

LEAN BODY SERIES

MUSCLE BUILDING GUIDE

TASTER



DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program as well as making any nutritional changes in order to determine if it is right for your needs. The Fat Loss Guide by Lean With Luke offers health, fitness information and is designed for educational purposes only.

You should not rely on the following material and all subsequent information as a substitute or replacement for professional medical advice, diagnosis, treatment, or rehabilitation. Lean with Luke is not liable for any injury prior to; or whilst using this plan. The use of any information provided, distributed, and promoted are to be used solely at your own risk. Don't perform any exercise without proper instruction.

All exercise poses possible risk of injury, depending upon your underlying medical condition. We advise everyone to take full responsibility for their safety and know their limits. Do not take risks beyond your level of experience, expertise, training and fitness level. Don't perform any exercise unless you have been shown the proper technique by a certified fitness professional (personal trainer or certified strength and conditioning specialist).

Any supplements featured within the guides are optional and must be taken in strict accordance with manufactures recommendations.

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LUKE'S VISION

Ideally, I want to get the world fit and healthy, body and mind. I feel that each of us can push our limits physically and mentally to create the BEST versions of ourselves. Changing the way we eat, exercise and think.

Put all your efforts in to this plan and you will get the desired results, train mean stay lean!

I hope by the end of this plan you will look better, feel better and think positively for the future.

- Luke Teuma



WITH THANKS TO...

MYPROTEIN[®]
FUEL YOUR AMBITION

We are now affiliated with Europe's #1 Supplement brand Myprotein. A truly great brand selling a range of high quality supplements to aid your goals. Any of the supplements suggested in this plan will be from this store and are highly recommended!

Use the code **LUKE10** at checkout for **10%** off your order!

VISIT SHOP

musclefood
Premium nutrition for peak performance

After I reviewed the food offered at musclefood.com I found the products they sell are of the highest quality! From meats, snacks and much more!

IF YOU ARE A NEW BUYER!

Use the code : '**LT255740**' at checkout to get some free food!



ABOUT THE PLAN

The Lean Muscle Building Guide is designed to be a simple but effective way to have a well structured gym and diet plan to help gain more muscle than you have before!

The guide consists of essential good and bad food lists, full week by week training regime and also supplement suggestions. By following this plan you will not only look better, feel better and be looking more muscular, but will have the fitness levels to match it too.

The guide takes you through your diet and training requirements and educates you along the way. We would advise that you read the guide start to finish before starting to get a good overview of what the guide consists of.

We have a FAQ page at the end of the guide for questions we thought you may ask! if you have any more feel free to tweet us @leanwithluke In addition we also have a glossary to explain certain terminology used.

We love nothing more than sharing your journey with you, be it on Twitter, Facebook or Instagram. You should be proud of showing off your achievements so do send us your progress photos, and positive words over social media, using the hashtag #LeanWithLuke or via email to leanwithluke@gmail.com

Congratulations on joining part of the Lean Team!

- Luke Teuma



HOW TO MONITOR PROGRESS

Monitoring progress is always a crucial part of any fitness goal. In the 12 week lean fat loss guide we would love to hear how your getting on during the process! Our top ways to monitor progress include:

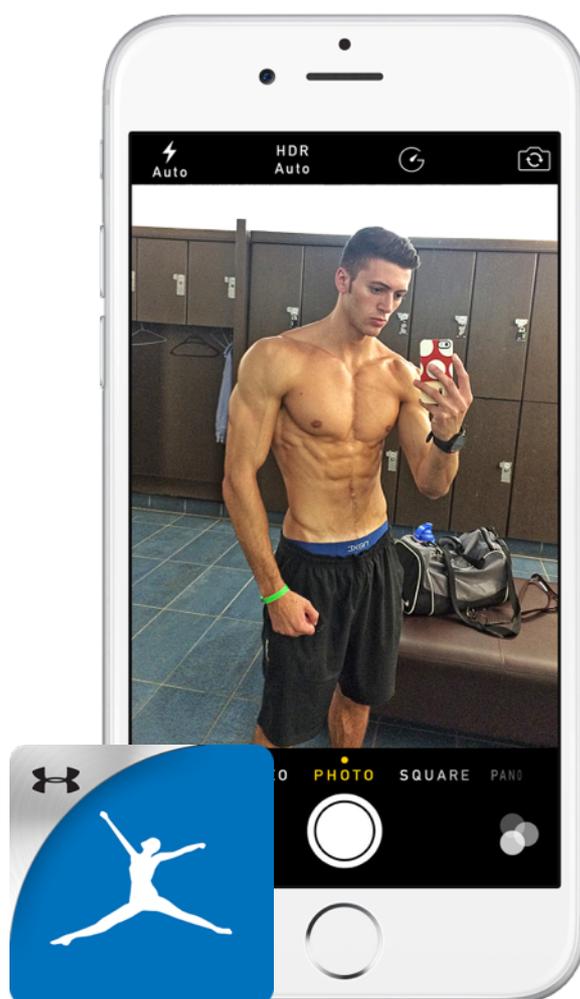
- Take measurements every 2 weeks
- Take a photo (front, back, side and full length) every 2 weeks

These methods are quick, easy and don't lie! you cant change a measurement and the camera never lies!

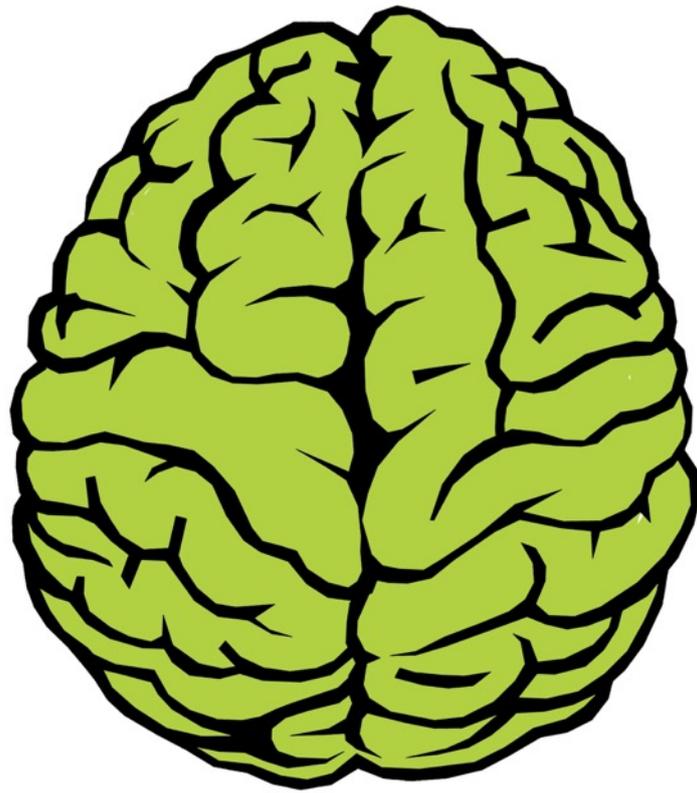
If at any point you have any queries or questions feel free to tweet us, Facebook us and email too!

Use this image to the right as an example!

- Clear on your whole body and face
- Includes upper and lower body if possible
- Use similar lighting each picture and downward lighting if you like!
- Take either pre or post workout
- Try using only small shorts / fitted clothing
- We also suggest to use 'My Fitness Pal' app to record food and calorie intake!



LEAN MIND



WHAT IS A LEAN MIND?

Having the right attitude and approach to life is so important for overall health but also to get effective fitness results. We think its just as important to work on your mind, to use it to your advantage, and push past mental boundaries to achieve things that you may not normally think is possible.

Where the Mind goes the body follows. Always remember everything you do is initiated from your brain before you do it! So if we can channel positive energy and thoughts to our brain, they will be exerted through not only your training but in everyday life too. Negativity is something which we all come across, some more than others, but we truly believe this is something that can be overridden when worked on! The more positive and happier you are with your mindset and outlook to everyday life, the better your training and results will be.

Goal Setting

We all have things we mentally need to improve on or would like to improve on. Like setting fitness goals, we would like you to set some mental goals as well, so you can get a leaner mind as well as a leaner body.

The next page will be where you decide your 3 goals. These can last for as long as you like. If you want them to last for longer than 12 weeks or possibly even make your long term goal 12 weeks long it is completely up to you.

Copy out your goals on to some paper, and stick it somewhere where you will see it every day to make sure it is reemphasised to you each day!



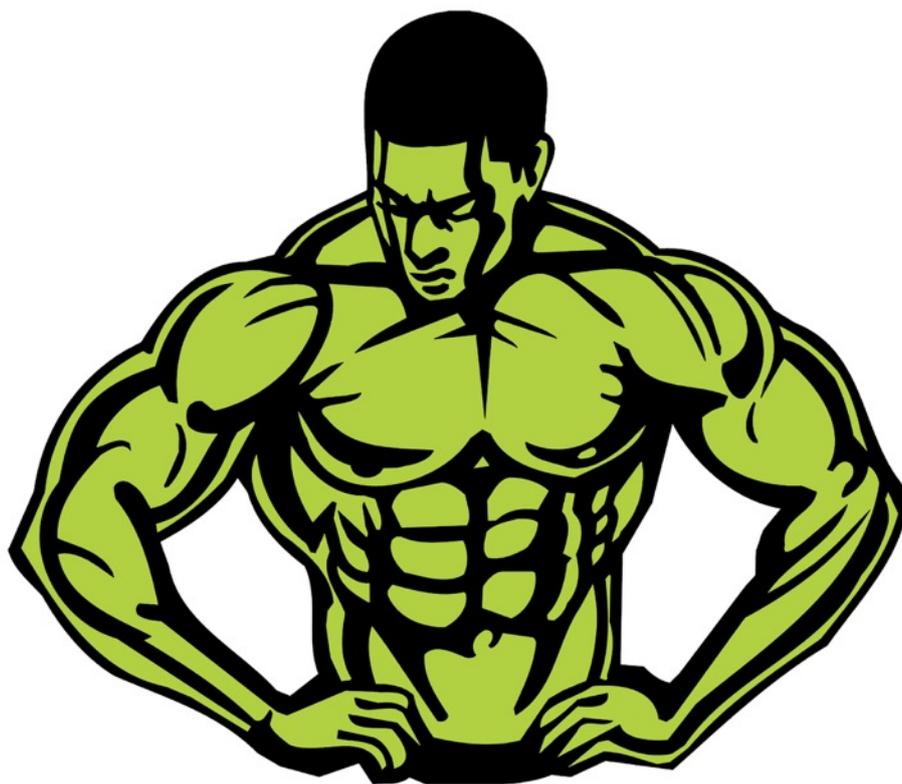
LEAN MIND: GOAL SETTING

1. SHORT TERM

2. MEDIUM TERM

3. LONG TERM

LEAN BODY



WHAT IS A LEAN BODY?

What is being Lean? Is there really a perfect definition? We don't think there is. Fitness is a personal journey, the only person you need to be better than or compete with is yourself! Getting leaner is a great way to challenge yourself to see if you can push boundaries to become fitter, healthier and stronger.

So why do we want to be lean? Our health is everything, without money, work, or anything else in this world, the only thing as individuals we all have is our health. If we are overweight, if we are internal unhealthy, it increases your risk of many diseases and illnesses which affects the way we move, interact and live. Therefore being lean is essential. Whether you're young or old, you want to move well, perform well and live well. Take care of your body and it will take care of you.

Goal Setting

We all have things we mentally need to improve on or would like to improve on. Like setting fitness goals, we would like you to set some mental goals as well, so you can get a leaner mind as well as a leaner body.

The next page will be where you decide your 3 SMART goals. These can last for as long as you like. if you want them to last for longer than 12 weeks or possibly even make your long term goal 12 weeks long it is completely up to you.

Copy out your goals on to some paper, and stick it somewhere where you will see it every day to make sure it is reemphasised to you each day!



LEAN BODY: GOAL SETTING

1. SHORT TERM

2. MEDIUM TERM

3. LONG TERM

THE DIET



ABOUT THE DIET

Our aim is to build muscle, so how do we achieve that?

We need to have what is called a positive energy balance. In simple terms, this means we are eating more calories than our body needs. For example, if your body needed 2500 calories a day and you ate 3000 a day, you'd gain weight, but, if it was from bad choices, we'd gain more fat than muscle. On the other hand, if you then ate 3000 calories worth of food from good choices, you'd gain weight but a large amount of muscle too. So be careful on what you're eating and how much whether its good or bad foods.

Key Points

- Stay clear of trans fats and sugary foods
- Limit red meats, High GI Carbohydrate sources and foods high in mercury.
- Eat mainly animal, dairy and plant proteins.
- For carbohydrate choices choose more calorie dense carbs
- Eat lots of Protein and vegetables!



WHAT WE SUGGEST

- Have **at least** 4 meals a day, this is to keep your blood sugar levels balanced, this prevents your body getting a lack of nutrients, and if we go without food for too long, you're asking for your hard earned muscle to slowly waste away!
- Try to eat every 3-4 hours to keep protein feeding to your muscles keeping them full and on leading to atrophy (muscle loss)
- Are supplements essential? We suggest BCAA (5-10g) during training to prevent muscle breakdown and keep the body fuelled with protein.
- Protein shakes are **NOT** essential, but if it helps you quickly get the protein intake you need quickly due to a busy job or hectic lifestyle then do so! Also, if you find it hard to eat and consume the optimal amount of calories / macros in a day then a protein shake would be a big help!
- Avoid sugar! Keep your total sugar intake to a maximum of 25% of your total carb intake for the day.



MACRONUTRIENTS

What are macronutrients?

Macronutrients or most commonly know as 'macros' is just the amount of protein, carbohydrates and fats in the foods we eat.

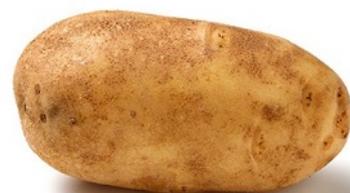
Why are they important?

Each macronutrient helps the body in different ways, so not only knowing how many calories we eat will get us to get lean, but knowing how much of each individual macro we should have in order to maintain muscle and shed fat.

Protein (4kcal per 1g) : It is used to build and repair tissue, as well as regulating hormonal processes and building enzymes. To maintain/ build muscle, it is essential we maintain a positive nitrogen balance (more muscle tissue overall being built than broken down) by eating good quality protein every 3-4 hours.



Carbohydrates (4kcal per 1g) : These are the body's primary energy source, but when cutting we want our body to get its energy from our fat reserves. Eating carbohydrates causes our body to release insulin, turning our body towards burning carbohydrates, lessening the amount of fat and muscle we burn.

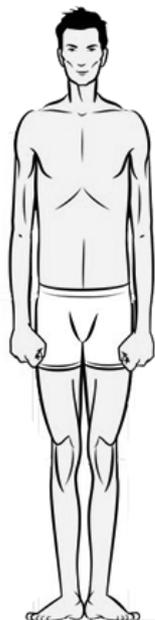


Fat (9kcal per 1g) : This macronutrient is incredibly important for the human body, without it the body could not function properly as it helps to regulate hormones effectively. Fat holds food in the stomach for longer before passing into the intestines, slowing its digestion time.



WORKING OUT YOUR CALORIES

What are Somatotypes?



Ectomorph



Mesomorph



Endomorph

Ectomorph: Finds it hard to gain weight, sometimes muscle and fat, difficulties to keep on weight with a fast metabolism

Mesomorph: Usually finds gaining muscle easy but also some fat, athletic build and gain gain and lose weight easily.

Endomorph: Can gain muscle but also fat very easily too, usually a stocky build and finds it slower to burn fat with a slow

Although these are the 3 types, this doesn't necessarily mean you are only one of them. Some people are one and most people are probably a mixture of two or even three.

As we can see from each description, each somatotype has different builds and requirements therefore need slightly different nutritional intake. The next page will show you your personal calorie amounts using which body type you are most closely linked to.

WHY NOT GET STARTED?

Visit our store to get the full guide!

URL: http://www.leanwithluke.co.uk/store/p19/Lean_Body_Series_%3A_Muscle_Building_Guide.html

