to succeed within all my programs. Over the past four years, we have sold more than 180,000 vegan bodybuilding programs to customers worldwide and have a community of over 40,000 badass women obsessed with building muscle. I know many of my community have been inspired by my bodybuilding journey and programs and love the idea of competing as a bikini athlete. However, the truth is that very few of these women will ever stand on stage.

**T**his is true for two reasons. The first is that competing on stage is a sport that requires an enormous amount of energy, time, and emotional strength. And that commitment comes with an opportunity cost. In simple terms, the time you spend prepping for a show could be spent on other things. Only two things are truly important to me in my life: my family (which also includes close friends) and my work. And both of these I had to sacrifice while I prepped for my shows. Over each prep, I tried my best to prioritize my family, but the business felt the greatest loss of my time. While I achieved great success building *The Sculpted Vegan* while competing as a bikini PRO, the truth is that I could've doubled the company in size if I hadn't spent three hours a day on each prep training.

The other reason many members will never actually achieve their goal of standing on stage is that they don't have the mental capabilities to push themselves. You can't have a world-class figure in your 30s, 40s, 50s, 60s, or 70s if you don't have the mental toughness to work at it, day in and day out. And yes, I said 70s!! Age is just a number in *The Sculpted Vegan*; we have strong and sexy ladies who have completed the programs in their 70s. Many women love the idea of competing—the glamour of the bikini, heels, posing, and tan. But, they do not have what it takes to get down in the trenches, digging through the messy and sometimes soul-destroying twelve weeks of

prep to get there. Competing for me was never about winning. It drove me to train harder and push toward my physique goals.

I have created this program to give you the experience of how a bikini athlete would train, shred, and prep for the bodybuilding stage. But in this case, the “stage” happens to be virtual. I want to help you achieve your dreams of attaining stage-worthy results without the financial cost, stress, or sacrifice needed to compete on a physical stage. Yes, this program will require a massive time commitment and challenge your physical and mental capacity. But, still, not quite as much as if you were taking part in a physical show. **This program will focus on you against you, your before pictures compared to your after pictures.**

Rather than competing on a stage full of competitors, you are competing first and foremost against yourself—your excuses, self-sabotage tendencies, and negative self-talk. The results you get from this program will directly reflect the work you do or do not do. I say this with love, but **“Nobody cares. Work harder.”** Over the next twelve weeks, I challenge you to become the ultimate version of yourself. I want you to be the most disciplined, dedicated, and consistent athlete you have ever dreamed of being. You have nothing to lose and everything to gain with this program. I believe in you, and do not doubt that you will come out of this shred with the body of your dreams!





I have massive plans for my companies this year. **HUGE.** We are entering new territories and exploring exciting opportunities, and I cannot wait to take you along for the ride. I hope you'll continue supporting me and following my journey as I grow. Blessed doesn't even cover how I feel about the members of my community and the love and support that I feel each and every day. My team of experienced coaches are here to hold your hand every step of the way during your journey. So if you haven't yet joined our Private Facebook Community, [\*\*click this link to join now\*\*](#). And don't forget to share your journey on Instagram by tagging me [\*\*@thesculptedvegan\*\*](#) and using the hashtag [\*\*#svultimate12weekshred\*\*](#), so we can celebrate your wins and cheer you on.

Thank you for believing in me and being along for the ride.

I love you,  
Kim xx

# 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 do not have 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.*

***If you have purchased this within two weeks of 29th August 2022, please hold off printing for at least 14 days.***







## WHAT IS THE ULTIMATE 12-WEEK SHRED?

**T**he Ultimate 12-Week Shred is unlike anything you've ever experienced. It's the **ULTIMATE** body fat shredding, muscle-building journey of how I, vegan bikini PRO champion *Kim Constable*, and founder of the multi-million dollar company, *The Sculpted Vegan*, prepped for the competition stage. In this program, I will teach you exactly how to eat, train, and think like a bikini athlete to give you results worthy of standing on the pro-bodybuilder stage (without actually standing on stage), as well as revealing, for the first time, the never-before-seen secrets of my **"Peak Week"** schedule. Before I started weight training, 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. Over the past five years, I have been obsessed with growing my glutes and transforming this area. I can tell you now that my butt looks far better now than it did in my twenties. Before bodybuilding, I had never felt really happy with my body and I could never say that I liked my butt. I don't know if it's something that had happened to me, or something that had been said to me, that caused me to not like it, but I always wanted it to be better.



While many of my previous programs have been inspired by how I shredded for the stage, I have never created a plan replicating **the exact 12-week competition prep experience**. Prep is another word in bodybuilding for the diet and training you undertake 12-20 weeks before a show, with the final week of prep being called “Peak Week”. A Peak Week is when bodybuilders implement various strategies to make themselves look the best they possibly can come competition day. Before now, I have never given away my Peak Week secrets because you do not need to do a Peak Week for any of my programs, but I understand that you might want to and who am I to stop you?!

If you are reading this program, I will assume that many of you have previous dieting experience, whether from one of *The Sculpted Vegan* shred programs or your own fat loss endeavors. I honestly can't say that I haven't met anyone who hasn't been on some sort of diet in their life. But, the difference between the average joe and jane dieting and when a bodybuilder diets is that there is a start point and an endpoint, coupled with a measurable goal. Calories and macros are meticulously planned around individual body composition, results measured against the end goal weekly, and changes made accordingly. Nothing is left to chance, and there is no room for cheating or error. Unfortunately, most people unsuccessfully attempt to lose body fat with no plan or strategy and never reach the level of lean they truly desire.

You may or may not have achieved any form of leanness before. But, I like to break being lean into three different stages: **gym lean**, **beach lean**, and **stage lean**. Most serious lifters will achieve ‘**gym lean**’ at some point in their journey. It is when you look hot under gym lights, especially with a pump, and people may come up and ask if you intend to compete.

**The first stage  
is ‘GYM LEAN’**







## The second stage is 'BEACH LEAN'

This is where you feel confident to wear a bikini in public and look conditioned and like you train from a distance. Close up, you may have visible abs and some delt definition but look a bit "soft". You do still look and feel good!



## The final stage is 'STAGE LEAN'

This is where you are conditioned to a different level. You are ripped and shredded and look just like pure muscle. When I was at this point of my bikini show prep, I experienced many people commenting that I had lost too much weight and I needed to stop starving myself. They would ask me, *"why are you doing this to yourself?"* And at times, I asked myself the same question. Stage lean is by far the hardest to attain and almost impossible to maintain; it is just a level of leanness for the stage, but not everyday life.

Going from gym lean to beach lean is relatively easy. You just need to tighten up your diet and train harder. Going from beach lean to stage lean **requires enormous discipline, work, and patience.** A tiny number of lifters will ever achieve this. The reason is that getting truly stage lean involves a level of motivation **that far surpasses what most are willing to do.** Knowing you will stand on stage in a sparkly thong in front of thousands of strangers truly is the “carrot” dangling at the end of the journey. Also, no one wants to be seen as someone who gives up. Our pride is on the line when working toward the stage. And our pride is a massive motivator!

**This program is a step-by-step guide to the science and secrets of getting stage lean.**





**T**his program is inspired by the dedicated 10% of members who have ever finished one of my shreds. These are the hard-core members of my community who have what it takes to complete weeks of hard-ass work, discipline, and serious shredding. On most program launches, we will sell over 4000 programs, but only 10% of people actually finish them. People like the idea of change, but very few actually have what it takes to commit to making it happen.

Even though you are not headed for the bikini pro stage, the success of your endeavors depends entirely upon your desire to succeed. A champion bodybuilder doesn't want to go into a show just to stand up there. That's not how an athlete trains or thinks. You always want to think about winning and bringing your absolute best. It will require you to use every fiber of your soul to push yourself physically, mentally, and emotionally to your limits. You will experience the entire emotional spectrum first-hand, from the joy of pushing some personal bests to the utter desolation when you're exhausted and hungry. It takes a huge amount of mental commitment to live as a bodybuilder does. If your mindset is not set on winning (even if it's just against yourself), you'll never achieve your

highest potential. But, I know that my hardcore members have what it takes to take it to the next level—to eat, train, and live like a bikini pro. It will be hard, but it will be so worth it.





## HOW DOES THIS PLAN WORK?

**T**he Ultimate 12-Week Shred is designed to build the body of a bikini athlete while simultaneously shredding away body fat to create the most insanely sculpted physique worthy of standing on the pro-bodybuilding stage.

Bikini Pros are known for their sculpted hourglass shapes -

- **FULL GLUTES**
- **ROUND SHOULDERS**
- **WHITTLED WAISTS**

A bikini athlete's prep is a constant balancing act of maintaining muscle while steadily shredding body fat to reveal a lean but curvy shape. They use specialized training to build muscular curves and a combination of scheduled cardio with a carefully calculated calorie decrease to burn away body fat. When on stage, the goal is to show off the most aesthetically pleasing, shredded, but

curvaceous physique possible to the judges.

**This program is based on my 2018 Miami Pro competition prep, where I achieved my dream of being awarded a PRO card.**

Over the next twelve weeks, you will be eating, training, and applying the same winning mindset I had to become a bikini PRO. This plan is not for the faint-hearted, but I know that if you are reading this, then that is not you! The training plan is designed to shred fat and build muscle in a short space of time using the principles of high-intensity training, mechanical stress, LISS cardio, and HIIT-style cardio, and the simple nutrition plan is based exactly on how I dieted as a vegan bodybuilder, to get you as shredded as possible. This combination of strength training and cardio with precise nutrition is designed to get you absolutely ripped in a mere twelve weeks.





**T**his program is a shred, which means you'll be eating in a calorie deficit. I know the general school of thought is that you can't build muscle in a calorie deficit, but I have never found this true. For the sake of measurement, I would weigh myself when dieting each year for my shows. And every year, I stood on stage the same weight as when I started my diet. Sometimes there was 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 remain the same weight is if you have built muscle simultaneously. So even though I've been in a prolonged calorie deficit when dieting, I've continued to build muscle due to the hard and heavy training I continue to do. What builds the muscle keeps the muscle. If you continue to lift heavy when dieting, your body will continue to hold on to the muscle you have and build even more. The only way to burn fat and build muscle simultaneously is to continue to progressively overload the muscle in every training session by increasing the resistance or volume (or both), which we will aim to do with our strength training program.

# BUILDING YOUR BIKINI BODY

## STRENGTH TRAINING WORKOUTS

**The training program is six days—five days of strength training and one day of HIIT-style Tabata circuit training.** Each week, you will be strength training legs three times, upper body two times, abs three times, and finishing the week with a follow-along full body, bodyweight Tabata circuit.

**The five-day strength training plan** is designed to work the whole body, emphasizing glutes and delts to sculpt the ultimate hourglass physique. This program focuses on progressively overloading the lower and upper body in three ways: load, volume, and shorter rest breaks. 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 muscles that look good from the side, but then flat and shapeless from the front, do they? I know I don't!



**T**aking inspiration from my Miami Pro 2018 training plan, **we will use superset finishers at the end of each strength training workout.** A superset is a form of strength training in which you move quickly from one exercise to a different exercise without taking a break for rest between the two exercises. Supersets are a great way to maximize your time at the gym, while the weighted cardio aspect helps burn fat and improve athletic performance.

This circuit training style also inspired me to add in the sixth day of 30-minute Tabata training. **Once a week, on the sixth day of your plan, you will perform a follow-along bodyweight, HIIT-style Tabata circuit.** It is a great way to give the body a rest from five days of resistance training while still stimulating your muscles and keeping fat burning high.



## ABDOMINALS

**You will be training abdominals three times a week,** twice within the strength training sessions and once in the follow-along Tabata circuit session. We will use the principles of metabolic stress to create this sustained contraction style training. In the strength training workouts, you will get to choose the exercises from the abdominal workout playlist, while in the Tabata circuit, you will be coached through the abdominal exercises. Each abdominal exercise has been specifically selected as they are scientifically proven to cause high levels of abdominal activation.

Before now, I have minimally included abdominal exercises in my strength training programs, as you have already been working the abs in your big compound movements such as bench press, squats, and deadlifts. I also personally did not train abs when I was a bikini athlete, nor do I train them now. But, I understand that many members of my

community simply love to perform ab workouts, and I always give my customers what they want. If you feel hesitant about training your abdominals, let me reassure you that the abdominal exercises you will be performing on this plan will **NOT** make your abs any bigger. We will use high volume (more reps) that don't add mass. We will not be using any weighted exercises that could increase the muscles' size!

There are **THREE** strength plans for this training: **Gym, Home Gym, and Minimal Equipment Home Training**. The Minimal Equipment 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 I would say 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 you to choose those plans for optimal muscle growth results. While the training in this program is based on my Miami Pro competition prep, please rest assured that I have designed it so that ANYONE can complete this program, whether an experienced gym-goer or a complete newbie.



## CARDIO

### LISS CARDIO

In this and all my programs, I always say strength training builds muscle, and cardio burns the fat so that you can see all that gorgeous muscle. **Every single day of this program, you will perform one slow, steady cardio session for 60 minutes at any time of the day.**

### SUPERSET CARDIO

At the end of each strength training session, you will be performing 'superset finishers', which are specific bodyweight or weighted exercises chosen to add an extra fat-burning cardio aspect to your training and also to save time. While we are still considering the supersets as

part of the strength training workouts, they will increase your heart and breathing rate with little to no rest between exercises. This elevated heart and breathing rate has the benefit of improving the cardiorespiratory system (heart and lungs) while still strengthening the muscles.





### 30-MINUTE HIIT TABATA-STYLE CIRCUIT

On the sixth day of each week, you will perform a follow-along 30-minute total body, bodyweight Tabata circuit. Tabata is a type of high-intensity interval training or HIIT. More specifically, it's a 4-minute workout during which you do eight rounds of 20 seconds of work using maximum effort followed by 10 seconds of rest. The 30-minute workout will consist of a warm-up, a Tabata circuit, and a cool-down. Tabata training is a time-efficient way to boost metabolism, build muscle strength, and boost cardiovascular fitness.

### SHRED LIKE A BIKINI ATHLETE

This program will include a simple twelve-week high-protein vegan meal plan. *The Sculpted Vegan* is renowned worldwide for its delicious meal plans and yes, they get excellent results. But, because this shred is about being as close as possible to a bodybuilding show, I wanted to create a prep plan that was exactly like what you would do as a vegan stage athlete. For long-term TSV members, these meal plans will not be what you're used to from *The Sculpted Vegan*! But they are what will get results if you follow them to the letter due to their precision. They leave zero room for error.

## CALORIE DECREASE WEEK BY WEEK

For six days of your week, you will eat the same meal plan, with a weekly higher calorie refeed meal once a week. We will use the principle of gradually decreasing our daily calories by 100 every two weeks. The calories in this plan will start higher at 1700 calories, decreasing progressively until 1200 calories, preparing you for Peak Week in the final days of the competition. The macro split on the weekly shred meal plan is set at 40% protein, 30% carbohydrates, and 30% fat up until the final two days of Peak Week, where the macro split will change as we carb-load.

Once a week, on any day of your choice, you will have a higher calorie 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. The weekly refeed meal plan is 1800 calories with a macro split of 30% protein, 50% carbohydrates, and 20% fat.

I would highly suggest following the precise vegan meal plan that I have personally created for you. But, if you do wish to create your own meal plan, you will either enter the prescribed calorie and macro amounts into My Fitness Pal to follow or simply swap any ingredients of the prescribed meal plans for another with similar macros.







# PEAK WEEK - WEEK TWELVE

For the first time ever, I will teach my “Peak Week” schedule to get you in peak condition for your final photos. Peak Week is the final week before a show, where all the hard work comes together as an athlete manipulates food, workouts, supplements, and cardio to bring their best package to the stage. While we will not be standing on stage, you are competing to bring your best body transformation to your final pictures.

The secret to your success in this program will not be Peak Week. It will be how hard you have worked over the whole program. No amount of Peak Week manipulations will be able to bring about a body

transformation in a week. I have seen many times before competitors naively rely on Peak Week to transform them magically. I have heard them say in denial, *“I must still be holding water”*, or *“I’ll look better once I pump up.”* The reality is that they simply have not shredded enough body fat or built enough muscle, and they naively imagined their body to transform in Peak Week rather than putting in all the work before. **The success of your Peak Week results entirely depends on the effort you put into the eleven weeks prior. If you try to rely on Peak Week for your body transformation, you will fail in this program.**

## PEAK WEEK MANIPULATIONS

**Depletion workouts** - The goal of the Peak Week workouts is glycogen depletion, not muscle gain. You will only perform days 1-4 of your training plan, adapting the workouts to be high-volume with increased sets and reps to deplete muscle glycogen. You will perform no superset cardio finishers during Peak Week.

**Tapered cardio** - In Peak Week, you will perform a tapered decrease of LISS cardio daily. This will help reduce inflammation in the body as you head toward your final photos.

**Carb manipulation** - The goal of any bodybuilder in Peak Week is to carb deplete their body by eating low carbohydrate foods and by performing the glycogen-depleting workouts. This can make the body look quite flat and feel pretty weak, but the aim is that when you add carbs back in, your body will swell up to its full potential as the muscles fill up with glycogen. Two days out from your final day, you will be carb-loading your body, but we will be playing it safe with 'clean carbs.' I want you to get the benefits of the carbs in your system but without losing that lean, dry look.

**Water flush supplements** - I have included my exact Peak Week water-flushing supplement schedule for the first time ever. Like all supplements, it is entirely optional whether you choose to use this section or not. Note - If you purchased The Water Drop Add-On, I recommend that you follow the potassium loading part of the Peak Week schedule at a minimum.





**Final touches** - There is no point in putting twelve weeks of hard work into creating the ultimate sh\*t hot body if you are not going to show it off. You have worked damn hard to make it to the finish line, so take pride in your final photos! I have included my Peak Week top tips on how to tan and prepare for your final photos.



# THE BIKINI ATHLETE

## THE EVOLUTION OF WOMEN'S BODYBUILDING

Female bodybuilding initially developed as an outgrowth of the late nineteenth-century European "Vaudeville" variety entertainment and circus strongwoman acts. A vaudeville was originally a comedy interspersed with songs or ballets. Types of acts included popular singers, dancers, acrobats, and clowns. Mhariz Billardo (pictured) was a vaudeville strongwoman and trapeze artist in the early 1900s.



In 1940s America, women's weightlifting was becoming more accepted due to Abbye "Pudgy" Stockton.

Abbye was a professional strongwoman and forerunner of present-day female bodybuilders who became famous through her involvement with Muscle Beach in the 1940s. One of her and her husband Les' most famous feats involved Pudgy serving as the "understander", supporting Les (180 pounds) over her head in a handstand.



Pudgy quickly became a media favorite, and it was estimated that she was featured on the cover of forty-two magazines by the end of the 1940s and posed with many of the top male bodybuilders of that time.

During the 1950s to the mid-1970s, the contest formats of men's bodybuilding events had often been supplemented with either a women's beauty contest or a bikini show.





These shows had little to do with women's bodybuilding as we know it today, but they did serve as a doormat for the development of future bodybuilding shows. Physique contests for women date back to at least the 1960s with contests like Miss Physique and Miss Body Beautiful U.S.A. It was not until the late 1970s, after the advent of the feminist movement and female powerlifting events, that women were seen as capable of competing in their own bodybuilding competitions.

The first official female bodybuilding competition was held in Ohio in 1977. It was judged strictly as a bodybuilding contest, and it was the first event of its kind for women, with the champion Gina LaSpina being considered the first recognized winner of a woman's bodybuilding contest. The competitors were judged 'like the men,' with emphasis placed on muscular development, symmetry, and physique presentation. In 1979, a competition called The Best in the World contest was organized. It was the first IFBB (International Federation of BodyBuilding and Fitness) sanctioned event for women that awarded prize money to the top competitors, with the winner receiving \$2,500. It was considered the forerunner for the Ms.Olympia competition in years to come.

**T**he 1980s was when female bodybuilding really took off. The early 1980s signified a transition from the fashionable thin “twiggy” body to one carrying slightly more muscle mass. In 1980, the first Ms. Olympia, considered the most prestigious contest for professional female bodybuilders, was held. The contestants sent in resumes and pictures and were hand-picked based on their potential as fitness role models to the American woman. The contest was a major turning point for women’s bodybuilding, as the winners were very promotable, inspiring many to start training and competing. During the eighties, more and more contests sprang up, especially in the USA. The women wore high-heeled shoes and did not clench their fists while posing. Additionally, they were not allowed to use the so-called “men’s poses”, such as the double biceps and lat spread. During the eighties, women’s bodybuilding started to achieve serious media attention, with some pro-competitors causing a stir by posing for Playboy magazine, earning them suspensions from IFBB. Others began to gain fame through beer company commercials and appearing in talent shows and movies.

By the 1990s, bodybuilding had moved into the mainstream, with the 1991 Ms. Olympia contest being the first to be televised live. In this show, there was fierce competition between two competitors, Lenda Murray and Bev Francis. Bev had started bodybuilding in the mid-1980s, converting over from powerlifting. Over the years, she gradually refined her physique to be more aligned with judging standards. However, she came to the 1991 contest noticeably and controversially larger than in previous years. In 1992, in response to the increased size displayed by Lenda and Bev at the last Ms. Olympia, along with increasing drug abuse and androgenic side effects, the IFBB attempted to “feminize” the sport. The IFBB created a series of “femininity” rules; one line in the judging rules said that competitors should not be “too big.” Since extreme size generally requires extreme anabolic steroid usage, with more women gaining more androgenic (masculine) side effects, this was clearly an attempt to retain a higher level of female aesthetics and maintain the standard.





**T**he judges' guide to the competitors stated they were looking for a highly feminine, optimally developed, but not emaciated physique. The contest winner was Germany's Anja Schreiner, a blue-eyed blonde with a symmetrical physique who weighed 130 pounds at 5'7". The announcement of her victory was met with so much booing from those who prefer size over aesthetics that

Arnold Schwarzenegger had to step on stage to address the audience, saying "the hell with the judges". Many observers felt that the IFBB had instructed the judges to select the most marketable aesthetic physique, not the most muscular. Following the 1992 debacles, the judging rules were rewritten. The new rules retained aesthetic provisions but allowed the contests to be judged as physique contests.

In 2000, the IFBB introduced several changes to Ms. Olympia, including adding heavyweight and lightweight classes and hosting it not as a separate contest but as part of the “Olympia Weekend” held the day before the men’s show. Judges’ guidelines for presentations were included stating that women would be judged on symmetry, presentation, separations, and muscularity but not to the extreme. In 2004, the IFBB introduced a “20 percent rule”, requesting, *“For aesthetics and health reasons, the IFBB Professional Division requests that female athletes in Bodybuilding Fitness and Figure decrease the amount of muscularity by a factor of 20%.”* There was more change in 2005 when the IFBB abolished the weight class system that had previously run for the past five years. In the 2000s, with the introduction of the 20 percent rule and the perceived need to state that the judges did not want to see extreme masculinity displayed in competitors, there was the introduction of the subcategories of the figure and bikini categories. The competitors are judged solely on muscular symmetry and definition in the figure categories, and muscle size is downplayed. Figure competitions appeal most to women who want to compete in a body competition but wish to avoid bodybuilding’s demands for heavy muscle mass.



The first Bikini Olympia was introduced in 2010, and since then, it has grown to become the largest and most popular division on the fitness stage. Bikini competitions were created as a category with much less emphasis on muscularity to accommodate even more women into the world of physique competitions. The bikini category was a complete hit for women unwilling to be as muscular as bodybuilders.

Nathalia Melo-Wilson, is a Brazilian-born American IFBB Pro, former Ms Olympia, my former posing coach, and one of my best friends. Nathalia was born in Brazil but moved to the United States in 2004 to follow her bikini PRO dreams.



She began to compete at local National Physique events, continuously winning the Bikini overall categories, and gaining even more notoriety when she was awarded her IFBB Pro Card in 2010, the year IFBB officially recognized the bikini competition category. In 2012, she achieved the greatest bikini athlete accolade of all, being crowned the winner of the 2012 Bikini Olympia. While Nathalia is now retired, she continues to be a highly respected trainer in the fitness industry, as well as being part of the professional judging panel for any of *The Sculpted Vegan* challenges.



The bikini category looks for a lean and firm physique, and competitors are scored on proportion, symmetry, balance, shape, and skin tone. A typical bikini competition includes two rounds of a 'T-Walk' model style walk and quarter-turn comparisons, though this varies by organization. With the T-Walk, the competitors come out individually on stage for a model walk where they are judged on presentation, gracefulness, confidence, poise, and professionalism. In the symmetry round, the competitors appear on stage in high-heeled shoes and a two-piece swimsuit in a side-by-side line that faces the judges. They execute a series of quarter-turns to the right, allowing the judges to view and compare them from all sides for symmetry, presentation, and other aesthetic qualities such as skin tone, hair, and make-up. The judges will then start moving competitors around the stage, calling them back and forward to the front line to compare to others with more quarter-turns. At this stage, they are being judged more critically against the

others for conditioning, leanness, and how “feminine” and “athletic” (as opposed to bulky) their muscularity is. To this day, the bikini category is still the most rapidly growing category of women’s bodybuilding. The rise of shows such as The WBFF (The World Beauty Fitness and Fashion) and Miami Pro shows gives bikini competitors the chance to make being a fitness model a full-time career by turning ‘PRO’.



When a bikini competitor is awarded a PRO card, it greatly increases their opportunities for sponsorship deals, promoting their services, and generally becoming a household name. With the rise of social media (and personal training moving more and more online), bikini competitions continue to rise in popularity, and the fitness industry continues to become more saturated. Many bodybuilders complain about the sheer number of competitors and the movement of shows away from the extreme muscular physique to the leaner, more sculpted muscle style. But like any over-saturated market with fierce competition, I don’t see this as being a bad thing. I predict that the bikini industry will continue to go from strength to strength as the best of the best rise to the top. Nothing bad has ever come from a market that has had to develop or innovate!





# MY PERSONAL BODYBUILDING JOURNEY

## FROM YOGA TEACHER TO BODYBUILDER

When I was thirteen years old, I saw a picture of Sarah Connor (played by Linda Hamilton) from the movie Terminator 2.

She looked totally badass with her sunglasses, muscle top, and sculpted physique. I was blown away by how good she looked! I kept staring at her gorgeous biceps, and I knew then that I wanted muscles. I stuck the picture on my bedroom wall and stared at it every day whilst doing bicep curls with my stepdad's dumbbells. I also started working out in the gym and loved the shape my body started to take on. But like many active gym-goers, I had no idea how to train effectively or which muscle groups I should be targeting. No matter how hard I tried, I couldn't shift the stubborn layer of body fat that hugged my belly and my butt in the most inconvenient places. I didn't follow a gym program. I simply showed up, used the machines, and hoped for the best.



In my late teens to early twenties, I left the gym to ride horses competitively, but I never stopped loving muscles, and my dream of having a lean, toned physique never left me. In my mid-twenties, I was working away from home in England with a top show jumper who also happened to be the worst boss I could have ever asked for. I was totally miserable and went on a binge of eating and drinking to make myself feel better. And as a result, I gained about an extra 14lbs. No one recognized me when I finally gave up the job and returned

home six months later. The lean, toned woman who had left for England had returned many pounds heavier, and no matter how hard I tried, I just couldn't shift the weight. Upon my return to Belfast, I went back to the gym and started training with a powerlifter. I just wanted to get back to feeling "me" again after losing myself over the past six months in that awful job. But I found that powerlifting was not something that I loved. I also hadn't lost the thing I wanted to lose, which was the layer of fat covering my butt, thighs, and belly.





I wasn't hugely overweight, but I knew I wasn't at my ideal weight and hated feeling like I wasn't in the best shape I could be. Soon after, I discovered Ashtanga yoga, which ignited a fire in me that I couldn't ignore. The workout was challenging and rewarding, the weight started to drop off, and my body started to take on beautiful shape and poise. But I also started to look skinny!

**Yoga gives you lovely, long, lean muscles, but it does not give you shape. My butt went from being FAT to FLAT! And I had no idea how to change it. After practicing for six years, I trained to become a yoga instructor and turned to a vegan diet. I began teaching privately from my home yoga studio and running sold-out detox yoga workshops and online programs.**

Back then, I was a thirty-seven-year-old chronic under-eater, only eating about 1200 calories a day, and I thought carbs were the devil! Although I was strong from yoga and looked fairly small and lean, I had a pocket of belly fat that I could not shift, a flat butt with no muscle, and my skin had lost its elasticity and started to sag. One day, I found myself in my home yoga studio examining my body from all angles in the mirror, and I realized how desperately unhappy I was with my body. I needed to take action.



**A**t the time, I followed a bikini girl on social media and saw that she had tagged her trainer in one of her pictures. I had been admiring her pictures for a while and thinking that I wanted the gorgeous big quads that she had, as I had always wanted a big pair of melon-crusher thighs. I remember it was a Saturday night, and I wrote to her trainer, Curtis, saying, I really want to train and get ripped. I also had it in the back of my mind that I wanted to do a bikini competition, but I was too terrified to tell anybody. I have to admit that I felt ashamed that I wanted to stand on stage in a sparkly bikini because here in Northern Ireland, bikini competitions were not seen as world-class sports as they were in America. I was genuinely terrified to tell my mother that I wanted to stand on stage in a sparkly thong at nearly forty years of age because I knew she would be absolutely horrified. And, I didn't want to tell my husband either because



I didn't think he would approve! But regardless, I wrote to this trainer and explained that I wanted to train and get into bikini shape. At this point, I wasn't even ready to admit to myself, let alone to him, that I wanted to do a bikini competition. I'll never forget that Curtis messaged me back and said, **"Let's get ripped."** And I thought, **"Yes!"**

***This guy speaks my language.*** Call me shallow, but I have always just wanted to have a sh\*t hot body and get absolutely ripped. I immediately booked in for my first training session the following Monday morning and planned to get focused and finally create the firm, muscular, sculpted body I had always desired.



## LEARN FROM MY MISTAKES

When I chose my first show, I decided to aim for an April show which meant I'd be starting my prep in January once I returned from vacation with my in-laws in Australia. I was so excited, as I had never been ripped before, and I was looking forward to seeing my body transformation. Or so I thought. It was a total disaster!

The first time I prepped, I didn't trust the process. My coach had given me a plan to follow, but I thought it was too easy! I thought that to get stage lean, I needed to kill myself in the gym and feel starving all the time. So I ignored what he told me to do and only did half of it. I thought I would get shredded if I half followed his advice and added my own nutritional "experience" to the other half. This plan of attack did not end well. I failed massively by not coming in lean enough for my show, and had to have a very honest conversation with my coach, admitting that I had been discounting a lot of his advice (which he had already guessed).

**For my second show, I did everything he told me and followed the plan to the letter standing on stage at around 8% body fat.**



Not to be hard on my own sex, but I have found that women generally have great difficulty adhering to a plan. We naturally question things, which is good, but we also tend to believe that we know better, even if all we have is a hypothesis that isn't based on actual experience. Interestingly, research has shown that women treat their beliefs as facts even if they are not backed up by data or evidence! If we believe it to be true, we are convinced that it is. This is why women have to train very hard to be good soldiers. Following orders does not come naturally to us as it does to men.

## YOU WON'T GET THINGS PERFECT THE FIRST TIME

I remember when I took the plunge and entered my first-ever bikini competition. I was determined to be ULTRA-prepared. I booked a bikini Olympia Champion (our very own Ultimate 12 judge, Nathalia Melo) as my coach (which was NOT cheap), and I was coached by her every week for twelve weeks. I practiced for an hour or even two hours a day in between sessions, watched countless videos on YouTube, and bought every single book I could find on posing (which wasn't many). I did everything I could to make my stage debut look seamless because I did not want anyone to look at me and think - ***"um, awk-ward!"***





**B**ut, despite all my preparations and the money I spent to be ready, I still managed to get up on stage and look awkward as hell. I would love to tell you that it was a flawless posing routine and that I glided effortlessly around the stage like a ballerina in Swan Lake, but it's not true. I sucked. I kept dropping my shoulders, collapsing my stomach, and swinging my arms around in between poses.

But I learned a very valuable lesson. I learned that you won't get things perfect the first time. I learned from my experience and built on it. The next year, I hired a new posing coach and learned different techniques. I learned that although there are mandatory poses in bikini competitions, there is no set way to perform these poses. They leave it up to you to choose your version of the pose and show off your body in the best light. As the shows continued, I felt more comfortable with my posing because I was over the fear of not knowing and being a rookie. Never be afraid to make mistakes as a bodybuilder, as failure is how you learn and grow. Embrace the journey to its fullest, and look forward to your destination.

## **BUILDING MELON-CRUSHING THIGHS**

I trained with my first trainer for one year, and while I made incredible gains, I decided I would train by myself in the second year as I didn't have much time to attend scheduled PT sessions all the time. So, I downloaded programs from the internet and started to train by myself in the gym. I have always been very self-motivated, so I would train hard and do the programs precisely as laid out. If the program said four sets of free bar squats for 10-12 reps, I would do exactly that and no more because I thought that was how to train. I continued with these plans and made good gains in my upper body, but what I really wanted (and why I started training in the first place) was a big peachy ass and a pair of ripped melon-crushing thighs with visible quad separation. And I felt so frustrated that I couldn't achieve that alone!

In 2018, I went to London to compete in Miami Pro and took a friend with me who was also my posing coach. On the day of the show, I was stripping off backstage and looking at my physique in the mirror, and I said to my friend, *"All I have ever wanted is a pair of big, cut legs, and no matter how hard I work and what training programs I follow, I feel like I just can't get them."* My friend, who was six weeks out from her next show, then proceeded to drop her track pants to reveal the most gorgeous pair of legs with every muscle rippling. My jaw dropped as I was craving the legs she had weeks out from her show on the DAY OF my show. I screamed, *"How did you get them?!?"*

And, she said, “*Mark Getty!*” After making her promise to arrange a meeting with him as soon as we arrived back in Belfast, I reimagined my composure and strutted out onto The Miami Pro stage. Although my legs were nowhere near where I wanted them, I still achieved PRO card status in this competition, which was only my third-ever show.



On Tuesday, returning from London, I met Mark in his Gym. And as soon as I walked in, I realized that he had the very apt name of The Irish Hulk, as he is as wide as he is tall. In case you did not know, Mark is a professional bodybuilder with twenty-two years of experience. He's won every major title in his federation, and there is not much that he does not know about building lean muscle or getting shredded.

**In my first meeting with Mark, I said to him, “*I just want a pair of massive legs,*” to which he responded, “*absolutely no problem.*”**

Now, I thought I was a tough trainer and had been training hard, but Mark takes it to another level altogether. That's why he gets such good results. His training is the hardest/easiest thing you'll ever do. Hard because you'll leave your soul on the gym floor. Easy because although the workouts are short (but very intense), you don't go to failure until your final set.



In my first training session, he took me through squats on a smith machine, which I thought were going to be a piece of cake as I was an evangelical free bar squatter, and thought that for functional strength and fitness, you shouldn't squat on anything but a free bar! That first session, I did not dare question him and wanted to impress him with how strong I thought I was. I remember with each set, he would slap another pair of 10kgs (22lbs each side) onto the bar and ask me for ten reps. I thought I was fine at the start, and we went from 50kgs to 70kgs. I thought I was okay because my top set of a free bar squat would be 100kgs with a spotter, and I could manage 90kgs easily by myself! I was determined to show this guy what I could do, and I remember thinking this squatting on the smith machine was starting to feel shockingly difficult as he threw on another pair of 10kgs! At first, you think the smith machine will be easy because it keeps you stable. But it locks the weight into your legs, and there is no wiggle room or way to use other body parts to help you move it.

**As I headed into my fourth set, and Mark proceeded to add more weight taking me up to 80kgs, I thought, *"f\*ck, that last set was heavy!"***

Even though I was struggling, I certainly wasn't going to complain in my first workout with my new trainer, so I got under the bar, unracked it, and prayed for a miracle. I dropped into my first reps and proceeded to yell from the depths of my stomach as I ground out the reps. By the eighth rep, I was screaming, *"No, Mark, I can't!"* while he shouted, *"Come on, light weights!"* By my last rep, I was hyperventilating and wondering what the hell he was doing to me as it took me a full 10 seconds to get from the bottom to the top of my rep! But after that final long rep, I was done, and Mark re-racked the bar for me.

After that set, I was a bit shell-shocked. I had never trained that hard in my entire life. The intensity with which I trained, and have continued to train since that moment in April 2018, was like nothing I had ever experienced. That was the first time that I had experienced HIT (High-Intensity Training), and it is the very thing that has changed my body shape more than anything else over the years. From 2018-2019, I continued to train with Mark, making the biggest muscle gains than any other time in my training history. I also saw unparalleled results in how I prepped and shredded for the competitive stage. I performed HIT five days a week, and my body packed on muscle faster than I ever have in my life.

**M**y quads doubled in size, and I gained so much muscle that year that I became 'too big' for the bikini category. Training under Mark, I won my first show, didn't place in my second show, and came fifth in the world championships in my third show, but they nearly moved me out of the category three times. The judges kept pulling me out to the front of the stage and looking at me because I had put on so much muscle, but they thankfully allowed me to stay in the bikini category. While I no longer train regularly with Mark due to my time commitments to my horse riding, I still credit him for building the foundations of the physique that I have today and now don't have to work as hard at maintaining.







## MY CURRENT ROUTINE

**W**hile I am no longer a competitive bodybuilder, I still live my life like one. Every day, I eat high-protein, macro-, and calorie-counted vegan meals. I avoid snacking, drink 4 liters of water daily, and aim for nine hours of sleep each night. I train in my home gym five days a week and look after my five horses. I never stop moving, hitting 25-30,000 steps a day most days. This structured combination of eating, sleeping, training, and riding my horses helps me stay lean all year round at 15-16% body fat.

A certain mentality is needed to be a competitive bodybuilder, which we can apply to many aspects of life: relationships, business, training, working, and more. You can't be happy with just being normal. You have to enjoy never being satisfied. The drive to better yourself physically, mentally, emotionally, or even financially can enormously impact your success in the gym and in life. My physique may have won contests, but a strong mentality and determination in every area of my life are what I also believe have led to my success. In this program, I am delighted to share the lessons that I have learned from my journey to help you towards all of your bodybuilding goals.

# THE BIKINI ATHLETE ATTITUDE

## YOU HAVE TO BE PREPARED TO PUT THE WORK IN

Whatever you want to do with your life, you won't achieve it without hard work. Physique athletes know how much time and effort goes into being a champ. When it comes to competition prep and getting down to business, we make sacrifices and do what needs to be done. They don't even seem like sacrifices because you know you're working towards a long-term goal. Enjoying your life is important, but so is the exertion you put into your goals. Success is earned, not given, and there are no shortcuts. You, like everyone else, must serve your time.


In bodybuilding, many first-time competitors never make it to a second show, never mind becoming a bikini pro. Many people love the idea of being a bikini athlete—the glamour of the stage, admiration of the crowd, and the potential to turn it into a professional fitness model career. But, most first-time competitors prep and compete once, and then because they did not place the first time, they decide never to compete again. I have seen many sore losers backstage at shows, complaining loudly that the judges "didn't know what they were looking for." Many people expect to prep for their first show and think they deserve to receive a trophy. The reality is that most people will not place in their first, second, or even third show simply because they don't deserve to. Other competitors are up on that stage with more experience, muscle, and a more conditioned physique than them.

But, people these days are so entitled. They are not used to grafting, struggling, and working hard to





achieve anything. People expect everything to be handed to them on a plate, and just because they 'feel' they have worked really hard, then they 'feel' like they deserve to get what they want. Think about the majority of children's sporting competitions, where there are no longer winners but medals and awards for participation. We are destroying the idea that success is earned, not given, yet complaining about why the younger generations are so entitled.

 n my journey to turning pro, I was knocked down and had to pick myself up many times. I lived in the complete understanding that every time I stood up on stage, I was actively asking for my body to be judged against a stage full of other gorgeous women. While deep down I always wanted to win or at least place, I had to be prepared to place last and accept it with a smile on my face. This is where many other people give up. At the first sign of disappointment and unmet expectations, they give up instead of looking inwards and taking on feedback on how they can improve themselves for the next competition. They look outwards and blame the judges for favoritism or put the winners down to make themselves feel better. These people don't compete again and blame the competition rather than their inability to learn and grow from failure.

To take it another step further, to achieve the status of bikini pro, you have to put in the years, shows, money, and time to earn the title. A pro card is never given away easily. Many bodybuilding federations like to have seen you compete in their shows multiple times before. The judges want to see that you have taken on feedback from past shows, went away and worked on your physique weaknesses, and have come back to show off that hard work. It takes time to build the total package, nail your shredding tactics and perfect your posing routine. And this time is what many people are not prepared to invest in.

I see this time and time again in my programs when many women come through and expect to erase years—often decades—of abuse to their bodies in a few short weeks. What has taken years and years of bodily neglect to obtain (excess stomach fat, cellulite, etc.) can't possibly be fixed overnight. It takes years of consistent, focused effort doing all the right things, day in and day out, even when you're exhausted, fed up, and honestly sick of waiting to see results. But you keep going. You never quit. It has taken me six damn years to build a body I am genuinely proud of. And that's with my starting point already being in a decent place! You, unfortunately, cannot undo years of damage in a mere couple of weeks. But, you can change your body if you get 100% clear about where you are now and where you want to be.

**Here is a screenshot of a message I sent to my prep coach in 2018, having a meltdown about shredding while my in-laws were over from Australia and staying with us for three months.**



I am not saying that you need to pretend that shredding is easy and that you always feel amazing. Because you really won't! But I do need you to dig deep and believe first and foremost that you can complete this program.

A woman with long dark hair, wearing a yellow sports bra and grey leggings, is performing a deadlift in a gym. She is bent over, holding a barbell with weights. The background shows various gym equipment.

**NOBODY CARES.  
WORK HARDER.**



## YOU HAVE TO BE PREPARED TO PUT THE WORK IN

If you want to change your body for good, you need to realize that fitness is a long-term thing; it never stops. No program is ever going to give you every single thing that you need. But, it will be a stepping stone to where you need to go. In a period of intense shredding, you are highly motivated. You learn so much about yourself and gain new levels of discipline and self-esteem.

## Even if you fail, that is the way you learn.

The only way that we fail is by not trying; failure is good. It's taken me six years to build adequate muscle all over my body to feel happy with it. Was I feeling more satisfied with my body as the years went on? Yes, I was, but it's taken me six consistent years of building muscle and unwavering determination to chase my goal of creating a broad back, round butt, and sculpted legs that I can be 100% proud of. I see people wince when I tell them it has taken six years to create my current physique. I see people fail in achieving their goals because everybody wants immediate gratification. They have zero patience and hate the idea of it taking time and effort to get results. They either lack the sticking power to see a plan through from the start to the end. Or they want to "feel motivated" all the time, and when they don't feel motivated, they take it as a sign that something is wrong.



## Motivation is a very fickle and fleeting feeling.

If you base your reason for doing anything in life on constantly feeling motivated, I am sorry, but you won't get very far. Discipline is what gets you out of bed on a cold and rainy morning to perform cardio and what drives you to train when your muscles are screaming with DOMS ("Delayed Onset Muscle Soreness" - that intense soreness a day or two after a hard workout). I am frank with you that everything you want is on the other side of hard work, discipline, and time. A long-term, consistent and determined effort will be what helps you get through the next twelve weeks and beyond.

## SUCCESS SHOULD BE MEASURED BY HOW YOU SEE YOURSELF, NOT BY HOW OTHERS SEE YOU.

The first thing that people usually say to me when they meet me in real life after following me on Instagram is how tiny I am. On Instagram, I look super muscular and huge, but in real life, I look like a normal person. I love having variety in life, and I'm a person who gets easily bored. So I enjoy trying on multiple aspects of myself. I enjoy being super muscular Kim, feminine and soft Kim, successful business person Kim, and wife and mother Kim, as well as all the other "Kims"!



To think that we should only be one way and one thing is not only boring but extremely limiting. Why should we not embrace all sides of ourselves? The problem is that we are so brainwashed into caring what other people think as if their opinions actually matter. Someone else's opinion has nothing to do with you and everything to do with their subjective values and beliefs. They are not expressing what they see in you; they are expressing what they see in themselves when they look at you.

My best friend said to me recently, *"I really wish I could be more like you and not care what other people think."* I said to her, *"Of course, it hurts when people are offensive and negative towards me. But I really have learned that their opinions make zero difference to my life."* Someone cannot hurt you without your consent. Forging your way to success in any endeavor is a lonely pursuit. Freedom is just another word for nothing left to lose. You are truly free when you realize you lose nothing when others don't agree with you. Not everyone loves my physique, and I get many hurtful comments online. And I've learned not to listen to what others think because what others think doesn't matter. I'm proud of who I am and what I've accomplished. The more successful I get, the more hate I get. I can honestly say I don't care anymore; the only person's opinion that matters is my own.



In bodybuilding, I have learned that people love giving unsolicited opinions. When I was in the building phase of my shows and actively increasing my calories and body fat to build more muscle, I would be told, *"Don't get too big"*, or *"Don't get too manly."* Then when I was dieting and losing body fat, the same people would comment, *"Don't get too skinny"*, or *"Don't lose too much weight."* During this shred, be prepared to receive lots of unsolicited advice. Rather than getting annoyed or into an argument over it, I advise that whenever anyone says that they think you're doing too much cardio/lifting/dieting, simply smile and say, *"Oh really? Ok, Thanks for letting me know! You're probably right."* Watch them deflate like a balloon and save your energy. Learn not to listen to what others think about your journey of your physique. People tend to confuse dedication with obsession. When you put this much effort into this lifestyle, people will think you're crazy. But in fact, you're just dedicated.





## BE PREPARED TO DO IT ALONE

For the majority of my bodybuilding preps, I had no support. My family disapproved of my choice to parade around in a sparkly bikini. My mum was worried about what the ladies at the golf club would think, and my husband only came to my first and last bodybuilding show. It was an incredibly lonely experience, as I spent the majority of my bodybuilding journey forging ahead on my own, and I cried a lot! I often burst into tears in the middle of my squat set or cried on the Stairmaster. Despite being exhausted, hungry, and upset over the lack of support, I never gave up and kept chasing my goals. I very much had the attitude of, ***"f\*ck you, I am going to prove you all wrong."***

Over the next twelve weeks, your loved ones might not support you, and the 'f\*ck you' attitude might be one that you need to take on.

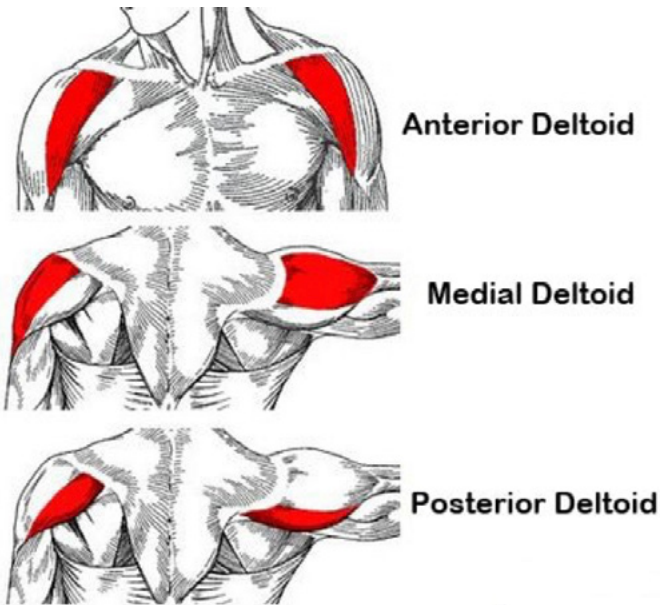
It takes a special type of person to embark on the extremes of this shredding journey, and many will not understand. It honestly took my family about three years to understand my life as a bodybuilder and how much I shared my life and my semi-naked body online as *The Sculpted Vegan*. But, they eventually came round to the idea, and they now truly accept me for who I am. I am very blessed to have such a loving and close family and an incredible relationship with my husband, Ryan, who truly supports me in everything I do. In your own personal journey, all that matters is that you are happy chasing your goals. No matter what you do in your life or what you're trying to do, have a sense of pride in it.





# BUILDING THE BODY OF A BIKINI ATHLETE

## SCULPTING SEXY SHOULDERS (DELTS)



Your delts are 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, which are responsible for your shoulders' width. 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 working. The

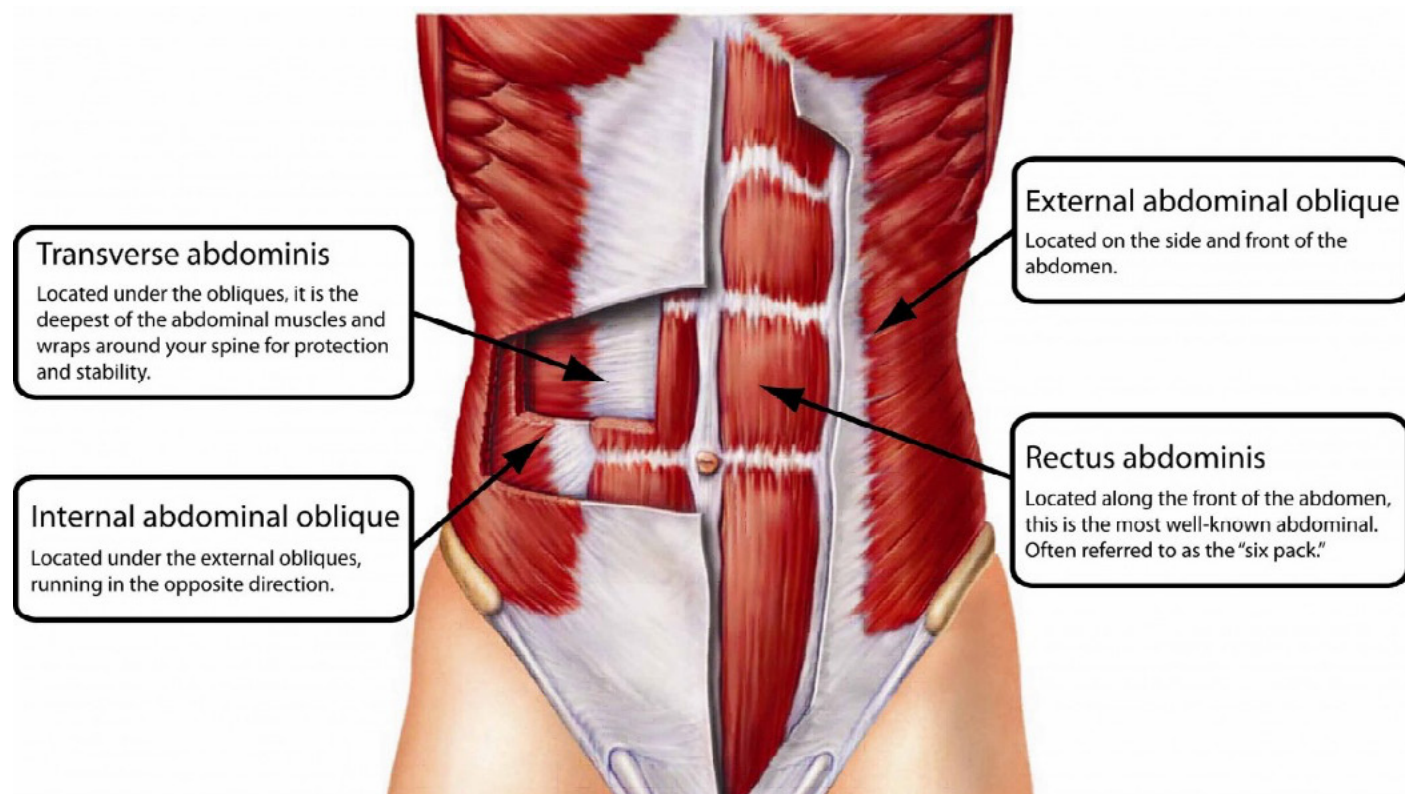
posterior delt heads are located in the back of your shoulders and are typically the most underdeveloped. Most people don't focus on this area, once again, because they can't see it in the mirror. It is, however, involved in many back exercises. But not focusing on the posterior head can and will lead 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'll get incredible visual results and strength and postural improvements.





## SHAPING SIX-PACK ABS

The abdominal muscles are located between the ribs and the pelvis on the front of the body. They support the trunk, allow movement, and hold organs in place by regulating internal abdominal pressure.



The four main abdominal muscles that combine to completely cover the internal organs include:

- **Transverse abdominis (aka TVA)**

The deepest muscle layer. The main role is to stabilize the trunk and maintain internal abdominal pressure. I like to think of it wrapping around the trunk like a corset.

- **Rectus abdominis**

These are slung between the ribs and the pubic bone at the front of the pelvis. When contracting, the muscle has the characteristic bumps or bulges commonly

called 'the six pack'. The main function of the rectus abdominis is to move the body between the ribcage and the pelvis.

- **External abdominal oblique muscles**

These are on each side of the rectus abdominis. The external oblique muscles allow the trunk to twist, but to the opposite side of whichever external oblique is contracting. For example, the right external oblique contracts to turn the body to the left.

- **Internal abdominal oblique muscles**

These flank the rectus abdominis and are located just inside the hip bones. They operate in the opposite way to the external oblique muscles. For example, twisting the trunk to the left requires the left side internal oblique and the right side external oblique to contract together.

**W**hether it's for function or aesthetics, many people want strong abdominals. But the main problem I see is that most people assume that the only abdominal muscle in the body is the rectus abdominis, often referred to as the "six-pack". This lack of knowledge becomes an issue when people prioritize or only choose exercises that work the rectus abdominis (such as crunches) in their core workouts. The rectus abdominis is the abdominal muscle furthest away from the spine, so it actually plays the smallest role in abdominal strength. So while the rectus abdominis may look great, strength there doesn't protect the back from injury, and it is only a small part of having a strong core.



The transverse abdominis is the deepest layer of the stomach wall. It seems to be the most unknown or forgotten layer of the abdominal muscles when in reality, we should be considering it as the most crucial structure. If you think of your body as building a house, even if the outer beams and walls are really strong, if the foundation is weak, the building is unstable. An unstable foundation could lead to imbalances, injuries, and pain in the future.

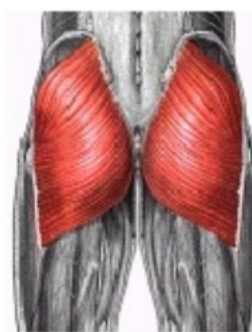
If you want visible abs, I warn you that they don't tend to be visible in women until around 14-17% body fat, and for shredded six-packs, it tends to be 10-13% body fat. Despite lower body fat being the secret to shredded abs, we do appreciate that some members still want to do more specific abdominal work and just love to feel their abs burn during a workout. Stronger abdominals have many benefits: they will provide you with more stability in your training sessions,



helping you to push harder, lift heavier, and, most importantly, prevent injury. A strong core also improves your posture and strengthens your pelvic floor muscles. Why should you care about your pelvic floor muscles? Because having a strong and flexible pelvic floor will help to deeply stabilize your spine, hips, and pelvis, allowing for greater muscle efficiency by limiting the overuse of other stabilizer (aka “helper”) muscles to activate when you’re lifting. A strong pelvic floor also helps to prevent incontinence issues that occur with high-impact activities or heavy lifting (for example, leaking urine when you squat or jump).

Appreciating the complete function of your abdominals inside and out (and not just how they look in the mirror) is very important. The abdominal exercises you will perform in this plan will **NOT** make your waist any bigger. We will use high volume (more reps) that don’t add mass. We will not be using any weighted exercises that could increase the muscles’ size.

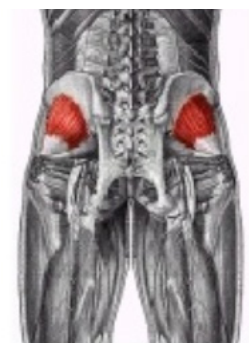
## BUILDING THE BIKINI BOOTY



**GLUTEUS  
MAXIMUS**



**GLUTEUS  
MEDIUS**



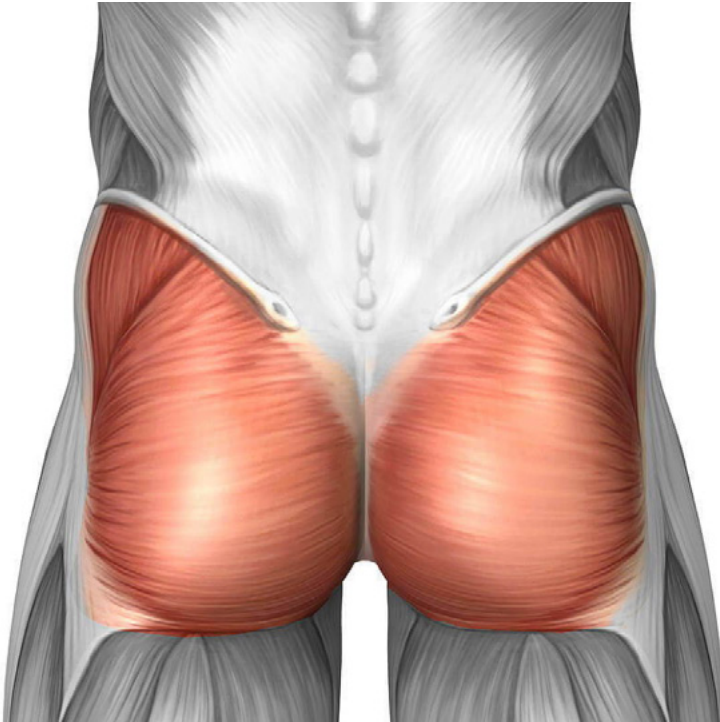
**GLUTEUS  
MINIMUS**

To build the roundest, perkier butt possible, you need to stimulate all of the muscles in the glutes from all angles. We will directly target your entire gluteal region twice a week from all angles. Your glutes comprise three primary muscles (there are other accessory muscles around these, but these are the main ones):

- **Gluteus Maximus**
- **Gluteus Medius**
- **Gluteus Minimus**

The gluteal muscles are a critical component of all movement. As we can see by their location, they connect to our upper and lower body extremities and core. Our glutes influence our ability to move correctly and play an important role in our hip and core stability. The glutes are often described as the powerhouse of the body.

## GLUTEUS MAXIMUS



The Gluteus maximus is the largest gluteal muscle responsible for giving your glutes their most prominent shape. Physiologically, the gluteus maximus is the strongest muscle in the body. But it can also be a lazy muscle as it would rather stay dormant and let other muscles take on the big jobs. The gluteus maximus comprises a greater percentage of slow-twitch muscle fibers than fast-twitch muscle fibers. Slow-twitch muscle fibers contract slowly but keep going for a long time. Fast-twitch muscle fibers contract quickly

and get also tired quickly. So how does this cause the gluteus maximus to be lazy? It is because the muscle acts like it has more fast-twitch muscles that generate short bursts of strength for explosive movements

such as jumping. When it really is made up of more slow-twitch muscle fibers that fire more slowly, so they don't fatigue as quickly. This means that the glutes let muscles like the quads do most of the work for daily activities such as walking and taking the stairs. They like direct and heavy movements such as a hip thrust to fire up the glutes.

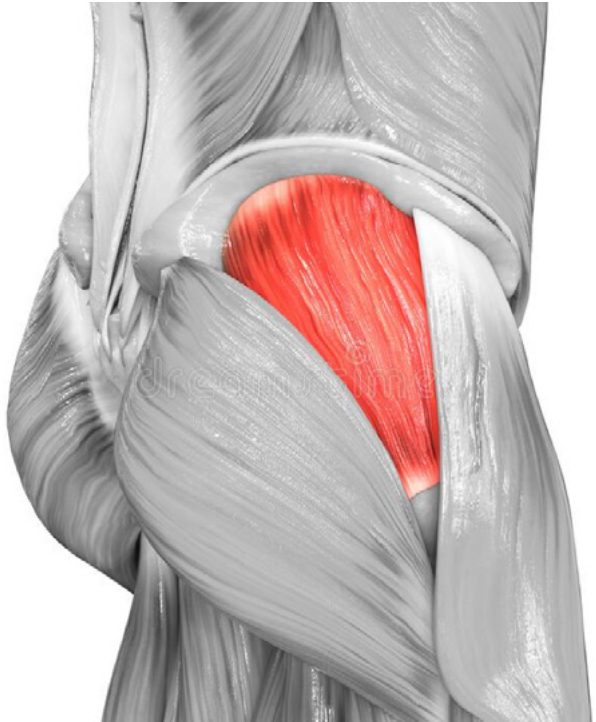




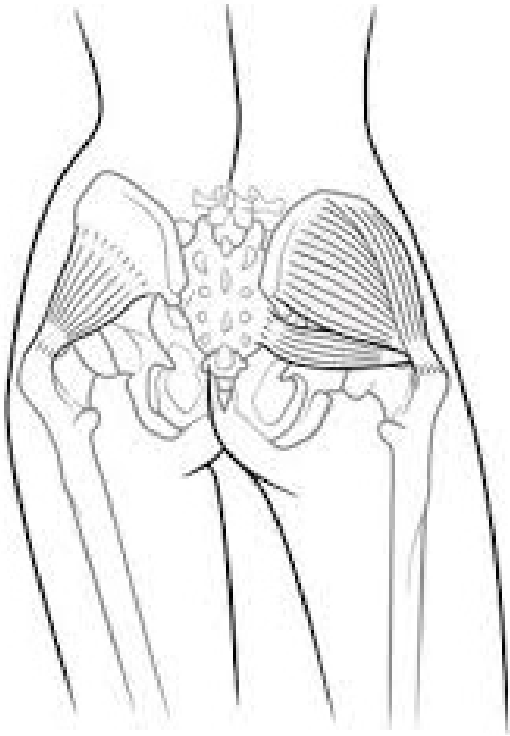
## GLUTEUS MEDIUS

The gluteus medius is a highly functional muscle that helps with hip movement and should not be confused with the gluteus maximus. It is located on the sides of your hips and underneath the gluteus maximus. If you wish to build round and full glutes, you need not just focus all your attention on the gluteus maximus.

The gluteus medius is roughly half the size of the gluteus maximus and an area we definitely want to focus on to grow bigger glutes. The gluteus medius is made up of more slow-twitch to fast-twitch muscle fibers and can be quite a weak muscle. Typically, the most prominent cause of muscle weakness is lack of activity or a sedentary lifestyle. As technology advances and more people are confined to desk jobs in which most of the day is spent in a sitting position, the glutes start to atrophy (break down muscle tissue), and the anterior hips become accustomed to a shortened position. Hip abduction exercises are great for building the gluteus medius.



## GLUTEUS MINIMUS



The gluteus minimus is the smallest of the glute muscles and is located right under the gluteus medius. The gluteus minimus is often referred to as the “upper glutes” because it is located near the hip joint and contributes to filling out the upper portion of the glutes. Like the other two areas of our glutes, the gluteus minimus comprises more slow-twitch to fast-twitch muscle fibers. Strengthening the gluteus minimus can help minimize and eradicate lower back pain. Exercises such as straight leg cable kickbacks are a great way to target this upper glute muscle and to create the look of high and full glutes.

Our glute muscles are essential for movement, so focusing on strengthening them is important. 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 timeframe.







# NUTRITION OVERVIEW

## EAT LIKE AN ATHLETE

### HOW TO SHRED AS A VEGAN BODYBUILDER

In recent *The Sculpted Vegan* programs, the meal plans were created by both me and my personal Chef, who works from my home cooking meals for my family. But, before I involved him in developing *The Sculpted Vegan* meal plans, I had created all of the earlier program recipes myself. Cooking has always been a passion of mine, and I have always loved preparing delicious vegan meals for my family and friends. But, there is a distinct difference between cooking hearty, family meals and creating fat-burning meal plans that get you shredded for bodybuilding shows.



**W**hen dieting, most bodybuilders exist on chicken, rice, and broccoli for twelve weeks. But this is only because most bodybuilders don't have the experience that I have with cooking. It is easy to create delicious recipes made from a variety of whole, nutritious foods that are low in calories but high in nutrients.

At the start of my bodybuilding career in 2016, I had to very quickly learn how to create shred meal plans from scratch as I started training with my first physique trainer, and I was the only vegan he had ever been asked to prep and the first vegan he had even met. He was very honest with me and told me that while he could give me advice on calories and macros, meal plan-wise, he had no idea of what to advise me as a vegan bodybuilder! So

we agreed that he would provide me with the calorie and macronutrient guidance to follow, and I would take care of the actual food I would eat. My first prep was a disaster, as I wasn't tracking my food and eating too many calories by overconsuming high-fat vegan protein sources. And as a result, I didn't come in as shredded as I wanted for the stage. But, I learned from my mistakes.

Over the following three years and eight bikini show preps, I refined the skill of how to modify the standard bodybuilder diet of lean protein, green veg, and good fats and make it into a vegan diet. I learned that the only way to ensure you're eating the correct quantities of foods is to weigh and measure them. I figured out which plant protein sources were the best to eat for fat loss, and I also enjoyed an enormous refeed day every week which kept leptin levels high and my metabolism roaring along. With each prep, I learned what worked and what didn't.

One of my main pieces of advice for you from this program? Nail your nutrition. Bodybuilders get such good results 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.





# NAIL YOUR NUTRITION

## THE PLANS ARE REPETITIVE FOR A REASON

In this program, I wanted to give you an experience as close to reality as possible of how you can eat, train, and prep like a bikini athlete. I have personally created The Ultimate 12-Week Shred meal plans to give you the nutrition insights and meal guide, straight from me, bikini-pro *Kim Constable*, to you. The Ultimate 12-Week Shred is the most extreme program I have ever created with the biggest body transformations on the line, so I decided that I needed to make the meal plans exactly the same as what you would do if you were prepping for a real bodybuilding show. *The Sculpted Vegan* is renowned worldwide for its delicious meal plans. And yes, they get amazing results. But because this shred is about being as close as possible to a bodybuilding show, those exciting meal plans are out the window. The meals on this plan will be very boring, sorry. But, this is the reality of prepping for a real bodybuilding show!



**In this program, you'll eat five times a day, shred fat AND build muscle, yet NEVER be hungry.**

Eating the same food over and over makes it easy to track, prepare and store. So yes, these meal plans are definitely not what you're used to from *The Sculpted Vegan!* But they are what will get results if you follow them to the letter due to their precision. They leave zero room for error. For accuracy, the food must be simple and trackable. Because tracking accurately is more important than eating for pleasure. Every meal has been planned to have a purpose: to help you get insanely shredded in just twelve weeks. The foods I chose are for energy, fat loss, and digestion. You are now an athlete, and it is your job to eat the right amount of calories, protein, carbs, and healthy fats to achieve this result.

**This program will include a simple twelve-week high-protein vegan meal plan.**

For **six days** of your week, you will eat the same meal plan with a weekly higher calorie refeed meal once a week. We will use the principle of **gradually decreasing our daily calories by 100 every two weeks.**



**The calories in this plan will start higher at 1700 calories, decreasing progressively until 1200 calories,** preparing you for the Peak Week in the final days of the competition. **The macro split on the weekly shred meal plan is set at 40% protein, 30% carbohydrates, and 30% fat** up until the final two days of Peak Week, where the macro split will change as we carb-load.

Once a week, on any day of your choice, you will have a higher calorie 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. **The weekly refeed meal plan is 1800 calories with a macro split of 30% protein, 50% carbohydrates, and 20% fat.**

I highly suggest following the precise vegan bodybuilder meal plan that I have personally created for you. But, if you do wish to create your own meal plan, you will either enter the prescribed calorie and macro amounts into My Fitness Pal to follow or simply swap any ingredients of the prescribed meal plans for another with similar macros.





## MACRONUTRIENTS

Macronutrients are protein, fat, and carbohydrates, and they are what equal your calorie intake. Each macronutrient plays an important role in the body. We will strategically manipulate and time these macronutrients in this program for maximum success.

### PROTEIN

Protein is one of the most critical macronutrients in this and all of my programs. Protein is a very effective fuel source for your body and is also very thermogenic. It takes a lot of energy from your body to break down 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 essential for muscle growth, recovery, and tissue repair.

One of the biggest myths regarding building muscle is that we must consume animal protein sources. For some reason, people think that humans are like

lions. I'm not sure why this is a common comparison, but it is. Although animal protein contains 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 five times as much of just those two nutrients alone! Animal protein is also much heavier in calories, making it more challenging when you're shredding because you can't eat as much food overall. When it comes to building muscle, the research is solid: you need resistance training, enough water, and PROTEIN. Period.

Your protein source is totally up to you, but I want you to see why plant protein is the healthier and better choice.

I prescribe a high-protein vegan diet in all of my *The Sculpted Vegan* programs. I believe this is one of the reasons that my members achieve such shredding and muscle-building success because they have previously not believed it was possible to eat in this way. I see many “Carb Junkies” joining the groups with a previous diet of very low protein but high carbohydrates. If this is you, you need to break this cycle to get good results on this or any program. Remember, protein is one of the most (if not the most) critical macronutrients. **The body needs at least 1 gram per 1 pound of bodyweight.**

## 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, lowering heart disease risk and lowering 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 align with our goals.

Did you know that there are 9 calories in 1 gram of fat? Have you ever measured how little 15 grams of peanut butter actually is? It's so disappointingly small! This can give you an insight into how many calories we may have been unintentionally consuming from our previous big scoop out of the jar.







## CARBOHYDRATES

Many people eat a very traditional standard American or UK diet, consisting of carbohydrates like bread, pasta, rice, and potatoes. Many new people to my shred programs get worried by the lack of white, starchy carbohydrates, but this is simply a case of misinformation and inexperience.

People panic and think they will be hypoglycemic, low on energy, or starving, but this is just social conditioning. We are not used to vegetables being the star of the show when we eat. But when you change this mindset and fill 50% of your plate with green cruciferous vegetables and the other 50% with plant-based protein, your whole perspective changes. You realize that you are not hypoglycemic, have heaps of energy, and are not starving all the time. We will be filling up on slow carbs from green cruciferous vegetables and beans to provide that slow drip of energy into our system while shredding body fat down.

## HOW MUCH PROTEIN IS TOO MUCH?

When joining my programs, some members have concerns, saying that they think the protein is too high and don't feel comfortable consuming the amount of protein prescribed in my programs. Now, the amount we are talking about in any of my programs is roughly **1 gram of protein per pound of bodyweight**.

Firstly to clarify, **protein is essential for muscle gain**. When consumed, protein gets broken down into amino acids, which fuel muscles, increase muscle mass, and act like building blocks in our body for healthy nails, hair, skin, etc. **So, if your goal is to increase muscle, you need to increase protein**. In the bodybuilding world, 1 gram of protein per pound of bodyweight is not considered high; it's considered normal! I've known male competitive bodybuilders to go up to 2-3 grams of protein per pound of body weight, especially when dieting for a show, to keep the body anabolic and not catabolic.

**ANABOLIC - To be in an anabolic state means that your body is muscle-building and muscle-sparing. You are giving your body the correct amount of nutrition to build and maintain muscle mass.**

**CATABOLIC - To be in a catabolic state means that your body is in an environment non-conducive to muscle growth. You're not taking in enough nutrients to facilitate gaining muscle, and you could even be losing muscle mass.**

For bodybuilding and general health, we always want to be in an anabolic state by consuming enough calories and protein to facilitate muscle growth. If we are dieting and calories are decreasing, we want our protein to be high to stop the body from burning muscle, which will speed up the metabolism and help your body lose fat. In this plan, as calories decrease, it becomes even more important for our protein intake to be high, to keep our body in that anabolic state, and our metabolism in overdrive.





I would love to debunk a protein myth that people believe protein is harmful to their kidneys. I see members in the private groups who are convinced that even having as minimal an amount of 1 gram of protein to 1 pound of body fat will harm their kidneys.

Can I reassure you that it won't! The kidneys act as a fantastic flushing system for the body—ridding the body of waste and toxic substances and returning vitamins, amino acids, glucose, and hormones into the bloodstream. Now think about the average joe and jane of society who are consuming fatty junk foods, drinking alcohol, and even doing recreational drugs. Even in those extremes of substance use, they don't generally harm the kidneys after one week, but rather through excessive use and abuse over a prolonged period.

So, it is quite amusing when members join one of my programs, where I recommend delicious vegan food, heaps of vegetables, no alcohol, and tons of exercise. Suddenly, they are worried that I am recommending something harmful to their kidneys. I am sure in the past, there have been plenty of times that you have challenged your kidneys and digestive system with junk food, alcohol, artificial sweeteners, and too much sugar. I know that many of my new members have poured unhealthy habits into their bodies every day for many years. But then they come over to this healthier way of consciously living and worry about 'too much protein being harmful to kidneys.' It just doesn't seem to make very much sense. I will wrap this up by saying that if protein is the only thing you are consuming that could potentially, in extreme overuse, damage your kidneys, then you are doing better than about 90% of the population.

# THE SECRET TO SHREDDING WITHOUT HUNGER

## GREEN CRUCIFEROUS VEGETABLES

While it's true that some fitness models or bodybuilders may starve themselves, that is not what I teach in my programs. There are very few professional bodybuilders on this earth teaching the methods of shredding that I am. For six years now, I have been building and shredding like a physique athlete using the tried and tested tactics that I have refined down from my own bodybuilding prep experiences. I can honestly say that I've cracked the code on how to get absolutely shredded and stage-ready while never feeling starving, and that is by consuming large amounts of **green cruciferous vegetables**.



In all of my shred programs, I use green crucifers as a satiating shredding tactic, as they are 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. Many times, **insoluble fiber** is lovingly referred to as “roughage” because it doesn’t dissolve in water. It sits in the gastrointestinal tract, absorbs fluid, sticks to other digestible bits, and is then formed into a 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. 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.

Even though this is the most intense shred I have ever created, I still want you to feel nourished, strong, and incredibly healthy by the end of the program, NOT depleted.



**T**hroughout each of my bikini show preps, I consumed copious amounts of green cruciferous vegetables. Even while my calories dropped, I never decreased my green cruciferous amount. Sometimes I actually increased it, consuming whole heads of broccoli at each meal. While shredding for each show was hard, I found that the fiber from the crucifers would fill me up, and when hunger did hit, it would be time for another meal. Even on pretty low calories, I wouldn't feel deprived, hard-done-by, or starving because I knew I could eat as many green veggies as I wanted.

The vegetables in the meal plan have been weighed and included in the calories and macros and should be enough to keep you feeling full. However, green cruciferous veg and green salad greens are, in reality, allowed in unlimited quantities as the majority of the vegetable is fiber. The quantities weighed in the meal plans should be enough to keep you full. But if you find that you are insatiably hungry between meals, you can eat green vegetables and salad to fill up and keep hunger at bay.



## THE IMPORTANCE OF WATER

On this program, you should aim to drink 2-3L of water daily. This will help your digestive system function efficiently and help your body 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, their expectations are often 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 when you started. Do not be disheartened by this, and try not to weigh yourself. People still do it no matter how much I say this, and I ask, Why? Why torment yourself? In bodybuilding, we do not use 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.

## NO ALCOHOL

Over the next twelve weeks, I want you to see what your body can achieve and look like. I want you to see how drool-worthy you can look. It's not about "if" this will work, but if you'll step up. I am sorry to potentially disappoint you, but I am clearly stating that **you should not drink alcohol on this shred.**

I never drank when I was dieting for any of my bikini shows. If you see me on my social media enjoying an alcoholic beverage while I am dieting, it is because I am not currently shredding for any specific reason or goal. When I was dieting for any of my shows, I would go from Christmas until April without any alcohol, and I would follow a super strict diet. I have to be honest; you turn into a bit of a boring b\*tch. When you are not drinking, your friends and family might say, *"You are so boring,"* and *"You are not fun anymore."* To live like this, you have to develop a real mental and emotional fortitude, as well as physical. In the past six years, there have been countless times

when I have not consumed alcohol at a friend's party, on my birthday, or even on holiday. Now that I have built this physique and am currently focusing on maintaining it, yes, I can enjoy a few alcoholic drinks. But, for any of my competition preps, alcohol was just not part of the plan. When your goals are more important than parties, welcome to the 1% club. The main reasons I don't recommend alcohol on a shred are...

- **Reduced fat burning** - The liver switches off from fat burning to detoxify the alcohol out of the system, and that takes more than twenty-four hours. If there is one reason not to drink, it is this. You'll waste a full 24 hours of fat burning.





- **Empty calories** - The calories from alcohol are not useful to our goal in this program.
- **Reduced willpower** - Unplanned and undesired eating can happen when willpower has been dampened by alcohol.
- **Reduced motivation** - Alcohol is a depressant which is why we get that numbing effect but then it can run into the next day and affect your training and motivation.
- **Blood sugar** - Alcohol messes with your blood sugar, sending it on a rollercoaster the next day. This is when you tend to crave stodgy, sugary or junk food.
- **Dehydration** - Our body is made up of around 60% water. Hangover headaches, groggy head and sickness all come from dehydration due to alcohol. And when you're dehydrated, your liver doesn't burn fat as effectively.



# MEAL PLAN



## THE MACRO SPLIT 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 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 (if not impossible) for the body to convert protein to fat. Protein also keeps you feeling fuller for longer, so you will not even feel like you are dieting.

**The macro split on this plan is set at 40% protein, 30% carbohydrate, and 30% fat**

I don't like cutting too much fat out of my diet unless I am on a very strict and short shred timeline. If you have participated in any of my eight-week or shorter shreds, you will notice that this macro split is slightly higher fat and lower protein. This is because it is a longer 12-Week intense shred, and I wanted to keep fat amounts higher due to the important role this hormone plays in a woman's body. The macro split will remain this way until the final two days of Peak Week, where the macro split will change as we carb-load.



## THE MEAL PLANS: PRESCRIPTIVE MEAL PLANS OR CREATE YOUR OWN?

**This program offers you two different options for planning your food.** While I offer two options, I highly recommend following the prescriptive meal plans as laid out. Firstly, If you plan on entering the competition, this is NOT the time to start learning macros and meal planning if you have never done it before. Secondly, because I have created these meal plans to be as close to a bodybuilder shred for the stage as possible, the meal plans are simple, effective, and designed to get results. They are exactly how I prepped for the competitive stage.

In my previous shred programs, I have given calculations of how you can calculate your own calorie and macro amounts based on your bodyweight. But, with this program, they are not needed as the meal plans are so simple that it is easy to sub one food for another of similar macros.

### PLEASE CHOOSE ONLY ONE OPTION (DON'T TRY TO COMBINE THE TWO)

#### 1. Follow the prescriptive meal plans

I highly recommend that you follow the prescriptive meal plans as laid out for simplicity and ease. I have done all of the hard work for you in creating these plans. For your own sanity, do not track the meal plans in MFP. I say this repeatedly with each program, yet we still have members who do and then post in a panic in the group that they are not getting the same calorie and macro amounts in their tracker. Using MFP is notoriously difficult as you need to know how to double-check that the ingredients are correct, and many ingredients are inputted incorrectly, which throws the values off when you are counting. But, most importantly, why create extra work for yourself by doing work that's already been done? Just follow the meal plan and trust the process.



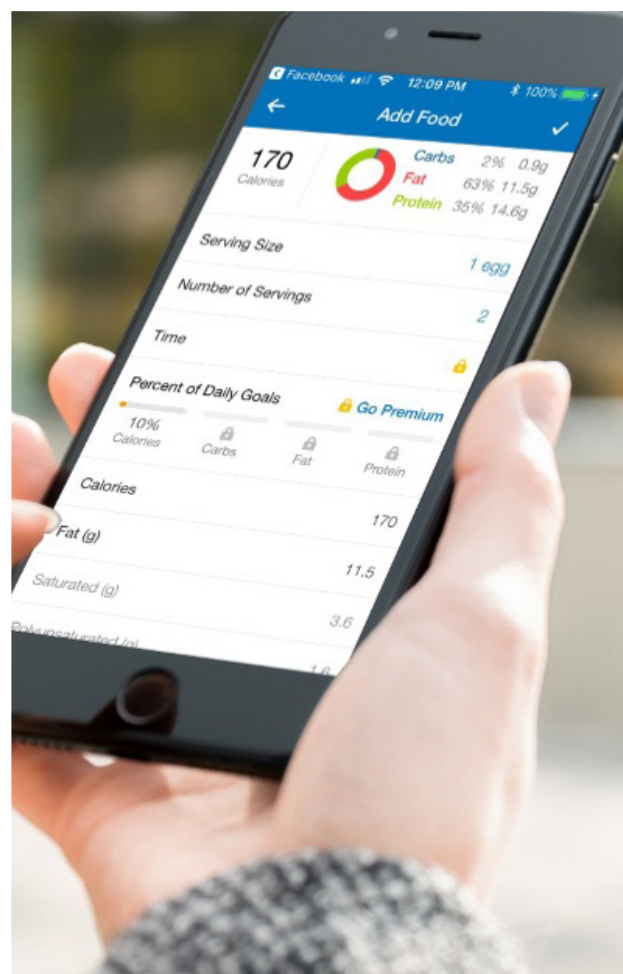
## 2. Create your own meal plan

I would only recommend you create your own meal if you are an experienced athlete who is very familiar with macros and calories. Or if you have allergies or intolerances which prohibit you from using the meal plan. There are two options of how you can create your own meal plan, with both options suggesting that you try and stick as close to the macros of the prescriptive meal plan as possible. Your success with 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. For best results on this program, simply eat whole, nutritious foods that are easy to track and are as close an ingredient swap to the prescriptive meal plans as possible. Weigh absolutely everything that goes into your mouth. Don't guess a teaspoon of something; weigh it.

### There are two options of how you can create your own meal plan:

#### A. Enter the calories and macros of the prescriptive meal into My Fitness Pal and use this to create your own meal plans.

Each week, simply enter the calories of the prescriptive meal into My Fitness Pal and use the percentage macro split of 40% protein, 30% carbs, and 30% fat as the basis of creating your meal plans. Unfortunately, as much as we try to cater to all needs, this is not a personalized program, and we simply could not provide meal plans that account for every single person's food preferences and allergies. One thing I do know, however, is that where there is a will, there is a way. So if you find that you need further help that is not given here in the PDF, I invite you to ask for advice in the Facebook Group, where the coaches are on hand to assist you. Remember that although they are there to advise, they are not there to create personalized plans for members.





**B. Swap any ingredients from the prescriptive meal plans for another with similar macros.** For your convenience, I have included the macro breakdown for the prescriptive meal plan ingredients. Simply swap any food that you need to omit for a food with similar macros. For example, where a recipe calls for a vegan protein such as tofu, tempeh, or seitan, you can replace it with any lean meat substitute of the same weight. A general rule of thumb is that the substitute must have more than 15g protein and less than 5g carbs and fat per 100g. If choosing this option, you need to learn to read labels. Different countries will have different options available. Use your smarts, do a bit of research into the macros of foods, and substitute as best you can.



# 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, sticking as close to the prescriptive meal plan as possible. Please don't be tempted to skip the refeed day, thinking 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. There is often 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 CALORIE AND MACRO REQUIREMENTS IF CREATING YOUR OWN MEAL PLAN

**Refeed Day - 1800 calories**

**Macros - 30% protein, 50% carb, 20% fat**



## THE PRESCRIPTIVE MEAL PLANS

For **six days** of your week, you will eat the same meal plan, with a weekly higher calorie refeed meal once a week. You will eat five times a day with breakfast, a mid-morning snack, lunch, dinner, and an evening snack. The structure of these meal plans has been inspired by my schedule (I strength train in the morning). I have my mid-morning snack of a protein shake after my strength training session, but feel free to move this snack to wherever you best see fit, e.g., if you train in the afternoon, have the protein shake after your afternoon session instead of in the morning.

I have created eight meal plans that you can follow to the letter, with no planning or tracking. There are meal plans for weeks one to eleven, a Peak Week meal plan, and a refeed meal plan. The meal plans are based on six calorie counts, dropping by 100 calories every two weeks from 1700 to 1200 calories. These quantities seem low, but they need to be to get results. For simplicity and to stay as true to a bodybuilder style shred as possible, I have created six different but repetitive meal plans.

You will eat the same 1700 calorie meal plan for weeks one and two, 1600 for weeks three and four, 1500 for weeks five and six, 1400 for weeks seven and eight, and 1300 for weeks nine and ten. In weeks eleven and twelve, you will use the same 1200 calorie meal plan, but the macro and calorie amount will change at the end of Peak Week in week twelve.

In Peak Week, you will eat 1200 calories for days one to four and then follow a different higher carbohydrate meal plan of 1600 calories to carb-load on days five to six. Please see the Peak Week section for the explanation of the Peak Week meal plan and how to carb-load.



## MEAL PLAN CALORIE DROP

WEEK	CALORIES
Weeks 1 - 2	1700
Weeks 3 - 4	1600
Weeks 5 - 6	1500
Weeks 7 - 8	1400
Weeks 9 - 10	1300
Week 11	1200

PEAK WEEK	CALORIES
Week 12	
Days 1-4	1200
Days 5-6	1600

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, while the quantities of green cruciferous vegetables weighed in the meal plans should be enough to keep you full, if you find that you are insatiably hungry between meals, you can eat any of the green cruciferous vegetables from the 'free food' list, to combat hunger and keep energy levels high. Will it be boring? Yes, but this is what it takes to look like a bikini athlete. 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 unappetizing 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. Avoid 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't get the exact product or hit the exact macros. Consistency is what is important, not perfection. If you are a few grams out, it will not make a huge difference in the long run.



# THE MEAL PLANS



## MEAL PLAN NOTES

### DO NOT INPUT THE RECIPES INTO MY FITNESS PAL

Using MFP is notoriously difficult as you need to know how to double-check the ingredients are correct. There are now so many users on the app worldwide that many ingredients are being inputted incorrectly, which throws the values off when you are counting.



If you are following your own macros and calories, be sure to scan the label of everything you use to get the accurate values and check the entry against your label. If you can't scan the label or use the same product, it's virtually impossible to input someone else's recipe into the app and get exactly the same results. Does this mean that if you follow the meal plans that your macros may be off by a few grams either way sometimes? Yes. But this is the chance you take when you follow a prescriptive meal plan. Just try to follow as closely as you can, and don't sweat the small stuff. However, for ease, choose either the meal plans OR create your own meal plans. Do not try to combine the two.

## THE PLANS ARE REPETITIVE FOR A REASON

Given that this shred is the most powerful one we have ever hosted, with the largest prize fund, we decided to make the meal plans exactly the same as that which you would do if you were prepping for a bodybuilding show. What does this mean? Simply, that they will be quite boring. *The Sculpted Vegan* is known worldwide for our delicious meal plans. And yes, they get amazing results. But because this shred is about being as close as possible to a bodybuilding show, we wanted to create a prep plan that was exactly like what you would do as a vegan stage athlete.

When you eat the same food over and over, it's easy to track, prepare and store. So yes, these meal plans are definitely not what you're used to from *The Sculpted Vegan*! But they are what will get results if you follow them to the letter, due to their precision. They leave zero room for error.

## WEIGH EVERYTHING

You should purchase an inexpensive food scale from Amazon and weigh everything. In Europe, we use the metric system, so the meals are designed to be weighed in grams. If you're in the USA and used to weighing in ounces, there is no need to convert everything online. Just buy a scale for about \$10 that weighs in both metric and imperial, and choose grams as the unit of measurement. Top tip: If eating peanut butter (or something from a container to be scooped out), the easiest way to measure is to set the entire jar on the scale, zero or tare the scale and using a spoon, scoop out 15g in weight (it will show as -15g on the scale as you remove product from the jar).





## PROTEIN POWDER

The recommended protein powder is the Vegan Wondershake from The Protein Works, and this is the protein that has been accounted for in the meal plans. The serving size is 25g in weight, equivalent to 1 heaped scoop. I recommend you weigh this a few times to get the right quantity on the heaped scoop, then just eyeball it moving forward for ease.

## PROTEIN POWDER MACROS

Recently the macros of the Wondershake changed slightly due to a change of ingredients, and we have accounted for this. The meal plans have been made with the new macros. If you wish to use another protein powder, please look for one with similar macros as the Wondershake. Some of the shakes have slightly different macros, but again this won't matter. A few grams here or there won't make much difference.



## PROTEIN WORKS WONDERSHAKE MACROS

<b>Serving size:</b>	<b>25g</b>
<b>Calories:</b>	<b>94</b>
<b>Carbs:</b>	<b>1.9g</b>
<b>Fat:</b>	<b>0.8g</b>
<b>Protein:</b>	<b>20g</b>

## PROTEIN ICE CREAM

When dieting, I often blend my protein with ice and only a little water to make a protein dessert, such as the recipe below. This you can eat with a spoon, and it satisfies a sweet craving. If your meal plan calls for peanut butter, you can smear it thinly on a piece of

greaseproof paper and freeze it. Then chop it up and sprinkle over the protein ice cream when eating!

## PROTEIN ICE CREAM

**Serves 1**

### Ingredients

**1-2 scoops Protein Works Wondershake**

**2 ice cubes**

**75ml water**

Place the protein powder, water, and ice into a blender and blend on high speed until the ice is completely broken down. Add more water little by little until a soft ice cream texture is achieved.

## MEAL TIMING

The meal times are only suggested. You don't have to stick to them religiously. You can save up calories for the evening if you are happy to be hungry during the day, but know you will be more likely to binge at night.

## OATS

The oats we use in the plans are quick-cook oats. But if you prefer to use steel-cut or rolled (jumbo) oats, that is fine too. You simply need to adjust the cooking time.

## TOFU

All tofu, excluding that contained within a recipe, is extra firm tofu. The brand we use is Tofoo. Silken tofu is not allowed on this shred as it's higher in fat. It's unnecessary to press the tofu unless you are baking it in the oven. Otherwise, simply squeeze the water out with your hands and pan fry.



## SEITAN

The seitan in this meal plan is homemade for speed, ease, and cost. It is unlikely you'll be able to purchase vital wheat gluten in the supermarket, which is the base of seitan. You can purchase it fairly inexpensively on Amazon. If you wish, you can purchase store-bought seitan. Just try to match these macros:

### Serving size: 1 chicken tender

<b>Calories:</b>	<b>211</b>
<b>Carbs:</b>	<b>7.3g</b>
<b>Fat:</b>	<b>5.6g</b>
<b>Protein:</b>	<b>33.3g</b>

### Serving size: 1 mushroom steak

<b>Calories:</b>	<b>382</b>
<b>Carbs:</b>	<b>15.8g</b>
<b>Fat:</b>	<b>6.7g</b>
<b>Protein:</b>	<b>51g</b>

### Serving size: 1 Beyond burger patty

<b>Calories:</b>	<b>277</b>
<b>Carbs:</b>	<b>3.9g</b>
<b>Fat:</b>	<b>21.4g</b>
<b>Protein:</b>	<b>19.2g</b>

When making seitan, DO NOT OVERWORK THE DOUGH. It is not bread and will be tough as old boots to eat if you treat it like bread. Simply mix the dough gently with your hands to combine all the ingredients, and then STOP. The more you handle the dough, the tougher it will become when cooked!





## OIL

Fat contains a huge amount of calories and must be carefully rationed on this shred. I've allowed for a tbsp of oil where needed on this plan to use in cooking or to drizzle. Make sure you measure the oil and don't just pour and guess. You could be 200 calories or more over your allocated macros if you're not measuring! Buy a set of measuring spoons and measure the oil precisely.

## TEA & COFFEE

Tea and coffee are allowed in unlimited amounts but must be served without milk, cream, or sugar. Try to get used to drinking your coffee black. It usually only takes about

2 weeks, and black coffee becomes a normality! If you absolutely cannot do without sugar, a small spoonful isn't going to kill you. There are only 16 calories in a level tsp of sugar, so if you're having three a day, you're still under 50 calories total. It won't matter much. Shredding is hard enough without making it harder!



## FREE FOOD

The vegetables in the meal plan have been weighed and included in the calories and macros and should be enough to keep you feeling full. However, green cruciferous veg and green salad greens are, in reality, allowed in unlimited quantities as the majority of the vegetable is fiber. Fiber is not absorbed into the bloodstream as calories, but instead is passed through to the large intestine to become poop. Because of this, very little of the vegetable is actually absorbed as calories. The quantities weighed in the meal plans should be enough to keep you full. But if you find that you are insatiably hungry between meals, you can eat green vegetables and salad to fill up and keep hunger at bay.

### THE FOLLOWING ARE ALLOWED IN UNLIMITED QUANTITIES:

- Spinach
- Kale
- Celery
- Green beans
- Pak choi/bok choy
- Radish
- Asparagus
- Salad greens/lettuce
- Brussel sprouts
- Broccoli/Cauliflower
- Cucumber
- Collard greens

## FREE FLAVORING

You can use any of the following to flavor your food:

- **Mexican Spice Tajin** (this is AMAZING for flavoring food!)
- Tamari/soy sauce/liquid aminos/liquid smoke
- Spices, fresh or dried
- Herbs, fresh or dried
- Fresh or powdered garlic
- Fresh or powdered ginger
- Spice mix or seasoning (such as that you would put on a fajita)
- Apple cider vinegar
- Fresh lemon or lime juice
- Salt & pepper

One of my favourite ways to flavor food is with spice mixes or seasonings that don't

contain extra calories. You can buy these in the supermarket or search on Google to make your own. You'll notice that the seitan chicken and mushroom steak recipes feature quite heavily in this meal plan. This is simply because the macros are so good on these protein sources, which means you'll be able to eat more food. They are lean in fat and carbs but very high in protein. Don't be afraid to get innovative with marinades and seasonings. One of my favourite marinades is lemon juice, herbs, fresh garlic, and salt. Simply marinate the seitan chicken in this after the first stage of cooking, and then pan fry or grill. Delicious!

## REFEED DAY

This is usually on a Sunday but can be on any day of your choice.



# THE MEAL PLANS





## Week 1 & 2 - 1700 Calories

Breakfast	Carbs	Fat	Protein
40g oats	24.2g	3.3g	4.4g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
2 heaped scoop Protein Works Wondershake	3.8g	1.6g	40g
Blended with ice and water			
Lunch			
140g extra firm tofu	4g	9.6g	17.6g
150g cooked quinoa	31.9g	2.9g	6.6g
250g steamed broccoli	7g	1.2g	8.2g
Dinner			
1 serve seitan Chicken Tender	7.3g	5.6g	33.3g
150g sweet potato	30g	0g	2.4g
Unlimited salad greens			
Evening Snack			
200g Alpro Greek Yoghurt	5.2g	6.6g	11.6g
100g fresh blueberries	14.5g	0.3g	0.7g
2 heaped scoop Protein Works Wondershake	3.8g	1.6g	40g
Extras			
1 tbsp olive oil for cooking or drizzling	0g	13.5g	0g



## Week 3 & 4 - 1600 Calories

Breakfast	Carbs	Fat	Protein
30g oats	18.1g	2.5g	3.3g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Lunch			
140g extra firm tofu	4g	9.6g	17.6g
150g cooked red split lentils	30.1g	0.6g	14.4g
200g steamed green beans	6g	0.8g	4.2g
Dinner			
1 seitan mushroom steak	15.8g	6.7g	51g
100g cooked brown lentils	13g	0.6g	12g
150g spinach, steamed	5.4g	0.6g	4.3g
Evening Snack			
2 heaped scoop Protein Works Wondershake	3.8g	1.6g	40g
Blended with ice and water			
Extras			
1 tbsp olive oil for cooking or drizzling	0g	13.5g	0g

## Week 5 & 6 - 1500 Calories

Breakfast	Carbs	Fat	Protein
40g oats	24.2g	3.3g	4.4g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
2 heaped scoop Protein Works Wondershake	3.8g	1.6g	40g
Blended with ice and water			
Lunch			
1 serve seitan Chicken Tender	7.3g	5.6g	33.3g
2 grilled Portobello mushrooms	1g	0.5g	3g
250g broccoli	7g	1.2g	8.2g
Dinner			
1 seitan mushroom steak	15.8g	6.7g	51g
100g cooked brown lentils	13g	0.6g	12g
150g raw spinach, steamed	5.4g	0.6g	4.3g
Evening Snack			
2 heaped scoop Protein Works Wondershake	3.8g	1.6g	40g
Blended with ice and water			
Extras			
1 tbsp olive oil for cooking or drizzling	0g	13.5g	0g



## Week 7 & 8 - 1400 Calories

Breakfast	Carbs	Fat	Protein
30g oats	18.1g	2.5g	3.3g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Lunch			
1 serve seitan Chicken Tender	7.3g	5.6g	33.3g
150g raw spinach, steamed	7.3 g	0.8g	5.7g
Unlimited salad greens			
Dinner			
200g extra firm tofu	5.7g	13.7g	25.1g
200g cooked black beans	33.1g	0.6g	12.1g
2 cauliflower steaks	15.6g	4.7g	18.3g
Unlimited salad greens			
Evening Snack			
Healthy peanut butter mousse (see recipe)	18.7g	6.5g	30.3g
Extras			
None			

## Week 9 & 10 - 1300 Calories

Breakfast	Carbs	Fat	Protein
30g oats	18.1g	2.5g	3.3g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Lunch			
1 seitan mushroom steak	15.8g	6.7g	51g
2 grilled Portobello mushrooms	1g	0.5g	3g
Unlimited salad greens			
Dinner			
1 serve seitan Chicken Tender	7.3g	5.6g	33.3g
150g cooked brown lentils	19.5g	0.9g	18g
10 asparagus spears	6.3g	0.2g	3.5g
Unlimited salad greens			
Evening Snack			
30g peanut butter	2.8g	14.2g	7.4g
Extras			
None			



## Week 11 - 1200 Calories

Breakfast	Carbs	Fat	Protein
20g Oats	12.1g	1.6g	2.2g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Lunch			
140g extra firm tofu	4g	9.6g	17.6g
160g cooked chickpeas	36g	4g	14g
Unlimited salad greens			
Dinner			
1 serve seitan Chicken Tender	7.3g	5.6g	33.3g
2 grilled Portobello mushrooms	1g	0.5g	3g
200g spinach	7.3g	0.8g	5.7g
250g broccoli	7g	1.2g	8.2g
Evening Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Extras			
1 tbsp olive oil for cooking or drizzling	0g	13.5g	0g

## Week 12 - PEAK WEEK - 1200 Calories

DAYS 1 - 4			
Breakfast	Carbs	Fat	Protein
20g Oats	12.1g	1.6g	2.2g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Lunch			
140g extra firm tofu	4g	9.6g	17.6g
160g cooked chickpeas	36g	4g	14g
Unlimited salad greens			
Dinner			
1 serve seitan Chicken Tender	7.3g	5.6g	33.3g
2 grilled Portobello mushrooms	1g	0.5g	3g
200g spinach	7.3g	0.8g	5.7g
250g broccoli	7g	1.2g	8.2g
Evening Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Extras			
1 tbsp olive oil for cooking or drizzling	0g	13.5g	0g



## PEAK WEEK Carb Loading Schedule

DAYS 5 - 6			
Breakfast	Carbs	Fat	Protein
40g oats	24.2g	3.3g	4.4g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
1 white bagel, toasted	44g	1.2g	9.3g
1 tbsp vegan butter	0g	11g	0g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Lunch			
140g extra firm tofu	4g	9.6g	17.6g
150g cooked white basmati rice	45.3g	0.3g	4.6g
Unlimited salad greens			
Dinner			
150g cooked pasta	46g	1.4g	8.6g
30g fresh basil pesto (store-bought)	0.8g	12.7g	1.1g
Evening Snack			
2 slices whole-grain toast	36g	3g	8g
1 tbsp vegan butter	0g	11g	0g

## DAY 7 - SHOW DAY

A bodybuilding show would normally be in the afternoon, so you would time your meals around the show. However, since you have complete control over when you take your photos, I would recommend the following:



### UPON WAKING

Drink one small glass of water and a double espresso (if you are a coffee drinker).

### WITHIN 30 MINUTES OF WAKING

- Eat 8 large rice cakes spread with peanut butter
- 4 pieces dark chocolate squares

### MID MORNING

Apply your final layer of tan and whatever sparkle you wish! Now take your photos!

### LUNCH

Go wild and eat whatever you want for the rest of the day. You have finished!

## Week 1 - 12 - REFEED DAY - 1800 Calories

Breakfast	Carbs	Fat	Protein
2 slices whole-grain toast	36g	3g	8g
15g peanut butter	1.4g	7.1g	3.7g
Mid Morning Snack			
None			
Lunch			
150g cooked pasta	46g	1.4g	8.6g
1 Seitan Chicken Tender	7.3g	5.6g	33.3g
10 asparagus spears	6.3g	0.2g	3.5g
Dinner			
1 Beyond burger patty	3.9g	21.4g	19.2g
1 white burger bun	23g	1.5g	4g
250g sweet potato	50g	0g	4g
Unlimited salad greens			
Evening Snack			
1 white bagel, toasted	44g	1.2g	9.3g
1 tbsp vegan butter	0g	11g	0g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			



# THE ULTIMATE 12 WEEK SHRED SHOPPING LISTS



## Week 1 & 2

Protein Works Wondershake	60 scoops
Oats	480g
Extra Firm Tofu	1680g
Broccoli	Unlimited
Quinoa, cooked measure	1800g
Vital wheat gluten	480g
Garlic powder	2 tsp
Onion powder	2 tsp
No-chicken bouillon paste	2 tbsp
Silken Tofu	500g
Vegan Worcestershire sauce	2 tbsp
Sweet potato	1800g
Salad greens	Unlimited
Alpro greek yogurt	2400g
Fresh blueberries	1200g
Olive oil	12 tbsp



## Week 3 & 4

Protein Works Wondershake	48 scoops
Oats	360g
Extra Firm Tofu	1680g
Olive oil	14 tbsp
Red lentils, cooked measure	1800g
Spinach	Unlimited
Green beans	Unlimited
Vital wheat gluten	690g
Tinned green lentils	800g
Nutritional yeast	4 tbsp
Black pepper	2 tbsp
Garlic salt (not powder)	4 tsp
Onion salt (not powder)	4 tsp
Smoked paprika	2 tsp
Chilli powder	2 tsp
Liquid smoke	4 tbsp
Chestnut mushrooms	400g
Dark soy sauce	14 tbsp
Tomato puree	8 tbsp
Maple syrup	2 tbsp
Brown lentils, cooked measure	1200g



## Week 5 & 6

Protein Works Wondershake	60 scoops
Oats	480g
Broccoli	Unlimited
Vital wheat gluten	1170g
Garlic powder	2 tsp
Onion powder	2 tsp
No-chicken bouillon paste	2 tbsp
Silken Tofu	500g
Vegan Worcestershire sauce	2 tbsp
Olive oil	14 tbsp
Spinach	1800g minimum
Tinned green lentils	800g
Nutritional yeast	4 tbsp
Black pepper	2 tbsp
Garlic salt (not powder)	4 tsp
Onion salt (not powder)	4 tsp
Smoked paprika	2 tsp
Chilli powder	2 tsp
Liquid smoke	4 tbsp
Chestnut mushrooms	400g
Dark soy sauce	14 tbsp
Tomato puree	8 tbsp
Maple syrup	2 tbsp
Brown lentils, cooked measure	1200g
Portobello mushrooms	24

## Week 7 & 8

Protein Works Wondershake	24 scoops
Oats	360g
Extra Firm Tofu	2400g
Vital wheat gluten	480g
Garlic powder	2 tsp
Onion powder	2 tsp
No-chicken bouillon paste	2 tbsp
Silken Tofu	500g
Vegan Worcestershire sauce	2 tbsp
Salad greens	Unlimited
Spinach	Unlimited
Black beans	2400g
Cauliflower heads	Unlimited
Any green veggie	Unlimited
Firm tofu	600g
Vanilla extract	3 tsp
liquid stevia	3 tsp
Peanut flour	540g
Almond milk (unsweetened)	1200ml

## Week 9 & 10

Protein Works Wondershake	24 scoops
Oats	360g
Vital wheat gluten	1170g
Garlic powder	2 tsp
Onion powder	2 tsp
No-chicken bouillon paste	2 tbsp
Silken Tofu	500g
Vegan Worcestershire sauce	2 tbsp
Salad greens	Unlimited
Tinned green lentils	800g
Nutritional yeast	4 tbsp
Black pepper	2 tbsp
Garlic salt (not powder)	4 tsp
Onion salt (not powder)	4 tsp
Smoked paprika	2 tsp
Chilli powder	2 tsp
Liquid smoke	4 tbsp
Chestnut mushrooms	400g
Dark soy sauce	14 tbsp
Tomato puree	8 tbsp
Maple syrup	2 tbsp
Brown lentils, cooked measure	1800g
Portobello mushrooms	24
Asparagus	Unlimited
Peanut butter	360g



## Week 11

Protein Works Wondershake	18 scoops
Oats	120g
Extra Firm Tofu	840g
Broccoli	Unlimited
Vital wheat gluten	240g
Garlic powder	1 tsp
Onion powder	1 tsp
No-chicken bouillon paste	1 tbsp
Silken Tofu	250g
Vegan Worcestershire sauce	1 tbsp
Salad greens	Unlimited
Olive oil	6 tbsp
Spinach	Unlimited
Portobello mushrooms	12
Chickpeas	960g

## Week 12

Protein Works Wondershake	16 scoops
Oats	160g
Extra Firm Tofu	840g
Vital wheat gluten	240g
Garlic powder	1 tsp
Onion powder	1 tsp
No-chicken bouillon paste	1 tbsp
Silken Tofu	250g
Vegan Worcestershire sauce	1 tbsp
Broccoli	Unlimited
Salad greens	Unlimited
Olive oil	4 tbsp
Spinach	Unlimited
Any green veggie	Unlimited
Field mushrooms	8 large
Chickpeas	640g
White bagel	2
Vegan butter	1 small container
White basmati rice, cooked measure	300g
Plain pasta, cooked measure	300g
Basil pesto, store-bought	60g
Whole grain toast	4 slices

## REFEED Weeks 1-12

Protein Works Wondershake	12 scoops
Vital wheat gluten	480g
Garlic powder	2 tsp
Onion powder	2 tsp
No-chicken bouillon paste	2 tbsp
Silken Tofu	500g
Vegan Worcestershire sauce	2 tbsp
Salad greens	Unlimited
Asparagus	120 spears
Peanut butter	180g
White bagel	12
Plain pasta, cooked measure	1800g
Whole grain toast	24 slices
Beyond Burger patty	12
White burger bun	12
Sweet potato	3000g

## Show Day

Rice cakes, plain	8
Dark chocolate squares	4
Peanut butter	a few tbsp



## OPTIONAL INGREDIENTS TO ADD FOR FLAVOUR

**NOT ALL ARE FREE FOODS** (see recipes for instructions on where to use)

Smoked paprika	Garden peas
Dried cinnamon powder	Fresh mint leaves
Ground cumin	Radishes
Cayenne pepper	Garlic powder
Curly parsley	Nutritional yeast
Fresh or powdered garlic	Onion powder
Dried turmeric	Dried thyme
Fresh coriander/cilantro leaves	Dried oregano
Sesame oil (small jar)	<b>Mexican Spice Tajin</b>
Lemons for serving & squeezing	Tamari
Agave nectar for drizzling	Fresh or powdered ginger
Cucumbers	Spice mix or seasoning (such as that you would put on a fajita)
Celery	Apple cider vinegar

## FREE Food

Spinach	Salad greens/lettuce
Broccoli	Cucumber
Green beans	Celery
Asparagus	Radish
Courgette/zucchini	Brussel sprouts
Cauliflower	Collard greens
Kale	Cabbage - not red
Pak choi/bok choy	

# RECIPES





## Breakfast Oatmeal

### Serves 1

### Ingredients

- Meal plan quantity of dried weight oats
- Protein Works Wondershake

### Method

Use whatever quantity of oats and protein powder the meal plan states when making this recipe.

To cook, place the oats in a saucepan and add just enough water to cover. Cook over medium heat until soft and creamy, then add the protein powder, whisking all the time with a balloon whisk. Add more water little by little until smooth and creamy (and to make sure the powder is broken down well). Once cooked, pour into a bowl, top with the cinnamon, and eat immediately.

\*Note - it might seem like a tiny amount, but once cooked with added protein powder, it makes a much larger quantity.





## Seitan Chicken Tenders

**Serves 6**

### Ingredients

- 240g vital wheat gluten
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt
- 1 tbsp no-chicken bouillon paste
- 250g silken tofu
- 120ml water
- 1 tbsp vegan Worcestershire sauce, available on Amazon

### Method

In a large bowl, whisk the vital wheat gluten with the garlic powder, onion powder, and salt until thoroughly combined. In a small bowl, whisk the tofu, water, no-chicken bouillon paste and vegan Worcestershire sauce until the tofu breaks down into small pieces. Stir the wet ingredients into the dry until it forms a ball. **Do not overwork the mixture, or it will become very tough! Just mix until combined and no more.**

On a clean, flat surface, dusted with vital wheat gluten, roll or press the dough into a ½-inch thick circle. The dough will keep shrinking; just continue to press it back. If the dough tears, press it back together. Using a sharp paring knife, cut the chicken cutlets into six even pieces.

Place a steaming basket in a large pot and fill with water until the water is just below the basket. You don't want water to touch the cutlets. Bring the water to a boil. Spray a light coating of oil on the basket to prevent sticking and place the cutlets on the basket. If you need to layer the cutlets, spray a light coating of oil on the bottom layer, so they don't stick together.

Reduce the water to a simmer, cover the pot, and steam for 30 minutes. Remove the cutlets from the pot, cool and refrigerate for at least an hour. This will let the seitan develop a better texture. Serve warm or sliced cold into a salad. If you like, you can pan-sear them over a hot griddle before serving.



## Seitan Mushroom Steak

**Serves 6**

### Ingredients

- 345g vital wheat gluten
- 400g can of green lentils
- 2 tbsp nutritional yeast
- 1 tbsp black pepper
- 2 tsp garlic salt (not powder)
- 2 tsp onion salt (not powder)
- 1 tsp smoked paprika
- 1 tsp chilli powder
- 1 tbsp olive oil
- 2 tbsp liquid smoke
- 12 tbsp of water
- 200g chestnut mushrooms
- 6 tbsp dark soy sauce
- 4 tbsp tomato puree
- Water for steaming

### For the marinade:

- 1 tablespoon dark soy sauce
- 1 tablespoon maple syrup
- 100ml water
- \*Optional\* Any combo of herbs and spices

### Method

Heat the oil in a non-stick pan over high heat and cook mushrooms (whole) for 5-7 mins until most of the liquid has evaporated. Turn down the heat and cook the mushrooms for another 5 minutes until slightly brown and caramelized. Take off the heat and allow it to cool.

Put all dry ingredients into a food processor and pulse for about 30 seconds on and off to

incorporate into the vital wheat gluten. Add the mushrooms, lentils, liquid smoke, water, tomato paste, and soy sauce and pulse until mixed well, stopping to scrape down the sides if necessary. \*Caution\* Do not overwork the dough. The longer you pulse, the tougher the seitan will be. Only do the bare minimum, so the dough is well mixed through.

Tip onto a clean, dry work surface and gently turn the dough into itself by kneading. But do NOT overwork the dough, as this will make it tough. The less you handle it, the better. Roll gently into a log and cut into six even pieces. Shape into a steak patty with your hands until about 1 inch thick. DO NOT OVERWORK THE DOUGH.

Pour 1 inch of water into a deep baking tray and place a wire rack on top. Place each steak onto a rack, and cover with tinfoil, tucking in at the edges. Cook on a gentle simmer, on the stove, for 24 minutes, turning halfway through cooking. Check the water to make sure it hasn't evaporated dry during cooking. Once cooked, leave to cool uncovered and place into a ziplock bag with the marinade. Leave to marinate for 2-3 hours or overnight.

To serve, heat a skillet over high heat and sear the seitan for about 2 minutes on each side. Be careful not to burn it! Place on a baking sheet and put into the oven at 180°C for 10 minutes.





## Cauliflower Steak

**Serves 6**

### Ingredients

- 3 large heads of cauliflower (approx 1.2kg in weight)
- 3 teaspoons garlic salt
- 2 tablespoons nutritional yeast
- 1 teaspoon dried oregano

### Method

Slice the two edges of the cauliflower, about 1.5 inches diameter each. Then slice the remaining middle section into two pieces, so you have two steaks. (You can also cook the edge pieces if you wish, as cauliflower is technically a free food.

On a large baking sheet, place the cauliflower flat side down, and sprinkle with the seasonings. Turn them over and repeat on the other side making sure to divide evenly between the six steaks.

Bake in the oven at 220°C for about 20 mins, flipping half way through the baking time. Drizzle with lemon juice before serving.

## Shop Bought 'Meats'

### Beyond Burger

This is a shop-bought patty with the following macros. If you cannot purchase this exact one, try to find one with similar macros.

<b>Weight of burger</b>	113g
<b>Carbs</b>	3.9g
<b>Protein</b>	19.2g
<b>Fat</b>	21.4g







## Additional Ideas

### Mexican Spiced Baked Sweet Potato

#### Serves 1

#### Ingredients

- Meal plan weight of sweet potato, chopped into 1" cubes
- smoked paprika
- dried cinnamon powder
- ground cumin
- cayenne pepper
- salt and pepper to taste

#### Method

Place sweet potato cubes into a large bowl, and sprinkle generously with the spices, salt, & pepper. Add a splash of water to help coat the potato with the spices if needed. Place on a non-stick sheet of parchment paper on a large baking tray. Bake in the oven at 200°C for 30-45 minutes or until tender. Turn halfway through cooking to prevent burning.



## Baked Portobello Mushrooms

**Serves 6**

### Ingredients

- Meal plan quantity of portobello mushrooms
- ½ clove of garlic per mushroom, crushed
- 5g curly parsley, finely chopped per mushroom
- salt & pepper

### Method

Place the mushrooms stalk side up on a piece of baking paper on a large baking sheet, or divide them between 2 sheets. Sprinkle with garlic, parsley, and a good grind of salt and pepper. Bake in the oven at 180°C for 40 minutes. Serve 2 mushrooms per portion.





## Cooked Basmati Rice

**Serves 6**

### Ingredients

- Basmati rice
- Double volume of water to rice, boiled
- 1 tsp salt per 50g rice

### Method

Place the uncooked rice in a saucepan and wash thoroughly with cold water. Wash and drain until the water runs completely clear. Pour into a sieve to drain and repeat the process 5 or 6 times or until the water is clear. This washes all the starch off the rice and stops it from sticking together. Pour the rice into a large, non-stick saucepan and add the salt. Stir well and pour over the water. Cover, bring to a boil, and turn down the heat, so the water is barely simmering. Leave to cook for exactly 15 minutes. Do not lift the lid or stir during cooking. At the end of 15 minutes, lift the lid and tip the saucepan to the side. If there is no water left, the rice is cooked. If there is still water, cook for another few minutes.





## Cooked Quinoa

**Serves 6**

### Ingredients

- Dried quinoa
- Double the volume of water, boiled
- 1 tsp salt per 50g dried quinoa

### Method

Place the quinoa in a sieve and wash well under cold running water for several minutes to wash the starch off. Pour into a saucepan, add the salt and pour over boiling water. Bring to a boil, then turn the heat down to a gentle simmer. Cook for 15 minutes, then tip the quinoa into a sieve and rinse well under cold water to stop it from cooking.



## FREE FOOD

**The recipes below are all considered a free food.  
Eat at your leisure and use to bulk up meals to keep hunger at bay.**

### Steamed Green Beans & Asparagus

**Serves 6**

#### Ingredients

- 600g asparagus stalks
- 600g green beans
- 6 cloves garlic
- salt and pepper to taste

#### Method

Place the green beans in a large saucepan with 2cm of water in the bottom and sprinkle over the garlic. Season well with salt and pepper. Cook for about 5 minutes until the beans are slightly soft, then add the asparagus. Cook for another 3 minutes until the asparagus is tender. Both vegetables should be bright green in colour. Drain off any leftover water and plunge into a large bowl of iced water to stop them from cooking. Cut into small pieces to store, or leave full—Your choice.

### Scented Cauliflower Rice

**Serves 6**

#### Ingredients

- 450g cauliflower florets
- 1 teaspoon dried turmeric
- 30g fresh coriander (cilantro) leaves, chopped
- ½ teaspoon sesame oil
- Salt and pepper to taste

#### Method

Place the cauliflower into a food processor and pulse until the cauliflower resembles rice. Heat the oil in a large non-stick frying pan and add turmeric, salt, and pepper. Tip the rice into the pan and saute over medium heat, stirring regularly for about 10 minutes. Add salt and pepper to taste. When cooked, add the chopped cilantro. Divide into 6 equal portions.





## Steamed Broccoli

**Serves 6**

### Ingredients

- 2 heads of broccoli
- 6 cloves garlic
- salt to taste

### Method

Cut the end of the broccoli and cut the curly head into florets. Peel the stems with a peeler and chop them into chunks. Place into a large pan with about 1cm of water in the bottom. Sprinkle the garlic over the broccoli with a good grind of salt. Place over high heat and bring to a boil. Steam with the lid on for about 8-10 minutes or until the broccoli is bright green and tender. Make sure the broccoli doesn't steam dry. Remove from the heat and immediately plunge into a bowl of iced water. Portion into 6 even portions.

## Sauteed Spinach

**Serves 6**

### Ingredients

- 1200g baby spinach leaves
- 6 cloves garlic
- salt and pepper to taste

### Method

Place spinach into a large saucepan and sprinkle over the garlic. Season well with salt and pepper. (You may have to do this in batches). Cook for about 5 minutes until the spinach has completely wilted. Squeeze all the liquid out with the back of a spoon or using your hands wearing rubber gloves. Bunch the spinach and slice into 6 even portions using a sharp knife.





## Green Salad

**Serves 6 (or eat it all at once!)**

### Ingredients

- 600g mixed salad leaves
- 1 cucumber, peeled, core removed and diced
- 3 sticks celery, finely diced
- 150g green beans, ends trimmed and finely chopped
- 2 tbsp garden peas
- 30g curly parsley, very finely chopped
- 6 mint leaves, finely chopped
- 1 lemon, cut into wedges
- Drizzle of agave nectar
- Sea salt

### Method

Steam celery and green beans for 3-5 minutes with the peas until bright green. Plunge into a bowl of iced water to stop them from cooking. Place everything in a large bowl and toss together. Before serving, sprinkle over a tiny drizzle of agave nectar, a squeeze of fresh lemon juice, and sprinkle with sea salt.





## Chopped Green Salad

**Serves 6**

### Ingredients

- 1 cucumber, deseeded and chopped
- 4 sticks celery, chopped
- 10 radishes, chopped
- 100g steamed broccoli, chopped
- 100g steamed green beans, chopped
- 100g steamed asparagus, chopped
- 200g green salad leaves

### Method

Mix everything well in a large bowl and store in an airtight container in the fridge. Snack from this box anytime you feel a hunger craving! Season with any of the free condiments below.

## Baked Cauliflower

### Ingredients

**Serves 6**

- 3 large heads of cauliflower, outer leaves, and stalk removed
- 3 tsp garlic powder

- 3 lemons, juiced
- 2 tsp cayenne pepper
- 3 tbsp nutritional yeast
- salt and pepper to taste

### Method

Slice the cauliflower in half down the middle, and place it on a clean work surface, flat side down. Drizzle the lemon juice equally among the six halves and rub it gently using your hands. Sprinkle with the garlic powder, cayenne, and nutritional yeast, using your hands if necessary to spread the seasoning. Finish with a liberal grind of salt and pepper. Place a sheet of non-stick baking paper on a large baking sheet and sprinkle it with salt and pepper. Place the cauliflowers flat side down on the baking sheet.

Bake at 200°C/425°F for 30-45 minutes or until tender. To test for tenderness, push a sharp knife into the center of one of the cauliflower heads.



## Roasted Cauliflower

### Ingredients

#### Serves 6

- 450g cauliflower, cleaned and cut into florets
- 1 tsp ground black pepper
- 4 tbsp nutritional yeast
- 2 tsp garlic powder
- 1 tsp cayenne pepper (ground)
- 1 tsp sea salt

### Method

Place the cauliflower florets into a large rimmed baking dish. Sprinkle over the salt, pepper, nutritional yeast, garlic powder, and cayenne pepper. Toss well with your hands until all the florets are coated. Add a little water if needed. Bake in a preheated oven at 220°C/425°F for about 15 minutes. Take out of the oven and gently toss, then cook for another 10 mins or until tender and golden.

## Steamed Greens

### Serves 6

- 600g broccoli
- 600g asparagus
- 600g green beans
- 6 cloves garlic, roughly chopped
- salt to taste

### Method

Using any or all of the above, remove the stalks and place the greens into a large saucepan with about 1 cm of water. Sprinkle with salt and throw over the garlic. Place on a very high heat and bring to a rapid boil with the lid on. Steam like this for about 5 minutes until tender and bright green. Remove from the heat and run ice-cold water into the saucepan to stop the greens from cooking further. Blot with kitchen paper to remove the excess water and store it in the fridge. Alternatively, eat immediately when hot without flushing with cold water.





## Refeed Day

### Refeed Day Baked Sweet Potato Fries

**Serves 1**

#### Ingredients

- 1 tbsp vegetable oil
- 250g sweet potatoes, peeled and cut into ¼" strips
- 1 tsp salt
- 2 tsp paprika
- 2 tsp onion powder
- 1 tsp garlic powder
- Pinch of dried thyme
- Pinch of dried oregano
- Pinch of freshly ground black pepper
- Pinch of cayenne

#### Method

Place sweet potato into a large bowl. Fill the bowl with cold water and soak for 30 minutes. Drain, and thoroughly pat dry with paper towels. Return to your dried bowl.

Preheat the oven to 220°C/425°F. Coat a large rimmed baking sheet with 1 tbsp vegetable oil. Add the salt and spices to the sweet potatoes and toss well to coat. Place on the prepared baking sheet in a single layer without any overlap. Bake for 25 minutes, tossing halfway through, or until fully cooked and golden brown. Transfer to a large bowl and add a sprinkle of salt to season. Serve immediately.



## Healthy Peanut Butter Mousse

**Serves 1**

### Ingredients

- 50g firm tofu
- Pinch salt
- ¼ tsp vanilla extract
- ¼ tsp liquid stevia
- 45g peanut flour
- 100ml almond milk (unsweetened)

### Method

Cut tofu into 4 pieces, and between 2 paper towels, press out as much liquid as possible. Add all ingredients to a blender and blend until a smooth thick mousse-like consistency (scraping sides if necessary). Pour the mixture into a glass. The mousse can be served straight away or covered with plastic wrap and stored in the refrigerator.

## Protein Ice Cream

**Serves 6**

- 1-2 heaped scoops Protein Works Wondershake
- 2 ice cubes
- 75ml water

### Method

Place the protein powder, water, and ice into a blender and blend on high speed until the ice is completely broken down. Add more water little by little until a soft ice cream texture is achieved.

## REFEED DAY VS. CHEAT DAY

**In this program, you will have one higher carb refeed meal a week. But, remember, it is not a free-for-all binge day.** During an intense shredding period, it is helpful to have a higher calorie and carb refeed day to maintain leptin levels and boost the metabolism. The carbs keep leptin levels high and keep the metabolism roaring along. The refeed day is also mentally beneficial, to feel like there is a bit of a break in the shredding regime and a moment to relax the nutrition slightly while still staying on plan. It replenishes you and literally 're-feeds' you after a period of depletion. It is tracked, measured, and calculated strategically. It is an increase in calories for something very specific, and you are in total control during the meal. In the programs, we always call this higher carb day a **refeed day**. Despite this, we need to correct many group members who refer to it as a cheat day. **It is not a cheat day.**

The definition of the word cheat is "to deceive or practice deceit." I can hazard a guess that the members who use the phrase 'Cheat Day' have tried it in the past and with not much success. When we have a cheat day, there is shame and failure around the food we are 'cheating' with.

We think that since we are being bad and cheating on our diet, we may as well go all out and binge on high-calorie junk or sugar and anything we want. Then we feel our own shame and judgment for going so far off track, and we mentally torture ourselves all day. The next day, we decide to undereat or over-exercise in an attempt to make up for our 'bad behavior' and 'lack of discipline', and then we repeat the same unhealthy behavior patterns for the next cheat day and the next. Cheat days are also almost always unplanned and untracked, and we are not in control in the midst of them. Many people even enter a trance-like state





during a cheat because the meals are so overly-palatable (greasy, fatty, or sugary), and portions are massive. There is no strategy to them, and we are usually full of excuses for why we must continue eating this way for the rest of the day. It's easy at that point to chuck it in the "f\*ck it!" bucket. As I like to tell my members, this is akin to getting a flat tire and then jumping out to slash the other three just because the one went flat. The food here is not even the problem, though—the mentality and behavior are.

I could take one meal plan and call it a refeed day. A refeed day implies that the food serves a purpose; it will be beneficial to your mind, muscles, and metabolism. You feel good, you enjoy the meal, and you suffer no repercussions from that meal. I could take the same exact meal plan and call it a cheat day. Immediately, it feels a bit shameful even before you sit down to enjoy it. You already feel less disciplined and may even question your ability to follow a plan at all since cheating is involved. These very feelings cause most of the problems with a cheat day and lead to bingeing behaviors and eventually lower self-worth.

Let's stick to the term **refeed day**. Once a week, plan to relax, replenish, and refeed your body but stay within your goal. Cheat days may fuel you psychologically in the moment, but they do nothing else to benefit you emotionally, physically, or metabolically short-term OR long-term. And they have no place in your body transformation journey.



## CRAVINGS ARE INEVITABLE, BUT TRY NOT TO BINGE!

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

It also causes the body to crave fatty, sugary foods as a way to replenish fat stores. This can also be true when you get down to super low percentages of body fat for the stage. Your body gets super depleted and starts signaling like crazy for more calories. It's basically fighting you as it doesn't want to be down to very low percentages because that is the perceived "danger zone".



Your body does not know that you plan to stand on stage in a sparkly thong in a few weeks. All it knows is that you're getting dangerously low in reserves, and it wants to build them back up again. This is why it signals desperately for you to fill it back up again with high-calorie, sugary, fatty foods.

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



# SUPPLEMENTS

**NOTE: Make sure you are searching for supplements that are labeled 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! All the supplements in this program are optional.**

Athletes are always looking for that 1% competitive edge for superior results. Bodybuilders, Triathletes, Olympians, and Professional athletes all supplement. While yes, we may not be quite at that level, in this program, we are now placing higher demands on our bodies than we ever have before. As athletes chasing greatness, we need to emphasize 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!

Here is a list of my favorite supplements for muscle repair, fat burning, and general health. I 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.

**NOTE: For the final week of this program, there is an optional Peak Week supplement schedule. Please see the Peak Week section for more details.**



# MUSCLE BUILDING AND REPAIR

## THE ESSENTIALS

**PROTEIN POWDER** is convenient to achieve 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 to 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 the **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 cannot purchase this one for any reason, you can choose another one. **Just be sure you get 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!

### PROTEIN WORKS WONDERSHAKE MACROS

Serving size:	25g
Calories:	94
Carbs:	1.9g
Fat:	0.8g
Protein:	20g

**My favorite protein company is The Protein Works Use code TSV50 to get 50% off your order or TSV55 to get 55% off orders over \$100/£80.**

**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, and break down fat cells. L-Leucine assists in 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 maintain the gut barrier function, intestinal cell proliferation and differentiation, and generally reduces the symptoms of leaky gut or irritable bowel.

**Take 5-10g post workout and before bed.**

#### **OPTIONAL:**

**BRANCHED CHAIN AMINO ACIDS (BCAA)** is considered the perfect supplement for people looking to put on muscle, but more so, people looking to shed some body fat while 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 reduce tiredness, significantly boosting 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.

**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 greatly benefits short-duration, high-intensity exercise.

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

## **FAT BURNING**

**CAFFEINE TABLETS** help 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. You can usually just cut the caffeine out again at the end of the shred with no side effects. Contrary to what you might think, there is usually no withdrawal period.

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

**ALPHA LIPOIC ACID** is a unique antioxidant that dissolves in both water and fat, allowing it not only to recycle vitamins C and E but also to do the work of other antioxidants when the body is deficient in them. ALA 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. Taking an ALA tablet with food shuttles more of the food into muscle and away from fat cells.

**Take 300-600mg capsules before each large meal.**





## GENERAL HEALTH

### THE ESSENTIALS

**VITAMIN B COMPLEX** 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 the RDA of each of the B Vitamins. **Take 100mg per day.**

**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 plays a vital 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 of Magnesium preferably before bed.**

#### OPTIONAL:

**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.**



### **DIM- DIINDOLYLMETHANE (DIM)**

is a molecule commonly found in broccoli that acts as an aromatase inhibitor. This supports a healthy estrogenic balance in the body and something women should 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 could benefit from supplementing with DIM. If you also want to manage estrogen and promote healthy 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, other supplements are available that contain Sulforaphane derived from **broccoli**

**sprouts**. Sulforaphane is directly involved in supporting liver detoxification and aiding hormone balance, similarly to DIM, but it does not metabolize 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, you may 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.

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

# TRAINING OVERVIEW

## TRAIN LIKE AN ATHLETE

**F**or my 2018 Miami Pro competition, I was ripped to the bone with striations and veins everywhere and the leanest that I had ever been in my life. In fact, I was so lean that when planning my future shows, I actually had to make the decision not to follow the same show prep protocols again. This may sound confusing, considering I achieved great success in that show. But I didn't want to come in as lean in the future (for fear of being moved up a category). If I kept standing on stage looking as shredded as I had in 2018, with the amount of muscle that I had built, I would've been moved up to Toned Figure

or Athletic which I would not have been prepared for as the posing suits and posing routines are different. But, if you want to get super ripped? This is the program to do it. you fall into a comfort zone and the workouts are no longer challenging, you will plateau. It's important in this program that you use all available forms of progressive overload, to make the biggest gains possible. Progressive overload requires a certain degree of personal honesty. Could you have performed more reps? Added more load? Done another set? If the answer is yes and you chose not to, you're only cheating yourself.



In The Ultimate 12-Week Shred, we will be training for what the judges look for in a bikini athlete. There will be a heavy emphasis on glute, hamstring, and shoulder development to sculpt the ultimate hourglass physique. Bikini athletes create a beautifully balanced and sculpted physique by keeping a critical eye on training for symmetry. Of course, we all have body parts that are stronger than others, both physically and in terms of how they balance our bodies. But, I want you to constantly strive to train hard and pulverize your weak points. In the bodybuilding world, there is a saying that 'shows are won from the back.' Anyone can shred down and look lean from the front, but the aim of bodybuilding is precisely that—to build the body. We want to see the muscle that has been built even when someone has lost body fat.

People think pro bodybuilders have top-secret training protocols. When in reality, most bodybuilders follow basic training programs but with extreme dedication. Since beginning my bodybuilding journey, I've stuck with a basic training program and found great success. Over the past six years, I have put all my energy into progressively training with higher resistance and pushing my body to the brink each session. But, when it comes to the actual exercises in the training programs I have completed, the biggest thing that has transformed my physique is consistency in training each week. **Over the next twelve weeks, I want you to aim for consistency over perfection if you are to sculpt the ultimate physique.**



**T**here are **THREE** plans for this training, **Gym, Home Gym, and Minimal Equipment Home Training.** The minimal equipment home plan will give you a tough, effective workout. But 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. While the training in this program is based on my Miami Pro competition prep, please rest assured that I have designed it so that ANYONE can complete this program, whether an experienced gym-goer or a complete newbie.

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# SCULPTING YOUR BIKINI BODY

## HOW DOES STRENGTH TRAINING BUILD MUSCLE

Muscle growth or muscle hypertrophy is an increase and growth of muscle cells. Hypertrophy refers to an increase in muscular size achieved through exercise. If you want to build muscle and improve muscle definition, lifting weights is the most common way to increase hypertrophy. It has taken me six hard years of muscle building to build the physique I have today. This equally surprises and disappoints people. They are surprised by what I have been able to achieve in such a short space of time. But it is also disappointing news for those who want to see instant results. Most beginners can expect noticeable muscle hypertrophy within twelve weeks of starting a new strength training routine and more experienced lifters within as little as three to four weeks. Remember, nothing worth having comes easy; muscle building is a lifelong process.

Muscle growth is dominated by three main mechanisms, **muscle damage, mechanical tension, and metabolic stress**. We will use all three to superpower our bodybuilding in this program.





## THE SCIENCY BIT

The training in the gym, home gym, and minimal equipment home gym programs have been designed to work the entire body, with the strongest emphasis on the delts, glutes, and abs. There are three principles of muscle hypertrophy: muscular damage, mechanical tension, and metabolic stress. While all three training plans have been designed to sculpt the ultimate bikini body, we will use slightly different muscle hypertrophy principles in the programs to achieve this goal.

### MUSCLE DAMAGE PRINCIPLE - THE GYM AND HOME GYM PROGRAM

Exercise-induced muscle damage (EIMD) is perhaps the most commonly cited mechanism for muscle growth. The idea is that intense exercise causes damage to muscle fibers, which are then repaired post-workout. Rather than rebuilding exactly what was there before, the body rebuilds muscles to be bigger and stronger. If we wish to use the principles of muscle damage in our training, we must also consider rest and recovery. Our muscles don't actually grow during our workouts but in the rest period between sessions. Once the muscles have been given adequate rest, they can then grow in mass. With this type of training, you may feel DOMS after (Delayed Onset Muscle Soreness).



### MECHANICAL TENSION PRINCIPLE - THE GYM AND HOME GYM PROGRAM

Mechanical tension basically means heavy lifting. It is created by using a heavy load and performing exercises through a full range of motion for a period of time. The time the muscle spends under tension stretching or contracting from the external load (barbell, dumbbell, etc.) creates mechanical tension in the muscle. The fastest and most efficient way to cause stress is to add load and move it through a full range of motion with good form. Exercises like squats can all be performed with quite a heavy weight at a complete and large range of motion.

In these exercises, the glutes work hardest at the bottom of the rep in their lengthened and stretched position. These kinds of exercises need fewer reps as they are performed with a heavier weight. So even though the glutes are working hard, you won't feel the burn as much, even though they will exert the most muscle damage and leave you feeling the sorest, requiring much more rest between sessions.

Mechanical tension rarely burns but does create the most damage to the muscle, and you'll feel mechanical tension the most after the exercise. The gym and home gym programs focus on progressively overloading the upper and lower body with heavy load and mechanical tension to create muscle damage. We will progressively overload the muscles with more load each session and train to failure in the final sets for maximum muscle growth.

### **METABOLIC STRESS PRINCIPLE - THE MINIMAL EQUIPMENT HOME PROGRAM**

Metabolic stress is a "feel the burn" type of stimulus ***and how you will be training in the minimal equipment home program.*** Muscles grow in response to a stimulus, which metabolic stress causes by higher rep training with lower rest periods. The more stimulus you apply to the muscle, the more damage will occur, and the more fibers will be built. Exercises that cause a deep muscle burn through multiple repetitions will cause a massive amount of metabolic stress. These types of exercises usually consist of short and fast movements that cause a burn in the muscles while they're in their shortened range and squeezing. A lot of reps can be performed, and you will really feel your muscles being activated. This creates metabolic stress and cellular swelling, which causes a muscle pump.

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. Lactic acid is released into the muscle during the short and fast reps, and you will feel a huge burn. Metabolic stress causes muscle hypertrophy through the fatiguing of the muscles in an exercise. When this happens, the central nervous system will recruit more motor units. This type of training produces cellular swelling that pumps the muscle up. You will feel the sorest during the actual workout, but once it's over, you won't feel much. The minimal home program is designed to cause a lot of metabolic stress to the muscles, causing maximum damage throughout the training sessions, rather than inflicting a huge amount of damage in one hard and heavy session.



# TRAINING TO FAILURE

**W**hatever training programs you decide to use, I need you to train to failure in the final reps of your final sets to recruit more muscle fibers and stimulate more growth. When you train to failure, you will build muscle in the forced reps, half reps, and final reps once you push past failure. That's all that's needed! If you don't reach failure, you're not going to actually build any muscle!!

One of the biggest mistakes I see women make whenever they train in the gym is not going to **total muscle failure** in their final set. Your muscle only has a reason to grow if you give it a reason to grow. If you always work within the range that you have right now, you will never progress. You need to push as hard as you can in your final set, reaching true muscle failure to make your muscle grow. The ONLY reps that build muscle are the final reps in the final set. Everything before this is a warm-up.

## WHAT IS MUSCLE FAILURE?

Muscle failure means that your body has recruited every single muscle fiber that it possibly can to shift a certain weight, and it literally cannot recruit any more. If you still have more reps, keep going, even if only half reps. As long as your body part can still move and complete the rep, you haven't reached failure. You should distinguish between two things: muscle failure and mind failure. Your mind will give up way before your muscles will.



## THE 3 TYPES OF MUSCLE FAILURE

There are three types of muscle failure that you need to understand to really make use of this concept.

**The first type of failure is form. The second is failure on the positive, and the third is failure on the negative.**

### 1. FAILURE ON FORM

Most people stop when their form starts to fail. They think that keeping perfect form is of paramount importance, and as soon as they stop being able to perform “perfect” reps, they stop. This is the biggest mistake new, and experienced gym-goers make. It is perfectly acceptable to “safely” loosen your form once you start to fail on form, which is usually in the final set. My final set rarely has perfect form after the first 1 or 2 reps. As long as you’re getting a full stretch and full squeeze, it’s fine to rock, swing, or allow your knees to cave slightly in the final sets.

### 2. FAILURE ON THE POSITIVE

The second type of failure is on the positive part of the rep. After your form has loosened, you start to grind out the final reps. You do everything you can to move that load. In the gym and home gym program, this is where a spotter comes in handy as they start to assist those positive reps, keeping the momentum going. The positive portion of a rep is where

you are pushing the load (e.g., on a squat, it’s when you are pushing back up). The spotter should assist your positive pushing part of the rep but should not assist the negative part. You must control the negative as much as possible.



### 3. FAILURE ON THE NEGATIVE

This is the last type of failure when the muscle has truly failed. You will feel this most acutely on an exercise such as a cable barbell curl or triceps pushdown. You can swing the bar up or push the rope down using momentum, but when you fail to control the movement of the bar back to its original starting point with control, **you have failed**. It can be dangerous to fail on the negative if you don't have a spotter for a big compound exercise such as a squat, so always ensure safety first and foremost. But aim to get all three as much as possible in every exercise and every workout.



## TRAINING TO FAILURE IN YOUR FINAL SET

In the early days, I would think I trained hard. I would follow training programs to the letter, and if the program said 4 sets of 10-12 reps of lying leg curls, that is exactly what I did! And when I got to 12 reps in my final set, I would stop even if I still had more in the tank. That is the worst possible thing you can do because when you're training, you want to try and recruit as many muscle fibers as possible. Stopping short in your final set, when your muscles are capable of moving even slightly, is not allowing that to happen.

## DON'T STOP WHEN YOU REACH THE RECOMMENDED REP RANGE

The final set of an exercise is where the muscle grows. It's only when the pain starts that you start to put that muscle to work. I used to think that whenever I got sore or uncomfortable, that was when I should stop. I didn't understand the extent to which you had to go to break and tear through muscle fibers. If you want to build muscle, you need to not stop when at the recommended rep range. If you have more reps in the tank, you keep going. In the final reps of your final set, I want you to go completely to failure until you cannot move your body part one more inch. If you are performing the gym or home gym program, and your final set is feeling too easy, then that is a sign that you should be using more load, and you need to increase your weight. If you are performing the minimal equipment home program, and your final set is feeling too easy, then that is a sign that you should be using more load by performing a harder version of the exercise or increasing the resistance of your band. To build muscle in this program, you must push your body to its limit and beyond.







## PROGRESSIVE OVERLOAD

Progressive overload simply means that to get bigger and stronger, you must continually make your muscles work harder than they're used to. That often means increasing the resistance (otherwise known as weight), but that is not the only way to increase the overload.

Whether you choose the gym, home gym, or minimal equipment home training plan, we will be applying the principles of progressive overload.

### 1. LOAD IS KING

Probably the most obvious way to increase the demands you place on your muscles is to increase the load (weight) you use, whether it be weights, resistance bands, or body weight. In the gym and home gym program - For example, if it's a 10kg barbell that is relatively easy when doing bicep curls, try increasing the barbell to 15 and then 20kg in subsequent sets.

In the minimal equipment home program - If it's a resistance band that you are using for shoulder press, when the level of resistance band becomes less challenging, choose to use a band of harder resistance. If it's a bodyweight exercise, aim to perform the hardest option of it, where your body will feel at its heaviest, or add any weights available to it that you can.

Remember, there's an inverse relationship between load and reps, so when you increase the load, your reps will fall to some degree. That's OK because soon enough, you'll get stronger with that load and be able to repeat the cycle over again.

## 2. INCREASE YOUR VOLUME IN REPS OR SETS

If you are maxed out on the weight you can lift, add more reps to overload. Never stop a movement when you reach an arbitrary rep count. Keep going until you can't complete any more on your own with good form. You must hit concrete muscle failure in the final set of every exercise.



### **In the gym and home gym program -**

To maximize your muscle-building efforts, the point at which you end your set should be in the 8 to 12 rep range. In the gym and home program, there is an expectation that you are going to have access to heavier weights, so when you reach 12 or 15 reps, you should increase the resistance rather than simply trying to do more. Your reps will come down, but it'll keep you in that ideal range for hypertrophy.

### **In the minimal equipment home program -**

To maximize your muscle-building efforts, the point at which you should end your set is the 15-20 rep range. In the minimal equipment plan, there is an expectation that you don't have access to weights, and instead are using bodyweight and resistance band exercises to apply more stimulus to the muscle. With this plan, we need to perform higher repetitions to cause more stimulus and create more metabolic stress, so more muscle fibers will be built. We are chasing a high rep count to really feel your muscles being activated and pumped.



### 3. DECREASE YOUR REST TIME BETWEEN SETS

Lastly, to progressively overload, you can decrease the amount of time you rest between sets, asking more of your muscles and giving them less time to recover. This allows you to do the same amount of work in less time, forcing your body to become more metabolically efficient in weightlifting. In all three training programs, we will apply this principle in the superset finishers of each strength workout. Rather than waiting until you are fully recovered between sets, a superset is where you move quickly from one exercise to a different exercise without taking a break for rest in between the two exercises. It's a great way to overload at the end of a training session!





## THE SUPERSET TECHNIQUE

Taking inspiration from my Miami Pro 2018 training plan, we will be using supersets at the end of each strength training workout to get absolutely shredded. Supersets are a great way to maximize your time at the gym, while the weighted cardio aspect helps burn fat and can improve athletic performance.

**A superset is a form of strength training in which you move quickly from one exercise to a different exercise without taking a break for rest in between the two exercises.**



At the end of each strength training session, you will be performing specific bodyweight or weighted exercise supersets, chosen to add an extra fat-burning and time-saving cardio aspect to your training. While we are still considering the supersets as part of the strength training workouts, they will increase your heart and breathing rate due to little to no rest between exercises. This elevated heart and breathing rate has the benefit of improving the function of the cardiorespiratory system (heart and lungs) while still strengthening the muscles.

The standard form of superset training involves combining two moves, where you do a set of the first exercise, then go straight into a set of the second, then rest before going back to the

first exercise and continuing that pattern until you've completed all the specified sets.

The practice of supersetting body parts was quite common a few decades ago, and its greatest proponent was none other than Arnold Schwarzenegger.

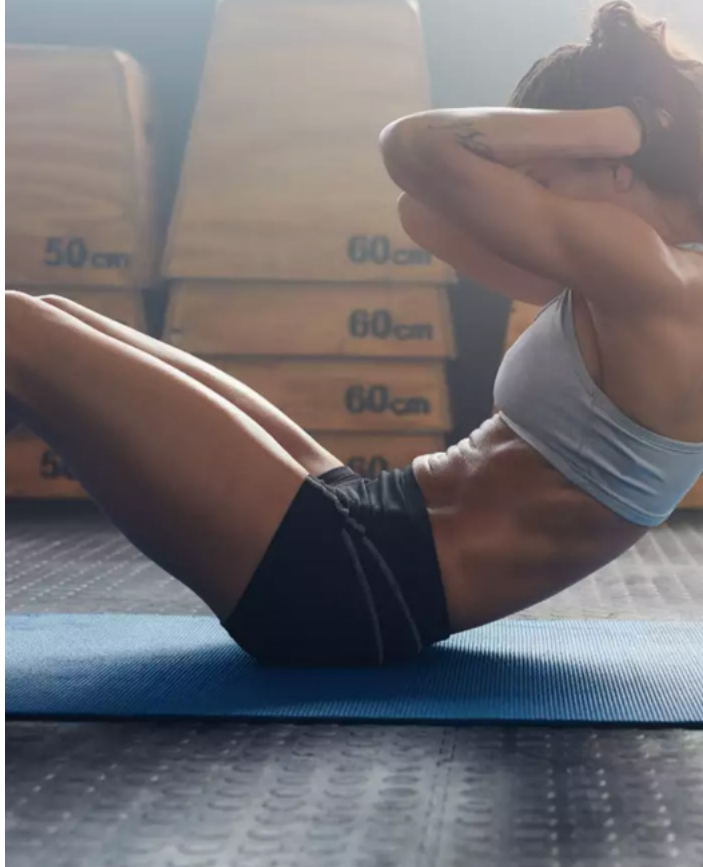
Known for his unmatched intensity, Schwarzenegger was always devising ways to crank up the volume of his workouts. By employing supersets, he found that he could maximize his effort without maximizing his risk of injury. Despite his workout intensity, Schwarzenegger never suffered a major injury in the gym. I love this quote from Arnie -

***"A well-built physique is a status symbol. It reflects you worked hard for it, no money can buy it. You cannot borrow it, you cannot inherit it, you cannot steal it. You cannot hold onto it without constant work. It shows discipline, it shows self-respect, it shows patience, work ethic, and passion. That is why I do what I do."***  
**Arnold Schwarzenegger**



## **ABDOMINAL TRAINING**

**You will be training abdominals three times a week,** twice within the strength training sessions and once in the follow-along Tabata circuit session. We are going to use the principles of metabolic stress to create this sustained contraction style training. In the strength training workouts, you will get to choose the exercises from the abdominal workout playlist, while in the Tabata circuit, you will be coached through the abdominal exercises.



Each ab exercise has been specifically selected as they are scientifically proven to cause high levels of abdominal activation. In the past, I have not included abdominal exercises in my strength training programs, as you have already been working the abs in your big compound movements such as bench press, squats, and deadlifts. I also personally did not train abs when I was a bikini athlete or nor do I train them now. But, I do understand that many members of my community simply love to do abs, and I am always giving my customers what

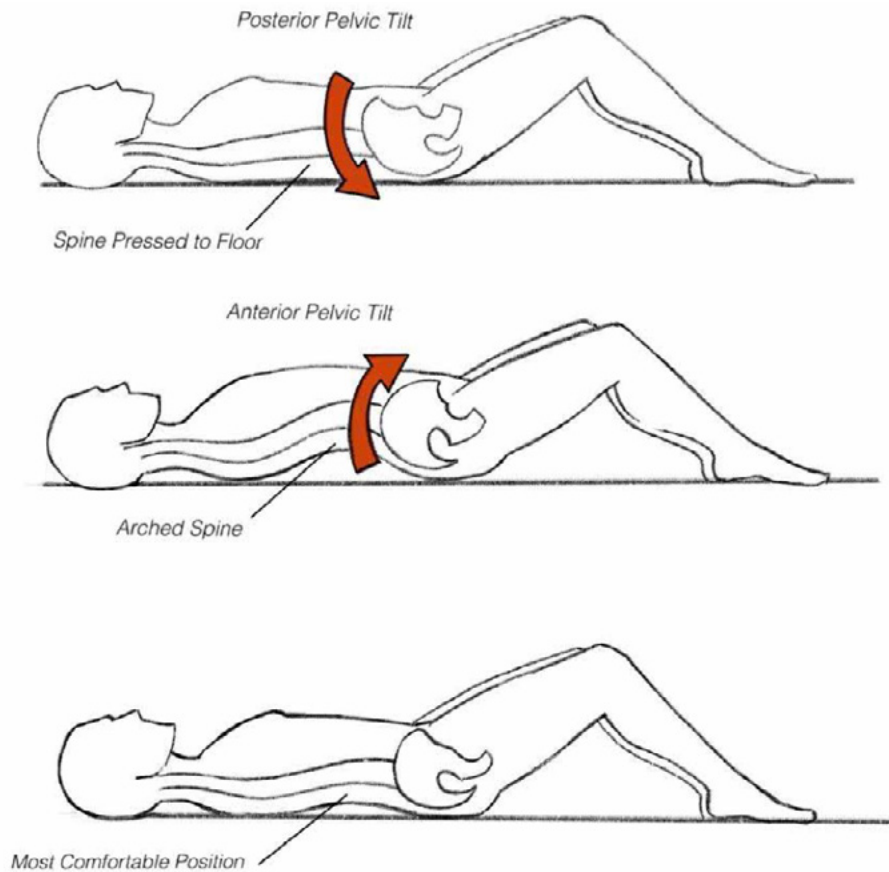
they want. If you feel hesitant about training your abdominals because I have advised not to in the past, let me reassure you that the abdominal exercises you will be performing in this plan will **NOT** make your abs any bigger. We will use high volume (more reps) that don't add mass. We will not be using any weighted exercises which could increase the size of the muscles.

## THE ABC'S OF AB ACTIVATION

The abdominal muscles are made up of a majority of slow-twitch, type 1 muscle fibers, which respond best to time under tension exercises. We will use the principles of metabolic stress to create this sustained contraction style training. When it comes to training our abdominal muscles, activation is important. In each exercise, I want you to focus on your alignment, breathing, and contraction to get the best results from this plan.

**1. ALIGN** - Maintaining a neutral spine during abdominal exercises will help activate the most abdominal muscles while creating stabilization and preventing back injury. When lying on your back a neutral spine is your halfway position between your spine being pressed completely flat into the floor and the spine is at its maximum arched position. Try tilting your hips backwards and forward until you find your halfway neutral spine position. For the benefit of some exercises, we will press our spine into the floor using a posterior pelvic tilt. This will be explained in the instructional demonstration videos.





**2. BREATHE** - While breathing is our most natural process, it is something I see people ‘forget’ to do when performing abdominal exercises. Holding your breath in does **NOT** hold your abdominal muscles in. Think of your lungs like two big bellows and use full deep breaths to breathe into them and pump air fully around the body.

- **INHALE** on the easiest part of the movement
- **EXHALE** on the hardest part of the movement

### **3. CONTRACT** - The Vagina Smoothie Sucking Technique

This is Kim’s coaching tip for how she activates her transverse abdominis correctly.

HOW TO DO IT:

- **IF YOU ARE A WOMAN**, imagine that you are sucking a smoothie through a straw using your vagina.
- **IF YOU ARE A MAN**, you can imagine you are trying to stop pee in mid-flow.

This activation technique keeps the transverse abdominis engaged the entire time through any exercise and means that it will never pull weight into your back. For maximum ab contraction, also think about pulling your navel to your spine.

## TABATA TRAINING

**On the sixth day, you will perform a follow-along 30-minute full-body bodyweight**

**Tabata circuit.** Tabata is a type of high-intensity interval training or HIIT. More specifically, it's a 4-minute workout during which you do eight rounds of 20 seconds of work using maximum effort followed by 10 seconds of rest.

I appreciate how tired you will feel after five days of resistance strength training. The 30-minute follow-along bodyweight Tabata circuits are a great way to still progressively overload the body but the shortest and most effective workout time frame. Each Tabata workout will consist of a warm-up, Tabata circuit, and cool-down. Tabata training is a time-efficient way to boost metabolism, build muscle strength, and boost cardiovascular fitness.

### TABATA TRAINING OFFERS MANY BENEFITS:

- Boosts metabolism
- Time-efficient
- Boosts muscle strength (anaerobic fitness levels)
- Boosts cardiovascular fitness (aerobic fitness levels)
- Increases lean muscle mass
- Raises heart rate





## WHY ARE PULL-UPS SO HARD?

A common struggle I see from women in the private groups is that they are frustrated that they cannot perform a pull-up. They feel like the exercise is impossible and that they will never be able to achieve even one rep. If this is you, please let me reassure you that pull-ups are commonly known as one of those hard-to-master exercises. Let's take a minute to acknowledge that when performing a pull-up, you are literally lifting your whole body weight up and down with only your upper body. For example, If you weigh 135lbs, when performing a pull-up, you are trying to pull 135lbs up and down using just your arm and back muscles. So If you don't already have significant strength there, doing this can be quite a challenge. But, this is not a reason to give up!

Both pull-ups and chin-ups are a staple of my training routine, as well as this program. While hard to master, once you do, they really are one of those exercises that everyone is so impressed by and has the whole gym looking at you for all the right reasons. Over my years of creating programs, I have seen so many people try and fail to be consistent in achieving a pull-up. I will see the members in the private groups comment that they attempted it a couple of times (sometimes only once) and find they can't do it, label it 'too hard', and never try again.

While the pull-up exercise itself appears pretty simple, it is not easy. It can feel so hard because many primary and secondary muscles have to work together to make the movement happen. But a pull-up can be achievable for even a beginner. You just need to use long looped resistance bands for assistance. Start with a resistance band that gives a lot of support to the movement of the exercise, and then as you grow stronger, decrease the band assistance until you can eventually do one unassisted.



**T**he pull-up is one of the best exercises for increasing the size and strength of your upper back and arm muscles while developing your core. It is a compound exercise as it involves multiple muscles working together at once. In a recent comparison study of muscle activation in the pull-up exercise, interestingly, it highlighted that the most activated muscles were the abdominals! Then listed in order of activation are the biceps, latissimus dorsi, and the middle and lower trapezius muscles.

The pull-up and chin-up are great strength-building exercises, and I have incorporated them both into this training program. The main difference between a pull-up and a chin-up is the hand placement. The pull-up has a pronated (overhand grip) where your palm is facing away from you and on top of the bar. The chin-up has a supinated (underhand grip) where your palm is facing you and wrapping under and around the bar. The different hand positions cause different combinations of muscles to be used in each exercise. So which is easier: the pull-up or the chin-up?



Generally, lifters will find that the chin-up is easier than the pull-up. The chin-up has higher biceps brachii activity, and the shoulder-arm-forearm complex can be utilized slightly better than in the pull-up. Naturally, people tend to have stronger biceps and lats when beginning their lifting journey to help them execute a chin-up. Whereas there is a wider range of muscles used and strength required to perform a pull-up.

Put simply, improving your chin-up will help improve your pull-up and vice versa, so you will actually be progressing in both exercises in this plan. It's a win-win! Over the next twelve weeks, set a goal of even one unassisted pull-up or chin-up. Commit to the process, show up, and do not give up. Because nothing feels more badass than when you accomplish one.

## **WHY DO I NOT TRAIN ABS?**

I openly state that I never train abs. This is because the majority of strength training exercises that I do, like squats, deadlifts, bench presses, or shoulder presses, are already engaging and strengthening my abdominal muscles. When I competed as a pro bikini athlete, the requirement was to have a lean stomach and defined waist but with no chunky shredded six-pack abs. The reality is that directly training abdominals with weighted exercises can make the waist appear chunkier; this is why most bikini competitors don't train their abs.

While this program replicates a bikini athlete's training for the competitive stage, we do not have to worry about actual bikini athlete stage criteria. We added abdominal exercises to the training plans because most members love training abs. The ab exercises you will perform will be bodyweight exercises, so please rest assured that you will be building muscle without adding any bulk to your waistline.

## **THE REALITY OF TRAINING ON DECREASED CALORIES**


When people first start resistance training, many naively expect their progress to be an upward trajectory of weight increases and strength gains each session. In the private groups, I see many members panic at their first experience of a 'bad' training day, where they may have been physically tired or a bit mentally fatigued and just haven't been able to push themselves as much as usual.

For an experienced trainer, having a bad workout is very much an accepted part of a regular training routine. Some days you have great sessions with new personal best lifting records, but most days, you just have okay sessions. You will also have some terrible ones where nothing has gone to plan. But, you know that there is no such thing as a bad workout because each session is another session done. Body transformation comes from the consistency of sessions, not from them being perfect ones.

In this program, the reality is that you will make the most strength gains and feel like you have the best training sessions towards the beginning of the program, simply because you are on the most calories. Food is fuel! And, you will physically feel the benefit of these calories in your training sessions in the first couple of weeks, experiencing the most progression in your resistance increases and hitting new numbers with personal bests.

**B**ut, as the weeks go on, I need you to prepare yourself that as your calories decrease, you might start to see your strength gains slow down and even plateau. This can be quite demotivating, which is why an experienced trainer doesn't rely on motivation to train but instead on discipline. As calories decrease, you will physically have less fuel for your sessions and mentally feel fatigued. I remember countless times feeling like I was dragging my body around the gym floor and constantly bursting out in tears on the Stairmaster over how tired and hard it felt to simply move my body. But, you know what? When the tiredness, pain, and tears kick in, this is when the women get separated from the girls. You will have to dig deep and get the sh\*t done.

I want to reassure you that if, towards the final weeks of the program, you feel that your resistance numbers are not increasing and you are only making incremental strength gains, if any, it's okay. As long as you are giving the most that you physically can to each training session and pushing to failure in your final sets, even if it is not as hard as you have been able to go at the very beginning of the program, you will be making progress. Just make a promise to yourself not to let yourself off the hook. Each session, show up, give it your all, and accept it as another session ticked off and another step closer to the finish line.



**DISCIPLINE IS DOING WHAT  
NEEDS TO BE DONE, EVEN THOUGH  
YOU DON'T WANT TO DO IT.**



## TRAINING ON YOUR PERIOD

Time and time again, the same question keeps popping up in the private groups, “Should I train while on my period?” While I appreciate that some women reading this may be in menopause, and this advice may not apply, I really wanted to clear up any confusion around this question once and for all.

**The answer is YES! You should train while you are on your period.**

Honestly, if I decided not to train and take to my bed every time I was on my period, do you think I would have achieved even a quarter of what I have achieved with my physique or business? I genuinely find it ludicrous to think that for 4-7 days out of a month, a woman may not train just because she is on her period.

That’s 48-84 days out of the year that you aren’t training, on top of other days off that will strike unexpectedly due to illness or other things out of your control. That is not how you build a bikini body! Will you be potentially more tired? Yes! Will you potentially not have the

best session? Yes! But, at the same time, I have had some of my best training sessions and hit new personal bests in lifting records while on my period. It always makes me think, what if I had decided not to train just because I was on my period. I would have missed out on those great sessions and achievements. When I was regularly training with Mark Getty, I also knew if I was to message him and say, “Sorry, I can’t train today. I am on my period.” He would have told me to “Wise the f\*ck up” and get my ass into the gym.



I always hear women throw around the term, “Oh, I am listening to my body.” If I listened to my body every day, I literally would never train. Most days, I train hard and heavy in my home gym, ride my four horses, and hit 25-30k steps. I aim for 8-9 hours of sleep most nights so that my body does get a chance to recover. I still can wake up most mornings feeling tired, sore, and like I would love to stay in bed for longer. But, I get my ass up and out even if my mind is screaming with excuses of how I could let myself off the hook.

**L**adies, stop aiming for the perfect training conditions. This is going to sound harsh, but listening to your body too much, is most likely why many of you are unhappy with your current physiques. While I appreciate that some women really do experience pretty debilitating periods, the truth is that the majority of women don't. Our bodies always feel better after exercise due to the feel-good hormone serotonin that is released when we train, and personally, I always find exercising helps both ease and distract me from any stomach cramps. When you are on your period, it is not time to stop. It is time to pull up your big girl pants and get on with it. Annoyingly, I was actually on my period for many of the shows I competed in and photo shoots I have done. While it was a complete pain, and I definitely did not feel at my best, I didn't let it stop me. So, let's stop with the bullsh\*t. The only thing that can get in the way of training while on your period is you.

## RECOVER LIKE AN ATHLETE

### REST AND RECOVERY

From this day forward, you are now a bikini 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. In this program, you will eat and train the way professional bikini athletes do, and they require far different levels of rest AND recovery than the average person. I would even go so far as to say this is the most important part of this program because without prioritizing these two things, nothing else you follow from this program (or any program) will matter. 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 six or more hours a week, that leaves you a lot of hours every week where you're not training. That is 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 will change your body for the better.

## RECOVERY - SPECIFIC TECHNIQUES TO TAKE TO HELP 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 types of recovery** critical to their success (whether that success is their sport or their appearance, it's all the same):

- 1. SHORT-TERM RECOVERY** - this is the recovery that happens 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.
- 2. 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 your 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.

## SLEEP - THE ELIXIR OF LIFE

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 very real, and people don't take it seriously in today's fast-paced world. 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 or quality.





## REST AND RECOVERY RECOMMENDATIONS

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



## WHAT IS DOMS? (DELAYED ONSET MUSCLE SORENESS)

DOMS, Delayed Muscle Soreness, is simply that nasty feeling you get in your muscles 12-72 hours after training. It can also be called “Muscle Fever,” which quite accurately describes that weak, stiff, and yucky feeling you experience. It is something that 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. You cannot sit down on the toilet without holding the seat with 2 hands!

DOMS is basically a ‘minor inconvenience’ to training. Because of this, there is not that much literature or research on DOMS, as it remains at the bottom of the priority list for research scientists. So, DOMS is 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 feeling sore because you have damaged the muscle (in a good way of creating more muscle fibers). There seems to be a combination of factors that cause it.



At the start of a new program, DOMS can be expected. But as the weeks go on and DOMS reduces, we often get asked in the groups, “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”, where 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 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, always pushing our muscles past what they are capable of.

So while “What is DOMS?” does not have the clearest answer ever, we can focus on some methods of **how not to make DOMS worse and how to improve your 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 why your DOMS is 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 caused by training. We advise Vitamin D3 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 liters of water a day will help keep you hydrated.
- **NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)** - NSAIDS like Paracetamol, Ibuprofen, Advil, or Aspirin can be good for competitive athletes like CrossFit competitors or those who have to do a lot of competition in quick succession and need to recover quickly for a specific purpose. It is not recommended as part of a general training recovery plan.
- **POOR SLEEP CAN MAKE DOMS WORSE** - Emphasize good sleep and recovery routines. Remember, when we sleep, this is when our body repairs and our muscles grow. So say night night and get those gains!







# THE TRAINING PROGRAMS

## GYM, HOME GYM, AND MINIMAL EQUIPMENT HOME PROGRAM

### TRAINING SCHEDULE

Whether you decide to perform the gym, home gym, or minimal equipment home program...

**The training for each program is carried out over six days** - five days of strength training and one day of HIIT-style Tabata circuit training, and one day being a strength training rest day. On the rest day, you will still perform cardio, but you will not strength train. The workouts must be completed in a seven-day period. We will be using a split body part training protocol, hitting legs three

times a week, upper body two times a week, abs three times a week, and finishing the week with a follow-along full body, bodyweight Tabata circuit. Take your rest days whenever is convenient. In a six-day training plan, I like to go straight through Monday to Saturday and rest on a Sunday. However, this might not suit your schedule, so it is up to you the days you choose. Remember, our muscles only grow when they have been allowed the time to repair themselves. I want you to train hard but rest and recover hard also.

## TRAINING STRUCTURE

THE WORKOUT BREAKDOWN IS AS FOLLOWS -

Day	Focus
1	Legs (Quad focused) and Abs
2	Back and Biceps
3	Glutes and Abs
4	Shoulders and Triceps
5	Glutes & Hamstrings
6	Full Body Bodyweight Tabata Circuit
7	Strength Training Rest Day (still perform LISS cardio)

## EQUIPMENT NEEDED

### GYM PROGRAM

For the gym program, we need access to a full gym with a range of machines and equipment. A Smith machine is highly recommended. If you don't have a Smith machine, you may substitute with barbells and dumbbells. You will also need a set of ankle straps and a hip thrust pad for comfort. Long looped resistance bands are recommended if you need assistance with pull-ups and chin-ups.

### HOME GYM PROGRAM

For the home gym program, you will need a pull-up bar, dumbbells, barbells, a bench, a squat rack, and a range of weight plates. Long looped resistance bands are recommended if you need assistance with pull-ups and chin-ups.

### MINIMAL EQUIPMENT HOME PROGRAM

For the home program, the equipment you need is minimal. It is designed primarily to be done at home, and the exercise videos and equipment reflect this. If you have access to more equipment, I encourage you to use it. The more load you can add to your exercises, the better your results. You will need long looped resistance bands, glute bands of varying strengths, and a pull-up bar.

## SUPER SET EQUIPMENT

While I have recommended specific super set exercises in each of the programs, I understand that you might not have access to all of the equipment, i.e., a battle rope. This is why I have included a superset playlist in each workout, so you can choose another alternative exercise if needed.

## ACCESSORIES LIST

ESSENTIAL ACCESSORIES: GYM		
<a href="#"><u>Ankle Straps</u></a>	US Customers	\$10.99
<a href="#"><u>Ankle Straps</u></a>	UK Customers	£12.74
ESSENTIAL ACCESSORIES: GYM AND HOME GYM		
Dumbbells and Barbells (heaviest you can comfortably lift)		
<a href="#"><u>Hip Thrust Pad</u></a>	US Customers	\$14.99
<a href="#"><u>Hip Thrust Pad</u></a>	UK Customers	£12.99
ESSENTIAL ACCESSORIES: MINIMAL HOME EQUIPMENT		
<a href="#"><u>Glute Bands</u></a>	US Customers	\$15.90
<a href="#"><u>Glute Bands</u></a>	UK Customers	£12.89
ESSENTIAL ACCESSORIES: HOME GYM AND MINIMAL HOME EQUIPMENT		
<a href="#"><u>Pull-up Bar</u></a>	US Customers	\$28.24
<a href="#"><u>Pull-up Bar</u></a>	UK Customers	£35.81
ESSENTIAL ACCESSORIES: GYM, HOME GYM AND MINIMAL HOME EQUIPMENT		
<a href="#"><u>Long Looped Resistance Bands</u></a>	US Customers	\$39.99
<a href="#"><u>Long Looped Resistance Bands</u></a>	UK Customers	£29.99

\*The above UK & US links are affiliate links, which means *The Sculpted Vegan* will receive a small commission if you choose to purchase using these links. *Prices are subject to change.*



## OPTIONAL ACCESSORIES: GYM, HOME GYM AND MINIMAL HOME EQUIPMENT

I would highly recommend a pair of Cobra grips for use with barbells and dumbbells to help take the work out of the forearms, ensuring that the back, biceps, and shoulders are doing the majority of the work in exercises. I also use my cobra grips to attach myself to the pull-up bar.

<b>Cobra Grips</b>	US Customers	\$54.95
<b>Cobra Grips</b>	UK Customers	£72.67



# TRAINING PROGRAMS



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
<a href="#"><u>Leg Extensions</u></a>	4	10-12	Go to failure final set
<a href="#"><u>Barbell Back Squat</u></a>	4	10-12	Focus on squat depth
<a href="#"><u>Bulgarian Split Squat</u></a>	4	10 each leg	Hold weights
<a href="#"><u>Dumbbell Deadlift</u></a>	4	10-12	Squeeze up hard into glutes
<a href="#"><u>Dumbbell Lunges</u></a>	4	45 secs	Superset with plate squat
<a href="#"><u>Plate Squat</u></a>	4	45 secs	Superset with dumbbell lunges
<a href="#"><u>Abs Circuit</u></a>	3	60 secs	Choose any three from playlist



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ABS CIRCUIT



## DAY 2 - BACK AND BICEPS

EXERCISE	SETS	REPS	NOTES
<u>Wide Grip Lat Pull Down</u>	4	10-12	Squeeze hard at bottom
<u>Seated Cable Row</u>	4	10-12	Keep chest high & elbows close
<u>Pull Up</u>	4	10 or AMRAP	Decrease band resistance
<u>EZ Bar Cable Biceps Curl</u>	4	10-12	Squeeze bicep at top
<u>Dumbbell Bicep Curls</u>	4	10-12	Curl DB into shoulder at top
<u>Chin Up</u>	4	10 or AMRAP	Decrease band resistance
<u>Battle Ropes</u>	4	45 secs	Superset with press ups
<u>Press Up</u>	4	45 secs	Superset with battle ropes



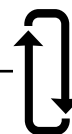
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BACK & BICEPS

## DAY 3 - GLUTES AND ABS

EXERCISE	SETS	REPS	NOTES
<a href="#"><u>Lying Leg Curl / Seated Leg Curl</u></a>	4	10-12	Full ROM in each rep
<a href="#"><u>Smith Glute High Lunge</u></a>	4	10 each leg	Don't let back toe touch floor
<a href="#"><u>Dumbbell Hyperextensions</u></a>	4	10-12	Keep chin to chest
<a href="#"><u>Cable Glute Kickback</u></a>	4	10 each leg	Don't hyperextend back
<a href="#"><u>Box Jumps</u></a>	4	45 secs	Superset with lunges
<a href="#"><u>Switching Lunges</u></a>	4	45 secs	Superset with box jumps
<a href="#"><u>Abs Circuit</u></a>	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><a href="#">Smith Machine Military Press</a></u>	4	10-12	Keep hands wide
<u><a href="#">Dumbbell Side Lateral Raises</a></u>	4	10-12	Try not to use momentum
<u><a href="#">Cable Rear Delt Fly</a></u>	4	10-12	Slight bend in elbows
<u><a href="#">Skull Crushers</a></u>	4	10-12	Keep elbows close
<u><a href="#">Overhead Cable Tricep Extension</a></u>	4	10-12	Fully extend into arms
<u><a href="#">Tricep Rope Pressdown</a></u>	4	10-12	Keep elbows close to body
<u><a href="#">Handstand Kick Ups</a></u>	4	45 secs	Superset with half burpees
<u><a href="#">Half Burpees</a></u>	4	45 secs	Superset with handstand kick ups



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SHOULDERS & TRIS



## DAY 5 - GLUTES & HAMSTRINGS

EXERCISE	SETS	REPS	NOTES
<b><u>Single Lying Leg Curl</u></b>	4	10 each leg	Squeeze glute at top
<b><u>Smith Reverse Hyper</u></b>	4	10-12	Squeeze glutes hard
<b><u>Smith Glute Bridge</u></b>	4	10-12	1 <sup>st</sup> rep pause 3 secs at top
<b><u>Smith Step Ups</u></b>	4	10 each leg	Knee nearly touches floor
<b><u>Cable Glute Kickback</u></b>	4	10 each leg	Don't hyperextend back
<b><u>Burpees</u></b>	4	45 secs	Superset with plate squat
<b><u>Plate Squat</u></b>	4	45 secs	Superset with burpees



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GLUTES & HAMS

## DAY 6 - BODYWEIGHT FULL BODY TABATA CIRCUIT

SCAN ME



TABATA CIRCUIT

### CHOOSE FROM ONE OF THE FOLLOWING TABATA CIRCUITS

#### **Bodyweight Full Body Tabata**

30 minutes

Perform a different one each week

### NOTES:

- **SUPERSET** - Superset means that two exercises are completed alternatively - you will complete one set of the first exercise and then a set of the second exercise. Repeat each alternating exercise until all sets have been completed.
- **ABDOMINAL CIRCUIT** - Choose any three exercises from the playlist for the abdominal circuit. Perform each exercise
- **BODYWEIGHT FULL BODY TABATA** - Each week, choose one of the HIIT Tabata workouts from the playlist.
- If you do not have a Smith machine, you may substitute using a barbell.
- For the reverse hypers on a Smith, these can be substituted using ankle weights and placing the feet together, if a Smith machine isn't available. Use the demo video for Frog Bench Reverse Hypers in the home program as instruction.
- This program is designed to be done to complete muscle failure on the final set. If your body can keep going, keep going!
- The workout must be completed in a 7 day period. Take rest days whenever is convenient. I like to go straight through Monday to Saturday and rest on Sunday.
- Get a spotter for all days if possible. The spotter is simply there to assist you through your sticking point on the final reps of the final set. They should not be lifting the bar for you unless your muscles actually completely fail.

- The heavier your lift, the more muscle damage you will incur, the more your muscles will grow!
- It's perfectly normal not to be able to do even one unassisted pull up. Simply choose a high resistance band and work with that, until you get stronger.
- It's helpful if you purchase your own resistance bands, ankle straps and power guidance pads to bring to the gym. When I train in a commercial gym I also use my own clips and handles as usually they are all taken.
- If you do not have the piece of equipment recommended to complete the supersets you can choose another similar option **[by clicking on this link.](#)**





# 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, unless you are instructed to superset or to complete the abs circuit.

## DAY 1 - LEGS (QUAD FOCUSED) AND ABS

EXERCISE	SETS	REPS	NOTES
<a href="#"><u>Barbell Back Squat</u></a>	4	10-12	Focus on squat depth
<a href="#"><u>Step Back Barbell Lunge</u></a>	4	10 each leg	Knee nearly touches floor
<a href="#"><u>Bulgarian Split Squat</u></a>	4	10 each leg	Hold weights
<a href="#"><u>Pulse Squats</u></a>	4	20	Add weights to the squats
<a href="#"><u>Dumbbell Lunges</u></a>	4	45 secs	Superset with plate squat
<a href="#"><u>Plate Squat</u></a>	4	45 secs	Superset with dumbbell lunges
<a href="#"><u>Abs Circuit</u></a>	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>	4	10-12	Push hips back, don't bend over
<u>Double Arm Dumbbell Row</u>	4	10-12	Wedge feet wide for support
<u>Pull Up</u>	4	10 or AMRAP	Decrease band resistance
<u>Barbell Bicep Curl</u>	4	10-12	Squeeze bicep at top
<u>Dumbbell Bicep Curls</u>	4	10-12	Curl to shoulder at top
<u>Chin Up</u>	4	10 or AMRAP	Decrease band resistance
<u>Battle Ropes</u>	4	45 secs	Superset with press ups
<u>Press Up</u>	4	45 secs	Superset with battle ropes



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BACK & BICEPS

## DAY 3 - GLUTES AND ABS

EXERCISE	SETS	REPS	NOTES
<b><u>Barbell Hip thrust</u></b>	4	10-12	Go hard and heavy in final set
<b><u>Dumbbell Hyperextensions</u></b>	4	10-12	Use barbell across squat rack
<b><u>Dumbbell Deadlift</u></b>	4	10-12	Push hips back, don't bend over
<b><u>Elevated Goblet Squat</u></b>	4	10-12	Push back, stretch through glutes
<b><u>Box Jumps</u></b>	4	45 secs	Superset with lunges
<b><u>Switching Lunges</u></b>	4	45 secs	Superset with box jumps
<b><u>Abs Circuit</u></b>	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><b>Barbell Seated Shoulder Press</b></u>	<b>4</b>	<b>10-12</b>	Get a spot for final set if possible
<u><b>Dumbbell Side Lateral Raises</b></u>	<b>4</b>	<b>10-12</b>	Try not to use momentum
<u><b>Dumbbell Rear Delt Fly</b></u>	<b>4</b>	<b>10-12</b>	Try not to swing
<u><b>Skull Crushers</b></u>	<b>4</b>	<b>10-12</b>	Keep elbows close
<u><b>Dumbbell Tricep Extensions</b></u>	<b>4</b>	<b>10-12</b>	Keep elbows high
<u><b>Close Grip Bench Press</b></u>	<b>4</b>	<b>10-12</b>	Keep elbows close to body
<u><b>Handstand Kick Ups</b></u>	<b>4</b>	<b>45 secs</b>	Superset with half burpees
<u><b>Half Burpees</b></u>	<b>4</b>	<b>45 secs</b>	Superset with handstand kick ups



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SHOULDERS & TRIS

## DAY 5 - GLUTES & HAMSTRINGS

EXERCISE	SETS	REPS	NOTES
<b><u>Single Leg Deadlift</u></b>	4	10-12	Go to failure in final set
<b><u>Frog Reverse Hyper</u></b>	4	10-12	Add dumbbell between feet
<b><u>Romanian Deadlift</u></b>	4	10-12	Squeeze glutes at top
<b><u>Reverse Lunge with Forward Lean</u></b>	4	10-12	Hold weights in hands
<b><u>Frog Pump Glute Bridge</u></b>	4	30	Squeeze glutes hard
<b><u>Burpees</u></b>	4	45 secs	Superset with plate squat
<b><u>Plate Squat</u></b>	4	45 secs	Superset with burpees



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GLUTES & HAMS

## DAY 6 - BODYWEIGHT FULL BODY TABATA CIRCUIT

SCAN ME



TABATA CIRCUIT

### CHOOSE FROM ONE OF THE FOLLOWING TABATA CIRCUITS

#### **Bodyweight Full Body Tabata**

30 minutes

Perform a different one each week

### NOTES:

- **SUPERSET** - Superset means that two exercises are completed alternatively - you will complete one set of the first exercise and then a set of the second exercise. Repeat each alternating exercise until all sets have been completed.
- **ABDOMINAL CIRCUIT** - Choose any three exercises from the playlist for the abdominal circuit. Perform each exercise
- **BODYWEIGHT FULL BODY TABATA** - Each week, choose one of the HIIT Tabata workouts from the playlist.
- This program is designed to be done to complete muscle failure on the final set. If your body can keep going, keep going!
- The workout must be completed in a 7 day period. Take rest days whenever is convenient. I like to go straight through Monday to Saturday and rest on Sunday.
- Get a spotter for all days if possible. The spotter is simply there to assist you through your sticking point on the final reps of the final set. They should not be lifting the bar for you unless your muscles actually completely fail.
- The heavier your lift, the more muscle damage you will incur, the more your muscles will grow!
- It's perfectly normal not to be able to do even one unassisted pull up. Simply choose a high resistance band and work with that, until you get stronger.
- If you do not have the piece of equipment recommended to complete the supersets you can choose another similar option by **[CLICKING ON THIS LINK](#)**



## 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, unless you are instructed to superset or to complete the abs circuit.

### DAY 1 - LEGS (QUAD FOCUSED) AND ABS

EXERCISE	SETS	REPS	NOTES
<a href="#"><u>Lateral Banded Walks</u></a>	5	30	30 steps each side
<a href="#"><u>Banded Squats</u></a>	5	15-20	Sit back into the squat
<a href="#"><u>Banded Split Squat</u></a>	5	20 each leg	Keep tension in band
<a href="#"><u>Pulse Squats</u></a>	5	15-20	Sit back into the squat
<a href="#"><u>Step Up with Knee Raise</u></a>	4	45 secs	Superset with jump squat
<a href="#"><u>Jump Squat</u></a>	4	45 secs	Superset with step up with k/raise
<a href="#"><u>Abs Circuit</u></a>	3	60 secs	Choose any three from playlist



**CLICK HERE**  
to view a playlist of  
**THESE EXERCISES**  
or **SCAN ME**



QUADS

**CLICK HERE**  
For separate **ABS**  
**CIRCUIT** playlist  
or **SCAN ME**



ABS CIRCUIT

## DAY 2 - BACK AND BICEPS

EXERCISE	SETS	REPS	NOTES
<b><u>Banded Bent Over Row</u></b>	5	15-20	Keep elbows close to body
<b><u>Seated Banded Row</u></b>	5	15-20	Push chest forward, elbows back
<b><u>Pull Up</u></b>	4	10 or AMRAP	Decrease band resistance
<b><u>Banded Bicep Curl</u></b>	5	15-20	Squeeze band hard at top
<b><u>Banded Reverse Curl</u></b>	5	15-20	Hands are in overhand grip
<b><u>Chin Up</u></b>	4	10 or AMRAP	Decrease band resistance
<b><u>Mountain Climber</u></b>	4	45 secs	Superset with press ups
<b><u>Press Up</u></b>	4	45 secs	Superset with mountain climber



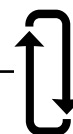
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**BACK & BICEPS**

## DAY 3 - GLUTES AND ABS

EXERCISE	SETS	REPS	NOTES
<a href="#"><u>Knee Banded Hip Thrust</u></a>	5	20	With 1-2 sec squeeze
<a href="#"><u>Reverse Lunge with Forward Lean</u></a>	5	10 each leg	Really lean forward
<a href="#"><u>Banded Deadlift</u></a>	5	15-20	Keep chest high at all times
<a href="#"><u>Single Leg Glute Bridge</u></a>	5	30 each leg	Feel the burn!
<a href="#"><u>Box Jumps</u></a>	4	45 secs	Superset with lunges
<a href="#"><u>Switching Lunges</u></a>	4	45 secs	Superset with box jumps
<a href="#"><u>Abs Circuit</u></a>	3	60 secs	Choose any three from playlist



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GLUTES

**CLICK HERE**  
For separate **ABS**  
**CIRCUIT** playlist  
or **SCAN ME**



ABS CIRCUIT



## DAY 4 - SHOULDERS AND TRICEPS

EXERCISE	SETS	REPS	NOTES
<a href="#"><u>Handstand Push Up</u></a>	5	15-20	Start hard, and drop back
<a href="#"><u>Banded Front Raise</u></a>	5	15-20	Keep control on the negative rep
<a href="#"><u>Banded Rear Delt Fly</u></a>	5	15-20	Squeeze hard into the rear delt
<a href="#"><u>Diamond Push Up</u></a>	5	10-15	Drop back in difficulty to finish
<a href="#"><u>Tricep Dips</u></a>	5	15-20	Elevate feet to increase difficulty
<a href="#"><u>Tricep Push Up</u></a>	4	10-15	Keep elbows in
<a href="#"><u>Handstand Kick Ups</u></a>	4	45 secs	Superset with half burpees
<a href="#"><u>Half Burpees</u></a>	4	45 secs	Superset with handstand kick ups



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or **SCAN ME**



SHOULDERS & TRIS

## DAY 5 - GLUTES & HAMSTRINGS

EXERCISE	SETS	REPS	NOTES
<b><u>Banded Good Morning</u></b>	5	15-20	Push hips back and hinge
<b><u>Frog Bench Reverse Hyper</u></b>	5	15-20	Squeeze outer glutes
<b><u>Banded Romanian Deadlift</u></b>	5	15-20	Squeeze glutes at top
<b><u>Hamstring Plate Slides</u></b>	5	15-20	Squeeze into hamstrings
<b><u>Frog Pump Glute Bridge</u></b>	5	20	Keep knees steady
<b><u>Burpees</u></b>	4	45 secs	Superset with plate squat
<b><u>Plate Squat</u></b>	4	45 secs	Superset with burpees



**CLICK HERE**  
to view a playlist of  
**THESE EXERCISES**  
or **SCAN ME**



GLUTES & HAMS

## DAY 6 - BODYWEIGHT FULL BODY TABATA CIRCUIT

SCAN ME



TABATA CIRCUIT

### CHOOSE FROM ONE OF THE FOLLOWING TABATA CIRCUITS

#### **Bodyweight Full Body Tabata**

30 minutes

Perform a different one each week

### NOTES:

- **SUPERSET** - Superset means that two exercises are completed alternatively - you will complete one set of the first exercise and then a set of the second exercise. Repeat each alternating exercise until all sets have been completed.
- **ABDOMINAL CIRCUIT** - Choose any three exercises from the playlist for the abdominal circuit. Perform each exercise
- **BODYWEIGHT FULL BODY TABATA** - Each week, choose one of the HIIT Tabata workouts from the playlist.
  - This program is designed to be done to complete muscle failure on the final set. If your body can keep going, keep going!
  - The workout must be completed in a 7 day period. Take rest days whenever is convenient. I like to go straight through Monday to Saturday and rest on Sunday.
  - It's perfectly normal not to be able to do even one unassisted pull up. Simply choose a high resistance band and work with that, until you get stronger.
  - Try and use the hardest resistance band you can, the more metabolic stress you create, the more your muscles will grow!
  - 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.
  - If you do not have the piece of equipment recommended to complete the supersets you can choose another similar option by [\*\*clicking on this link\*\*](#)





# CARDIO OVERVIEW

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. In all of my bikini competition preps, I used cardio as a fat-burning tool. We want to create maximum movement for maximum calorie- and fat-burning.

In this program, you will be performing three different types of cardio:

## **LISS CARDIO (LOW-INTENSITY STEADY STATE CARDIO)**

**You will be performing 60 minutes of Low-Intensity, Steady-State cardio (LISS) for all seven days of this twelve-week program.** When done correctly, this type of cardio is extremely effective for fat loss and muscle preservation. When you first start exercising, your body immediately taps into any stored glycogen for its energy source. It generally takes about 20 minutes before your body registers that there aren't enough demands being placed on the muscles, so it switches to fat stores instead.

It doesn't matter so much the kind of LISS you do, as long as you do it correctly and consistently. Perform the LISS cardio at any time of the day that is convenient for you. Many members grumble and complain at the time demand of performing LISS cardio, but I say make it enjoyable by using your time wisely. LISS Cardio is when I reply to messages in *The Sculpted Vegan*

communities, emails, voice notes, or listen to podcasts. I actually have a treadmill in my office exactly for this purpose. Even if you don't have access to a treadmill or gym, you can go for a brisk walk outside and still burn fat and boost your metabolism. Make your cardio work for you!

## **LISS CARDIO OPTIONS**

Any cardio that keeps your HR steady at around 70% of your maximum is perfect. The fat-burning zone is between 130-145pm for most people. You have a range of LISS Cardio 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 will you know that you are at around 70% of your maximum? Your body will tell you!

## **HOW TO EASILY TELL IF YOUR BODY IS IN ITS FAT-BURNING ZONE**

### **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





## **SUPERSET CARDIO**

At the end of each of the strength training workouts, there is a superset circuit. Each of these supersets has been chosen to be both a cardiovascular and strength challenging exercise. Circuit training is high volume, but low resistance weight workouts with minimal to no rest intervals involving cardio and is focused on improving muscle tone and definition while also improving cardiovascular fitness. Circuits that incorporate strength training can help you build lean muscle while getting your heart rate up at the same time. It's a win-win!

## **TABATA CARDIO**

Once a week, you will perform a 30-minute follow-along Tabata workout. Tabata training originated in the research of Japanese scientist Dr. Izumi Tabata on high-intensity exercise during the early 1990s. His objective was to determine if short bursts of high-intensity exercise followed by shorter rests might condition the body better than a continuous moderate-intensity exercise.

They worked with two test groups to determine this, one performing moderately-intense exercise and the other high-intense. The study results showed that the moderate-intensity workouts improved the cardiovascular fitness of test subjects but did little anaerobically (muscle strengthening).

On the other hand, the high-intensity workouts benefited the test subjects more significantly (both aerobically and anaerobically) due to the unbalanced exercise-to-rest ratio. This is because a shorter period of rest in between more prolonged periods of intense exercise during a workout does not allow the body to recover fully. By the second half of the workout, the body is forced to work at maximum capacity physiologically, causing the heart to pump faster and the rate of metabolism to increase. The high-intensity Tabata routines are a great way to build muscle, improve fitness, and burn lots of calories in the shortest amount of time.



LISS CARDIO SCHEDULE

WEEK	CARDIO	DURATION
1	Slow steady	60 minutes x 1 per day
2	Slow steady	60 minutes x 1 per day
3	Slow steady	60 minutes x 1 per day
4	Slow steady	60 minutes x 1 per day
5	Slow steady	60 minutes x 1 per day
6	Slow steady	60 minutes x 1 per day
7	Slow steady	60 minutes x 1 per day
8	Slow steady	60 minutes x 1 per day
9	Slow steady	60 minutes x 1 per day
10	Slow steady	60 minutes x 1 per day
11	Slow steady	60 minutes x 1 per day
12	Peak Week	See Peak Week section



A close-up photograph of a person's midsection. They are wearing black athletic shorts. A yellow measuring tape is wrapped around their waist, held in place by their hands. The tape shows measurements in inches, with numbers like 30, 31, 32, 33, 34, and 35 visible. A red banner is overlaid on the top right of the image, containing the title text.

# HOW TO MEASURE PROGRESS

## PROGRESS PICTURES

The most accurate way to track your progress is by taking pictures. Once a week, I want you to take a selfie with your smartphone or camera. Either snap it in the mirror or set the timer on your phone. Don't flex, tense or try to suck in your stomach. You need to see the reality of your situation!

### Take full-length body pictures

- Front with arms relaxed beside your body
- Back with arms relaxed beside your body
- Side facing left and facing right

## WEEKLY PROGRESS PICTURES

**Take your progress pictures weekly, at the start and end of the plan, and chart your progress.** Try to take your progress pictures at the same time of the day, in the same outfit, in the same light, in the same place. For example, when competing, I took my progress pics every Saturday morning as soon as I got up. I rolled out of bed, peed, put on my bikini, and took my photos. Your body does not usually hold much water in the morning, so it is the most accurate time to take progress shots.





## TRACK YOUR BODY FAT

For your own personal use, you can also track your body fat. You do not need it for any calculations on this program, but if you are a person who likes to see a number 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 entirely inaccurate. 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 a DEXA body scan. At the end of the twelve weeks, use the same method to re-calculate your body fat and compare at the end of the plan.



**PEAK WEEK  
WEEK 12**



# PEAK WEEK - WEEK TWELVE

## 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.

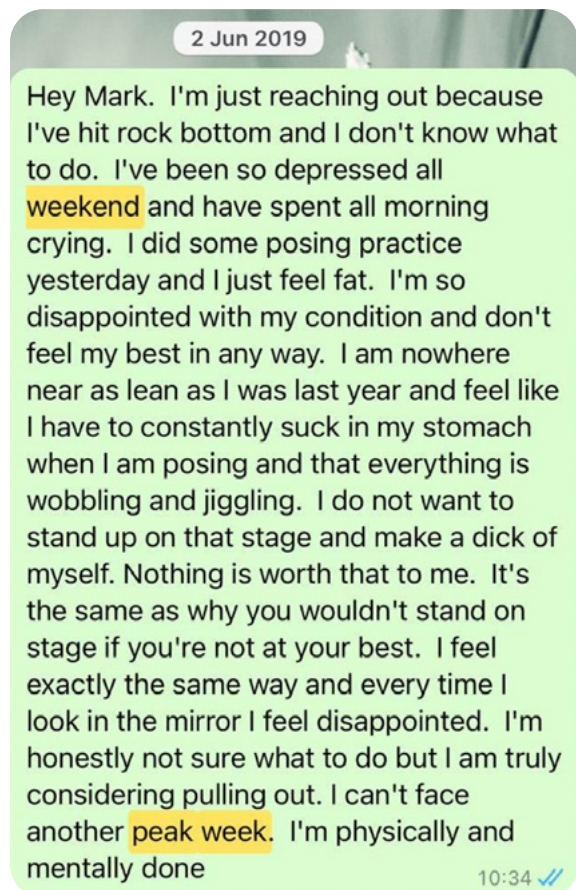
Before now, I have never given away the secrets of my Peak Week schedule because **you do not need to perform a Peak Week** for any of *The Sculpted Vegan* programs. But, as every shred comes to an end, I always see questions in the private groups from members asking if they should change anything in 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.

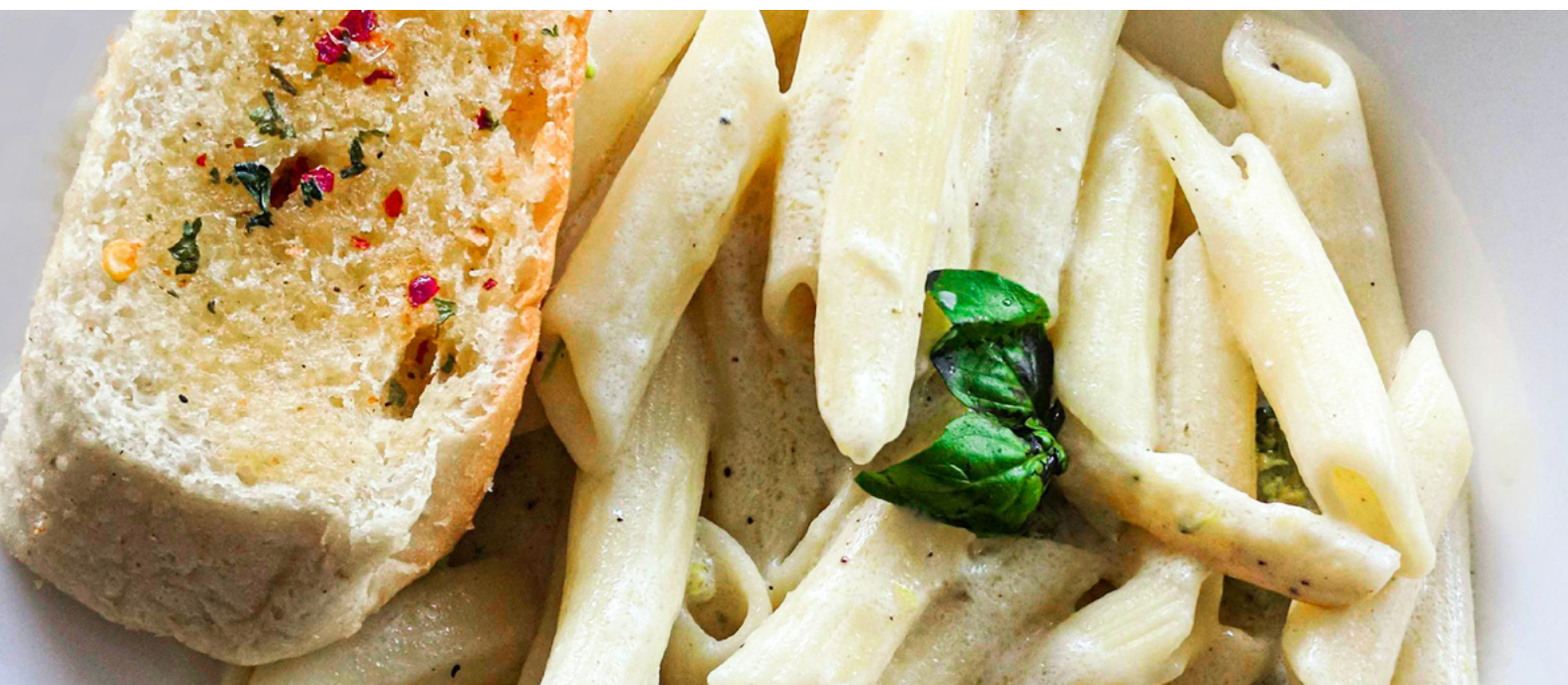
## I WILL TEACH YOU THE EXACT STEPS OF:

- 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!







# 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 DEPLETION - 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.



A woman with dark hair, wearing a bright yellow tank top, is captured from the back, performing a pull-up on a black bar in a gym setting. Her muscles are visibly engaged. The background is slightly blurred, showing other gym equipment and a person in the distance.

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

**CLICK HERE**

to view a playlist of  
**THESE EXERCISES**  
or **SCAN ME**



QUADS

**CLICK HERE**

For separate **ABS**  
**CIRCUIT** playlist  
or **SCAN ME**



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
<a href="#"><u>Lying Leg Curl / Seated Leg Curl</u></a>	5	15-20	Full ROM in each rep
<a href="#"><u>Smith Glute High Lunge</u></a>	5	15 each leg	Don't let back toe touch floor
<a href="#"><u>Dumbbell Hyperextensions</u></a>	5	15-20	Keep chin to chest
<a href="#"><u>Cable Glute Kickback</u></a>	5	10 each leg	Don't hyperextend back
<a href="#"><u>Abs Circuit</u></a>	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><a href="#">Smith Machine Military Press</a></u>	5	15-20	Keep hands wide
<u><a href="#">Dumbbell Side Lateral Raises</a></u>	5	15-20	Try not to use momentum
<u><a href="#">Cable Rear Delt Fly</a></u>	5	15-20	Slight bend in elbows
<u><a href="#">Skull Crushers</a></u>	5	15-20	Keep elbows close
<u><a href="#">Overhead Cable Tricep Extension</a></u>	5	15-20	Fully extend into arms
<u><a href="#">Tricep Rope Pressdown</a></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
<b><u>Barbell Back Squat</u></b>	5	15-20	Focus on squat depth
<b><u>Step Back Barbell Lunge</u></b>	5	10 each leg	Knee nearly touches floor
<b><u>Bulgarian Split Squat</u></b>	5	10 each leg	Hold weights
<b><u>Pulse Squats</u></b>	5	20	Add weights to the squats
<b><u>Abs Circuit</u></b>	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><a href="#">Bent Over Row</a></u>	5	15-20	Push hips back, don't bend over
<u><a href="#">Double Arm Dumbbell Row</a></u>	5	15-20	Wedge feet wide for support
<u><a href="#">Pull Up</a></u>	5	10	Decrease band resistance
<u><a href="#">Barbell Bicep Curl</a></u>	5	15-20	Squeeze bicep at top
<u><a href="#">Dumbbell Bicep Curls</a></u>	5	15-20	Curl to shoulder at top
<u><a href="#">Chin Up</a></u>	5	10	Decrease band resistance

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BACK & BICEPS



## DAY 3 - GLUTES AND ABS

EXERCISE	SETS	REPS	NOTES
<b><u>Barbell Hip thrust</u></b>	5	15-20	Go hard and heavy in final set
<b><u>Dumbbell Hyperextensions</u></b>	5	15-20	Keep chin to chest
<b><u>Dumbbell Deadlift</u></b>	5	15-20	Push hips back, don't bend over
<b><u>Elevated Goblet Squat</u></b>	5	15-20	Push back, stretch through glutes
<b><u>Abs Circuit</u></b>	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><a href="#">Barbell Seated Shoulder Press</a></u>	5	15-20	Get a spot for final set if possible
<u><a href="#">Dumbbell Side Lateral Raises</a></u>	5	15-20	Try not to use momentum
<u><a href="#">Dumbbell Rear Delt Fly</a></u>	5	15-20	Try not to swing
<u><a href="#">Skull Crushers</a></u>	5	15-20	Keep elbows close
<u><a href="#">Dumbbell Tricep Extensions</a></u>	5	15-20	Keep elbows high
<u><a href="#">Close Grip Bench Press</a></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
<a href="#"><u>Lateral Banded Walks</u></a>	6	30	30 steps each side
<a href="#"><u>Banded Squats</u></a>	6	15-20	Sit back into the squat
<a href="#"><u>Banded Split Squat</u></a>	6	20 each leg	Keep tension in band
<a href="#"><u>Pulse Squats</u></a>	6	15-20	Sit back into the squat
<a href="#"><u>Abs Circuit</u></a>	3	60 secs	Choose any three from playlist

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ABS CIRCUIT

## DAY 2 - BACK AND BICEPS

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

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BACK & BICEPS

## DAY 3 - GLUTES AND ABS

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

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GLUTES

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or **SCAN ME**



ABS CIRCUIT



## DAY 4 - SHOULDERS AND TRICEPS

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

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to view a playlist of  
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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

**O**n 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><a href="#">Push Ups</a></u>	3-5	10	Perform on toes if possible
<u><a href="#">Banded Upright Row</a></u>	3-5	20	Pull elbows high
<u><a href="#">Banded Bicep Curl</a></u>	3-5	20	Squeeze band hard at top
<u><a href="#">Banded Side Lateral Raise</a></u>	3-5	20 each arm	Keep band taut at all times
<u><a href="#">Banded Rear Delt Fly</a></u>	3-5	20	Hands higher than shoulders

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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

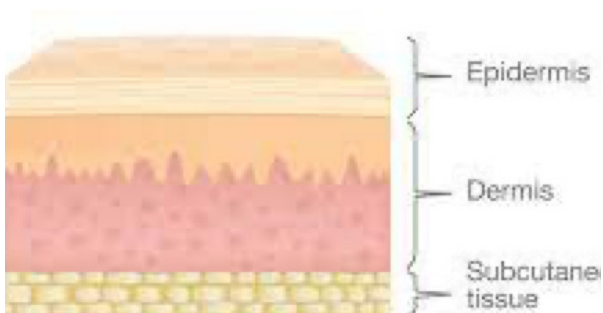


# PEAK WEEK WATER FLUSHING

## 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.

**T**hroughout 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)

**O**n 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**



# CONGRATULATIONS! YOU DID IT!!

**Y**ou have reached the end of 84 days of intense work and shredding. It's phenomenal that you've come this far. It's no secret that *The Sculpted Vegan* shred programs are challenging, and this has been my most extreme of all. You have just completed a bikini athlete competition prep, and I applaud you!

So, what now? Now it is time to get back to a more normal way of life—to socialize with friends and family, go out for dinner in a nice restaurant, be able to enjoy a couple of glasses of wine, eat for pleasure and not have to track your food as meticulously, obsessively weighing and measuring every gram, and to still train but not have to do hours and hours of cardio each day. I know you are probably excited about the prospect of getting back to everyday life. But what about when that loses its sparkle?

Time and time again, I see so many people in my shred programs achieve mind-blowing transformations. But as soon as the last day of the shred is complete, **they just stop**. They stop every aspect of the program that has just dramatically transformed their body and immediately go back to their old ways. Then, I will hear from them weeks or months later, despairing that their hard-earned results have pretty much all gone. **Don't do this!** Do not be one of these people. At *The Sculpted Vegan*, we never stop chasing our goals. We achieve one goal and then we are on to the next one. This is the life of a physique athlete; **you never stop**.

## 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, I hope you are as proud of yourself as I am of you; 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](#)  
Get the deets (AND DISCOUNTS!)

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