



TRAINING

GUIDE

DIABETIC
SLIP

**DIABETIC SHRED CAN BE DEFINED AS:
A 16-WEEK TRAINER COMPRISED OF
THE MOST STIMULATING EXERCISES
KNOWN TO MAN and WOMAN!**

HOW DOES DIABETIC SHRED WORK?

Diabetic Shred is the cure for common fat loss workouts.

The training isn't a random mix of exercises thrown together. Diabetic Shred respects the law of specificity, that is, conducting training with a focused outcome.

The program takes into account EVERY SINGLE VARIABLE THAT MUST be in place to build muscle, increase physical strength and optimize movement quality.

Diabetic Shred is grounded on 3 main principles.

- 1) Train movement not muscles.**
- 2) Full range of motion.**
- 3) Overload your system intelligently.**

Let's talk business.

1) Train Movements Not Muscle.

A great looking physique must be able to move and perform well. If you look good and don't perform well, you aren't fit!

Diabetic shred is a strength training program that focuses on training movements not muscles.

The 16 training plans you're about to pursue are grounded on big bang strength moves like squats, deadlifts, military press and farmers walks.

From a body redesign perspective, these movements recruit significantly more muscle fibres and brain power than standard gym exercises like bicep curls, leg extensions, peck deck and triceps kickbacks.

Consequently, they increase your muscle building potential, burn more energy and turn your muscle tissue into a vacuum for glucose disposal, which can help improve blood glucose control.

Focus on training movement not muscles.

Don't get me wrong, isolated exercises are useful for working around injury or zoning in on certain muscle

groups for aesthetic purposes. But they don't and won't form the bulk of your training in diabetic shred.

2) Train full range of motion across a variety of exercises.

No one single exercise or movement can effectively maximize muscular development.

You can only do this by varying movement and exercise selection.

It is essential that you initiate all exercises and movements with the working muscles, maintain tension and train the muscle at the extremes of their range of motion (and everywhere in between) throughout the entire movement/exercises.

Don't rely on momentum, inertia or cheat reps.

3) Progressive Overload.

The weight used for a given movement or exercise must be heavy enough to recruit and fatigue the full spectrum of muscle fibres involved; if not your muscle building potential will be suboptimal.

Muscles communicate in terms of tension; the more tension you can develop in a muscle, the greater the muscle and strength building opportunity you give it. However, not all tension is equal. Diabetic Shred challenges your body by stimulating different levels of tension across a range of rep schemes. Each rep range involves the use of different energy systems, and taxes the neuromuscular system in different ways.

Low reps (2 to 5) work best for maximizing strength.

Moderate reps (6 to 12) work best for maximizing muscular size.

High reps (15 or more) work best for developing muscular endurance.

Diabetic Shred takes control of every one of these variables and manipulates them so that your body is constantly adapting, and therefore growing! Each training phases presents a unique stimulus of different rep ranges, along with progressive increases in training volume over time.

GENERAL TRAINING OVERVIEW

Diabetic Shred provides an ongoing muscle building stimulus by manipulating a number of key training factors. These include: intensity, volume, rest intervals, effort, tempo, frequency, exercise selection and programmed downtime. This is achieved over 4 distinct training phases.

Phase 1 Groundwork (Weeks 1-5)

You'll train whole body workouts for the first 3 weeks using big bang, multi-joint compound exercises (in the 4-5 rep range) and a selection of highly effective assistance exercises (in the 6-8 rep range).

Your calorie intake will be at its highest, while your activity will be at its lowest. This means you'll have a great deal of energy to smash previous personal bests. The sole purpose of this phase is to build a strength base for the weeks to come.

The initial workouts in phase 1 don't really include any direct core or arm work as they will be stimulated via the main lifts. The main goal here is unadulterated strength gain.

Phase 2 Regeneration (Weeks 6-7)

Before moving into the next training phase of Diabetic Shred, you'll reduce the amount of training you do. This will give your system a chance to recover and adapt to the first 5 weeks of strength gains you've just acquired. The rep ranges will be fairly high at 10-15 reps, using lighter loads. Your system will get a training effect, whilst also getting the chance to de-stress before the next stage.

Phase 3 Hell Fire (Weeks 8-15)

This phase incorporates a mix of muscle hypertrophy and conditioning work. The strength gained in phase 1 will allow you to accommodate heavy loads and increase muscle tension during the hypertrophy training phase whose main purpose is to increase muscle size.

Moreover, the conditioning work will increase your cardiovascular fitness, which in turn will increase your capacity to handle greater levels of training volume.

The phase will include a mix of classical strength building and bodybuilding exercises along with some

conditioning work like prowler pushes, med-ball work and other cool moves.

Phase 4 Solidification (Weeks 15-16)

You'll finish off Diabetic Shred with another period of detraining that combines everything you've done so far into a collection of high quality whole body workouts.

CARDIO INSTRUCTIONS

Q. HOW MUCH CARDIO DO I NEED TO DO?

Most training programs would have you perform cardio at set time periods across the day. This can prove very inconvenient and doesn't account for activity outside set time periods (including your weight training) which can play a big role in your fat loss results.

Working off a step count is a great way to measure physical activity.

10,000 steps per day is a great starting point. Depending on your rate of fat loss, the decision trees will tell you when and how much cardio to add in.

If you're consciously making an effort to hit a set step target, you'll actively burn off energy.

Q. WHAT IS THE BEST FORM OF CARDIO?

Walking is the easiest form of cardio to perform. However, there are many other forms, including:

- Swimming
- Hiking
- Biking
- Rowing
- Exercise machines

You won't be able to track step counts for certain forms of cardio. In these cases, simply track what you did and for how long in your daily tacker. This will give you a reference for comparison with other weeks.

For example:

Step Count = 7,000 steps
Cardio 20 min bike ride

Q. DO I NEED TO DO HIGH INTENSITY CARDIO?

You may.

I have outlined how much to do in the adjustments and assessments aspect of this guide.

High Intensity Interval Training can be performed on exercise machines or with functional exercises like prowler, battle ropes and med-ball slams etc.

Q. WHICH IS BETTER HIGH INTENSITY OR LOW INTENSITY CARDIO?

Both are useful.

Many people think HIIT is better because it is more challenging. However, they overlook the fact HIIT is demanding on the system and can dig into recovery if overdone.

The bulk of your cardio will come from low intensity steady state movement with programmed segments of HIIT.