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Getting lean 101.

THREAD ■■



1) Calorie deficit.

Obviously this is a no brainer and the most important out of all these tips.

A 250-1000 calorie deficit per day is a good range to be in depending on how much fat you've actually got to lose.

A good rule of thumb is to shoot for a loss of 0.5-1% of body weight per week.

You'll be on the higher end of this if you're on the higher end of the body fat percentage scale.

2) Lift weights 4-5x per week.

Lifting is the signal to keep that hard earned muscle mass hanging around when you're in a deficit.

You've still got to train as if you're trying to build muscle.

Train close to failure by taking sets to within 0-3 RIR (Reps in reserve)

Don't push overall volume too high though, as you haven't got the same raw materials for recovery.

Find a split/frequency that allows you to get your total weekly volume in and get to work.

Training is not about what you can do, but what you can recover from.

3) Drink more water.

Drinking water and being adequately hydrated is essential no matter what your goals are.

But it's a godsend when getting lean.

Water will help keep your stomach full and have less cravings for food.
Always have water on deck with you at all times.

Bonus tip - Sparkling water.

Carbonated beverages like this can help keep your stomach full even more.

Get the San Pellegrino's out ■

4) 10k steps a day.

Hitting daily step targets is a great way to burn extra calories.

Low stress on the joints, promotes recovery and you save all of your energy for your lifting sessions which matters the most when dieting.

I always find getting a few thousand steps done first thing in the morning to be a power play.

This starts your day on the front foot and helps you build that momentum.

5) High protein diet.

Keeping protein high is non negotiable.

It's responsible for the growth and repair of muscle mass and other tissues within the body which yet again is critical when dieting.

Plus it's the macronutrient with the highest thermic effect of food and will keep you fuller for longer.

Plenty of animal sources such as meat, fish and diary should be staples in your diet.

A protein powder can be added if you struggle to hit daily targets.

6) 7-9 hours sleep.

Sleep is huge for fat loss.

Aids the recovery process from hard training and helps strengthen the body's immune system.

Also critical for stress management, as higher stress levels are not ideal when getting lean due to increased cortisol levels.

Find yourself a sleep schedule and stick to it.

Make sure your bedroom is dark, at the right temperature and stay off electronics before you sleep.

Reading/Journaling can be a good habit to get into before bed.

Don't fuck with your sleep.

7) Build a strength foundation.

Too many people try to get lean too quickly without having the size worthy of a cut.

Being skinny with abs just gives off crackhead vibes and doesn't look impressive at all.

Spend time getting stronger on all the major compound lifts, eat like a fucking king and pack on some size.

Then when you do get lean, you'll look so much better for it.

This doesn't happen overnight though.

Takes years of work.

8) Carbs around your workouts.

Anyone who says you can't eat carbs and get lean is talking out of their ass.

If you're used to eating carbs, slashing them drastically is fucking idiotic and will lead to sub-par performance in the gym.

Base a lot of your daily carb intake around your workouts for when you'll utilise them most.

This will help you keep your energy levels and performance high in the gym, helping to maintain that hard earned muscle mass.

9) Eat similar foods daily.

This will make this fat loss process much more effective.

Stop worrying about having variety all the time in your diet and eating like a child.

Pick certain foods that you like, can prepare easily, and eat them every single day.

This just takes a lot of guesswork out of the equation as you'll know the specific calories and macros for the foods you eat off by heart.

Getting yourself on autopilot and in a routine is a game changer.

Simplicity is key!

10) Ruthless consistency.

All of this above doesn't fucking matter one bit if you're missing training sessions and messing up your diet on the weekends.

You need to be on the ball from the get go and just get the necessary work done.

No bitching, no complaining, just work!

Want more no bullshit tips on fat loss?

Grab your copy of 'Fluffy to Ripped'

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