

# PHYSIQUE TRANSFORMATION

# BLUEPRINT



**8 Weeks To A**  
**SHREDDED**  
**PHYSIQUE!**

# Eight Weeks To A Shredded Physique!

## Getting Shredded – Why?

**W**hy would any bodybuilder, or any person in general, want to get shredded? A more logical question might be: “Why wouldn’t one want to get shredded?” If you’re a serious bodybuilder, then you already spend every waking hour of your day in the gym, or in the kitchen, trying to build up as much muscle as humanly possible. Losing your excess body fat occasionally allows you to show off the new muscle you add each year. On the other hand, if you’re just an everyday Joe who trains to look good, then you probably want to shed a few extra pounds around your waistline to look better in the beach, the boardroom, and the bedroom – every place where a trimmer waistline, chiseled chest and arms, and cut legs are admired and desired. Take a look at any of what is considered the ‘top bodies’ in any arena – from sports to acting to everyday life – and one aspect will stand out above all others – they all possess low body fat levels.

Let’s engage in an eight week process to change our current physique – an admirable block of unprocessed muscle and bulk – into a work of art, worthy of admiration and display anywhere – from the beach, the boardroom, or the bedroom, up to and including the bodybuilding stage!

## “Metcon” or “Cross-Fit” Training for the Ultimate Cutting Workout

We all know that for the most part, the same you built the muscle – through lots

of sets of heavy exercises – will be how you maintain the muscle as you work to shed body fat. However, there are some advantages to continue your heavy lifting while utilizing a form of training which will help to boost your metabolism, which will speed up the fat burning process as much as diet, supplementation and cardiovascular exercise can provide. This metabolic conditioning, or “met con”, can be achieved through Cross-Fit training. Essentially, this kind of training involves super-setting heavy compound movements and cardiovascular movements which target multiple muscles group – along with raising the heart rate and increasing the movement of oxygen in the body. Let’s examine a week of “Metcon” or “Cross Fit” training.



**Monday** – Upper Body Training using modified MetCon techniques.

Today you will be training chest, back, shoulders, and arms using both standard and MetCon training.

You will start your training with, following warm-ups, two heavy sets for each of these major muscle groups. After completing those ten sets, you will advance to ten more sets of MetCon training. Let's look at such a routine:

*Chest:* Two sets incline dumbbell bench press (8 to 10 repetitions)

*Back:* Two sets deadlifts (6 to 10 repetitions)

*Shoulders:* Two sets shoulder press (8 to 10 repetitions)

*Biceps:* Two sets barbell curls (8 to 10 repetitions)

*Triceps:* Two sets skull crushers (8 to 10 repetitions)

**MetCon portion of training:**

One set 20-repetition light weight dumbbell side raises, immediately followed by ten bodyweight pull-ups, 45 seconds pushups on floor, 45 seconds high-intensity light weight biceps dumbbell curls, then triceps bench dips until failure. Rest three minutes, then repeat this super set, and you can call it a day! You repeat this rotation twice, which means your training totals 10 sets MetCon training and 20 total training sets.

**Wednesday** – Lower Body Training using modified MetCon techniques.

Similar to Monday's training, you will start with a single heavy compound movement for each of the major lower body muscle groups (quads, hamstrings, and calves)

*Quadriceps:* Three sets barbell squats (6 to 8 repetitions)

*Hamstrings:* Three sets lying leg curls (8 to 10 repetitions)

*Calves:* Three sets seated calf raises (8 to 10 repetitions)

*MetCon portion of training:*

One set 20-rep lightweight squats, immediately followed by light weight dumbbell lunges across gym, one 40 yard dash in parking lot, standing jumps for calves, and then bodyweight squats to failure. You will be completing 19 total sets today (nine using standard heavy compound training, and ten sets from your two MetCon rotations).

**Friday** - Full Body MetCon Training.

Today, you will be facing no-holds barred, all out Met-Con training. Let's check out a sample workout:

Barbell lunges (12 to 25 repetitions) immediately followed by 2 minutes cable rowing for back

Flat bench press immediately followed by 40 yard dash for speed.

Bodyweight chin-ups to failure, immediately followed by standing barbell curls



Standing military press, immediately followed by standing calf jumps

Repeat this cycle three times.

Each week, you will rotate Monday and Wednesday's training routines. Your first week of training will see upper body trained on Monday, and lower body trained on Wednesday. Week two will see lower body trained on Monday, and upper body trained on Wednesday. This pattern will continue for the duration of your eight weeks of getting shredded training. Friday will remain consistent throughout this time.

You will complete this workout for eight weeks, following the program religiously. Each week, you should work to add more weight to the movements while keeping the number of sets and reps – and the intensity of your training – equal or greater. In order words, you will want to increase the numbers each week in order to add intensity and keep your body adapting, so that you can keep improving. Now that we've nailed down the weight training aspects of your eight-week program to get diced, let's look at the cardiovascular training you will need to endure in order to become as shredded as possible!

### **Cardiovascular Training: Up and At Em'!**

Lifting weights alone, even in such a manner as to bump up the metabolic rate, will not raise your daily caloric expenditure (how many calories you burn) enough to get your body shredded. In addition to the weight training, you will want to include the use of some sort of cardiovascular training into your daily regimen. Cardio is most effective

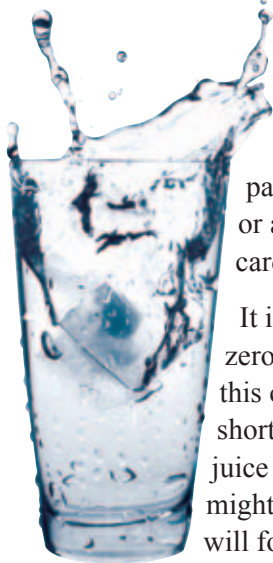
when conducted immediately upon waking in the morning. Climb out of bed, visit the restroom, then weigh yourself (for tracking purposes). Stretch out a bit on the way to the refrigerator to grab

an ice cold bottled water or sugar-free drink such as Crystal Lite, and then grab your running/walking shoes. Consume your morning **Beach Freak Stack™** (more on this later!). Take your morning pass through your neighborhood, or atop your favorite piece of cardio equipment in your house.

It is imperative that you consume zero calories before conducting this cardio. Some bodybuilders will short-circuit their efforts by sipping juice while training. While juice might have some health benefits, it will force your body to burn sugars and carbohydrates now present in the stomach, instead of utilizing stored body fat. Conducting cardiovascular exercise on an empty stomach results in a situation where stored body fat is burned. You'll have plenty of time throughout the remainder of the day to enjoy these carbohydrates and calories – just not before your cardio training in the morning!

### **Diet/Nutrition: Mini Super Shredding Meals!**

Your eight week diet to get shredded will be a simple one. Here are the approved protein, carbohydrate and fat sources of which you are allowed to eat.



## Protein:

Chicken, fish or lean egg whites.

## Carbohydrate:

Rice and potatoes (red or sweet).

**Fat:** Omega-3 or fish oil, taken three times per day with meals.

Every meal should include 1-2 servings (4 ounces) of protein and one serving of carbohydrates (about a handful). You can also consume as many leafy greens (romaine lettuce or kale) as you wish.

Remove all sources of sugar and flour from your diet.

Stick with the approved list of protein, carb and fat sources, and eat nothing else. It's only eight weeks – it's not like you're giving up your favorite foods forever. By the time those eight weeks have passed, you will not only be much leaner, but your body will have become a highly effective digestion machine!

Many bodybuilders make a common mistake when restricting their calories in order to shed body fat. You don't want to starve yourself. Eat as many of these small super-shredding meals as your body requires. Some days it will be six meals, and other days you may need nine meals. Use the mirror, not the scale, to dictate if you are restricting

your calories too much, or too little. Now that we've nailed down the weight training, cardiovascular training, and diet aspects of the getting shredded plan, there's just one place to look to solidify your perfect shredding quadrant – supplements!

## Supplements: Using the Beach Freak Stack™ for Success

We engage in some seriously tough training on a daily basis while in the dieting mode. We limit our calories, force our bodies to endure tougher weight training than we've ever used, and toss in 30 to 60 minutes of cardio on an empty stomach to top things off. The result of this combination of factors will be a body that is under some serious distress, and a central nervous system that could use a hand in maintaining existing muscle while delivering high energy levels while training. This is where supplements come into place.

The *Beach Freak Stack*™ is a combination of three supplements – *Lipotase*™, *Tridenosen*<sup>HTM</sup>, and *Nitrox-ATP*™. Individually, these supplements are very useful and highly effective. Taken together, they deliver an additional boost in training ability, recoverability, and muscle maintenance while fat is being burned. Let's look at each supplement individually.

### Lipotase™

The first and most obvious supplement you will need to use if you want to bump up your body's fat burning processes. *Lipotase*™ contains TTA, or tetradecylthioacetic acid, which delivers a variety of benefits to the body. First and foremost, it helps to decrease body fat levels. Appetite is suppressed. Insulin sensitivity is increased,



*"I have to say taking Lipotase™ helped me reach my goals easier, faster, and now helps with keeping the weight off! And nothing builds better confidence than being 44 pounds less!!!!"*  
- Ronnie S.  
Annapolis, MD



meaning your hormones shift closer to where you want them to be for muscular maintenance and fat burning. Consider *Lipotase™* to be an amped-up version of the popular “ECA” stack used by bodybuilders. It should be the first supplement on your menu as you seek to shed fat and bring out your muscle definition.

### **Tridenosen<sup>HTM</sup>**

Everything we do in life – from taking that first breath in the morning to reaching deep for that 12th repetition on the squat rack with enough weight to crush a horse – involves the use of oxygen. It’s the movement of oxygen to our cells which delivers life, and it is the amount of oxygen we move in our bloodstream during a workout which dictates how hard and intensely we can train. *Tridenosen<sup>HTM</sup>* is a supplement which allows us to draw greater amounts of blood into our muscles, letting us train longer and harder. This leads to better gains made following our training. If you ever feel out of breath in the weight room, or just want to keep your body’s all-important oxygen transport systems functioning optimally, then you will want to add *Tridenosen<sup>HTM</sup>* to your supplement stack!

### **Nitrox-ATP™**

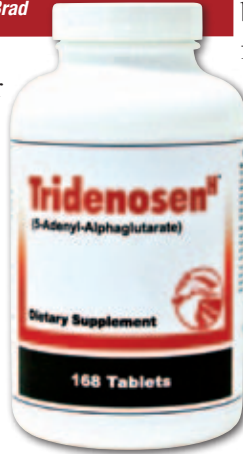
In order to gain and maintain muscle, you need to have positive nitrogen levels in your bloodstream. Failure to eat enough protein can lead to a negative nitrogen

balance, which costs you muscle. Failure to sleep an adequate amount of hours can result in the same effect – muscle loss. As you diet, you train each day in a negative calorie state, which can also contribute to a negative nitrogen situation in your blood. *Nitrox-ATP™* comes to the rescue, delivering a boost to your multiple metabolic functions, including the KREBS cycle and ATP production. Nitrogen needs to be delivered to your cells on time, and consistent use of *Nitrox-ATP™* ensure no matter how tough your training may be, or no matter how stringent your caloric intake, your body has the nitrogen it needs to maintain muscle mass.

This trifecta known as the *Beach Freak Stack™* should be taken immediately upon rising in the morning, before you begin your morning cardio session. It should also be taken in the afternoon approximately thirty minutes before you complete your afternoon weight training session.

There you have it – all of the key elements you need to utilize in order to achieve bodybuilding success. Work your tail off in the weight room. Endure that morning cardio and give it all you’ve got. Follow your clean dieting plan religiously, and take your supplements without fail. In eight weeks, you’ll think your eyes are deceiving you when you see the shredded you emerge from the folds of fat you currently call home. Good luck!

*“Off the chain!!! Tridenosen<sup>HTM</sup> is ridiculous! I just talked to my friend and he said he was getting a great deal from you yet again. Again, thanks!”*  
~Brad



*“I took Nitrox-ATP™ to start getting trim and stronger for MMA. I definitely felt a difference in my workouts and in the recovery time. My energy levels and endurance seemed almost boundless. My training partner said that I zoned out while blasting the pads.”*  
~Antonio



# How To Shred Up To 20 Lbs Of Fat From Your Body And Get That Ultimate Shredded Physique!

**Take The Reins On Fat Loss By Combining The Awesome, "Rep Rocketing" Power Of Two New Compounds And The World's Most Revolutionary Fat Burning Agent!**



Good news my iron pumping friend... getting Super Shredded is now easier than ever! This insanely potent fat incinerating stack is scientifically engineered to get you that pro physique... totally shredded but ripped to the bone with striated muscle! Just take a look at what each of the three included compounds is designed to do...

### **Tridenosen<sup>HTM</sup>**

- ✓ Get Super-Human Performance, Safely And Legally!
- ✓ Outrageous Pumps, And Permanent Muscle Growth!
- ✓ Lift More Weight For More Reps To Build More Muscle!
- ✓ Workout Harder And Recover Faster!

### **Nitrox-ATP<sup>TM</sup>**

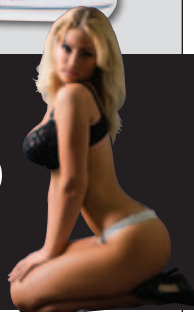
- ✓ Gives you harder, longer and more effective workouts.
- ✓ Creates explosive energy for lifting heavier.
- ✓ Packs on dry, lean muscle.
- ✓ Build muscle much faster, and recover even faster.

### **Lipotase<sup>TM</sup>**

- ✓ Extreme Hardening Agent!
- ✓ Shutdown Estrogen & Get Ripped To The Bone!
- ✓ Oxidizes Fat To Reveal Your 6-Pack and Striations!
- ✓ Boosts Testosterone For Solid Mass & Cuts!



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Discounts based on retail price. Offers are for a limited time and may be withdrawn at any time. User results may vary and the people featured have been remunerated. Use as directed along with a sensible nutrition and exercise program. Do not take more than the recommended dose on the label. As with prescription drugs there may be undesired side effects. Before using any dietary supplement contact your doctor. This information and these products are not intended to diagnose, treat, cure or prevent any disease. Statements made have not been evaluated by the FDA. Active ingredients may or may not have conclusive clinical medical studies. Do not consume if you have not followed all of these warnings. © 2011-2012 Primal Muscle™. All Rights Reserved.