



THE SIMPLE VEGAN SOLUTION

How To Quickly Burn Fat
And Build Muscle On A
Plant Based Diet

PLANT
BASED

Hi guys, thanks so much for purchasing this ebook. I'll do my best to make this as clear and concise as possible so you get yourself on the road to building a strong, healthy, functional body that'll last you the rest of your life.

A Little Bit About Me

My name is Mark, I've been a personal trainer, health and fitness professional for the last 6 years. I've trained hundreds of people and my goal is to help as many people as possible live a more healthy, functional, positive and vibrant life with the help of physical exercise, optimal nutrition and other practices that contribute to a greater well being.

Here's what people have said about my classes and advice:

"Mark is an inspiring individual who has a great knowledge of nutrition and fitness. He also has a down to earth approach which is at the same time light hearted and yet very supportive" *Alan Bell*

"Before Mark's program I made plant based eating a very complicated exercise mainly because I didn't think I could stay full eating only plants. Now I stay completely satiated and can't imagine I ever ate any other way" *Melissa Martin*

"I thoroughly enjoyed Mark's class. Really enjoyed his unique approach. Will definitely be attending again."

"I really enjoyed it. He was very enthusiastic and entertaining. The class was a good all over body workout. Mixture of cardio and strength and plyometrics. Best class I've done there"

"Mark was a fun teacher! Would definitely go back to his class"

"Brilliant guy. He knows his job and how to challenge a class. I would like to do it again with him"

First Things First

Ladies... lifting weight is how you build a strong curvy booty and who doesn't like a round firm set of coconuts?!?

Lifting weights will not make you big and bulky! Unless that is your goal. This book will teach you how to build muscle where you want it while staying lean.

Guys reading this... Studies have proved that women like men with athletic strong bodies. I know this sounds superficial and of course a good woman would look at a man's spiritual and mental qualities but it's on a subconscious/ancestrally, level more than anything.

Our brains haven't changed much since hunter gather days. Ancestrally, in terms of the ability to acquire resources, protecting offspring or hunting, women subconsciously or consciously are attracted to stronger men.

For men and women, lifting weights or body weight training has so many benefits including:

- Loss of Body Fat
- Decreased Risk Of Osteoporosis
- Improved Athletic Performance
- Being Physically Stronger
- Reduced Your Risk Of Injury, Back Pain & Arthritis
- Reduced Risk Of Heart Disease
- Reduced Risk of Diabetes
- Improved Attitude And Fight Depression
- Increased HDL - High Density Lipoprotein (good cholesterol) and decrease LDL - Low Density Lipoprotein (bad cholesterol).
- Lower risk of cardiovascular disease.
- Lower high blood pressure.
- Lower risk of breast cancer - reduces high estrogen levels linked to the disease
- Reduces symptoms of PMS (Premenstrual Syndrome)

When I first started training way back in 2008 I had no clue what I was doing. It took me years of trial and error to figure out what to do to achieve my optimal results.

I've spoken with multiple fitness experts and have put everything I've learned over the past 9 years into this book to save you the time of trying to figure things out by yourself.

Building Muscle Without Getting Fat - Healthy Eating Habits

Your first step when it comes to building muscle is to get lean first.

Follow the steps in my [Vegan Fat Loss Guide](#) for guidance. To help you along with this I'll add these simple rules:

No white starchy carbs except within an hour after training

This means only consume starchy carbs like rice, potatoes, pasta, bread, oats, etc only within 1 hour or so after you've trained.

Eat Your Veg

Vegetables (except potatoes and corn) should make up the main portion of your meals. Eat a LOT of these. Make salad your main dish. This is so important. I think we've been conditioned to think that salad or vegetables should make up a small portion of your meal. Really the opposite is true, fill up on the veg! It's next to impossible to over eat on veg (unless you cover with oil) because it is so fibrous packed with nutrients but low in calories (more on this later).

No drinking your calories (Alcohol included)

You easily can consume so much more calories by drinking them than eating them. A large orange contains 87 calories and 12 grams of sugar. However a cup of orange juice contains 112 calories and 21 grams sugar. Eating 8 oranges would be a struggle for anyone but drinking 8 glass of juice could be easily done. Stick with water and lemon, herbal teas and high quality black coffee. Stay away from zero calorie diet drinks as they are full of chemicals.

Have one day you go into a caloric surplus (cheat day).

If you're trying to burn fat you need a cheat day aka a day where you go into a caloric surplus (consuming more calories than you're using) because your anti starvation hormone (leptin) drops when you're in a caloric deficit for too long. The evolutionary purpose of Leptin was to slow your metabolic rate down and conserve energy (fat) in times of famine.

When our ancestors were starving their leptin levels decreased helping them to survive longer by holding on to their fat reserves. This isn't great when you're trying to loss belly fat before your holiday. It is also the reason why the more fat you lose the harder it is to loss that last bit. Nowadays (at least in the western world) there is no famine or long periods of time we won't eat. We are just trying to reduce body fat while in a caloric deficit.

So when leptin levels drop, fat burning slows right down but if you raise your leptin levels you'll start losing fat again.

Do this by having a cheat day once every 7 -14 days.

Eat whatever you want (obviously keep it vegan) whenever you want and how much you want (within reason). Your body will realise that your not starving and go back into fat burning mode. Don't go crazy but enjoy yourself. It's not what you do once in a while but what you do consistently that counts. Schedule them in if you know you're going to a party, wedding, or an event. It's also great to take a day off from thinking too much about what should I or what shouldn't I eat. Where possible, I would invite you to still stick to whole plant based foods on these days, don't deprive yourself but bare in mind processed vegan foods are still some of the key factors when it comes to excess body fat

Continue with resistance training

You want to retain as much muscle as possible when cutting body fat. By stimulating your muscles with heavy weights you have the best chances of keeping that muscle you've worked so hard to get.

Do HIIT cardio

This is the best form of exercise when it comes to fat loss. Pick a few exercises, they can be bodyweight or weighted ones, then work for 40 seconds and rest for 20 seconds. Doing 20 minutes of HIIT cardio can have the same or even more impact than 1 hour of moderate cardio like jogging.

Use Intermittent Fasting

Intermittent fasting or IF is one of the fastest ways to lose fat. In summary, you have an extended period of fasting time during the day after or before you sleep. We all fast while we sleep for 7/8 hrs unless you eat biscuits if you wake up in the middle of the night (I have done this). During this extended fast your body becomes a fat burning machine.

You have a feeding window and a fasting period. Once you've swallowed that last bit of food your fasting period begins and you won't have any calories until you break fast. You can (and should) drink plenty of water during your fasting period. Also zero calorie drinks like black coffee and tea (no milk) can be consumed.

Most people will fast say from 10pm after there dinner or evening snack to 6/7am breakfast time. With intermittent fasting you flip it around. For example you might have your last meal at 10pm and break your fast at 2pm or last meal at 6pm and breakfast at 10am.

This works as a fat burning tool for a few reasons:

1. Once your body has used those calories it will look for other sources to run off. If there is no glycogen (a glucose polysaccharide that serves as an energy source) your body will go to your fat stores for energy.
2. By fasting your body has more time to use up the calories it has consumed for energy and not store them as fat.
3. It promotes stronger insulin sensitivity and increased growth hormone secretion.

IMPORTANT NOTE: If you have issues with blood sugar regulation, diabetes or hypoglycaemia check with a doctor before trying this.

You'll need to stick with it for at least 2-3 weeks as your body will need time to adjust. If you've been waking up in the morning and have a meal for the last 10-20 years you're going to need time to get use to not doing this.

When I first tried it I quit after 3 days because I thought I was so hungry I might die. Obviously this won't happen. In the stone ages hunter gathers didn't wake up in the morning and have breakfast, they went long periods of time without food.

Commit to it and I guarantee you'll see results.

Some helpful tips:

- Don't expect miracles. You should still be eating clean foods during this experiment and train regularly.
- Stay busy during your fast. If you sit around looking at the time thinking about how hungry you are then it's going to be hell.
- Train 1hr before you break your fast. This way you'll be depleting your muscle of any glycogen and when you eat the energy will go straight to your muscles.
- IF is not the only way to burn fat but it is a great tool to have when it comes weight loss.

I have also used IF when building muscle. You just have to make sure you eat enough calories in your feeding window.

The Rules To Building Muscle

In the gym you're not building muscle you're breaking the muscles down and when you rest and eat you're building them back up to make them stronger and bigger.

To build muscle you need to be in a caloric surplus.

And lifting heavy (more on this later).

You need to be consuming more calories than you're using.

You can do this a few ways. You could opt to dedicate a vast amount of your time (time = your life) to counting the number of calories you eat each day. This does work for some people that want to put in that much time, energy and effort.

Here is simple calculation for making sure you're in a surplus of calories:

Take your body weight in pounds (lbs) x 20 = the amount of calories you need to be a surplus.

This is not an exact figure but for the average person that'll do it.

To track your calories you can use an online calculator or app. If you do this you want to go between 200 to 500 calories above your maintenance level, no more than that.

If you don't want to count calories you can use the tracking method I explained in the 7 Steps Vegan Fat Loss Guide.

This is where at the start of the week you take your weight, measurements (waist, hips, chest, thighs and arms). Then throughout the week you keep a track of your food/drink intake, sleep, exercise, the weight you lifted, number of sets, and reps everyday.

You track this in a notebook or your phone. I find a notebook works better because you won't be distracted by any notifications or apps.

At the start of the next week you take your weight and measurements again and if you've gone up or down you make adjustments accordingly.

An example: If you started the week at 170 pounds, your waist was 31 inches, chest was 40 inches. Then the next week your weight went down to 165 pounds and your chest 39 inches, you'd need to either increase the amount of food you're eating or cut back on some of the cardio you're doing or lift heavy or perform a few more reps or sets.

You can also feel it out, in terms of your food intake. With every meal that you eat, you would eat just a little bit more after you're full.

I would say tracking your food, exercise and sleep is the easiest and most propitious method.

Note: At one point in my life I use to track my happiness level over every day of the week. This was a great way for me to realise what made me happy and what didn't. For instance, days I ate processed sugary foods were the days my mood dropped.

Harvard professor and author Peter Drucker writes, "what gets measured, gets managed." If you can't measure what you've been eating, your workouts your fat, you can't manage it.

You are going to need to experiment when it comes to the food you eat in order to build muscle or lose fat. That's why you should track your progress, take your measurements, record your food intake if only for a few weeks to a month. There is no one size fits all when it comes to this. After a while you'll know how much to eat to suit your goals.

The Problem With Traditional Bulking or "Dirty Bulking"

You might of seen these bodybuilder types eating shit loads of food getting fat for half a year. They eat any and everything (dirty bulking) lift weights, get fat then spend 4-5 months cutting or burning off the excess fat to reveal the muscle they've built. Bodybuilders only need to look good for one day of the year - competition day. You want to look and feel great all year round right? Don't worry I'm going to tell you how to.

The problems with bulking for long periods of time is:

1: You'd get really over weight for a long time just to build a bit of muscle then spend 5-6 months doing tons of cardio and being in a caloric deficit (eating under your maintenance calories).

2: Fat cells never go away. When you consume more calories over a long period of time your fat cells grow and grow and grow until they split and double. Your fat cells do shrink when we get lean but they never go away. This is why larger people that have

been really big before can easily, if they are not careful, put all the weight back on after losing it because the fat cells have just been laying dormant.

Building Muscle The Smart Way

A technique called micro bulking has worked for me. One of my mentors taught me this technique and it is a smarter way (in my opinion) than traditional bulking.

First of all get as lean as you want to be. Then for 2 weeks increase the amount of food you're intaking. Continue to track your progress and then do 2 weeks cutting (fat burning). Then basically repeat this process until you have made your desired gains.

By bulking for 2 weeks, then cutting for 2 weeks you're basically taking 2 steps forward and then 1 step back but staying relatively lean during the whole process. Sometimes you might need to cut for a little longer than 2 weeks but you get the idea, right?

You can use your abs as a barometer. When and if you start to look less defined you should go back to the fat burning method. The whole process just repeats over and over. Micro cut and micro bulk once you are happy with the gains you have made you can go into a maintenance mode. Here you will continue to train but you won't be putting an emphasis on

how much food you should or shouldn't be eating and just enjoy each meal with moderation.

Regardless of whether you want to build booty or define your chest it's the same process. You have to lift heavy and eat more calories than you are using.

What To Eat To Build Muscle

If you think of your body as an energy burning machine. Each day you need a certain amount of calories (energy) to maintain your current weight. If you don't eat enough maintenance calories you'll start to lose weight. If you want to build muscle you need consume more energy (calories) than you are using each day.

Calories

The thing with whole plant based foods are they're not very calorically dense and they are very fibrous. That means they pass through your body really quickly and they don't have that many calories, so you need to eat foods that are quite calorically dense.

Carbs

Carbohydrates are your body's main source of energy. Our muscles and brain cells are designed to run on carbs. In their natural state carbs are low in calories and high in fibre. When you eat fresh fruits, vegetables, beans and legumes you can eat more of these and still keep the caloric intake low.

High fibre is what makes you feel fuller for longer and not crave more.

Vegetables

Vegetables are incredibly low in calories and high in nutritional value. Particularly veg from the cabbage family.

These foods prevent anti ageing, cancers and overall protection from free radicals.

Go for nutrient dense carbs. Below is a list of highest nutrient dense foods. Eat as much of these as possible:

Dark green leafy veg	More Green Veg	None leaf green veg	Starchy Veg: Best eating within one hour after training.
Kale Collard greens swiss chard watercress Spinach Arugula	Romaine Bok Choy Cabbage Brussel sprouts Asparagus Broccoli String beans Snow and green peas	Beetroots Aubergine/Eggplant mushrooms Onions Radishes Bean sprout Red, yellow, green peppers Radicchio Cauliflower Tomatoes Artichokes Carrots	Butternut and other squash Sweet potatoes Turnips Yams

NOTE: Nuts, seeds and whole grains should be eaten sparingly

Fruits	Beans legumes	Nuts and Seeds	Whole Grains
Strawberries Blueberries All other berries Plums Oranges Melons Kiwi Apples Cherries	Lentils Kidney beans Adzuki beans Pinto beans Split peas Chickpeas Edamame	Sunflower Pumpkin Sesame Flaxseeds Almonds Cashews Etc	Whole wheat bread Rice Pasta (whole wheat) Quinoa Potatoes

Pineapple			
Mango			
Peach			
Grapes			
Bananas			
Etc			

Protein

Protein is in pretty much in every food that you can think of.

Plant based foods that are high in protein are foods such as spirulina. This is a super food and contains four grams of protein per teaspoon.

Hemp seeds, 5 grams of protein per tablespoon. Spinach, five grams of protein per cup. Lentils, 16 grams of protein per cup.

There are loads of foods that you can eat that contains protein. For the average person the recommended daily amount of protein is 0.5 grams per pound of body weight. Most nutritional rich vegan foods contain (except for fruit) at least 10% protein.

BUT like I said this is for the average person. Are you average?

Legend has it that when it comes to building muscle that number needs to go up to between 1-2 grams per pound of body weight. So if you weigh 120 pounds and want to build a "vegan booty" you'll need to get at least 120 grams of protein a day.

Now that is a little more challenging just eating nutritionally rich foods has hitting those numbers are a little tricky. You have to eat a lot of food... I mean a lot.

If you don't have time to continually eat, plant based protein powder is the easiest way to hit your numbers.

Fats

Fat is vital macronutrient that might have you confused and has gotten a lot of bad press. 10-20% of your diet should be made up of fats as it is essential to your diet... but not all fats are created equal.

Avoid trans and saturated fats as much as possible as these are not just bad for your physique they put you at a high risk of premature ageing, heart disease, type 2 diabetes and cancer.

Below are list of foods you should avoid:

- Any fried foods (French fries, doughnuts, deep-fried fast foods)
- Margarine and butters (stick and tub)
- Baked goods (cookies, cakes, pastries, crisps)
- Processed snack foods (Chocolate bars etc)
- Fatty cuts of beef, pork, and lamb
- Dark chicken meat and poultry skin
- High fat dairy foods (whole milk, butter, cheese, sour cream, ice cream)
- Lard

When it comes to good fats this will help keep cell membranes functioning properly, keep you body temperature stable and maintain healthy hair and skin.some of these good fats are:

- Nuts (all kinds of nuts)
- Seeds (particularly chia flax and hemps)
- Avocados
- Vegetable oils (olive oil, canola oil, peanut oil in very small amounts)

A BIG MISTAKE people make is by adding massive amounts of olive oil to their salads because that can easily add 100-200 calories to meal. All good if your looking to bulk up but not great if you're looking to burn fat.

Take away message for fats is AVOID saturated, and trans (hydrogenated) fats and eat foods high in Omega 3s such as flax, chia and hemp seeds.

What type of exercises should I do to build muscle?

I would personally say doing compound exercises are the most beneficial for building muscle.

Compound exercises are multi-joint movement exercises, they work more than one set of muscle groups at a time. Eg: Press ups work chest, triceps, shoulders and core.

Isolation exercises do exactly what the name implies, they isolate the particular muscle chosen and just work that.

Compound exercise bring on hormonal changes responsible for burning fat and building muscle.

Testosterone and growth hormone are increased dramatically after a set of heavy squats (compound exercise). Also insulin sensitivity is increased due to the depletion of glycogen stores when many muscle groups are used all at once.

Isolation exercises do have their place when it comes to building muscle but the most bang for your buck is with compound exercises.

Compound Exercises include:

Bench press

Bent over rows

Dips

Push-ups (and all variations)

Bodyweight rows

Pull-ups/Chin ups
Dips
Lat pull down
Military press (overhead press)
Clean and press
Cleans
Kettle Bell swings
Turkish get ups
Snatches
Lunges (All variations)
Dead-lifts (All variations)
Squats (All variations)
Man Makers
Handstand Push Ups
Pike-Push ups
Hip Thrusters

There are many more but you can build a great physique with these.

Isolation Exercises include:

Chest flies
Lateral or front raises
Bicep Curls
Tricep extensions
Tricep kick backs
Leg extensions
Leg Curls
Calf Raises
Glute bridges
Kick backs
Side leg lifts

Shrugs

Again there are more than what's listed but I would say keep these to a minimum if you're looking to make the most use of your time.

If you wanted to build muscle in a specific area you might want to use a method called pre-exhaust. This is where you use isolation exercises first to pre-exhaust the primary muscle when follow it up with a compound exercise straight after.

Eg: Glute Bridge and squats or flies then bench press.

This is beneficial if you trying to build muscle in a specific area.

Also isolation exercises might be useful if you need to work around an injury. They are also great as a finish to your workout for high reps or a duration of time.

Side notes: Always use a full range of motion in all exercises or you won't be using all the muscle fibers. Never cheat on form to lift a heavy weight.

How Should I Perform These Exercises?

Perform all exercises in a slow and controlled fashion. Always control the weight, never let it control you.

You want to take about 1-2 seconds on the concentric (the contraction of the muscle) and 3-4 seconds on the eccentric (retraction).

Eg: Bench press, press the weight up with explosive force and then lower slowly at a rate of 3-4 seconds.

Slower is better (pause lol)

This way you're going to optimise your training and get the most out of every rep.

The takeaway here is control the time under tension (the time the muscle you're working is under tension)

How many reps and sets?

When it comes to your reps follow this simple principle:

1-5 strength

5-8 strength and muscle mass

8-10 muscle mass some strength

10-12 muscle mass with some endurance

12-15 endurance and little mass

Ideally you want to be lifting between 6 and 10 reps for building muscle. This means by your 10th rep, you should be struggling to get the weight up. Anything over 10 or 12, you're moving into a fat burning/endurance type of workout.

Anything below 5, you're working on building your strength.

If you want to build muscle you want to be hitting failure (meaning not perfect form) by the 6th - 10th rep.

Failure meaning you break perfect form.

Eg:

Bench press: your lower back starts lifting off the bench.

Squatting: your knees start to come in on each other or heels lift off the floor

Overhead press: You start arching you back

Dead-lift: your back isn't straight and your shoulders roll forward.

Super Sets

A super set combines one exercise straight after another without any rest time. These are great for building muscle and saving time. You can do these targeting the same muscle groups or opposing muscle groups.

An example of pairing 2 exercises of the same muscle group would be barbell squats with bodyweight jump squats for leg superset or bench press and press ups for a chest super set.

The drawback here is that your form won't be as good as it usually is on the 2nd exercise though it is an excellent way to exhaust the muscles.

An example of a super set for opposing muscle groups would be dumb bell bench press straight into bent over rows or shoulder press with pull ups. You can also pair different movements like upper body and lower body. For example jump squats with press ups. This way there is no loss in strength and you'll save a lot of time. This, in my opinion, is the most optimal way to apply supersets into your workout.

Super sets targeting antagonistic muscles (opposing muscle groups) increase strength and size more than regular sets. Also you'll burn more calories and save much more time.

One more important reason to use supersets in your training is you will create an equal balance between muscle groups.

How long should I rest between my sets?

Timing your rest is essential! Your rest between sets **MUST** be timed if you want to see results.

DO NOT get caught up in conversations with people, texting, emails, scrolling through instagram feeds etc.

Below are some guidelines to follow when it comes to your rest time:

10-60 seconds for muscular endurance, metabolic conditioning and fat loss.

1-2mins incomplete Building mass

2-3 mins com/incomplete mass and strength

3-5 mins complete strength

Rest time is crucial when it comes to building muscle and/or burning fat . You don't want to rest anywhere more than two minutes. I'll say, ideally, a minute and a half, 90 seconds, rest in between your sets, so time it.

As soon as you've finished your set hit the stop watch on your clock and don't let anything come between you starting your next set after your rest period has finished.

Should I Split My Training Or Should I Train Full Body?

Full body workouts are generally more effective for these goals.

Let's say we have 2 people: Split Guy and Full Body Woman.

Split guy's workout program might look like this:

Monday: Chest/Shoulders/Triceps

Tuesday: Legs/abs

Wednesday: Back/Biceps

Thursday: Chest/Shoulders/Triceps

Friday: Legs

Saturday: Back/Biceps

Sunday: Rest

Compared to a Full Body Woman's that looks like:

Monday: Full body

Tuesday: rest

Wednesday: Full body

Thursday: rest

Friday: Full body

Saturday: rest

Sunday: rest

Now let's say they both pick 3 exercises for legs:

Squats

Lunge

Deadlifts.

Now let's say they do 3 sets of each. So on the given workout day they both hit 9 sets for legs.

In a week Split Guy hits 18 sets and Full Body Woman hits 27 sets.

In a month Split Guy's hitting 72 sets and Full Body Woman is getting 108.

See where I'm going? Now... hypothetically if they both stuck to same program for a full year, training every week, every month (obviously no one would but for this example let's roll with it) Full Body Woman is hitting 1296 sets and Split Guy only 864.

So who's going to see faster results? It's obvious right!?

Splits do have their place for instance if you've got hours to spend in the gym and you're doing some sort of body building competition where you're going to be judged on tiny details then yes, you might need to do split workouts.

Also training for specific goals like handstands you might have to split up your training but for general health and gains stick with full body workouts.

Putting it all together

Following this program will help you put on muscle if you'd like to use it to burn fat (which you can) you'll just need to adjust the reps ranges (as discussed above), your caloric intake and your rest time.

Also you may need to adjust the number of exercises or the number of sets you do depending on how much time you have.

Note: if you want to burn fat faster you might want to add 10-15 mins of HIIT at the end of your session.

Basic Workout program (ideal for a beginner)

Monday or day 1:

Full body workout

(Legs, shoulders, chest, back, biceps, triceps and abs.)

Tuesday or day 2:

Rest

Wednesday or day 3:

Full body workout

(Chest back, legs, shoulders, triceps/biceps and abs.)

Thursday or day 4:

Rest

Friday or day 5:

Full body

(Shoulders, legs, back, chest, triceps/biceps abs)

Saturday/Sunday or day 6/7:

Rest

This is what the workout will look like:

Chest and Back

Bench Press & Bent over row

Superset of both exercises back 2 back no rest 4-6 Sets with 6-8 reps.

Rest 90 secs between each set

Legs/Shoulders

Squats & Over Head Press: 4-6 Sets with 6-8 reps.

Superset of both exercises back 2 back no rest

Rest 90 secs between each set

Biceps/Triceps

Curls & close grip bench or tricep extensions. (Superset of both exercises back 2 back no rest) 4-6 Sets with 6-8 reps.

Rest 90 secs between each set

HIIT for Abs

Pick 4 ab exercises do one of them as fast as possible 30 secs on and rest for 10 secs repeat 8-12 times.

Eg: Sit up for 30 secs, rest 10 secs, leg raises for 30 secs rest 10 secs, bicycle crunches 30 secs rest 10 secs, then V-ups 30 secs, 10 secs rest repeat 8 -12 times.

Advanced Workout program

Monday or day 1:

Full body workout

(Legs, shoulders, chest, back, biceps, triceps and abs.)

Tuesday or day 2:

Train Abs/Hiit/yoga

Wednesday or day 3:

Full body workout (Chest back, legs, shoulders, triceps/biceps and abs.)

Thursday or day 4:

Train Abs/Hiit/yoga

Friday or day 5:

Full body (Shoulders, legs, back, chest, triceps/biceps abs)

Saturday or day 6:

Train Abs/HIIT/yoga

Sunday or day 7:

Rest

This is what the workout will look like:

Chest and Back

Incline Bench Press & Bent over row: (Superset of both exercises back 2 back no rest)

3-6 Sets with 6-8 reps.

Rest 90 secs between each set

Dips and pull ups or chin ups. (Superset of both exercises back 2 back no rest)

3-6 Sets with 6-8 reps.

Rest 90 secs between each set

Legs

Squats & Deadlifts:

Superset of both exercises back 2 back no rest

3-6 Sets with 6-8 reps

Rest 90 secs between each set

Shoulders

Side Lateral Raises & Overhead press:

Pre exhaust set: This is where you perform an isolation exercise (side lateral raises) and straight after move into the compound exercise (overhead press).

There should be no rest between the exercises in this set (eg straight from the side lateral raises to overhead press). You should rest after the set is complete for 60-90 secs and start again.

For a more advanced workout do higher reps for the first pre-exhaust exercise (side lateral 8-12) then move to straight to the overhead press.

Biceps/Triceps:

Curls/close grip bench press (Superset of both exercises back 2 back no rest)
4-6 Sets with 6-8 reps.

Rest 90 secs between each set.

Cable curls/tricep cable extensions:

(Superset of both exercises back 2 bac no rest) 4-6 Sets with 6-8 reps.

Rest 90 secs between each set.

Abs:

Dragon Flag 4 sets to failure

Superman Plank hold 4 sets to failure

Hollow body hold 4 sets to failure

HIIT Finisher

Pick 2 upper body, 2 lower body, 2 abs bodyweight exercises do one of them as fast as possible 30 secs on and rest for 10 secs then the next and repeat 12-16 times.

Lower body (booty building focused) Training Program

Monday or day 1:

Lower body workout (Legs, butt and calves)

Tuesday or day 2:

Upper body/abs

Wednesday or day 3:

Lower body workout (Legs, butt and calves)

Thursday or day 4:

Upper body/abs

Friday or day 5:

Lower body workout (Legs, butt and calves)

Saturday or day 6:

Rest/upper and abs

Sunday or day 7:

Rest

The lower body workout will look like this:

Glute Bridge or hip thrusters & Dead-lifts

4-6 sets reps 6-10

Pre exhaust set: This is where you perform an isolation exercise (glute bridge or hip thruster) and straight after move into the compound exercise (dead lift). There should be no rest between the exercises in this set (eg straight from the

glute bridge to the dead lift). You should rest after the set is complete for 60-90 secs and start again.

For a more advanced workout do higher reps for the first pre-exhaust exercise (glute bridge 8-12) then move to straight to the deadlifts.

Rest between 60-90 secs between each set

Glute Kickbacks or Donkey kick backs & Squats

Follow above method

Step Ups

3-6 Sets with 6-8 reps

Rest 90 secs between each set

Split Squats

This is a drop set

Start with a weight you can get 6-10 reps with.

Once you've hit close to failure with the Split squats drop the weights on the floor and pulse for 30 secs or 20 reps and then hold for 10 secs - repeat on other leg and do 3-5 sets. This is a great finisher!

Upper body and ab days will look like this:

Chest and Back Bench Press & Bent over row

Superset of both exercises back 2 back no rest

4-6 Sets with 8-12 reps.

Rest 60-90 secs between each set.

Cable curls/tricep cable extensions

Superset of both exercises back 2 back no rest

4-6 Sets with 8-12 reps.

Rest 60-90 secs between each set.

Pull ups or Chin ups 4-6 Sets with 6-8 reps.

If unable do pull ups perform negatives as slow as possible or you could use the lat pull down machine.

Rest 90 secs between each set

Abs: Pick 4 ab exercises do one of them as fast as possible for 30 secs then rest for 10 secs. Repeat 8-12 times.

Basic Full Body Weight Training Program

Pull Ups/Dips 60-80% of your max reps

4-6 Super set

Rest 90secs between each super set

No rest between the two exercises in the set

(If unable do pull ups perform negatives as slow as possible and do tricep dips instead of regular dips)

Push Ups/Body weight rows 60-80% of Max

4-6 Super set

Rest 90secs between each super set

No rest between the two exercises

If unable to perform push ups do slow negatives.

Jump Lunges

Do for 30 secs - 10secs rest - Squats for 30 secs

Repeat 4 times

Abs routine as above.

The Most Important Lesson

This is probably one of the most important lessons I've learned. It is important to have goals and work hard to make them happen but I would say that it is equally as important not to be attached to these goals and stop beating yourself up when you fail at things.

If you watch nature you'll notice that trees don't try to grow they just grow, birds don't try and fly, they just fly. It's the nature of all things and it is your nature to make your dreams manifest. Nature's intelligence progresses effortlessly and is non linear.

Whether in the gym or in life there is going to be moments that suck, moments of pain, and failure. Don't run from these moments, embrace them.

Your journey will be non-linear, you won't see results straight away, you will fail and feel like shit some days but that's life.

Social media has made us believe that life should be all sunshine and roses everyday, all the time which it's not. But if you really feel like shit one day and decide to have a scroll through your Instagram feed you'll more than likely will be bombarded with images of people having a great time.

We get caught up in these inspirational Instagram quotes (I know I've posted a few) and think as soon as shit goes wrong we're are doing terrible job at life and we're worthless because we should just be positive all the time like the people on social media.

Back in the day your grandparents would wake up feel like shit and just be fine with it because they knew that's what happens in life. They just sucked it up and got on with it because pain is a part of life.

The pain you feel in the gym is what ultimately contributes to you becoming a fit and healthy individual. The multiple failures and long days on projects that might make you no money lead to the business you create that makes profit.

The uncomfortable conversations you have with your loved ones lead to the better relationships you have with them in the long term.

Stop chasing the highs of life. They are only there to temporarily relieve us from are struggles, problems and pains.

No matter where you are in life you can't avoid these things. The rich banker has got money problems and the homeless guy outside the tube station has money problems. It's just the homeless guy has greater money problems than the banker.

The 100 meter sprint athlete has struggles achieving his goals and the couch potato that's stepping foot in the gym for the first time ever has struggles achieving his goals too.

Your brain will always find a new way to invent problems and the beauty and ultimate happiness will come from you finding solutions to you problems and creating better problems like "Damn, I'm not sure whether to buy the black Ferrari or the red one." (I'm joking but you get my point right?)

You've only got a short amount of time on this earth and if you spend it giving a shit about what this person posted or why the queue in the post office is so long you're gonna waste so much energy. Instead you want to save it for things that really matter; health, family, purpose. Put your focus, time, energy, effort and attention to the right places and solving meaningful problems.

You can store, generate, and expend energy. If you actions to achieve your goals are motivated by love you'll have an infinite amount of energy to achieve them. But if your actions are motivated by the ego you'll lose energy and your goals won't manifest. This is because I believe your ego is not your true self, your soul, your spirit.

Once your material selfish goals are changed or adapted so that they help people and align them with my true self you'll start see results. Oh and make sure you do all you can do each day to make them happen.

Bonus

Sleep

You don't build muscle while training you build muscle while you sleep. Sleep plays a massive role then it comes to staying lean too. Here's why: the hormone ghrelin which is an appetite stimulant is increased when you are deprived of sleep. A lack of sleep slows your metabolism so your body can persevere energy aka calories which is sometimes stored as fat.

Sleep is where your muscles recover and if you skip out on a few extra hours of sleep you are not giving your muscles time to recover and grow. Also sleep affects your stamina and energy levels. You're not going to be able to perform your best if you're lacking sleep.

Make getting at least 7 hours of sleep a night a priority. Some of you may need up to 9 hours after intense training but listen to your body. If you're falling asleep on the sofa at 8/9pm that's a sign mate. It will be extremely beneficial to all other areas of your life if you are well rested.

Water

Being hydrated means better cell communication in our body. Water moves hormones, chemical messages and nutrients to vital organs which produce substances for the rest of the body.

Benefits of drinking water:

- **Energy Level Boost** Water keeps your muscle energised. When your muscle cells don't have enough fluid they don't work as well and your performance while exercising suffers.
- **Weight Loss** is aided by drinking more water because you increase satiety (feeling full) and boost your metabolic rate (the rate at which your body burns calories).
- Drinking water cold causes the body to use additional energy (calories) to heat the water to body temperature 98.6 degrees.

There are so many benefits to drinking more water; clearer skin, better digestion the list goes on. The consequence of consuming insufficient water can be devastating to our body.

How much should we be drinking? I'm sure you've heard you need 2 litres a day? Well unless your a 4 foot, 18 year old, that doesn't get out of bed it doesn't apply to you. The amount of water you need is based on your age, weight, height, amount of exercise you do and what you eat.

I could go in more detail but I'll keep it simple:

Take your body in Kg's, divided 0.024. So if you're 80kg divided by 0.024 = 3.3 litres per day. This is the minimum! If you exercise you'll add a litre or 2 more.

Supplements and Superfoods

There are two vitamins I'd recommend everyone to take that is vegan or not and or training or not. Those are [vitamin B12](#) and [Vitamin D](#). I've gone into more detail about B12 and Vitamin D on the vegan transition guide

[Plant Based Protein Powder:](#)

If you don't have time to continually eat, [high quality plant based protein powder](#) is the easiest way make sure you are getting enough protein to build or retain muscle while cutting fat.

Even if you're not tracking your macros it's easy because if you know each scoop contains 25 grams of protein you just have a couple of smoothies a day and you know you've hit 50 grams. Great if you are a busy person.

I really like [Vivo Life](#) because they use the highest quality ingredients:

Creatine

Creatine is used for the production of adenosine triphosphate (ATP), which is the human body's energy. Creatine is already in the body as a natural substance.

Creatine can increase muscle strength and power, help your performance increase, increase energy levels, speed up recovery, enhance energy reserves in muscle and it's totally safe.

Creatine is not a steroid. It is produced by the body and found in certain non vegan foods such as fish and red meat which is why I've experimented with supplementing it. It is not a lab synthesised compound, it is natural. It is also not a stimulant. I have noticed the difference when taking creatine and when not is significant.

Keep in mind that all supplements will be pointless if you are not training at least a few times a week.

Moringa

Moringa contains high levels of B vitamins, protein, and magnesium. These nutrients help deliver energy to the muscles, prevent muscle breakdown, and deliver oxygen to the bloodstream for overall healthy blood flow.

Moringa contains 90 essential nutrients and about 30 antioxidants that contribute greatly towards overall health, healthy skin and much much more. Other benefits of moringa is that it's a natural energy level boost, heals ulcers, restricts tumours, reduces arthritis pain and inflammation, controls blood pressure.

Also containing high levels of magnesium and iron which are abundant in moringa are both essential for the reduction of tiredness and fatigue in the body.

Vitamin A supports the metabolism of iron² ensuring a greater uptake. Adding moringa to your daily routine is an effective, natural way to prevent tiredness and fatigue. Add to smoothies and even cooking.

Chia Seeds

Hemp seeds contain 5.3 grams of protein per tbps. They're also a great source for Omega 3 & 6 fatty acid which are important for brain development, your immune system

and blood pressure regulation. So many more benefits come from this little miracle seeds but let's just say if your not eating fish you better be eating hemp seeds.

2 table spoons of chia seeds equals double the amount of antioxidants blueberries have and as much calcium as a half-cup of milk. As much potassium as a third of a banana, five times the omega-3 content of a 1/4-cup serving of walnuts and more than double the fibre of 1 cup of oats and double the amount of iron and magnesium of 1 cup spinach. Sprinkle on oats, add to smoothies, soups or make a chia pudding.

Spirulina

This contains almost every nutrient required by the human body - Rich in vitamin E, C, and B complex, and including B-12 (not usually found in plant foods), and chlorophyll.

It is also rich in essential fatty acids, carotenoids and minerals like calcium, iron, magnesium, manganese, potassium and zinc.

High in beta carotene once ingested it converts to vitamin A, essential for a strong immune system and eye/skin/hair health.

Spirulina is also a protein source I have almost daily. 1 tbsp is 20 calories, 4 grams of 85-95% digestible protein and is the most nutrient dense food on the planet. Now finding a way to enjoy (or disguise) the taste is another thing. No other food on the planet contains as many nutrients as this green stuff!

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If you're training and not consuming supplements/superfoods all your exercise could be done in vain. Don't leave anything on the table.

These are all supplements I use almost daily. The high quality products I use come from Vivo Life. You can get 10% off at [Vivo Life](#) by using discount code Mark10 at the checkout.

Giving thanks

I'd like to thank you for reading my ebook. I am very positive that if you follow the advice here you will see the results you want faster than you thought.

I'd love to hear the progress you've made using the techniques in this book. You can contact me directly via email here mark@plantbasedgains.com.

PS: If you have learned ANYTHING from this ebook please send me a testimonial which would be much appreciated.

Now, go make them Plant based gains!

Mark