

DIETS SUCK

OFFICIAL TRAINING PROGRAM

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Nutrition is usually the biggest missing piece when it comes to improving how we look, feel and perform. However, the training that you do is extremely important when it comes to obtaining an attractive, lean, and healthy body. A lackluster training program will slow your results down and prevent you from achieving the best results possible.

It's important to understand that training with resistance aka weight training is a crucial piece to not just looking great, but improving your health, metabolism, and overall performance in life. Lifting weights properly improves energy, posture, bone health and mental strength. It's a vital piece to the True Shred program.

This program involves a highly effective weight training routine. For the purposes of this program you'll need access to some basic dumbbells and barbell equipment. We try and limit the use of machines and fancy equipment due to the fact that not all gyms carry certain pieces, plus using the basic stuff works better anyway!

The Diets Suck program calls for 4 days of workouts that last about 40 minutes. On off days you'll have some "active recovery" workouts to help burn more calories. We don't want to overdo things while you're in a calorie deficit since you won't have a ton of extra calories to help with recovery.

You'll notice that we put a big emphasis on strength training. This is very important for overall health and holding onto your hard earned muscle. We put a big focus on training the core 4 movements which are bench press, squats, deadlifts and overhead press.

Every 4 weeks we will adjust the rep targets along with rest periods to continue to ensure your body is adapting to new stimulus. We'll also throw in some super-sets in the last phase to really push your body's development.

As far as how to structure your workout schedule - I recommend 2 days in the gym, followed by 1 rest day, then 2 days in the gym, and ending the week with 2 rest days. On your rest days you'll stay active to ensure we keep your body in a calorie deficit.

The Workouts

Phase 1: Weeks 1-4

Rest Time Between Sets: 2 minutes

Tips:

- Stop 1-2 reps shy of failure

Reps:

- Core Movement:
 - Week 1-2: 4 sets of 3 reps
 - Week 3-4: 5 sets of 5
- Accessory Movements: 3 sets of 6-8 reps

Workout 1: Upper Body Focus

Warm Up: 5 minutes on the treadmill - then perform 2-3 sets of no weight or light weight on the first 2 exercises

1. Flat Bench Press (Core) 4 sets of 3 (week 1-2) 5 sets of 5 (weeks 3-4)
2. Chin Ups or Rack Body Rows 3 sets of 6 (add weight if necessary)
3. Standing Dumbbell Press 3 sets of 8
4. Barbell Underhand Rows 3 sets of 6
5. Dips 3 sets of 6-8
6. Planks 4 sets of 45 seconds

Workout 2: Lower Body Focus

Warm Up: 5-10 minutes on the bike - then 25 bodyweight squats

1. Barbell Squat (core) 4 sets of 3 (week 1-2) - 5 sets of 5 (weeks 3-4)
2. Bulgarian Split Squat with Dumbbells 3 sets of 8 each leg
3. Barbell Romanian Deadlifts 3 sets of 8
4. Leg Extensions 3 sets of 8
5. Seated Calf Raises 3 sets of 8
6. Weighted Crunches 3 sets of 10-12

Workout 3: Upper Body Focus

Warm Up: Same as Day 1

1. Standing Barbell Overhead Press (Core) 4 sets of 3 (week 1-2) - 5 sets of 5 (weeks 3-4)
2. One Arm Dumbbell Row 3 sets of 6 each arm
3. Incline Dumbbell Press 3 sets of 6-8
4. Underhand Lat Pulldowns 3 sets of 8
5. Standing Barbell Curls 3 sets of 6-8
6. Side Planks 3 sets of 30 seconds each side

Workout 4: Lower Body Focus

Warm Up: Same as Day 2

1. Deadlifts (Core) 4 sets of 3 (week 1-2) - 5 sets of 5 (weeks 3-4)
2. Leg Press 3 sets of 8
3. Lying Hamstring Curls 3 sets of 6-8
4. Standing Calf Raises 3 sets of 10
5. Kneeling Rope Crunches 3 sets of 10-12

Phase 2: Weeks 5-8 - Exercises stay the same but notice the changes below

Rest Time Between Sets: 90 seconds

Tips:

- Stop 1-2 reps shy of failure
- Superset accessory movements if needed to save time

Reps:

- Core Movement:
 - Week 5-6: 4 sets of 4
 - Week 7-8: 3 sets of 6
- Accessory Movements: 3 sets of 10-12

Phase 3: Weeks 9-12- exercises remain the same but rest time and reps change once again

Rest Time Between Sets: 30 seconds

Tips:

- Stop 1-2 reps shy of failure
- Superset movements if needed to save time

Reps:

- Core Movement:
 - Weeks 9-10: 3 sets of 8
 - Weeks 11-12: 4 sets of 8
- Accessory Movements: 3 sets of 12-15