



10 Steps To Getting A Ripped Physique



SlackFIT

Introduction



The first step in achieving something is to believe you can achieve it

If you're reading this right now, one thing is for certain and that is that you are serious about getting a Ripped Physique.

Whether you've put in some time in the gym already working towards the goal of building lean muscle and are now looking to get ripped and shredded, or you're fortunate enough to have always had a relatively muscular frame due to your natural body type or your athletic upbringing, you want to burn fat and finally reach the muscle definition you desire.

The good news is by following these 10 Simple Steps you will be on your way to achieving that Ripped Physique you've always dreamed of.

Getting Ripped isn't easy and takes a lot more time and effort than people actually realise. The reason behind this is that they are doing the wrong things and not keeping it simple. Overwhelmed with so many conflicting opinions in the fitness industry has led us to become frustrated with the lack of results and then we give up.

Following these steps have helped me to win two Natural British Bodybuilding titles, the experience and knowledge I've gained from them have also helped my clients transform their physiques. I've learned that there isn't a special formula to getting ripped, no magic pill or supplement, it's the simple things repeated daily that achieve true success.

In this ebook, I'm going to get right down to the basics by outlining 10 of the most crucial, powerful steps that should be applied to any fitness program. These steps are not highly complex and are not rocket-science, but I'm continually amazed at the overwhelming percentage of people who fail to implement them.

First things first before you read this ebook, ask yourself WHY do you want to get Ripped?

Once you figure out your WHY, your journey to getting RIPPED becomes much easier.

Step 1: Set A Goal



A Goal without a plan is only a wish

The first step in obtaining that Ripped Physique you have always wanted is writing down your goals. Goals help you to establish your ultimate destination.

Do you know why you want to get Ripped? This is a very important question you need to ask yourself, as this will ultimately determine how disciplined and committed you are going to be.

label it

Your Goal should be clear and easy to understand

label it

It should be trackable so you can see your progress

label it

Must be a realistic goal that challenges you

label it

Does it fit into your life right now

label it

Include an end point and set a date

Why is Goal setting important?

- ✓ Holds you accountable
- ✓ Gives you a clearer vision
- ✓ Creates focus



Step 2: Consistency



*Small disciplines repeated with consistency every day
lead to great achievements*

Consistency with your diet and training is one of the most important elements to getting a Ripped Physique.

No matter how good your current training program may be or how perfect a diet you have planned to follow, none of it matters if you are not consistent in your training and nutrition habits.

Consistency will keep you motivated as you will see better results the more you keep up with your program.

- Start slow then gradually build up. The longer you follow your diet and training plan the easier it will become for you to build a habit.
- Get an accountability partner or coach to help you stay on track.
- Believe in the process. Believing that you will get in the shape you desire will help you build momentum.

Why is Consistency important?

- ✓ Builds motivation
- ✓ Quicker results
- ✓ Forms a habit



Step 3: Workout Intensity



Nothing worth having comes easy

Exercise intensity is how hard you are exercising.

It is the extreme degree of strength, force, energy, or feeling. A measure of the amount of energy transmitted.

Getting results in the gym much like any worthwhile success is about the quality of work you put in the gym, not the quantity.

Exercise intensity is one of the most important variables in any workout because if the intensity is not correct, your workout won't have the intended effect.

In order to get the most out of your workouts and get the best results possible, you need to be pushing hard every rep and every set. Your last few reps should be really tough.

Moving weights from A to B without intensity will be a total waste of your time and energy.

Why is Intensity important?



Burn more calories



Build and preserve muscle mass



Get stronger



Step 4:

Compound Exercise



A compound exercise is an exercise that involves multiple joints and muscle groups.

Compound exercises are excellent for increasing overall muscle mass and burning calories.

The more muscles you can effectively train in a given exercise, the more overall muscle you can build as a result.

Building lean muscle will help increase the number of calories you burn at rest (your basal metabolic rate, or BMR) because muscle requires more energy for your body to maintain. Compound exercises help build up that extra muscle mass and give your BMR an even bigger boost. The more calories you expend the more fat you burn.

Compound exercises improve coordination, reaction time, and balance and you maintain a higher heart rate throughout your workout providing you with cardiovascular benefits.

Examples of compound exercises:

- Deadlifts
- Barbell Squats
- Barbell Bench Press

Why are compound exercises important?

- ✓ Improved cardiovascular fitness
- ✓ Burn more calories in less time
- ✓ Build more muscle



Step 5: Track Progress



If you want to experience significant progress toward your goal, you need to be intentional about the work you're doing every day

Keeping track of your progress is one of the most important things you can do in and out of the gym. If you don't keep track of your weight, diet or even take pictures of yourself then you won't know if you're making any progress or not.

There isn't just one method of keeping track of your progress but quite a few, and you also shouldn't rely on one way.

Having a goal isn't enough by itself. You have to have some way to track your progress towards that goal. Without a regular reminder of how you're doing, you can't know whether the actions you're taking are working to move you closer to your end point and better physique overall.

Ways you can track progress:

- Food diary or app (My Fitness Pal)
- Log book- Progress your weights, sets and reps in the gym
- Pictures- Take pictures every week and look back to see your changes
- Weighing scales (Bodyweight and food)

Why you should track progress?



Keeps you accountable



Keeps you motivated



Helps you progress

Step 6: N.E.A.T



Non-exercise activity thermogenesis is the energy expended for everything we do that is not sleeping, eating or sports-like exercise

When it comes to getting a Ripped Physique, just making it to the gym is not always enough daily movement.

Simply moving more and sitting less can help you get Ripped because of the calorie burning called N.E.A.T, or non-exercise activity thermogenesis. It takes energy — calories — to move even the smallest muscle and all those calories burned, add up. You burn about 1.5 calories per minute just lying still while your body performs its most basic functions. Go from lying down to sitting in a chair and answering e-mails, and you'll burn 25% more calories. Now start fidgeting in your chair and you'll burn more.

There are many N.E.A.T. activities that we already do but may not realize its caloric output effect. Simple tasks such as housework, playing with the kids, climbing stairs and even fidgeting help us expend additional calories. In essence, N.E.A.T. increases metabolic rate and results in a substantial energy cost over time.

If your day lacks N.E.A.T., think of one or two ideas that you can start to integrate movement into your day or week.

Why is N.E.A.T important?

- ✓ Expend more energy
- ✓ Create a calorie deficit
- ✓ Burn more body fat



Step 7: Recovery



Recovery allows the body to replenish energy stores and repair damaged tissues.

Recovery and rest are essential parts of any muscle building or fat loss program. If you're not giving your body enough rest you won't be able to hit the gym hard the following day.

You need as much energy as possible when training and if you are too sore or tired to train you won't be getting the most out of your workouts, this will lead to burning fewer calories.

Sleep is a very important part of your recovery process. Lack of sleep can affect your immune system, energy levels and cortisol levels (which can cause breakdown of muscle protein and can be detrimental to your fat loss goals)

Ways to improve recovery:

- Get 7-8 hours sleep every night
- Stretch after your training sessions to help muscles recover
- Have structured rest days from the gym



Why is your recovery important?



Improves energy levels



Build more muscle



Keep strength up

Step 8:

Water



Water is essential for the proper circulation of nutrients in the body

Drinking enough water is crucial to your overall health, but it's also an important tool in successful fat loss. It is not, however, a magic bullet.

When you aren't taking in enough water, your body cannot do its job efficiently.

Water is one of the most abundant and important substances in your body, making up 55-75 % of your total body weight. Even the food you eat is roughly 70 % water.

High water storage within muscles acts as an anabolic factor. This allows the muscles to maintain a positive nitrogen balance, which directly impacts muscle growth

Drinking water regulates your body temperature and helps fuel your muscles. Water also helps flush out the toxins and waste products from your body.

Water plays a vital role in nearly every bodily function.

Water is an appetite suppressant, drinking it before meals can make you feel fuller, therefore reducing the amount of food you eat.

Lack of water is the #1 trigger of daytime fatigue. I recommend drinking enough water every day so that your pee is clear.

Why is water important?

- ✔ Supports weight loss
- ✔ Helps with digestion
- ✔ Reduces Fatigue



Step 9: Macronutrients



Macronutrients are nutrients that provide calories or energy

Nutrients are substances needed for growth, metabolism, and for other body functions. Macronutrients are nutrients that provide calories or energy. There are three broad classes of macronutrients: proteins, carbohydrates, and fats.

The main function of macronutrients is to provide energy, counted as calories. While each of the macronutrients provides calories, the amount provided by each varies. Carbohydrates and protein provide 4 calories per gram, while fat provides 9.

If you want to get lean and ripped, you need to be aware of the foods you eat. Exercise alone will not get you there.

Get the right balance of these and you'll not only burn fat, but you'll also be more effective at building muscle.

	Protein	Carbs	Fat
What does it do?	Repair and build muscle	Gives you energy and fuel	Hormone function and health
How much do you need?	1-1.5g per lb bodyweight	1.5-2.5g per lb bodyweight	0.3-0.5g per lb bodyweight
Source	Chicken Beef Fish Eggs Milk Whey Protein Greek Yoghurt	Rice Pasta Oats Cous Cous Sweet potato Bread Fruit	Nuts Seeds Avocado Coconut Oil Cheese Oily Fish Olives

Nutrient Timing

Protein
30-40g Every meal

Carbs
Pre & Post Workout

Fats
Before Bed



Step 10: Calorie Deficit



A caloric deficit is any shortage in the amount of calories consumed relative to the amount of calories required for maintenance of current body weight

A calorie deficit is the number of calories you need to eat in a day to lose weight compared to the calories to maintain your weight. The caloric deficit can be created from additional exercise, diet, or a combination of both. Remember to consider activity level when calculating caloric intake.

For example, if the amount of calories to maintain your weight is 2000, you need to create a calorie deficit in order to lose weight. You'd need to eat less than 2000 calories and/or burn extra calories through exercise.

As a starting point, you should drop your calorie intake by 500 calories per day to lose 1 lb in 1 week. This process isn't linear so be prepared for fluctuations.

Just cutting calories alone may reduce the number on the scale, but losing body fat while maintaining hard earned lean muscle mass is harder. When trying to lose body fat and obtain a lean healthy body it's important to maintain training intensity. Caloric intake should not drop so low that training severely suffers, metabolism slows, or the body becomes catabolic.

Losing weight and reducing body fat is a gradual process- for lasting results aim to lose no more than 1-2 pounds per week through training and diet.



Why is a Calorie Deficit important?



Achieve Fat Loss



Get Lean



Reach your Goals

Conclusion



Do something today that your future self will thank you for

So there you have it, your 10 Steps To Getting A Ripped Physique.

I hope that you have found the above information useful and you are ready to start your journey.

If you're looking to take your physique to the next level, then head over to my application page and complete my **Application Form**

Just click here to complete the Application Form

If you have any questions please get in touch at info@samslackfitness.com and I'll be more than happy to help.



Samslackfit



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