

JUSTIN WOLTERING'S

RIPPED

**21 Days
to Your
Best Body
Ever!**



justin woltering

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WELCOME

Thanks for signing up and welcome to my 21 Day RIPPED program! If you've built a great physique and want to put it on display for a photo shoot, beach trip, wedding, or other special occasion, you've come to the right place. I'm going to lay everything out for you - diet, training, and the most important habits for success.

Also, you'll get a detailed plan for "peak week" - those last seven days when you'll pump up, dry out, and prepare to look as lean and muscular as possible.

Before we get started let's first look at a few things you should know before you begin.....

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Top Fitness Model & Muscle Building Expert

Justin Woltering

INTRO & CHECKLIST

BE LEAN - ALREADY

As you surely know, you can't **BUILD** a great physique in just three weeks. The **RIPPED** program is designed to make your already-lean body look as phenomenal as possible on **ONE** important day. If you're still sporting double-digit body fat, it's just not going to work as well. That doesn't mean you shouldn't give it a go, but understand that a peaking program is designed for people who have something to peak! So if at this stage you feel you are not yet ready to start this program or at least have a body fat % of no higher than 10%, just continue with the normal Cover Model Challenge which was designed as a program that you can use week in and week out to drop fat fast. The Ripped program as I already stated is not something you will be able to do for weeks on end as it was designed to server different purpose

EAT YOUR VEGETABLES

I've outlined the "**important**" parts of every meal - your proteins, added fats, and starchy carbs. However, I didn't include vegetables in the daily plans because you can eat as many of them as you want! In fact, you should eat lots of green veggies if you want the best results. The fiber will keep you satisfied, and raw vegetables are especially good for getting excess water out of your system. Focus on spinach, kale, broccoli, asparagus, and other dark-green varieties. Mushrooms and bell peppers are perfectly fine, as well. However, don't go crazy on onions, whole garlic cloves, carrots, or other dense vegetables. They're okay in tiny amounts, but they actually have too much sugar and starch to eat in abundance.

TIME YOUR MEALS.

You've surely read about post-workout nutrition, right? In the hour or two after heavy weight training, your body is primed to use carbs for muscle growth, not fat storage. Since you're aiming for maximum fat loss, this is the **ONLY** time you should be eating any significant sugar or starch. Each day's meal plan includes 4 "regular" meals, as well as a post-workout shake and solid meal. No matter what time of day you train, drink the shake immediately after, and eat the post-workout meal...right after your workout. Couldn't be simpler. Just schedule the other meals accordingly.

SET SOME TIME ASIDE!

THIS IS IMPORTANT! First, start this program on the right day, so that your big event falls on day 21. Also, make sure you're able to eat at your leisure on days 19 and 20. Those are the days you'll be carbing up, and you've got to get the timing right. It's also going to be important to relax on those days, so try to minimize your responsibilities, obligations, and stressors.

On that note, try to minimize your stress throughout this entire program. Chronic, undue stress will kill your results, especially if you're losing sleep. Of course we all have to live in the real world, but avoid negativity and remain calm whenever possible. This should include some regular "you" time, when you relax, unwind, and de-stress.

TRAIN HARD

Your focus will be on fat loss, but that doesn't mean you can slack on your heavy training. If anything, you should kick your intensity up a notch for these three weeks. Hard, heavy lifting is what will allow you preserve muscle mass and possibly even gain some. Plus, you just won't look as good if you don't train hard enough. Don't forget that awesome-looking bodies are forged with equally awesome workouts!

IT'S GOING TO BE TOUGH

You're definitely **NOT** going to starve yourself on this plan, but make no mistake - it will get tough. You'll be training hard almost every day, and you'll be eating mostly the same foods day-in and day-out. Sure, you can spice things up and add some variety, but your routine is going to seem somewhat bland and boring after the first week or so. Hang in there, though - it's just 21 days! If you've already built a body worth showing off, you surely have the mental strength to endure a few weeks of strict dieting. Time to get to it...



DAY 1

Alright, it's the first day of the RIPPED program, so let's kick things off right. Most people start their training week with a chest day, but you're going to begin with the toughest session – squats! No matter how big and strong your legs already are, squatting is one exercise you've just got to keep in the rotation when you're dropping fat. This heavy, full-body lift stokes your metabolic furnace like nothing else can, and it'll help you hold onto muscle mass when your calories are low. Here's the training session:

WORKOUT

A. Squats: Work up to a 5-rep max, then drop the weight and do 5 sets of 10. It's alright if you've got to take a few pounds off after each set, but make sure you're always doing 10 HARD reps. Don't go easy!

B. Barbell Lunges: Do walking lunges if you've got enough space, but just step forward and back if you don't. Perform 4 sets of 15 steps PER LEG. Use a weight that's challenging, but that doesn't force you to break form. Lunges are fantastic for muscle-building and fat loss, but a misstep can be dangerous.

C. Seated Calf Raises: Get ready for some pain! Start by loading just ONE plate on the machine, and bang out 100 quality reps in as few sets as possible. This will burn like hell, but it's a great way to prime your calves for serious growth. Once you've rested for a couple minutes, start doing sets of ten reps, gradually adding more weight. Stop once you can no longer get those ten, but be honest with yourself – you can do more than you think if you're willing to stand the burn!

D. Decline Sit-ups: Now it's time for some truly effective ab work. Do a couple of warm-up sets with your body weight, then grab a 10-pound plate. Keep it **BEHIND** your head, and try to get ten strict reps. Do 3 total sets of 10, and graduate to a 25-pound plate if you're able.

DIET:

Meal 1: 6 whole eggs, 1 tbsps. butter

Meal 2: 6 oz. steak, 1 tbsps. olive oil

Meal 3: 6 oz. skinless chicken breast, 1 oz. almonds

Meal 4: 6 oz. whitefish, 1 tbsps. olive oil

Post Workout Shake: 50 grams whey protein, 1 banana

Post Workout Meal: 6 oz. skinless chicken breast, 1 large sweet potato

Remember, you've got to eat that carb-heavy meal after your workout - whenever that happens to be. Drink your shake as soon as possible post-workout, and eat the solid meal about an hour later. Don't worry if it's your last meal before bed; your body will put the carbs to good use as long as you've just finished training.

Just in case you're still confused, here's a sample day for someone who trains at about 3:00 PM.

7:00 AM: Meal 1, 6 whole eggs, 1 tbsp. butter

10:00 AM: Meal 2, 6 oz. steak, 1 tbsp. olive oil

1:00 PM: Meal 3: 6 oz. skinless chicken breast

3:00 PM: Training

4:30 PM: Post Workout Shake, 50 grams whey protein, 1 banana

5:30 PM: Post Workout Meal, 6 oz. skinless chicken breast, 1 large sweet potato

8:00 PM: Meal 4, 6 oz. whitefish, 1 tbsp. olive oil

As you can see, the post-workout shake and meal come after training, and the rest of the meals are situated around that time period. If you train at a different time, then you just move things around so the meals with carbs fall right where you need them.

FITNESS MODEL TIP:

Eat your veggies! Remember, you're allowed as many green, fibrous vegetables as you want on this diet, and some onions and garlic here and there can't hurt, either. Vegetables will not only give you much-needed vitamins and minerals, they'll also fill you up. This is critical when you're following a strict diet!



DAY 2

How are those legs feeling? If you put in an honest effort on yesterday's workout, they're probably trashed! That's alright, though, because today you're going to focus totally on your upper body - chest, shoulders, and triceps. Why train all these muscles together? First, they're the most important muscles for pressing movements - benches, dips, and overhead work - so it just makes sense to train them together. Second, you'll get more of a metabolic response by training them together, which is what you're after when trying to drop fat. Here's the session:

WORKOUT

A. Bench Press: Get your back tight and your feet planted firmly on the ground to move as much weight as you can. Work up to a top set of 6 reps, then gradually drop the weight for a set of 8, then 10, and finally 12 reps. It's alright if you don't exactly hit those numbers, but that's what you're aiming for. Use a spotter if necessary, but don't cheat yourself with forced reps or a short range of motion.

B. Seated Dumbbell Overhead Press: Pick a challenging weight that allows you to get 4 sets of about 8 reps each. It's alright if you don't quite hit that mark on the last couple, but don't go so heavy that you're failing at rep 4 or 5.

C. Dips: If your gym has a variable-width dip bar, go as close as possible to make your triceps work as hard as possible. If you can't do more than 10 or 12 dips with just your body weight, then do 50 total reps in as many sets as it takes you. If you're strong on dips, then add some weight with a chain belt and get 5 sets of 6 reps.

D. Dumbbell Side Raises: This is the ultimate exercise for getting those wide, cannonball delts! You're going to do 4 total sets of 20 reps each. Pick a weight that allows you to get at least the first 12 reps with good form, but don't be afraid to cheat a little bit on the last few reps. As long as you feel your shoulders doing the most work, you're golden. Strict reps are critical, but it also helps to overload your shoulders with extra weight and reps.

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. lean pork, 1 tbsp. olive oil

Meal 3: 6 oz. skinless chicken thigh, 1 oz. walnuts

Meal 4: 6 oz. whitefish, 1 tbsp. olive oil

Post Workout Shake: 50 grams whey protein, 1 banana

Post Workout Meal: 6 oz. steak, 2 medium potatoes

Looking for some good whitefish? Remember, "whitefish" can be pretty much any low-fat fish. Canned tuna's the cheapest and most common, but feel free to get some tilapia, roughy, or other fish if you're looking to change things up.

FITNESS MODEL TIPS

Heavy Weight for Triceps! Your triceps are composed primarily of fast-twitch muscle fibers, which mean they respond best to heavy weights. They can lift a lot, but they'll tire quickly, which is why you should focus on several heavy sets. That's why you're doing 5 sets of 6 on dips today, and it's why you should start adding extra weight as soon as possible! Burn-out sets are great for biceps, but tris will always grow best from heavy training.

DAY 3

You've trained legs, chest, shoulders, and tris, so that pretty much leaves one option for today's sessions - back and biceps. And make no mistake - you may be training for a cover model body, but that doesn't mean you should use baby weights and prissy exercises for your back training! The heavy basics will work whether you're trying to get huge or lean down. In fact, pull-ups, rows, and deadlifts are just like squats when it comes to fat loss - they stoke the metabolic fire, and they force your body to hold onto that precious muscle mass. Let's get to it...

WORKOUT:

A. Pull-ups: If you can't get 10 or more reps with your body weight, then use the same protocol as you may have used for dips - as many sets as it takes to get 50 total reps. If you ARE already strong on pull-ups, add some weight and do 4 sets of 8 reps after you've warmed up.

B. Barbell Rows: For the sake of convenience, go ahead and set up on the floor - you're going to be deadlifting next! For the rows, do 4 hard sets of 10, and use a belt and straps if necessary. Oh, and don't be afraid to put some swing into the movement. Remain bent over, and don't jerk the weight around like a moron, but use a little hip drive to get the weight moving. You need to feel your back working, but there's just no point in doing super-strict rows with tiny weights!

C. Deadlifts: Make sure to do a few warm-up sets with the bar to get some blood into your hamstrings and lower back. Then, work your way up to as heavy a set of 5 as you can handle. Once you've done that, take about 20 percent of the weight off the bar (doesn't have to be exact), and do 4 sets of 10. As with the rows, use a belt and straps if necessary.

D. Close-grip Pull-downs: You're going to be exhausted from the deads, but you need to pump just a little more blood into those lats! Use the close-grip DD handle that most people use for seated rows, and hit 3 sets of 15 reps. Make sure you get a strong contraction on every rep, and pause for a second each time you get into the stretched position.

E. EZ Bar Curls: You can use a straight barbell if you want, but the EZ bar is a lot easier on your wrists. Do 5 sets of 10 reps, and make sure you're not swinging the weight around like a madman! Loose form works for some muscles, but it's just not necessary for curls. Get a strong contraction and a good pump, and you're good to go.

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. steak, 1 tbsp. olive oil

Meal 3: 6 oz. skinless chicken breast, 1 tbsp. olive oil

Meal 4: 6 oz. salmon, 1 tbsp. olive oil

Post Workout Shake: 50 grams whey protein, 1 cup berries

Post Workout Meal: 6 oz. skinless chicken breast, 1/4 cup rice (measured dry before cooking)

If you want a cool, refreshing post-workout shake, use frozen berries instead of ice when you blend everything up. They'll act like ice to keep the shake cold, and they'll also add a nice, thick texture. Much better than just chugging the protein and eating the berries on the side!

FITNESS MODEL TIP:

Stretch for Mass! You always want to incorporate a "stretching" movement into your back workouts - such as those close-grip pull-downs. Stretching a muscle against heavy resistance is one of the most powerful tools for mass-building, but it'll also make your muscles look fuller - even when you're not pumped! This technique works well for most body parts, but it's most effective for the lats.

DAY 4:

I hope you're rested and ready for the next workout - you've got three more sessions before your off day! It's time for another leg session, but don't worry if your back's still fried from deadlifts. For this workout, you're going to focus on the leg press. It's not as awesome or effective as the squat, but it's still a great way to thrash your legs when your lower back needs to recover. Plus, when you don't have to worry about stabilizing the weight, you can push even harder past your comfort zone!

WORKOUT:

A. Leg Press: Use your strongest foot placement. For most people, this is relatively high and wide on the platform. Just don't let your toes hang off the edge, as that will turn the movement into nothing but a hamstrings exercise. Do a few light warm-up sets to get the blood flowing, then do sets of 8 reps, adding 1 plate per side each time. Keep going until you can't get all 8 reps, then start working back down, 1 plate at a time, still doing 8 reps for every set. Yea, you're going to be doing lots of sets! Make sure you're always using a full range of motion, by the way. It doesn't matter that some show-off is piling on 26 plates plus 3 of his buddies - just focus on what you can do with an honest, full range of motion.

B. Leg Curls: Your legs are surely thrashed from all those leg presses, but you've still got to give your hamstrings some love. Head on over to the lying leg curl, or use the seated one if that's all your gym has. After a couple of quick warm-up sets, do 4 sets of 15 reps. Use as much weight as possible for each one, but don't worry if you have to lower the weight each time.

C. Standing Calf Raises: Get ready to bring the pain, again! You're going to do drop-sets this time. After your warm-ups, do a set of 10 reps with as much weight as possible. Once that's done, **IMMEDIATELY** drop the weight by about 25 percent, and once again pound out as many reps as you can. Then, **AGAIN** drop the weight by about half, and do a final, burning set of as many reps as you can muster. Repeat this process 2 more times, resting as needed between drop-sets.

D. Captain's Chair Leg Raises: You rarely see people doing these with extra weight, but that shouldn't stop you! Remember, your abs are a muscle, too, and they'll only get stronger if you stimulate them with heavy weights. Put a dumbbell between your feet, and do 4 sets of 15 reps. You won't be able to use a ton of weight, but even a little bit is far better than just raising your feet a hundred times!

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. salmon, 1 tbsp. olive oil

Meal 3: 6 oz. skinless chicken breast, 1 oz. almonds

Meal 4: 6 oz. lean roast beef, 1 tbsp. olive oil

Post Workout Shake: 50 grams whey protein, 1 banana

Post Workout Meal: 6 oz. lean roast beef, 2 medium potatoes

Roast beef is normally great on a sandwich, but bread's just not part of a get-RIPPED-quick diet. Whether you buy it at a deli or cook it yourself, it's great over a salad with a simple olive oil and vinegar dressing. And remember, vinegar - along with mustard and other non-caloric condiments - don't "count." You can eat as much of that stuff as you need to flavor your food.

FITNESS MODEL TIP:

Train Heavy for Tone! To tell you the truth, there's no such thing as "toning" a muscle. You can only build muscle mass or lose fat mass, and doing both at once will quickly improve your definition. In fact, attempting to "tone" with light weights and high reps may have the opposite effect - pumped, "puffy" muscles that quickly deflate once you leave the gym. Lifting heavy will actually increase *tonus*, the slight, constant contraction in your muscles. That's what actually makes you look hard and dense. You've got to train heavy if you want to look powerful!

DAY 5

Now that you've gotten both of the week's leg sessions behind you, it's time for a "reward" - another chest, shoulders, and triceps day. However, you won't be focusing on the bench press this time. The bench is awesome, don't get me wrong, but you need to put just as much focus on your overhead strength to balance out your physique. I've seen plenty of iffy-looking guys with big benches, but a big military press almost always leads to huge shoulders. It's a frustrating lift, that's for sure - but one you can't afford to ignore.

WORKOUT:

A. Military Press: Set up in a power rack or clean the bar from the floor - doesn't really matter. If you lift in a crowded, ill-equipped gym, the latter option might be far more feasible. Do several sets with an empty bar to get your shoulders warmed up, then do 5 heavy sets of 5 reps. Try to use nearly the same weight on all of them, but drop down a bit if necessary. Oh, and don't cheat and turn the exercise into a push-press! The true benefit of the exercise comes from that tough, strict press out of the bottom, and you'll only rob yourself of your gains if you use your legs.

B. Incline Bench Press: 4 sets of 10 reps. Like every other pressing exercise, make sure you use a full range of motion! The incline's much harder than the flat bench, and some guys compensate by doing half-reps. As with the military press, however, you get the biggest benefit from inclines by going all the way down. The whole point is to make your pecs work, and they're activated the most when the bar is at your chest - not six inches above it.

C. Skull Crushers: Go easy on your wrists and use an EZ bar for this movement. They'll already take a beating from the first two barbell movements. Make sure you warm your elbows up with a few light sets, then dive into 4 hard sets of 15 reps. Don't get crazy with the weight or do cheat reps, as that'll only hurt your joints. Trust me, a few honest sets with moderate weight will give you a gigantic arm pump!

D. Rear Dumbbell Raises: Do these just like the side raises, but with a bent over posture to emphasize the rear delts. 4 sets of 20, and make sure you're super-strict for the first half of each set. Let form slide a little bit to get more reps in, but don't just swinging the weights around. If your delts aren't pumped, your form sucks, and you're using too much weight!

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. skinless chicken thigh, 1 oz. walnuts

Meal 3: 6 oz. steak, 1/2 avocado

Meal 4: 6 oz. whitefish, 1 tbsp. olive oil

Post Workout Shake: 50 grams whey protein, 1 cup berries

Post Workout Meal: 6 oz. skinless chicken breast, 1 large sweet potato

Getting sick of eggs already? Try different recipes! Most people fall into a routine where they make the same egg dishes day after day, week after week. A simple scrambled egg is nice, but try your hand at omelets, frittatas, and other simple dishes. You can mix in whatever veggies you like to make all sorts of combinations. If you mess up an omelet, you're still left with scrambled eggs, so there's nothing to lose!

FITNESS MODEL TIP:

Use Water for Fat Loss! I'm amazed at how many people worry their asses off about supplements, but still don't drink enough water! An abundance of water is critical for both fat loss and muscle building, and any serious lifter needs to get **AT LEAST** a gallon per day. Oh, and feel free to add sugarless flavorings and even have the occasional diet soda. These shouldn't be your mainstays, but that little bit of sweetness can be great for staving off cravings when you're dieting.

DAY 6

Last workout of the week, so make it count! You've already busted your ass on squats, deadlifts, and heavy presses, and your body is probably pretty fried. Still, you should be able to push through one more day of pull-ups, rows, and curls. Down some caffeine, turn up your headphones, and get after it - tomorrow you finally get to rest! Here's today's back and biceps session:

WORKOUT:

A. Chin-ups: In case the terminology is confusing, these are just pull-ups with an underhand grip. You'll still get a ton of stimulation in your lats, but your biceps will also come into play. If you're not strong on this movement, just do like you did last time - 50 total reps in as many sets as you need. If you can do ten or more with your body weight, add some extra weight and do 4 sets of 8.

B. Dumbbell Rows: This is probably my favorite type of row for overall lat and trap development. Unless you're at a serious, hardcore gym, you'll probably just want to grab the heaviest dumbbells you see and bang out as many reps as possible. You can use a lot more weight than you think, and most gyms don't have 'bells past 120 or so. If you can't use the heaviest ones, then pick a weight that allows you to get 15 to 20 reps. Do 3 total sets.

C. Seated Rows: Head over to the cable station and attach the close-grip, DD handle to the row station. Make sure you're getting a great stretch and a full contraction with each rep, just like you did with the pull-downs during your last back workout. Do 4 sets of 15 reps, and use straps if necessary. Your grip should NOT be the limiting factor on back exercises.

D. Hammer Curls: Most people overlook their forearms, but you've got to have complete development for the cover model look! Do 3 sets of 12, and keep your form as strict as possible. It's easy to cheat on hammer curls, but your forearms won't really get any stimulation if you start using momentum to move the weight.

E. Preacher Curls: Now that your biceps are warmed up, it's time for a great stretching movement - the preacher curl. Don't let your ego take over here - most people have to use far less weight on this movement than they do on normal curls. Use an EZ bar or pre-loaded bar, and again do 3 sets of 12.

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. salmon, 1/2 avocado

Meal 3: 6 oz. skinless chicken breast, 1 oz. nuts

Meal 4: 6 oz. steak, 1 tbsp. oil

Post Workout Shake: 50 grams whey protein, 1 cup berries

Post Workout Meal: 6 oz. tuna, 1/4 cup rice (measured dry before cooking)

You're only on this diet for 21 days, but still - these meals can get repetitive. You already know you can eat as many non-starchy veggies as you want, but how are you preparing them? If you've been eating raw salads, try roasting or lightly steaming broccoli, peppers, or Brussels sprouts. You can also grill most vegetables, which adds a great smoky flavor without any extra calories.

FITNESS MODEL TIP:

Salt is Your Friend! There's a lot of media hype about salt, but most people don't need to worry. In fact, if you're training as hard as you should be, you're probably sweating out **TONS** of sodium every day! To add flavor and replenish your electrolytes, use salt, mustard, soy sauce, and other sodium-rich condiments as you like. Just make sure you're **ALSO** drinking lots of water and getting plenty of potassium.



DAY 7

You've made it - your first day off! You shouldn't ride the couch all day long, but there's no intense training today. Try to get out and take a walk for an hour or two, but don't worry about working up a big sweat or winding yourself. With all the weight training you're doing - and the relatively low calories you're eating - you simply don't need a ton of conditioning work right now. And no, it doesn't matter what time you take your walk. There might be slightly more benefit if you do it fasted, first thing in the morning, but eating nothing but fat and protein keeps you in fat-burning "mode" pretty much all day anyway.

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. steak, 1 tbsp. olive oil

Meal 3: 6 oz. skinless chicken breast, 1 oz. almonds

Meal 4: 6 oz. salmon, 1 tbsp. olive oil

Meal 5: 6 oz. skinless chicken breast, 1 oz. walnuts

That's right, no carbs! If you were on a more relaxed diet, or if you were trying to gain, then it might be a different story. But the fact of the matter is, the one or two hours after a workout is the only "safe" time to eat carbs when you're trying to quickly drop fat. Eating carbs on off days might not make you **GAIN** fat, but it probably will impede your rapid results. Hey, nobody said this would be easy! Be sure to eat some extra veggies if you're missing your rice and potatoes.

FITNESS MODEL TIP:

Fasting Works! The idea that you **HAVE** to eat six evenly-spaced meals per day is pretty outdated. It doesn't have an appreciable effect on your metabolism, and frankly, it can get extremely inconvenient. If you're not hungry when you first get up, and if you're not going to train until later in the day, it's totally fine to postpone your first meal for a couple of hours. As long as you're getting your meals in, and as long as you're eating your post-workout meal at the right time, then do whatever works best with your schedule and hunger levels. Twelve and even sixteen-hour fasts have been shown to be extremely effective for fat loss, anyway.



DAY 8

Hope you took it easy on your off day - it's time for another brutal week of training! Just like last week, you're going to start with a heavy squat workout. And no, you don't need to "change" things up every single week. It's fine to vary your accessory exercises, but you **SHOULD** be performing the same basic movements, week in and week out. Whether you're following an all-out diet and training program or not, constant progress on the heavy lifts is where it's at for a strong, lean physique. Besides, it's fun to break personal records and get stronger! You won't need to worry about burnout when you're constantly adding pounds to your lifts.

WORKOUT:

A. Squat: You might normally just work up to another, heavier set of 5, but you may not have gained any strength on this diet. Still, you want to use some heavier weights, right? Go a little heavier on that top set (after warm-ups, of course), and aim for 3 reps. If you can get 4 or 5, awesome! If you can only get 3, at least you lifted a little heavier than last week. After you do that, drop down to that same lighter weight you used last week for 5 x 10, and go for 6 sets of 10. If you can't add weight to the bar, adding another set is another way to progress.

B. One-Legged Dumbbell Squats: If you've never done these before, you're in for quite a surprise! Hold the 'bells in your hands, put one leg **BEHIND** you on a bench, and use your standing leg to squat. You might have to play around with your stance to find the right balance, but you'll learn quickly. Do 4 sets of 12 for each leg, and go heavy! You'll see people doing these ultra-light all the time, but you can really use some heavy weight if you're willing to work. This is the last "thigh" exercise of the day, so make it count!

C. Seated Calf Raises: Ready for another painful calf training technique? You're going to do 5 sets of 10, which may sound easy - but you have to pause for 5 seconds at the top AND bottom of every rep. That makes for a long, burning set! Don't throw too much weight on and ruin the range of motion, but don't go easy, either. You'd be surprised how much weight you can use, even with this technique, if you can handle the deep burn.

D. Decline Sit-ups: There's really no substitute for this movement! It not only makes your abs look sharper and more defined, it can make you WAY more stable on squats, deadlifts, and other heavy movements. Do 3 heavy sets, using either a 10 or 25-pound plate. Your rep range will be somewhat dictated by which plate you're using, so just go for as many reps as you can get on each set. If you can get 15 or more with the 10-pound plate, it's time to go heavier and graduate to the 25.

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. steak, 1 tbsp. olive oil

Meal 3: 6 oz. skinless chicken thigh, 1 oz. walnuts

Meal 4: 6 oz. whitefish, 1 tbsp. olive oil

Post Workout Shake: 50 grams whey protein, 1 banana

Post Workout Meal: 6 oz. skinless chicken breast, 1 large sweet potato

By the way, have you tried different methods of cooking your proteins? Most bodybuilders fall into a trap of cooking the same way all the time, even if it sucks! Steaming, baking, or worst of all, **BOILING** your meat is always going to give you a lackluster flavor. Try grilling, pan-frying, or high-temperature roasting to bring out more flavor, without adding a fatty or sugary sauce.

FITNESS MODEL TIP:

Your Calves are a Body Part, Too! This may seem obvious, but most lifters train their calves as an afterthought. If you actually want them to grow, you simply have to train them with the same intensity as you do every other muscle group! This is why you've been doing all of these heavy, burn-inducing sets on calf raises. Doing a few sets as an afterthought won't cut it!

DAY 9

Day 9, and you're back around to everyone's favorite - the bench! Think of it as a "reward" for that hard-ass work you put in on squats yesterday. Oh, and ignore the naysayers who think the bench isn't a good chest exercise. Most guys who bench big have huge pecs! Besides, the flat barbell bench press allows you to move more weight than pretty much any other pressing movement. Even if it doesn't stimulate your chest as much as other exercises, it's simply too valuable NOT to do. Remember, lifting as heavy as possible is what really stokes your metabolism and helps you burn fat - your main goal right now.

WORKOUT:

A. Bench Press: Last time, you did sets of 6, 8, 10, and finally 12, each with as much weight as possible. This time, pile on a bit more weight, and start with the heaviest set of 5 you can muster. After that, start taking weight off little by little, and do sets of 7, 9, and 11. Just as with yesterdays' squats, you may not have gotten much stronger since the last bench workout, but you want to make sure you're constantly striving for heavier weights.

B. Close-grip Bench Press: You're already on the bench, so why not use it for the best all-around triceps builder - the close-grip bench! Sure, there's a time and place for extensions and other "pump" work, but this exercise is pretty much guaranteed to add mass to your triceps. Do a couple of light sets to get used to the groove, and then perform 4 heavy sets of 6 reps. You'll probably want a spotter, and the tris have a tendency to peter out when you least expect them to.

C. Arnold Press: In case you've never done these, the Arnold press is just a variation on the seated dumbbell overhead press. You begin with your palms facing you in the bottom position, and you turn them outward as you press up. You can't use quite as much weight as you normally would, but the contraction in your delts is ridiculous! It's a great movement to perform when you're already worn out from a couple of other heavy pressing movements.

D. Machine Side Raises: I'm not usually a huge fan of machines, but the side raise is one exercise where they can be invaluable. They force you to stay upright and use your medial delts - not your traps - to move the weight. Just as you did with the dumbbell side raises, do 4 sets of 20, and make sure you're super-strict for at least the first half of every set. It's alright if you break form a little bit on the last half, but realize that you're not going to be able to squirm around much when you're locked into the machine. Oh, and you can just use dumbbells again if your gym doesn't have a good side raise machine.

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. whitefish, 1 tbsp. olive oil

Meal 3: 6 oz. steak, 1 oz. walnuts

Meal 4: 6 oz. skinless chicken breast, 1 oz. almonds

Post Workout Shake: 50 grams whey protein, 1 cup berries

Post Workout Meal: 6 oz. salmon, 1/4 cup rice (measured dry before cooking)

If you're like most dieters, you've probably been religiously sticking to brown rice every time it's in the plan. That's all well and good, but know that you don't have to! Honestly, I've never seen it make one bit of difference in my diet or anyone else's. The important thing is that you're eating a moderate amount of starchy carbs right after a workout. There's nothing with white rice at all, and frankly, I think it tastes better.

FITNESS MODEL TIP:

Go to Sleep! Sleep has got to be the most overlooked aspect of recovery. Plenty of guys eat well and train their asses off, but almost nobody focuses enough on quality rest. You might be able to get away with a late night here or there, but in the long run, poor sleep will **RUIN** your progress. This is just as true for fat loss as it for muscle gain, by the way. When you're on a low-calorie diet, you need to sleep as much as you can to repair your muscles **AND** promote proper hormone production. When something as basic as your sleep schedule is out of whack, your body is **NOT** going to prioritize costly stuff like fat-burning and muscle-building.

DAY 10

I hope your legs aren't too sore from those squats - today's another deadlift day! Why should your legs matter? While the deadlift is certainly a fantastic "back" exercise, it's truly a full-body movement. Your quads, hamstrings, and glutes all have to contract extremely hard to get the weight off the floor, your lower back has to support it, and your lats are responsible for keeping the bar in close to your body. If any one of these areas is weak or fatigued, your strength and form will suffer big time. Here's today's back and biceps session:

WORKOUT:

A. Deadlifts: You're doing deads first this time, so there's NO excuse not to go heavy. Begin by working up to a top set of 5 reps, and try your damndest to use more weight than last time. Once that's over and done with, drop the weight by about 20 percent (you don't have to be exact), and do as many reps as possible. Rest for a few minutes, drop the weight another 20 percent, and once more get as many reps as you can. That's only 3 total sets, but each one should be a gut-buster!

B. Pull-ups: You'll be pretty shot after those deads, so take a few minutes before moving on. When you're ready, head over to the pull-up bar, and knock out 5 sets of 10 - with added weight if possible. If you can't do all 10 reps with your body weight, aim for 60 total reps this time, in as many sets as it takes. It's alright if you end up doing 2 or 3 at a time at the end - just make sure you get all the reps in.

C. Chest-Supported Row: Most gyms have some type of machine, chest-supported row. A plate-loaded variation is best, but go ahead and use a cable-stack machine if that's all you've got. With as much weight as possible, do 4 sets of 10 reps. There's no need to get sloppy here, so make sure your form is tight, and you feel a strong contraction in your back on every rep.

D. Close-grip Pull-downs: Back to my favorite "stretching" movement for back. Between the deadlifts, pull-ups, and rows, you're surely fatigued by now, but don't let that stop you! Just do 3 sets of 15 quality reps. You should still try to go as heavy as you can, but focus on keeping perfect form and feeling those strong stretches and contractions on every rep.

E. Dumbbell Curls: Don't do these like everyone else, wildly swinging the weights around. Curl both dumbbells at once, and keep your palms facing forward the ENTIRE time - don't turn them in and out as you curl. This kind of form will make the exercise much more difficult, but it'll also be much more productive for building the biceps. Remember, there's no need to get stupid with the weight on curls - you already did that with the deadlifts!

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. skinless chicken breast, 1/2 avocado

Meal 3: 6 oz. steak, 1 oz. almonds

Meal 4: 6 oz. whitefish, 1 oz. olive oil

Post Workout Shake: 50 grams whey protein, 1 banana

Post Workout Meal: 6 oz. skinless chicken breast, 2 medium potatoes

Here's yet another way to add variety to your meals - use that avocado as a "salad dressing." Mash it up smooth along with some vinegar, as well as any spices you like. Oh, and be sure to add some salt. Avocados can be pretty bland, but they really come alive once you salt them. Spread that "dressing" over spinach, kale, or any other salad greens, and add the sliced chicken breast. Not exactly the best meal ever, but it might be a real treat when you're on a cover model diet!

FITNESS MODEL TIP:

Cook in Bulk! If you have a full-time job, school, or any other time-consuming obligation, you simply **MUST** cook your food in bulk. Prepping every meal individually is a huge hassle, and there's no way you'll have time to do it every day. To ensure that you never miss a meal - or end up eating crap, instead - set aside a day or two every week when you'll cook lots of stuff in advance. Roast or grill your proteins, steam your rice, bake your potatoes, and chop your veggies. It'll make your life a whole hell of a lot easier in the long run.

DAY 11

Still hanging in there? It's time for another leg day! You've already thrashed your body with squats and deads, so like last week, you're going to focus on the leg press for this session. By the way, you CAN substitute the hack squat if you really want to, but I'm not a big fan. Most hack squat machines are hard on the knees, and they can actually put quite a bit of pressure on your lower back. I find the leg press to be a far better, safer leg-builder when your lower back is too tired for barbell squats.

WORKOUT:

A. Leg Press: Switch things up this time by using a different foot placement. If you went wide last time, go narrow this time, and vice-versa. If you used a medium-width stance last time, then it's up to you - just use something different. Once again, work up by adding one plate per side at a time, but this time, do 6 reps on every set. Hopefully, you'll be able to use an extra plate per side on your heaviest set. Keep going up until you get to a weight where you can only do 4 or 5. After that, take 2 plates off per side, and do 4 sets of 10. Yes, it'll be tough, but you can grind those reps out if you really want them! Don't let the burn keep you from kicking ass.

B. Dumbbell Stiff-leg Deadlifts: You've done stiff-leg deadlifts before, right? They're pretty simple. Keep a VERY slight bend in your knees, bend at the hips, and focus on contracting your hamstrings. Use the heaviest dumbbells you can handle for 4 sets of 15 reps, and don't be afraid to use straps. You can probably use more weight than you think, and your grip will likely give out before your legs do. This is the last thigh movement for the week, so don't hold back!

C. Standing Calf Raises: You're going to keep the calf training simple this time, but it's still going to be tough! After your warm-ups, do 5 sets of 12 with **ONLY 30 seconds** of rest after each set. You'll probably have to reduce the weight a little bit each time, but make sure you're always getting 12 reps. This might start off easy, but it'll really test your pain tolerance as the sets drag on.

D. Ab Wheel: A lot of lifters think this thing is a gimmick, but it's actually a fantastic tool for strengthening your abs. Do 3 sets of as many reps as possible - the exact number will vary wildly from person to person. If you're already used to the ab wheel and can do body weight reps all day, have someone put a 25 or 45 plate on your back to make it harder.

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. skinless chicken thigh, 1/2 avocado

Meal 3: 6 oz. steak, 1 oz. walnuts

Meal 4: 6 oz. whitefish, 1 tbsp. olive oil

Post Workout Shake: 50 grams whey protein, 1 cup berries

Post Workout Meal: 6 oz. salmon, 1/4 cup rice (measured dry before cooking)

By the way, have you been keeping an eye out for specials and sales at your grocery store? Buying all of this food can get pretty expensive, but you can keep costs down with some smart shopping. Always be on the lookout for price reductions on meat and poultry, and buy whatever veggies are cheap and in season. Oh, and check the freezer section if you're really strapped for cash. There's nothing wrong with frozen chicken breasts or fish, and they're often far cheaper than the fresh stuff.

FITNESS MODEL TIP:

Eat Fat to Lose Fat! As you may have noticed, this diet has quite a bit of added fat. Part of the reason is that you're going so low on carbs. You've got to have some form of energy to keep you going, and protein alone just won't cut it. Plus, you need to keep fat in your diet if you want to burn body fat. There's no such thing as an "essential carb," but your body **NEEDS** fats. This is why low-fat diets leave you feeling miserable!



DAY 12

Hey, you're over halfway done! With all this heavy lifting and hard dieting, your body is probably making some pretty amazing changes. If you've been sleeping well and getting all your meals in, you should be looking lean and feeling strong. If that's not the case, look at what you might be doing wrong. Are you getting to bed at the same time every night? Are you avoiding undue stress? Are you measuring your meals properly? Slack on any one of these things, and your results will be sub-par.

WORKOUT:

A. Military Press: This exercise can sure be frustrating, but you've got to do it if you want boulder shoulders! Last time you did 5 x 5, so today you're going to do 6 sets of 4. That should ensure that you get to use a little bit more weight, but don't get greedy and add 20 or more extra pounds to the bar. Unless you're an absolute beast on the overhead press, even a 10-pound increase probably represents about a 5 percent gain - that's awesome progress! Be sure you keep plugging away at the military press, even after you've finished the Cover Model Challenge.

B. Incline Dumbbell Press: This is a great upper-chest movement, especially when you don't have a spotter or training partner handy for a lift-off. Work up to a top set of 10 reps with as heavy a weight as you can handle. Then, do 3 MORE sets with that same weight, performing as many reps as you can get each time. That's 4 total sets.

C. Dips: Again, use the narrowest grip possible to make your triceps do the work. If you're strong enough to add extra weight, do 5 sets of 5 reps, each with as much weight as possible. If you're weak on dips, go for 60 total reps with your body weight. Oh, and make sure you're getting a full range of motion. Like the squat, the dip is one of the exercises that seems to make everyone want to cheat.

D. Reverse Pec Dec: You're going to use the pec dec, but not in the usual way. Set the handles as far back as they'll go, face the padding, and "raise" the handles to your sides. The movement should feel pretty much the same as the rear dumbbell raises did last week, and you ought to get a good pump in your rear delts. Do 4 sets of 20, and keep your form nice and tight. There's really no room for sloppy form on this machine.

Diet:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. salmon, 1 oz. almonds

Meal 3: 6 oz. skinless chicken breast, 1 oz. walnuts

Meal 4: 6 oz. steak, 1 tbsp. olive oil

Post Workout Shake: 50 grams whey protein, 1 banana

Post Workout Meal: 6 oz. whitefish, 1 large sweet potato

Remember how you froze those berries to add to your shake? You can do the same thing with bananas! Once your bananas are extremely ripe and brown, peel them and toss 'em in a freezer bag. When you're ready to make your shake, take one out, break it into pieces, and add it to the blender. In addition to their flavor, frozen bananas will add a great texture to your shake. If you cut down on the water, you can even get it to match the texture of soft-serve ice cream!

FITNESS MODEL TIP:

Cut the Stress! Stress is an absolute killer, especially when you're dieting. Daily struggles and aggravating people can really suck the life out of you, and you need to do your best to avoid them. Still, we all live in the real world, and some stress is inevitable. Do your best to stay calm and even-keel throughout the day, and take your aggression out on the weights. Poorly-managed stress can cause chronically-elevated cortisol, and that means low muscle mass and lots of belly fat - the exact opposite of what you're trying to achieve!



DAY 13

Once again, you're almost there! It's day 13, and this will be the last training session of the week. Your mind and body may feel spent, but you need to eek out just one more great workout before your rest day. Drink some extra coffee, find some new music, or do whatever you need to do to get amped up for the gym. Here's your second back and biceps session for the week:

WORKOUT:

A. Dumbbell Rows: Once again, my favorite back movement! You're doing them fresh this time, so there's no reason not to go as heavy as possible. If your gym doesn't have heavy enough dumbbells, try tightening up your form. I usually like to "cheat" a little bit on this movement, but that's only practical if you're working with super-heavy weights. Besides, using better form is just one more way to make progress from one workout to the next. Do 4 sets of 12, and like always, use straps if you need them.

B. Chin-ups: Remember, these are just underhand-grip pull-ups - a great way to work the lats **AND** biceps at the same time. Perform 4 sets of 8, and add extra weight if you can. If not, just do 60 total reps with your body weight in as many sets as it takes. Oh, and make sure you're pulling until your eyes are least level with the bar. You don't have to use a super-long range of motion, but don't kid yourself, either. A rep doesn't count if you didn't even get your head to the bar.

C. Close-grip Seated Rows: Nothing fancy here, just get a good stretch and contraction on every rep. Get 3 sets of 15 with a challenging weight, and you're done with the day's back work. Onto biceps...

D. Reverse Curls: These are simply barbell or EZ-bar curls done with your palms facing **DOWN** - a great exercise for your forearms. Keep your form strict, and try to bend your wrists back at the top of every rep. That'll force your wrist extensors to do most of the work. Do 3 sets of 12.

E. Incline Curls: This exercise is great for getting a huge stretch and strong contraction in the biceps. Set an incline bench at a high incline, sit back, and strictly curl the dumbbells up as high as you can. You'll need to go lighter than usual because the range of motion is so long. Do 3 sets of 10 with as much weight as you can handle with perfect form.

Diet:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. whitefish, 1 oz. tbsp. olive oil

Meal 3: 6 oz. steak, 1 tbsp. olive oil

Meal 4: 6 oz. skinless chicken thigh, 1 oz. walnuts

Post Workout Shake: 50 grams whey protein

Post Workout Meal: 6 oz. skinless chicken breast, 2 medium potatoes

Getting tired of almonds and walnuts? I usually recommend these because they're easy to find at any grocery store, and they're usually pretty cheap. However, feel free to substitute cashews, pecans, or other nuts if you'd rather have those. They're kind of pricey, but a little variety is sometimes worth the extra money. Just make sure that whatever kind of nut you're eating, you actually measure **ONE** ounce! Nuts are incredibly easy to overeat, and you can ruin a diet by consuming too many.

FITNESS MODEL TIP:

Don't Bulk Up! It's true that if you want to get significantly bigger, you'll probably have to add a little body fat at some point. However, that doesn't mean you should become straight-up **FAT** for the sake of gaining muscle. Even when you're in a gaining phase, keep your diet clean and add weight slowly. You're not going to get huge in a hurry, and you'll just have to diet that extra body fat off later. It's far more efficient to stay in decent shape year-round, and to diet hard when you want to get ripped. Don't start eating like crap once you're done with the RIPPED-Program!



DAY 14

Hey, you made it to the end of another week of the RIPPED-Program - congrats! Enjoy this off day because the final week is going to be pretty tough. You'll be peaking, a process which requires hard training, low-carb dieting, and super-strict manipulation of your water and food intake. It'll all be worth it, though, because on that last day, you'll be looking freakin' awesome! For today, just take a walk, relax, and mentally prepare for the days to come.

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 6 oz. skinless chicken breast, 1 oz. almonds

Meal 3: 6 oz. steak, 1 tbsp. olive oil

Meal 4: 6 oz. salmon, 1 oz. walnuts

Meal 5: 6 oz. skinless chicken thigh, 1 tbsp. olive oil

Again, no carbs - it's on off day, remember? You're trying to strip as much extra fat as possible, so there's no reason to be spiking your insulin with starch or sugar. However, if you haven't been eating many vegetables, NOW is the time to start. The extra fiber should help to start clearing extra water out of your system, which is exactly what you'll want for looking great on the big day. Plus, you're coming up on several super-low-carb days in a row, so you'll want to fill yourself up as much as possible with leafy greens.

FITNESS MODEL TIP:

Use Spices! As I'm sure you can tell, eating clean can get pretty boring - but it doesn't have to be! Learn to use all sorts of herbs and spices, and be sure to try new combinations whenever you get the chance. Also, eat **SPICY** food if you can handle it. Peppery, sweat-inducing dishes can actually boost your fat loss, especially when they're high in capsaicin - the fiery chemical in chili peppers. That extra sprinkle of cayenne does more than just add flavor!



DAY 15

I hope you rested up yesterday - today starts your weak-long peaking routine. You may lose a little more fat this week, but the main focus is on looking hard, pumped, ripped, and dry on the final day.

What does that require? First, your workouts are going to be a bit different. You'll still be doing a little heavy lifting to preserve muscle density, but you're also going to be doing a lot more high-rep, "pumping" kind of training. Not the kind of thing that produces the most long-term results, but it WILL make you look jacked as hell in the short term. There's a reason why bodybuilders and fitness models "pump up" before they go on stage!

Also, your diet is going to get harder, so be prepared. You've been taking in around a hundred grams of carbs on training days, but that's got to stop if you want to wring all that water out from beneath your skin. Most people sodium makes you bloated, but most of the time, carbs are the real culprit. Combined with high-volume training, a few days of super-low carbs will essentially "drain" most of the glycogen and water from your muscles and skin. Once you reintroduce carbs - lots of them - your muscles will soak them up like sponges. You'll look full and jacked, but more defined than ever.

So, without further ado, let's get to the first training session of peak weak. As usual, you're going to start with leg training. That's critical, since you're going to be too tired later in the week for such a brutal training session. And don't worry, you're only going to do hard lower body work once this week.

WORKOUT:

A. Squats: Nothing fancy this time around, just some heavy lifting to retain that awesome density in your legs. Work up to a top set of 5 reps, then drop the weight and hit a set of 10. No need to do more than that, as you're now going to focus on some higher-volume pump work.

B1. Leg Curls: Start this super-set with lying leg curls. Do a set of 15 reps with a moderate weight, and then move onto the leg press with NO rest. The whole point is to do the presses while your hamstrings are still pumped.

B2. Leg Press: Make sure you get your warm-ups done before you start super-setting. After each set of leg curls, do a set of 20 - that's right, TWENTY reps with a moderate weight. You should use a challenging weight, but you don't need to be blowing a gasket on the last few reps of every set. Do 4 total rotations of leg curls followed by leg presses.

C. Barbell Lunges: You're going to be doing lots of reps, so you don't want to be worrying about holding onto a pair of dumbbells. Put a moderately-weighted barbell on your back, and do 20 steps per leg for 4 total sets. Again, you don't need to bust a gut on these sets - the whole point is to get a great pump and burn.

D. Seated Calf Raises: As usual, you're going to do lots of pain-inducing reps on the calf raise! Just load a 45 and a 25 onto the machine, and pound out 100 reps in as few sets as possible. Don't worry about going heavier than that today - you'll already be spent!

E. Crunches: Heavy ab work is your best bet for really strengthening your midsection, but you want your abs to really come out. Just head over to a mat and pound out 5 sets of body weight crunches - as many reps as you can on each one. This isn't fancy, but it'll burn, and it should make your abs look a little more defined on the final day.

DIET:

Meal 1: 6 eggs, 1 tbsp. peanut butter

Meal 2: 8 oz. skinless chicken breast, 1/2 avocado

Meal 3: 8 oz. steak, 1 tbsp. olive oil

Meal 4: 8 oz. salmon, 1 oz. almonds

Post Workout Meal: 8 oz. skinless chicken thigh, 6 oz. potato

You may have noticed a couple of differences from last week. First, there's no post-workout shake. While whey protein is great at most times, you want to cut out ALL dairy products during peak week - even whey! The little bit of lactose it contains can potentially screw things up, especially if you're intolerant. Also, you absolutely need to measure those potatoes in the post-workout meal - no eyeballing "large" or "medium" this time around. You've got to be exact to keep the carbs super-low.

FITNESS MODEL TIP:

Train Opposing Muscle Groups Together! Whether you're peaking for a photo shoot or training for mass, training opposing muscle groups in the same session is a great way to build mass. Today, you're super-setting leg curls and leg presses, which should give your legs a gigantic pump. The same principle applies if you have an arms-only day: training biceps and triceps together gives a great pump and more overall growth.

DAY 16

Between the high volume and low carbs, your legs are probably still spent from yesterday's workout - but don't worry! You're done with hard leg training until after the big day. Today, you're going to be doing a bit of a different upper-body workout. Since you'll be working arms later in the week, you're just going to hit chest and shoulders today. High volume and high reps will be the name of the game, and you'll have a huge pump when all's said and done. Here's the workout:

WORKOUT:

A. Bench Press: You're doing this heavy movement for the same reason as the squats - preserving muscle density. Higher reps are critical for getting a great pump, but you'll end up looking kind of deflated if you cut out all the heavy lifting. Work up to a top set of 3 reps, and make sure you use a spotter. Then, drop the weight by just a bit, and bust out another hard set of 5.

B1. Incline Dumbbell Flies: Set a bench at a moderate incline for this super-set, and warm up with some light flies. Then, use as heavy a weight as possible for 12 reps. Since these are flies - not presses - you're not going to be able to go THAT heavy. Don't let your ego take over, as you need to keep your form strict.

B2. Incline Dumbbell Bench Press: As soon as you get your last rep of flies, change form and start doing dumbbell **PRESSES** - without letting go of the weights! Do as many reps as you can - should be somewhere around 10 or 12. Rest a couple of minutes, then repeat this cycle for a total of 4 super-sets.

C. Flat Dumbbell Press: Move on over to a flat bench, and do 3 sets of 20 reps on the dumbbell press. At the end of each set, just get into the bottom position of a dumbbell fly, and hold it for 30 seconds. With the huge pump you've already got going in your pecs, this will produce a HUGE stretch. It'll also make your chest look fuller and wider - especially when you pump up a few days from now.

D. Side Dumbbell Raises: You know the drill here! 4 sets of 20 reps, and this time - keep extremely tight form the entire time. That might mean you have to go a little lighter, but that's okay. Your main objective is to get as big a pump as possible in your delts.

E. Reverse Pec Dec: You're going to spent after all this dumbbell work, but you still need to work your rear delts. Head back to the pec dec, and set it up like you did last week, facing the machine. Again, do 4 sets of 20, staying super strict the whole time. By the end of this workout, you'll have a tremendous shoulder pump, and you'll like a hell of lot wider than you did when you walked into the gym!

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 8 oz. skinless chicken thigh, 1/2 avocado

Meal 3: 8 oz. salmon, 1 tbsp. olive oil

Meal 4: 8 oz. steak, 1 oz. almonds

Post Workout Meal: 8 oz. whitefish, 6 oz. sweet potato

You can substitute white potato for sweet potato if you want, but NO rice this week. Rice is a grain, and even "healthy," whole grains have a tendency to cause some water retention. It's not something you'd notice most of the time, but it could make a difference when you're trying to get cover-model ripped! Don't worry, though, there are some tasty treats to come...just get through the rest of this week of hard-ass dieting.

FITNESS MODEL TIP:

Find a Hobby! No, this isn't some kind of self-help crap - a hobby can really assist you on this diet. When you're dieting hard AND training to the max, it's easy to become preoccupied with food. To avoid cheat meals and the general stress of strict eating, find something fun or productive to take your mind off of food. Reading, video games, whatever - just don't spend all day obsessing over your next meal! And remember, you'll have plenty of time to relax once this is all done. Three weeks isn't that long in the grand scheme of things.



DAY 17

Your legs may be tired, your chest may be thrashed, but you can still work your back, right? Of course! Don't worry, though, you get this week off from deadlifts. There's no need to overdo the lower body work when you're so low on carbs, and there are more productive exercise for pumping the lats and traps. Here's today's session:

WORKOUT:

A. Pull-ups: In lieu of deadlifts, pull-ups are going to be the heavy lift for the day. Do 5 sets of 5 with as much weight as you can handle. Even if pull-ups aren't your strong suit, you should be able to add some extra weight for such low reps. Don't worry if you've got to decrease the load a bit as the sets drag on, though - just get 5 hard reps every time.

B. Close-grip Barbell Row: Use a narrow, roughly shoulder-width grip to emphasize your traps and upper back. Also, go much lighter than usual, and be sure to squeeze as hard as possible at the top of every rep. You don't need to hold the contraction for a pause or anything, but you should really feel your shoulder blades pinching together. Do 4 sets of 15, and don't use too much sway or swing. Remember, you're going for a big pump today.

C. Underhand Pull-downs: Grab a straight bar attachment for the pull-down station, and use an underhand, chin-up style grip. Also, whether or not you bring your chin over the bar when you do chin-ups, pull the bar all the way down to your upper chest for this exercise. Do 4 sets of 15, and of course, get a full contraction and hard stretch during every rep.

D. Close-Grip Seated Rows: Back to this movement one last time! Hopefully you aren't too gassed by the time you get to it; it's going to be tough. Start with a set of 15 reps, and use PERFECT form. Rest 30 seconds, then do as many reps as you can with that same weight. Rest another 30 seconds, and one more time, bust out as many reps as possible. Rest as needed, then complete that same routine a second time. That's just 2 "sets," but each one is prolonged and brutal.

DIET:

Meal 1: 6 eggs, tbsp. butter

Meal 2: 8 oz. whitefish, 1 tbsp. olive oil

Meal 3: 8 oz. steak, 1 oz. walnuts

Meal 4: 8 oz. skinless chicken thigh, 1/2 avocado

Post Workout Meal: 8 oz. skinless chicken breast, 6 oz. potato

Just another strict day as far as diet is concerned. At this point, you want to start dropping most of the salty condiments you might be using, as well as any artificial sweeteners. The chemicals in those products probably aren't that harmful, but they can definitely cause you to retain water, so it's best to flush them out now. Also, start drinking TONS of water, now and for the next three days. 2 gallons is the bare minimum, with 3 being even better. Just like fat, you've got to give your body a steady supply of water if you want it to drop the excess hiding beneath the skin.

FITNESS MODEL TIP:

Cheat to Win! Cheat meals and re-feeds have a place in almost every diet. No, that does **NOT** mean you can afford to replace any of your planned meals with an impromptu pizza. But carefully planned overeating can actually be a great way to accelerate fat loss. That's not part of this short, 3-week plan, but any time you're dieting for a few months in a row, you had better be throwing in some cheat meals. When you're depleted and on low calories, a brief influx of tons of food is a great boost to your metabolism. Still, cheat meals are only useful when you've truly been dieting hard for a week or more.



DAY 18

Day 18 - you're almost there! Today's the last day of training before the big day, so hit it hard. You're going to do some arm work, but you're also going to have to run through a full depletion workout. What's that? Basically, it's a session DESIGNED to exhaust you, wringing every last bit of glycogen and water out of your muscles. You've got to work through the pain and exhaustion, though, because this is the most crucial step in looking amazing for your event. Depleting allows for something called super-compensation - your carb-starved muscles will soak up every last bit of sugar and starch you ingest, causing them to look even more pumped and full than normal. Without further ado, here's today's long, tough workout:

WORKOUT:

A1. Dips: You're working arms, but you should still start with a pretty heavy exercise. Do weighted dips for 4 sets of 6. After every set, immediately go to the second exercise - hammer curls.

A2. Hammer Curls: Nothing fancy here. After every set of dips, do a set of 15 reps with picture-perfect form. You're doing 4 sets of dips, so you'll also be doing 4 sets of hammer curls.

B1. Pushdowns: Grab a straight or slightly angled handle, and head over to the cable stack. Do 4 sets of 20 on pushdowns, and keep your form strict. Remember, the goal is a huge triceps pump, so there's no need to get crazy with heavy weight and sloppy form. After each set, immediately move onto B2.

B2. EZ Bar Curls: Keep a loaded EZ bar right next to your pushdown station. After each set of pushdowns, immediately do a set of 12 curls. Again, 4 total sets. You can use a tiny bit of swing, but still focus on working your biceps as much as possible.

C. Leg Press: I know, I know, I said no more HARD lower body training, but you've still go to deplete the glycogen and water from your legs. Load up a moderate weight that would allow you to get around 20 reps in a single set. Then do 5 sets of 15 reps. Your legs should feel pretty wobbly after this, especially after eating so few carbs all week.

D1. Machine Chest Press: Pick a machine, any machine - it doesn't really matter for this workout. All you're trying to do is deplete your muscles of carbs and water, and you're just going to focus on the contractions. Do 5 sets of 20 reps, and don't blow a gasket on any of them - just work hard.

D2. Machine Row: After every sets of chest presses, hop on over to a machine row and do the same thing - a set of 20 reps. If you're just too damn tired to super-set, you CAN do these exercises one at a time, but I'm guessing you want to get out of the gym in a hurry...you're going to be hungry, tired, and probably a little irritable.

C1. Machine Overhead Press: Nothing new here - just 5 sets of 20. If it's more convenient for the super-set, you can also just take some dumbbells over to the pull-down station and press with those.

C2. Pull-downs: It doesn't matter which grip or attachment you use, but use a complete range of motion, and hold each rep for a slight pause in the contracted position. Do 5 sets of 20, super-setted with the overhead presses.

Finally, you're done! On paper, this looks like a workout designed to produce an insane pump. In reality, that might not happen. In fact, if you're as depleted as you should be when it's over, you **SHOULDN'T** have a pump - you should look depleted, flat, and somewhat small. Don't fret over your temporary appearance, though, because it's all part of the plan. Once you start carbing up, you'll be amazed at the overnight changes to your physique.

DIET:

Meal 1: 6 eggs, 1 tbsp. butter

Meal 2: 8 oz. skinless chicken breast, 1/2 avocado

Meal 3: 8 oz. steak, 1 oz. almonds

Meal 4: 8 oz. whitefish, 1 tbsp. olive oil

Post Workout Meal: 8 oz. skinless chicken thigh, 1 oz. walnuts

That's right, no carbs today, even though you trained. To truly deplete, you've got to avoid any and all carbs other than vegetables. Keep up with the leafy greens, but avoid starch and sugar like the plague. Even a little bit can throw off the delicate peaking process. Oh, and remember to keep your water intake up, too. It may sound counter-intuitive, but drinking tons of water actually "flushes" the rest of it from under your skin.

FITNESS MODEL TIP:

Get off the Couch! Before you ever worry about adding slow, steady-state cardio to your routine, just look at your activity levels. Are you sitting down most of the day? Are you parking right in front of the grocery store? Are you slouching while you're at your computer? If so, just try getting up and moving around. It's incredible how much you can increase your metabolic rate and overall calorie expenditure by simply standing and walking. It's also far more time-efficient to move around during your normal activities, instead of slaving away for hours on a treadmill.

DAY 19

It's an off day, and probably the day you've been waiting for - you get to start carbing up! Don't get too excited, though, because you still need to keep things under control. Eating carbs can set off cravings for TONS more of them, but you've got to show some restraint. Go hog-wild too early, and you'll get totally bloated.

Oh, and **STOP POUNDING THE WATER!** Once you start carbing up, you can't afford to take in excess liquid - it'll only get stored under your skin. Sip here and there if you're dying of thirst, but otherwise keep things dry. Don't add super-salty condiments to your food, either. A sprinkle of salt is fine here and there, but tons of it will likewise leave you bloated.

DIET:

Meal 1: 8 oz. whitefish, 1 oz. walnuts

Meal 2: 8 oz. steak, 1 tbsp. olive oil

Meal 3: 8 oz. skinless chicken breast, 1/2 avocado

Meal 4: 8 oz. salmon, 8 oz. sweet potato

Meal 5: 8 oz. skinless chicken thigh, 8 oz. sweet potato

By the way, those carb meals are **NOT** post workout meals, and you do need to eat them in the order written. The idea is that you're kind of continuing the depletion throughout the first part of the day, avoiding any water retention and continuing to burn a little fat. You'll start eating some carbs at night, and continue the super-compensation throughout the day tomorrow.

Also, make absolutely sure you're relaxed! Not only did you set aside these days so you can get your meal times on point, you need to make sure you de-stress and take it easy. Believe it or not, your mental stress can easily lead to physical stress, and your body will not look good if you're angry, sad, or otherwise upset. Nap, meditate, read, do whatever it is you do to unwind. Avoid negative people like the plague, and above all, sleep as much as you need and more.

FITNESS MODEL TIP:

Cut the Wheat! If you're trying to look as lean as possible, you should probably cut wheat out of your diet, or only eat it with cheat meals. Even if you're not gluten-intolerant, wheat has a tendency to cause bloating and massive water retention. I've seen people BLOW UP overnight after splurging on doughnuts, breads, and other floury treats. Stick to rice, oats, and other gluten-free grains, or better yet - get your starch from potatoes and sweet potatoes. In general, the less processing that's necessary for a food to be edible, the better.

DAY 20

You're almost there! Today's your main carb-up day, and you'll probably be able to afford some tasty treats if your physique is on point. Plus, you get to take another day off from the gym. We all love to train, but when you're on an all-out program like this one, you just get burnt out. That's why you don't embark on a get-ripped-quick diet all year long!

And, just to be clear - **DO NOT START DRINKING TONS OF WATER.** I might sound like a broken record, but this can't be stressed enough. You're still carbing up, and you still can't afford to be taking in excess liquids. The small amounts you sip between meals will help your muscles fill out, but you'll totally screw things up if you start glugging away your thirst.

DIET:

Meal 1: 8 oz. sweet potato, 4 oz. skinless chicken breast

Meal 2: 8 oz. sweet potato, 4 oz. skinless chicken breast

Meal 3: 8 oz. sweet potato, 4 oz. skinless chicken breast

Yes, those first three meals are **BORING** - but they've got to be strict if you want to look full, lean, and tight. Once you get into the afternoon and early evening, you can probably start eating some junk. Check the mirror, and see how look. You should appear a lot bigger than you did at the end of the depletion workout, and your skin should be pulled tight like never before!

If that's the case, then start eating some junkier carbs. Kids' cereal, breads, pancakes, and even syrups and jams are fair game. However, you've still got to keep things dry. No dairy and no excess water. If you feel like I've rained on your junk food parade by saying that, just think about the time and effort you've already put into this. Trust me, you can survive an evening of pastries and dry cereal!

Also, you want to avoid the "healthy" carbs like oats, whole wheat bread, and other high-fiber stuff. Those foods digest too slowly, and they could actually make you look and feel bloated. There's a good reason I'm recommending the "bad" foods! In your current state, they're actually going to help you achieve your goals.

What about amounts? You'll really just need to keep a tight eye on your physique. Try taking in about 50 grams of carbs every hour, and be sure to constantly check how you're looking. If you start smoothing out, STOP! You can keep eating small amounts of dry protein like chicken or fish to stave off hunger, but you'll need to reign in your carb-fest if you want to look good tomorrow. You may have to put the fork down around 4 or 5 PM, or you may be able to keep pounding carbs all night. It really just depends on how your body responds.

FITNESS MODEL TIP:

Find the Right Carbs for You! There's a ton of talk about the best sources of starch. Some guys swear by oatmeal, while others stick to sweet potatoes and rice. And then, of course, there are the genetic freaks that gobble breads and cakes without ever getting fat. Ultimately, you'll have to find what works best for your body. You may find that you get fat from eating wheat, but that you feel lean and strong eating the same amount of carbs from rice. If you want to fine-tune your nutrition for the long term, you'll need to use some trial and error to find out how your body responds.

DAY 21

Here it is - the big day! Do **NOT** drink any water yet, at least not until you've seen how you look. If you're still looking small and depleted, pound another hundred or so grams of starch from sugary cereal. If you're looking smooth and blurry, eat nothing but a few ounces of dry, unsalted fish. If you're looking great, then just have a few ounces of chicken and another sweet potato. You can take a few sips of water if you're desperately thirsty, but otherwise stay away.

About an hour before your photo shoot or outing, you're going to want to pump up. This doesn't require a full gym, and in fact a couple of light weights or a resistance band will work just fine. Do push-ups, band pull-aparts, side raises, curls, and pretty much any other upper body exercise you can think of. Just keep things super-light and easy, and do tons of reps until you've got a skin-popping pump. For your legs, just do some body weight squats, nothing crazy. You want most of the blood flow in your upper body, especially in your shoulders and arms.

What to do when you're at the actual event? That depends on what it is! If you're going to a photo shoot, just keep sipping tiny amounts of water and pumping up as needed. If you're going to a beach or a party, then it's really all up to you. You'll obviously look best if you keep things strict, but you may just want to let loose once everyone's seen how awesome you look. If you've been keeping a close eye on your carb-up (like you should have been!), then you can probably afford to indulge in some snacks without doing much damage. Beer will probably bloat you up, but wine or hard liquor may actually dry you out even more. And, as a rule of thumb, any amount of food or drink that leaves you stuffed is also going to make you look smooth and bloated. You can enjoy yourself, but keep things light and moderate.

FITNESS MODEL TIP:

Set Some Long-Term Goals!

You've finished the Ripped-Program, but you hopefully have a lifetime of training ahead of you. Remember, a great physique cannot be built in a day. You may be able to refine and unveil an incredible body in three weeks, but it takes years to develop that thick, dense muscle you're after. Train heavy, eat clean, and rest well all year 'round - that's what'll really transform your physique!



TIME TO GET SERIOUS

I hope you enjoyed the 21d Day Ripped Official Book. Check out the new BBF 2.0 Member's Area where you'll find my awesome new eBooks, meal calendars, workout routines, videos, and even discover my favorite supplements. Check your email for membership login details.

You can login at:

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I'll see you on the inside.

-JW

