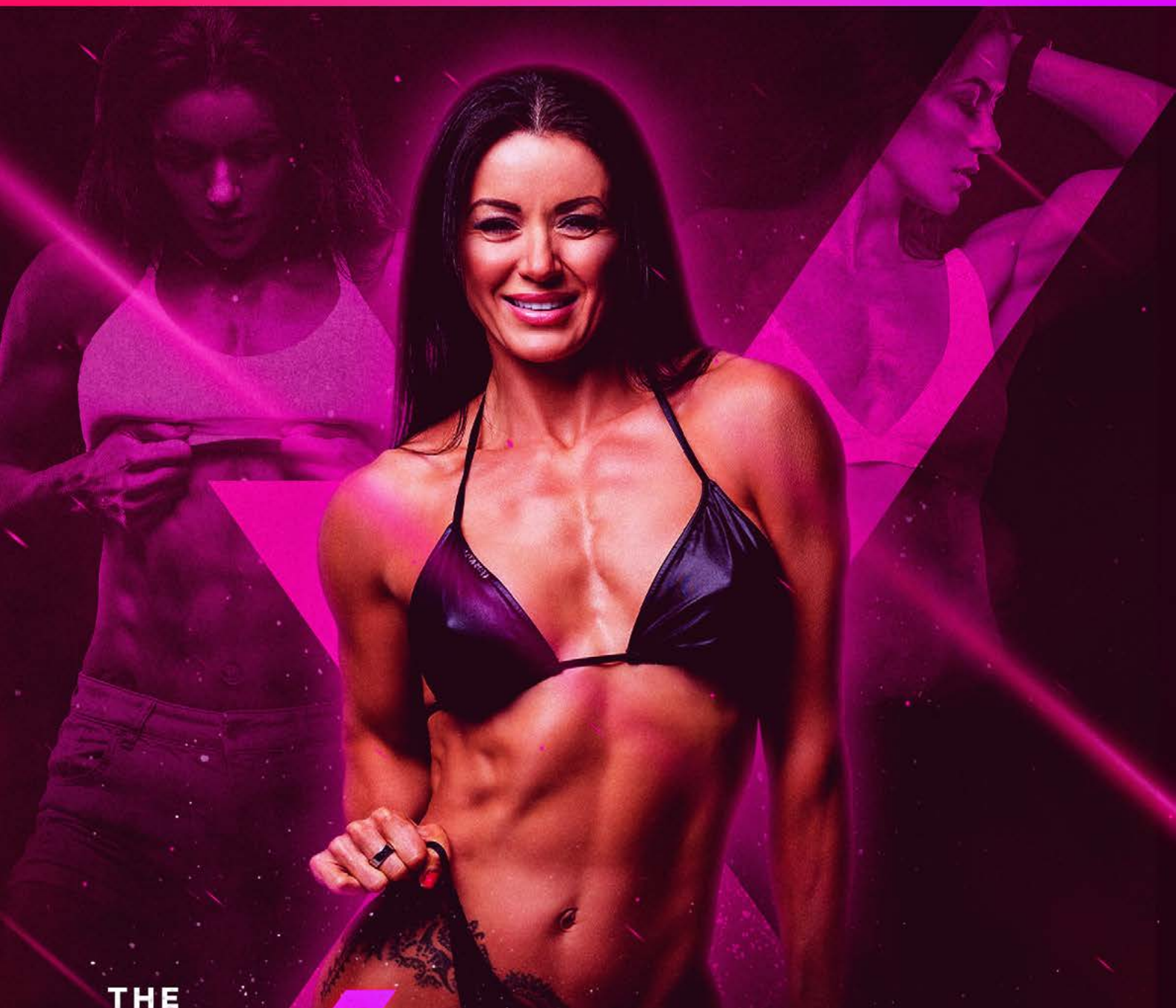
PHASE TWO



# THE EXTREME MENOPAUSE BODY MAKEOVER

## HOW TO START GUIDE

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# THE EXTREME MENOPAUSE BODY MAKEOVER

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# INTRODUCTION

**ATHLETES! THE TIME HAS FINALLY COME TO GET SHREDDED.**

For the past twelve weeks, I have watched every single one of you bust your ass on your build, and I want you to know how proud I am of you. I know it has been challenging, and everyone has had struggles to overcome, whether sticking to the nutrition, sickness, self-doubt or self-sabotage. The most important thing is that you're still here and should be proud of yourself.

Like the bodybuilder you are, it's time to complete the building and shredding prep cycle. You've trained hard, fueled your workouts and focused on building.  Now it's time to diet down and show off all your hard work. To succeed in this phase, you must be the most disciplined, dedicated, and consistent athlete you can be. Even if you do not win, you will come out of this shred with the body of your dreams and the proof that you are unstoppable, regardless of age.

Raising a glass or two of champagne to your success,

Kim xo

# OUR GIFTS TO YOU






# PHASE TWO - WEEKS 13-24
## GET SHREDDED

In phase two, your aim is to get as ripped as possible and show off your gains. The shred will be a balancing act of maintaining muscle while steadily dropping body fat to reveal a lean but curvy shape. While you will be eating in a calorie deficit to elicit fat loss, rest assured you can still build muscle as long as you keep the intensity up. 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 built in phase one and grow more. The 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 you will continue to do.



# LEAN SHRED




After the slow, steady fat loss of the first twelve weeks, it's time to take things up a level with the intense shred of phase two. Buckle up and get ready to see your leanest, strongest physique yet.

**NUTRITION** - After twelve weeks of clean eating, your body is primed for fat-burning as you move into the shred. For accuracy, you will now follow calorie and macro-counted meal plans that I have created to give you nutrition insights and meal guidance straight from me, the shredder of hundreds of thousands of women, Kim Constable, to you. These meal plans are the most flexible and varied I have ever created to allow for personal preferences and to combat boredom while following the plan.

You will eat five times a day with multiple options to choose from for your breakfast, post-workout snack, lunch, dinner, and evening snack on each meal plan. As the shred goes on, we will use the principle of gradually decreasing your daily calories from 1600-1200 calories with a weekly refeed meal that you can consume once a week, whenever you feel you need it. I suggest following the precise meal plans I have created for you. But, if you do wish to create your own meal plan instead, you will enter the prescribed calorie and macro amounts located in your Nutrition Guide into My Fitness Pal. If you have any allergies, you will swap any ingredients of the prescribed meal plans for another with similar macros.

While the nutritional principles will still apply most of the time, you will see the inclusion of

foods previously **“not on the plan”** during your build. Why is this? During phase one, you were creating your own meal plans with zero calorie or macro counting, so the nutritional principles needed to be in place to provide structure and limits on consumption. For example, the rule of “**avoid anything that is white, was white, or could have been white”** when selecting your carbs, was created to help you transition away from most of your carbs being white starchy carbs. Now that we have the calorie and macro-counted meal plan structure, we can have more food flexibility to help you power through this intense shred.

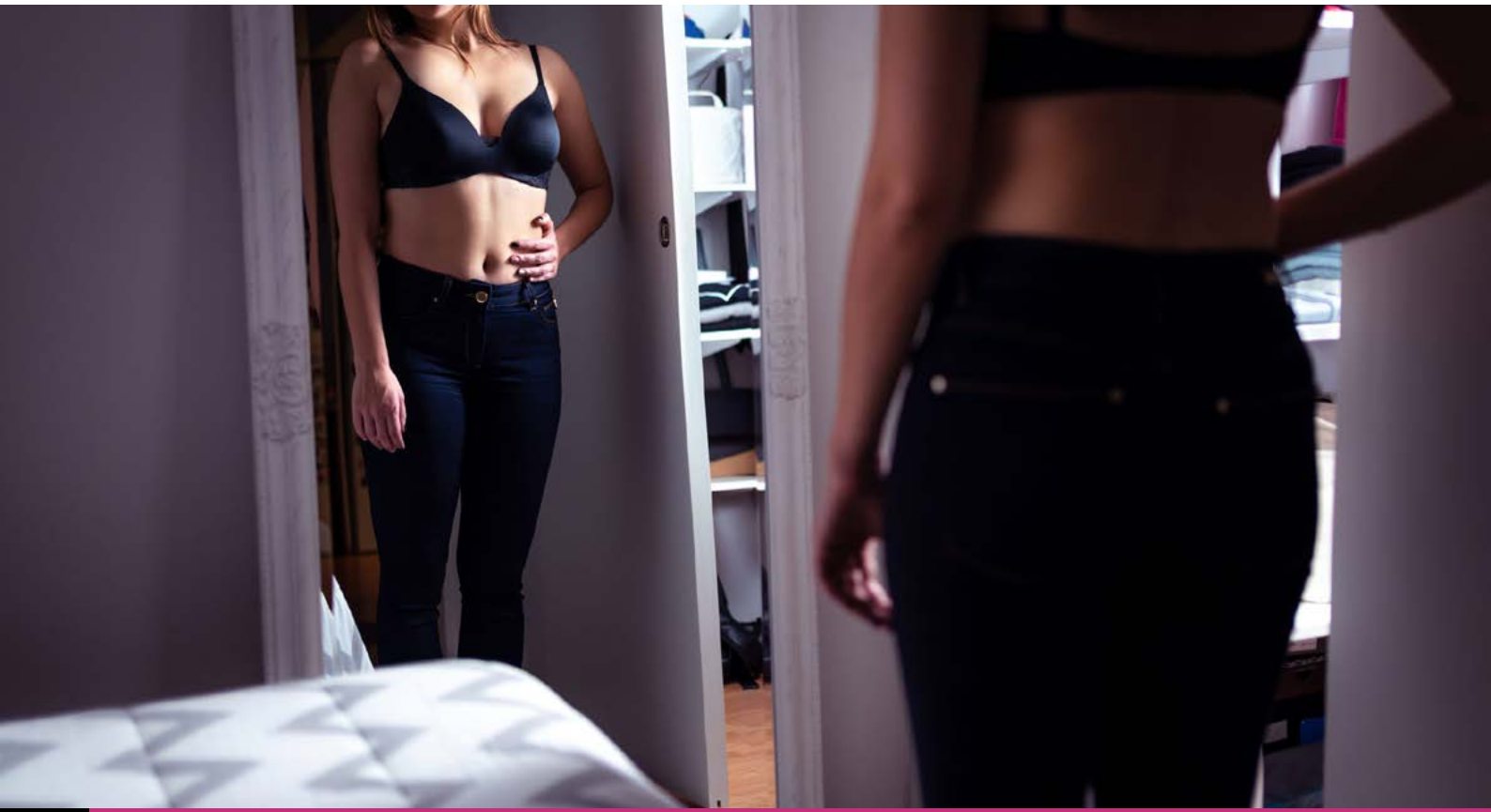
**TRAINING** - In phase two, we have made zero changes to the gym and home gym plans. Why? Because consistency over time builds muscle. At this stage, you are still only getting the hang of training hard and heavy. Stay consistent and focus on increasing your load in the gym while still maintaining a good range of movement and using minimal momentum. That’s your goal for this phase, not to change your workouts.

If you are completing the follow-along home workouts, Laura has recorded five new workouts for you with some small changes to increase the intensity, as you do not have access to as much load as our gym members. With these workouts, you must find ways to add as much load as possible, such as using online marketplaces to source cheap or even free equipment. If you are still using the same set of 5lb dumbbells as you did in week one, you need to up your game. You’re a bodybuilder now.



**CARDIO** - To ramp up your fat burning, you will perform 60 minutes of scheduled LISS cardio seven days a week with the addition of HIIT (High Intensity Interval Training) from week three onwards to increase the intensity. Why HIIT? Because it burns a lot of calories quickly and elevates your metabolism to burn additional calories long after the session is over. To keep you on track, Laura has recorded follow-along HIIT sessions to keep you fired up and pushing through. HIIT will start at 10 minutes a day, increasing to 30 minutes by the end of the shred. Perform any LISS cardio of your choice, adding in the follow-along HIIT cardio either before your LISS or as a separate session later in the day. You don't want to perform your HIIT straight after your LISS because you will be too tired to perform it effectively. Schedule your cardio into your diary and get to it, athlete.

**TRACK YOUR PROGRESS** - Continue to take weekly progress photos and stay away from the scales. Despite this warning, we have dealt with many scale meltdowns in the group during phase one. I will say it louder for the people at the back. The scales are not an accurate gauge of body fat loss, and I know many of you know this, but STILL continue to torture yourself by weighing weekly and even daily. If you know you are in a toxic relationship with your scales and continue to use them, then unfortunately, it is a problem that you are choosing to have. Want to solve it? **CLICK HERE** to watch a video on how to stop being a scale addict. Stick to your photos, ditch the scales and ditch the stress.



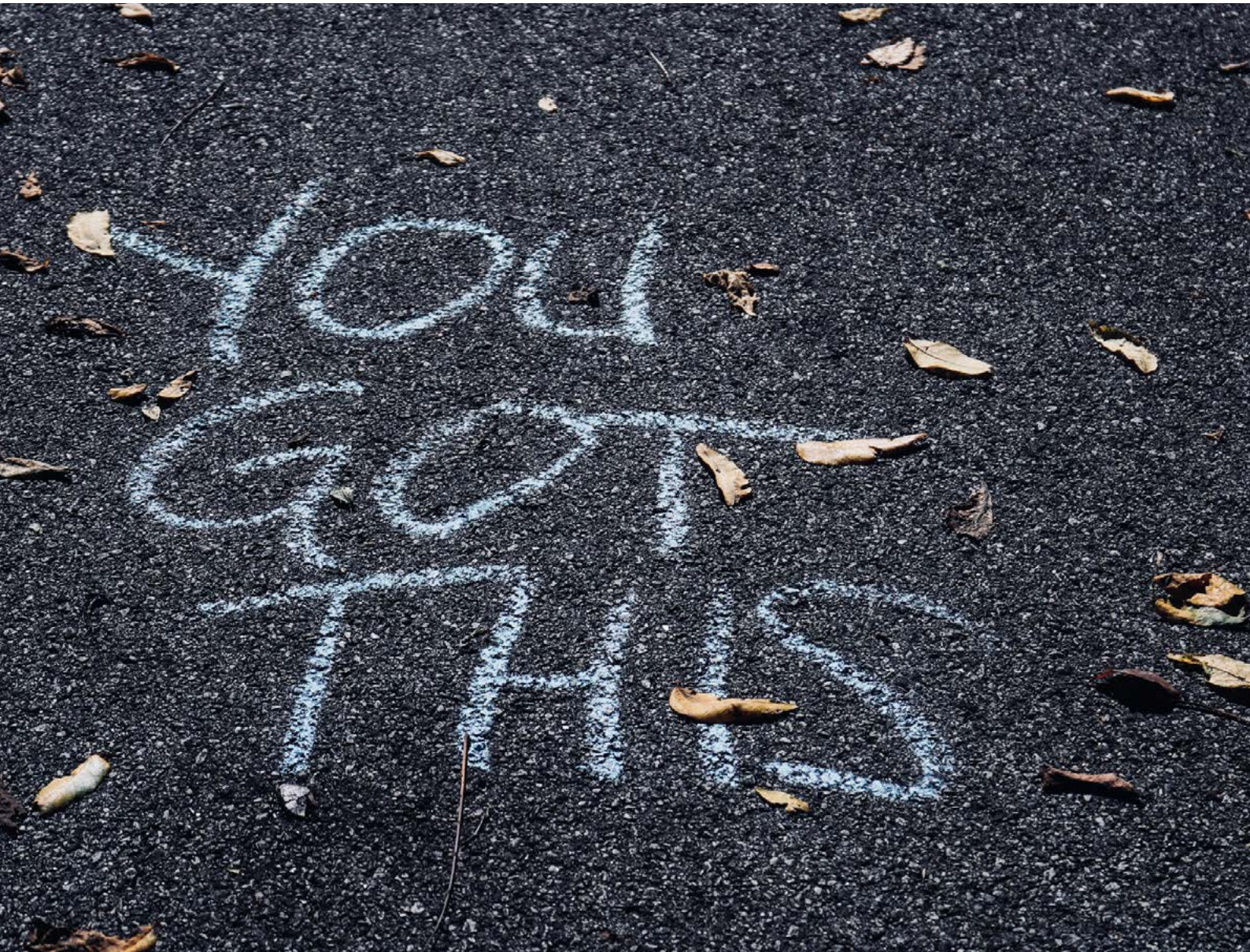
# WHAT'S NEXT?

Head to your phase two customer hub, where you will find your eating guide, meal plans and recipes, and training and cardio guides containing all the information you need to complete your shred. Got questions? These guides will answer them. Make sure to read all of your PDFs at least three times. If you still have questions, **CLICK HERE** to reach out to the Facebook group, and my team of coaches and I will help.

Good luck for your shred, I can't wait to see your results.

Kim xo

P.S. Make sure to tag **@thesculptedveganprograms** so we can celebrate your wins and feature you on our social media.



# 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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# APPAREL




























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