

ADVANCED FAT LOSS II

TRANSFORMATION BY DESIGN

MAKE YOUR
IMPACT TODAY
WITH...

COACH
PHIL GRAHAM

**FOR THE EVERYDAY
ATHLETE**

M : hello@diabeticmuscle&fitness.com
W : www.diabeticmuscleandfitness.com

DiabeticTM

M U S C L E & F I T N E S S

FAT LOSS PHYSIQUE PROGRAMME

>> ADVANCED (FOR MEN & WOMEN)

A FOUNDATION FOR EFFECTIVE TRAINING WITH DIABETES.

W O R K O U T



ABOUT 04

- Phil Graham
- Diabetic Muscle & Fitness
- Goals

PRINCIPLES 06

- Key Principles
- Workout Performance
- Application

PROGRAMME DETAILS 08

- Workout Structure
- Schedule & Key Terms
- Progression

TRAINING TEMPLATES 14

- Phase 1
- Phase 2 - 3
- phase 4 - 5

ALL INFORMATION IN THIS GUIDE
are property of Diabetic Muscle & Fitness.

© 2017 ALL RIGHTS RESERVED.

LISTEN FOLKS...



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

INTRO



ABOUT



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, IVE BEEN THERE...

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

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.

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.



"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

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 won't 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 interfering 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.

Diabetic.TM
MUSCLE & FITNESS

PRINCIPLES



UNDERSTAND THERE IS NO SUCH THING 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.

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.

—

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 cant 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.

PROGRAM

DETAILS

The advanced fat loss II physique program is a 20 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 >> 20 weeks

TRAINING DAYS PER WEEK >> 5-6

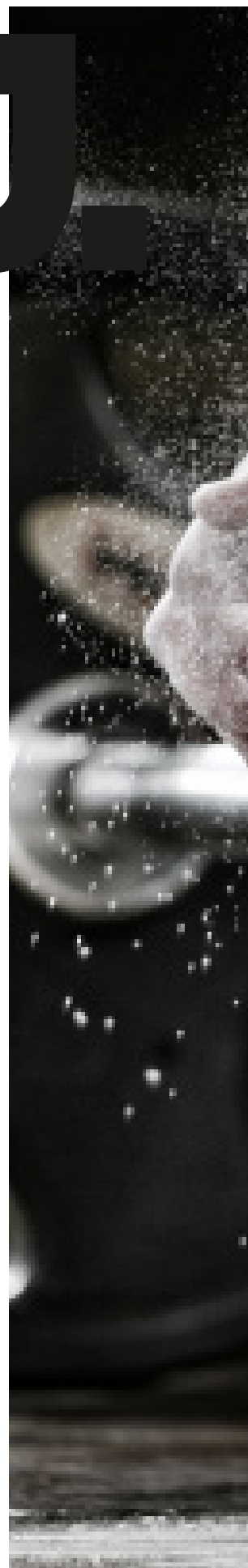
TRAINING PLAN >> The plan is intended for experienced trainees that have 3-6+ years lifting experience using a range of training implements (barbells, dumbbells, machines, bodyweight, etc.), and are familiar with a broad range of exercises.

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.

All programmes are property of:
Diabetic Muscle & Fitness

© 2017 ALL RIGHTS RESERVED.



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

Fat Loss Phase 1 - A foundation of conditioning is built through targeted training using full body giant sets and energy system work to develop power and capacity of your cardiovascular and muscular system.

Fat Loss Phase 2 - Introduces greater load (intensity) and volume from a reduction in rest time, progressive interval training and the addition of an extra day of lifting.

Fat Loss Phase 3 - Contains a huge jump in volume and intensity with more advanced training methods such as dropsets, alternating sets and pushes the cardiovascular volume with multi sessions per day.

Fat Loss Phase 4 - Introduces even greater intensity and volume with the addition of ascending sets and progressive interval training upping the volume to 6 days of solid training.

Fat Loss Phase 5 - Here you revisit giant sets with a difference. Ascending reps and huge volume! This phase is exhausting and will challenge your work capacity and create new hypertrophy on your body.

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.

PROGRAM

TEMPLATES.

Diabetic.TM
M U S C L E & F I T N E S S

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	ENERGY SYSTEMS (CAPACITY)	REST	WHOLE BODY FAT LOSS	WHOLE BODY FAT LOSS

*RUN SCHEDULE OVER 8 DAY PERIOD, RESTING ON DAY 8.
SCHEDULE WILL ALTER BASED ON PHASE PROGRESSION.

ADVANCED FAT LOSS II

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 BODYPART:

- 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.



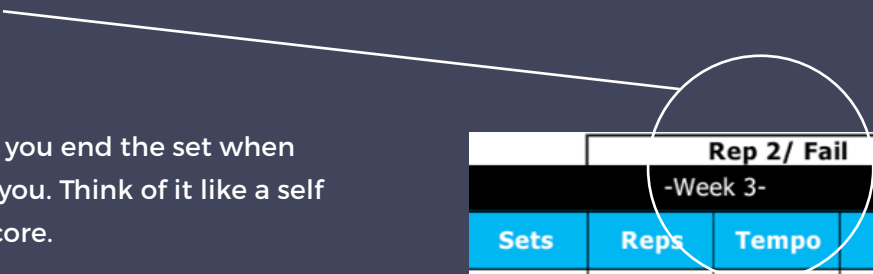
In order to get the most out of this training programme there are a number of important elements you need to understand:

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 3x12 = 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.

Week ONE: Introduction week

- => Perform the new exercises with a focus on form & technique
- => Use Sub maximal loads (Something you can handle) – Focus on excellent technique and no missed repetitions in this week.
- => Do only 1-2 sets this week as written – exposure to the new exercise is enough stimulus. Dont add more work.

Week TWO: Base week

- => Increase number of sets to prescribed (max) number
- => Maintain excellent technique
- => Still No missed repetitions

Week THREE: Overload week

- => Push it! - Looking for personal bests in all lifts
- => Full volume (Complete all sets for max number of sets prescribed)
- => Minimise any breakdown of technique this week due to pushing it harder and heavier.

Week FOUR: Shock week

- => Work from previous personal bests – leave nothing in the tank. Lift hard!
- => Full volume, plus advanced overload techniques if needed - may add an extra set here to first two exercises
- => Minimise technical breakdown although missed reps may occur

Week FIVE: Next Phase

- => Move to next phase of training, where we begin from week one above and progress each week but the emphasis is on heavier weight and more work completed.
- => Check notes carefully in weeks 5-8 as there is a few minor differences.

Sizebetic™
M U S C L E & F I T N E S S

FATLOSS (PHASE 1)

Name:

Meso. Phase Split

fat loss Phase 1

Full Body - 2x CW2-4

DAY (1) Workout A		- FULL BODY -										EXERCISE NOTES									
Resistance Exercise / Order / Training Methods		-Week 1-					-Week 2-					-Week 3-					-Week 4-				
Order	Methods	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest				
A1	Giant sets	4	8	30x0	10s	4	8	30x0	10s	4	8	30x0	10s	4	8	30x0	10s				
A2	Giant sets	4	12	20x0	60s	4	12	20x0	60s	4	12	20x0	60s	4	12	20x0	60s				
A3	Giant sets	4	8	30x0	10s	4	8	30x0	10s	4	8	30x0	10s	4	8	30x0	10s				
A4	Giant sets	4	12	30x0	60s	4	12	30x0	60s	4	12	30x0	60s	4	12	30x0	60s				
B1	Giant sets	4	10	30x0	10s	4	10	30x0	10s	4	10	30x0	10s	4	10	30x0	10s				
B2	Giant sets	4	15	20x0	60s	4	15	20x0	60s	4	15	20x0	60s	4	15	20x0	60s				
B3	Giant sets	4	10	30x0	10s	4	10	30x0	10s	4	10	30x0	10s	4	10	30x0	10s				
B4	Giant sets	4	15	20x0	60s	4	15	20x0	60s	4	15	20x0	60s	4	15	20x0	60s				
NO REST BETWEEN DAYS 1 & 2																					
DAY (2) Workout B		- FULL BODY -										EXERCISE NOTES									
Resistance Exercise / Order / Training Methods		-Week 1-					-Week 2-					-Week 3-					-Week 4-				
Order	Methods	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest				
A1	Giant sets	4	8	30x0	10s	4	8	30x0	10s	4	8	30x0	10s	4	8	30x0	10s				
A2	Giant sets	4	12	20x0	60s	4	12	20x0	60s	4	12	20x0	60s	4	12	20x0	60s				
A3	Giant sets	4	8	30x0	10s	4	8	30x0	10s	4	8	30x0	10s	4	8	30x0	10s				
A4	Giant sets	4	12	30x0	60s	4	12	30x0	60s	4	12	30x0	60s	4	12	30x0	60s				
B1	Giant sets	4	10	30x0	10s	4	10	30x0	10s	4	10	30x0	10s	4	10	30x0	10s				
B2	Giant sets	4	15	20x0	60s	4	15	20x0	60s	4	15	20x0	60s	4	15	20x0	60s				
B3	Giant sets	4	10	30x0	10s	4	10	30x0	10s	4	10	30x0	10s	4	10	30x0	10s				
B4	Giant sets	4	15	20x0	60s	4	15	20x0	60s	4	15	20x0	60s	4	15	20x0	60s				
NO REST BETWEEN DAYS 2 & 3																					
DAY (3/4) Workout 3 / 4		- CARDIO -										EXERCISE NOTES									
Resistance Exercise / Order / Training Methods		-Week 1-					-Week 2-					-Week 3-					-Week 4-				
Order	Methods	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest				
	HIT																				
	Running or Cycling uphill		4	30s	Uphill	180s		4	30s	Uphill	180s		4	30s	Uphill	180s					
			2	90s	Uphill	120s		2	90s	Uphill	120s		2	90s	Uphill	120s					
			1	4min	Uphill	0s		1	4min	Uphill	0s		1	4min	Uphill	0s					
											</										

Perform the strength sessions 2x week. The other two quality workouts should be HIT Cardio. The Final two sessions should be easy continuous cardio sessions between 40-60min @ 70-80%Mhr



****COMPLETE FIRST PHASE BEFORE ATTEMPTING THIS ONE****

NO REST BETWEEN DAYS 1 & 3

NO REST BETWEEN DAYS 2 & 4

ONE DAY REST BETWEEN DAYS 3 & 5

DAY 3/4 Workout 3 / 4												
- CARDIO -												
Resistance Exercise / Order / Training Methods												
Order	Rep 3 / Fail				Rep 3 / Fail				Rep 3 / Fail			
	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest
				10 Min Progressive Warm up				10 Min Progressive Warm up				10 Min Progressive Warm up
	1	60s	Uphill	180s	1	60s	Uphill	180s	1	60s	Uphill	180s
	1	90s	Uphill	120s	1	90s	Uphill	120s	1	90s	Uphill	120s
	1	120s	Uphill	60s	1	120s	Uphill	60s	1	120s	Uphill	60s
	Repeat 2x more for a total of NINE intervals Repeat 2x more for a total of NINE intervals Repeat 2x more for a total of NINE intervals											
	10 Minute walk cooldown				10 Minute walk cooldown				10 Minute walk cooldown			
A	Running Flat or Uphill or Cycling uphill at best possible pace											
	Ensure good rowing technique, do not lock the legs or jar the knees, maintain as neutral a spine position as possible.											
	Set up the bike correctly for your height, ensure knees and ankles are in alignment											

Name: Fat Loss Phase 3 Split Full Body - 2x Cvx2-3	
--	--

****COMPLETE SECOND PHASE BEFORE ATTEMPTING THIS ONE****

FATLOSS (PHASE 3)

Resistance Exercise / Order / Training Methods		-Week 1- -Rep 2/ Fail				-Week 2- -Rep 3/ Fail				-Week 3- -Rep 1/ Fail				-Week 4- -Rep 1/ Fail				EXERCISE NOTES	
Order	Methods	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest		
A	Straight Sets	5	10	30x0	60s	5	10	30x0	60s	5	10	30x0	60s	5	10	30x0	60s	Lower under control to full depth, explode back up to full upright, maintain back arch and core Pull bar down just below clavicle, keepabow and wrist aligned under bar, initiate with scapula Lower under control to full depth, explode back up to full upright, maintain back arch and core Use a full range of movement, retract shoulders hold for a second at full contraction Lower under control to full depth, explode back up to full upright, maintain back arch and core Pull bar down just below clavicle, keepabow and wrist aligned under bar, initiate with scapula	
B	Straight Sets	5	10	30x0	60s	5	10	30x0	60s	5	10	30x0	60s	5	10	30x0	60s		
C1	Dropssets	4	12,12,12	30x0	90s	4	12,12,12	30x0	90s	4	12,12,12	30x0	90s	4	12,12,12	30x0	90s		
C2	Dropssets	4	12,12,12	30x0	90s	4	12,12,12	30x0	90s	4	12,12,12	30x0	90s	4	12,12,12	30x0	90s		
D1	Alternating set	3	15	30x0	45S	3	15	30x0	45S	3	15	30x0	45S	3	15	30x0	45S		
D2	Alternating set	3	15	30x0	45S	3	15	30x0	45S	3	15	30x0	45S	3	15	30x0	45S		

NO REST BETWEEN DAYS 1 & 2

Resistance Exercise / Order / Training Methods		-Week 1- -Rep 2/ Fail				-Week 2- -Rep 3/ Fail				-Week 3- -Rep 1/ Fail				-Week 4- -Rep 1/ Fail				EXERCISE NOTES	
Order	Methods	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest		
Aerobic	Jogging or cycling	5	Min	Progressive	Warm up walk or cycle	5	Min	Progressive	Warm up walk or cycle	5	Min	Progressive	Warm up walk or cycle	5	Min	Progressive	Warm up walk or cycle		
		50-60 min	easy jog or cycle, keeping heart rate around 70-80% of maximum			50-60 min	easy jog or cycle, keeping heart rate around 70-80% of maximum			50-60 min	easy jog or cycle, keeping heart rate around 70-80% of maximum			50-60 min	easy jog or cycle, keeping heart rate around 70-80% of maximum				
		5	Minute	walk	cooldown	5	Minute	walk	cooldown	5	Minute	walk	cooldown	5	Minute	walk	cooldown		

NO REST BETWEEN DAYS 2 & 3

Resistance Exercise / Order / Training Methods		-Week 1- -Rep 3/ Fail				-Week 2- -Rep 3/ Fail				-Week 3- -Rep 2/ Fail				-Week 4- -Rep 1/ Fail				EXERCISE NOTES	
Order	Methods	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest		
HIIT	Running Flat or Uphill or Cycling uphill at best possible pace	5	Min	walk or jog, 3 x 25m	accelerations	5	Min	walk or jog, 3 x 25m	accelerations	5	Min	walk or jog, 3 x 25m	accelerations	5	Min	walk or jog, 3 x 25m	accelerations		
		4	400m or 90s	Fast	180s	4	400m or 90s	Fast	180s	4	400m or 90s	Fast	180s	4	400m or 90s	Fast	180s		
		4	800m or 3 min	Fast	120s	4	800m or 3 min	Fast	120s	4	800m or 3 min	Fast	120s	4	800m or 3 min	Fast	120s		
		10	Minute	walk	cooldown	10	Minute	walk	cooldown	10	Minute	walk	cooldown	10	Minute	walk	cooldown		

NO REST BETWEEN DAYS 3 & 4

Resistance Exercise / Order / Training Methods		-Week 1- -Rep 2/ Fail				-Week 2- -Rep 2/ Fail				-Week 3- -Rep 3/ Fail				-Week 4- -Rep 1/ Fail				EXERCISE NOTES	
Order	Methods	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest		
A	Deadlifts	5	10	30x0	60s	5	10	30x0	60s	5	10	30x0	60s	5	10	30x0	60s	Lower under control to full depth, drive back up to full upright, maintain back arch and core Set up tight, extend arms fully but not locked, lower under control to touch chest Pull leg pad fully into glutes and extend to full extension, but not locked, squeeze hard at top Set up tight, extend arms fully but not locked, lower under control to touch chest Lower under control to full depth, drive back up to full upright, maintain back arch and core Maintain a tight core, keep abs and glutes contracted, no cheating here keep it strict	
B	Straight Sets	5	10	30x0	60s	5	10	30x0	60s	5	10	30x0	60s	5	10	30x0	60s		
C1	Uphill deadlifts	4	12,12,12	30x0	90s	4	12,12,12	30x0	90s	4	12,12,12	30x0	90s	4	12,12,12	30x0	90s		
C2	Bench press	4	12,12,12	30x0	90s	4	12,12,12	30x0	90s	4	12,12,12	30x0	90s	4	12,12,12	30x0	90s		
D1	Alternating set	3	15	30x0	45S	3	15	30x0	45S	3	15	30x0	45S	3	15	30x0	45S		
D2	Alternating set	3	15	30x0	45S	3	15	30x0	45S	3	15	30x0	45S	3	15	30x0	45S		

ONE DAY REST BETWEEN DAYS 4 & 5

Resistance Exercise / Order / Training Methods		-Week 1- -Rep 2/ Fail				-Week 2- -Rep 2/ Fail				-Week 3- -Rep 3/ Fail				-Week 4- -Rep 1/ Fail				EXERCISE NOTES	
Order	Methods	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest		
Aerobic	Walking	30	Min	walk		30	Min	walk		30	Min	walk		30	Min	walk			
		Easy	paced	walk, try	get outdoors if possible, use incline if necessary to raise heart rate														

NO REST BETWEEN DAYS 5 & 6

Resistance Exercise / Order / Training Methods		-Week 1- -Rep 3/ Fail				-Week 2- -Rep 3/ Fail				-Week 3- -Rep 2/ Fail				-Week 4- -Rep 1/ Fail				EXERCISE NOTES	
Order	Methods	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest		
HIIT	AM SESSION: Running Flat or Uphill or Cycling uphill at best possible pace	5	Min	walk or jog, 3 x 25m	accelerations	5	Min	walk or jog, 3 x 25m	accelerations	5	Min	walk or jog, 3 x 25m	accelerations	5	Min	walk or jog, 3 x 25m	accelerations		
		4	400m or 90s	Fast	180s	4	400m or 90s	Fast	180s	4	400m or 90s	Fast	180s	4	400m or 90s	Fast	180s		
		4	800m or 3 min	Fast	120s	4	800m or 3 min	Fast	120s	4	800m or 3 min	Fast	120s	4	800m or 3 min	Fast	120s		
		10	Minute	walk	cooldown	10	Minute	walk	cooldown	10	Minute	walk	cooldown	10	Minute	walk	cooldown		
Aerobic	PM SESSION: Jog or cycle																		
		60-90	Min	EASY jog or cycle @ 70-80% Mhr		60-90	Min	EASY jog or cycle @ 70-80% Mhr		60-90	Min	EASY jog or cycle @ 70-80% Mhr		60-90	Min	EASY jog or cycle @ 70-80% Mhr			

Set up the bike correctly for your height, ensure knees and ankles are in alignment

DAY 7 - Can be a 2-4 hour walk outdoors or recovery day

ONE DAY REST BETWEEN DAYS 6 & 7

Name:	
Meso. Phase	Fat Loss Phase 4
Split	Full Body - 2x CVx3-4

DAY 02 Workout B															
- CARDIO -															
Resistance Exercise / Order / Training Methods															
Exercise															
Methods															
Rep 3 / Fail				Rep 2 / Fail				Rep 3 / Fail				Rep 1 / Fail			
-Week 1-				-Week 2-				-Week 3-				-Week 4-			
Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest
10 Min walk or jog.				10 Min walk or jog.				10 Min walk or jog.				10 Min walk or jog.			
5	50m	Fast	walk down	5	50m	Fast	walk down	5	50m	Fast	walk down	5	50m	Fast	walk down
2	1 min	steepest incline	walk down	2	1 min	steepest incline	walk down	2	1 min	steepest incline	walk down	2	1 min	steepest incline	walk down
2	3 min	steepest incline	walk down	2	3 min	steepest incline	walk down	2	3 min	steepest incline	walk down	2	3 min	steepest incline	walk down
1	5 min	steepest incline	walk down	1	5 min	steepest incline	walk down	1	5 min	steepest incline	walk down	1	5 min	steepest incline	walk down
10 Minute walk cooldown				10 Minute walk cooldown				10 Minute walk cooldown				10 Minute walk cooldown			
Running Uphill or Cycling uphill at best possible paces															
HIT															

DAE (c) Worst D - FULL BODY -										
Resistance Exercises / Order Training Methods										
Order	Microcycles	Exercise	Rep 1 / Fail				Rep 2 / Fail			
			Sets	Tempo	Rest	Sets	Tempo	Rest		
A	Ascending	Black squats w/latbands	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
B	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
C	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
D	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
E	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
F	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
G	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
H	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
I	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
J	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
K	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
L	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
M	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
N	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
O	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
P	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
Q	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
R	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
S	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
T	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
U	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
V	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
W	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
X	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
Y	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
Z	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AA	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AB	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AC	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AD	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AE	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AF	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AG	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AH	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AI	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AJ	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AK	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AL	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AM	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AN	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AO	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30x0	60s
AP	Ascending	Black squats	4	6, 8, 10, 12	30x0	60s	4	6, 8, 10, 12	30	

[illegible]

This cycle uses two days in the weights room, two interval sessions and two continuous cardio sessions. **All sessions are important.** Don't be tempted to do more interval work, as it will do little more than increase risk of getting sick. **THIS IS A HARD CYCLE OF TRAINING.** So be sensible with nutrition, sleep and the amount of parties you allow yourself to go to. Enjoy. **You've been warned.**

FATLOSS (PHASE 5)

Name:	Fat Loss Phase 5
Meso. Phase Split:	Full Body - 2x Cvx2

DAY (1) Workout A		-Week 1-				-Week 2-				-Week 3-				-Week 4-				EXERCISE NOTES	
Order	Methods	Exercise	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest		
A1	Giant sets	Front squat	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	Keep elbows horizontal to floor, ensure a neutral spine and squat to full depth under control	
A2	Giant sets	Lat pulldown underhand grip	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	Pull bar down just below clavicle, keep elbow and wrist aligned under bar. Initiate with scapula	
A3	Giant sets	45 degree leg press	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	Fully extend legs, but don't lock, lower under control ensuring as full a range as possible	
A4	Giant sets	Bent over row	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	Keep torso to ground, pull with back, not arms	
A5	Giant sets	45 degree back extensions	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	Keep torso to ground, pull with back, not arms	
A6	Giant sets	Seated row medium parallel grip	5	10.12.15.20.25	40:10	180s	5	10.12.15.20.25	40:10	180s	5	10.12.15.20.25	40:10	180s	5	10.12.15.20.25	40:10	Keep torso to ground, pull with back, not arms	

After a warm up, go through a set of reps of each exercise (A1 - A6), at close to your 10RM (ie you will be close to failure on their 10th rep). Rest only 10 seconds or less between each exercise. After a 3 minute rest, repeat the giant set (A1-A6, 10 seconds rest etc) but this time perform 12 reps per exercise. After a 3 minute rest, repeat the giant set using 15 reps per exercise, and so on until the final round through you are using 25RM.

Frequency depends on your schedule upto 4 days. The other days they will be doing either interval training or steady-state cardio training.

Finally, this is clearly not a novice programme. A program like this will induce severe muscle soreness. A general physical preparedness (GPP) phase and some basic fat loss programs are advised first (i.e phase 1-4).

Going through a program like this assumes excellent exercise technique mastery, as you will be squatting and pressing in a state of extreme fatigue.

DAY (2) Workout B		-Week 1-				-Week 2-				-Week 3-				-Week 4-				EXERCISE NOTES	
Order	Methods	Exercise	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest		
A1	Giant sets	Lying leg curls	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	Pull leg pad fully into glutes and extend to full extension but not locked, squeeze hard at top	
A2	Giant sets	Standing dumbbell press	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	Maintain a tight core, keep abs and glutes contracted, no cheating here keep it strict	
A3	Giant sets	Romanian deadlifts	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	Hinge from the hip maintaining a slight bend at the knees, feel the stretch into the hamstrings	
A4	Giant sets	Bench press	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	Set up light, extend arms fully but not locked, lower under control to touch chest	
A5	Giant sets	45 degree back extensions	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	10s	5	10.12.15.20.25	40:10	Maintain a solid core, hinge from hip, do not round the back, keep these controlled	
A6	Giant sets	Weighted sit ups or hang leg raise	5	10.12.15.20.25	40:10	180s	5	10.12.15.20.25	40:10	180s	5	10.12.15.20.25	40:10	180s	5	10.12.15.20.25	40:10	Ensure a controlled movement, the hips must posteriorly tilt, keep big toes pressed together	

After a warm up, go through a set of reps of each exercise (A1 - A6), at close to your 10RM (ie you will be close to failure on their 10th rep). Rest only 10 seconds or less between each exercise. After a 3 minute rest, repeat the giant set (A1-A6, 10 seconds rest etc) but this time perform 12 reps per exercise. After a 3 minute rest, repeat the giant set using 15 reps per exercise, and so on until the final round through you are using 25RM.

Frequency depends on your schedule upto 4 days. The other days they will be doing either interval training or steady-state cardio training.

Finally, this is clearly not for a novice programme. A program like this will induce severe muscle soreness. A general physical preparedness (GPP) phase and some basic fat loss programs are advised first (i.e phase 1-4).

Going through a program like this assumes excellent exercise technique mastery, as you will be squatting and pressing in a state of extreme fatigue.



NO PORTION OF THIS MANUAL MAY BE USED, REPRODUCED OR TRANSMITTED IN ANY FORM OR BY ANY MEANS, ELECTRONIC OR MECHANICAL, INCLUDING FAX, PHOTOCOPY, RECORDING OR ANY INFORMATION STORAGE AND RETRIEVAL SYSTEM BY ANYONE BUT THE PURCHASER FOR THEIR OWN PERSONAL USE. THIS MANUAL MAY NOT BE REPRODUCED IN ANY FORM WITHOUT THE WRITTEN PERMISSION OF THE AUTHOR, EXCEPT BY A REVIEWER WHO WISHES TO QUOTE BRIEF PASSAGES IN CONNECTION WITH A REVIEW WRITTEN FOR INCLUSION IN A MAGAZINE, WEB MEDIA OR NEWSPAPER AND HAS WRITTEN APPROVAL PRIOR TO PUBLISHING.



DIABETIC MUSCLE & FITNESS

M : hello@diabeticmuscle&fitness.com
W : www.diabeticmuscle&fitness.com

© 2017 ALL RIGHTS RESERVED