



# MUSCLE PLAN

*Get lean!*

**GET LEAN**  

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**IN 9 WEEKS**

**BODY&FIT**



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**GO  
FOR IT!**

*Get lean!*



Getting lean or 'getting ripped' or 'cutting' involves losing as much body fat as possible while preserving as much muscle mass as possible. This entails remaining in a net negative energy balance (calorie deficit), which means you burn more calories than you consume. Doing so means your body will turn to its reserves and force it to burn fat. To burn a kilogram of fat, you need to create a total calorie deficit of 7,777 kcal. Adopting a calorie deficit of 500 kcal per day, it would take 15 to 16 days to lose 1 kg of fat.

Calculate how many kilograms you want to lose and set a realistic goal. Using this rule of thumb, you can plan when to start cutting without peaking too soon or crash-dieting and yo-yoing. Be mindful that a deficit of more than 500 kcal per day is detrimental to your muscle mass. In the long term, this will backfire on you because, after getting lean, your body will pack the fat back on to replenish its reserves.

### **Do I need to exercise to lose body fat?**

Exercising burns calories, which means an athlete will be able to create a calorie deficit quicker than a non-athlete. It isn't essential to exercise in order to get lean as long as you keep your calorie intake lower than your daily requirement. Weight training is advisable to continue stimulating your muscles and to minimize muscle atrophy.

### **The formula for success**

results = calorie deficit of 300 to 500 kcal + supplements + motivation + patience

Getting lean (getting ripped or cutting) is essentially burning more energy than you ingest and exercising to burn additional calories and to minimize muscle atrophy. Do this gradually so it doesn't impact your muscle mass negatively. Don't forget to supplement your diet to get ripped, ready for the summer!

# RECOMMENDED

*What do you need?*



## 1

### WHEY PERFECTION

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Stimulates the building of fat-free muscle mass. It's the perfect source of protein to kick off your day and to ingest before and after your workout. Whey Perfection contains the highest-grade ultra-filtered Whey Protein Concentrate, Whey Protein Isolate, and Whey Hydrolysate, Di- and Tripeptides.

## 2

### BCAA

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BCAAs are the most popular amino acids among athletes. They're perfect before, during and after your workout and indispensable while cutting!



## 3

### MARINOL OMEGA-3

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Omega-3 fatty acids are essential fatty acids for a healthy body, especially while training or doing heavy physical work. Marinol Omega-3 contains EPA and DHA and is good for your brain, heart and blood pressure. Nowadays, supplements are essential because our food generally contains too little Omega-3.



## 4 MULTI MEN

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Multivitamins for men. Multi Men not only contains all the vitamins and minerals you need, but also Alpha Male blend. One tablet gives you enough vitamins and minerals to crush your day.



## 5 CLEAN PROTEIN BAR

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Our Clean Protein Bar is the tastiest protein bar imaginable! It contains the highest-grade proteins and is low in carbs and contains only 179 kcal. It's the perfect protein-rich snack.



## 6 SMART PROTEIN PANCAKES

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By far the most delicious, protein-rich pancake you've ever tasted! Not only are our pancakes packed with proteins, but high-grade carbohydrates, too, such as oats and buckwheat. Pancakes are easy to prepare and ideal for lunch or dinner. They're also perfect for when you're out and about.

# WHAT YOU NEED

# Anatomy

WELL BEGUN IS HALF DONE! TO UNDERSTAND THE PRINCIPLES BEHIND 'GETTING LEAN', IT'S IMPORTANT TO UNDERSTAND SOME BASICS AND TERMS.

## **ANATOMY & PHYSIOLOGY BASICS**

### **MUSCLE PAIN**

Every athlete experiences muscle pain. Footballers, cyclists, bodybuilders, powerlifters ... you name it. Muscle pain is the result of overloading your muscles. Loading your muscles causes 'microtrauma' – a fancy word for small tears in your muscle tissue.

### **MUSCLE RECOVERY**

Nutrition and rest are key to repairing these small muscle tears. Your muscles will recover if you're eating a healthy diet and getting enough rest. On average, you need 48 to 72 hours to recover fully. This, of course, depends on the workout, your capacity for recovery and how well-trained you already are.

### **MUSCLE GROWTH**

Working out and recovery make your muscles stronger – a process referred to as 'supercompensation' – and, in turn, 'muscle hypertrophy' [a fancy word for muscle growth].

Schematically, this looks as follows:

Microtrauma [muscle pain] -> nutrition and rest -> supercompensation [muscle recovery] -> muscle hypertrophy [muscle growth].

### **OVERTRAINING**

If you don't allow your body to recover fully, it can – in a worst-case scenario – lead to a state of overtraining. Instead of supercompensation, the opposite happens and your muscle strength and resilience deteriorate. This is referred to as muscle atrophy and occurs if you don't get enough rest or your diet is below par.



# ED TO KNOW ...

Schematically, this looks as follows:

Microtrauma [muscle pain] -> insufficient rest and/or nutrition -> overtraining -> muscle atrophy.

As you can tell, making progress in the gym depends on several factors. If one of these factors is out of balance, you'll stop making progress.

## OTHER TERMS

There are several common terms used when talking about muscles:

### ORIGIN

Where the start of the muscle attaches.

### INSERTION

Where the end of the muscle attaches.

### AGONIST

The muscle that causes a movement to occur through their own activation.

### SYNERGIST

The muscles that perform, or help perform, the same joint movement as the agonists.

### ANTAGONIST

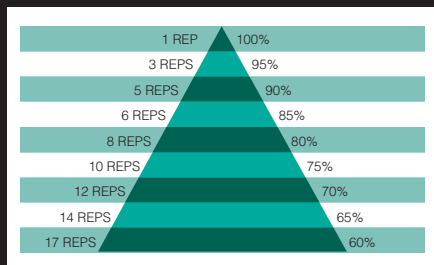
The muscles that produce an opposite joint movement to the agonist muscles.

## ONE-REPETITION MAXIMUM (1RM)

One-repetition maximum [1RM] is the maximum amount of weight that a person can possibly lift for one repetition. For your 1RM, it's also important that you perform the exercise well.

It's not recommended for beginners to try to find out what their 1RM is. Instead, it can be estimated by doing the 1RM sub-maximal test. This entails selecting a weight for a particular exercise and then performing as many reps as possible. Using the table below, it's then possible to estimate what your 1RM would be.

To master a technique properly, we'll be using a slightly lower 1RM percentage in this muscle plan than listed in the table below. Weight is less important in the early phases.



# MAIN MUSCLE GROUPS

## DELTOIDS

The thick, triangular muscle forming the contour of the shoulders

### WORKOUTS



## ABDOMINALS

The stomach muscles

### WORKOUTS



## BICEPS

The front, double-headed upper-arm muscles

### WORKOUTS



## PECTORALS

A group of chest muscles comprising the *pectoralis major* (large pec) and the *pectoralis minor* (small pec)

### WORKOUTS



## QUADRICEPS

The front, four-headed thigh muscles

### WORKOUTS



# MUSCLE GROUPS



## TRAPEZIUS

The trapezoidal muscle at the top of the back

### WORKOUTS



## TRICEPS

The rear, three-headed upper-arm muscles

### WORKOUTS



## LATISSIMUS DORSI

The wide back muscles

### WORKOUTS



## GLUTEUS

A group of three buttock muscles comprising the *gluteus maximus*, *gluteus medius* and *gluteus minimus*

### WORKOUTS



## HAMSTRINGS

The rear thigh muscles

### WORKOUTS



## CALVES

The rear lower-leg muscles

### WORKOUTS



# WHAT YOU NEED

# Nutrition

## NUTRIENTS

As we mentioned, nutrition plays a key role in building and repairing muscle. Let's start by touching on the various nutrients and the role they play in the human body.

### ENERGY

We define energy [kcal] as the ability to perform work. The average man needs 2500 kcal a day and the average woman 2000 kcal a day.

### CARBOHYDRATES

Carbohydrates are a ready source of energy that your body needs to function properly. One gram of carbohydrate provides 4 kcal of energy.

### FATS

Fats are also a source of energy. One gram of fat provides 9 kcal of energy, consequently serving as the body's main energy reserve. They also provide our bodies with insulation.

### FIBRE

Fibre is vital for our body's metabolism and helps keep our bowel movements regular. Fibre provides 2 kcal per gram.

### PROTEINS

Protein is vital for our body's cell structures, producing hormones and maintaining our muscles. They're incredibly important for muscle recovery and repair. One gram of protein provides 4 kcal of energy.

### WATER

Of all the nutrients, we need water the most – without water, life as we know it isn't possible. Water also serves as a lubricant when we contract our muscles, and as a means to transport nutrients around the body.

### VITAMINS

All animal organisms need vitamins in trace amounts to function normally.

# ED TO KNOW ...

## MINERALS

Minerals are indispensable for our body's skeleton, cells and tissue.

Depending on your goals, it's important to know which nutrients to consume and in what proportions.

## NUTRITIONAL INFORMATION

'At maintenance level' means eating enough so that you neither gain weight nor lose weight. In other words, you use all the energy you consume. An average 18-year-old male weighing 75 kg and measuring 1.80 m in height needs a basic energy intake of about 2,200 kcal per day.

- if your goal is to build muscle, you'll have to eat above maintenance level
- if your goal is to maintain muscle mass, you'll have to eat at maintenance level
- if your goal is to reduce fat percentage, you'll have to eat below maintenance level

You'll gain weight if you eat above maintenance level, thereby creating a calorie surplus. Your body won't use all the energy you're consuming, so it will store the surplus in its reserves. This is what causes you to gain weight. In the world of weight training and bodybuilding, this is referred to as 'bulking up'.

Eating below maintenance level has the opposite effect. You create a calorie deficit and your body turns to its reserves to get the energy it needs to function properly. This is what causes you to lose weight and is referred to as 'getting lean', 'getting ripped' or 'cutting'.

A healthy rule of thumb for either gaining or losing weight is to create a surplus or deficit of 500 kcal, respectively.

# WHAT YOU NEED

## MEAL PREPPING

If you don't feel like cooking, or you don't have time, make sure you have enough supplies at home and start preparing your meals. Meal prepping simply means making all your meals in one go. As a rule, you'll have more time at the weekends to do this than during the week. Shack up in the kitchen on Saturday or Sunday, and benefit from your prep work for the rest of the week.

## SLEEP

Make sure you get enough sleep. Most people need between seven and nine hours sleep a night. This is when your body repairs itself and recovers.

## ALCOHOL

Consume as little alcohol as possible, and preferably none. Alcohol is detrimental for your liver, which plays a key role in regulating our metabolism. If your liver isn't functioning properly, it will cause muscle building to stagnate.

## TO CHEAT OR NOT TO CHEAT?

To get the results you're looking for, you'll need to stick to a strict diet. But does this mean you can't cheat every now and then? Of course not. A cheat meal helps you stick to your dietary plan better and can even give your metabolism a boost.



# ED TO KNOW ...

## Tips

### **AVOID INJURY**

Your technique is more important than the weight you lift. Only once you've perfected a technique should you consider upping the weight. If you increase the weight too fast, you're only increasing the chance of injury. Warming up properly also plays an important role.

### **DON'T COMPARE YOURSELF TO OTHERS**

A common pitfall at the gym is copy other people's behaviour. Like it or not, comparing yourself to others is part of the gym culture, so when you see someone else doing more reps or lifting a heavier weight, there's often a temptation to fall into macho behaviour patterns. Do what feels right for you and what works for you! Don't let others influence you.

### **WORK OUT TOGETHER**

If possible, work out with a friend. This can prove to be incredibly motivating and encouraging, especially when you're going for one last rep. It's also fun to be with someone! Obviously, you're at the gym to get results, but these will come sooner if you're actually having fun while working out. Having said this, make sure it doesn't become a competition. Help each other, but don't do anything that doesn't feel right.

FIND MORE INFORMATION ABOUT SLEEP, ALCOHOL AND INJURY PREVENTION ON OUR WEBSITE AT [WWW.BODYANDFIT.COM](http://WWW.BODYANDFIT.COM).



# WORKOUT Advice

YOU NEED A DIFFERENT PLAN FOR EACH GOAL THAT COVERS BOTH YOUR NUTRITION AND YOUR WORKOUT. NUTRITION NOT ONLY AFFECTS THE WAY YOU LOOK BUT ALSO HOW YOU PERFORM WHILE TRAINING. THE INTENSITY OF YOUR TRAINING WILL ALSO DETERMINE WHAT NUTRITION YOU'LL NEED TO FULLY RECOVER. IN SHORT, FINDING THE RIGHT BALANCE BETWEEN NUTRITION AND WORKOUT INTENSITY IS EXTREMELY IMPORTANT. THIS ALSO APPLIES WHEN CUTTING.

Eight to twelve reps per set will help build muscle. Often, people up the number of reps while cutting, which is actually the wrong approach. If you increase the number of reps to 15 or 20 per set, you're primarily training muscle stamina. This does nothing to increase fat-burning levels, and so does nothing to help you get lean.

We recommend doing 8 to 12 reps per set regardless of whether you're bulking or cutting.

The trick to getting lean is attempting to lift the same weight that you lift while bulking up. Doing so provides the maximum stimulus. Naturally, this is difficult given a reduced calorie intake and reduced body weight

[which can contribute to reduced strength]. Nevertheless, it's still the best approach while cutting.

We do, however, recommend that you not perform every set to the absolute maximum because you won't recover as well compared to when you're bulking up. This is because you're consuming fewer nutrients. Eating 2 g of protein per kilogram body weight will have a positive effect on your recovery. We also recommend increasing your protein intake as a percentage of your total calorie intake.

Working out is advisable to continue stimulating your muscles and to minimize muscle atrophy. Relatively speaking, you burn more calories during an intensive workout





than you do performing cardio. Cardio is still a good way to create a calorie deficit quickly while working out, but it's not necessary if you adjust your diet and reduce your calorie intake.

THE PAIN  
YOU FEEL  
TODAY  
WILL BE THE  
STRENGTH  
YOU FEEL  
TOMORROW.








WEEK

1

# WORKOUTS

## MONDAY PECS & TRICEPS






Warm-up: 7 minutes on the cross trainer at a heart rate of about 90 bpm

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>CHEST PRESS [M]</b>		3 × 8	70–80%	90 s
<b>INCLINE CHEST PRESS [M]</b>		3 × 8	70–80%	90 s
<b>PEC DECK</b>		3 × 12	65–75%	60 s
<b>TRICEP PUSH-DOWNS</b>		3 × 12	65–75%	60 s
<b>CABLE PUSH-DOWNS</b>		3 × 12	65–75%	60 s



## TUESDAY REST




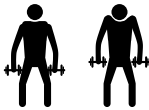
## WEDNESDAY BACK & BICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>LAT PULL-DOWNS</b>		3 × 8	70–80%	90 s
<b>MID ROWS [M]</b>		3 × 8	70–80%	90 s
<b>BACK EXTENSIONS [M]</b>		3 × 20	body weight	60 s
<b>CABLE CURLS</b>		3 × 12	65–75%	60 s
<b>BICEP CURLS [M]</b>		3 × 12	65–75%	60 s

# WORKOUTS

## THURSDAY REST

## FRIDAY SHOULDERS & TRAPS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
<b>SHOULDER PRESS</b> [M]		3 × 8	70–80%	90 s
<b>LATERAL RAISES</b> [M]		3 × 12	65–75%	60 s
<b>CABLE FRONT RAISES</b>		3 × 12	65–75%	60 s
<b>SHRUGS</b>		3 × 12	65–75%	60 s








### TIP

If you're in need of a boost for your workout, try our Perfect Pre-Workout product. Cram-packed with the very best ingredients.



## SATURDAY REST

## SUNDAY LEGS & ABS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
<b>LEG PRESS</b>		3 × 8	70–80%	90 s
<b>HACK SQUAT</b>		3 × 12	70–80%	90 s
<b>LEG EXTENSIONS</b>		3 × 12	65–75%	60 s
<b>HAM-STRING CURLS</b>		3 × 12	65–75%	60 s
<b>CALF RAISES [M]</b>		3 × 12	65–75%	60 s

**DON'T  
WISH  
FOR IT...**

**WORK  
FOR IT!**










WEEK

2

# WORKOUTS

## MONDAY REST

## TUESDAY PECS & TRICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>CHEST PRESS [M]</b>		3 × 8	70–80%	90 s
<b>INCLINE CHEST PRESS [M]</b>		3 × 8	70–80%	90 s
<b>PEC DECK</b>		3 × 12	65–75%	60 s
<b>TRICEP PUSH-DOWNS</b>		3 × 12	65–75%	60 s
<b>CABLE PUSH-DOWNS</b>		3 × 12	65–75%	60 s



## WEDNESDAY REST

## THURSDAY BACK & BICEPS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
<b>LAT PULL-DOWNS</b>		3 × 8	70–80%	90 s
<b>MID ROWS [M]</b>		3 × 8	70–80%	90 s
<b>BACK EXTENSIONS [M]</b>		3 × 20	body weight	60 s
<b>CABLE CURLS</b>		3 × 12	65–75%	60 s
<b>BICEP CURLS [M]</b>		3 × 12	65–75%	60 s

### TIP

Any time you're not feeling motivated to work out, think about how much you want to reach your goal!

# WORKOUTS



## FRIDAY REST

## SATURDAY SHOULDERS & TRAPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>SHOULDER PRESS [M]</b>		3 × 8	70–80%	90 s
<b>LATERAL RAISES [M]</b>		3 × 12	65–75%	60 s
<b>CABLE FRONT RAISES</b>		3 × 12	65–75%	60 s
<b>SHRUGS</b>		3 × 12	65–75%	60 s

## SUNDAY REST

A muscular man is shown from the chest down, wearing a teal t-shirt and dark jeans with a silver belt. He is holding a large, black dumbbell with both hands, positioned in front of his torso. The background is dark, and the overall lighting is dramatic, highlighting the man's physique. The text 'WEEK 3' is overlaid on the image in a white, bold, sans-serif font.

WEEK

3

# WORKOUTS








## MONDAY LEGS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>LEG PRESS</b>		3 × 8	70–80%	90 s
<b>HACK SQUAT</b>		3 × 8	70–80%	90 s
<b>LEG EXTENSIONS</b>		3 × 12	65–75%	60 s
<b>HAM-STRING CURLS</b>		3 × 12	65–75%	60 s
<b>CALF RAISES [M]</b>		3 × 12	65–75%	60 s

## TUESDAY REST

# WEDNESDAY PECS & TRICEPS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>BENCH PRESS</b>		3 × 8	70–80%	90 s
<b>CHEST PRESS [M]</b>		3 × 8	70–80%	90 s
<b>PEC DECK</b>		3 × 12	65–75%	60 s
<b>TRICEP PUSH-DOWNS</b>		3 × 12	65–75%	60 s
<b>CABLE PUSH-DOWNS</b>		3 × 12	65–75%	60 s

## TIP

BCAAs are the ideal drink while working out because they absorb into your bloodstream quickly and take immediate effect.

# WORKOUTS



**THURSDAY REST**

**FRIDAY BACK & BICEPS**

[M = MACHINE]

SETS × REPS

INTENSITY  
[%1RM]

REST BETWEEN  
SETS

**BARBELL  
BENT-OVER  
ROWS**



3 × 8

70–80%

90 s

**LAT  
PULL-  
DOWNS**



3 × 8

70–80%

90 s

**BACK EX-  
TENSIONS  
[M]**



3 × 20

body weight

60 s

**CABLE  
CURLS**



3 × 12

65–75%

60 s

**BICEP  
CURLS  
[M]**



3 × 12

65–75%

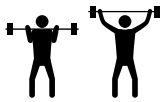


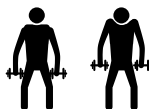
60 s





## SATURDAY REST

## SUNDAY SHOULDERS & TRAPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>BARBELL SHOULDER PRESS</b>		3 × 8	70–80%	90 s
<b>LATERAL RAISES [M]</b>		3 × 8	70–80%	90 s
<b>CABLE FRONT RAISES</b>		3 × 12	65–75%	60 s
<b>SHRUGS</b>		3 × 12	65–75%	60 s



### TIP

Why not give our Low-Calorie Bar a try? These bars are a complete meal replacement in a single bar, containing all the proteins, fibre, vitamins and minerals your body needs. And low-calorie, too!

**SET  
GOALS  
AND DON'T  
STOP  
UNTIL  
YOU GET  
THERE!**

A muscular man is shown from the chest down, holding a dumbbell with both hands. The image is tinted with a teal/cyan color. The word 'WEEK' is written in a white, distressed, blocky font across the upper chest area. A large, white, blocky number '4' is centered over the man's abdomen. The dumbbell is positioned horizontally across the lower part of the frame.






WEEK

4

# WORKOUTS

## MONDAY REST






## TUESDAY LEGS & ABS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>SQUATS</b>		3 × 8	70–80%	90 s
<b>LEG EXTENSIONS</b>		3 × 12	65–75%	60 s
<b>HAM-STRING CURLS</b>		3 × 12	65–75%	60 s
<b>CALF RAISES [M]</b>		3 × 12	65–75%	60 s
<b>AB CRUNCHES [M]</b>		3 × 12	65–75%	60 s



## WEDNESDAY REST

## THURSDAY PECS & TRICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>INCLINE BENCH PRESS</b>		3 × 8	70–80%	90 s
<b>BENCH PRESS</b>		3 × 8	70–80%	90 s
<b>PEC DECK</b>		3 × 12	65–75%	60 s
<b>TRICEP PUSH-DOWNS</b>		3 × 12	65–75%	60 s
<b>CABLE PUSH-DOWNS</b>		3 × 12	65–75%	60 s

# WORKOUTS

**FRIDAY REST**



**SATURDAY BACK & BICEPS**

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>BARBELL BENT-OVER ROWS</b>		3 × 8	70–80%	90 s
<b>LAT PULL-DOWNS</b>		3 × 8	70–80%	90 s
<b>BACK EXTENSIONS [M]</b>		3 × 20	body weight	60 s
<b>CABLE CURLS</b>		3 × 12	65–75%	60 s
<b>DUMBBELL BICEP CURLS [simultaneous]</b>		3 × 12	65–75%	60 s

**SUNDAY REST**

A person is lifting a barbell, with a teal overlay on the image. The person's hands are visible, gripping the barbell. The barbell has a weight plate with the number '12' on it. The background is dark, and the person is wearing a light-colored shirt.

WEEK

5

# WORKOUTS

## MONDAY SHOULDERS & TRAPS

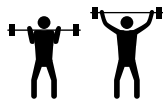
[M = MACHINE]

SETS × REPS

INTENSITY  
[%1RM]

REST BETWEEN  
SETS

**BARBELL  
SHOULDER  
PRESS**



3 × 8

70–80%

90 s

**DUMBBELL  
LATERAL  
RAISES**



3 × 12

65–75%

60 s

**CABLE FRONT  
RAISES**

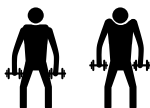


3 × 12

65–75%

60 s

**SHRUGS**



3 × 12

65–75%

60 s

## TUESDAY REST



### TIP

If you experience lasting muscle pain after working out, try our Amino Perfection product.










## WEDNESDAY LEGS & ABS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
<b>SQUATS</b>		3 × 8	70–80%	90 s
<b>LUNGES</b>		3 × 10 (each leg)	65–75%	60 s
<b>LEG EX-TENSIONS</b>		3 × 12	65–75%	60 s
<b>CALF RAISES [M]</b>		3 × 12	65–75%	60 s
<b>AB CRUNCHES [M]</b>		3 × 12	65–75%	60 s

## THURSDAY REST

# WORKOUTS

## FRIDAY PECS & TRICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>INCLINE BENCH PRESS</b>		3 × 8	70–80%	90 s
<b>BENCH PRESS</b>		3 × 8	70–80%	90 s
<b>PEC DECK</b>		3 × 12	65–75%	60 s
<b>TRICEP PUSH-DOWNS</b>		3 × 12	65–75%	60 s
<b>TRICEP KICK-BACKS</b>		3 × 12	65–75%	60 s






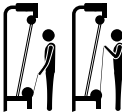

### TIP

While cutting, you could probably use a little boost. Ripped is just what you need to reach peak performance!



## SATURDAY REST

## SUNDAY BACK & BICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>BARBELL BENT-OVER ROWS</b>		3 × 8	70–80%	90 s
<b>LAT PULL-DOWNS</b>		3 × 8	70–80%	90 s
<b>DEAD LIFTS</b>		3 × 8	70–80%	90 s
<b>CABLE CURLS</b>		3 × 12	65–75%	60 s
<b>DUMBBELL BICEP CURLS</b> [simultaneous]		3 × 12	65–75%	60 s

I GOT  
MY BEST  
RESULTS  
ONCE I  
DITCHED  
THE  
EXCUSES!

A black and white photograph of a muscular man in a gym, lifting a dumbbell. The image is overlaid with a teal color. The text 'WEEK' is in a bold, distressed font at the top, and a large number '5' is in the center, partially overlapping the man's chest and the dumbbell.

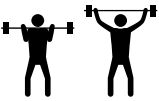


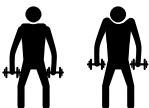
WEEK

5

# WORKOUTS

## MONDAY REST

## TUESDAY SHOULDERS & TRAPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>BARBELL SHOULDER PRESS</b>		3 × 8	70–80%	90 s
<b>DUMBBELL LATERAL RAISES</b>		3 × 12	65–75%	60 s
<b>DUMBBELL FRONT RAISES</b>		3 × 12	65–75%	60 s
<b>SHRUGS</b>		3 × 12	65–75%	60 s






### TIP

Vitamins are vital while cutting and working out intensively. Vary your diet with plenty of fruit and veg and supplement it with a good multi-vitamin product.



## WEDNESDAY REST

## THURSDAY LEGS & ABS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>SQUATS</b>		3 × 8	70–80%	60 s
<b>LUNGES</b>		3 × 10 (each leg)	65–75%	60 s
<b>LEG EX- TENSIONS</b>		3 × 12	65–75%	60 s
<b>CALF RAISES [M]</b>		3 × 12	65–75%	60 s
<b>AB CRUNCHES [M]</b>		3 × 12	65–75%	60 s

# WORKOUTS



## FRIDAY REST

## SATURDAY PECS & TRICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>INCLINE BENCH PRESS</b>		3 × 8	70–80%	90 s
<b>BENCH PRESS</b>		3 × 8	70–80%	60 s
<b>PEC DECK</b>		3 × 12	65–75%	60 s
<b>TRICEP PUSH-DOWNS</b>		3 × 12	65–75%	60 s
<b>TRICEP KICK-BACKS</b>		3 × 12	65–75%	60 s

## SUNDAY REST






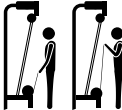



WEEK

7

# WORKOUTS

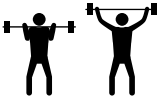


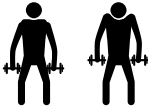
## MONDAY BACK & BICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>BARBELL BENT-OVER ROWS</b>		3 × 8	70–80%	90 s
<b>LAT PULL-DOWNS</b>		3 × 8	70–80%	90 s
<b>DEAD LIFTS</b>		3 × 8	70–80%	90 s
<b>CABLE CURLS</b>		3 × 12	65–75%	60 s
<b>DUMBBELL BICEP CURLS</b> [simultaneous]		3 × 12	65–75%	60 s

## TUESDAY REST



## WEDNESDAY SHOULDERS & TRAPS

[M = MACHINE]	SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>BARBELL SHOULDER PRESS</b> 	3 × 8	70–80%	90 s
<b>DUMBBELL LATERAL RAISES</b> 	3 × 12	65–75%	60 s
<b>DUMBBELL FRONT RAISES</b> 	3 × 12	65–75%	60 s
<b>SHRUGS</b> 	3 × 12	65–75%	60 s






### TIP

Everyone has a particular exercise they're not so good at or find tricky. Because it's your least favourite exercise, chances are you leave it until the end of your workout. Try swapping things around and doing this exercise at the start. It also saves you having to do the rest of your workout thinking about that one exercise you usually leave until the end!

# WORKOUTS

## THURSDAY REST

## FRIDAY LEGS & ABS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>SQUATS</b>		3 × 8	70–80%	90 s
<b>LUNGES</b>		3 × 10 (each leg)	65–75%	60 s
<b>LEG EX- TENSIONS</b>		3 × 12	65–75%	60 s
<b>CALF RAISES [M]</b>		3 × 12	65–75%	60 s
<b>AB CRUNCHES [M]</b>		3 × 12	65–75%	60 s



## SATURDAY REST

## SUNDAY PECS & TRICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>INCLINE BENCH PRESS</b>		3 × 8	70–80%	90 s
<b>BENCH PRESS</b>		3 × 8	70–80%	90 s
<b>PEC DECK</b>		3 × 12	65–75%	60 s
<b>TRICEP PUSH-DOWNS</b>		3 × 12	65–75%	60 s
<b>TRICEP KICK-BACKS</b>		3 × 12	65–75%	60 s



### TIP

Got an attack of the munchies coming on?  
Don't cheat – try our Protein Crisps instead!

I DON'T  
STOP  
WHEN  
I'M TIRED.

I STOP  
WHEN  
I'M DONE!

WEEK




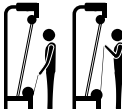

80



# WORKOUTS

## MONDAY REST

## TUESDAY BACK & BICEPS

[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>BARBELL BENT-OVER ROWS</b>		3 × 8	70–80%	90 s
<b>LAT PULL-DOWNS</b>		3 × 8	70–80%	90 s
<b>DEAD LIFTS</b>		3 × 8	70–80%	90 s
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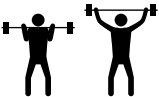


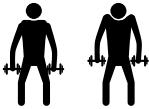




## WEDNESDAY REST

## THURSDAY SHOULDERS & TRAPS

[M = MACHINE]

	SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>BARBELL SHOULDER PRESS</b> 	3 × 8	70–80%	90 s
<b>DUMBBELL LATERAL RAISES</b> 	3 × 12	65–75%	60 s
<b>DUMBBELL FRONT RAISES</b> 	3 × 12 65–75% 60 s		
<b>SHRUGS</b> 	3 × 12 65–75% 60 s		

## FRIDAY REST



### TIP

Physical exercise is extremely healthy for you, but intensive workouts can weaken your immune system because they demand a lot of your body. We highly recommend taking extra vitamin C to help you top up your immune system.

# WORKOUTS



## SATURDAY LEGS & ABS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
<b>SQUATS</b>		3 × 8	70–80%	90 s
<b>LUNGES</b>		3 × 10 (each leg)	65–75%	60 s
<b>LEG EX-TENSIONS</b>		3 × 12	65–75%	60 s
<b>CALF RAISES [M]</b>		3 × 12	65–75%	60 s
<b>AB CRUNCHES [M]</b>		3 × 12	65–75%	60 s

## SUNDAY REST

### TIP

You can perform exercises at different rates. The most common is the 1-2 method, which means you take one second to perform the movement (concentric) and two seconds to return to the starting position (eccentric). You can vary this to give your body a different stimulus. For example, you could use a slower 2-4 method, which would focus more on muscle stamina.






WEEK

9



# WORKOUTS

## MONDAY PECS & TRICEPS

		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
[M = MACHINE]				
<b>INCLINE BENCH PRESS</b>		3 × 8	70–80%	90 s
<b>BENCH PRESS</b>		3 × 8	70–80%	90 s
<b>PEC DECK</b>		3 × 12	65–75%	60 s
<b>TRICEP PUSH-DOWNS</b>		3 × 12	65–75%	60 s
<b>TRICEP KICK-BACKS</b>		3 × 12	65–75%	60 s

## TUESDAY REST



# WEDNESDAY BACK & BICEPS

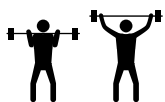


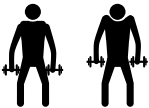
[M = MACHINE]		SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>BARBELL BENT-OVER ROWS</b>		3 × 8	70–80%	90 s
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<b>DEAD LIFTS</b>		3 × 8	70–80%	90 s
<b>CABLE CURLS</b>		3 × 12	65–75%	60 s
<b>DUMBBELL BICEP CURLS</b> [simultaneous]		3 × 12	65–75%	60 s

# THURSDAY REST

# WORKOUTS

## FRIDAY SHOULDERS & TRAPS

[M = MACHINE]

	SETS × REPS	INTENSITY [%1RM]	REST BETWEEN SETS
<b>BARBELL SHOULDER PRESS</b> 	3 × 8	70–80%	90 s
<b>DUMBBELL LATERAL RAISES</b> 	3 × 12	65–75%	60 s
<b>DUMBBELL FRONT RAISES</b> 	3 × 12	65–75%	60 s
<b>SHRUGS</b> 	3 × 12	65–75%	60 s

## SATURDAY REST



### TIP

Fancy trying something different? Try our **Whey Perfection Variety Box** containing twelve different flavours! The perfect way to find out which is your favourite flavour.








# SUNDAY LEGS & ABS

[M = MACHINE]

SETS × REPS

INTENSITY  
[%1RM]

REST BETWEEN  
SETS

<b>SQUATS</b>		3 × 8	70–80%	90 s
<b>LUNGES</b>		3 × 10 (each leg)	65–75%	60 s
<b>LEG EX- TENSIONS</b>		3 × 12	65–75%	60 s
<b>CALF RAISES [M]</b>		3 × 12	65–75%	60 s
<b>AB CRUNCHES [M]</b>		3 × 12	65–75%	60 s

# DON'T STOP!

## There are loads of

NOW YOU'RE MAKING GOOD PROGRESS, IT'S TIME TO ADD A LITTLE VARIETY INTO YOUR WORKOUT PROGRAMME ... THERE ARE LOADS OF VARIATIONS YOU CAN TRY FOR EVERY EXERCISE. IT'S ACTUALLY QUITE IMPORTANT TO KEEP VARYING CERTAIN EXERCISES. IN GENERAL TERMS, THERE ARE TWO CATEGORIES OF EXERCISE:

**COMPOUND EXERCISES:** These exercises involve training two or more muscles or groups of muscles simultaneously. Examples include the *bench press*, *squats* and *dead lifts*.

They're also good for burning extra calories because they activate more of your body's muscles.

**ISOLATION EXERCISES:** These exercises focus on only one muscle or a single group of muscles. They're used to help with compound exercises and to give added stimulus, as well as to focus more intensely on underlying muscles. Examples include *bicep curls* and *leg extensions*.

We recommend initially doing three sets of one or two compound exercises per workout. After four weeks, you'll be ready to increase this number to a maximum of three compound exercises per workout, while increasing the number of sets per exercise to four or five.

Limit your workout to one or two compound exercises and/or three sets per exercise if you notice that your body reacts adversely, for example, prolonged muscle pain and/or sore joints.

Two or three isolation exercises per workout are sufficient to help with the compound exercises. Smaller muscle groups, such as the biceps, triceps, calves and abs, don't require as much attention if you've incorporated compound exercises into your workout.

It's important, however, to not overload the *agonist* (the primary muscle group responsible for performing the compound exercise). Simply adjusting the back support



# variations to try.

[flat vs incline] or the position of your legs [bending your knees vs keeping your knees bent but static] can alter which muscle or muscle group is the agonist.

When you start introducing a little variety into your workout, it's important to replace compound exercises with similarly structured compound exercises, and likewise with isolation exercises. This helps avoid any drastic changes in workout intensity.

For example, replacing a compound exercise with an isolation exercise will result in reduced calorie burning and muscle stimulus because you're now training only one muscle instead of several muscles.

Conversely, replacing one or more isolation exercises with compound exercises will increase your workout intensity. This will increase the likelihood of overload because you'll be training certain muscles twice. It will also increase the stress on your joints, which can lead to injuries.

Simply varying the order of your exercises can also make your workout more fun and even give a little impetus to your progress. It's often difficult or impossible to perform the exercises at the end of your workout at maximum strength, which is why changing the sequence can be so beneficial.

We do, however, recommend doing compound exercises at the start of your workout, given that these demand more of your body and should be viewed as a basis for your workout.

Over time, you'll learn to read your body and be able to judge for yourself what you should and shouldn't be doing. After all, everyone's body is different.

If you're uncertain about how to vary your workout, then we recommend that you have an expert take a look at your workout programme or email us at [customerservice@bodyandfit.com](mailto:customerservice@bodyandfit.com).

# ALTERNATIVE

## by muscle group

### ISOLATION EXERCISES

#### PECS & TRICEPS

##### PEC DECK

- > cable flies
- > incline dumbbell flies
- > push-ups

##### TRICEP PUSHDOWNS [M]

- > tricep cable pushdowns
- > tricep kickbacks

Extra variation for one of the isolation exercises: > dips

#### BICEPS

##### BICEP CURLS [M]

- > cable curls
- > dumbbell bicep curls
- > barbell bicep curls

#### SHOULDERS & TRAPS

##### CABLE FRONT RAISES

- > barbell front raises
- > dumbbell front raises

##### LATERAL RAISES [M]

- > Dumbbell side raises

##### SHRUGS [M]

- > barbell shrugs
- > dumbbell shrugs

Extra variation for one of the isolation exercises: > reverse flies

#### LEGS & ABS

##### LEG EXTENSIONS

- > lunges

##### HAMSTRING CURLS

- > Romanian/stiff-legged dead lifts  
(don't overdo it with the dead lift performed during your back & biceps workout)
- > lunges

##### CALF RAISES [M]

- > seated calf raises
- > standing calf raises
- > Smith machine calf raises

##### AB CRUNCHES [M]

- > crunches
- > sit-ups
- > planks

# EXERCISES

oup

## COMPOUND EXERCISES

### PECS

BENCH PRESS

> chest press [M]

INCLINE BENCH PRESS

> incline chest press [M]

### BACK

DEAD LIFTS

> Romanian/stiff-legged dead lifts

> Sumo dead lifts

> back extensions [M]

PULL-UPS

> lat pulldowns [M]

BENT-OVER ROWS

> mid rows [M]

### SHOULDERS

SHOULDER PRESS [M]

> barbell press

> dumbbell press

### LEGS

SQUATS

> leg press

> hack squats



# NUTRITION PLAN

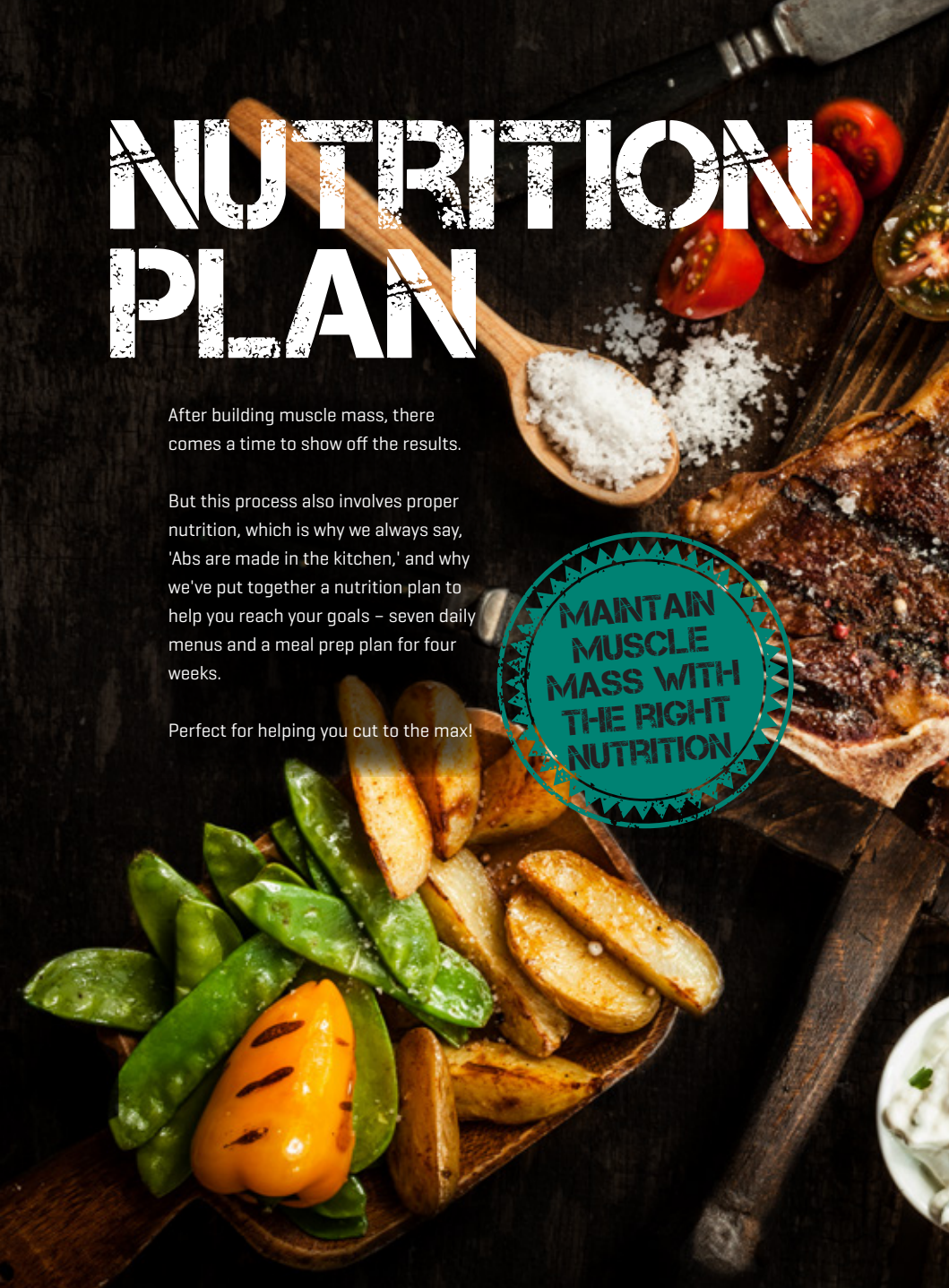
After building muscle mass, there comes a time to show off the results.

But this process also involves proper nutrition, which is why we always say, 'Abs are made in the kitchen,' and why we've put together a nutrition plan to help you reach your goals – seven daily menus and a meal prep plan for four weeks.

Perfect for helping you cut to the max!



**MAINTAIN  
MUSCLE  
MASS WITH  
THE RIGHT  
NUTRITION**





DAY

1

### BREAKFAST

- 2 High-Protein Crackers\*
- 3 tbsp cottage cheese
- 2 hard-boiled eggs
- 1 piece of fruit

### SNACK

Smart Bar\*

### LUNCH

- 3 slices of spelt bread
- 15 g margarine
- 30% reduced-fat cheese

### SNACK

- Whey Perfection\* shake
- 350 ml skimmed milk
- 2 tbsp Ultra Fine Oats\*
- 1 piece of fruit

### DINNER

Turkey, green beans & rice

### BEDTIME SNACK

- 300 g low-fat fromage fraise
- 1 handful unsalted nuts\*
- Natural Flavouring\*

# MENU

## TURKEY, GREEN BEANS & RICE

DINNER

- $\frac{1}{2}$  vegetable stock cube
- 150 g turkey breast [chopped]
- 100 g green beans [frozen]
- 100 g rice
- olive oil

Crumble the vegetable stock cube into a pan of water and bring to the boil.

Cook the rice, following the instructions on the packaging. Heat a dash of oil and briefly sauté the turkey breast.

Add the green beans and continue sautéing for about 6 minutes.

Make sure it's well-cooked and add salt and pepper to taste. Serve the turkey and green beans with the rice.



Have you tried our Smart Cooking Spray yet?  
Sautéing and frying without the added calories or fat.

\*Available from Body & Fit

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**VARIATION**

TRY SWEET POTATOES OR  
QUINOA INSTEAD OF RICE!

---



DAY

2

## BREAKFAST

Cottage cheese pancake

## SNACK

250 g low-fat fromage fraais

1 handful

High-Protein Muesli\*

Natural Flavouring\*

1 piece of fruit

## LUNCH

Banana & almond  
spread toastie

## SNACK

Clean Protein Bar\*

1 piece of fruit

## DINNER

Stuffed peppers

## BEDTIME SNACK

Micellar Casein\* shake

350 ml water/skimmed milk

2 tbsp Ultra Fine Oats\*

# MENU

## COTTAGE CHEESE PANCAKES BREAKFAST

80 g **spelt flour**

1 scoop **Whey Perfection**  
[Vanilla]\*

2 **eggs**

250 ml **skimmed milk**

3 tbsp **cottage cheese**

3 **wild peaches**

**olive oil**

Mix the flour in with the  
Whey Perfection and add the  
eggs and milk. Heat a little  
olive oil in a frying pan. Fry  
the pancakes on a low heat.

Allow the pancakes to cool  
and spread with cottage  
cheese.

Cut the peaches into  
wedges and spread over the  
pancakes.

---

### VARIATION

WHY NOT TRY A DASH OF  
BALSAMIC SYRUP?

---

## BANANA & ALMOND SPREAD TOASTIE

LUNCH

4 slices **wholewheat bread**

1 **banana**

3 tbsp **almond spread\***

Cut the banana into slices  
and make two sandwiches  
with the almond spread and  
bananas.

Cook the toasties in a  
sandwich toaster until golden  
brown or in the oven for  
7 minutes.

## STUFFED PEPPERS

DINNER

1 **red pepper**

150 g **rice\***

1 clove **garlic**

1 tbsp **olive oil**

150 g **lean minced beef**

30 g **garden peas**

50 g **sweetcorn**

Preheat the oven to 200 °C.

Halve the pepper and remove  
the seeds and membrane.

\*Available from Body & Fit





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#### **VARIATION**

SPRINKLE A LITTLE GRATED CHEESE OVER THE STUFFED PEPPERS AND PUT BACK IN THE OVEN FOR A SHORT WHILE UNTIL THE CHEESE MELTS.

---

Place the peppers facing up on an oven tray lined with greaseproof paper. Bake in the oven for about 10 minutes.

Cook the rice, following the instructions on the packaging.

Peel the garlic and chop into small pieces. Heat the olive oil and briefly sauté. Add the minced beef and fry, stirring continuously. Add the garden peas and sweetcorn to the minced beef and continue frying.

Stuff the peppers with the minced beef and rice, and put back in the oven for another 10 minutes.

DAY

3

### BREAKFAST

Oatmeal

### SNACK

Clean Protein Bar\*  
1 piece of fruit

### LUNCH

Broccoli omelette

### SNACK

2 High-Protein Crackers\*  
2 slices smoked meat  
1 tbsp cottage cheese

### DINNER

Chicory bake

### BEDTIME SNACK

300 g low-fat fromage fraise  
2 tbsp Shake &  
Smoothie Mix\*  
Natural Flavouring\*

### OATMEAL BREAKFAST

400 ml **skimmed milk**  
50 g **oatmeal**  
1 scoop **Whey Perfection\***  
1 **apple**

Cut the apple into pieces.

Put the milk and oatmeal in a bowl, stir well and add the apple.

Cook in the microwave for about 3 minutes.

Add the Whey Perfection and stir well.

---

### VARIATION

TRY A DASH OF  
NATURAL FLAVOURING FOR A  
TASTY ALTERNATIVE!

---

\*Available from Body & Fit





## BROCCOLI OMELETTE

LUNCH

**olive oil**

4 **egg whites** (or  
**Liquid Egg White**)\*

50 g **broccoli florets** (frozen)

100 g **smoked chicken**

3 **slices of bread**

Heat a dash of olive oil in a frying pan and heat the broccoli.

Once the broccoli has defrosted, add the egg whites and smoked chicken.

Cook until the egg has set and has turned a golden-brown.

Serve with the bread.

Preheat the oven to 200 °C.

Peel the potatoes and cut into quarters. Boil the potatoes for 10 minutes until cooked.

Chop off the base of the chicory heads. Cut the chicory in half down the middle. Boil the chicory for 5 minutes and then leave to drain in a sieve.

Season the fish with salt and pepper and cut the fillet down the middle.

Cut the garlic into slices. Put the potatoes, chicory and fish in a baking dish, drizzle with oil and mix in the garlic, thyme and pepper. Add salt to taste.

## CHICORY AU GRATIN

DINNER

250 g **potatoes**

150 g **chicory**

150 g **cod fillet** (refrigerated)

1 clove **garlic**

1 tbsp **olive oil**

1 tsp **dried thyme**

30 g **Parmesan cheese**

Sprinkle with grated cheese and bake in the oven for 30 minutes.

DAY

4

### BREAKFAST

Whey Perfection\* shake  
Ultra Fine Oats

### SNACK

Handful unsalted nuts  
1 Smart Bar\*

### LUNCH

Smoked meat sandwiches

### SNACK

1 High-Protein Cracker\*  
2 slices smoked  
chicken breast  
1 tbsp cottage cheese  
1 piece of fruit

### DINNER

Chicken breast, grilled  
vegetables & pasta

### BEDTIME SNACK

Micellar Casein\* shake  
350 ml water/skimmed milk  
2 tbsp Ultra Fine Oats\*

# MENU

### PERFECTION & FINE OATS BREAKFAST

1 scoop **Whey Perfection\***  
3 tbsp **Ultra Fine Oats**  
350 ml **skimmed milk**  
1 **apple**

Rinse the apple and cut into  
pieces.

Heat the milk in a saucepan  
and add the apple and  
Ultra Fine Oats.

Stir well and heat until hot  
enough for your taste, then  
remove from the heat.  
Add the Whey Perfection and  
stir well.

---

### VARIATION

WHY NOT ADD A HANDFUL OF  
RAISINS?

---

### SMOKED MEAT LUNCH SANDWICHES

4 slices **spelt bread**  
20 g **margarine**  
2 slices **smoked meat** (beef)  
2 slices **turkey breast**

Spread the margarine on the  
bread.

Make one smoked beef and  
one turkey breast sandwich.



If you're super busy  
or out & about all day,  
take a ready-made  
meal replacement  
with you, e.g. our  
Low-Calorie Meal.  
Delicious and ready  
to drink!

\*Available from Body & Fit

## CHICKEN BREAST, GRILLED VEGETABLES & PASTA DINNER

150 g **wholewheat pasta\***

½ **aubergine**

1 **pepper**

150 g **chicken breast**

1 tin **tomato purée**

½ l **chicken broth**

Cook the pasta, following the instructions on the packaging.

Rinse the vegetables and cut into long slices about 1 cm wide.

Heat the olive oil in a frying pan and sauté the chopped chicken breast.

After a few minutes, add the tomato purée and broth. Mix well until the sauce has a smooth consistency.

Drizzle the olive oil over the vegetables and grill for a few minutes. Add to the sauce.

Serve with the pasta.



DAY

5

### BREAKFAST

Fried egg on spelt bread

### SNACK

2 High-Protein Crackers\*  
2 slices smoked  
chicken breast  
½ avocado

### LUNCH

Italian sandwiches

### SNACK

Clean Protein Bar  
1 piece of fruit

### DINNER

Beef & rice noodles

### BEDTIME SNACK

300 g low-fat fromage frais  
Natural Flavouring\*  
Handful High-Protein Muesli\*

# MENU

### FRIED EGG ON SPELT BREAD

BREAKFAST

6 **egg whites**  
[or **Liquid Egg White**]\*  
2 tbsps **skimmed milk**  
3 slices **spelt bread**  
**salt & pepper**  
**olive oil**

Beat the egg whites in with the milk and add salt and pepper to taste.

Heat the olive oil in a frying pan and add a third of the egg mix in turn to fry an egg for each slice of bread.

Fry on both sides until golden-brown.

Serve the eggs on the bread.

### ITALIAN SANDWICHES

LUNCH

4 slices **spelt bread**  
2 slices **30% reduced-fat cheese**  
2 tbsps **green pesto**  
1 **tomato**

Make two sandwiches with the cheese, tomato and pesto.

---

#### Variation

TRY GRILLING THESE SANDWICHES FOR AN EVEN TASTIER OPTION!

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Don't forget to drink enough water to stay well hydrated, especially when working out intensively!

\*Available from Body & Fit

## BEEF & RICE NOODLES

DINNER

150 g **steak** (strips)

1 clove **garlic**

70 ml **soy sauce**

150 g **rice noodles**

1 tbsp **olive oil**

150 g **stir-fry veggie mix**

½ tsp **sambal**

Mix the garlic and soy sauce to make a marinade. Marinate the meat for 15 minutes.

Cook the rice noodles, following the instructions on the packaging.

Heat the oil in a wok. Take the meat out of the marinade and allow to drain briefly. Keep the marinade.

Fry the meat, stirring regularly. Add the stir-fry veggie mix, marinade and sambal, and continue frying until the veggies are *al dente*.

Serve with the rice noodles and add a little extra sambal, if needed.



DAY

6

### BREAKFAST

Smoked meat & egg on  
bread

### SNACK

1 piece of fruit  
Clean Protein Bar\*

### LUNCH

Smoked chicken  
breast wraps

### SNACK

1 piece of fruit  
2 Superfood Waffles\*  
Chicken breast

### DINNER

Spinach & tomato spaghetti

### BEDTIME SNACK

Micellar Casein\* shake  
350 ml water/skimmed milk  
2 tbsp Ultra Fine Oats\*

### SMOKED MEAT & EGG ON BREAD BREAKFAST

4 slices **wholewheat bread**  
4 slices **smoked meat** (beef)  
2 **hard-boiled eggs**

Place a slice of smoked meat  
on each slice of bread. Cut  
the eggs into slices and place  
on top of the smoked meat.

Try chicken  
breast or roast  
beef for a tasty  
alternative!

\*Available from Body & Fit





## SMOKED CHICKEN BREAST WRAPS

LUNCH

2 **wholewheat wraps**  
3 tbsp **cottage cheese**  
**salt & pepper** to taste  
30 g **rocket**  
100 g **smoked chicken breast**  
30 g **pine nuts**  
 $\frac{1}{2}$  **mango**

Spread the wrap with the cottage cheese and add salt and pepper to taste.

Cut the mango into pieces.

Place the rocket, mango and chicken breast on the wrap.

Meanwhile, toast the pine nuts in a frying pan without oil or butter until golden-brown and then add to the wrap.

Roll the wrap and serve.

## SPAGHETTI

DINNER

250 ml **water**  
 $\frac{1}{2}$  **chicken stock cube**  
150 g **spaghetti\***  
150 g **spinach**  
2 tbsp **tomato purée**  
150 g **lean minced beef**  
8 **cherry tomatoes**

Boil the water and add the stock cube.

Stir well and then remove from the heat and leave to cool. Cook the spaghetti, following the instructions on the packaging.

Meanwhile, sauté the minced meat, stirring continuously.

Add a dash of olive oil to another pan and sauté the spinach on a high heat until it shrivels and then add the tomato purée and stock.

Cut the tomatoes in half and add them to the sauce for the last 5 minutes. Add pepper to taste. Serve with the pasta.

DAY

7

### BREAKFAST

Oatmeal & cashew nuts

### SNACK

2 Low-Carb  
Protein Crackers\*  
2 slices smoked meat

### LUNCH

Quinoa salad

### SNACK

Clean Protein Bar\*  
handful unsalted nuts

### DINNER

Chicken & egg-fried rice

### BEDTIME SNACK

300 g low-fat fromage fraise  
1 piece of fresh fruit

# MENU

### OATMEAL & CASHEW NUTS BREAKFAST

1 scoop **Whey Perfection\***  
250 ml **skimmed milk**  
50 g **oatmeal\***  
30 g **cashew nuts\***

Bring the milk and oatmeal to the boil in a pan and simmer on a low heat for about 5 minutes.

Toast the cashew nuts in a dry frying pan until golden-brown.

Serve the oatmeal with the cashew nuts.

### QUINOA SALAD LUNCH

150 g **quinoa\***  
 $\frac{1}{2}$  **mango**  
1 tbsp **honey\***  
2 tbsp **lemon juice**  
2 tbsp **olive oil\***  
10 g **coriander**  
150 g **smoked chicken**

Cook the quinoa, following the instructions on the packaging.

Cut the mango into strips and put in a bowl. Mix the honey, lemon juice and 1 tablespoon of oil to make a dressing. Add salt and pepper to taste.

Mix the dressing in with the quinoa and mango and allow to cool slightly.

Chop the coriander and toss through the warm salad together with the smoked chicken.

**Why not try adding a vegetable to your oatmeal, such as carrot or courgette? A real muscle-builder and an extra portion of veggies to boot!**

\*Available from Body & Fit

## CHICKEN & EGG-FRIED RICE DINNER

150 g **brown rice\***

2 tbsp **olive oil**

1 clove **garlic**

1 tsp **sambal**

150 g **stir-fry veggie mix**

2 tbsp **soy sauce**

2 **eggs**

150 g **chicken breast**

Cook the rice, following the instructions on the packaging.

Peel the garlic and chop into small pieces.

Heat half the oil in a pan and add the chicken breast, garlic and sambal. Add the stir-fry veggie mix and briefly sauté with the chicken.

Stir the boiled rice with a fork to separate the grains and stir through the vegetables with the soy sauce.

Heat the rest of the oil in a frying pan and fry the eggs. Add the eggs to the rice and chicken.

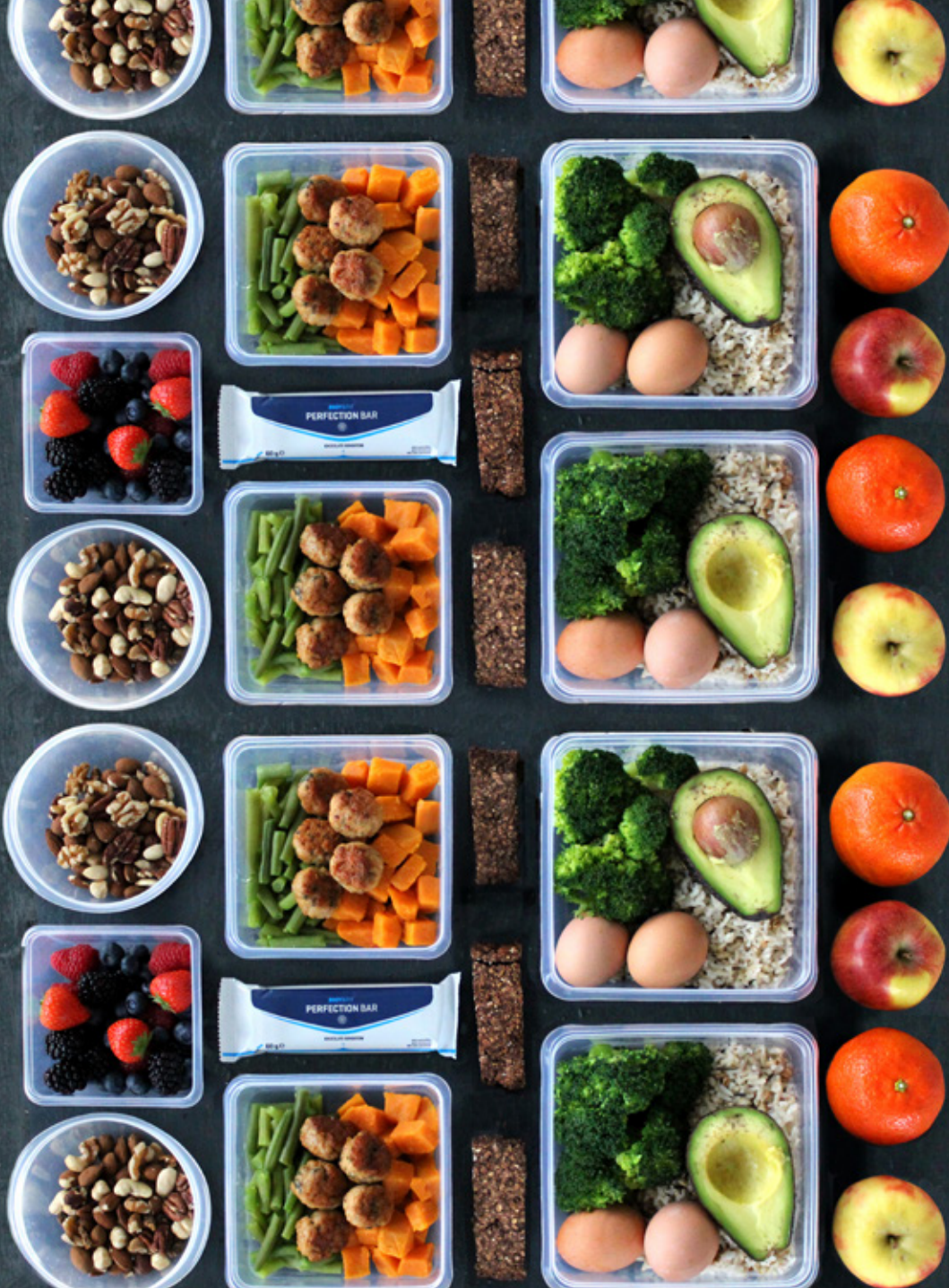


# MEAL PREP

When taking the first steps towards a new lifestyle, it's important to choose food that isn't too different from what you're used to eating. It's also worth your while thinking about how much time and space you have for your meals and their prep time. If you're busy throughout the week, you'll probably find it most convenient to do all your meal prepping on a Sunday – ready for the rest of the week. On the other hand, if you love cooking and have the time, then feel free to prepare your meals fresh each day.

We purposely put together a 'flexible menu' so you can learn and experience for yourself what feels right and which healthy variations you can come up with yourself. This gives you the freedom to adapt the recipes to your taste and schedule, the season and your budget.

We also did this so you don't need to go to any extremes to get the nutrition you need. When you're starting out, it's vital that you eat enough. Are you getting enough proteins for your muscles, fats for your eyes, brain and muscles, and carbohydrates for your energy reserves?



WEEK

1

*For 5 days*

### BREAKFAST

Chicken breast & fried egg on bread

### SNACK

Whey Perfection\* shake  
350 ml water/skimmed milk  
2 tbsp Ultra Fine Oats\*  
1 piece of fruit

### LUNCH

3 × pepper & pasta salad  
2 × chicken & cottage cheese wraps

### SNACK

3 × rice waffles  
2 tbsp Peanut Spread\*  
1 piece of fruit

### DINNER

3 × minced beef, red cabbage & quinoa\*  
2 × steak & new potatoes

### BEDTIME SNACK

300 g low-fat fromage fraits  
handful of Shake & Smoothie Mix\*  
Natural Flavouring\*

\*Available from Body & Fit

### CHICKEN & FRIED EGG ON BREAD BREAKFAST

4 **slices of bread**  
3 **eggs**  
4 slices **chicken breast**  
**salt & pepper | olive oil**

Heat a dash of olive oil in a frying pan and fry the egg until cooked.

Serve a slice of chicken breast on each slice of bread. Add salt and pepper to taste.

Serve the eggs on the bread and chicken.

**VARIATION** TRY SMOKED MEAT OR TURKEY BREAST FOR A CHANGE!

### PEPPER & PASTA SALAD LUNCH

150 g **wholewheat pasta\***  
½ **lime** [cleaned]  
1 **yellow pepper**  
40 g **spinach**  
40 g **Parmesan cheese flakes**  
60 g **Coburger ham**  
**olive oil**

Cook the pasta, following the instructions on the packaging.

Cut the pepper into strips and brush with olive oil. Heat the grill pan and grill

# MEAL PREP

the pepper for about 4 minutes, turning halfway.

Grate the lime rind and squeeze out the juice. Mix the grated lime rind, lime juice and a dash of olive oil to make a dressing. Add salt and pepper to taste.

Add the dressing to the pasta, stir and add the spinach and Parmesan flakes. Tear the ham into pieces and spread over the salad.

**VARIATION** WHY NOT HEAT THE HAM IN THE OVEN AT 180 °C FOR 10 MINUTES?

## CHICKEN & COTTAGE CHEESE WRAPS LUNCH

2 **wholewheat wraps**

60 g **cottage cheese**

8 slices **chicken breast**

30 g **rocket**

½ **cucumber**

**salt & pepper | curry powder**

Spread the cottage cheese on the wraps. Add salt, pepper and curry powder to taste. Cut the cucumber into slices.

Spread the chicken breast, rocket and cucumber over the wrap. Roll the wrap and cut diagonally through the middle.



# MEAL PREP

## STEAK & NEW POTATOES DINNER

250 g **new potatoes** (ready prepped)

150 g **steak**

150 g **garden peas & carrots** (frozen)

**salt & pepper** | **olive oil**

Heat a dash of olive oil. Season the steak pieces with salt and pepper and fry for 2 minutes until brown on both sides and rosé in the centre or as you like it.

Add a dash of olive oil to another pan and sauté the spinach on a high heat until it begins to shrivel and then add the tomato purée and stock.

Sauté the vegetables and new potatoes until cooked and golden-brown. Remove the meat from the pan and keep warm in aluminium foil. Serve the meat with the vegetables and new potatoes.

## MINCE, RED CABBAGE & QUINOA DINNER

200 g **quinoa\***

150 g **red cabbage** [pre-chopped]

150 g **lean minced beef**

1 **apple** | **chives** (to taste)

Cook the quinoa, following the instructions on the packaging. Heat a pan of water and boil the cabbage for a few minutes until cooked.

Heat a frying pan and fry the minced beef, stirring continuously. Cut the apple into small pieces and add it to the minced beef.

Add the minced meat to the quinoa and stir well. Chop the chives finely and sprinkle over the quinoa and cabbage.





EAT  
WELL,  
FEEL  
GOOD!

WEEK

2

For 5 days

### BREAKFAST

French toast

### SNACK

1 piece of fruit

Whey Perfection

350 ml water/skimmed milk

2 tsp Ultra Fine Oats\*

### LUNCH

2 × smoked meat sandwiches

3 × tuna, broccoli & rice

### SNACK

3 × Low-Carb Protein Crackers\*

2 tbsp Peanut Spread\*

1 banana

2 × Clean Protein Bar\*

1 piece of fruit

### DINNER

3 × salmon, green beans & pasta

2 × frittata

### BEDTIME SNACK

300 g low-fat fromage frais

handful Shake & Smoothie Mix\*

Natural Flavouring\*

### FRENCH TOAST BREAKFAST

4 **eggs**

1 pinch **cinnamon**

80 ml **skimmed milk**

4 slices **wholewheat bread**

**olive oil | honey\***

Whisk the eggs in a large bowl. Add the cinnamon and milk. Dunk the slices of bread into the egg mix, turning them to coat both sides. Stack and leave to stand for about 1 minute.

Heat a dash of olive oil in a frying pan and fry the bread on both sides until golden-brown and cooked through.

Drizzle with a little honey.

**VARIATION** ADD BLUEBERRIES, LOW-FAT FROMAGE FRAIS AND MINT TO KICK YOUR FRENCH TOAST UP A NOTCH!

### SMOKED MEAT SANDWICHES

LUNCH

4 slices **wholewheat bread**

20 g **margarine**

6 slices **smoked beef**

Spread the bread with the margarine and make two sandwiches.

\*Available from Body & Fit

# MEAL PREP

## TUNA, BROCCOLI & RICE LUNCH

- 100 g **brown rice\***
- 100 g **broccoli florets** (frozen)
- 1 tin **tuna\*** (in brine)

Cook the rice, following the instructions on the packaging. Boil the broccoli for 7 to 8 minutes until *al dente*. Drain the tuna and stir in with the rice and broccoli.

## SALMON, BEANS & PASTA DINNER

- 150 g **green beans**
- 150 g **wholewheat macaroni\***
- 150 g **salmon**
- 2 tbsp **red pesto** | 1 tbsp **capers**
- 1 clove **garlic** | 6 **olives** [tin/jar] | **olive oil**

Cook the macaroni, following the instructions on the packaging. Heat a dash of olive oil in a frying pan and sauté the salmon on both sides until golden-brown.

Clean the green beans and break or cut them in half. Boil the green beans in a shallow layer of water for 6 to 8 minutes until *al dente*.

Chop the garlic into small pieces. Heat the olive oil in a pan and sauté the garlic. Mix the pesto, capers, olives and green beans in with the drained macaroni, stir well and heat well.

Serve the salmon with the pasta.



# MEAL PREP



## FRITTATA DINNER

250 g **sweet potatoes**

1 tbsp **olive oil**

100 g **mixed veggies**

1 **egg**

5 **egg whites** (or 150 g **Liquid Egg White\***)

50 g **Parmesan cheese flakes**

**salt & pepper**

Preheat the oven to 200 °C. Peel the potatoes and cut into chunks. Heat the oil in a large frying pan and sauté the potato on a medium heat for 7 to 8 minutes.

Add the mixed veggies and briefly sauté with the sweet potato. Add salt and pepper to taste.

Pour the egg whites into a bowl and mix in the flakes of Parmesan cheese. Mix in with the potato and veggie mix.

Place the pan in the middle of the oven and bake for 20 to 25 minutes until cooked and golden-brown.

**VARIATION** TRY ADDING CHUNKS OF TURKEY BREAST!

WEEK

3

*For 5 days*

### BREAKFAST

350 g low-fat fromage frais  
Natural Flavouring\*  
2 handfuls High-Protein Muesli\*

### SNACK

3 × 1 banana  
1 tbsp Peanut Pasta  
Clean Protein Bar\*  
2 × rice waffles  
3 slices chicken breast  
1 piece of fruit

### LUNCH

3 × turkey breast omelette  
2 × smoked meat & cheese sandwiches

### SNACK

1 handful unsalted nuts\*  
1 piece of fruit

### DINNER

2 × cod in tomato sauce  
3 × salmon, tomatoes & pasta

### BEDTIME SNACK

300 g low-fat fromage frais  
handful unsalted nuts\*  
handful High-Protein Muesli\*  
Natural Flavouring\*

### TURKEY BREAST OMELETTE LUNCH

4 slices **turkey breast**  
3 **egg whites** (or 90 g **Liquid Egg White**\*)  
2 **eggs**  
1 **onion** (finely chopped)  
4 slices **wholewheat bread**  
**salt & pepper | olive oil | chives**

Beat the eggs and egg whites. Heat a dash of oil in a frying pan. Sauté half of the onion, stirring continuously. Add the egg. Cover the pan and cook the omelette on a low heat for 6 minutes.

Serve the turkey breast on the bread. Add salt, pepper and chives to taste. Serve the omelette with the bread.

### SMOKED MEAT & CHEESE ON BREAD LUNCH

4 slices **wholewheat bread**  
20 g **margarine**  
2 slices **semi-matured 30% reduced-fat cheese**  
4 slices **smoked beef**

Spread the margarine on the bread. Place the slices of cheese on two of the slices of bread and the smoked beef on the other two.

\*Available from Body & Fit

## SALMON, TOMATOES & PASTA

DINNER

100 g **High-Protein Pasta\***

4 cloves **garlic**

150 g **salmon fillet**

3 tbsp **black stoneless olives**

250 g **cherry tomatoes**

½ bunch **flat-leaf parsley**

2 tbsp **capers**

**olive oil**

Cook the pasta, following the instructions on the packaging.

Peel and press the garlic. Heat a little olive oil in a frying pan and sauté the garlic until it melts in the oil. Cut the salmon into chunks and add to the garlic. Stir well and add salt and pepper to taste

Cut the olives and tomatoes in half and finely chop the parsley. Add the olives, capers, tomatoes and half of the parsley to the salmon.

Serve the salmon with the pasta.



# MEAL PREP

## COD IN TOMATO SAUCE DINNER

100 g **brown rice\***

1 tbsp **olive oil**

1 **red onion**

1 clove **garlic**

½ **Chinese cabbage**

1 tin **tomato purée**

150 g **cod fillet**

**salt & pepper**

Cook the rice, following the instructions on the packaging.

Peel the onion and garlic and chop finely. Cut the cabbage into small pieces.

Heat the oil in a frying pan and sauté the onions and garlic. Add the cabbage and sauté until it starts to shrivel. Add the tomato purée and water and stir well until the sauce has a smooth consistency.

Place the cod in the sauce. Cover the pan and simmer for about 10 minutes.

Add salt and pepper to taste and serve with the rice.



Try adding fresh herbs, such as parsley!

WEEK

4

*For 5 days*

### BREAKFAST

Oatmeal

### SNACK

- 2 Low-Carb Protein Crackers\*
- 2 slices turkey breast
- 1 Whey Perfection\* shake
- 350 ml water/milk
- 2 tbsp Ultra Fine Oats\*

### LUNCH

- 3 × cornbread & peanut spread
- 2 × salmon, broccoli & pasta

### SNACK

- 2 × 3 Low-Carb Protein Crackers\*
- 3 slices chicken breast
- 3 × Clean Protein Bar\*
- 1 piece of fruit

### DINNER

- 3 × salmon & sprout hotchpotch
- 2 × minced beef & couscous

### BEDTIME SNACK

- Micellar Casein\* shake
- 350 ml water/skimmed milk
- 2 tbsp Ultra Fine Oats\*

### OATMEAL BREAKFAST

- 300 ml **skimmed milk**
- 50 g **oatmeal\***
- 1 **banana**
- 1 scoop **Whey Perfection\***

Bring the milk to the boil. Stir in the oatmeal and simmer on a low heat. Remove the pan from the heat and allow it to cool briefly. Meanwhile, cut the banana into slices and mix half in with the oatmeal along with the Whey Perfection. Serve the oatmeal with the rest of the banana.

### CORNBREAD & PEANUT SPREAD LUNCH

- 4 slices **cornbread**
- 3 slices **chicken breast**
- 2 tbsp **Peanut Spread\***

Make one chicken breast and one peanut spread sandwich.

### TUNA & BROCCOLI PASTA LUNCH

- 150 g **wholewheat macaroni\***
- 1 tin **tuna\*** (in brine)
- 2 tbsp **red pesto**
- 1 tbsp **capers**
- 100 g **broccoli florets** (frozen)

Cook the macaroni, following the instructions on the packaging.

\*Available from Body & Fit



# MEAL PREP



Drain the tuna and divide the fish into pieces. Boil the broccoli in a shallow layer of water for 6 to 8 minutes until cooked. Mix the tuna, pesto, capers, olives and green beans in with the macaroni, stir and heat well.

## SALMON & SPROUT HOTCHPOTCH DINNER

250 g **potatoes**

200 g **sprouts**

1 tbsp **crème fraiche**

150 g **salmon**

1 **apple** (finely chopped)

**salt & pepper** | **olive oil**

Peel the potatoes and boil them for 15 minutes.

Remove the outer leaves of the sprouts and cut a cross in the stalk. Boil the sprouts for about 8 minutes until cooked.

Heat a dash of olive oil in a frying pan and sauté the salmon on both sides until golden-brown.

Add the sprouts and crème fraiche to the potatoes and mash into a creamy hotchpotch. Stir in the apple pieces and add salt and pepper to taste.

Serve the salmon with the hotchpotch.

# MEAL PREP



## MINCED BEEF & COUSCOUS

DINNER

50 g **couscous\***

1 tbsp **olive oil**

150 g **vegetables**

2 tbsp **green pesto**

60 g **feta** (crumbled)

**salt & pepper**

Cook the couscous, following the instructions on the packaging.

Heat the oil in a wok and stir-fry the vegetables. Add the pesto and couscous and stir well.

Add salt and pepper to taste and sprinkle the feta as the final touch.

## INSPIRATION

Keep an eye on our website or follow us on social media for a little healthy, nutritional inspiration!


[www.bodyandfitshop.com](http://www.bodyandfitshop.com)



WHEN YOU  
FEEL LIKE  
QUITTING,  
THINK  
ABOUT  
WHY YOU  
STARTED!







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