



# ADVANCED FAT LOSS I

TRANSFORMATION BY DESIGN

MAKE YOUR  
IMPACT TODAY  
WITH...

**COACH**  
PHIL GRAHAM

**FOR THE EVERYDAY  
ATHLETE**

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**Diabetic.**<sup>TM</sup>  
MUSCLE & FITNESS

FAT LOSS PHYSIQUE PROGRAMME

INTERMEDIATE >> ADVANCED (FOR MEN & WOMEN)

A FOUNDATION FOR EFFECTIVE TRAINING WITH DIABETES.



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LISTEN FOLKS...



A HERO IS AN  
ORDINARY  
INDIVIDUAL WHO  
FINDS THE STRENGTH  
TO PERSEVERE AND  
ENDURE IN SPITE OF  
OVERWHELMING  
OBSTACLES ...

**Diabetic.**<sup>TM</sup>  
MUSCLE & FITNESS

# NITRO



## ABOUT

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I've spoken alongside the biggest names in the Health and Fitness Industry, contributed to every major fitness publication, successfully transformed the lives of many people, coached professional athletes on nutrition across a variety of sports and stepped onto the Mr Universe stage as a competitive bodybuilder from a very young age all whilst overcoming type 1 diabetes.

### TRUST ME, I'VE BEEN THERE...

EVER SINCE BEING DIAGNOSED WITH TYPE 1 DIABETES AT 16 YEARS OF AGE I'VE COMMITTED EVERYDAY OF MY LIFE TO LEARNING ALL THERE IS TO KNOW ABOUT OVERCOMING DIABETES THROUGH LIFESTYLE, DIET AND EXERCISE.

For the first time ever i've logged everything i know on building muscle and losing fat into the first highly practical, trackable, evidence based fitness platform for both type 1 and type 2 diabetics. I believe that exercise has it's benefits, science tell's us the same. But why is it that we are still in an epidemic of poor health?

Is it through the confusion to exercising? Are we just misinformed? Or lacking direction and staying power to ride the course in pursuit of our goals? Whatever it is, it's a very individual thing, but not one thing that cannot be overcome and conquered for the better. Im here to help you change the outlook. For good.

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The knowledge i aquired helped me build a career as one of the uk's leading fitness and nutrition educators. What i am about to reveal could be the key to totally transform how you approach your diabetic training.



**"THE BETTER YOUR CONTROL,  
THE BETTER THE RESULTS!"**

Instead of starting a conversation about how terrible diabetes is, focus on the blessings it's brought you. The amazing people. The way it can make you appreciate things others take for granted. Most importantly it teaches us to keep moving forward.

ATTITUDE IS EVERYTHING.

- PHIL GRAHAM

## DIABETIC MUSCLE & FITNESS

# 2017

YOUR PHYSIQUE AND PERFORMANCE ARE THE RESULT OF THE TYPE OF EXERCISE YOU DO ON AVERAGE.

I don't need to elaborate on the fact exercise has been proven time and time again to be good for us. There is a substantial amount of evidence to support the role of regular weight training and cardiovascular exercise in protecting against many major health problems. To get the most out of exercise, people living with diabetes must make strategic adjustments to their diet, lifestyle, medication and exercise.

## MY OBJECTIVE

**To build a tribe of healthier, strong(er), self empowered diabetics.**

## GOALS YOU DESERVE

**Health from the inside out.**

Investing in yourself, especially your health and wellbeing will save you a lot of time, money and hassle in the long run. Take control, own your outcome make an impact and be the best you can be. Everyday.

# MORE THAN JUST DOING A WORKOUT...

**TRAINING IS MUCH MUCH MORE THAN SHOWING UP AT THE GYM. THAT'S JUST THE FIRST STEP. WE HAVE TO TRAIN SMART WITH INTENT.**

## SOLUTIONS TO YOUR PHYSIQUE GOALS

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### WHAT ARE THE BENEFITS?

There are a number of key benefits associated with increasing muscle mass in people with diabetes. These include increased physical strength, improved metabolic rate, decreased risk of injury, greater energy, improved performance, stronger bones, improved self confidence and decreased risk of disease.

### AUTO REGULATE YOUR TRAINING

You wont feel like training everyday. It's important to listen to your body and train or rest accordingly. Life throws all kinds of emotional and physical stress our way. Sometimes it can get in the way interfereing with training performance. Be mindful of this and ask yourself are you willing to train with 100% effort and focus every time you step foot in the gym.

### 6 RULES OF EFFECTIVE LIFTING

Keep these rules in mind if you want to get the most out of your training efforts in the gym:

1. If it looks bad or feels wrong, Stop. Change exercises or rest.
2. Rest properly between sets. Not too little, not too long.
3. Get a training partner who will keep you accountable.
4. Train your muscles not your mobile phone!
5. Record your training look for trends.
6. Get stronger from week to week on one or more primary exercises.



# PRINCIPLES



UNDERSTAND THERE IS NO SUCH THINGS AS A "PERFECT EXERCISE". INSTEAD, CONSIDER THE PERSPECTIVE THAT THE HUMAN BODY FOLLOWS COMMON PATTERNS OF DIRECTION AND SUBSEQUENT MOVEMENT. YOU INTUITIVELY ALREADY KNOW THIS.-

Progressive overload is essential to improving strength and gaining mass. As you gradually increase stress on the body during movement and weight training, you create a state of progressive overload on your muscles. This principle for improving strength and building muscle requires that you force your muscles and body to overcome and adapt to stress or tension that exceeds what it is used to. This means pushing yourself further every time you workout. You should never walk away from an exercise thinking "that was easy".



### EXERCISE IS INFORMATION

- EXERCISE HELPS AVOID LONG TERM COMPLICATIONS & IMPROVES GLUCOSE CONTROL.
- TYPE, DURATION, FREQUENCY QUALITY DETERMINE EFFECT OF EXERCISE.
- BENEFITS TO EXERCISE ARE UNMATCHED.

Your physique, performance & health are the result of the type of exercise you do on average.

# THE ONLY PLACE SUCCESS COMES BEFORE WORK, IS IN THE DICTIONARY!!

EXERCISE REQUIRES CONCENTRATED EFFORTS AND PERIODS OF RECOVERY. IT IS FRUGAL TO IGNORE YOUR BODY WHEN IT SHOWS SIGNS OF EXHAUSTION AND STRESS.

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Yes, you need to work hard. But, you must also recover. You must respect how you recover on a day to day basis and learn to balance training stress with outside life stress. Not everyday will be perfect therefore you must adjust your training based on how you feel. If you can't bring high quality effort into the gym, it's important to step back, identify the problem and do something about it. No one is going to thank you for pushing through pain, and neither will your most prized possession - your body.



## STRENGTH FIRST

- **EVERYTHING GETS BETTER WITH STRENGTH.**
- **LACK OF STRENGTH AFFECTS PERFORMANCE AND QUALITY OF LIFE.**
- **STRENGTH IS THE MOTHER OF ALL QUALITIES.**

Strength is the platform for more muscle mass. Don't build your house on sand.



## MOVE WELL

- **MOVE MORE.**
- **MOVEMENT IS LIFE.**
- **ASPIRE TO MOVE WELL.**
- **TRAINING SHOULD ALLOW YOU TO MOVE.**

Stay fit, stay active, stay injury free.



## PERIODIZE TRAINING

- **PLANNED PROGRESSIVE TRAINING WILL PRODUCE SUPERIOR RESULTS**
- **ALLOW FOR RECOVERY & SUPERCOMPENSATION WITH TRAINING.**
- **BE CONSISTENT & TRAIN WITH FOCUS & INTENT.**

Organise your training for superior results. Be better than the rest.

# PROG.

## DETAILS.

The advanced fat loss physique program is a 12 week program designed exclusively for the athletic trainee.

**PROGRAMME GOAL >>** Increase lean muscle in the areas that matter, torch bodyfat and improve whole body conditioning and strength.

**DURATION >>** 12 weeks

**TRAINING DAYS PER WEEK >>** 5-6

**TRAINING PLAN >>** This programme is intended for experienced trainees that have 2-3 years lifting experience using a range of training implements (barbells, dumbbells, machines, bodyweight, etc.), and are familiar with a broad range of exercises.

It's important to know your 1 rep max for all the major lifts. If you don't know this already, take one day to test your 1rm across all the exercises noted in the program with a %RM target.

Some of the workouts are high volume, and will likely take about 75 minutes to complete. Others are shorter, and can be completed in less than 1 hour.



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The programme is split up into three four-week training phases:

**Fat Loss Meso 1** - A foundation of conditioning is built through targeted training using timed alternating sets and energy system work to develop power and capacity of your cardiovascular and muscular system.

**Fat Loss Meso 2** - Introduces greater load (intensity) and a unique form of interval training combined with specific exercises to really target bodyfat loss. This is a powerful method particularly to target bodyfat of the abdominal area.

**Fat Loss Meso 3** - Contains a huge jump in volume and intensity with more advanced training methods. This programme will challenge your work capacity and create new hypertrophy throughout your body and torch body fat effectively. Cardio is built into the programme, so keep a close eye for the type and duration in the programme description.

## MAKE AN IMPACT!

DON'T FORGET YOUR GOALS AND PURPOSE...

This maybe obvious to many, but even the most advanced gym goers sometimes forget what their goals are. Whatever your goal you need to be diligent with all of your training. Direct it toward that goal. You need to make sure you perform all the guided repetition ranges. Perform all the sets, and make sure this is executed with the correct tempo

and technique. The training will be uncomfortable, I know this. But you need to stay motivated to get through all the exercises that are programmed to make sure you continually progress. You should always be aware of everything that you are doing in the gym, and certainly be open minded for any critique or help that is provided. Train smart.

TEMPLATES.



## SCHEDULE\*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WHOLE BODY FAT LOSS	ENERGY SYSTEMS (POWER)	WHOLE BODY FAT LOSS	REST/ ACTIVE REST	REST	WHOLE BODY FAT LOSS	ENERGY SYSTEMS (CAPACITY)

\*RUN SCHEDULE ALTERNATING WORKOUTS A,B,A THEN B,A,B FOLLOWING WEEK

# ADVANCED FAT LOSS |

## WARM UP

### BEFORE EVERY TRAINING SESSION PERFORM:

- 5-10 minutes of moderate intensity cardio
- Dynamic stretches for 2-3 sets of 15-20 reps

### BEFORE THE FIRST EXERCISE FOR EACH BODY PART:

- Pyramid up in weight with 1-2 light sets, getting progressively heavier
- Such a warm up is only required for the first “heavy” exercise for each body part.



# TERMINOLOGY.



**In order to get the most out of this training programme there are a number of important elements you need to understand:**

## Rep/1/2/3 Fail:

What does it mean?

All this basically means is you end the set when you have 1/2/3 reps left in you. Think of it like a self perceived performance score.

For example, if the instruction is 1/fail, that means that you should be lifting until you only have one rep at most left in the tank, with good technique. 1/fail is very close to all you have to give and is going to feel like a near maximal effort. 2/fail is where straining and shaking may occur and is going to feel very tough. Typically, 3/fail will see a significant slowdown in bar speed towards the end of the set, but is not usually perceived as very difficult to crank out. When your exercise form/technique begins to break down due to fatigue this denotes failure. Good form/technique should always be used for safety purposes and effectiveness.

Rep 2/ Fail			
-Week 3-			
Sets	Reps	Tempo	Rest
3	12	Mod	30
3	12	Mod	30
3	12	Mod	30
3	12	Mod	30

## KEY TERMS:



**CV:** Cardio Vascular. Any exercise or activity where the heart, lungs and muscles are challenged in the context of exercise. This can be done with oxygen via aerobic work (i.e jogging or cycling) or anaerobically (Without oxygen, i.e. weightlifting for example)

**VOLUME:** The amount of work that is performed, estimated using sets x repetitions or more commonly sets x repetitions x resistance (weight) used.

**SETS:** How many total sets of desired repetitions performed i.e  $3 \times 12$  = Three sets of twelve repetitions. The repetitions are repeated three times.

**REST:** The time period between sets and exercises in a workout or between workouts.

**MOD:** Refers to moderate tempo i.e 2 seconds lowering, 1 second pause, 1 second lift/rep, 1 second pause and repeat for desired reps.

**REPS:** The number of times a movement is repeated within a single exercise set.

**RM:** Repetition maximum. The amount of resistance (external force) that allows a person to perform only a given number of repetitions in an exercise movement. (e.g., 1rm is the amount of resistance that allows an individual to perform only one repetition)

**EL/EA/ES:** EL = Each leg, EA = Each arm, ES = Each side.

**EMOM:** Refers to the target exercise(s) performed on the minute every minute.

**BW/BB/DB:** BW = Body Weight, BB = Barbell, DB = Dumbbell.

# FAT LOSS MESO 1

Name:	Meso, Phase Split INT-50% Full
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DAY (1) - WHOLE BODY 1 - Resistance Exercise / Order / Training Methods									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	-Week 1-	Rep 2/Fail	-Week 2-
A1	Alternating	Back Squat	70% TRM 4 Reps/ Set	-Week 1-	Rep 2/Fail	-Week 2-			
A2	Alternating	DB bench Press	Alternate EMOM 16 Min	-Week 1-	Rep 2/Fail	-Week 2-			
B1	Alternating	DB shoulder press	70% TRM 4 Reps/ Set	-Week 1-	Rep 2/Fail	-Week 2-			
B2	Alternating	DB shoulder press	Alternate EMOM 16 Min	-Week 1-	Rep 2/Fail	-Week 2-			
C1	Alternating	Hack squat machine	70% TRM 4 Reps/ Set	-Week 1-	Rep 2/Fail	-Week 2-			
C2	Alternating	Bent over bb row	Alternate EMOM 16 Min	-Week 1-	Rep 2/Fail	-Week 2-			

DAY (2) - ENERGY SYS (POWER) - Resistance Exercise / Order / Training Methods									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	-Week 1-	Rep 2/Fail	-Week 2-
A	Intervals	Rowing ergometer	Intervals 125m - All out	45 Sec Rest x 6 Intervals	Intervals 125m - All out	45 Sec Rest x 6 Intervals	-Week 1-	Rep 2/Fail	-Week 2-
B	Intervals	Stationary Bike	Intervals 30 Sec - All out	60 Sec Rest x 6 Intervals	Intervals 30 Sec - All out	60 Sec Rest x 6 Intervals	-Week 1-	Rep 2/Fail	-Week 2-
C	Intervals	Dumbbell Thruster	Max Reps - 20 Sec	40 Sec Rest x 6 Intervals	Max Reps - 20 Sec	40 Sec Rest x 6 Intervals	-Week 1-	Rep 2/Fail	-Week 2-
2	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 25 min	Any CV Mod Pace 6/10 Effort 25 min	Any CV Mod Pace 6/10 Effort 25 min	Any CV Mod Pace 6/10 Effort 25 min	-Week 1-	Rep 2/Fail	-Week 2-

DAY (3) - WHOLE BODY 2 - Resistance Exercise / Order / Training Methods									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	-Week 1-	Rep 2/Fail	-Week 2-
A1	Alternating	Power clean from hang	3	5	Mod	30-45s	3	5	Mod
A2	Alternating	Romanian deadlift	3	6	Mod	120s	3	8	Mod
B1	Alternating	Med ball roll from chest	3	6	Mod	30-45s	3	10	Mod
B2	Alternating	Bench Ball Press	3	6	Mod	120s	3	8	Mod
C1	Alternating	Stationary bike w/ resistance	3	20 sec	Mod	30-45s	3	30sec	Mod
C2	Alternating	Walking Lunges	3	6/leg	Mod	120s	3	8/leg	Mod

DAY (4) - ENERGY SYS (CAPACITY) - Resistance Exercise / Order / Training Methods									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	-Week 1-	Rep 2/Fail	-Week 2-
A	Straight Sets	Squat (Any free weight variation)	3	10, 8, 6:8	Mod	>90s	3	10, 8, 6:8	Mod
B	Straight Sets	Lying Leg Curl	3	10, 8, 6:8	Mod	>90s	3	10, 8, 6:8	Mod
C	Straight Sets	Bench Press	3	10, 8, 6:8	Mod	>90s	3	10, 8, 6:8	Mod
D	Straight Sets	Pec Deck Machine	3	10, 8, 6:8	Mod	>90s	3	10, 8, 6:8	Mod
E	Straight Sets	Seated Row	3	10, 8, 6:8	Mod	>90s	3	10, 8, 6:8	Mod
F	Straight Sets	Smith machine shoulder press	3	10, 8, 6:8	Mod	>90s	3	10, 8, 6:8	Mod

DAY (5) - ENERGY SYS (CAPACITY) - Resistance Exercise / Order / Training Methods									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	Any CV Mod Pace 6/10 Effort 12 min	-Week 1-	Rep 2/Fail	-Week 2-
A1	Alternating	Swiss Ball Cuffles	Intervals 10-12 ball cuffles	360m row - Rest 30 sec Repeat x 5	Intervals 10-12 ball cuffles	425m row - Rest 30 sec Repeat x 6	-Week 1-	Rep 2/Fail	-Week 2-
A2	Alternating	Swiss Ball Cuffles	Intervals 10-12 ball cuffles	360m row - Rest 30 sec Repeat x 5	Intervals 10-12 ball cuffles	425m row - Rest 30 sec Repeat x 7	-Week 1-	Rep 2/Fail	-Week 2-
B1	Alternating	Stationary Bike w/ Resistance	60 sec Bike - Rest 30 sec Repeat x 5	60 sec Bike - Rest 30 sec Repeat x 5	60 sec Bike - Rest 30 sec Repeat x 5	60 sec Bike - Rest 30 sec Repeat x 6	-Week 1-	Rep 2/Fail	-Week 2-
B2	Alternating	Stationary Bike w/ Resistance	60 sec Bike - Rest 30 sec Repeat x 5	60 sec Bike - Rest 30 sec Repeat x 5	60 sec Bike - Rest 30 sec Repeat x 5	60 sec Bike - Rest 30 sec Repeat x 6	-Week 1-	Rep 2/Fail	-Week 2-
C1	Alternating	Serratus Crunch	Intervals 10-12 Serratus crunches	30 sec Push up & 60 sec elliptical - Rest 5 intvls	Intervals 10-12 Serratus crunches	60 mtn push up & 60 sec elliptical - Rest 5 intvls	-Week 1-	Rep 2/Fail	-Week 2-
C2	Alternating	Prowler push or Elliptical	Intervals 10-12 Serratus crunches	30 sec Push up & 60 sec elliptical - Rest 5 intvls	Intervals 10-12 Serratus crunches	60 mtn push up & 60 sec elliptical - Rest 5 intvls	-Week 1-	Rep 2/Fail	-Week 2-
2	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 25 min	Any CV Mod Pace 6/10 Effort 25 min	Any CV Mod Pace 6/10 Effort 25 min	Any CV Mod Pace 6/10 Effort 25 min	-Week 1-	Rep 2/Fail	-Week 2-

NO REST BETWEEN DAYS 1 & 2

NO REST BETWEEN DAYS 3 & 4

REST 1 DAY BETWEEN DAYS 3 & 4 & 5

REST 1 DAY BETWEEN DAYS 4 & 5

REST 1 DAY BETWEEN DAYS 5 & NEXT WEEK DAY 1

# FAT LOSS MESSO 2

DAY (1) - WHOLE BODY 1 - ANTI-FULL									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 15 min						
A1	Alternating	Back Scratches	4x 6 @ 70% IRM 60s rest				4x 6 @ 72.5% IRM 60s rest		
A2	Alternating	DB Bench Press	4x 6 @ 70% IRM 60s rest				4x 6 @ 72.5% IRM 60s rest		
B1	Alternating	DB Shoulder Press							
B2	Alternating	Hack Squat Machine	4x 6 @ 70% IRM 60s rest				4x 6 @ 72.5% IRM 60s rest		
C1	Alternating	Bent over tb row							
C2	Alternating								

DAY (2) - ENERGYSYS (POWER) -									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 15 min				Any CV Mod Pace 6/10 Effort 20 min		
A	Intervals	Rowing ergometer	1000m as fast as poss. Rest 2 min. Repeat at 500m & 2x 25m.				1000m as fast as poss. Rest 2 min. Repeat at 500m & 2x 25m.		
B	Intervals	Stationary Bike	Intervals 30 Sec - All out 15 Sec Rest x 4				Intervals 30 Sec - All out 30 Sec Rest x 5		
C	Intervals	Battle Ropes	Max Reps - 20 Sec Intervals				Max Reps - 30 Sec - 40 Sec Rest x 4 Intervals		
D	Intervals	Bent over barbell row	40 Sec Rest x 4 Intervals				Max Reps - 30 Sec - 40 Sec Rest x 5 Intervals		
2	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 30 min				Any CV Mod Pace 6/10 Effort 25 min		

  

DAY (3) - WHOLE BODY 2 -									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 12 min				Any CV Mod Pace 6/10 Effort 12 min		
A	Straight Sets	Power clean from hang	3x 5@70%, 36@80%, 1@90%	120s	3x 5@70%, 3@80%, 1@90%	120s	3x 5@72.5%, 3@82.5%, 1@92.5%	120s	3x 5@75%, 3@85%, 1@95%
B	Straight Sets	Front Squat	3x 5@70%, 36@80%, 1@90%	120s	3x 5@70%, 3@80%, 1@90%	120s	3x 5@72.5%, 3@82.5%, 1@92.5%	120s	3x 5@75%, 3@85%, 1@95%
C	Straight Sets	Bench Press	3x 5@70%, 36@80%, 1@90%	120s	3x 5@70%, 3@80%, 1@90%	120s	3x 5@72.5%, 3@82.5%, 1@92.5%	120s	3x 5@75%, 3@85%, 1@95%
D	Straight Sets	Bent over barbell row	3x 10, 8, 6-8	120s	3x 10, 8, 6-8	120s	3x 10, 8, 6-8	120s	3x 10, 8, 6-8
E	Cardio	Provider Push	6	60 m	mod	60	8	60m	mod
F	Cardio								

DAY (4) - WHOLE BODY 3 -									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 12 min				Any CV Mod Pace 6/10 Effort 15 min		
A	Straight Sets	Machine Hack Squat	3	10, 8, 6-8 RP	Mod	>90s	3	10, 8, 6-8 RP	Mod
B	Straight Sets	Lying Leg Curl	3	10, 8, 6-8 RP	Mod	>90s	3	10, 8, 6-8 RP	Mod
C	Straight Sets	Bench Press	3	10, 8, 6-8 RP	Mod	>90s	3	10, 8, 6-8 RP	Mod
D	Straight Sets	Pec Deck Machine	3	10, 8, 6-8 RP	Mod	>90s	3	10, 8, 6-8 RP	Mod
E	Straight Sets	Seated Row	3	10, 8, 6-8 RP	Mod	>90s	3	10, 8, 6-8 RP	Mod
F	Straight Sets	Smith machine shoulder press	3	10, 8, 6-8 RP	Mod	>90s	3	10, 8, 6-8 RP	Mod
2	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 15 min						
B1	Alternating	Stationary Bike w/ Resistance	Intervals 10-12 cable curches				Intervals 10-12 cable curches		
B2	Alternating	Cable Crunches	60 sec Rest - 30 sec Repet x 5				75 sec Bike - Rest - 30 sec Repet x 6 intervals		
C1	Alternating	Swiss Ball Crunches	350m row - Rest 30 sec Repet x 5				Intervals 10-12 ball curches		
C2	Alternating	Rower	Intervals 10-12 ball curches				500 m row - Rest 30 sec Repet x 7 intervals		
2	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 15 min				Any CV Mod Pace 6/10 Effort 15 min		
B1	Alternating	Provider Push	Intervals 10-12 cable curches				Intervals 10-12 cable curches		
B2	Alternating	Elliptical	60 sec Rest - 30 sec Repet x 5				90 sec Bike - Rest - 30 sec Repet x 7 intervals		
C1	Alternating	Serratus Crunch	Intervals 10-12 Serratus crunches				Intervals 10-12 Serratus crunches		
C2	Alternating	Provider Push or Elliptical	40 metre push or 60 sec elliptical - Rest 30 sec Repet x 5 intervals				60 metre push or 75 sec elliptical - Rest 30 sec Repet x 7 intervals		
3	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 25 min				Any CV Mod Pace 6/10 Effort 25 min		



EAT LOSS MESSO 3

Name:	Mt-1 Phase 1	Phase:	MT-1 PHASE 1
Split:	INT-FULL		
DAY (U)		- WHOLE BODY 1-	
		Resistance Exercise / Order / Training Methods	
Order:		Exercise	
Methods:			
1	Speed/State	Cardio	
A1	Alternating	Back Squat	
A2	Alternating	DB bench Press	
B1	Alternating	ROMANIAN DEADLIFT	
B2	Alternating	DB shoulder press	
C1	Alternating	HACK SQUAT MACHINE	
C2	Alternating	Bent over DB row	

Week 4							Week 5														Week 6							Week 7								
Rest				Sets			Reps			Tempo		Rest		Rest				Rest				Sets				Reps			Tempo		Rest		Rest			
in	in	in	in	in	in	in	in	in	in	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	mod	
NOTES							NOTES							Exercise Notes							NOTES							NOTES								
Any CV / Mod Pace 6/10 Effort 30 min							Any CV / Mod Pace 6/10 Effort 25 min							Any CV / Mod Pace 6/10 Effort 25 min							Any CV / Mod Pace 6/10 Effort							Any CV / Mod Pace 6/10 Effort								
2000m as fast as poss.							Intervals 20 Sec - All out							Intervals 10 Sec Rest x 9 Intervals							Intervals 10 Sec Rest x 9 Intervals							Any CV / Mod Pace 6/10 Effort								
Rest between sets of distances. Do 1 set at each distance unless stated							Use airdyne or regular bike w/o lots of resistance so you can't spin too fast even if you try							Ensure bike is set up at the correct height, keep tires and feet aligned							Squat down into a partial squat, on the ascent push up driving dumbbells overhead							Any CV / Mod Pace 6/10 Effort								
10 Sec Rest x 9 Intervals							10 Sec Rest x 9 Intervals							Use Mod weight - Go fast as can w/ good form							Any CV / Mod Pace 6/10 Effort							Any CV / Mod Pace 6/10 Effort								
10 Sec Rest x 9 Intervals							Any CV / Mod Pace 6/10 Effort							Any CV / Mod Pace 6/10 Effort							Any CV / Mod Pace 6/10 Effort							Any CV / Mod Pace 6/10 Effort								
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3x 5@75%, 3x 5@75%							3x 5@75%, 3x 5@75%							3x 5@75%, 3x 5@75%							3x 5@75%, 3x 5@75%							3x 5@75%, 3x 5@75%								
180 Sec							180 Sec							180 Sec							180 Sec							180 Sec								
3x 5@75%, 3x 5@75%							3x 5@75%, 3x 5@75%							3x 5@75%, 3x 5@75%							3x 5@75%, 3x 5@75%							3x 5@75%, 3x 5@75%								
3x 10 Sec Rest x 6-8							3x 10 Sec Rest x 6-8							3x 10 Sec Rest x 6-8							3x 10 Sec Rest x 6-8							3x 10 Sec Rest x 6-8								
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3x 10 Sec Rest x 6-8							3x 10 Sec Rest x 6-8							3x 10 Sec Rest x 6-8							3x 10 Sec Rest x 6-8							3x 10 Sec Rest x 6-8								
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- ENERGY SYS (POWER)									
Resistance Exercise / Order / Training Methods									
- Week 1 -									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 20 min				Any CV Mod Pace 6/10 Effort 20 min		
A	Intervals	Rowing ergometer	1000m as fast as poss. Rest 2 min. Repeat at 750m & 250m				1000m as fast as poss. Rest 2 min. Repeat at 750m & 250m		
B	Intervals	Stationary Bike	Intervals 20 Sec. All out				Intervals 20 Sec. All out		
C	Intervals	Kettlebell Swings	30 Sec. Rest x 8 Intervals				30 Sec. Rest x 8 Intervals		
2	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 30 min				Any CV Mod Pace 6/10 Effort 30 min		

  

- WHOLE BODY 2 -									
Resistance Exercise / Order / Training Methods									
- Week 2 -									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 15 min				Any CV Mod Pace 6/10 Effort 15 min		
A	Straight Sets	Power clean from hang	3x 5@77.5% , 3@88.5% , 1@99.25%	180s	3x 5@77.5% , 3@88.5% , 1@99.25%	180s	3x 5@77.5% , 3@88.5% , 1@99.25%	180s	3x 5@77.5% , 3@88.5% , 1@99.25%
B	Straight Sets	Front Squat	3x 5@77.5% , 3@88.5% , 1@99.25%	180s	3x 5@77.5% , 3@88.5% , 1@99.25%	180s	3x 5@77.5% , 3@88.5% , 1@99.25%	180s	3x 5@77.5% , 3@88.5% , 1@99.25%
C	Straight Sets	Bench Press	3x 5@77.5% , 3@88.5% , 1@99.25%	180s	3x 5@77.5% , 3@88.5% , 1@99.25%	180s	3x 5@77.5% , 3@88.5% , 1@99.25%	180s	3x 5@77.5% , 3@88.5% , 1@99.25%
D	Straight Sets	Bent over barbell row	3x 10, 8, 6-8				3x 10, 8, 6-8		
E	Cardio	Prowler Push	6	60m	mod	60	6	60m	mod

  

- Week 3 -									
Resistance Exercise / Order / Training Methods									
- Week 1 -									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 20 min				Any CV Mod Pace 6/10 Effort 20 min		
A	Intervals	Rowing ergometer	1000m as fast as poss. Rest 2 min. Repeat at 750m & 250m				1000m as fast as poss. Rest 2 min. Repeat at 750m & 250m		
B	Intervals	Stationary Bike	Intervals 20 Sec. All out				Intervals 20 Sec. All out		
C	Intervals	Kettlebell Swings	30 Sec. Rest x 8 Intervals				30 Sec. Rest x 8 Intervals		
2	Steady State	Cardio	Any CV Mod Pace 6/10 Effort 30 min				Any CV Mod Pace 6/10 Effort 30 min		

ANY (4) - WHOLE BODY 3 - Resistance Exercise / Order /Training Methods										ANY (5) - ENERGY SYS (CAPACITY) - Resistance Exercise / Order /Training Methods													
Order		Methods		Exercise		-Week 1-				-Week 2-				-Week 3-				Rep 1 / Fall					
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort: 15 min	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Any CV Mod Pace 6/10 Effort: 15 min	Any CV Mod Pace 6/10 Effort: 20 min	Any CV Mod Pace 6/10 Effort: 25 min	Any CV Mod Pace 6/10 Effort: 20 m				
A	Steady State	Machine Black Squat	3 Any CV Mod Pace 6/10 Effort: 15 min	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	Mod				
B	Straight Sets	Lying Leg Curl	3 Any CV Mod Pace 6/10 Effort: 15 min	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	Mod				
C	Straight Sets	Bench Press	3 Any CV Mod Pace 6/10 Effort: 15 min	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	Mod				
D	Straight Sets	pec Deck Machine	3 Any CV Mod Pace 6/10 Effort: 15 min	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	Mod				
E	Straight Sets	Squatted Row	3 Any CV Mod Pace 6/10 Effort: 15 min	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	Mod				
F	Straight Sets	Smith machine shoulder press	3 Any CV Mod Pace 6/10 Effort: 15 min	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	>90s	3	10, 8, 6+ DRP	Mod	Mod				
Order		Methods		Exercise		-Week 1-				-Week 2-				-Week 3-				Rep 2 / Fall					
1	Steady State	Cardio	Any CV Mod Pace 6/10 Effort: 20 min	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Any CV Mod Pace 6/10 Effort: 20 min	Any CV Mod Pace 6/10 Effort: 25 min	Any CV Mod Pace 6/10 Effort: 20 m	Any CV Mod Pace 6/10 Effort: 20 m				
A	Alternating Intervals	Swiss Ball Crunches	Intervals 10-12 ball crunches	350m row	Rest: 30 sec	Repeat x 5 intervals	Intervals 10-12 ball crunches	350m row	Rest: 30 sec	Repeat x 5 intervals	Intervals 10-12 ball crunches	425m row	Rest: 30 sec	Repeat x 6 intervals	Intervals 10-12 ball crunches	425m row	Rest: 30 sec	Repeat x 6 intervals	Intervals 10-12 ball crunches	425m row	Rest: 30 sec	Repeat x 6 intervals	
B1	Alternating Intervals	Kettlebell Swings	Intervals 10-12 kettle bell swings	45 sec swing	Rest: 30 sec	Repeat x 5 intervals	Intervals 10-12 kettle bell swings	45 sec swing	Rest: 30 sec	Repeat x 5 intervals	Intervals 10-12 kettle bell swings	45 sec swing	Rest: 30 sec	Repeat x 5 intervals	Intervals 10-12 kettle bell swings	45 sec swing	Rest: 30 sec	Repeat x 5 intervals	Intervals 10-12 kettle bell swings	45 sec swing	Rest: 30 sec	Repeat x 5 intervals	
B2	Alternating Intervals	Cable Crunches	Intervals 10-12 cable crunches	45 sec swing	Rest: 30 sec	Repeat x 5 intervals	Intervals 10-12 cable crunches	45 sec swing	Rest: 30 sec	Repeat x 5 intervals	Intervals 10-12 cable crunches	45 sec swing	Rest: 30 sec	Repeat x 5 intervals	Intervals 10-12 cable crunches	45 sec swing	Rest: 30 sec	Repeat x 5 intervals	Intervals 10-12 cable crunches	45 sec swing	Rest: 30 sec	Repeat x 5 intervals	
C1	Alternating Intervals	Serratus Crunch	10-12 serratus crunches	45 sec rope swings	Rest: 30 sec	Repeat x 5 intervals	10-12 serratus crunches	45 sec rope swings	Rest: 30 sec	Repeat x 5 intervals	10-12 serratus crunches	45 sec rope swings	Rest: 30 sec	Repeat x 5 intervals	10-12 serratus crunches	45 sec rope swings	Rest: 30 sec	Repeat x 5 intervals	10-12 serratus crunches	45 sec rope swings	Rest: 30 sec	Repeat x 5 intervals	
C2	Alternating Intervals	Battle Ropes (Two arms)	45 sec rope swings	Rest: 30 sec	Repeat x 5 intervals	45 sec rope swings	Rest: 30 sec	Repeat x 5 intervals	45 sec rope swings	Rest: 30 sec	Repeat x 5 intervals	45 sec rope swings	Rest: 30 sec	Repeat x 5 intervals	45 sec rope swings	Rest: 30 sec	Repeat x 5 intervals	45 sec rope swings	Rest: 30 sec	Repeat x 5 intervals	45 sec rope swings	Rest: 30 sec	Repeat x 5 intervals
D	Steady State	Cardio	Any CV Mod Pace 6/10 Effort: 25 min	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Any CV Mod Pace 6/10 Effort: 25 min	Any CV Mod Pace 6/10 Effort: 25 min	Any CV Mod Pace 6/10 Effort: 25 min	Any CV Mod Pace 6/10 Effort: 25 min				

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