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**ADVANCED ANABOLIC STRETCHING**

**ADVANCED  
ANABOLIC  
STRETCHING**

**14 DAY  
SPEED SHRED**

**SPEED SHRED  
14 DAY**

**STRETCHING**

# The 14 Day Speed Shred

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## **Greetings Young Jedi!**

Congrats on being an smart, driven action taker who will stop at nothing to get results

I know you are part of the 1% of people who will get what they want and deserve because you invested in this course and ultimately YOURSELF.

You took the first step of your new life already!

And for that I want to congratulate you because most people just accept the cards they are dealt.

You were astute enough to choose a real solution instead of some lame diet pill scam, and as such now own a seriously badass resource that's almost as badass as you are.

Moving on...

What you're reading right now, will give you the blueprint to your fastest fat loss ever.

However this is an extreme diet and meant only to be used in 14 day intervals, 3 times a year MAXIMUM.

This is an amazingly effective diet, but will require significant will power. If you are not up for the challenge then stop reading now.

But your still reading, so I know your committed to jumpstarting your fat loss journey.

In this program I'm not going to waste a lot of your time with nonsense. You want to know what to do—exactly how to get the fastest results imaginable in the shortest period of time—and that's what I'm going to deliver to you.

Let's get started...

What were going to cover...

Chapter 1 - Fat Loss Prerequisites

Chapter 2 - The Low Carb approach, SLC

Chapter 3 - The Low Calorie approach, PSMF

Chapter 4 - Weightlifting for fat loss

Chapter 5 - Cardio for fat loss

Chapter 6 - Hacking fat loss...Alkalinity, water retention and intermittent fasting

Chapter 6 - Action Plan

Chapter 7 - Next Steps

# CHAPTER 1

## RAPID FAT LOSS PRE-REQUISITES

Before we start I just want to make sure you understand the basis for this program. This is not a long term dieting solution!

**IT IS NOT LONG TERM!**

This diet may be practiced 2 - 3 times a year MAX as it taxes your system. However it does get some pretty phenomenal results...

I usually use the diet to start off the new year right, and right before I might be heading off to the beach. If I use it again it will be to look amazing for an upcoming event... whether that be a wedding party, a weekend getaway or jumpstarting a weight loss program.

Now that you understand the program let's start ridding you of your fat suit immediately...

There are 3 prerequisites you need to dramatically lose fat in a short period of time.

1. You need the right mindset
2. You need stable insulin levels
3. You need a major caloric deficit

This chapter will focus on the most important prerequisite for fat loss:

### **YOUR MINDSET**

In order to be the kind of person that walks around with a body that turns heads...

A body that is lean, healthy and strong year round...

To be the kind of person who has a body everyone dreams of...

To be that person there are certain belief systems you need to adopt and that what this chapter is dedicated towards.

What you'll come to understand is that all your thoughts and all your actions, based on those thoughts, stem from your belief system.

It is the ESSENCE of you.

People who walk around ripped and healthy year around... people that enjoy vibrant energy year round... people that make others jealous of their awesome body... people that enjoy a pain free, active, vibrant lifestyle...

What do all these people have in common?

**1. They have BELIEF SYSTEMS that differ from people that are overFAT, don't have their dream body and live in constant frustration and disappointment with how they look and feel everyday.**

The Self image is basically the cause of every result in your life. Who you think you are determines everything you get, every action you take, every thought you have.

And who you think you are is your self image.

If you see yourself as the kind of person who has a lean, healthy body effortlessly, then your going to have no problem doing what is necessary to get there. Since you see yourself as that kind of person, you will subconsciously choose healthier food for your body.

Contrarily, if you see yourself as a fat person who can never lose weight, then what actions do you think you will consistently take?

Can you understand now how much power your beliefs have over any success you have in your life?

And you can always change your beliefs.

In Dr. Maxwell Maltz's, Psychocybernetics, he talks about a boy who was doing poorly in arithmetic. The teacher convinced that he was "dumb in math" and informed the parents, who began to believe it as well as they saw his report card. The boy passively accepted this poor image they had placed on him. However, one class, he thought he saw an answer to a problem they were taking up. Even though everyone laughed at him, he went to the blackboard and to everyone's amazement he completed it. After this he felt a new sense of amazement, a sense that he is good at arithmetic, that he can be good at math. He then went on to become an amazing student and eventually a doctorate degree.

"Your Self-Image, how you see yourself, will determine all the success or feedback you get in your life. At the end of the day you can always choose how you see yours"

Just because someone places a label on you, whether your parents, teachers or friends it does not mean its true. Remember:

Anything anyone says about you is not true unless you accept it

You are not a fat person, you have just made poor decisions that has led to excess weight gain

Knowing this, if you change your decisions, you change your body forever

And can prove to people visually that in-fact you are a lean healthy person with an amazing life.

## ***2. They have specific, measurable, daring goals that drive them to get up every morning excited to WIN THE DAY***

If you don't know where you want to go how can you get there? Here is a story that seems to exemplify the importance of goals. Recently, there was a young man who graduated from college and decided to seek employment. He hoped to find a job somewhere away from his home town. He walked into the local bus station, approached the ticket counter and asked the clerk for a bus ticket. What do you suppose the ticket clerk asked the young man? He said, "Where do you want to go?" The young man said, "I don't know. Just give me a ticket to somewhere." It is not surprising, but he didn't get a ticket!

The moral of the story is that if you don't know where you are going, any road will take you there. Jim Cathcart, a noted professional speaker, once said, "Most people aim at nothing in life and hit it with amazing accuracy." If we don't specify exactly what we want, we have no reason to complain about what we get or where we find ourselves!

Most of us have goals "I want to be rich," but again they are usually too broad, poorly defined, unrealistic, and often beyond our mental ability to see them Being achieved. What follows next are some goal setting guidelines.

"The trouble with not having a goal is that you can spend your life running up and down the field and never score." - Bill Copeland

From the book *What they don't teach you at Harvard Business School* by Mark McCormack:

In the book *What They Don't Teach You in the Harvard Business School*, Mark McCormack tells a study conducted on students in the 1979 Harvard MBA program. In that year, the students were asked, "**Have you set clear, written goals for your future and made plans to accomplish them?**" Only three percent of the graduates had written goals and plans; 13 percent had goals, but they were not in writing; and a whopping 84 percent had no specific goals at all.

Ten years later, the members of the class were interviewed again, and the findings, while somewhat predictable, were nonetheless astonishing. **The 13 percent of the class who had goals were earning, on average, twice as much as the 84 percent who had no goals at all.** And what about the three percent who had clear, written goals? They were earning, on average, **ten times as much as the other 97 percent put together.**

In spite of such proof of success, most people don't have clear, measurable, time-bounded goals that they work toward.

So right now I want you to go set your Speed Shred goal? How many pounds do you want to lose? Where do you want to lose it from most? What will your waist size be after 2 weeks.

Now it is important to be realistic but also optimistic. 40lbs in 14 days is unrealistic. But 10lbs in 14 days is very doable with many clients dropping between 8 and 18lbs in that time frame. I have yet to see more than 20lbs weight loss in 14 days but that doesn't mean it isn't possible! We all thought the sub 4 minute mile was impossible until Roger Banister came along and smashed that limiting belief for us.

Right now go write out your 14 Day Speed Shred goal on a piece of paper and keep it on you at **all** times so that you can consistently review it. You can model this method :

I am just the kind of guy/girl, for whatever reason, who on (insert the date, 14 days from now) weighs (insert desired weight), looks like, is at ...% body fat

You get the point.

**3. They have the right map to get them from where they are to where they want to be.**

This Manual is that map. Follow the plan EXACTLY as it is laid out and your results are guaranteed.

The last thing I want to stress is the importance of commitment...

After all, no one ever achieved a goal by being interested in it's achievement; One must be committed - Tony Robbins

You need to be committed to this plan or else it will not work. Follow every rule, every workout and every daily practice. Do not think you are smarter and *modify* the program. This isn't about who's smarter, its about a proven strategy that works time and time again. Follow it and you will get the desired results. Stray and you will be like the 99% who don't live the life they want to.



Now let's jump right into the actual program. We will start with the nutrition portion and then go into the workout portion which is entirely optional.

The nutrition portion will have 2 days, rotating on a schedule. A Zero Carb day and a Protein Sparred Modified Fast day.

Let's Go!

## CHAPTER 2

# CONTROL THE MASTER HORMONE

Losing weight is amazing! You feel better, you look healthier and you have to wear a belt with your pants.

All high quality problems to have

However we want to target fat loss not just weight loss. To do this we need to stabilize our insulin levels.

Insulin is the “builder hormone” in your body. It builds muscle, but it also builds fat.

Therefore no insulin = minimal to no weight gain of any sort

The problem is that we don't want to lose any precious, metabolism boosting muscle. To spare our muscle we must train our body to burn fat for fuel instead of sugar.

The only way to keep insulin levels stable is to eliminate sugar i.e. carbohydrates from the diet. This in turn also trains your body to burn fat as a fuel.

John Kiefer, a highly regarded fitness entrepreneur and physicist, sheds light on the problem with the low carb approach we have been told to follow:

“a low carb diet, to avoid confusion, can range from anywhere of 8% to 50% of total calories per day; in grams that can be anywhere from 50 to 240 grams per day”.

To be clear a low carb diet for our purposes is going to be under 50g a carbs per day. However to get maximum fat loss and properly prepare your body to burn fat following the 14 Day Speed Shred we are going to go zero carb.

When we are talking about zero carb we are talking about 25g per day or less and this is a critical difference at the hormonal level of the human body

When keeping carbohydrates restricted to less than 30g per day, your body ceases to produce the enzymes necessary to convert sugar i.e. carbohydrates into fat (source)

This means that any carbohydrate spillover, should one occur, would be stored as glycogen in your muscles or burned off as heat until your body can produce the enzymes once again

Now being in an zero carb state will give you all the benefits of low carb in addition to the lack of sugar to fat converting enzymes. This will ensure that if you decide to go bananas and eat whatever you want at your event, you will not store any of it as fat,

rather you would burn it for energy or burn it off as heat (you might want to sleep without the covers the night you binge :- ) .

Before continuing on I just want to dispel a few myths you may or may not have about low carb/ketogenic diets.

**Myth: The human body *needs* sugar to survive**

Truth: For survival purposes, very little sugar is required and your body can create it without the need for donuts through a process called glycogenesis. Glycogenesis, is a very metabolic inefficient process that turns protein into sugar, supplying your body the very minimal amounts it requires. Since we are preparing for an event and don't have to worry about sprinting away from tigers, sugar is not necessary in our diet.

**Myth: Being in a state of Ketosis is harmful to your health and your brain**

Truth: Your brain runs better on ketones, than it does on sugar (source). Ketones are created when your body is in a glucose deficit and is in a state called Ketosis. Our hunter-gather ancestors were almost always in a state of ketosis because their diet comprised of mostly meat, fish and vegetables. Very rarely were they able to find fruit, and they would never be able to find florida oranges in the winter - unless they lived in florida of course.

**Myth: Eating excess fat is bad for your health**

Truth: Despite all the controversy many studies have shown over and over again that saturated fat is NOT bad for your health whatsoever. If that doesn't convince you think of this: the majority of the calories our ancestors would eat, would come from animal fat, also known as saturated fat.

**Myth: Low carb diets are the healthiest type of diet**

Truth: For someone trying to lose weight quickly, a low carb diet is the most effective approach. That being said, for someone who lives the lean for life philosophy, someone who works out constantly and also likes to enjoy eating "junk food" low carb diets are not the necessarily the optimal solution. Furthermore low carb diets, when followed over many months without break causes the metabolism and fat burning hormones to down regulate, wreaking all sorts of metabolic havoc in your body.

**Myth: You can't workout on a low carb diet or you will burn metabolic enhancing muscle**

Truth: We will go into more detail in the fat loss workout portion of this program but for right now understand that not all types of weight lifting or cardio burn sugar i.e glucose.

Lifting weights in a very specific way allows you to minimize the sugar burning process and essentially train your nervous system while building pure strength.

In addition eliminating an entire macro-nutrient allows to easily create a large caloric deficit while still feeling full.

Just imagine eating unlimited steak, bacon eggs and burgers and still losing weight.

In addition the extra calories from fat will help you train harder, creating a bigger calorie deficit to lose even more weight.

## CHAPTER 3

# CREATING A MASSIVE CALORIE DEFICIT

To lose fat there are many ways to skin the cat

However here are the most researched and effective...

**1. Consume less calories than you burn**

**2. Avoid any insulin spikes i.e. remove carbohydrates**

Going low calorie works, as evidence by Professor Mark Haub, who lost **27lbs** on his twinkie diet

Low calorie diet work based on the law that if you use more energy than you consume then you'll have to make for the difference with your reserves i.e. fat, protein or carbs

So it doesn't matter if your eating chicken and broccoli or twinkies... if your calories in is **less than** your calories out you will lose weight. Period

However eating a diet of pure crap, i.e. twinkies, is simply idiotic considering we want to be somewhat healthy; at least I hope you do.

### **Introducing the Protein Sparred modified fast**

Like cheating with a game shark while playing pokemon, the Protein Sparred Modified Fast is very effective at getting results fast. (for those of you who don't get that reference please google it, the rest of us we'll wait impatiently)

This diet was designed in the 70's to treat morbidly obese people, who's weight caused them serious, potential health risks. Doctor's needed a rapid way to drop weight fast, in order to save their life.

The Protein Sparred modified diet was born...

But it doesn't only work for the obese; It works for anyone wanting to drop fat quickly

Now the Protein Sparred Modified Fast takes both the low calorie and low carb approach and smashes them together into one Masterful Speed Shreding Formula.

For junk food lovers it's like taking Oreo's, dipping them in red velvet cake batter and then deep-frying them...Mmmmmmmmmmm can you smell the goodness?

You are essentially eating the bare minimum to preserve muscle mass while losing the most fat possible in the shortest timeframe.

How many calories is low calories here?

We are aiming for about 800 calories total for someone with a solid amount of muscle. For most people it will be closer to 600.

We are going to eat the minimum amount of protein required to prevent muscle loss.

In Brad Pilon's groundbreaking book *How much protein?*, he goes into how much protein we truly need to survive.

Mainstream media and research says we need about 1.5-2.0g/kg of bodyweight for strength training athletes.

Brad Pilon answers the question, 'how much protein do we need to build muscle?', "it seems that the original recommendations from the late 1800's of around 100 grams per day seem to be enough to meet the muscle building needs of most adult men and women who are not using anabolic steroids. Not only this, but even in people who are using steroids it is enough protein to allow for a considerable amount of muscle growth!"

Since we will not be building muscle on this plan, an even less amount of protein is required to sustain muscle mass.

Scientific research suggests that high protein in a diet is 0.55-0.75g/lb of bodyweight. This is the guideline that we will be sticking to.

If you have a lot of weight to lose and are inactive, stick to 0.55g/lb of bodyweight. If you are an active person stick to 0.75g/lb of bodyweight.

At 190lbs I am a fairly active person.

$190\text{lbs} \times 0.75 = 142.5$  grams of protein  $\times 4$  calories per gram

= 570 calories total

However protein is not the only thing that we are allowed to eat on this 14-Day Speed Shred

The eating portion of this program is a combination of Vegetables and protein.

## **What Veggies are you allowed to eat?**

|             |                 |             |
|-------------|-----------------|-------------|
| Spinach     | Lettuce         | Kale        |
| Celery      | Peppers         | Zucchini    |
| Leeks       | Cabbage         | Eggplant    |
| Mushroom    | alfalfa sprouts | Broccoli    |
| Asparagus   | Tomatoes        | Okra        |
| Green Beans | Onion           | Cauliflower |

Do not eat: Potatoes, beets, carrots, corn, yams, beans, peas

If it has zero calories you may drink it.

Water, most tea's, black coffee, diet soda's are all acceptable

Enjoy a variety of spices. They will help enhance flavour and keep hunger at bay. There are many low - zero calorie sauces that will help enhance flavour. Hot sauces are my go to.

The protein that we will be sticking to will be boneless, skinless chicken breast. They have very little fat and as a result are an amazing low calorie, high protein option.

Whey protein powder would be ideal, however many studies have shown that the high dosage of rapidly absorbing whey isolate protein can raise insulin levels (source). In addition I do find solid, real food to be more filling then liquid protein shakes.

Now in theory eating like PSMF for 14 days would produce the greatest weight loss transformation possible. HOWEVER after working and testing this option out far too many times, I have found it to be extremely difficult to adhere to for 14 days, 7-8 days being the mental threshold for most people.

If you could diet strictly for another 7 days, you would lose significantly more weight, leading to better results.

That's how the 14 Day Speed Shred is born. Combining the best of the best, to result in the most effective rapid fat loss program, without feeling like your slowly dying.

## **COOKING**

Protein Sparred Modified Fast DAY

I steam a lot of my vegetables. Some obviously you can't. I usually just sauté them with my chicken.

My go to meals on the PSMF days are

1. Chicken Salad ***with*** vinegar dressing - no oils
2. Chicken Stir Fry
3. Chicken and Vegetables
4. Chicken Soup

How many vegetables to eat?

Any amount. These are so close to zero calories that it doesn't really matter. You really can't over do it here.

How much Chicken to eat?

A typical pack of chicken breasts has 2 breasts and is 1 pound. That means each chicken breast is roughly 8 ounces

8g of protein per ounce of boneless, skinless chicken breast.

8 ounces x 8g/ounce = 64g of protein per 8 ounce chicken breast.

So for me that would be about 2.5 chicken breasts.

For someone less active stick to 2 chicken breasts.

For a very muscular guy go with 3 chicken breasts.

Breaking this into 3 meals per day I have found to be extremely difficult. As a result I recommend you practice a 16-20 hour intermittent fast daily.

But we will cover that in chapter 6 : hacking your fat loss

## **ZERO CARB DAY**

You will be having 2 meals a day on your zero carb days. You will be skipping breakfast so this should not be an issue. The first meal of the day should be a salad with lean protein and healthy fat. For example a tuna/chicken salad with olive oil, red wine vinegar, salt and pepper. Dinner maybe a steak with free veggies or some eggs. If you get hungry during the day, feel free to snack on some free veggies.



## CHAPTER 4

# PRESERVING MUSCLE MASS

Now you will not have a lot of energy on this diet. This means that you do not need to push yourself to exercise. The first 5 days you will mentally be able to do it. As you get later into the diet it will be more difficult. And this is OK. That's the way it is supposed to be.

What time to exercise?

Personally I have found that If I don't exercise in the morning, then I usually won't later. I find it east to say "ill do it tomorrow" or " i don't feel like it right now". However if exercising at night works for you then that is fine.

Morning fasted exercise has been shown to target fat loss much more effectively than later day, fed training. (source)

On this diet, you will be glycogen depleted.

Glycogen is the sugar stored in your muscles for intense energy. Sprinting, crossfit, "pump" weight training all fall into these categories.

AVOID that type of training

We want to train without depleting glycogen. To do this we need to do many sets, with low reps and high weight. I advocate a 2 day split. 2 days on, 1 day off.

## Day 1 - Chest, Back, Abs

| <b>Exercise</b>                 | <b>Reps</b> | <b>Sets</b> | <b>Rest Period</b>     |
|---------------------------------|-------------|-------------|------------------------|
| <b>Flat Bench Press</b>         | 3-4         | 3           | 1 min 30s between sets |
| <b>Incline Press</b>            | 3-4         | 3           | 1 min 30s between sets |
| <b>Pull ups</b>                 | 5           | 3           | 1 min 30s between sets |
| <b>Single Arm Dumbbell rows</b> | 3-4         | 3           | 1 min 30s between sets |
| <b>Plank</b>                    | 1-2 min     | 2           | 1-2min between sets    |

Now we didn't group "pushing" and "pulling" muscles together so that we can hit all the muscles every time we workout. This will tell our body to keep the muscles around since we are consistently using them.

Day 2 - Biceps, Triceps, Shoulders.

| <b>Exercise</b>              | <b>Reps</b> | <b>Sets</b> | <b>Rest Period</b>       |
|------------------------------|-------------|-------------|--------------------------|
| <b>Dumbbell Curl</b>         | 3-4         |             | 3 1 min 30s between sets |
| <b>Incline Dumbbell curl</b> | 3-4         |             | 3 1 min 30s between sets |
| <b>Skull Crushers</b>        | 5           | 3           | 1 min 30s between sets   |
| <b>Seated Dumbbell press</b> | 3-4         |             | 3 1 min 30s between sets |
| <b>Lateral Raises</b>        |             | 8           | 2 1 min 30s between sets |

These exercises aren't set in stone. If you prefer other exercises that hit the same muscle group feel free to swap them in. Just keep the sets and reps the same.

There is no direct leg training. Most people already have bulky legs and don't need to directly train legs. However if you need to train legs you may add it in. The cardio section should take care of your legs though.

# CHAPTER 5

## THE LAST MILE

### STRATEGIC CARDIO

This cardio is strategically designed for *FAT LOSS*, and as a result may seem different than other cardio you would be used to.

To lose fat you must first release fat from its stores into the blood stream. The best way to do this is High Intensity Interval Training (HIIT).

However HIIT burns sugar and not fat. We want to burn fat. To do that we need to do some low intensity cardio such as walking or light jogging.

Strategic Cardio Program

Warm - up → 5 min, light jog or walk

HIIT → 10 min, 20 second sprint, 40 second walk/jog

Light Cardio → 15 min, incline walk or light jog

Now the problem is HIIT burns glucose and sugar, something the 14 day Speed Shred diet doesn't provide. Therefore we need to alter how we are going to "run" our fat off.

You will find it difficult to eat 3 meals most days over a 14 hour feeding window ( breakfast at 8 am, Lunch at 1pm and Dinner at 6pm). Therefore we included the highly recommended fasting portion to this diet which was discussed in the ***chapter*** : Hacking your fat loss.

Intermittent fasting, remarkably does the exact same thing as HIIT training in regards to fat burning effects: it releases the fat into the bloodstream so it can be burned for energy.

This means we can eliminate the HIIT and this is a good thing because HIIT is very hard on your system. And since recovery will be sub par due to our strict Speed Shreding diet, we don't want to be over exerting our bodies.

So then by practicing intermittent fasting your fat loss cardio session will look like this:

Warm - up → 5 min, walk

Light Cardio → 25-40 min, incline walk or light jog

Cool - down → 5 min, walk

That's it!

One more thing I want to stress is just to MOVE MORE!

Seriously stop sitting at your desk all day and take a 15 minute walk somewhere.

In only 150 years we have gone from a society who stood or walk **90%** of the day to a society who **sits 60% of the day.**

Harvard Business Review calls sitting “ the smoking of our generation”. We sleep about 8 hours a night; we sit for about 9 hours today. Sitting too long doubles your chance for diabetes and increases your chance for premature death.

So get up and move more! Take a walk to work instead of driving. Get up every hour and take a 5-10 minute walk away from your desk or work area. Go on hikes with your family instead of watching movies.

Just learn to live moving and how it makes your body feel!

## CHAPTER 6

# HACKING YOUR FAT LOSS: ALKALINITY, INTERMITTENT FASTING AND SUPPLEMENTS

Not to confuse this with starving yourself, a highly regarded expert on the subject, Brad Pilon puts it best;

Intermittent fasting is:

“The act of willingly abstaining from some or all food, and in some cases drink, for a pre-determined period of time.

The key difference between starving yourself and intermittent fasting is that you are **willingly abstain from food.**

The myriad of health benefit you WILL receive following Intermittent fasting:

—> Decreased blood glucose levels

By avoiding consuming any calories or macronutrients blood sugar levels will be reduced to normal. A perfect environment for fat loss.

—> Decreased Insulin levels

Again no food = stable insulin levels. When your insulin levels are stable you have smooth blissful energy as well as a fat burning storm. Remember that you cannot burn fat with high insulin levels.

—> Increased insulin sensitivity

Insulin sensitivity refers to how efficiently your body can clear glucose from the blood stream. Higher insulin sensitivity means that your body can manage the carbs it gets better and avoid storing them as fat. By constantly giving your body a break from food, intermittent fasting allows your insulin to reset and stay sensitive. This results in greater fat loss and amazing macronutrient partitioning.

—> Increased lipolysis (fat breakdown)

Lipolysis is a crucial step in the fat loss process, as it literally means the release of fat cells in to your blood stream. When insulin levels are stable and there is no glucose coming into the body, the body must find fuel elsewhere and turns to fat stores. Our body's are at a given time either storing fat - feeding, or burning fat - fasting. Fasting allows fat to be released from holding and be available to burn for energy.

—> Increased Human Growth Hormone levels

We mentioned this in the fat loss mindset chapter, however it's worth mentioning again. As supported by scientific research, Human growth hormone, also known as the fountain of youth, helps in the process of burning fat, building muscle and increasing metabolism 78,79,80. Short term fasting creates a growth hormone response, resulting in nearly a 6x in growth hormone. 25, 76, 77

—> Increased epinephrine and norepinephrine levels

Collectively called catecholines, these hormones are released when the body is experiencing some sort of stress. When these hormones flood the blood stream, they draw out any excess glucose to burn as well as drawing out fat to burn. They make you feel alert and alive while also protecting muscle mass. Having these hormones elevated all the time would be terrible for your body - this is what happens when you follow any low cal or low carb approach for too long - but the little bursts of this hormone when your fasting does wonders for your metabolism, energy and body composition.

—> Maintenance of skeletal muscle mass

Fasting releases high levels of human growth hormone and catecholines. Both these hormones protect your muscle mass while your body burns fat for fuel.

—> Decreased body fat and body weight

Just read any of the above statements and you'll understand why this is inevitable.

Now the Mediterranean diet is one of the most respected and healthiest diets. However one thing that goes overlooked is that in Greece, where the Mediterranean diet is practiced and came from, they follow for the most part the Greek Orthodox Religion. In the greek orthodox church, there are some very lengthy fasting traditions as well as certain very strict dietary restriction between 180-200 days of the year. What this shows is that one of the healthiest diets in the world does incorporate some sort of fasting. Being of greek descent, this fascinates me to no-end

So then if Intermittent Fasting is so beneficial then why does mainstream media and diet industry vilify it?

This is my hypothesis:

The most basic principle of economics is supply and demand. By engaging in Intermittent Fasting you would be eating less and as a result buying less, decreasing demand. The mere thought of people eating less, consuming less, buying less is bad for business. A non-eating movement would be a disaster to the food industry.

Whether I am right wrong is not the point of the matter. The point is that you should start engaging in intermittent fasting regularly

But Peter “ How does one go about practicing Intermittent Fasting”?

Well my 2 favourite ways that I would recommend for effectiveness and flexibility are:

### **24 hour fasts**

From the last time you consume a calorie on the previous day to the same time the next day you will fast, meaning you will consume 0 calories. Black coffee, green tea, lemon water and diet soda (minimize amount) are all acceptable.

So for example if your last meal was at 8pm the night before, you would start eating until 8pm the next day.

This works well for the PSMF days as it will allow you to feel fuller by eating all your calories in such small window.

### **16-20 hour fasts**

These will occur daily and depending on how you feel, how busy you are and when you can eat, you will be doing a 12 - 16 hour fast. So if you sleep for on average about 8 hours a night and you stop eating 1-2 hours before bed, you would wake up and push your first meal of the day ( commonly known as breakfast) back 4-6 hours.

If you wake up at 7 am and you stopped eating at 10 the night before, then your first meal would be between 10pm and 2pm.

Personally I break my fast between 12 and 2 pm as that is what works for me and my schedule.

My schedule when following the 14 Day Speed Shred looks like this:

3pm First Meal

8pm Second meal

During your fast, you should consume lot's of water and lemon water. Black Coffee and green tea help to energize you and keep hunger at bay.



## **Supplementing your Diet**

Now I highly recommend a few supplements on this diet because it is quite low in nutrients and your body may be missing some. We are going to split the supplements into 2 categories: The Speed Shred Essentials and the Speed Shred Boosters

The Speed Shred Essentials

### **ATHLETIC GREENS**

Superfood cocktail

Tim Ferris calls it his “ Nutritional insurance policy”.

Just a SINGLE serving provide you with the equivalent of 10-12 servings of vegetables and fruit.

Since beginning to take Athletic Greens, I almost never get sick, compared to the 2-3 times per year prior .

With this product there is no need to take any other multivitamins, antioxidants or immune support supplements. This supplement really does hit it out of the park.

If there is only one supplement you pick up, let it be this one.

Your body, mind and vitality will thank you later for it.

PLUS this will not break your fast in the morning.

How to take:

1 tablespoon mixed with 8 oz of water on an empty stomach preferably when you first wake up in the morning.

You can pick it up [HERE](#)



## **ATHLETIC GREENS Omega3 FISH OIL**

Ultra concentrated EPA and DHA

No matter who you are or what your goal is you should be taking omega 3's for you body and your mind. Fish oil is on wolf the most legit supplements out there and it is a miracle pill improving:

- Brain function
- Fat loss
- Hair appearance
- Skin appearance
- Nail strength
- Insulin sensitivity

There really is no reason not to add this to your Fat Loss Cocktail. High quality Fish Oil is most likely the most important supplement you can for your overall health and anti-aging.

You can pick it up [HERE](#)



take

## **VITAMIN D**

If you live in a sun-deprived region then you should defiantly be supplementing with vitamin D pills or drops. Just a few reasons to supplement with this amazing vitamin...

1. Adequate Vitamin D levels help release more leptin which helps keep you full longer
2. You will store less fat
3. You'll burn more fat, specifically that stubborn belly fat
4. It will help you feel more energized, alive and healthy

Athletic Greens has drops which work great.

## HIGH QUALITY PROTEIN POWDER - BioTrust Low Carb

Stevia® Sweetened, Cold-processed, Time-released, Pharmaceutical Grade Protein Supplement

Protein is something you need. Whether as a meal replacement or a post workout shake, protein does the trick. Unfortunately

Many companies and brands cannot live up to the claims they make.

BioTrust Low Carb is the best on the planet because:

1. It is the best tasting protein on the planet
2. It's gluten free and 100% all natural
3. It's certified hormone free
4. It's a true time-released blend of equal amounts of 4 different fast- and slow-acting proteins that provide your body with quality nutrition for up to 8 hours, without the insulin-spike associate with whey-protein-only products.
5. It's the only protein supplement that contains a new breakthrough enzyme blend called **ProHydrolase** that has been shown to more than DOUBLE protein absorption over other products while completely eliminating the bloating and gas that many complain of with whey protein supplements.

You can pick it up [HERE](#)



## The Speed Shred Boosters

### **Blue star Nutraceuticals Pre Workout - P.P.K.**

The Perfectly Engineered Single-Serving Pre-Workout

P.P.K. is the only single serving pre-workout supplement with researched-based dose amounts engineered to get you extra plates, extra reps, and extra sets.

And with the pumps you'll have, you'll look good doing them.

You'll Lift More, and You'll Lift Longer

P.P.K is fueled with clinically researched ingredients that amplify energy levels, maximize muscle pumps, boost power, increase strength, and improve focus.



You'll lift more and you'll lift longer. But most importantly – your lifts will matter.

Refreshing and Hydrating

Every mouth-watering serving of P.P.K. is powered with hyper-hydrating ingredients that flood muscles with nutrient-rich water for fuller, firmer pumps.

From Your First Rep to Your Last Rep

P.P.K. prepares your body for uninterrupted muscle-building. So whether you're knocking out a quick 45 or going for a full two hours, P.P.K. doesn't quit until you do.

You see the Pump. You use the Power. You feel the Kick.

You can pick it up [HERE](#)

## Blue star Nutraceuticals Intra-Workout - AminoFast.

—> **MORE ENERGY, LESS BURNOUT**

—> REDUCE MUSCLE SORENESS

—> IGNITE PROTEIN SYNTHESIS

AminoFast increases the production of ATP, your muscle's primary source of energy, preventing you from fatigue, or hitting the workout wall too soon.

Simply put, more lean muscle gains from your workouts.

A high protein diet can help sustain a steady flow of protein to your muscles, but if you are dieting and training hard, your muscle could be burning through every amino you put in.

Supplement with BCAAs before, during and after your workout to maintain a steady flow of aminos to your working muscles to help maintain and build muscle.



AminoFast works by stimulating muscle building at the core.

The exact ratio of BCAA (5:3:2) found in AminoFast has been shown in clinical research to activate the pathways of muscle building through activation of both mTOR and p70 kinase.

The result?

A 350% increase in muscle building compared to placebo! But AminoFast doesn't stop there; it also delivers an anabolic nutrient blend using XD technology to super-saturate muscles with aminos, optimize hydration and help speed the recovery and rebuilding process!

You can pick it up [HERE](#)

## CHAPTER 7

# THE 14 DAY SPEED SHRED ACTION PLAN

This is a sample schedule about how your workouts and diet would work in to your schedule.

| <b>DAY 1</b>  | <b>DAY 2</b>  | <b>DAY 3</b>  | <b>DAY 4</b>  | <b>DAY 5</b>                   | <b>DAY 6</b>                   | <b>DAY 7</b>  |
|---|---|---|---|--------------------------------|--------------------------------|---|
| ZC<br>+<br>Day 1<br>workout<br>+<br>Cardio<br>workout | PSMF<br>+<br>Fasted<br>Walking                          | PSMF<br>+<br>Day 1<br>workout<br>+<br>Cardio<br>workout | ZC<br>+<br>Day 2<br>workout<br>+<br>Cardio<br>workout | PSMF<br>+<br>Fasted<br>Walking | PSMF<br>+<br>Fasted<br>Walking | Zero<br>Carb<br>+<br>Day 1<br>workout<br>+<br>Cardio<br>workout |
| <b>DAY 8</b>  | <b>DAY 9</b>  | <b>DAY 10</b>   | <b>DAY 11</b>   | <b>DAY 12</b>                  | <b>DAY 13</b>                  | <b>DAY 14</b>   |
| PSMF<br>+<br>Fasted<br>Walking                        | PSMF<br>+<br>Day 2<br>workout<br>+<br>Cardio<br>workout | ZC<br>+<br>Fasted<br>Walking                            | PSMF<br>+<br>Day 1<br>workout                         | PSMF<br>+<br>Fasted<br>Walking | PSMF<br>+<br>Fasted<br>Walking | PSMF<br>+<br>Fasted<br>Walking                                  |

### **What to do after?**

Switch back to a normal, high testosterone diet.

35% Carb, 30% Protein, 35% Fat

Everything is outlined in Test Max nutrition

### **Final Thoughts**

Thanks for reading! You are now equipped with some of the most potent and rapid fat burning information ever to exist. Use it wisely.

Remember that this is an extreme diet meant to be used 2-3 times a year MAX! I usually do it to jump start new years and right before a beach vacation so I can get that extra lean look.

Many people confuse knowledge with power. Knowledge is potential power. Taking action is where the real power lies. Take Action and be part of the 1% of society who lives an amazing life with a healthy, head turning body.

To fitness, fortune and freedom,

Peter Tzemis