



# FAST ATTAINABLE TRANSFORMATION

**Week 3**

**Carb-Cycling Nutrition  
Advanced Gym Workouts**





## Nutrition

Settings: NET Carbs <85g Protein grams 30% 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

Biking

Light Jogging

Hiking

Walking

Yoga

Stretching

Core workout

Foam Roller

Pilates



## Nutrition

Settings: NET Carbs <50g Protein grams 30% 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: Bent Leg Lifts x20**  
**Single bent knee lefts x10 each side**  
**Bear Crawl Shoulder taps 20 total**  
**Sit ups x15**  
**Do this 2-3 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 for 16 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% Fat grams 20%

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-Incline chest press 10-12 reps  
2-Cable bar overhead Tricep extension 10-12 reps  
3-Roll outs x10

\*\*\*Glute kickback machine 2 sets of 15 each side

1-Ball DB Chest press 10-12 reps  
2-Skull Crusher DB Pullover 10-12 reps  
3- Ball Pike x10

\*\*Clam Raises 2 sets 20 each side

1-Ball DB Chest flys 10-12 reps  
2-Cable 1 arm tricep pulldown 12-15 reps  
3-Ball side crunch x20 each side

\*\*\*1 leg deadlift 2 sets 10 per leg

1-Push ups to failure  
2-Tricep Kickbacks x10-12  
3-Flat leg lifts x10

\*\*\*Ball back Bridges 2 sets 15 may use weight



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or

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**NOT going above the fat burning zone**

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1-Assisted Pull Up Machine 10-12 reps

2-Arnold press 10-12 reps

3-Close grip bar bicep curl 10-12 reps

\*\*\* Ab Crunch Machine 2 sets 15

1-Row Machine 10-12 Reps

2-Cable Lateral raise 10-12 reps each side

3-Cross Body Alternating Hammer curls 10-12 per side

\*\*\*Upright leg lifts 2 sets 15

1-Close Grip Pulldown 10-12 reps

2-Cable rope upright rows 10-12 reps

3-Cable 1 arm preacher curls 10-12 reps each side

\*\*\*Bicycle Kicks 20 total 2 sets

1-Hyperextension machine 10-12 reps

2-High Cable Rows 10-12 reps

3-Cable Cross Machine Chest high rotations x15 each side

\*\*\*Renegade Rows 2 sets 10 each side



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1-Leg press machine legs close together 10-12 reps

2-Jump Squats x20

3-Clam raises 30 sec each leg

\*\*\*Roll Outs x15 2 sets

1-Leg Press Machine Legs wide and toes slightly pointed out 10-12 reps

2-Deadlifts 10-12 reps

3-Bar Back or smith machine Calf raises x15

\*\*\*Ball Pike x15 2 sets

1-Sissy squats x15-20

2-Jumping Lunges x20 total

3-Cross over step ups x10 each side

\*\*\*Ball side crunch x10 each side 2 sets

1-Bar back squats or smith machine squats 10-12 reps

2-Step up reverse lunge x10 each side

3-Russian Twists x20

\*\*\*Jump squats x10, jumping lunges x10, jump squats x10, jumping lunges x10