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!
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

<table>
<thead>
<tr>
<th></th>
<th>WORKOUT DAYS – LOW CARBS (MON-TUES-WED-FRI-SAT)</th>
<th>RECOVERY DAY – HIGH CARBS (THURS-SUN)</th>
</tr>
</thead>
</table>
| **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 |
### VEG PLAN

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

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**CAL 2000 / PRO-200g, CARB-150g, FAT-80g**

**CAL 2140 / PRO-140g, CARB-260g, FAT-60g**

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**Designed & Created by Guru Mann, Advanced Fitness Trainer & Sports Nutritionist CERTIFIED**

**California, United States**
## PRE W/O STARTS AT 5PM

**PRE W/O SUPPLEMENT**
- 1 scoop C4 Extreme
- 200ml Cold Water

**OR**
**PRE W/O WITHOUT SUPPLEMENT**
- ½tbs Coffee (Nescafe)
- 240ml Hot Water

### POST W/O STARTS AT 6 - 7PM

**POST W/O SUPPLEMENT**
- 1-2 scoop Whey Protein
- 300ml Cold Water
- 3 Dates (Khajoor)

**OR**
**POST W/O WITHOUT SUPPLEMENT**
- ½tbs Coffee (Nescafe)
- 240ml Hot Water

### DINNER STARTS AT 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
- ½ cup Non Fat Cheese (Optional)
- 1sp Ketchup
- Salt/Pepper/Garlic Power

**PANEER BHURJI & ROTI**
- 150g Paneer bhurji
- 2sp Onions
- 2sp Tomato
- 1 Roti
- 1 cup Low Fat Yogurt
- Salt/Pepper/Garlic Power

### BEFORE BED STARTS AT 10-11PM

**ALMOND MILK**
- 1cup Low Fat Milk
- 2 Green Cardomom
- 2 Cloves
- Pinch Cinnamon
- 20 Almonds (crushed)

**ALMOND MILK**
- 1cup Low Fat Milk
- 2 Green Cardomom
- 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.

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEST &amp; CARDIO</td>
<td>ARMS, ABS &amp; CARDIO</td>
<td>BACK &amp; CARDIO</td>
<td>ABS &amp; CARDIO</td>
<td>SHOULDERS &amp; CARDIO</td>
<td>LEGS, ABS &amp; CARDIO</td>
<td>REST</td>
</tr>
</tbody>
</table>
**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**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>A1</td>
<td>Decline Sit ups</td>
<td>3 Rounds</td>
</tr>
<tr>
<td>A2</td>
<td>Reverse Crunches</td>
<td></td>
</tr>
<tr>
<td>A3</td>
<td>Hanging Knee Raise</td>
<td></td>
</tr>
<tr>
<td>A4</td>
<td>Wood Chopper</td>
<td></td>
</tr>
<tr>
<td>A5</td>
<td>Lower Body Twist</td>
<td></td>
</tr>
</tbody>
</table>

**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**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>A1</td>
<td>Decline Sit ups</td>
<td>3 Rounds</td>
</tr>
<tr>
<td>A2</td>
<td>Reverse Crunches</td>
<td></td>
</tr>
<tr>
<td>A3</td>
<td>Hanging Knee Raise</td>
<td></td>
</tr>
<tr>
<td>A4</td>
<td>Wood Chopper</td>
<td></td>
</tr>
<tr>
<td>A5</td>
<td>Lower Body Twist</td>
<td></td>
</tr>
</tbody>
</table>

*NOTE: There is no rest between A1 to A5 exercises, do all 5 exercises without any rest.*
### FRIDAY || SHOULDERS & ELLIPTICAL

<table>
<thead>
<tr>
<th>Exercise 1a</th>
<th>Exercise 1b</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Front Press</td>
<td>Barbell Behind the Neck Press</td>
<td>3</td>
<td>15-20</td>
<td>60sec</td>
</tr>
<tr>
<td>DB Y-Press</td>
<td>Wide Grip Upright Rows</td>
<td>3</td>
<td>15-20</td>
<td>60sec</td>
</tr>
<tr>
<td>Incline DB Front Raise</td>
<td>Car Steering</td>
<td>3</td>
<td>15-20</td>
<td>60sec</td>
</tr>
<tr>
<td>Rear Delt Machine Fly</td>
<td>Shoulder V-Pushups</td>
<td>3</td>
<td>10-10-10</td>
<td>60sec</td>
</tr>
<tr>
<td>Elliptical</td>
<td></td>
<td>20</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SATURDAY || LEGS + ABS + STATIONARY BIKE

<table>
<thead>
<tr>
<th>Exercise 1a</th>
<th>Exercise 1b</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg Press</td>
<td>Leg Extension</td>
<td>3</td>
<td>15-20</td>
<td>60sec</td>
</tr>
<tr>
<td>Reverse Lunges</td>
<td>Sumo Deadlift</td>
<td>3</td>
<td>15-20</td>
<td>60sec</td>
</tr>
<tr>
<td>DB Stiff Leg Deadlift</td>
<td>Gluteus Kickback</td>
<td>3</td>
<td>15-20</td>
<td>60sec</td>
</tr>
<tr>
<td>Body Squat</td>
<td>Seated Calf Raise</td>
<td>1</td>
<td>50</td>
<td>90sec</td>
</tr>
<tr>
<td></td>
<td>Stationary Bike</td>
<td>20</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### ABS

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Rounds</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1 Decline Sit ups</td>
<td>3</td>
<td>45sec/set</td>
</tr>
<tr>
<td>A2 Reverse Crunches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A3 Hanging Knee Raise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A4 Wood Chopper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A5 Lower Body Twist</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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*
*Strength & Conditioning Specialist, CERTIFIED*
*Biomechanics/Kinesiology - Human Kinetic, DEGREE*
*United States.*