



GULSHAN KUMAR presents



GURU MANN'S

MUSCULAR



8 WEEK FAT LOSS PROGRAM



2015 RESOLUTION
BURN FAT & BUILD MUSCLES

MUSCULAR 8

e-Book

Fitness Guideline | Veg & Non-Veg Nutrition Plan | Workout Plan

By Guru Mann

Diet Principles & Guidelines

1. Burn Fat at an extremely efficient rate
2. Keep metabolism at an optimal rate throughout the diet
3. Promote optimal Recovery
4. Maintain Muscle Mass
5. Emphasize your ability to maintain a High energy level in the Gym.

Nutrient and Macronutrient Balance

You will never reach your goal of becoming shredded, if your body does not receive a proper balance of macronutrients and micronutrients. This must be distinctly understood, or nothing good can come out of this article! In other words, if you try and force your body into a state of fat burning, by starving it of one or more nutrients, you will hit a plateau in a head on collision that won't be easy to recover from that being said, it is my intension to include everything in your diet so as to keep your body running at 100 percent of its capacity, and in turn it will reward you by maintaining a high metabolic rate. Lets analyze these concepts:

MACRONUTRIENTS //

Proteins You will get plenty of protein in this diet. Each meal will be chalk full of this vital food source. Too many people make the mistake of lowering their protein. This is one of the most costly things you can possibly do! Without adequate protein you will lose your muscle at an extremely high rate and sabotage your fat burning efforts.

Fats Those who say all fats are bad for you are, of course, dangerously incorrect. As it turns out, **plant-based fats are powerful cancer fighters**, If you want to prevent cancer, or you're currently battling colon cancer, prostate cancer or breast cancer, it is essential to get plant-based fats into your diet on a daily basis. **The healthy fats include extra-virgin olive oil, flax seed oil, and fats from plant sources such as nuts, seeds, peanut butter and coconuts.** They also improve your cardiovascular health and fight weight gain and obesity

Carbs All of your carbohydrates will come from fibrous sources. You will not be allowed any simple sources unless you are taking in your post workout shake. The role they will play is to spare protein, maintain energy levels in the gym, and also induce the release of insulin post workout. Remember, after you workout, your body releases cortisol (see take your fat burning to the next level) at an unmatched rate! Cortisol has been proven to lower thyroid hormone output. The lower your output in this area, the slower your metabolic rate will become.

MICRONUTRIENTS //

Vitamins & Minerals A game that many athletes play with their diets is to regular intake their vitamins. In other words, they take them when they feel like it, and that is a rarity! You need to take a multivitamin and multi mineral everyday without fail.

ESSENTIAL SUPPLEMENTS //

I will emphasize two supplements that everyone should take during MUSCULAR 8 program.

Whey Protein I highly recommend to everyone is a quality protein supplement. Protein supplements can make your life much easier and make sure you don't miss out on this essential nutrients. Protein is everywhere. Everything you see in the mirror is protein—your hair, your skin, your eyes, and your muscles. Protein is responsible for tissue growth and repair. Protein supplements can be taken at any time during the day when you need a snack or a meal replacement. But I recommend taking a protein shake directly after your workout so that you can give your muscles the nutrients to kick start recovery and growth.

Remember to follow the serving size as it's recommended for each individual protein supplement so that you don't overdue the calories. Watch MUSCULAR-8 **“POST WOKOUT”** video for more info.

Pre Workout A good pre-workout supplement will cover your bases with quality branched-chain amino acids, creatine, beta-alanine, and betaine, not to mention stimulants like caffeine to amp up your focus and training intensity, boost muscle strength and endurance, enhance muscle pumps, and promote muscle growth.

For stimulants, your best and safest bet is caffeine. It's one of the most studied sports nutrition supplements on the market and frequently shown to improve athletic performance. Not only does clinical research show that caffeine is very safe, but that it even may enhance overall health. For performance benefits, you need a minimum of 200 mg of caffeine before workouts to be effective. Watch MUSCULAR-8 **“PRE WOKOUT”** video for more info.

Putting It All Together

If you take each of the micro and macronutrients into consideration, and give them their proper dues, then you will get the following out of the diet:

1. A higher metabolic rate throughout the diet
2. A better pump in the gym.
3. You potentially will maintain all of your muscle mass
4. You will recover faster
5. You will feel more refreshed
6. You will not be as sore
7. The list can go on and on, but suffice it to say that the above concepts are vital to your success!

WEEKLY MACRONUTRIENT INTAKE

LOW CARBS DAY // MON-TUES-WED-FRI-SAT



Monday through Saturday, You have to take carbs at breakfast and dinner (60min after post workout meal), rest of the meals will be no carbs meal. Your total carb intake will be around 120g. During low carb diet our main focus is to burn maximum fat and deplete muscle glycogen. As our protein intake is more than 1g per pound body weight, which will help to grow muscle and provides you energy.

HIGH CARBS DAY // THURSDAY - SUNDAY



On Sunday, which is your recovery day means non-training day, you have to take carbs in every meal except last meal. A purpose of adding carbs on Sunday is to refill your muscle glycogen, which you depleted during low carbs day. Eating low carbs diet for longer period of time will slow down your metabolism which is a engine to burn calories, so its important to eat carbs after every 3RD day to speed up the metabolism.

NON-VEG PLAN

NON VEG	WORKOUT DAYS – LOW CARBS (MON-TUES-WED-FRI-SAT)	RECOVERY DAY – HIGH CARBS (THURS-SUN)
BREAKFAST 8-9AM	SCRAMBLED EGGS & NUTS -6 Egg Whites -1/2 cup Kidney Beans -2sp Onions -2sp Tomato -1 handful Spinach -3sp Peanuts	OATS -½ cup Oats -½ Apple -2sp Raisins -2sp Peanuts -4 Boiled Egg Whites
SNACK 11-12PM	APPLE PEANUT BUTTER -1 Apple -1 ½sp Peanut Butter -5g Cinnamon	BANANA BREAD TOAST -2 Slice Wheat Bread -1sp Peanut Butter - ½ Banana
LUNCH 2-3PM	CHICKEN & VEGETABLES -100g Grilled Chicken -1/2 cup Black Kidney Beans -30g Sweet Potato (Optional) -1/2 cup Green Beans -1/2 cup Green Bell Pepper -1/2 cup Broccoli (or Cauliflower) -2sp Onion	CHICKEN & RICE -100g Grilled Chicken -1/2 cup Black Kidney Beans -1cup Rice -1/2 cup Green Beans -1/2 cup Green Bell Pepper -1/2 cup Broccoli (or Cauliflower) -2sp Onion

	-2sp Tomato	-2sp Tomato
PRE W/O 5PM	PRE W/O SUPPLEMENT -1scoop C4 Extreme -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water	
WORKOUT		
POST W/O 6-7PM	POST W/O SUPPLEMENT -1-2scoop Whey Protein -300ml Cold Water -3 Dates (Khajoor) OR POST W/O WITHOUT SUPPLEMENT -6 Boiled Egg Whites -3 Dates (Khajoor)	
DINNER 8-9PM	OMELET BEANS WRAP -120g Grilled Chicken Breast -2 Whole Eggs -2 Egg Whites -½ cup Black Beans -2sp Onions -2sp Tomato -½ Peach (Optional) -30g Boiled Potato -2sp Yogurt -¼ cup Non Fat Cheese (Optional) -1sp Ketchup -Salt/Pepper/Garlic Power	OMELET & ROTI -2 Whole Eggs -4 Egg Whites -2sp Onions -2sp Tomato -1 Roti -1cup Low Fat Yogurt -1sp Ketchup -Salt/Pepper/Garlic Power
BEFORE BED 10-11PM	ALMOND MILK -1cup Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -20 Almonds (crushed)	ALMOND MILK -1cup Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -20 Almonds (crushed)
	CAL 2000 / PRO-200g, CARB-150g, FAT-80g	CAL 2140 / PRO-140g, CARB-260g, FAT-60g

VEG PLAN

VEG	WORKOUT DAYS – LOW CARBS (MON-TUES-WED-FRI-SAT)	RECOVERY DAY – HIGH CARBS (THURS-SUN)
BREAKFAST 8-9AM	MILK SMOOTHIE -1 Banana -1sp Peanut Butter - ½ Low fat Yogurt -200ml Non Fat Milk or Soy Milk -5g Cinnamon -Ice cubes	OATS -½ cup Oats -½ Apple -2sp Raisins -2sp Peanuts -4 Boiled Egg Whites
SNACK 11-12PM	APPLE PEANUT BUTTER -1 Apple -1 ½sp Peanut Butter -5g Cinnamon	BANANA BREAD TOAST -2 Slice Wheat Bread -1sp Peanut Butter - ½ Banana
LUNCH 2-3PM	PANEER & VEGETABLES -100g Paneer -1/2 cup Black Kidney Beans -30g Sweet Potato (Optional) -1/2 cup Green Beans -1/2 cup Green Bell Pepper -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato	PANEER & RICE -100g Paneer -1/2 cup Black Kidney Beans -1cup Rice -1/2 cup Green Beans -1/2 cup Green Bell Pepper -1/2 cup Broccoli (or Cauliflower) -2sp Onion -2sp Tomato

PRE W/O 5PM	PRE W/O SUPPLEMENT -1scoop C4 Extreme -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water	
WORKOUT		
POST W/O 6-7PM	POST W/O SUPPLEMENT -1-2scoop Whey Protein -300ml Cold Water -3 Dates (Khajoor) OR POST W/O WITHOUT SUPPLEMENT -300ml non fat milk -3 Dates (Khajoor)	
DINNER 8-9PM	ROTI BEANS WRAP -120g Paneer -1 Large Roti -½ cup Black Beans -2sp Onions -2sp Tomato -½ Peach (Optional) -30g Boiled Potato -2sp Yogurt -¼ cup Non Fat Cheese (Optional) -1sp Ketchup -Salt/Pepper/Garlic Power	PANEER BHURJI & ROTI -150g Paneer bhurji -2sp Onions -2sp Tomato -1 Roti -1cup Low Fat Yogurt -Salt/Pepper/Garlic Power
BEFORE BED 10-11PM	ALMOND MILK -1cup Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -20 Almonds (crushed)	ALMOND MILK -1cup Low Fat Milk -2 Green Cardamom -2 Cloves -Pinch Cinnamon -20 Almonds (crushed)
	CAL 2000 / PRO-200g, CARB-150g, FAT-80g	CAL 2140 / PRO-140g, CARB-260g, FAT-60g

WORKOUT

WORKOUT SPLIT

Your schedule will be weight training on Monday to Wednesday and Friday, Saturday, you will perform abs on Tuesday, Thursday and Saturday, then you will do cardio from Monday to Saturday means 6 days a week. Cardio will be performed on the treadmill, stationary bike and elliptical. You'll keep repeating this pattern for all 8 weeks.

MON	TUES	WED	THURS	FRI	SAT	SUN
CHEST & CARDIO	ARMS, ABS & CARDIO	BACK & CARDIO	ABS & CARDIO	SHOULDERS & CARDIO	LEGS, ABS & CARDIO	REST

MONDAY || CHEST & RUNNING

1a) Barbell Press	3sets x 15-20reps	Rest 60sec
1b) Inclined DB Fly		
2a) DB Decline Press	3sets x 15-20reps	Rest 60sec
2b) Flat DB Fly		
3a) Cable Crossover	3sets x 15-20reps	Rest 60sec
3b) Decline Dips		
4) Pushups (Death Set)	1set x 50reps	
Running	20mins	10-12kmph

TUESDAY || ARMS + ABS + ELLIPTICAL

1a) Cable Overhead Ext	3sets x 15-20reps	Rest 60sec
1b) DB Curl		
2a) Triceps Rope Press down	3sets x 15-20reps	Rest 60sec
2b) Laying Cable Curls		
3a) DB Preacher Curl	3sets x 15-20reps	Rest 60sec
3b) DB Overhead Ext		
4) Cable Curl (Death Set)	1set x 50reps	Rest 90sec
5) DB Kick Back (Death Set)	1set x 50reps	
Elliptical	20mins	10-12Resistance

ABS

A1	Decline Sit ups	3 Rounds	Rest 45sec/set
A2	Reverse Crunches		
A3	Hanging Knee Raise		
A4	Wood Chopper		
A5	Lower Body Twist		

WEDNESDAY || BACK & STATIONARY BIKE

1a) Pull-ups (Warm up)	2sets x 10-15reps	Rest 90sec
2a) Close Grip Lat Pull down	3sets x 15-20reps	Rest 60sec
2b) DB Rows		
3a) Cable Lat Pull down	3sets x 15-20reps	Rest 60sec
3b) Rope Rows		
4a) DB Pullover (Death Set)	3sets x 15-20reps	Rest 60sec
4b) Rope Shrugs		
5) DB Shrugs	3sets x 15-20reps	Rest 60sec
Stationary Bike	20mins	10-12level

THURSDAY || ABS + RUNNING

A1	Decline Sit ups	3 Rounds	Rest 45sec/set
A2	Reverse Crunches		
A3	Hanging Knee Raise		
A4	Wood Chopper		
A5	Lower Body Twist		

NOTE: There is no rest between A1 to A5 exercises, do all 5 exercises without any rest.

Running 20mins 10-12kmph

FRIDAY || SHOULDERS & ELLIPTICAL

1a) Barbell Front Press	3sets x 15-20reps	Rest 60sec
1b) Barbell Behind the Neck Press		
2a) DB Y-Press	3sets x 15-20reps	Rest 60sec
2b) Wide Grip Upright Rows		
3a) Incline DB Front Raise	3sets x 15-20reps	Rest 60sec
3b) Car Steering		
4) Rear Delt Machine Fly	3sets x 10-10-10reps	Rest 60sec
5) shoulder V-Pushups	1set x 20-50reps	
Elliptical	20mins	10-12kmph

SATURDAY || LEGS + ABS + STATIONARY BIKE

1a) Leg Press	3sets x 15-20reps	Rest 60sec
1b) Leg Extension		
2a) Reverse Lunges	3sets x 15-20reps	Rest 60sec
2b) Sumo Deadlift		
3a) DB Stiff Leg Deadlift	3sets x 15-20reps	Rest 60sec
3b) Gluteus Kickback		
4) Body Squat (Death Set)	1set x 50reps	Rest 90sec
5) Seated Calf Raise	3set x 30reps	Rest 90sec
Stationary Bike	20mins	10-12level

ABS

A1	Decline Sit ups	3 Rounds	Rest 45sec/set
A2	Reverse Crunches		
A3	Hanging Knee Raise		
A4	Wood Chopper		
A5	Lower Body Twist		

NOTE: There is no rest between A1 to A5 exercises, do all 5 exercises without any rest.

Sincerely,

Guru Mann

Advanced Fitness Trainer, **CERTIFIED**
Nutrition Specialist, **CERTIFIED**
Sports Nutritionist, **CERTIFIED**
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