



THE FAST, ATTAINABLE TRANSFORMATION

WEEK 3

Carb-Cycling Nutrition

Men's Home Workouts



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.

INTERMITTENT FASTING DAY

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



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.

INTERMITTENT FASTING DAY

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 **16 minutes total no more than 30 minutes**

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



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.)

OPTIONAL INTERMITTENT FASTING DAY

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 Chest Press 12-15 reps OR TRX Chest Press
- 2-DB 2 arm overhead extension 12-15 reps OR TRX Extension
- 3-Sit Up with Overhead Press 12-15 reps

*** Jack Presses 2 sets 20

- 1-Push-Ups 12-15 reps OR TRX Push Ups/Atomic Push ups
- 2-Across Face Tricep Extension x10 each side
- 3-Side Plank Hold 30 sec each side

***Curtsy Lunge Lateral Raise 2 sets 10

- 1-DB chest fly 12-15 reps OR TRX Chest Fly
- 2-Tricep Dips 12-15 reps
- 3-Bear Crawl Shoulder Taps x10 total

***DB Front Raise 2 sets 12-15

- 1-1 arm DB Chest press x12 each side (option: feet off ground legs at 90 deg)
- 2-1 Arm Tricep Kickbacks 12-15 reps
- 3-Russian Twists x20 total

***Squat Shoulder Press 2 sets 12-15



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.

INTERMITTENT FASTING DAY

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



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.)

OPTIONAL INTERMITTENT FASTING DAY

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-Bent arm pull-over 12-15 reps OR TRX Lat Pull
2-Flat Bench Bicep Curl 12-15 reps
3-Diagonal In and Outs 10 total

***Jab Cross with DB Palms facing down x30 punches
All may be with or without weight

1-1 Arm DB Rows x12 Each side OR TRX 1 Arm Row
2-Concentration Curls 12-15 reps OR TRX 1 Arm Bicep Curl
3-Roll Outs 15 reps OR TRX Standing Roll Outs

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

1-Bent Over Row-Fly 12-15 reps
2-DB or Bar Bicep Curls 12-15 reps OR TRX Bicep Curls
3-Superman Hold 30 sec-1 minute

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

1-Upright rows 12-15 reps OR TRX High rows
2-DB Hammer Curl 12-15 reps
3-Sit up Jab Cross (with or without weight) 10 reps

***Jab Cross to Failure



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.

INTERMITTENT FASTING DAY

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 **16 minutes total no more than 30 minutes**

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



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.)

OPTIONAL INTERMITTENT FASTING DAY

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-Squat to bench 12-15 reps OR TRX Sprinter Squat
2-1 Leg deadlifts 12 reps each OR TRX Deadlifts
3-Flat Leg Lifts 15 reps

***Thigh Killas for 30 seconds-1 minute

1-Pistol Squats 10-12 each leg OR TRX Pistol Squats
2-Deadlifts 12-15 reps OR TRX Hamstring Circles
3-Plank alternating hip drops x20 total OR TRX Frog

***Calf Raises with or without weight to failure

1-Step Down Taps 10 each leg
2-Bridges 15 reps with or without weight OR TRX Bridges
3-Pilates 100's 1 minute OR TRX In and Out

***Skaters 30 seconds-1 minute

1-Goblet Squats (Put a Rolled up hand towel under each heel)
2-Bulgarian Split Squats 10 each leg (all weight through your heel) OR TRX 1 Leg Bridges
3-Oblique Heel Touches x20 total OR TRX Knees In Back and Forth

***Calf raises with or without weight to failure