

Welcome to the **21-Day Complete Muscle Project**

Congratulations you have officially joined the Complete Muscle Project

Now begins a new you!!!

Please make sure you read every single word in this document! Take it all in, and stay focussed on your own personal goals

I want to see commitment and dedication from you!
PRINT THIS OFF.....

I have now place your order so you should receive your package in about 7-10 working days. In the mean time here is your program info to have a read through.

I recommend you to take pictures to track your progress so that when you look back you can visually see how well you have done.

Exercising...

Try to exercise at least 5 times per week in order to achieve your goals.
Do the exercise regardless if you are sore or not.

When your shakes arrive:

You will do 6 days on the shakes and 1 day off the shakes for 21 days!

Breakfast and supper are mapped out for you, then the remaining four meals in between are made up by taking one food item from each column and sticking to the serving sizes I have set out. All serving sizes are raw, uncooked weights as this is the only constant.

Welcome to the 21-Day Complete Muscle Project

Mens Nutrition Plan

Protein 200g

Carbs 190g

Fats 60g

Cals 2000 per day

*The grams in protein, carbohydrates and fats provide enough calories to help sustain and grow lean muscle, and enable the body to dispose of any unwanted body fat. The calorie deficit is due to the low GI's of the plant and Soy based supplement (Complete)

If you have a body weight over 75kg, add 2 bananas as a post work out snack

Breakfast:

50g Oats

Eggs, 2 whole and another 3 whites

25g Almond Butter (Holland and Barrett) mixed with the porridge for flavour

20 Blueberries

Supper:

3 Egg whites

25g Almond Butter (Holland and Barrett)

Then for the next 4 meals, take 1 from each column.

Proteins	Carbs
Chicken/Turkey 125g	Oats 60g
Lean red meat 130g	Rice (white basmati/black/brown) 55g
White Fish 170g	White potato 230g
Oily fish (salmon, mackerel, trout) 150g Try to have this once per day if possible	Sweet potato 190g
Eggs, 3 whole and another 3 whites	Pasta/couscous 55g

Welcome to the

21-Day Complete Muscle Project

You MUST replace 2 meals per day with 2 FULL scoops of the complete shake!!!

On rest days, add a couple of pieces of fruit to buffer the post work out calories lost by not training (Only if over 75Kg in body weight)

Salad/ Vegetables as much as you like with as many meals as you can manage per day

Flavour your meals with dry seasoning or a small amount of sauce. You need to enjoy your food, so don't go too plain or hardcore as it's got a finite life and you'll tire of it eventually.

Drink a good 3-4 litres fluid a day

Do NOT, and I mean it, stress about meal timings. Some days you are on the nail, other days just roll with what the day throws at you. Stressing over meal spacing's or being late for a meal will do you more harm than actually being late, or missing the meal. Take a relaxed approach and watch the lack of stress hormones take the handbrake off your progress. Trust me on this, I speak from experience but it took me years to admit it to myself.

Recommended supplements:

Juice Plus Premium Blend Capsules (Vital)

Vitamin D

Welcome to the 21-Day Complete Muscle Project

Women's Nutrition Plan

Protein 125g

Carbs 160g

Fats 20g

Calories 1100

The grams in protein, carbohydrates and fats provide enough calories to help sustain and grow lean muscle, and enable the body to dispose of any unwanted body fat. The calorie deficit is due to the low GI's of the plant and Soy based supplement (Complete)

To keep it simple, varied and ultimately sustainable the diet is set at 4 meals per day

Replacing 2 meals a day with 2 FULL scoops of complete Shake

Pick one from each column at the serving sizes listed for each meal to mix and match, as you like. All serving sizes are raw/uncooked weights:

Proteins	Carbs
Chicken/Turkey 100g	Oats 50g
Lean red meat 110g	Rice (white basmati/black/brown) 40g
White Fish 150g	White potato 160g
Oily fish (salmon, mackerel, trout) 120g	Sweet potato 140g
Give it a try	
Eggs, 2 whole and another 3 whites	Pasta/couscous 45g
	Quinoa 60g

Recommended supplements:

Juice Plus Premium Blend Capsules (Vital)

Vitamin D

You need to be strict with this if you want the best results. It is not difficult to stick to, and you are never hungry! Cut corners, and you won't get anywhere. It becomes second nature after a while. Your body wants all the goodness

IMPORTANT

YOU MUST BE CONSISTENT ON A DAILY BASIS. IF CALORIE INTAKE CHANGES DAILY, YOUR BODY WILL GO INTO SURVIVAL MODE AND STORE FAT!

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21-Day Complete Muscle Project

AVOID LIST:

- Dairy..... Milk, Cheese and low fat yoghurts (The milk we recommend is ok, eggs and butter are ok too)
- Processed Food..... Ready meals or anything you can microwave. If it's got lots of numbers on the ingredient list or contains chemicals
- Alcohol..... As an energy source booze is useless, your body can't do anything with it except store it as fat.
- Sugar..... Makes you fat and ruins your health FACT! (And makes you hungry and crave more)

Here is a check list to go through to ensure you are fully prepared!!

Food shop to prepare (whilst you are waiting for your shakes to arrive)

1. Important to take a picture. Minimum clothing as possible (i.e.. T-shirt and shorts, you don't have to include your head)
2. Measure your arms, chest, waist, (belly button area), hips (widest part), thighs (half way down) and make a note
3. Print off your program
4. Plan and prepare your meals the night before

Drinks:

Green tea with lemon

Green tea

Herbal teas

Fruit teas

Water with a slice of lemon and cucumber

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21-Day Complete Muscle Project

Training Program:

Day 1 – **Legs**

Seated leg extensions 7 sets – 10-12 reps 30 sec rest

Squat x 3 x 15

Leg Press feet wide (up sets) x1 sets 10 reps increase weight by 1 plate each set until complete failure

Leg press feet together 3 x 15 last set 3 part drop sets

Leg extension superset with walking lunges x 2 both too failure (high reps) 20-30's

Calfs:

Leg press calf raises 25

Seated calf raise 25 reps

(Circuit so one after another, 2-3 sets)

Day 2 – **Chest**

Cable crossovers 7 sets – 10-12 reps 30 sec

Incline Barbell Press x 3 x 15 reps

Flat dumbbell bench super set flat tyres x 3 x 15 reps

Side lateral raises 7 sets – 8-12 reps (to help bring out your delts)

Biceps:

Barbell curls 7 sets – 10-12 reps 30 sec

Seated incline curls x4 20 reps

EZ preacher curls 3 x 20 reps

Seated alternate curls x 3 x 20 reps

Day 3 – **Cardio**

1-hour steady rate. Work between 55-60% of max heart rate

DO NOT EXCEED THIS, AS IT WILL SLOWLY BREAK DOWN MUSCLE!

Day 4 – **Shoulders and Triceps**

Side lateral raises 7 sets – 10-12 reps 30 sec

Seated barbell press x 3 x15

Seated machine press x 3 x 15

Side laterals super set steering wheels front raises x 4 15

Bent over raises x 3 x 15

Rope rows (Keep elbows high rope towards the forehead) 3 x 15

Reverse pec deck x 4 x 15

Welcome to the

21-Day Complete Muscle Project

Triceps

Machine dips 7 sets – 8 – 12 reps 30 sec
Close grip French press x 3 x 15 reps
Rope push downs x 3 x 15 reps
Single arm dumbbell over-head extension x 3 x 15 reps

Day 5 – Back

Wide grip under hand pull downs 7 sets -8-12 reps 30 sec
Under hand grip bent over rows x3 x15 reps
Wide grip over hand pull downs x3 x15 reps
High Pulley hammer strength pull downs x3 x15 reps
Straight arm rope cable pull downs 7 sets – 8-12 reps 30 sec

Traps

Barbell shrugs 25/20/15/10
Dumbbell shrugs 7 sets – 8-12 reps 30 sec

Calfs

Leg press machine calf raises 4x20
Seated calf raises 4x20

Day 6 – Hamstrings

Seated leg curls 7 sets – 10-12reps 30 sec rest
Pile squat facing hack machine or smith machine (feet angled out and very wide stance, stretch out hamstrings, very deep reps) 15 reps
Stiff leg curls 3x15 reps
Leg extension 7 sets – 10-12 reps 30 sec rest

Day 7: Off

Cardio: none

Abs every other day

Crunches x30

Side crunches x30

Lower crunches x25

4 circuits (one after the other no rest)

It's as simple as that!!!!

*If you struggle with names of exercises, use you tube for demo purposes

Good luck and don't forget to shout me in 21 days on your progress, don't forget I am here for you to help you through the good and the bad. Stay focussed; remember your goal and you WILL succeed. Follow this plan and it will happen!!!!

WELCOME TO THE NEW YOU!!!

