



# Welcome to the 8 Week Stubborn Belly Fat Blitz





## Welcome to the 8 Week Stubborn Belly Fat Blitz

**I created this supported ebook to help men struggling to reach their goals. Asking for help isn't easy, we typically just get stuck in and hope for the best.**

This is for men who are trying to drop fat but not seeing the changes they want to see. Guys that feel overwhelmed with the information overload and want a concise method that works every time. Men who want to get in their best ever shape right now and feel healthy, fit and confident for the best years of their lives.

Most people focus on the wrong things when they are looking to change their body, they waste a huge amount of time and energy and don't get any closer to the goal.

The truth is getting in great shape is a lot simpler than most people think, and you can fit it all in around your family, work and personal commitments.

Now you can drop fat and build muscle without spending hours in the gym every day or starving yourself with fad diets.

I believe we all have amazing untapped potential. I genuinely think that with the right support and guidance, each and every one of us can achieve truly amazing things. To provide a positive message, I first look at myself. Leading by example is an inherent part of who I am and you'll see that on every page. Everything I say comes from personal experience, through things I've learned on my own journey. I want to take all of that to inspire you to achieve greatness on yours.

Like any industry, the health and fitness one is in a constant state of flux. New techniques, new research and new thinking happens all the time. I'm all for adapting to the future, but I also want to merge that with tried and tested techniques. I believe in an ever-evolving world of health and fitness. I also believe my innovative products and techniques will become industry leading, without sacrificing customer focus.

We are all different. We have different goals and we have different needs. I believe in taking each and every consideration to treat you like an individual. I look at your body, your lifestyle and your goals to provide a bespoke solution. Individualisation is at the heart of my philosophy and at the very core of this book.

In an industry clouded by fake claims and misleading products, I provide complete honesty. There is simply no other way to do it. I am trusted by thousands of people with their health and fitness, from the most influential CEOs to A-List Hollywood actors, not to mention all my personal training and online customers around the world. People put their results in my hands and, by reading this book, I'm proud to say you've put your trust in mine.

I have put everything I know into this book to help make you everything you want to be. I have simplified my techniques to make them easy to use, but without losing their effectiveness. You will be able to take charge of your body and your results through advanced techniques delivered in a simple, user-friendly format.

## Who am I?

**I've been a personal trainer for over a decade, but it's fair to say that fitness is in my DNA: my father and grandfather developed fitness testing equipment for British Cycling in the 1980s at the beginning of British Cycling's development towards dominating the sport.**

As a child, my life, like many other children around the world, was full of sports and adventure. In my teenage years, I played for a Premiership football academy, but an injury with my growing limbs cut my burgeoning footballing career short. After trying other sports, I found cycling, and I loved it.

Fuelled by my mum's unwavering support and endless encouragement, I was soon winning national medals in junior cycling. Whatever the weather, she drove me up and down the UK, and even into Europe, to compete with other budding cyclists. She gave me the freedom to push myself and I gave it everything I had.

As much as I loved football and cycling, I soon realised that a job in sports engineering or physical performance were what I wanted to do. Even as a teenager, it was all I cared about. The sports themselves were great, but I became fascinated by the science behind the human body, how far it could be pushed and

what it took to get it there. I wanted to know what made it 'tick', before I moved on to what made it 'tock'.

By the time I was 17, studying at college and deciding what to do next, a friend of mine told me he'd recently become a personal trainer, and that it might be a good match for me. It would allow me to work at something I loved, whilst still being able to get my own training in when I could. It sounded like the best of both worlds.

Before this conversation, I had never even heard of a 'personal trainer'. This was 2005 and personal training wasn't anywhere near as common as it is now. Successful trainers were few and far between, which made it a great time to be starting out. I walked out the doors of my college at 18 with a head full of ideas, my chest proudly puffed out and the full PT qualification under my belt. I spent the next couple of years building up my confidence and experience, including experimenting with martial arts in Thailand (another story altogether). When I eventually came home, I began working at a private PT studio. One of my clients worked at Pinewood Film Studios in Buckinghamshire. He could tell I was ambitious and we'd talk about opening my own space. He kindly put me in touch with Pinewood's



property department. Luckily they had a tiny space available on site, but as I had an even smaller budget, it was the perfect match!

Given that my gym was on the Pinewood Studios lot, it wasn't long before I started training people who were working on the films being made there. Not big name actors at this point, but everyone and anyone from the cast and crew who worked on the film sets often came by to exercise. Over time, my reputation began to grow. I was training one of the crew on Snow White and the Huntsman, who put my name forward to the powers that be and soon I was training a couple of the stars of that movie. I have always been so motivated that I rarely gave myself much time to reflect on where I was, or what I was doing, until one day when I was working on Les Misérables. At one point, we had almost the whole cast of the film in the gym. Big cast. Small studio! It was a very surreal experience for me at the time, I remember taking a step back and looking around at all these actors in my gym and thinking to myself, 'is this real??' That was the beginning of my journey with many famous actors that continues to date. I've worked on some fantastic movies including Assassin's Creed, Life, Prisoners, Pan, Eddie the Eagle, X-Men and The Wolverine.

That last film led me to another one of those 'is this real?' moments. I found myself sat on a private jet flying around the world for The Wolverine press tour. I hadn't even flown Premium Economy before! But I couldn't get too overwhelmed. The work I do with actors to this day might sound glamorous, and it clearly has its perks, but that's only a small part of it. The real work is done in the gym and the kitchen; early mornings, late nights, long days, hard work, the right food and complementary training plans.



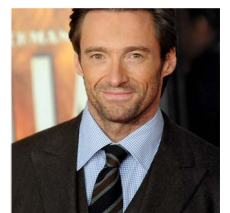
**“His expertise is unrivalled and the results speak for themselves.”**

**Michael Fassbender**



**“Quite simply he got me into the best shape of my life. Not only as a trainer but he was totally in charge of my diet as well, even down to the recipes.”**

**Hugh Jackman**



Fast forward to today and the work I've done and continue to do with actors means I often get called the 'Hollywood trainer'. It sounds great, but the truth is I do more work in Buckinghamshire car parks than I do in Tinsel Town!

None of the people I work with would come back if I didn't know my stuff or failed to deliver on what I say I can. Thankfully I do know, so they do come back, time and time again. People often think that celebrities have it easy with their chefs, stylists and Hollywood budgets, but the truth is, they're people like you and me. We all have challenges we have to overcome if we want to succeed.

One of my key strengths is fully understanding that nutrition and training are the winning combination and having the experience to control them. A lot of good trainers don't understand nutrition. They're great with the exercise side of things, but ignore the basic fuel that drives change. To me, this makes them less th

I may be best known for my film work, which isn't surprising seeing as the bodies I have transformed have been on the big screen for millions of people to see. For me though, it's

all those people you've never heard of, and that you don't know, that are following my plans and getting extraordinary results that make my job so satisfying.

They're not as easy to see, but have improved so many more lives over a much longer running time.

We all have the ability to work hard and be consistent within us, and now with this book you have a plan of action that will work specifically for you! Maybe my next greatest achievement is working with you and helping you achieve your personal best.





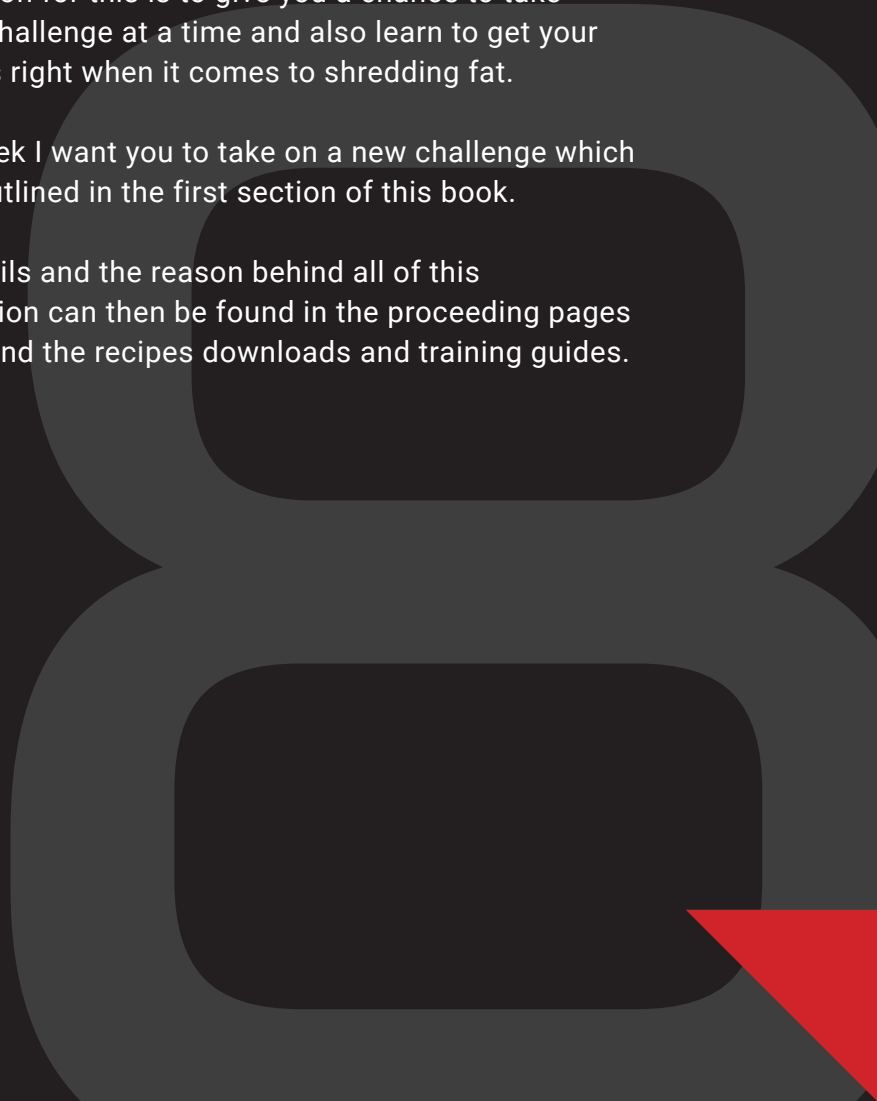
# About the **8 week Blitz**

**Unlike most of my ebooks and content I wanted to stagger start different elements of the training and nutrition with the 8 week blitz.**

The reason for this is to give you a chance to take on one challenge at a time and also learn to get your priorities right when it comes to shredding fat.

Each week I want you to take on a new challenge which I have outlined in the first section of this book.

The details and the reason behind all of this information can then be found in the proceeding pages as well and the recipes downloads and training guides.



## Understanding your goals!!!

To lose weight, you have to be on a calorie deficit. However, I would not recommend just trying to cut back on the calories and hoping for the best.

If you want to lose some fat, the very first thing you should do is set your goals and make a plan. If you don't know what you're aiming for and you don't know how to get there, you're unlikely to get anywhere.

To get you started, here's three questions you need to ask yourself:

How much weight do you want to lose?

How fast do you want to lose weight?  
Do you want to lose fat, or lose weight?

### How much weight do you want to lose?

The answer to this question depends very much on you. With enough effort, anyone can get to almost whatever weight they want. However, I recommend setting a healthy target.

If you've no idea where to start, I suggest first working out your BMI. It's crude, but it's a useful tool to get you started. This is how you calculate your BMI:

Take your weight in kg, and divide it by your height in metres squared.

So, for instance, if you weigh 79.5kg and you're 1.7m tall, your BMI is  $79.5/(1.7 \times 1.7) = 27.5$ .

Next set a target BMI. Below I have some suggested targets based on your current BMI:

Under 18.5: You're officially underweight. I do not recommend losing weight.

18.5-22: You have a healthy weight. If you still really want to lose weight, don't set a target BMI of less than 18.5 as this can have negative health consequences.

22-24.9: You have a healthy weight. If you want to lose weight, try aiming for a BMI of 22, which is the middle of the healthy weight category.

25-29.9: This puts you in the overweight category. I would suggest initially aiming for a BMI of 24.9 to get you to a healthy weight, then see if you can push it down to 22 at a later date.

30-39.9: This range puts you in the obese category. For your health and wellbeing, I thoroughly recommend setting an initial target BMI of 27, which is the middle of the overweight category, a much more healthy place to be. From there, you can aim to get yourself to a BMI of 24.9, a healthy weight.

To calculate your target weight based on your target BMI, multiply it by your height squared. So, for instance, if your target BMI is 24.9 and you are 1.7m tall, your target weight is  $24.9 \times 1.7 \times 1.7 = 72\text{kg}$ .





## How fast do you want to lose weight?

The answer to this for most people is: as fast as possible. However, to achieve your goals, a diet and training plan needs to be realistic and sustainable. It is much better to lose half a kg every 2 weeks for 6 months, than 1kg every week for a few weeks then crash out of the diet because you're too hungry, tired or grumpy.

From a fat loss point of view the amount of fat you aim to drop will be dependent on your goals and how much fat you have to lose.

If you have a lot of fat to lose then 2+lb a week is a fine

If you have moderate amounts of fat to lose then 1lb a week is a good bet

If you have low levels of fat to lose then 0.5lb is a good target

To calculate your calories you can use my online tool

[www.davidkingsbury.co.uk/calorie-calculator](http://www.davidkingsbury.co.uk/calorie-calculator)

Once you've set your target weight and decided on your target weight loss rate, you should plan your meals to make sure you hit that calorie deficit every day. The occasional missed day is fine, but try not to overindulge if you've already overdone it a bit. An extra 1000 calories in a day can undo the best part of a week's good dieting.

I suggest keeping a food diary. It sounds onerous, but I assure you this makes it much easier to work out where the calories are coming from. Don't cheat yourself: write down everything. Cappuccinos, little snacks, they all add up.

Be aware that everyone's weight fluctuates a bit up and down over the course of the week. Don't expect to see any consistent changes on the scales for at least 2 weeks of dieting. Be patient, don't quit. Consistency is key.

If after a few weeks, you really aren't seeing a change on the scales, it means you are not on a calorie deficit, or if you are, it's a really small deficit. This will be because you are either overestimating calories burned, or underestimating calories eaten. Try cutting the calories by an extra 100-200 calories per day, and give it another couple of weeks.



## **Do you want to lose weight, or lose fat?**

So far, I've only been talking about weight loss. However, weight loss and fat loss are not the same thing. If you want to lose fat, you need to be on a calorie deficit and you need to give your muscles an incentive to stick around. This means exercise.

If you're just hoping to maintain your muscle tone, you should incorporate 1 or 2 workout sessions a week at least, and focus on resistance training exercises. Work your arms, core and leg muscles in these sessions, and your calorie deficit will strip away your fat but leave behind the muscle, meaning your body definition will improve as you lose weight.

Try not to reward workouts with extra eating. A short workout burns surprisingly few calories and it's all too easy to overcompensate for a workout. Instead, try drinking lots of water or very weak cordial, and if you must snack, try some very low calorie foods such as carrot, zero fat yoghurt such as skyr, or salads (without the dressing).

## **Do you want to build and maintain muscle?**

Even with a goal of fat loss it is well worth reading this as the best practice for muscle gain is also the best practice for muscle maintenance and the best chance of body recomposition.

The three mistakes that people make when trying to build muscle

- Not training hard enough
- Not training smart enough
- Getting nutrition wrong

## **Lack of intensity**

Lack of intensity

In order to make gains in the gym you have to push yourself hard. No one is going to argue with that.

But how hard do you need to push yourself? And do you need to push yourself to muscular failure in your session?

Why does intensity matter?

Your intensity during exercise is a measure of how much effort you're putting in compared to maximum effort. If you're lifting weights, maximum intensity is the maximum weight you can lift in a given exercise. If you can bench press 100kg, and you're currently bench pressing 60kg, you're at 60% intensity.

A study from a couple of years ago put some men on a high volume low intensity (70%) workout, and the other half on low volume high intensity (90%) workout. The high intensity group improved their 1 rep max by an average of 15% compared to 7% for the low intensity group.

This isn't a unique finding. Many studies have shown that high intensity (over 70%) low volume workouts improve strength the quickest.

If your muscles get stronger but you don't adjust your workout, your results will plateau. If you want to keep seeing improvement, you have to keep upping the intensity. This is known as progression, and is essential if you want to keep getting fitter and stronger.

## Resting

Training at high intensity doesn't mean skipping the rest between sets. Actually the evidence shows that taking a longer rest between sets, such as 3 minutes instead of 1 minute, leads to increased strength and muscle mass.

### Training to failure

When you lift weights, you activate what is known as motor units in your muscles. As the workout goes on, you get more fatigued, so more motor units need to be activated. The more motor units you activate, the larger the benefit. Therefore, it seems reasonable to suppose that if you exercise up to the point where you physically cannot complete the set, you'll be activating the most motor units and therefore get stronger, faster. At least that's the theory.

It's hard to prove the theory, but there have been studies in the past to compare whether exercising to failure is better than being able to finish every set.

### Experienced Lifters

One study from 2005 tested elite athletes. They found that if they trained to power increased by around 10%, while power only increased by 6% in the group which trained without pushing themselves to failure. This finding isn't alone: experienced people should push themselves to failure for maximum results.

Additionally, the way you push yourself to failure can have an impact. A study from 2015 pushed some weight trained individuals to failure at low intensity high reps, while another group increased the weight to push themselves to failure at lower reps. The group that achieved failure by increasing intensity showed greater gains in muscle strength. This means that if you plan to push yourself to failure, you should be doing it by increasing the weights you lift, rather than just adding rep after rep until you fail.



## New Lifters

The studies above focused on elite or experienced lifters. There have also been studies comparing the benefits of training to failure for inexperienced lifters. The results of these studies have shown that the training to failure offers marginal to no benefit for new or detrained lifters. As training to failure carries a greater risk of injury, if you're new to training, you're better off training hard, but not to failure.

### Training to failure in your training program

If you do push yourself to failure as part of your training program, I would not recommend doing it every session. Although high intensity training to failure can improve strength and muscle size, and can be a good way to push yourself out of a training plateau, it also carries with it a greater risk of overtraining and overuse injuries.

### Intensity is really important

To improve strength fastest, make sure you're training mostly at high intensities. If you're new to lifting, you don't need to reach failure, but if you're experienced you probably do on occasion.

***However, if you push yourself to failure too often, you risk injury which may prevent progress.***

If you are planning on increasing the intensity of your workout, be careful. Proper technique, supervision and good coaching have all been shown to reduce the chance of injury. If you're new to lifting, or feel like you have room to improve, consider hiring a local fitness instructor to show you the correct form.

It's also really important to be consistent. There's no point going so hard you start resenting your workouts and giving up. Find a balance between intensity and consistency which works for you, and you will achieve your health and fitness goals.

want to keep getting fitter and stronger.

### Lack of progression

Progression, or Progressive Overload, is often overlooked, but is absolutely necessary if you want to continue to get stronger and fitter over time.



## What is Progressive Overload?

To introduce this topic, let me tell you a story about a famous Greek, Milo of Croton. Milo was a Greek wrestler who won the Olympics 6 times in a career spanning many decades. He's known for a number of great feats of strength, but one for which he is most commonly remembered is his ability to carry a fully grown bull on his shoulders.

He is said to have achieved this by lifting the bull when it was a young calf, and continuing to lift it every day until it was fully grown. This way he became stronger and stronger as the bull became heavier and heavier.

While this story may or may not be entirely true (he is also said to have eaten the entire bull in one sitting afterwards), it tells a story which is the essence of progressive overload: if you want to become stronger and stronger, you have to continue to push yourself harder and harder, increase your workout load, or your progress will stagnate.

## How can you use Progressive Overload?

To make sure you continue to progress, first of all you need to regularly measure and keep track of your performance.

If you don't measure your performance, you won't know if your progress is slowing. There's two ways you can measure your performance, either by measuring the maximum weight you can lift, or the number of reps you can do of a certain weight. Use whichever you prefer, but if you use the second method you'll have to periodically increase the weight you're testing yourself with as you get stronger.

As you get stronger, you should increase the load of your workouts to give your body a reason to continue to get stronger. There's a few ways you can increase your total load:

**Increase the weight you're lifting**

**Increase the number of sets**

**Increase the number of reps**



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- Increase the weight you're lifting
- Increase the number of sets
- Increase the number of reps

Here's some examples to get you started:

Find a weight you can lift 12 times, then aim for 4 sets of 10 reps at this weight. Your first session might look something like this:

- Set 1: 10 reps
- Set 2: 10 reps
- Set 3: 8 reps
- Set 4: 7 reps

When you achieve your 4 sets of 10 reps for two consecutive sessions, increase the weight and repeat the cycle.

Alternatively, find your 1 rep maximum and attempt to lift 5 sets of 5 reps at 80% of this weight. For example, if you bench press 80kg, you should aim for 5 sets of 5 reps of 64kg. On your first session, you might only achieve 3 or 4 reps on the last sets.

As you get stronger, this should become easier. Once you've achieved 5 sets of 5 reps for 2 workouts in a row, you could try increasing the number of sets, to 6 sets of 5 reps, or increasing the number of reps, to 5 sets of 6 reps.

Once this becomes easy, find your new 1 rep maximum and go back to 5 sets or 5 reps at 80% of this new weight.

You don't just have to increase the weight you lift or the number of times you lift it to up the intensity. You can slow down your movements to increase the time your muscles are under tension. This makes the exercises harder. If you are lifting the same weight as before but at a slower tempo, you will be increasing the load on your muscles.

Try these techniques to increase the load as you get stronger and you will see much better results than if you let your exercise regime stagnate.

Be aware though, you shouldn't expect to get stronger and stronger at the same rate forever. When you're starting out, gains tend to be fast, and these gains slow down over time. This is normal and you shouldn't worry about it.

However, if your progress completely plateaus, you should try mixing up your workout a bit more or get a personal fitness trainer to advise you on how you might be able to continue to improve your regime.

Alternatively, you could purchase a calf and get lifting. However, I think you might be better off with weights. Full grown bulls can be troublesome.

### **Lack of progression**

Progression, or Progressive Overload, is often overlooked, but is absolutely necessary if you want to continue to get stronger and fitter over time.

Not resting enough

### **Where is my rest muscle and how do I train it?**

Resting your muscles the right amount can be just as important as training your muscles. When you exercise your muscles, you are damaging your muscles in a small but significant way. When you rest, you give your body a chance to recover and rebuild your muscles stronger and better than before. Without resting, you deny your body the opportunity to repair your muscles, undoing all your good work.

When you workout you also deplete your muscle glycogen stores. By giving your muscles a chance to recover, you are giving them a chance to replenish these energy stores. Without rest, the quality of your next workout will be reduced.

If you're trying to gain muscle, more workouts means more incentive for your muscles to grow, but too many workouts and you can become fatigued, risk damage and limit results.

## How many days a week should you workout for maximum results

A study by a team from the US and Australia carried out a study in an attempt to figure out just how many workouts a week is best for muscle growth. They compared as many published studies as they could find and came to a couple of key conclusions.

They concluded that the longer you work out, the better your results, up to about 4 times a week. Beyond 4 times a week, they saw no advantage to training more.

Most of the studies they compared dealt with new or only moderately experienced lifters. Some very experienced lifters may benefit from longer or more frequent workouts. On the other hand, if you are a newbie, you should only be working out 2-3 days per week.

It's also important to not always work the same muscles in the same way each time you hit the gym. You should vary the muscles you target in your workouts. This has been shown to lead to significantly larger gains than doing the same workout every day.

The number of rest days you should take also depends on the duration and intensity of your workouts. If your workouts are long, hard, and high intensity, stick to no more than 3 a week for the best results. If you're short on time and your workouts are squeezed into a half hour lunch break, you might want to consider exercising more days of the week to maximise the benefit. A study published early in 2018 showed that 6 half length workouts led to the same muscle gains as 3 full length workouts.

As well as taking rest days, you should also take adequate rest between sets for best

results. A study carried out in 2016 compared the effect of 1 minute breaks to 3 minute breaks between sets. They found that taking a 3 minute break led to great strength increases and greater muscle growth than 1 minute breaks. This study also kept the sets and reps the same between groups. If you rest longer between sets, you'll be able to lift heavier weights or do more reps, allowing you to make even bigger gains.

If you want to get stronger, work hard, but don't forget to rest too.





## **Week 1**

### **Plan your weights and set your calories**

This week is all about getting your priorities right. When it comes to dropping fat and improving body composition there are two key areas to focus. The quality of your weight training and your energy balance. Everything else is secondary to this which is why it's week 1!

#### **Planning your training**

I don't want you to train hard every day, I don't want you to start with stacks of cardio and I certainly do want you to have rest days.

Training quality is more important than training quantity when it comes to serious results.

Good recovery is important for managing your progress and keeping you on track.

You can't outrun a bad diet and if you try it will likely sabotage your progress and increase in appetite, a decrease in willpower and classic "reward" eating.

#### **Weights**

Plan your week with 3-4 resistance sessions per week depending on your available time, no more than this. Select from the guides to choose the one that best suits the kit you have as well as the available time.

If you are new to training start with the LVL1 session and run it for 4 weeks before moving onto LVL2

If you are experiencing with your training start with LVL1 for 2-3 weeks before moving to LVL2 for the rest of the 8 weeks.

#### **Cardio**

In week 1, I don't want you to do any cardio other than low intensity steady state.

Keep pace to equivalent of a brisk walk at maximum and I recommend no more than 3 hours a week in these early stages.

This will help you focus your energy what matters your weights and your nutrition.

## Calories

**Don't worry about**  
**Food timing**  
**Cutting food groups**  
**Cutting carbs**  
**Eating late**  
**Fasting**

Do worry about  
Your total calorie intake each day

Use this calorie calculator to determine your calorie needs for each day based on your goals for the 8 weeks.

<https://www.davidkingsbury.co.uk/calorie-calculator/>

For the first week I want you to only consider calories, not macros. This will give you the chance to build awareness around calories as a matter of priority.

We will be going into the full details of macros, recipes and advanced tactics as the 8 week progresses but for now, just focus on training and calories.

To track your calories you can use an app like MyFitnessPal or read food labels.

When eating out be aware of the calorie intake and ALWAYS consider liquid calories too.

To help over the 8 weeks I want you to measure your progress to give you the opportunity to make adjustments as well as giving you the motivation that comes from seeing positive results.

## Weight

**Waist measurement**  
**Chest measurement**

Taking photos is also a great way of seeing progress and can a great tool for motivation, so I do suggest doing it. I would normally ask for a side on, front and back for checking progress.

Good luck in week one, once you build these foundations you will be ready for week two

## Movements

Within your resistance training sessions you have the ability to adjust your training based on your preferences, available equipment, injuries and peace of mind (confidence in movements)

There are no movements that you have to do. There are no good or bad movements per say, the best exercises are subjective to your individual needs and also will adapt and progress.

If you have limited equipment options then the dumbbell training plan will be perfect, as long as you have heavy enough weights to hit the correct intensity. You can adjust your plan based on available equipment from the list below.



## A few rules for adjustments.

Don't change movements often, you need time to improve at them  
Keep your training balanced, try to workout evenly for each body part  
These aren't the only movements but are some good options!

### Horizontal press

Barbell bench press  
Dumbbell bench press  
Incline barbell bench  
Incline dumbbell bench press  
Floor press  
Dumbbell floor press  
Chest press machine  
Smith machine bench  
Smith machine incline bench  
Dumbbell bench press

### Horizontal pull

Seated cable row  
Dumbbell single arm row  
Bodyweight row  
Seal row  
Seated machine row  
Barbell bent over row  
Pivot barbell bent over row  
Dumbbell bent over row

### Vertical push

Barbell shoulder press  
Dumbbell shoulder press  
Machine shoulder press  
Arnold press  
Single arm standing shoulder press  
Pivot barbell should press

### Vertical pull

Pull ups  
Assisted pull ups  
Lat pull down  
Single arm lat pull down  
Single arm row - high pulley  
Ring pull up - feet assisted  
Straight arm pull down

### Quad focus

Barbell back squat  
Barbell front squat  
Dumbbell goblet squats  
Reverse lunges  
Bulgarian split squats  
Leg press  
Single leg leg press  
Leg extension  
Walking lunges

### Hamstring focus

Machine hamstring curls  
Swiss ball hamstring curls  
Slider hamstring curls  
TRX hamstring curls  
Banded hamstring curls  
Cable hamstring curls  
Deadlifts  
Romanian deadlifts  
Back extensions

### Glute focus

Glute bridge  
Single leg glute bridge  
Bulgarian split squat  
Single leg leg press - high foot position  
Deadlift  
Trap bar deadlift

### Chest focus

Machine fly  
Dumbbell fly  
Dumbbell incline fly  
Cable fly  
Cable fly - high to low  
Cable fly - low to high  
Single arm cable fly

### Shoulder focus

Lateral raises  
Overhead lateral raises  
90 degree raises  
Front raises  
Plate front raises  
Rear delt raises  
Single arm cable lateral raise

### Bicep focus

Cable curls  
Incline dumbbell curls  
Zottman curls  
Hammer curls  
Dumbbell curls  
EZ bar curls  
Barbell curls

### Tricep focus

Tricep push downs  
Dumbbell skull crushers  
EZ bar skull crushers  
Bodyweight skull crushers  
Dips  
Tricep kick backs

## Choosing your movements

Choose movements that you are confident doing, if you are not comfortable doing them then asking for advice from an expert would be a good start.

You also need to select movements based on the equipment you have access to.

If you need any help just let me know!

## Week 2

Welcome to week 2!! I hope you found the first week a success!

This week I want you to look at your macronutrients in detail, especially your protein intake.

This week you can prep meals and plan for positive changes to your macro balance.

Macros are what your food is made up of and I cover them in detail shortly.

For this week, I want you to aim to hit 1.5-2.5g protein per KG bodyweight.

Increasing protein intake will help you to manage appetite, build/maintain muscle and support the positive body composition changes you are looking to make so don't miss this step!

Here you can also begin to use the recipes provided at your calorie levels if you are looking to meal prep. All you have to do is choose 3 meals and 1 snack a day, the calculations on the recipes are already done for you!

What are macros?

Macronutrients, or macros for short, are the fuel in your food which your body needs to keep itself going, required by the body in large quantities. When people in the fitness world talk about macros, they are usually just talking about our three sources of energy: fat, protein and carbohydrates.

I'll go through each of these macros, explain what they're for, and what you can do to get more or less in your diet.

## Carbohydrates

Carbs get a bit of a bad rep in the fitness world, but as far as your body is concerned, carbs are the fastest and easiest form of fuel available. There's two types of carbs: complex carbs and sugars.

Sugars are carbs which your body finds it really easy to utilise. They're like kindling: quick to burn but they don't last long. As such they're a great form of fuel if you're exercising hard. However, eat too much and your body converts the excess to fat.

Complex carbs are the carbs found in grains, pasta and pulses. These are like the logs for the fire. Slower to burn with a steadier release of energy. When you're exercising, mixing up your carbs is a great way to keep yourself fueled for longer.

If carbs are such a great fuel for my body, why do they get such a bad rep?

For a start, carbs, especially sugars, are really tasty and not very filling. It's therefore really easy to eat too many and put on weight. Also, a number of studies have shown that on identical calorie intakes, people with a higher carb content in their diet tend to lose weight less quickly. This effect should not be overstated though.



As a rule, calories are king, and the amount of carbs in your diet is secondary. 100g of carbs contains about 400 calories. Grains like rice contain about 30g of carbs per 100g, so 100g of rice contains about 120 calories.

## **Fat**

Probably the least appealing sounding of the macros, but in moderation there's nothing wrong with getting a bit of fat in your diet.

Fat is even slower burning than complex carbs. It's the last thing your body will choose to burn, which is why it can be so hard to lose it from your belly. However, your fat reserves are what keep you warm in the cold, and what can keep you moving for days on end if you were ever to get lost somewhere without food. Fats also help you absorb certain vitamins and there's evidence that getting enough fat in your diet can boost your immune system and improve brain function.

Fat can be found in meats, fish, nuts and seeds, oils, egg yolks, cream and avocados, which is why avocados taste so good.

Fats come in three main flavours: saturated, unsaturated and trans-fats. Saturated fats tend to be solid at room temperature (such as coconut oil, butter and fatty meats) while unsaturated fats tend to be liquid at room temperature (like the oils in avocado, nuts and olives). Trans-fats (with some exceptions) are artificial fats made to last longer. These are found in heavily processed foods like cookies and doughnuts, and are commonly used for deep fat frying.

Research has shown that people with more saturated fats in their diet tend to have a higher risk of heart disease, so most health bodies recommend the unsaturated (liquid) fats, especially those found in fish and nuts, over saturated (solid) fats.

Just to complicate things, there are different types of saturated fats. The catchily named Medium Chain Glycerides (MCTs) found in coconut oil and dairy products have a number of health benefits, including aiding weight loss, increased energy and improved memory. This does not mean you should eat buckets of coconut oil; it's still very calorific; but it's probably not as bad as the fats in fatty meats.

Trans-fats on the other hand should be avoided like the plague. There's a wealth of research showing how awful these fats are for your health and there's been talk of banning them outright in the UK for years (they were banned in the US this year). 100g of fat (whatever the flavour) contains about 900 calories. This makes fat far and away the most calorie dense of the macros, and explains why 100g of raw nuts contains more calories than 100g of pure sugar (600 calories compared to 400 calories).

## Protein

Last but not least, protein. Protein is made of amino acids, which are required almost everywhere in your body. If you don't eat enough of these, your body will start to break down muscle in your body to create its own. The big sources of protein are meats. Low fat meat such as chicken and turkey are especially good sources of protein as they contain very little fat and almost zero carbs. However, there's plenty of veggie sources of protein too, such as dairy products, Quorn, certain grains and pulses like lentils and chickpeas, and soy or soy products such as tofu, tempeh and edamame beans. If you want to know more about veggie sources of protein, check out my blog post on the subject.

The UK recommended minimum intake of protein is about 10% of calories from protein, but this is the bare minimum to remain healthy. I would recommend eating a lot more than 10% protein, especially if you are trying to build muscle.

Protein has also been shown to be filling. So if you've got a big appetite, eating a lot of protein will help prevent you from getting hungry again too soon.

Protein is almost exactly as calorie dense as carbs: 400 calories per 100g. 100g of chicken breast contains about 30g of protein and 3g of fat, working out to 120 calories of protein and about 30 calories of fat.

## How do your macros influence your results?

Whilst the sum total of your macros are responsible for weight change, the relative amount of each macro influences changes in body composition and athletic performance.

The right balance of macros for you is determined by your goals and lifestyle but for effective muscle gain, muscle maintenance and athletic performance keeping protein levels high is crucial.



## Week 3

### Stress and sleep!

Sleep is like nutrition for the brain. Most people need between 7 and 9 hours each night. Get less than that, and your body will react in ways that lead even the most determined dieters straight to Ben & Jerry's.

Too little sleep triggers a cortisol spike. This stress hormone signals your body to conserve energy to fuel your waking hours and will affect your willpower to adhere to the plan. Translation: You're more apt to hang on to fat and make worse food choices.

The basics are pretty simple:

Shut down your computer, phone, and TV at least an hour before you hit the sack. Save your bedroom for sleep and sex. Think relaxation and release, rather than work or entertainment.

Create a bedtime ritual. It's not the time to tackle big issues. Instead, take a warm bath, meditate, or read.

Stick to a schedule, waking up and retiring at the same times every day, even on weekends. Watch what and when you eat. Avoid eating heavy meals and alcohol close to bedtime, which may cause heartburn and make it hard to fall asleep. And steer clear of soda, tea, coffee, and chocolate after 2 p.m. Caffeine can stay in your system for 5 to 6 hours.

Turn out the lights. Darkness cues your body to release the natural sleep hormone melatonin, while light suppresses it.

### Magnesium

Better sleep with magnesium. Insomnia is a common symptom of magnesium deficiency. People with low magnesium often experience restless sleep, waking frequently during the night. Research indicates supplemental magnesium can improve sleep quality, especially in people with poor sleep.

Stress reduction and mood stabilization. Magnesium increases GABA, which encourages relaxation as well as sleep. Low GABA levels in the body can make it difficult to relax. Magnesium also plays a key role in regulating the body's stress-response system. Magnesium deficiency is associated with heightened stress and anxiety.

Supplemental magnesium has been shown to have a stabilizing effect on mood. This essential mineral has been demonstrated effective in relieving symptoms of both mild-to-moderate anxiety and mild-to-moderate depression.

Using ZMA before bed is a great option.

## Week 4

I hope your weight training, calories and protein intake are going well.

This week you can add some extra cardio (only if you want to) and as a byproduct of additional energy expenditure you will be able to increase your calorie intake.

Extra cardio is not essential but can work well for burning more calories.

The type of cardio I would like you to include is interval training. Interval training will help support your body composition results when done in conjunction with a weight training routine and a well structured diet.

It can be done as an alternative to low intensity cardio or in addition.

Keep to 2-3 x 30 min sessions maximum each week and perform after weight training if done on the same day.

Here are 4 sample drills

### Metablast

Equipment - Bike, assault bike, rower or ski erg

5 min warm up - Progressively increasing the resistance.

1 min easy

30 second max effort

4 min easy

Repeat for 5 rounds

To ensure the effectiveness of this workout the max efforts need to be done at a very high intensity.

### Russian Steps

Equipment - Bike, assault bike, rower or ski erg

5 min warm up - Progressively increasing the resistance.

1 min easy

15 second sprint

15 second rest

30 second sprint

30 second rest

45 second sprint

45 second rest

60 second sprint

60 second rest

45 second sprint

45 second rest

30 second sprint

30 second rest

15 second sprint

15 second rest

To ensure the effectiveness of this workout the max efforts need to be done at a very high intensity.

### Deck of Cards

Get a deck of playing cards. Shuffle the deck very well. Then pull cards from the top. The number on the card is the number of reps for the exercise.

Hearts - Squats

Diamonds – Push ups

Clubs - Squat thrusts

Spades- Shuttle runs (10m)



## Week 5

You are now over half way through! Well done!!

This is an opportunity to refresh your training and reevaluate your calories, this time based on progress.

As your body changes so do your needs, this is often a point in time when progress can slow, but if you crunch the numbers again you can keep on track

If you want to refresh your goals you can do it here <https://www.davidkingsbury.co.uk/calorie-calculator/>

### Additional ab training

From here on out you can start adding in some specific ab training.

### Why so late on?

Training abs will not make the difference between whether you can see them or not!

Dropping fat to create more definition is what will get them out on show.

For this reason you need to focus most of your energy on creating a calorie deficit and good muscle maintenance through overall training.

### So why train abs?

Abs like any other muscle can be trained for strength, strength endurance, hypertrophy and muscular endurance at a basic level.

Training them for strength will help support your training by helping you lift more on compound movements and improving your muscle endurance many support your ability to survive for more reps on compound movements.

Training abs for hypertrophy will help increase muscle mass which in turn will make abs more visible as body fat levels for decrease.

Here are two great workouts to include each week in addition to your normal weight training sessions.

### Session 1

Ab wheel / Swiss ball roll outs 4x8 90 second rest  
Russian twists 3x12 each side 45 sec rest  
Hanging knee raises 3x12 30 sec rest

### Session 2

Hanging knee raises 4x8 90 second rest  
Paloff press 3x12 each side 45 sec rest  
Supermans 3x12 45 sec rest



## Week 6

This week is about having fun with your nutrition. If you don't enjoy your training and nutrition you will not sustain it.

For this week, I want you to plan some fun into the mix!!

You might be wondering how you can add certain things into the mix without disrupting your progress, and it's a good question.

You can eat flexibly if you are eating within your needs.

This week I want you to reduce your calorie intake by 100 every day. This will give you 700 calories spare. Then I want you to use this on 1 or 2 days to give yourself a treat without consideration on macros, just with a close eye on calories.

You could even use this as a whole day off plan as long as your calories do not exceed your limit for that day.

Enjoy it!!

## Week 7

Back off week.

This week I want you to have a back off week from your current weights routine. A back off week isn't a week off but a week of reduced volume.

This is a super simple week and all you have to do it reduce your sets for the movements, you can even keep the weights the same.

Drop all sets of 3 to 2 and all sets of 4's and 5's to 3's.

Simple, but very effective when it comes to your long term progress.



## Week 8

### Time to keep it rolling!!

Whether you have reached your ultimate goal or still have a way to go, this is an important milestone in your progress.

I wanted to share my 5 top tips for staying on track from here on out.

1. Don't go at it alone. Working with a coach or training partner is proven to get you to your goals faster.
2. Working with a coach or training partner will have a huge impact on your results and keep you on track, when you need help you will be able to ask and the accountability will keep you going.
3. Keep it fun: If you don't enjoy it you won't maintain it. Find a training routine that is sustainable and enjoyable so you can stick with it, enjoy the process and reap the rewards.
4. Set more goals Setting measurable goals regularly is perfect for building momentum and keep your enthusiasm high throughout your training. Strength goals, body fat goals, measurement goals, they all help!
5. Reward yourself : I'm not talking about rewarding yourself with food, but instead treat yourself to something that will mean a lot to you. For me this might be a new bike part, trip or gym toy.

### Remember why you started

Why do you want to reach your goals? Answer this right now...

What is motivating you to do this? Again answer this now

Lastly why is this motivating you? How would your life improve if you made it happen? Once you answer all these you will be far more motivated and less likely to quit when things get tough or don't go your way.

If you would like more support from me and have me coaching your every step you can get started here

<https://www.davidkingsbury.co.uk/online-personal-training/>



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