Whether you have a photo shoot, a trip to the beach, a pool party, a reunion or any event that you want to turn heads with your shirt off, this program was made for you.

This program was developed through years of research, extensive trial and error, along with advisement from world renowned nutritionists, top notch fitness models, and many successful bodybuilders.

The purpose of this program is to have you looking your absolute best in just seven days. This means looking fuller leaner, more muscular and vascular than ever before.

Every advanced strategy used in this program is designed to have you peak for one day.

This is not a long term solution to attaining the physique you want. This program is for enhancing the results you already have from your hard work and discipline you’ve put into your diet and training.

This program can be used as a “quick fix” or temporary solution for getting the look you want if you do not have the time to get into peak condition.

If you are already in tip top shape, this program will take your look and condition to a whole new level of ripped, dry full, vascular and overall shredded.

I’ve also called this program the “no cardio, no problem” solution that I’ve used multiple times to prepare for photo shoots, advertisements, acting jobs, and of course a few of those 100 degree weather beach days!

As a matter of fact, the look I have in any photos you’ve seen of me on any website or on any product to date is greatly attributed to using these strategies outlined below.

There was not a single second of cardio done to achieve those looks. Period.

That being said, you are still probably wondering:

Will this program work for me?

Good question.

As mentioned above, this program is meant to enhance the results you already have from your diet and training.
This is a progressive physique tightening program that does have a few prerequisites to work best:
You’ve already been training for around a year or more.
You can perform basic compounding, and isolation exercises with correct form.
You are relatively lean already.
If you are overweight this program is probably not going to help you very much. At best it will create muscle fullness and volume greater that what you’re used to but definition, vascularity and leanness will not be nearly as noticeable compared to if you are fairly lean now.
Generally speaking the leaner you are before you start this program the more dramatic the results will be.
Without getting into exact body fat percentages here (I always go by the mirror instead) a simple test of if you can see your abs when flexing will let you know if you’re lean enough to experience dramatic results.
If you can’t see the outline of any abs when flexing I recommend leaning down first before using this program as the results will be minimal for you right now.
Okay, let’s talk about the program:
In your materials provided, I have included a custom nutritional and training software program that determines your exact requirements for everyday of this program.
USE THIS SOFTWARE EVERY DAY OF THE PROGRAM.
This software is a “done for you” solution to knowing exactly how much of what to eat on what days using proven custom formulas.
This software will also provide detailed training instructions for everyday of this program.
Below, I will take you through the program day by day with the general overview of what to do, why and how.
First of all, before we get into specifics with the nutrition and training aspects of the program it is worth mentioning that having a decent tan makes a huge difference in how your muscles appear.
If you can, grab a few tans throughout the week with the last one being 2 days before your event.
If you find yourself looking like “Casper the ghost” the night before your big day because you haven’t found the time to tan, I recommend using the product “Pro Tan”.
This is a topical tanning solution that produces a natural look that I’ve used with success.

OKAY LET’S MOVE ON:
DAY 1
Let’s assume your big day is a Saturday.
Saturday is therefore Day 7 of the program.
That means day 1 of this program begins the Sunday before as that would make Saturday Day 7.
Follow me??
So if event is on Friday, that would mean Day 1 of the program would be the Saturday before, and so on…
Just work backwards with your big day being Day seven.
For each day, I am going to break it up into the nutrition aspect followed with the training details.
Here we go;

Nutrition:

Water intake must rise by about 50% of what most guys are used to consuming per day. Your software provided will give your exact requirement right down to the ounce for your body. This is the first step in setting the body up for a very dry, hard appearance day seven. Your body will begin efficiently excreting water at a much higher rate than it’s used to which will what we want.

Next, your carbohydrate intake must be reduced by about 50% of what most guys are used to. Again, your exact carbohydrate requirement right down to the gram can be found in your software provided. This begins the process of what’s known as “carb depletion” which sets up your body’s hyper responsiveness to more carbohydrates than normal when they are re-introduced to the body in a few days.

Nothing really innovative or tricky takes place with your protein or fat requirements at this time but your daily requirements will are also found in your software program.

<table>
<thead>
<tr>
<th>Macronutrients</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>1.15 ounces of water/ pound of bodyweight</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>1 grams of carbs/pound of bodyweight</td>
</tr>
<tr>
<td>Protein</td>
<td>1.5 grams of protein/pound of bodyweight</td>
</tr>
<tr>
<td>Fat</td>
<td>0.5 grams of fat/pound of bodyweight</td>
</tr>
</tbody>
</table>
**DAY 1**

**Training:**

These training techniques are probably going to be much different than any style you are used to.

For this program we are training six muscle groups:

- Chest
- Back
- Legs
- Biceps
- Triceps
- Shoulders

Choose your two visually weakest body parts to train day 1. Doing this will give those body parts a little edge and will help them come in extra full, and tight come day seven.

For each of these two body parts, you will be performing two exercises that consist of 5 sets of 15 reps.

One of these exercises for each muscle group being trained must be a compounding movement.

You will train the bigger muscle group first.

You will begin with the compounding exercise, as in this program the compounding movements will always be done first.

The second exercise for each group trained can be an isolated movement done on a machine if preferred.

So for example, if your visually weakest muscle group is chest you could train as follows:

5 sets of 15 bench press.

5 sets of 15 on the pec deck machine.

Choose a weight that allows you to reach rep 15 with 1-2 reps to spare before failure.

Take 1 minute rest in between your working sets.

Drink small amounts of water immediately following a set when needed.

Never drink water immediately before a set. You will be noticeably weaker if you do that.

That takes care of day number one.

**Training Day 1**

<table>
<thead>
<tr>
<th>Gym Instructions</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscle Group</td>
<td>Train your VISUALLY weakest 2 body parts</td>
</tr>
<tr>
<td>Exercises</td>
<td>2 exercises per bodypart (4 exercises total)</td>
</tr>
<tr>
<td>Sets</td>
<td>5 sets of 15 reps per exercise</td>
</tr>
<tr>
<td>Intensity/Rest</td>
<td>Train heavy as you can with 1 minute rests in-between sets</td>
</tr>
</tbody>
</table>
DAY 2

Nutrition:

Your nutrition will remain the exact same as day number one. You will continue to keep your water intake high, your carbohydrates low, and your protein and fat intake remain similar to day one.

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>1.15 ounces of water/pound of bodyweight</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>1 gram of carbs/pound of bodyweight</td>
</tr>
<tr>
<td>Protein</td>
<td>1.5 grams of protein/pound of bodyweight</td>
</tr>
<tr>
<td>Fat</td>
<td>0.5 grams of fat/pound of bodyweight</td>
</tr>
</tbody>
</table>

Training:

Today you will be training your visually second weakest two body parts from the muscle groups listed above.

You will be performing two exercises for each of these muscle groups and you will be doing 5 sets of 15 reps for each exercise.

One of these exercises for each muscle group being worked needs to be a compounding movement.

Again you will begin training the larger muscle group first with the compound exercise.

The second exercise for each muscle group can be an isolated movement done on whatever machine brings you the best pump for that muscle group.

You will be choosing a weight that you can complete the 15 reps while being 1-2 reps from complete failure.

You will be taking 1 minute rests in between working sets and taking in water as needed immediately following your sets.

<table>
<thead>
<tr>
<th>Training Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscle Group</td>
</tr>
<tr>
<td>Exercises</td>
</tr>
<tr>
<td>Sets</td>
</tr>
<tr>
<td>Intensity/Rest</td>
</tr>
<tr>
<td>Intensity/Rest</td>
</tr>
</tbody>
</table>
DAY 3

Nutrition:
Your water intake and protein intake will remain the same as day's one and two.
Your fat intake is raised just slightly.
Your carbohydrate intake will be reduced another thirty percent of what it was day's one and two.
Doing this will help further deplete glycogen stores inside your muscles. Your body will begin producing more glycogen storing enzymes as it senses there is a deficiency of glycogen reserves. This is exactly what we want to happen as your body is setting the stage for being able to pack away much more glycogen inside your muscles when we strategically re-introduce carbohydrates to your body later. This will create hard, full looking muscles when your carbohydrate intake is raised a few days from now.

<table>
<thead>
<tr>
<th>Nutrition</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>1.15 ounces of water/pound of bodyweight</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>0.7 grams of carbs/pound of bodyweight</td>
</tr>
<tr>
<td>Protein</td>
<td>1.5 grams of protein/pound of bodyweight</td>
</tr>
<tr>
<td>Fat</td>
<td>0.6 grams of fat/pound of bodyweight</td>
</tr>
</tbody>
</table>

Training:
You will be training your visually 2 strongest body parts.
You will be doing 2 exercises for each muscle group and you will be performing 5 sets of 15 as you have the previous two days.
You will be doing your compound exercise first as you have the last two days using a weight that you can finish 15 reps with 1-2 reps to spare.
The second exercise for each muscle group can be an isolated movement on whatever machine brings you the best muscle pump for that particular muscle group being worked.
You will be taking 1 minute rests in between working sets and sipping water as need following your sets.

<table>
<thead>
<tr>
<th>Training Day 3</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Gym Instructions</td>
<td>Notes</td>
</tr>
<tr>
<td>Muscle Group</td>
<td>Train your 2 visually strongest body parts</td>
</tr>
<tr>
<td>Exercises</td>
<td>2 exercises per bodypart (4 exercises total)</td>
</tr>
<tr>
<td>Sets</td>
<td>5 sets of 15 reps per exercise</td>
</tr>
<tr>
<td>Intensity/Rest</td>
<td>Train heavy as you can with 1 minute rests in-between sets</td>
</tr>
</tbody>
</table>
DAY 4

Nutrition:
Your nutrition will remain the exact same as the previous day as your water intake will remain high, your carbohydrate intake will remain quite low while protein and fat intake stay constant.

Do not despair if you feel weak, flat and depleted at this point in the program.
This is common but it is all part of the process which will be well worth it come day seven.

<table>
<thead>
<tr>
<th>Macronutrients</th>
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<tbody>
<tr>
<td>Water</td>
<td>1.15 ounces of water/pound of bodyweight</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>0.7 grams of carbs/pound of bodyweight</td>
</tr>
<tr>
<td>Protein</td>
<td>1.5 grams of protein/pound of bodyweight</td>
</tr>
<tr>
<td>Fat</td>
<td>0.6 grams of fat/pound of bodyweight</td>
</tr>
</tbody>
</table>

Training:
You will be training your visually second weakest two body parts that you trained day 2.
You will choose two different exercises than you performed day 2.
You will perform 5 sets of 15 reps with a lighter weight that you can complete the 15th rep being 2-3 reps from failure.
At this point, if the muscle group you are training feels sore at all, it is best to use machines or cables for your exercises.
You will only be taking 45 second rest periods in between working sets and taking in small amounts of water as needed immediately following your sets.
This training will further reduce carbohydrate reserves.
The more carbohydrates you can deplete, the more you will be able to store inside your muscles during the “carb-up” process in the days to come leading to bigger, tighter, fuller looking muscles.
**DAY 5**

**Nutrition:**

Water drops slightly, but still remains high.

This will be the first day of the carbohydrate loading process. You will be consuming a very high amount of carbohydrates over the next two days.

Your software will provide your body’s exact daily requirement right down to the gram.

You will be consuming starchy carbohydrates such as: potatoes, sweet potatoes, white rice, brown rice, pasta, oatmeal, white or brown bread.

On this day, half of your carbohydrate sources should be quick digesting and consumed in the first part of the day.

For example; white bread, white pasta, white rice, white potatoes.

The other half of your carbohydrates will come from complex sources such as;

wholegrain bread, brown rice, wholegrain pasta, sweet potatoes, and oatmeal.

Make sure you do not consume more than 20% of this days carbohydrate requirement in any one meal. Ideally you would divide up your carbohydrates equally throughout 6 meals over the course of the day.

Much of the increased carbohydrate intake will very quickly be stored inside of your flat, depleted muscles as glycogen.

By the end of day five, you will start feeling much more positive as you will notice your muscles filling out quite nicely.

Your protein intake will be reduced for this day as the increased carbohydrate intake will induce protein sparring characteristics.

Your fat intake will also be slightly reduced in response to the drastic increase in carbohydrates.

<table>
<thead>
<tr>
<th>Macronutrients</th>
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<tbody>
<tr>
<td>Water</td>
<td>1 ounce of water/pound of bodyweight</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>3 grams of carbs/pound of bodyweight (1/2 of carbs should be simple quick digesting carbs)</td>
</tr>
<tr>
<td>Protein</td>
<td>1 gram of protein/pound of bodyweight</td>
</tr>
<tr>
<td>Fat</td>
<td>0.4 grams of fat/pound of bodyweight</td>
</tr>
</tbody>
</table>
DAY 5
Training:

You will be training your visually weakest two body parts early in the day after meal 1.

You will choose two different exercises than you performed day 1 for each muscle group being trained.

You will perform 5 sets of 15 reps with a lighter weight that you can complete the 15th rep and still be 2-3 reps from failure.

You will only be taking 45 second rest periods in between working sets and taking in small amounts of water as needed immediately following your sets.

At this point, if the muscle group you are training feels sore at all, it is best to use machines or cables for your exercises.

This will complete the muscle depletion process, with your visually weakest muscle groups being the most starving for carbohydrate replenishment.

<table>
<thead>
<tr>
<th>Training Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gym Instructions</td>
</tr>
<tr>
<td>Muscle Group</td>
</tr>
<tr>
<td>Exercises</td>
</tr>
<tr>
<td>Sets</td>
</tr>
<tr>
<td>Intensity/Rest</td>
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</tbody>
</table>
**DAY 6**

**Nutrition:**

Your water intake is significantly reduced and should be tapered off throughout the day so that most of this days water requirement is consumed by early afternoon.

At this point your body is still excreting way more water than it is typically used to because of the increased water intake in the previous days.

You are now on your way to “drying out” for tomorrow.

Your carbohydrate intake remains very high.

This is the last day of the “carb up” process. Most of the carbohydrates you consume on this day should come from complex sources such as:

- wholegrain bread
- brown rice
- whole grain pasta
- sweet potatoes
- oatmeal

Protein and fat intake remain similar to day 5.

Your last 16 ounces of water for the day should come at night 2-3 hours before bed in the form of a natural diuretic tea.

I prefer and recommend “weightless” by Traditional Medicinals because I’ve had good success with it but you can try any tea that contains dandelion root and has a natural diuretic effect.

<table>
<thead>
<tr>
<th>Macronutrients</th>
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</tr>
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<tbody>
<tr>
<td><strong>Water</strong></td>
<td>0.5 ounce of water/pound of bodyweight (taper it off through the day)</td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td>3 grams of carbs/pound of bodyweight (most of the carbs should be simple quick digesting carbs)</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>1 gram of protein/pound of bodyweight</td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>0.4 grams of fat/pound of bodyweight</td>
</tr>
<tr>
<td><strong>Supplement</strong></td>
<td>Have 2 cups of weightless tea and or a Natural diuretic that contains dandelion root</td>
</tr>
</tbody>
</table>

**Training:**

**ABSOLUTELY NOTHING**

Congratulations, you have completed all of your training for this program. You are now supposed to enjoy all of those carbohydrates and watch everything come together in the hours to come.
DAY 7
You should wake up today feeling pretty darn good about how you look in the mirror.

Now it’s time for some finishing touches.

Nutrition:
There are two main things about your nutrition today that we need to get right.

Water
Carbohydrates

Firstly, you should only sip water if needed.

Try to hold off of any water if you can as you will appear extra dry and defined if you are able to.

Try to avoid eating food cooked with liquid as this will add water to your system.

Meal one is very important to get the carbohydrate amount right.

Your software will provide you with the exact amount you need to eat.

ABOUT 1-2 HOURS AFTER MEAL ONE, YOU WILL HAVE REACHED YOUR PEAK FORUM.

<table>
<thead>
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<tbody>
<tr>
<td>Water</td>
<td>Sip as needed</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>0.4 grams/pound Carbs with Meal 1</td>
</tr>
<tr>
<td>Protein</td>
<td>0.2 grams/pound of protein with Meal 1</td>
</tr>
</tbody>
</table>

CONGRATULATIONS AND ENJOY THE RESULTS!!!!