



THE ULTIMATE 6-WEEK SHRED

THE SIMPLE GUIDE TO BURNING FAT & KEEPING IT OFF FOR LIFE

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WELCOME.

Thank you for downloading.

You're here because you want to learn how to get more out of nutrition and create body composition change. This guide is designed to give you the tools & resources you need to lose body fat & keep it off for life without the constant yoyo dieting.

For people who have struggled with constant yo-yo dieting what we are asking you to do is simple but that's because it doesn't have to be complicated. We want this to be easy to follow so you can execute and get the results you're so desperately after.

My suggestion is start implementing this guide straight away, find yourself a friend who's keen to do it with you and keep you accountable. The further you get into the 6 weeks the easier it will become!

Michael Bell // Flow Performance



KEY TAKEAWAYS TO ENSURE SUCCESS OVER THE NEXT 6 WEEKS

CALORIES ARE THE MOST IMPORTANT PIECE OF THE PUZZLE - If you eat less you'll drop body fat if you eat more you'll put on weight! There's no way around it. Drop your calories by 20 / 30%.

PROTEIN MATTERS - Keep protein high to reduce the likely hood of losing lean mass. Aim for 2 grams per kilo of bodyweight.

PREPARE TO BE HUNGRY - It's ok to be hungry and uncomfortable, remember it's not forever and if you're not hungry it's probably not enough of a calorie deficit.

THE MISSING PIECE OF THE PIE, NEAT - As we reduce your calories your subconscious starts to down regulate how much activity you do. Make sure you're steps stay above 10,000 steps to stop this from happening and keep you burning fat.

PREPARE YOUR FOOD - If you're food is ready to go it's easier to stay away from the bad stuff. Prepare your food for the week ahead so you minimise your hunger and cravings

KEY TAKEAWAYS TO ENSURE SUCCESS OVER THE NEXT 6 WEEKS

SLEEP YOUR WAY TO SUCCESS - If you're not getting enough sleep it's going to be very hard to drop stubborn body fat. Aim for 8+ hours each night.

YOUR BODY NEEDS A STIMULUS TO GET LEANER! - Without stimulus you're just burning calories. We want to aim to stress the body to add more lean mass and reduce body fat. To do this your body needs a stimulus, lift heavy!

VOLUME IS KING - You're going to get tired and want to skip sessions, don't! Aim to hit a minimum of 4 sessions per week. This will create a decent calorie deficit and help you to drop the body fat.

STAY ACCOUNTABLE & CONSISTENT - You're going to have days where you want to give up and eat all the food. Remember it's only 1 month. Reach out to your accountability buddy so they can help you out and get you over the hump.

A top-down view of a healthy meal. On the right, a piece of cooked steak is served on a white paper liner. To the left of the steak are several vegetables: two broccoli florets, two orange carrot sticks, two green asparagus spears, and a halved cherry tomato. Below the vegetables is a small white bowl filled with a light-colored soup, garnished with green peas. The entire meal is set against a dark, textured background.

NUTRITION

NUTRITION

The biggest thing you need to remember is nutrition is all about consistency. The more consistent you are, the faster you'll get the results you're chasing.

HERE'S THE KEY THINGS TO REMEMBER.

The basics provide 80% of the results. Don't skip them!

As we climb the nutritional pyramid it's important to remember that the higher you climb the smaller the returns you'll see.



PYRAMID OF NUTRITIONAL PRIORITIES

CALORIES

“The first law of thermodynamics, also known as Law of Conservation of Energy, states that energy can neither be created nor destroyed; energy can only be transferred or changed from one form to another.”

You can't mess with this principal.

Calories MATTER!

If you eat too much, you'll put on weight.

If you eat less and exercise more you'll lose weight.

Calorie balance matters the most.

HOW

Download MyFitnessPal.

Log on and set up your goal to lose 500 grams a week. (Don't go over this, any more than this is unsustainable).

Hitting this number consistently is the fastest way to ensure you're dropping body fat, one day of bingeing can be enough to throw this off.

MACRONUTRIENTS

Eating the right combination of macronutrients and calories has the ability to alter your body composition, sporting performance, daily function and energy levels.

The big thing over the 6 weeks is we want to do everything in our power to prevent you from just dropping muscle. To prevent this, we need to ensure you're eating adequate amounts of protein to maintain muscle mass while dropping body fat. Losing muscle mass will cause a reduction in your metabolic rate which is the exact opposite of what we want.

AIM FOR 2 GRAMS OF PROTEIN PER KILO OF BODYWEIGHT

To make things simple we recommend just focussing on hitting your calories & protein target. Once you're able to hit this consistently you can add in carbohydrates & fat goals which will help with sporting performance and further body composition refinement.

MICRONUTRIENTS

Micronutrients are not to be missed as the break down of fat is highly reliant on these enzymes and co factors. It goes without saying that your body runs more efficiently with vegetables, meats & nuts then with highly processed foods like chips, lollies and cereals.

AIM TO GET 2 CUPS OF VEGETABLES WITH EACH MEAL

This will ensure you have enough micronutrients to metabolise and break down fat.

LIFESTYLE

SLEEP

Sleep MATTERS! This is by far the most neglected! Here's what you need to optimise your recovery & speed up your results.

- **SLEEP FOR 8+ HOURS A NIGHT**

- Create a sleep routine! You should be going to sleep and waking up at the same time every night. Your body thrives on routine.
- Your room should resemble a bat cave, Pitch black with no light!
- Stay away from electronics & artificial light for at least 1 hour before bed time. These lights stop the secretion of your sleep hormones.
- 1pm means no more coffee & stimulants
- Aim to eat 2 hours before going to bed. This will reduce the stress put on the digestive tract while sleeping which allows you to get a deeper sleep.

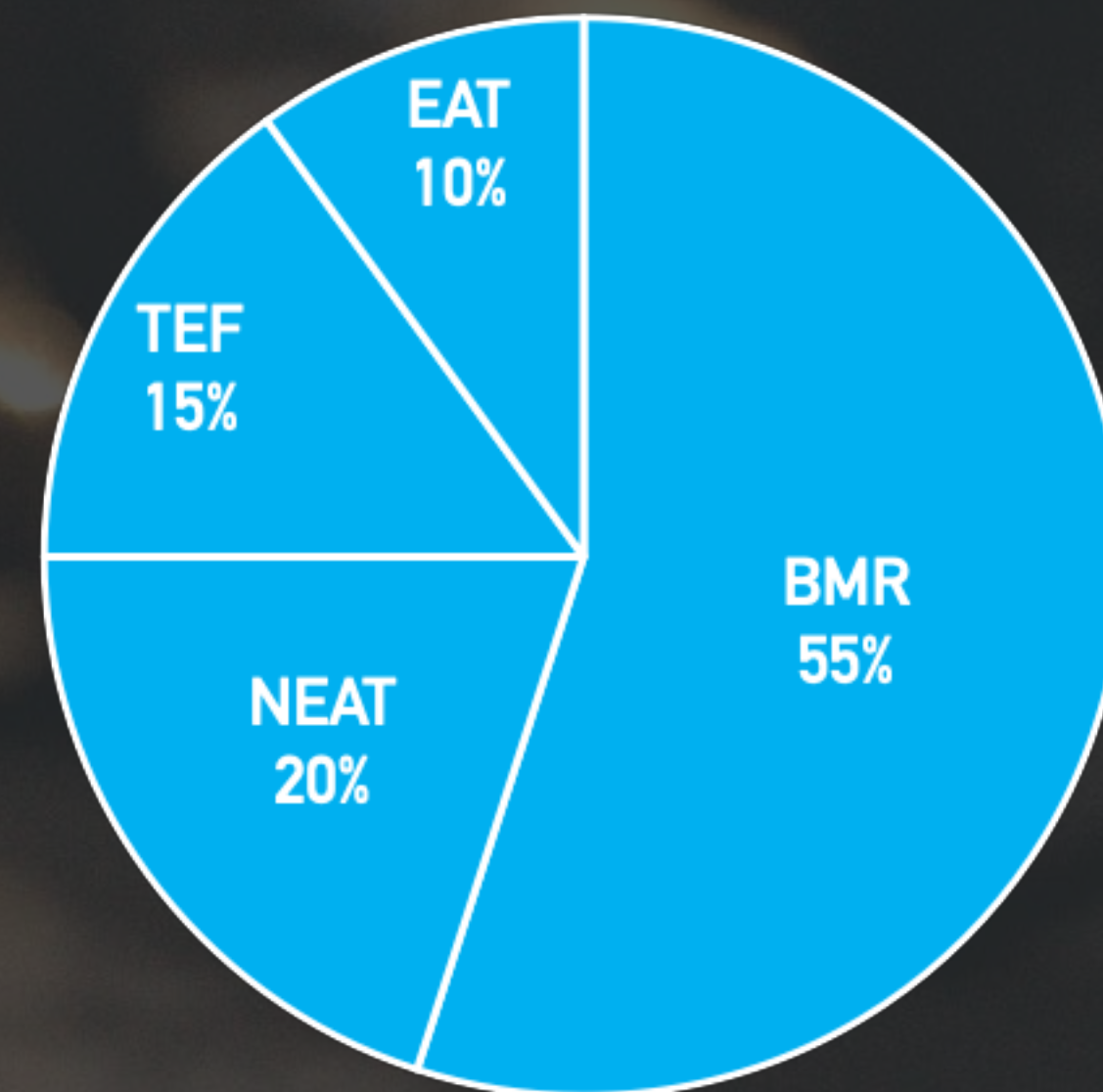


NEAT

Non Exercise Activity Thermogenesis – often the missing piece of the puzzle. NEAT makes up everything you do out of the gym. It includes walking, fidgeting & general movement.

Research has found that when we enter into a calorie deficit our NEAT reduces subconsciously to save energy which reduces our calorie deficit. To prevent this from happening its important to track our steps over the 6 weeks and ensure that this doesn't happen.

Hit 10,000 steps daily to keep your NEAT up and metabolism burning.



TRAINING

TRAINING

Your training should be aimed for performance! Your body needs a stimulus to get stronger and leaner. You need to ensure you're working hard to burn calories while training but also creating new lean tissue after the session.

OVER THE NEXT SIX WEEKS YOU SHOULD:

Lift weights to get stronger

Run further or faster

Move with purpose and intent

TRAINING

Training with a performance; outcome is the key!

1. Lift with intent and aim to lift heavier than last week this will stimulate increases in lean muscle mass
2. Follow the tempos prescribed, mechanical tension is a key to muscle hypertrophy. Muscle hypertrophy = increased lean muscle mass = increase metabolic rate = reduction in body fat.
3. Ensure you're doing enough cardio. Cardio at the right intensities has the ability to increase fat metabolism. Increase your conditioning by adding in 20 to 40 minute of cardio by rowing / running / bike after class or in your own time. Aim to go at a pace that 50/60% of your maximal efforts.
4. Aim to train in Squad Session 3/4 times a week.

WHAT NOW?

It's time to take action! Here's the key things to remember

1. Track your calories! This will determine your results.
2. Protein matters. Keep your metabolic rate up by hitting this.
3. Train a minimum of 4 x a week.
4. 8 + hours of sleep to recover and keep your body burning fat.
5. 10 000 Steps to ensure you keep your NEAT up.

WHAT'S NEXT?

Everything you need to execute the next 6 weeks is in this guide. Sometimes you might need some extra accountability or for someone to tell you you're on the right track.

We're happy to help.

If you need a helping hand, some guidance or a place to train, then shoot us a message so we can help you.

HERE'S HOW YOU CAN GET IN TOUCH.



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hello@flowperformance.com.au