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8 Week Training & Nutrition Program Grow & Shape your Glutes Train like a 3 x WBFF World Champion Build Muscle with Proven Meal Guides 8 Weeks Build Muscle Grow Glutes Train Like Rachel Strong is perfect for you if your goal is to: + Focus on building and sculpting your lower body. + Transform your body composition + Follow Coach Rachel Dillon's training methods to being crowned 3x Bikini World Champion Throughout the Strong Program you will discover a variety of workouts between 45-70 minutes in length. Throughout this Program you will enjoy a combination of Weighted Workouts, Core Circuits and Low Intensity & High-Intensity Cardio. This Program is suited for Intermediate trainers. However, all Move With Us Programs provide exercise regressions, progressions and swaps to suit your needs. Our Strong Program offers four levels to choose from, each tailored to a different fitness level. Level 1 is ideal for beginners with less than 6 months of training experience. Level 2 is ideal for beginner-Intermediate trainers with 6-12 months experience. Level 3 is ideal for intermediate-advanced trainers with 12-18 months experience. Level 4 is ideal for advanced trainers with 18+ months experience. Follow a structured training program with guided workouts, exercise swaps and the ability to choose from 4, 5 or 6 day training split.Get Diettian-created Meal Guides tailored to your goals, plus 1,500+ nutritious recipes so you can enjoy more of the foods you love.Enjoy daily goal setting and reflection and ability to track your hydration, activity, nutrition, sleep and so much more. SAVE 33% Choose your Level 2 STRONG Program Level 1 STRONG Program Level 3 STRONG Program Level 4 The Strong Program is one of my favourites to date! I have completed multiple MWU Challenges before, but this was the first program that I gave 100% to both the physical and nutrition side and I saw incredible results. MWU made it so easy to be successful- you have all your meals planned for you, a shopping list, daily goals and reflections and the workouts are so easy to follow. - Paris (Strong Program) 8 weeks of consistency, dedication and discipline. Words cannot express how Rachel's Strong Program- Level 4 has changed my life. This Program has taught me a lot - consistency, commitment, dedication, discipline and balance. But most importantly, it has taught me how capable I truly am. This is the fittest, strongest and healthiest I have ever been. Thank you, Rachel and MWU community - Eyalinda (Strong Program) I have lost 12.5 kg's and 82cm's (including 19cm off my waist). I am stronger and fitter than I've ever been. And on a mental note so much happier! Tansin (Strong Program) I started to see a difference not only in my mental health but in my physical health. I found myself so motivated and was pushing myself not to give up and...seeing the results was so motivating. I was fitting in my clothes and feeling myself again! - Belen (Strong Program) I DID IT! I was going through a super hard time before I started this program which caused me to lean on bad habits to cope. This led to extremely poor self-image and slump I couldn't get out of... but then I found MWU! I didn't know what to expect going into the program but not only did I lose weight, I gained self-love, discipline, muscle, a love for fitness and a beautiful community!- Bianca (Strong Program) Intakes commence 10am every Monday and as soon as you confirm your order, you will receive instructions on how to access our App and begin preparing for Day 1. A standard gym should provide all machines and equipment required to complete gym workouts, but if you're completing STRONG from home, you'll need: - A set of dumbbells (ideally two sets, one lighter for upper body, and a heavier set for lower body) - Booty bands - Ankle weights - Resistance bands - A skipping rope - An exercise ball - A yoga mat - A bench or sturdy piece of furniture You'll receive app access right away just keep an eye out for an email from our team on how to get started in the MWU App. Yes! You can use our 'Restart Program' feature allowing you to start the following Monday. By purchasing this Program only you will gain 12 weeks app access to the Move With Us App.By purchasing our Platinum Membership you will have on-going access to this Program and all levels within the Program, as well as our other Programs, all Challenges + exclusive content. Yes! You will have the option to choose from a 4, 5 or 6 day training split each week. Yes! You can switch between home and gym workouts by toggling between the dumbbell and home icon in the workouts tab. Yes, you certainly can! If you are not ready to purchase our Platinum Membership, you can join our Program separately. Keep in mind that you will only receive 12 weeks of App Access when purchasing separately. Absolutely! With our Platinum Membership, you receive access to ALL available MWU Programs and Levels, as well as any Challenge that is released during your Membership. Upon completing your purchase, you will receive an email from us which includes instructions to create your account. Please ensure you are subscribed to receive these important updates here.For a step-by-step guide to Getting Started please click here. Skip to main content Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Each week is intentionally designed to increase your strength by upping the volume and/or intensity of your workouts. Week over week, you'll see that the number of reps and rounds change, allowing you to gradually increase weight and complete the 8 weeks feeling stronger than you knew was possible. I'm hooked on strength training and wildly enjoy this style of workouts in the guide. The structure and consistency made me look forward to each week, including the built-in rest days, which I definitely needed! I made this program 8 weeks long because I believe it's the perfect amount of time to stay focused and disciplined when sticking to a schedule. When you've completed it, you'll have a new baseline strength that you can start with when you begin the guide again. I've seen a significant change in my body and even my mindset when I first went through GOOD / SWEAT STRENGTH, and I'm feeling both stronger and more mentally tough than ever. HITTING THE GYM One of the questions I've been getting on repeat is if this guide must be done in a gym setting. The simple answer is no. You can modify from home if you choose, but I highly recommend you join a gym for 8 weeks or at least have access to these pieces of equipment:Squat RackCable MachineBenchVariety of dumbbells, light to heavyRecreation Sweat's 3-piece Glute Bands, Power Bands (medium if you were to choose just one), and Gym Bundle The reason why I highly encourage access to this equipment over 8 weeks is because heavier weight is needed for increased muscle growth, which is the main goal of my Strength Guide. Yes, this program can be done without either the squat rack or cables, and I do give certain modifications with the bands linked above, but if you want to get the absolute most out of it, try to get a 2-month gym membership Maybe this challenges you to try something new, which might be intimidating, but I promise I give you all my tips throughout the program (and on my 'GYM GUIDE' highlights on my Instagram) to help make you feel confident. Trust me, everyone has had their first day at the gym. We've ALL been there. It will be so rewarding at the end when you see how much you've accomplished. I truly enjoy using gym equipment now, and feel empowered knowing that I can walk into any gym and know what to do — I want you to feel the same. You can even check out my cable machine tutorial and squat rack tutorial that I posted for you, and you can look forward to so many tips for navigating the gym within the guide. DETAILS G/S STRENGTH is a digital download designed to get you in the best shape of your life, and includes:- 40 strength-based progressive workouts (5 structured workouts per week + 2 active rest days)- Tools to set goals and track your progress (weekly checklists for accountability)- Deep dive on gym equipment and gym etiquette- Video library to demonstrate form and best practice for every move throughout the program- Nutrition information by a Registered Dietitian to support muscle growth- Access to a community of thousands of like-minded users (link on the resources page inside your eBook) We are starting our very first community round of the guide on January 9th and I couldn't be more excited!!!!GET THE GUIDE to join Welcome! I'm Rachael. I enjoy sharing my love for food and fitness. I'm a registered dietitian, certified personal trainer, and a New York Times Bestselling author. Here you'll find all kinds of recipes and kitchen hacks, as well as workouts and fitness motivation. Enjoy! — xx Rachael Ráidit mapesAugsKópía ar fallillemAinsley Rodriguez - Full Body Home Workouts.pdfPlásáika infomácia (Alt + →)At Home Whip Training.pdfPlásáika infomácia (Alt + →)B ND Get Shreddy Home.pdfPlásáika infomácia (Alt + →)Better Body Home Workouts.pdfPlásáika infomácia (Alt + →)Bodies by Rachel - 6 week booty HOME.pdfPlásáika infomácia (Alt + →)Bodies by Rachel - Train Like Me 21 Day Home Challenge.pdfPlásáika infomácia (Alt + →)Briana K - Fit At Home.pdfPlásáika infomácia (Alt + →)Claire Thomas - HOMETEAM.pdfPlásáika infomácia (Alt + →)Dani Munoz Fit - HOME WORK OUT 2019.pdfPlásáika infomácia (Alt + →)Darihana Nova - At Home 8 Week Booty & Nutritional Guide.pdfPlásáika infomácia (Alt + →)Emma Troupe - Student Fit 8 Week Program.pdfPlásáika infomácia (Alt + →)FitWithBrit At Home Guide copy.pdfPlásáika infomácia (Alt + →)Plásáika infomácia (Alt + →)Plásáika infomácia (Alt + →)Plásáika infomácia (Alt + →)NASTASSIA At Home Booty Guide.pdfPlásáika infomácia (Alt + →)Natacha Oceane - HOME.pdfPlásáika infomácia (Alt + →)Nikki Blackketter - At Home Workouts.pdfPlásáika infomácia (Alt + →)Plásáika infomácia (Alt + →)Rachel Brathen - Yoga Girl.pdfPlásáika infomácia (Alt + →)Sophie Gray Plyo Madness.pdfPlásáika infomácia (Alt + →)Taylor Kaytee - Tone at Home.pdfPlásáika infomácia (Alt + →)The InstaBooty - Home Growth Booty.pdfPlásáika infomácia (Alt + →)Zbody - 6 Week Challenge 3 (Home).pdfPlásáika infomácia (Alt + →)Zbody - 6 Week Challenge 4 (Home).pdfPlásáika infomácia (Alt + →)Zbody - 6 Week Challenge 6 (Home).pdfPlásáika infomácia (Alt + →)Zbody - Challenge 7 (Home).pdfPlásáika infomácia (Alt + →)Zoe Rodriguez - HIIT At Home.pdfPlásáika infomácia (Alt + →)Saja mapé nao fatiu.Pierastieties, lai pievienoti failus sai mapai Skip to content Embark on a transformative journey with our 8 Week Shred Program, a blueprint to your ultimate physique. This isn't just fitness, it's a metamorphosis into a toned, muscular masterpiece. Each phase is a milestone, guiding you through muscle building and fat loss. But it's not just about aesthetics, it's about optimizing your metabolism and nutritional habits for lasting results. This program demands sweat, dedication, and consistency. Your final form will be a unique testament to your hard work. Ready to embrace the challenge and reveal the shredded version of yourself? Jump to the 8 week shred program now! Alternatively, you can download the free 8 Week Shred Program PDF using the link below: Program styleResistance training + HIITProgram duration8 weeksWorkout duration20 mins - 1 hourScheduling5 days a weekGoalGet shreddedLevelBeginners to advancedTarget GenderMale and Female This "Get Shredded" program is aimed at those looking to attain and maintain their ideal beach body. The program will run over 8 weeks and is split up into 3 distinct phases aimed at graduating through important milestones of muscle building and weight loss. The main objectives are: Healthy fat loss Increased muscle mass Fat loss will have the impact of improving general health and organ function especially where your cardiovascular health is concerned. It also has the aesthetic role of revealing muscle definition, striations, and vascularity for that shredded look. Increasing muscle mass has the health benefit of permanently optimizing your metabolism. That happens because muscle is an active tissue with a constant energy demand, even at rest. That means the fat you lose will be easier to keep off. Building muscle also has the aesthetic value of increasing the impressiveness of your shredded appearance through optimized volume and definition. This program will also teach you some essential nutritional principles such as the correct supplementation, protein targets, and macronutrient protocols. Throughout the program, you will track your progress and adjust your workouts and nutrition plan accordingly. By the end of the 8 weeks, you should have built a notable amount of lean muscle mass, shredded body fat, and sculpted a lean and defined physique. Remember, simply having this program is not a guarantee for success, you need to put in the hard work and be consistent. You should also accept that your ideal body will be different from anyone else's. What you will look like shredded is your own unique body profile based on your genetic makeup. This program most certainly will help you lose weight. After all, the main consideration towards getting shredded is shedding body fat. The principles and instructions in the program will primarily focus on fat loss objectives with muscle-building goals coming in at a close second. That's because it is possible to be shredded with a relatively low muscle mass as it is possible to have a high muscle mass while also carrying a significant amount of fat tissue. With that said, weight loss in this regard is a delicate process and as you will learn from this program, will be carried out in a healthy and progressive way. Extreme and sudden fat loss can have deleterious effects on your overall health and might even counteract goals. In other words, the key is to get healthy, and by getting healthy, your body will transform into a lean mean beach ready machine. Related: Try our 7-Day Keto Diet Plan for helping with the nutrition side of things. This program is an 8 week progressive program split into three phases. The phases are as follows: PhasePeriodDescription1Weeks 1-2Build solid foundation2Weeks 3-6Shred fat3Weeks 7-8Sculpting and refining Phase 1: Building a Solid Foundation (Weeks 1-2): Focus on building a solid foundation of strength and muscle mass Incorporate compound exercises such as squats, deadlifts, bench press, and overhead press Include high-intensity interval training (HIIT) to boost metabolism and burn fat Follow a nutrition plan that focuses on protein, healthy fats, and complex carbohydrates Incorporate supplements such as protein powder, BCAAs, and creatine to support muscle growth and recovery Phase 2: Shredding Fat (Weeks 3-6): Focus on shredding body fat while maintaining muscle mass Incorporate more cardio and HIIT to increase calorie burn Incorporate more isolation exercises to target specific muscle groups Follow a nutrition plan that is high in protein and low in carbohydrates and fats Incorporate supplements such as NAC, multivitamins, and citrulline malate to improve recovery and nutrient cycling Phase 3: Sculpting and Refining (Weeks 7-8): Focus on sculpting and refining your physique Incorporate more supersets and drop sets to increase muscle definition Incorporate more plyometric exercises to increase explosive power Follow a nutrition plan that is high in protein and includes healthy fats and carbohydrates Incorporate supplements such as pre-workout and post-workout formulas to support energy and recovery For all phases, each week will comprise of a 5 day Upper Lower split with a day of cardio/HIIT training. DaySplitUpper Body 12Lower Body 13RestUpper Body 25Lower Body 26RestCardio/HIIT Overall, this program is structured to provide a challenging and effective workout that targets different muscle groups and includes a mix of cardio and strength exercises. Each daily session will consist of the following elements in chronological order: The warm up. Gets the blood pumping and stimulates the muscles in anticipation for the grilling it's about to receive! We provide specific warm up exercises below. The actual workout. The cool down. Helps take your heart rate back down to normal and usually involves stretching. The warm up is a 5-10 minute session that includes a series of dynamic stretches and exercises to prepare your body for the main workout. The warm up is designed to increase your heart rate, warm up your muscles, and prepare your body for the exercises. Dynamic Stretch (45 seconds)How to Do ItLeg swingsStand with your feet shoulder-width apart and swing one leg forward and back, then side to side, and finally in a circular motion. Repeat with the other leg.Arm circlesStand with your feet shoulder-width apart and extend your arms out to your sides. Make small circles with your arms, gradually increasing the size of the circles.High kneesStand with your feet hip-width apart and lift one knee up towards your chest, then lower it back down. Repeat with the other leg at a medium pace.Walking lungesTake a big step forward with one leg and lower your body down into a lunge position. Push off with your back foot and bring it forward to take another big step. Repeat for several reps.Spieterman strócháir Start in a high plank position and bring one foot up to the side of your hand. Hold for a few seconds, then switch sides.InchwormsStand with your feet hip-width apart and bend forward, placing your hands on the ground. Walk your hands forward until you're in a high plank position, then walk your feet forward to meet your hands. Each week, and depending on the day, you'll have a combination of weight training and cardio workouts that are designed to challenge your body and help you achieve your goals. You'll be using a variety of exercises, from compound movements like squats and deadlifts to isolation exercises like bicep curls and tricep extensions. For resistance based exercises, choose a weight that allows you to complete the prescribed number of reps with good form. Increase the weight as you get stronger. We also specify a rest period in between sets, so please follow the prescribed times to allow your muscles to recover. You'll also be incorporating high-intensity interval training (HIIT) principles from our HIIT program to really boost your metabolism and burn fat. These workouts will be intense and straight to the point, so get ready to push yourself to the limit! But let's be real - working out is only half the battle. We'll also be providing a nutrition section that is aimed at your goals and preferences. You'll also be incorporating supplements like protein powder, BCAAs, and creatine to support muscle growth and recovery. A cool down is an essential part of any workout, and it's important not to skip it. After an intense workout, your body needs time to gradually return to its resting state. Here are a few reasons why a cool down is so important: It helps to reduce the risk of injury by gradually decreasing your heart rate and blood pressure. This helps to prevent blood pooling in your legs and reduces the risk of dizziness or fainting. A cool down helps to prevent muscle soreness by flushing out waste products that build up during exercise. This helps to reduce muscle stiffness and soreness the next day. It helps to improve flexibility by stretching out your muscles while they are still warm. This can reduce the risk of injury and improve your overall range of motion. A cool down can also help to promote relaxation by lowering your heart rate and reducing your stress levels. Below is your guide to an effective cool down strategy to be implemented at the end of each workout and should last 5-10 minutes. Stretch (hold for 30 seconds)Target MusclesHow to Do ItStandHamstring StretchHamstringsStand with feet hip-width apart and extend one leg forward, keeping it straight. Hinge forward at the hips and reach toward your toes. Hold for 30 seconds and switch sides.Quad StretchQuadricepsStand with feet hip-width apart and bend one knee, bringing your heel toward your buttocks. Hold onto your ankle or foot with one hand and keep your knees close together. Hold for 30 seconds and switch sides.Seated Forward FoldHamstrings and Lower BackSit on the floor with legs extended in front of you. Reach forward and try to touch your toes. Hold for 30 seconds.Figure Four StretchHips and GlutesLie on your back with knees bent and feet flat on the floor. Cross your left ankle over your right knee and gently pull your right knee toward your chest. Hold for 30 seconds and switch sides.Shoulder StretchShoulders and Upper BackStand with feet hip-width apart and reach one arm across your chest, using the other arm to gently pull it closer to your body. Hold for 30 seconds and switch sides. Remember, this cooldown program as well as the entire program in general should be carried out with special consideration to your physical limits and any underlying medical conditions. If you suffer or have suffered from any injuries, disabilities or chronic conditions, or if you are recovering from surgery or on medication, make sure you get exercise readiness clearance from your physician or specialist before getting back to work. In order to maximize your exercise results, you will need access to a wide array of workout equipment, especially the type that engages resistance training. This includes things such as: Barbell and weight plates Dumbbells (various weights) Resistance bands Pull-up bar or assisted pull-up machine Bench (flat, incline, and/or decline) Stability ball Foam roller for self-myofascial release Jump rope Stopwatch or timer for HIIT workouts Yoga mat for stretching and core exercises Cable machine (for lat pulldowns, cable rows, tricep pushdowns, etc.) Leg press machine or squat rack Smith machine (for squats, bench press, and other exercises) Leg extension machine Leg curl machine Chest press machine Calf raise machine Some additional equipment that may be helpful but not required include: Kettlebells TRX suspension trainer Medicine ball Cable machine Treadmill or stationary bike for cardio While it is possible to invest and set up your own gym, this is obviously beyond most people's budgets or space allowances, so simply signing up or using an existing gym membership to access this equipment would be your best bet. ExerciseWeek 1Week 2RestBench Press3 x 8-104 x 8-1060 secBent Over Rows3 x 8-104 x 8-1060 secSeated Dumbbell Shoulder Press3 x 8-104 x 8-1060 secLat Tricep Pushdowns3 x 12-154 x 8-1060 secBicep Curls3 x 12-154 x 8-1060 secExerciseWeek 1Week 2RestSquats3 x 8-104 x 8-1060 secDeadlifts3 x 8-104 x 8-1060 secLeg Press3 x 12-154 x 8-1045 secCalf Raises3 x 12-154 x 8-1045 secExerciseWeek 1Week 2RestIncline Bench Press3 x 10-124 x 8-1060 secStanding Dumbbell Shoulder Press3 x 10-124 x 10-1260 secCable Rows3 x 12-154 x 12-1545 secDumbbell Flyes3 x 12-154 x 12-1545 secCable Tricep Pushdowns3 x 12-154 x 12-1545 secExerciseWeek 3-4Week 5-6RestDeadlifts3 x 10-124 x 10-1260 secLeg Press3 x 10-124 x 10-1260 secWalking Lunges3 x 12-15( per leg)4 x 12-15( per leg)45 secLeg Curls3 x 12-154 x 12-1545 secStanding Calf Raises3 x 12-154 x 8-1045 secSeated Calf Raises3 x 12-154 x 8-1045 secExerciseWeek1Week2HIIT Workout: 30 seconds of high-intensity exercise (sprints, jumping jacks, etc.) followed by 30 seconds of rest.30-40 mins ExerciseSets x RepsRestIncline Bench Press5 x 8-1060 secLat Pulldowns5 x 8-1060 secSeated Cable Rows5 x 12-1545 secDumbbell Flyes5 x 12-1545 secCable Bicep Curls5 x 12-1545 secExerciseSets x RepsRestRomanian Deadlifts5 x 8-1060 secLunges5 x 8-10( per leg)60 secLeg Extensions3 x 12-154 x 8-1045 secStanding Calf Raises3 x 12-154 x 8-1045 secSeated Calf Raises3 x 12-154 x 8-1045 secExerciseWeek3-4Week 5-6RestBench Press3 x 10-124 x 10-1260 secLat Pulldowns3 x 10-124 x 10-1260 secSeated Dumbbell Shoulder Press3 x 12-154 x 12-1545 secCable Tricep Pushdowns3 x 12-154 x 12-1545 secExerciseWeek 3-4Week 5-6RestSquats3 x 10-124 x 10-1260 secStanding Calf Raises3 x 12-154 x 8-1060 secBent Over Rows5 x 8-1060 secSeated Dumbbell Shoulder Press5 x 12-1560 secCable Tricep Pushdowns5 x 12-1545 secBicep Curls5 x 12-1545 secExerciseSets x RepsRestSquats5 x 8-1060 secDeadlifts5 x 8-1060 secLeg Press5 x 12-1545 secLeg Curls5 x 12-1545 secCalf Raises5 x 12-1545 secExerciseSets x RepsRestIncline Bench Press5 x 8-1060 secLat Pulldowns5 x 8-1060 secSeated Cable Rows5 x 12-1545 secDumbbell Flyes5 x 12-1545 secCable Bicep Curls5 x 12-1545 secExerciseSets x RepsRestRomanian Deadlifts5 x 8-1060 secLunges5 x 8-10( per leg)60 secLeg Extensions5 x 12-1545 secStanding Calf Raises5 x 12-1545 secSeated Calf Raises5 x 12-1545 sec ExerciseDurationHIIT Workout: 30 seconds of high-intensity exercise (sprints, jumping jacks, etc.) followed by 30 seconds of rest.40-50 mins As mentioned, nutrition will be a key factor if not the main factor towards achieving a shredded physique. Usually, it is best to approach nutrition from an individual to individual bases, but you aren't getting a meal plan here, just a few useful and essential guidelines. The first thing we need to look at is what you should be eating. The most pivotal aspect of your nutrition when it comes to getting shredded is protein. Protein uptake propels you to success in two ways. Firstly, it provides the building blocks to the muscle building component of your fitness goals. Secondly, protein helps you shed body fat. The hypertrophic (muscle building) effect of protein means that it is contributing to an increased lean mass. Increased lean muscle mass equals increased metabolic activity. Increased metabolic activity means higher instances of fat burning and lower instances of fat storage. Protein is also highly satiating, which means it makes you fuller with less food and over a longer period than carbs or fat. That means you will escape cravings and hunger that would otherwise disrupt your caloric deficit. Lastly, protein has a high thermic effect of digestion. This means your body requires more energy to digest protein than it does for fat and carbs. This contributes to your total energy expenditure and works in favor of your caloric deficit. Aside from protein, aim for high quality food sources. That's whole foods and minimally processed foods. What we mean by minimally processed foods is foods who's processing doesn't detract from the nutritional integrity of the food. For instance, a fruit salad is an example of minimally processed fruit because you are still eating fruit in its whole form, just in smaller pieces. On the other hand, you can have 100% fresh fruit juice, which in our opinion is excessively processed. That's because juice extraction strips away the fiber and fruit solids, which are a major component to the nutritional quality of fruit. With all that considered, just aim for a balanced diet with high quality natural, whole foods. Supplements are often confusing to understand and hard to keep track of. There are so many brands with so many products in their catalog with ranges of potency and flavors to choose from. For instance, a single supplement's brand can have 5 different pre workouts with different flavor and formula variations. The truth is, most of the products in a supplement's range are pretty useless. They aren't typically bad for you, but most won't provide any significant benefits except for the following: Yes, you read right, only two supplements are considered essential. We've already gone over the importance of protein, and that's exactly why taking it in supplementally form will get you across the finish line and then some. Then we have creatine, a supplement which is so well researched and valued for its benefits you can't deny it's place in your gym bag or supplements cupboard. The biggest benefits of creatine supplementation are: Muscle building benefits Improved energy levels and energy efficiency during exercise Improved cognitive benefits (brain boosting) Research has shown that taking 5 grams of creatine per day can help increase muscle strength, power, and endurance, as well as improve overall exercise performance. It's important to note that it may take several weeks of consistent use to see these benefits. Some people choose to "load" with creatine by taking a higher dose (typically 20-25 grams per day) for the first 5-7 days in order to saturate their muscles with creatine more quickly. However, this method is not necessary and may cause gastrointestinal discomfort in some people. It's also important to drink plenty of water when taking creatine, as it can cause dehydration if you're not adequately hydrated. And when it comes to hydration, its essential to keep your fluid levels optimal. Not only is it vital for health, but having optimal hydration assists in muscle growth, function and aesthetic appearance. Regarding pre-workout supplements, they are indeed effective, however, they aren't essential and are easily substituted by cheaper, more available alternatives. You see, the main component of a pre-workout formula is the stimulant, which is typically caffeine. Why not grab a coffee or green tea before your workout? You could place an argument for N02 boosters such as citrulline malate or lactic acid recyclers like beta-alanine which are common in pre-workout formulations. Firstly, the research on these substances hasn't fully concluded their efficacy, and even where effective, they are not significant game changers in the quality of your workouts. In other words, best to just stick to caffeine and creatine for your workout energy boost. Citrulline malate does have promising benefits, but it's best to use it as a stand-alone supplement instead of consuming it as part of a pre-workout formula. Then we have BCAAs, short for "branched-chain amino acids" These 3 essential amino acids are found in all complete protein sources, which you should be consuming anyways if you want to get jacked. So if you are already consuming BCAAs as part of your regular protein requirements, why should you take isolated supplemental doses? Short story: if you are hitting your protein targets, you have more than enough BCAAs at your disposal. The last supplement you don't need is fat burners. These are either useless or slightly harmful. They do little more than temporarily excite your heart rate, suppress your appetite, or flush out water from your body. They have no direct impact or effect on fat stores in your body and the effect they do have which leads to weight loss is usually temporary and often not healthy. One other supplement you should consider is NAC. N-acetylcysteine (NAC) is a dietary supplement that has been studied for its potential health benefits. It is considered the most potent antioxidant in the body. The reason this is so powerful is that oxidative stress is one of the stumbling blocks of a physique transformation. Having a potent antioxidant such as glutathione from NAC ensures you can optimize your metabolism, keep your liver in check, and speed up recovery. Overall, NAC is a versatile supplement with a variety of potential health benefits. However, as with any supplement in this program, it's important to talk to your doctor before starting to take NAC, especially if you have any underlying health conditions or are taking any medications. With a good idea of what to eat, it's important to touch on the protocols and principles you should use to approach your diet. Let's start with protein again, and fortunately, this is a very simple guideline. When it comes to protein consumption, the widely accepted protocol for the goals set out in this program is to consume 2g of protein for every 1kg of body mass. That means for an active adult weighing 80kgs partaking in this shred program, they would need to consume up to 160g's of protein on a daily basis to hit the desirable resource quota for building muscle. It can be difficult to smash this goal from your regular diet alone, and that's why protein supplements are so essential. How much food you consume during a shred program is tantamount to success. You need to deliberately enter a caloric deficit. A caloric deficit occurs when you consume fewer calories than your body needs to maintain its current weight. This means that your body must use stored energy (in the form of fat or muscle) to make up the difference, resulting in weight loss. In order to lose 500g of body fat, you need to create a caloric deficit of approximately 3,500 calories. This is another aspect where a high-protein diet comes into play. Protein plays a preservative role where your muscles are concerned. That's because when you are in a significant caloric deficit, your body will likely burn muscle tissue as well as fat for energy. In order to prevent your body from using amino acids from your muscle fibers, give it enough dietary protein to prevent that from happening. With this taken care of, a caloric deficit is essential to a shred program because it is the most effective way to lose body fat. When you create a caloric deficit, your body is forced to use stored energy (fat) to make up for the energy deficit. This results in a reduction in body fat, which is the goal of a shred program. In order to create a caloric deficit, you need to consume fewer calories than your body needs. This can be done by reducing your calorie intake through diet, increasing your calorie expenditure through exercise, or a combination of both. It's important to note that a caloric deficit should be achieved through a moderate reduction in calorie intake and/or a moderate increase in calorie expenditure in order to avoid negative side effects such as muscle loss, fatigue, and metabolic damage, overtraining and just being miserable. Extreme caloric deficits tend to lead to drastic relapses associated with yo-yo dieting. Slow and steady wins the shreds. Now let's look at portion control. It might seem a bit odd, but hand size portion control has been shown to fall in line with dietary requirements from individual to individual. Hand size portion guidelines for Men are as follows: Two palms of protein-dense foods Two fists of vegetables Two cupped handfuls of carb-dense foods Two thumbs of fat-dense foods. Hand size portion guidelines for Women are as follows: One palm of protein-dense foods One fist of vegetables One cupped handful of carb-dense foods 1 thumb of fat-dense foods. 1 palm portion of protein dense foods with each meal 1 cupped handful of carb dense foods with each meal 1 fist of vegetables with each meal 1 entire thumb of fat dense foods with most meals Another helpful way of keeping track is through weight measurement of your macros and calculating your calories. Each of your macronutrients has an ideal intake guideline based on your physical profile. You'll also have different caloric needs based on your level of activity. Let's take a look at the info below. Macro Nutrientgrams/kg/daykcal/gmProtein24Fat 0.759Carbs34 By following this program consistently while also implementing good nutrition and recovery habits, you are guaranteed to see significant changes over the 8 week period. Just remember to focus on improving your own situation and avoid getting caught up in what other people have achieved r look like. We all have unique bodies and metabolic systems. 71%(17)71% found this document useful, 17 votes113K viewsThe document provides information about an 8-week bikini body challenge eBook. It includes sample home and gym workouts that focus on sculpting the legs, glutes, and core through exercises 1..Al-advanced title and descriptionSaveRachel Dillon 8 Week Bikini Body eBook For Later71%71% found this document useful, 17 votes