THE FAST, ATTAINABLE TRANSFORMATION

WEEK 2

Carb-Cycling Nutrition

Men's Gym Workouts

Day 1 Active Recovery/MOD Carb

Nutrition

Settings: NET Carbs <85g Protein grams 30-40% Fat grams make up the rest
Drink Plenty of Water
Most of your foods will be Protein and Vegetables working in a few extra carbs from fruit, whole grains, a protein supplement etc.

Workout

You could take the day off
or
LOW intensity cardio workout
NOT going above the fat burning zone
(60-70% of your max heart rate) to target fat .
Biking
Light Jogging
Hiking
Walking
Yoga
Stretching
Core workout
Foam Roller
Pilates

Day 2 HIIT Cardio/LOW Carb

Nutrition

Settings: NET Carbs <50g Protein grams 30-40% Fat grams make up the rest
Drink Plenty of Water
Keep it simple. Most of your foods will be Protein, Veggies, and Salads, with adding in foods and snacks higher in fat lower in carbs.

Workout

Abs: Cocoons X10
Bottoms up x10
Overhead crunches x20
Bicycle Crunches x20
Do this 1-2 times through

Warm up for 5-10 minutes slow pace with a few minutes of stretching

"Sprints" on the elliptical, bike, stairs, track, jump rope, boxing, swimming, row machine, or combination of any of these. Other ideas: suicides, combining running forward, backward, side shuffles, karaoke.
Go as hard as you can 100% effort for 20 seconds then go at a slow pace for 20 seconds and go back and forth between 100% and recovery every 20 seconds OR 30 seconds on 30 sec off OR Tabata 30 sec on 15 sec off... any interval combination for **15 minutes total no more than 30 miunutes**
OR
Choose a choreographed HIIT workout provided
(you may also create your own HIIT workout using the HIIT exercise library and choosing exercises and plugging them into the times in the already choreographed HIIT workouts)
GOAL OF HIIT: KEEP YOUR HEART RATE IN THE ANAEROBIC ZONE (80-90% OF MAX HR, MyZONE monitor color Yellow) SO WE BURN ALL THE CARBS

Then do LOW Intensity cardio for 20-30 minutes doing any of the activities above.
GOAL OF LOW INTENSITY: KEEP YOUR HEART RATE IN THE AEROBIC ZONE (70-80% OF MAX HR, MyZONE monitor color green) SO WE BURN FAT

Day 3 Shoulders, Chest, Triceps/HIGH Carb

Nutrition

Settings: Total Carb grams 50% Protein grams 30-40% Fat grams make up the rest
Drink Plenty of Water
Think Low Fat. Protein will be lean sources and veggies. With each meal work in a carb (ex: unrefined grains, fruit, sweet potato) Snacks higher in carb low in fat. (ex: overnight oats, fruit, smoothies, protein bars, protein shakes etc.)

Workout

5-10 minutes of walking, jogging, stairs, or elliptical for warm up and some stretching before strength and 5-10 minutes of the same after your strength workout for cool down

Circuit Sets- Do Exercise 1 for the stated reps, then 2, then 3, then go back through 1-3, do this 3 times through. Optional: You may do 4 sets of each circuit or choose a few circuits to do another set if you have time

***In between each circuit (after you do exercises 1, 2 and 3 (2-3 times through) there will be a separate exercise to perform

1-DB Flat Chest Press 12-15 reps
2-Skull Crushers 12-15 reps
3-Sit Up with Overhead Press 12-15 reps

***Jack Presses 2 sets 20

1-Push Up with Release 12-15 reps
2-Cable Bar 1 arm Pulldown x12 each side
3-Side Plank Hold 30 sec each side

***Curtsy Lunge Lateral Raise 2 sets 10

1-Chest Fly Machine 12-15 reps
2-Assisted Dips 12-15 reps
3-Bear Crawl Shoulder Taps x10 total

***DB Front Raise 2 sets 12-15

1-Incline DB Chest Press 12-15 reps
2-Tricep Push ups on feet or knees 12-15 reps
3-Russian Twists x20 total

***Squat Shoulder Press 2 sets 12-15

Day 4 Active Recovery/MOD Carb

Nutrition

Settings: NET Carbs <85g Protein grams 30-40% Fat grams make up the rest
Drink Plenty of Water
Most of your foods will be Protein and Vegetables working in a few extra carbs from fruit, whole grains, a protein supplement etc.

Workout

You could take the day off
or
LOW intensity cardio workout
NOT going above the fat burning zone
(60-70% of your max heart rate) to target fat .
Biking
Light Jogging
Hiking
Walking
Yoga
Stretching
Core workout
Foam Roller
Pilates

Day 5 Back, Biceps/HIGH Carb

Nutrition

Settings: Total Carb grams 50% Protein grams 30-40% Fat grams make up the rest
Drink Plenty of Water
Think Low Fat. Protein will be lean sources and veggies. With each meal work in a carb (ex: unrefined grains, fruit, sweet potato) Snacks higher in carb low in fat. (ex: overnight oats, fruit, smoothies, protein bars, protein shakes etc.)

Workout

5-10 minutes of walking, jogging, stairs, or elliptical for warm up and some stretching before strength and 5-10 minutes of the same after your strength workout for cool down

Circuit Sets- Do Exercise 1 for the stated reps, then 2, then 3, then go back through 1-3, do this 3 times through. Optional: You may do 4 sets of each circuit or choose a few circuits to do another set if you have time

***In between each circuit (after you do exercises 1, 2 and 3 (2-3 times through) there will be a separate exercise to perform

1-Assisted Pull Ups 12-15 reps
2-DB wide Curls 12-15 reps
3-Diagonal In and Outs 10 total

***Jab Cross with DB Palms facing down x30 punches

1-Row Machine 12-15 reps
2-1 Arm Preacher Curls 12-15 reps
3-Roll Outs 15 reps

***Jab Cross with DB Palms facing in (toward center of body) x30 punches

1-Bent Over Fly 12-15 reps
2-Close grip Bar bicep curls 12-15 reps
3-Hyperextension Machine 15 reps

***Jab Cross with DB Palms facing up x30 punches

1-Cable Bar Upright Rows 12-15 reps
2-Plate Hammer Curl 12-15 reps
3-Sit up Jab Cross (with or without weight) 10 reps

***Jab Cross to Failure

Day 6 HIIT Cardio/LOW Carb

Nutrition

Settings: NET Carbs <50g Protein grams 30-40% Fat grams make up the rest
Drink Plenty of Water
Keep it simple. Most of your foods will be Protein, Veggies, and Salads, with adding in foods and snacks higher in fat lower in carbs.

Workout

Abs: Cocoons X10
Bottoms up x10
Overhead crunches x20
Bicycle Crunches x20
Do this 1-2 times through

Warm up for 5-10 minutes slow pace with a few minutes of stretching

"Sprints" on the elliptical, bike, stairs, track, jump rope, boxing, swimming, row machine, or combination of any of these. Other ideas: suicides, combining running forward, backward, side shuffles, karaoke.
Go as hard as you can 100% effort for 20 seconds then go at a slow pace for 20 seconds and go back and forth between 100% and recovery every 20 seconds OR 30 seconds on 30 sec off OR Tabata 30 sec on 15 sec off... any interval combination for **15 minutes total no more than 30 miunutes**
OR
Choose a choreographed HIIT workout provided
(you may also create your own HIIT workout using the HIIT exercise library and choosing exercises and plugging them into the times in the already choreographed HIIT workouts)
GOAL OF HIIT: KEEP YOUR HEART RATE IN THE ANAEROBIC ZONE (80-90% OF MAX HR, MyZONE monitor color Yellow) SO WE BURN ALL THE CARBS

Then do LOW Intensity cardio for 20-30 minutes doing any of the activities above.
GOAL OF LOW INTENSITY: KEEP YOUR HEART RATE IN THE AEROBIC ZONE (70-80% OF MAX HR, MyZONE monitor color green) SO WE BURN FAT

Day 7 Legs/HIGH Carb

Nutrition

Settings: Total Carb grams 50% Protein grams 30-40% Fat grams make up the rest
Drink Plenty of Water
Think Low Fat. Protein will be lean sources and veggies. With each meal work in a carb (ex: unrefined grains, fruit, sweet potato) Snacks higher in carb low in fat. (ex: overnight oats, fruit, smoothies, protein bars, protein shakes etc.)

Workout

5-10 minutes of walking, jogging, stairs, or elliptical for warm up and some stretching before strength and 5-10 minutes of the same after your strength workout for cool down

Circuit Sets- Do Exercise 1 for the stated reps, then 2, then 3, then go back through 1-3, do this 3 times through. Optional: You may do 4 sets of each circuit or choose a few circuits to do another set if you have time

***In between each circuit (after you do exercises 1, 2 and 3 (2-3 times through) there will be a separate exercise to perform

1-Assisted Pull Ups 12-15 reps
2-DB wide Curls 12-15 reps
3-Diagonal In and Outs 10 total

***Jab Cross with DB Palms facing down x30 punches

1-Row Machine 12-15 reps
2-1 Arm Preacher Curls 12-15 reps
3-Roll Outs 15 reps

***Jab Cross with DB Palms facing in (toward center of body) x30 punches

1-Bent Over Fly 12-15 reps
2-Close grip Bar bicep curls 12-15 reps
3-Hyperextension Machine 15 reps

***Jab Cross with DB Palms facing up x30 punches

1-Cable Bar Upright Rows 12-15 reps
2-Plate Hammer Curl 12-15 reps
3-Sit up Jab Cross (with or without weight) 10 reps

***Jab Cross to Failure