



21 Day Fast Abs

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21 Day Fast Abs Nutrition

<u>MacroNutrient Breakdown</u>	
Daily Calories	Bodyweight (x) 10
Carbohydrates	Daily Calories (x) 0.4
Protein	Daily Calories (x) 0.4
Fat	Daily Calories (x) 0.2

- The amount you get from the equations is a daily amount for the given macronutrient in calories.

Converting Calories to Grams

Carbohydrates	Daily Carbohydrate Calories/ 4
Protein	Daily Protein Calories/ 4
Fats	Daily Fat Calories/ 9

Example: 165 lbs Individual

$165 \times 10 = 1,650$ Calories per day

$1,650 \times .4 = 660$ Calories from Carbohydrates

$1,650 \times .4 = 660$ Calories from Protein

$1,650 \times .2 = 330$ Calories from Fats

Converting Calories to Grams: Example

$660 \text{ Calories in Carbohydrates} / 4 = 165 \text{ Grams}$

$660 \text{ Calories in Protein} / 4 = 165 \text{ Grams}$

$330 \text{ Calories in Fat} / 9 = 36.66 \text{ Grams}$

Daily Meal Design

Now that you have a daily caloric amount, you will have to divide up the calories into **however many meals you will be consuming**.

For Example:

$1,650 \text{ Calories} / 6 \text{ Meals} = 275 \text{ Calories per meal}$

$1,650 \text{ Calories} / 4 \text{ Meals} = 412.5 \text{ Calories per meal}$

Intermittent Fasting (IF)

Intermittent fasting (IF) is a pattern of eating that alternates between periods of fasting (usually meaning consumption of water only)...

Once you have calculated your daily caloric intake, you will then choose a “feeding window” (if you decide to take the intermittent fasting approach). In my 21 day transformation, 12pm-8pm was the feeding window that fit MY schedule best. The feeding window should be no less than 6 hours and no more than 8 hours to avoid overeating and ensure that you are meeting your calorie requirements.

Feeding Window Examples:

9am-3pm

9am-5pm

12pm-6pm

12pm-8pm

Once you have selected your window, I recommend that you create an eating schedule that fits your feeding time.

Major Meal Principle

1. Carbs and fats should never be present TOGETHER during a meal.

(Carbohydrate meals: Less than 5 grams of fat)

(Fat meals: Less than 10 grams of carbs)

2. Carbohydrates intake should surround your workout.

(No more than 2 hours prior to your workout and for up to 4 hours following your workout)

Meal Schedule Example

Meal 1: Protein + Fats

Meal 2: Protein + Carbohydrates

Workout

Meal 3: Protein + Carbohydrates

Meal 4: Protein + Fats

Reducing Water Weight for A Solid Physique

Day 16-19

Water Intake (In Ounces)	Bodyweight (x) 1.15
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Day 20

Water Intake (In Ounces)	Bodyweight (x) 1
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Day 21

Go back to your normal water intake as your body will continue to get rid of water throughout the day.

21 Day Fast Abs Training Routine

Sunday	Monday	Tues	Wednesday	Thursday	Friday	Saturday
Sprints	Lower-Body (a)	Upper-Body(a)	Rest	Shoulders (1) + Abs (1)	Rest	HIIT (20 Minutes)
Rest	Lower-Body (b)	Upper-Body(a)	Abs (2) + Sprints	Rest	Upper-Body(b)	Abs (1) + HIIT (30 Minutes)
Lower-Body (a)	Abs (2) + HIIT (30 Minutes)	Upper-Body(a)	Fasted Cardio (30 Minutes)	Shoulders (2) + Abs (1)	Fasted Cardio (45 Minutes)	21 Day Fast Abs

Principles

Rest Periods	40 – 60 Seconds
Rep Tempo	3:0:1:0

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Workout Index

Upper-Body (a)		Upper-Body (b)	
Bench Press	4 Sets x 8	Deadlifts	4 Sets x 8
Decline Press	3 Sets x 6-8	Pull Ups	3 Sets x 6-8
Incline DB Press	3 Sets x 6-8	DB Bent Rows (underhand)	3 Sets x 6-8
Pull Ups	5 Sets x 8	Incline Press	4 Sets x 6
Lat Pull-Downs	3 Sets x 6-8	Decline Chest Machine	4 Sets x 6-8
DB Bent Laterals	3 Sets x 6-8	DB Flyes	3 Sets x 6-8

Lower-Body (a)		Lower-Body (b)	
Squats	3 Sets x 6-8	Stiff Legged Deadlifts	3 Sets x 6-8
Leg Press	3 Sets x 6-8	Barbell Lunges	3 Sets x 8
Leg Extensions	3 Sets x 6-8	Leg Press	3 Sets x 6-8
Hamstring Curls	3 Sets x 6-8	Leg Extensions	3 Sets x 6-8

Sprints	HIIT
30 Yard Sprints x 20	45 sec Low Intensity – 45 sec High Intensity

Shoulders (1)		Shoulders (2)	
Military Press	4 Sets x 6-8	DB Shoulder Press	4 Sets x 6-8
DB Lateral Raises	3 Sets x 6-8	Barbell Front Raises	3 Sets x 6-8
DB Rear Delt Raises	4 Sets x 6-8	Lateral Raises (Cable)	3 Sets x 6-8
DB Front Raises	3 Sets x 6-8	Rear Delt Raises (Cable)	4 Sets x 6-8

Abs (1)		Abs (2)	
V-Ups	3 Sets x 10	Decline Leg Lifts	3 Sets x 10
Bicycle Crunches	3 Sets x 10	Incline Crunches	3 Sets x 10
Incline Crunches	3 Sets x 10	R+ L Oblique Crunches	2 Sets x 10
Lying Leg Lifts	2 Sets x 10	Oblique Twist Crunches	3 Sets x 10

**Congratulations on
successfully completing the
21 Day Fast Abs program...**

Enjoy the Results!