



**A Lot Can Happen In 30 Days...**

**My "Dirty Little Secret Program" For Building Muscle and Losing Fat FAST!**

**By Nick Nilsson**

<http://www.fitstep.com>

<http://www.fitness-ebooks.com>

<http://www.powerfultainingsecrets.com>

**Note:** this information is more appropriate for people who are already currently performing some sort of training program and who have some training experience. Anyone starting a new exercise or nutrition program should consult with their physician before beginning.

This book may not be reproduced or sold without authors consent. All information is Copyright 2008 BetterU, Inc.

# A lot can happen in 30 days...

The dream of everyone who trains is to lose maximum fat and build maximum muscle in the shortest period of time possible. While it is definitely possible to both lose fat and gain muscle at the same time, in my experience, the best results come from concentrating on one major goal at a time.

Let me put it this way: **to lose fat, you need a caloric deficit. To build muscle, you need a caloric surplus.** If you try to do both at the same time, you may just remain exactly where you are! This is especially true if you're an experienced trainer. Beginning trainers, since their bodies are rapidly adapting to exercise, can build muscle and lose fat at the same time far easier.

But the question before us is how do we maximize both fat loss and muscle gain, two very much opposing goals, in only 30 days?

The key lies in working towards each goal in the same program but not at the exact same time. To maximize fat loss, we will first start with a 5-day cycle of exercise and diet totally geared towards fat loss. We will then immediately follow this with 5 days of exercise and diet totally targeted towards muscle gain. We will repeat these 5-day alternating cycles 3 times each, for a total of 30 days.

Phase 1 5 Days	Phase 2 5 Days	Phase 3 5 Days	Phase 4 5 Days	Phase 5 5 Days	Phase 6 5 Days
Fat Loss		Fat Loss		Fat Loss	
	Muscle-Building		Muscle-Building		Muscle-Building

While this may sound like you'll be jumping around too much in your training to really get results, consider this: **the body rapidly adapts to both fat loss and muscle gain programs. When your body adapts fully, your progress can slow to a crawl.**



We're going to take full advantage of your body's quick adaptation to training by switching rapidly between two opposing programs.

If you're familiar with the ABCDE program (Anabolic Burst Cycling of Diet and Exercise) put forward in Muscle Media magazine a number of years ago or TC Luoma's more recent update of the program, this is a very similar concept.

To illustrate my point, remember how quickly you gain weight when coming off a strict diet? Remember how quickly you lose weight when you start to diet and you haven't been careful about what you've been eating? That's your body rapidly adapting to a stress. One of the most powerful features of this switching back and forth is in the change itself - your body changes far quicker when you give it a powerful reason.

**What is the result of this switching back and forth? Extremely rapid fat loss and extremely rapid muscle gain.**

To maximize the effects of this switching, you must tailor your training, diet and supplementation towards your specific goal during that time. Your bodyweight will fluctuate quite a bit as you go through the cycles but the end result will be decreased bodyfat, increased muscle mass and a new respect for the adaptive capabilities of the human body!

---

## **The Fat Loss Cycle**

In order to achieve rapid fat loss, you need to target your training towards burning maximum calories while maintaining as much muscle mass as possible. To accomplish this, I recommend doing both cardiovascular training and weight training during your fat loss cycle. When properly combined and targeted, weights and cardio can have spectacular effects on fat loss.

Here is a 5-day workout schedule to follow during your fat loss cycle. This gives you an optimum combination of cardio training and weight training. I will explain in detail how this program is put together and why it works as well give you recommendations about what type of cardio training to do and when to do it in your workouts.

Day 1	Day 2	Day 3	Day 4	Day 5
Back (10 sets) Chest (10 sets) Biceps (6 sets) Calves (6 sets)  10-12 reps/set 30 sec rest  Cardio Training	Shoulders (8 sets) Triceps (8 sets) Thighs (12 sets) Abs (4 sets)  10-12 reps/set 30 sec rest	Cardio Training	Back (6 sets) Chest (6 sets) Thighs (6 sets) Shoulders (3 sets) Biceps (3 sets) Triceps (3 sets) Calves (3 sets) Abs (3 sets)  5-7 reps/set 30 sec rest  Cardio Training	Rest

## Program Notes:

- During all weight training sessions you will **keep your rest periods very short (30 seconds between sets)** with your training volume relatively high. This will keep your heart rate up, giving your body a cardiovascular workout while you're doing your weight workout. It's very demanding and excellent for boosting the metabolism. Keep a timer handy or watch the clock to your rest periods consistent.
- **Short rest periods, higher reps and higher volume have also been shown to increase growth hormone levels** in the body due to lactic acid build-up. Your body reacts to lactate (lactic acid) by releasing growth hormone. Growth hormone is very effective at decreasing fat mass in the body. The result of the short rest and high volume and reps is that you're giving your body not only a hormonal fat-burning boost but a cardiovascular calorie-burning boost as well.
- **Select exercises that will use the most muscle mass**, such as squats, bench presses, dips, etc. These exercises may be tougher but they'll burn the most calories, giving your metabolism a bigger boost and stimulating your muscles to a far greater degree.

- For your workouts, the body is broken up into different parts over two days for the first two sessions. This is done in order to keep the training volume high for those bodyparts. On Day 4, the training volume is lower for the bodyparts but every single bodypart is worked. This allows you to work every bodypart twice during the cycle while still including a complete rest day on Day 5. The rest day is very important for recovering from the exercise you've done this week.
- You'll notice that on the first two weight training days, the reps are somewhat higher (10 to 12 reps) than on the third, total-body weight training day (5-7 reps). This is a form of periodization known as microperiodization. In normal periodization, you move through cycles of rep ranges over a period of months - here we're doing it in period of days. The body responds very well to short cycles like this. The first two days focus on higher reps to burn more calories and maintain muscle mass. The third session focuses on heavy weights and lower reps to keep your strength levels high.
- **The number of sets listed for each bodypart is the total number for you to do for that bodypart.** You may choose to use only one exercise for all the sets or divide the sets up between several exercises. For example, if the program calls for 10 sets for back, you can do 10 sets of bent-over rows or you can do 5 sets of rows then 5 sets of pulldowns or perhaps 3 sets of deadlifts, 3 pulldowns, and 4 rows.
- **Cardiovascular training will be done three times during this 5 day cycle.** In the next section, I will go into detail as to which type of cardio training to use for maximum results.
- **On your rest day, be sure it is a total rest day!** You're going to need it in order to recover and get ready for the next phase of muscle building. This means no exercise sessions and limiting other physical activities. Get out of the gym and relax!

## Notes On Cardiovascular Training For Fat Loss:

There are several ways to incorporate cardio into your fat loss regimen, depending on how much time you have available to you for your workouts.

**The preferred method for working cardio and weights is to do completely separate cardio and weight training sessions.** This maximizes your energy level for both so that they aren't competing with each other for resources during a single session. This improves performance during both types of workouts and improves the metabolic boost you get from training by increasing the frequency of exercise. You can do cardio in the morning and weights in the afternoon or vice versa - whichever feels better to you. For separate sessions, the order doesn't matter.

If you don't have time to separate your sessions, I recommend doing your cardio training **AFTER** your weights, not before. Here's why:

When you first begin to exercise, your body relies heavily on stored carbohydrates and blood sugar for energy. As you progress in your workout, that mix gradually changes to increased fat burning.

You're doing cardio to burn fat and weights to preserve and build muscle.



If you start with cardio, you decrease your blood sugar and glycogen levels, forcing your body to rely on fat to power your weight workouts. If you do weights first, you're using a more efficient fuel. Then, when you do cardio, you'll be dipping into fat stores much faster. This makes the process more efficient.

That being said, if you prefer to do your cardio first, you're welcome to. The real keys to success are consistency and intensity. If, by doing cardio first, you'll put more effort into both, do the cardio first.

## **What Type Of Cardio To Use:**

**The type of cardio I recommend for best results is high-intensity interval training.** This type of training will not only burn a lot of calories during the exercise, it will boost your metabolism very significantly for long after the session. This long-term boost is the real secret to quick fat loss. Low to moderate intensity cardio simply doesn't give your body a kick like this.

High-intensity interval training can be done anytime, anyplace, with any form of exercise and on any cardio machine. The basic premise of this type of training is to go really hard for a short period of time then go really slow for a period of time to recover.

A good example of this is sprinting on a soccer or football field. Start by sprinting the length of one side of the field. Walk slowly over to the other side then sprint all the way down to the end again. Walk back to your original start position, then sprint again. Repeat this cycle for several rounds.

Another example is on a stationary bike. Start by warming up with a short, slow ride for a few minutes. Kick the intensity up to a high level for 30 seconds and go as hard as you can. Drop the intensity back to a very low level for 30 seconds, then repeat.

These are several basic examples. You can follow an interval program programmed onto a cardio machine or you can design your own based on the simple outline of alternating fast and slow periods. Don't be afraid to push yourself!

For best results, I highly recommend using High Intensity Interval Training for the cardio training that is included in the program listed at the beginning of this section.

## Notes On Weight Training For Fat Loss:

Weight training is an extremely important aspect of fat loss. **Your metabolic rate is very much determined by the amount of muscle mass you carry.** The more muscle you have (and keep!), the faster your fat loss will be.

The major modifications I recommend when it comes to weight training for fat loss are a decrease in rest periods between sets and an increase in training volume. As I mentioned in the Program Notes section, the result of short rest periods, combined with higher volume and moderately high reps is increased growth hormone secretion due to lactic acid build-up. This is very effective for losing fat quickly!



Many trainers make the mistake of only using much lighter weights and much higher reps when weight training for fat loss. All this does is decrease the stimulus on your body for keeping muscle mass! Continue to train with heavy weights and moderate rep ranges (e.g. 6 to 12 rep sets). Your body needs to know you still want to keep your muscles big and strong!

Many trainers also make the mistake of dramatically ramping up their training intensity and throwing in advanced intensity techniques in an effort to increase muscle definition. While including a few intensity techniques (such as supersetting, where you do two exercises back to back) is okay, relying on them for definition will overtrain you in a hurry.

Think about it this way...your body is in a caloric deficit and struggling to hang onto muscle. Why overtax your reduced recovery ability (it's been reduced through dieting) by breaking down your muscles even more than you do when your recovery is actually greater? You'll just end up burning more muscle tissue and beating yourself up. **Greater muscular definition will come from burning off excess fat, not from doing drop sets on every set.**

## **How To Eat and Supplement For The Fat Loss Phase of Training:**

Now that we know how to train for fat loss, we need to know how to eat for fat loss.

To maximize the fat loss phase of this program, there are two basic approaches you can use for your diet: low-carb and low-fat.

Of the two, **the fat loss diet I recommend is the low-carb approach.** A full discussion of the positives and negatives of this approach to eating is beyond the scope of this article but, properly done (not as sensationalized in the popular media, i.e. bacon and butter in every meal), this type of diet can be very safe and effective for fat loss.

The reason I recommend the low-carb approach is that our goal with this program is maximum change. Taking carbs out of your diet is a huge change. When you add carbs back in for your muscle-building phase, your body will react with a tremendous surge in nutrient absorption, increasing your muscle mass at a very rapid rate.

The low-carb diet, by removing your body's preferred source of fuel (carbs), forces your body to rely far more on stored bodyfat for energy. Your body becomes more efficient at burning fat when forced to rely on it for energy. Your insulin levels will level out, your blood sugar will be more stable and you won't get cravings or hunger pangs like on a regular, low-fat diet.

Lower insulin levels and stable blood sugar make it far easier for your body to use bodyfat for energy. When insulin is present in quantity, your body will tend to store nutrients, not burn them.

If you prefer not to eat a strict low-carb diet, **you can certainly eat a more conventional low-fat diet.**

I would still highly recommend reducing your carb intake, however, to maximize the effect of the change in diet when you move to the muscle-building phase.



**A very effective approach to the low-fat diet is what I call "Carb Tapering."** The basic idea of it is simple: reduce your carbs as the day goes on. Your first meal of the day should contain the most carbs, with a reduction in carbs in every successive meal after that. Your final meal of the day should contain few, if any, carbs.

The reason this approach is effective is that your body simply doesn't need as many carbs as the day goes on. Activity levels are generally lower and your metabolism is naturally slowing down. Reducing your intake of energy foods later in the day will help prevent your body from storing the meals you eat later in the day.

Returning to the low-carb approach, when you eat low-carb, you'll need to eliminate foods such as pasta, potatoes, rice, bread, cereal, fruits, juices, etc. You'll be focusing on meat, poultry, eggs, healthy fats (e.g. olive oil, fish oil, flax oil, etc.) and plenty of salads and vegetables. Limit yourself to less than 30 grams of total carbs over the course of the entire day. It's important to eat the vegetables and salads to be sure you're getting the nutrients you need.

**Many people have a distorted view of low-carb diets**, believing they're a license to eat bacon and butter for every meal. NOT TRUE! A healthy low-carb diet should focus on leaner cuts of meat, plenty of vegetables and greens, and healthy fats, NOT highly-saturated fats such as bacon and butter. While it's true you can more easily get away with eating such foods on a low-carb diet, they should not be eaten regularly or a staple of the diet.

Keep your calories at a fairly low level during this phase so that you stimulate fat-burning but not so low that you slow your metabolism or end up burning muscle mass. A good rule of thumb is not to go lower than 1200 to 1800 calories per day, depending on your current muscle mass levels. The more muscle mass you carry, the higher on the range you'll need to be. This applies both to low-carb dieting and to traditional low-fat dieting.

Your protein levels should be at least 1 gram per pound of bodyweight (this level is not hard to reach when you're eating lots of meat and eggs) to maintain maximum muscle mass.

When you do the low-carb diet for the first time, you may experience some dizziness or light-headedness. Avoid operating heavy machinery or motor vehicles if this happens. This feeling will disappear as your body becomes more accustomed to burning fat for energy. Be very certain to take a good multivitamin during your entire program - its nutritional insurance and should be in every supplementation program. A fiber supplement is not a bad idea either (it will help keep your digestive system "moving").

Also, since the foods you will be eating during this phase contain very little potassium (which is an extremely important nutrient), it is highly recommend to include a potassium supplement as well.

## **Fat Loss Supplementation:**

**As far as supplementation goes, I believe in keeping it basic.** There are a number of effective fat loss supplements on the market but, in my opinion, a good multivitamin, calcium supplement, protein powder and glutamine powder will cover the majority of your body's needs in a fat loss program. The real power of the program lies in the exercise and nutrition aspects.



For the purposes of this program, creatine monohydrate intake should be eliminated during this time.

Don't take any creatine at all during this phase of the program. In fact, if you can be off of it for at least a month before beginning this program, you'll get even better results.

The reason I recommend staying off creatine is this: when you make the switch to a higher-carb, muscle-building diet, you can load up on creatine. Your body will take up far more creatine if you've been off of it and if you've been keeping your insulin levels low through eating low carbs.

That being said, some people may not be interested in taking creatine due its water-retaining properties or simply may not be able to take creatine because it doesn't agree with them or there may be other reasons. It's important to note that not taking creatine will not

adversely affect the results you get from this program. **Using creatine can can certainly add to the results you get in the muscle-building phase but it's not absolutely essential for success.**

This covers the 5-day fat loss cycle of our program. Now we'll move to the 5-day muscle-building phase of the program. Your training and eating will change dramatically and your body will react by piling on muscle mass!

## The Muscle-Building Cycle

Your body has just been through 5 days of calorie and nutrient restriction, high-volume, short-rest training and intense cardio training. It's now primed for muscle growth! You're going to go in the complete opposite direction with your training and nutrition, focusing on plenty of food, longer rest periods, reduced training volume and no cardio training.



Here is a program to follow during the 5-day muscle-building phase.

Day 1	Day 2	Day 3	Day 4	Day 5
Back (5 sets) Chest (5 sets) Biceps (4 sets) Calves (4 sets)  9-12 reps/set 1.5 min rest	Shoulders (5 sets) Triceps (5 sets) Thighs (7 sets) Abs (3 sets)  8-10 reps/set 1.5 min rest	Rest Day	Chest (3 sets) Back (3 sets) Thighs (3 sets) Shoulders (2 sets) Biceps (2 sets) Triceps (2 sets) Calves (2 sets)  6-9 reps/set 2 min rest	Rest Day

## Program Notes:

- When you work through your 5-day muscle-building cycle, **you won't be doing any cardiovascular training.** Every ounce of food and recovery energy should be going towards building muscle. This includes outside activities. If you can minimize other calorie-burning activities, such as intense sporting activities or heavy labor, you'll get better results (you don't need to lay on the couch all day, however!).
- **Your training will focus on heavy weights and basic exercises** to maximally stimulate your muscles during this phase. The rep range we will be focusing on will be between 6 to 12 reps per set. The exercises we will be using include squats, deadlifts, bent-over rows, bench press, shoulder press, barbell curls, dips, close-grip bench press, stiff-legged deadlifts, leg curls, leg press, etc. The idea is to select exercises that use the most amount of muscle mass. These exercises are the best for stimulating rapid growth and nutrient uptake in the muscles.
- **Workouts should last between 45 minutes to an hour at the most.** If you lift much longer than this, your body will have a harder time recovering from the training. You want to break the muscles down but not so much that you can't recover quickly enough to train again soon.
- **Rest periods should be longer than during the fat loss cycle.** I recommend at least 1½ to 2 minutes rest in between sets to help keep your strength levels up during the workouts.
- The rep ranges are microperiodized, just like in the fat loss cycle, starting with the higher reps then moving to the lower reps. This is a very efficient training technique for your body to gain strength and muscle mass.
- **The last day of the cycle is a complete rest day** - this is placed here to give your body a bit of a break before you restart the fat loss cycle again.

## Nutrition and Supplementation for Muscle Building:

We've looked at training, now let's look at your eating during your muscle-building phase. Your two main focuses should be on total calories and increased protein intake. Your caloric intake should increase dramatically during this phase. Building muscle requires an excess of calories and substantial amounts of protein. I'm not saying this should be a see-food diet (see food, eat it) where you eat absolutely anything that's in front of you but you should definitely be eating a lot.

## Caloric Intake:

**Eating enough total calories to support muscle growth is absolutely critical to success.** In fact, not eating enough is probably the single greatest reason many people simply never reach their muscle-building goals. How much a person needs to eat in a day will differ dramatically between individuals. Some people will require far more food to make gains than others.



Here's the rule of thumb that I like to follow for maximum results with this program: eat as much and as frequently as you can. It's really quite simple! Try to aim for at least 5 meals a day at the very least.

**But if you eat all you can, won't you gain back all that hard-earned fat loss?**

Here's the beauty of this "rapid-change" program. You've been dieting strictly for the past 5 days and training hard. Your body is quite literally begging for nutrients. When you start feeding it, it's going to respond by rapidly filling up your muscles with nutrients and water, not with fat stores.

The muscle-building hormones in your body are going to be working overtime to bounce back from the self-inflicted famine you've just been through. The short 5-day window in which you'll be operating is not enough time to add substantial fat back on your body, especially since you'll be training hard to maximize muscle gain. The result of this feast? Your body will preferentially pile on muscle mass, not fat.

**This rebound effect is amplified by utilizing the low-carb diet**, as explained in the fat-loss section above. When you're eating very few carbs during the day, your body responds to this by secreting very little insulin (the primary nutrient-storage hormone in the body). This works in favor of fat loss by allowing your body to liberate fat stores (when insulin is present in the blood, nutrients are primarily stored, not burned).

When you switch to a higher-carb diet, the lack of insulin from the low-carb phase has sensitized your body to its effects. When you eat carbs again, your body is going to be far more sensitive to the effects of insulin, which will allow you to store more nutrients more efficiently. This is the main reason people gain weight so quickly when coming off a low-

carb diet. You can very easily make it work in your favor for muscle gain.

If you haven't done the low-carb diet, you will see a rebound as a result of increasing your calories from a lower level but you won't see as great of an effect as you would if you were eating the lower-carb diet. You will still get results, but they won't be as dramatic, which is why, if you can, I recommend the low-carb diet during the fat-loss phase.

**What you eat is very important.** Don't be afraid of eating foods with fat in them but don't base your diet on them. Foods that have been through as little processing as possible will be your best choices. Your body has a far easier time digesting and utilizing the nutrients in unprocessed foods than it does with more processed foods.

When it comes to exactly what you should eat, you'll have to be the judge of that. What works (and tastes good) to one person will not work (or taste good) to another. **The real key is quantity.** You must give your body enough calories to support the muscle-building process or you won't get maximum results. As with the training during this phase, your eating is something you can experiment with. Eat different things and different amounts and record how they affect you and what results you get from them.

## **Protein Intake:**

Your next focus should be on protein intake. **To build muscle, your body needs protein.** There are plenty of opinions on how much protein you should take but, in my experience, the best rule of thumb is one gram per pound of bodyweight, minimum, e.g. if you weigh 190 pounds, eat 190 grams of protein per day.

**This protein intake is best accomplished with a combination of food and supplementation.**

Good protein-containing foods include lean meats, fish, poultry, eggs, soy, legumes, and dairy products. Make sure you eat protein-containing foods in every meal to maximize growth and provide a steady stream of protein to your muscles.

Whey is the single best protein supplement to take, though there are many powders that also include milk protein to slow the absorption of the whey (whey digests relatively quickly, milk protein is much slower).



A slower absorption means protein is trickled into your system over a longer period of time, which can help with keeping your muscles fed with protein more continuously. A faster protein (e.g. whey) is good for times when your body needs protein quickly, such as after a workout.

There are a number of best times to take your protein supplement. Here they are in order of importance:

1. Immediately after a workout
2. One hour after a workout
3. First thing in the morning
4. Last thing before bed
5. Between meals
6. With meals
7. In the middle of the night

## **Creatine Monohydrate:**

Now we turn to [creatine monohydrate](#). This supplement is optional but it is extremely effective, especially in this phase of this particular program. If you followed my advice from the previous section, you will have been off creatine for at least the previous 5 days and hopefully longer than that. Being off creatine for at least a month before will ensure you get the most bang for your buck in this phase as your creatine levels will be back to normal.

**During the first 3 days of this 5-day period, you'll be doing a creatine load.** You'll take 5 grams of creatine 4 times a day for the first 3 days ONLY - we want to get the fast influx of water and nutrients but, since we're going to reload creatine again the next cycle through, we want to leave some room for the next round of creatine to be absorbed.

Now, creatine in a normal program is very good. When you take it in combination with this "rapid-change" program, it can result in extremely rapid progress!

When you switch from a low-calorie, low-carb diet, your body is hungry for nutrients and more sensitive to the effects of insulin. Creatine is absorbed more efficiently when insulin levels are high. By taking your creatine after coming off a low-carb phase, your body will take up more creatine than even during a normal loading phase. The supercompensation effect can result in up to 10 pounds of weight gain in only one day!

**When you're back on the low-carb, low-calorie diet, you'll be off creatine again.**

## Other Supplements and Water Intake:

Glutamine is also an excellent supplement to add to this phase. Glutamine is a conditionally-essential amino acid that is very important for the immune system, recovery, and muscle growth. It also helps the muscles absorb more water, which is very useful for this phase. I would recommend loading up on glutamine by taking 5 to 10 grams 4 times a day for the first 2 days of the muscle-building program then 10 grams twice a day for the last 3 days (once post-workout and once just before bed). This glutamine loading can be repeated on each muscle-building phase.

As always, be sure you are taking a good multivitamin during all phases of training. This should be in your supplementation program at all times. Calcium, magnesium, and Vitamin C are also very helpful. Though I mentioned potassium as an important supplement in the fat loss phase, you should be able to get plenty of potassium in the foods you're eating in this muscle building phase.

**It is absolutely CRITICAL that you drink plenty of water during this phase.**



When I say CRITICAL, I really mean it! Your body is rapidly taking in carbs and protein (and possibly creatine and glutamine). These nutrients need plenty of water in order for your body to take full advantage of them.

Drink whenever you think of it. Keep a water bottle handy at all times so you can drink regularly. Do whatever you need to do to remind yourself to drink. This can make or break this phase of the program. The more you drink, the greater your results can be!

**[Note:** caffeine-containing beverages such as sodas, coffee and tea should be limited and, if possible, eliminated during this phase. Caffeine is a diuretic and will flush much-needed water out of your body.]

After going through 5 days of muscle-building targeted eating and training, go straight back into the low-carb, low-calorie 5 day phase of the program. Stop taking creatine if you've

been taking it (you can keep taking glutamine though) during this phase. Your body will take about a day and half to burn off the stored carbs that you've put in over the past 5 days. You will rapidly flush out water during this time but continue to drink water regularly.

Your metabolism should now be cranking hard from the muscle building phase. When you go back to the fat loss phase, that fast metabolism is going to work wonders for your fat loss!

---

## The Power of Change

After going through each phase once, you'll have a much better idea of how your body reacts to the restricted phase and the subsequent overfeeding and muscle-building phase. Like I said before, the real power of this program lies in the rapid changing of the focus of the program. Going from one end of the training and eating spectrum straight to the other will push your body to its adaptive limit where the results are the fastest.

Take notes on how your body reacts to your eating and training and experiment with things as you go. Through this experimentation, you can adjust the program to get the fastest results possible.

**The moral of the story: always remember, change is good!**

If you're interested in **more detailed programs for muscle building and fat loss**, be sure to check out my books "[Metabolic Surge - Rapid Fat Loss](#)" and "[Muscle Explosion! 28 Days to Maximum Mass](#)".

In these books, I lay out everything you need to know to make the programs work for you!

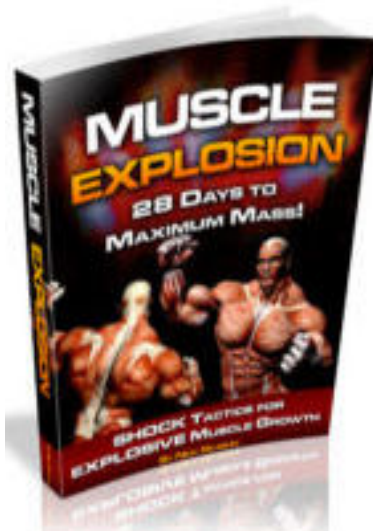
**Be sure to keep reading below to see sample workouts for both the fat-loss phase and the muscle-building phases!**

## About The Author:

**Nick Nilsson** is Vice-President of the online training company BetterU, Inc. (<http://www.fitstep.com>). He has a degree in Physical Education and Psychology and has been inventing new training techniques for more than 17 years. Nick is the author of a number of bodybuilding eBooks including "Muscle Explosion! 28 Days To Maximum Mass", "Metabolic Surge - Rapid Fat Loss", "The Best Exercises You've Never Heard Of" and "Gluteus to the Maximus: Build a Bigger Butt NOW!" all available at (<http://www.fitness-ebooks.com>). He can be contacted at [betteru@fitstep.com](mailto:betteru@fitstep.com).



[Metabolic Surge - Rapid Fat Loss](#)



[Muscle Explosion! 28 Days To Maximum Mass](#)



[The Best Abdominal Exercises You've Never Heard Of](#)



[The Best Exercises You've Never Heard Of](#)



[Gluteus to the Maximus - Build a Bigger Butt NOW!](#)

# Sample Workout Plans for 30 Day Fat-Loss/Muscle-Building Program

These sample workouts will give you an idea of the type of exercises to use in your sets. Experiment with exercises and combinations of exercises within the workouts to find out what works best for you. Variety is always important in training - even if this workout works well for you, it's always a good idea to vary your exercises on a regular basis.

## Fat Loss Cycle Sample Workout Plan

### Day 1

10-12 reps per set, 30 seconds rest between sets

#### **Back (10 sets)**

6 sets of Barbell Bent-Over Rows  
4 sets of Close Grip Pulldowns or Chin-Ups  
(weighted, if necessary)

#### **Chest (10 sets)**

8 sets of Flat Barbell or Dumbell Bench Press  
2 sets of Flat Dumbell Flyes

#### **Biceps (6 sets)**

6 sets of Barbell Preacher Curls

#### **Calves (6 sets)**

6 sets of Standing Calf Raises

#### **Cardio Training**

## **Day 2**

10-12 reps per set, 30 seconds rest between sets

### **Shoulders (8 sets)**

4 sets of Seated or Standing Dumbbell Presses

4 sets of Dumbbell Lateral Raises

### **Triceps (8 sets)**

8 sets of Parallel Bar Dips or Bench Dips

### **Thighs (12 sets)**

8 sets of Squats or Leg Press

4 sets of Leg Curls or Stiff-Legged Deadlifts

## **Day 3**

### **Cardio Training**

## **Day 4**

5-7 reps per set, 30 seconds rest between sets  
For this sample workout, stick to only one exercise per bodypart.

Back (6 sets) - Deadlifts or Bent-over Rows

Chest (6 sets) - Barbell or Dumbbell Bench Press (flat or incline)

Thighs (6 sets) - Squats or Lunges

Shoulders (3 sets) - Barbell or Dumbbell Press

Biceps (3 sets) - Barbell or Dumbbell Curls

Triceps (3 sets) - Pushdowns

Calves (3 sets) - Seated Calf Raises

Abs (3 sets) - Cable Crunches

### **Cardio Training**

## **Day 5 - Off**

---

# Muscle-Building Cycle Sample Workout Plan

## Day 1

9-12 reps per set, 1.5 minutes rest between sets

### **Back (5 sets)**

3 sets Bent-Over Rows

2 sets Close-Grip Pulldowns or Chin-Ups (weighted, if necessary)

### **Chest (5 sets)**

4 sets Flat Barbell Bench Press

1 superset of Flat Flyes then Pec Deck or Cable Crossovers

### **Biceps (4 sets)**

3 sets Barbell or Dumbbell Curls

1 superset of Incline Curls and Concentration Curls

### **Calves (4 sets)**

4 sets Standing Calf Raises

## **Day 2**

8-10 reps per set, 1.5 minutes rest between sets

### **Shoulders (5 sets)**

3 sets Barbell or Dumbbell Presses

2 sets Dumbbell Lateral Raises

### **Triceps (5 sets)**

3 sets Close Grip Bench Press

2 sets Pushdowns

### **Thighs (7 sets)**

5 sets Squats or Leg Press (preferably Squats)

2 sets Stiff Legged Deadlifts or Leg Curls

### **Abs (3 sets)**

1 set Swiss Ball Crunches

1 set Cable Crunches

1 set Floor Crunches (weighted, if necessary)

## **Day 3 - Off**

## **Day 4**

6-9 reps per set, 2 minutes rest between sets  
Stick to one exercise per bodypart for these sets.

Chest (3 sets) - Flat Barbell or Dumbbell Bench Press

Back (3 sets) - Deadlifts or Bent-Over Rows  
(preferably Deadlifts)

Thighs (3 sets) - Heavy Lunges - Barbell or Dumbbell

Shoulders (2 sets) - Dumbbell Shoulder Press

Biceps (2 sets) - Barbell Curls

Triceps (2 sets) - Dips or Weighted Dips

Calves (2 sets) - Seated or Standing Calf Raises

## **Day 5 - Off**