

## Hoang's Personal Diet Plan!

Time:	Meal	Protein	Carbs	Fat	Calories
<b>7:00AM</b>	<ul style="list-style-type: none"> <li>• 4 egg whites,</li> <li>• 2 egg whole</li> <li>• One and a half cups of Old Fashion Style Oatmeal</li> <li>• Multi-Vitamin Pack</li> </ul>	<b>44</b>	<b>81</b>	<b>6</b>	<b>737</b>
<b>10:00AM</b>	<ul style="list-style-type: none"> <li>• 7oz. Steak</li> <li>• 1 Large size Sweet Potato (150g)</li> </ul>	<b>45</b>	<b>41</b>	<b>12</b>	<b>592</b>
<b>1:00PM</b>	<ul style="list-style-type: none"> <li>• 12oz chicken breast</li> <li>• Salad/Veggies, Spinach, etc. (As much as you want)</li> </ul>	<b>65</b>	<b>20</b>	<b>10</b>	<b>404</b>
<b>4:00PM</b> <b>(2 hours before gym)</b>	<ul style="list-style-type: none"> <li>• 12oz chicken breast</li> <li>• 1 large sweet potato (150g)</li> </ul>	<b>65</b>	<b>47</b>	<b>10</b>	<b>480</b>
<b>8:00PM</b> <b>(Post Gym)</b>	<ul style="list-style-type: none"> <li>• 2 scoops of 100% Whey Gold Standard Protein shake w/nonfat milk (2cups)</li> <li>• 1 Banana</li> </ul>	<b>44</b>	<b>57</b>	<b>1</b>	<b>397</b>
<b>11:00PM</b> <b>(Hour before bed)</b>	<ul style="list-style-type: none"> <li>• 14oz Chicken Breast</li> <li>• Apple</li> </ul>	<b>80</b>	<b>17</b>	<b>10</b>	<b>300</b>
		<b>341</b>	<b>315</b>	<b>55</b>	<b>3000</b>

. So here is what your diet consists of:

45%: Protein

40%: Carbs

15%: Fat

Your goal is to gain muscle but stay shredded while doing it! Once you begin the exercise regime I have listed below, your BMR (Basal Metabolic Rate) will be 3,300 calories a day. That is the amount of calories your body will burn a day. So 3,300 calories a day is what you need to sustain an anabolic state, and not entire a catabolic state muscle deterioration wise. But what this diet allows is for you to lose mass amounts of fat, and gain a significant amount of muscle at the same time. I use a pretty similar diet to this one. So I lowered your BMR from 3,300 to 3,000 calories a day. Lowering your BMR by 300 calories is going to allow your body to enter a catabolic state but it isn't such a drastic drop where you will burn muscle. Your diet is 45% protein which will allow you to gain max amount of muscle! Now since your diet is very, very low in fat. You will be burning a vast amount of fat stores currently in your body. You will be eating 6 meals a day. The reason as to why I have you eating this many meals a day, is having spaced your meals 3-3 ½ hours a part will keep your metabolism running the entire day, thus burning calories every single second of the day.. You can have a cheat meal every three days. Also wait a bit before you go to sleep after you eat your last meal. I want you to start digesting it before you fall asleep, so an hour before bed. For every 5lbs you gain, raise your caloric intake by 100 calories. You should be drinking at least a gallon of water a day. Staying hydrated will help keep your muscle replenished and growing. Water will make your skin clearer, maximize your longevity, and just make you a healthier person in general. If you have any questions, please feel free to contact me at my personal email: [Seid.jeff@yahoo.com](mailto:Seid.jeff@yahoo.com)

Here are the supplements that I currently use, and you should use too:

- Protein 100% Whey Gold Standard

<http://www.optimumnutrition.com/products/100-whey-gold-standard-p-201.html>

- BCAA'S Xtend

<http://www.bodybuilding.com/store/sv/xtend.html>

- Multi-Vitamin (Optimen)

<http://www.bodybuilding.com/store/opt/men.html>

- Creatine: Con Cret

<http://www.bodybuilding.com/store/pmh/concret.html>

# Hoang's Workout Routine

## Weeks 1, 3, 5, etc. Workout

\* HIIT: High Intensity Interval Training is currently the number one cardio way to lose fat, fast, while maintaining lean muscle mass amongst bodybuilders. I currently perform this particular HIIT routine every other day. This particular type of HIIT uses a stationary bike. You can use HIIT in many, many different fashions. Start off on level 5 for 30 seconds. Once it has been 30 seconds, bump the level up to 15 and keep your RPM (Rotations Per Minute) over 100. After 30 seconds, jump back down to level 5 and coast at a slow rate for 30 seconds. Repeat for 10-15 minutes. Perform at the very end of your workout. You can also do HIIT on a treadmill, a track, etc. For your case since you are trying to build up your endurance, I want you to do your HIIT on the treadmill or a track. Basically you jog for 30 seconds, then full out sprint for 30 seconds, and so on for 10-15 minutes.

### Monday: Chest/Calves/HIIT

Super Set:

- Incline Bench: 4 sets of 10, 8, 8, drop set 6 then failure
- Incline Fly's: 4 sets of 12

Single Set:

- Cable Cross Overs: 4 sets of 12, 10, 10, drop set 8, failure

Super Set:

- Dumbbell Flat Bench: 4 sets of 10, 8, 6, 6
- Dips: 4 sets to failure

Super Set:

- Incline Bench Machine: 4 sets of 10
- Pushups: 4 sets, failure

Single Sets:

- Standing Calf Raises: 3 sets of 15
- Donkey Calf Raises: 3 sets of 15

- Seated Calf Raises: 3 sets of 15
- **HIIT**

## **Tuesday: Back/Abs**

Single Set:

- Deadlifts: 4 sets of 15, 10, 8, 6

Super Set:

- Bent Over Rows: 4 sets of 12, 10, 8, 8
- Chainsaws: 4 sets of 12, 10, 8, 8

Super Set:

- T-Bar Rows: 4 sets of 12, 10, 8, drop set 8, 6
- Machine Wide Grip Pull Ups: 4 sets, failure

Single Set:

- Good Mornings: 4 sets of 12

Perform Six Pack Attack, attached in email.

## **Wednesday: Legs**

Super Set:

- Leg Press: 4 sets of 15, 10, 8, 8
- Quad Ext: 4 sets of 10-12

Super Set:

- Squats: 4 sets of 12, 10, 8, 8
- Hack Squats: 4 sets of 10,10,8,8

Super Set:

- Stiff Legged Deadlifts: 3 sets of 10-12
- Leg Curls: 3 sets of 12-15

## **Thursday: Shoulders/Abs**

Tri-Set:

- Dumbbell Shoulder Press: 4 sets of 10, 8, 8, 8
- Alt. Front Lateral Raises: 4 sets of 12, 10, 8, 8
- Side Lateral Raises: 4 sets of 12, 10, 8, 8

Super Set:

- Arnold Press: 4 sets of 10, 8, 8, 8
- Cable Upright Rows: 4 sets of 8-10

Super Set:

- Bent Over Lateral Raise: 3 sets of 8-10
- Upright Rows: 3 sets of 12-15

Single Set:

- Shrugs: 4 sets of 15

Perform Six Pack Attack, attached in email.

## **Friday: Arms/Calves/HIIT**

Super Set:

- Barbell Curls: 3 sets of 10, 8, drop set 8, 8
- Incline Bench Skull Crushers: 3 sets of 10, 8, drops set 8,8

Super Set:

- Incline Curls: 3 sets of 8-10
- Rope Pushdowns: 3 sets of 10-12

Super Set:

- Concentration Curls: 3 sets of 8-10
- One Arm Extensions: 3 sets of 10-12

Single Sets:

- Standing Calf Raises: 4 sets of 15
- Donkey Calf Raises: 4 sets of 15
- Seated Calf Raises: 4 sets of 15

## **HIIT**

### **Saturday: Off**

- Rest

### **Sunday: Off**

- Rest

# Weeks 2, 4, 6, etc. Workout

\* **HIIT: High Intensity Interval Training** is currently the number one cardio way to lose fat, fast, while maintaining lean muscle mass amongst bodybuilders. I currently perform this particular HIIT routine every other day. This particular type of HIIT uses a stationary bike. You can use HIIT in many, many different fashions. Start off on level 5 for 30 seconds. Once it has been 30 seconds, bump the level up to 15 and keep your RPM (Rotations Per Minute) over 100. After 30 seconds, jump back down to level 5 and coast at a slow rate for 30 seconds. Repeat for 10-15 minutes. Perform at the very end of your workout. You can also do HIIT on a treadmill, a track, etc. For your case since you are trying to build up your endurance, I want you to do your HIIT on the treadmill or a track. Basically you jog for 30 seconds, then full out sprint for 30 seconds, and so on for 10-15 minutes.

## Monday: Chest/Abs/HIIT

Super Set:

- 4 sets of Incline Dumbbell Press, 8-10 reps
- 4 sets of Incline Dumbbell Flies, 8-10 reps

Single Set:

- 3 sets of Bench Press, 8-10 reps

Super Set:

- 3 sets of Machine Flies, 10-12 reps
- 3 sets of Push Ups, Failure

Perform Six Pack Attack, attached in email.

**HIIT**

## **Tuesday: Legs/Calves**

Single Set:

- Squats: 5 sets of 15, 10, 8, 8, 6

Super Set:

- Front Squats: 4 sets of 12, 10, 8, 8
- Hack Squats: 4 sets of 12, 10, 8, 8

Super Set:

- Quad Ext: 3 sets of 10-12
- Leg Curls: 3 sets of 10-12

Single Sets:

- Standing Calf Raises: 4 sets of 15
- Donkey Calf Raises: 4 sets of 15
- Seated Calf Raises: 4 sets of 15

## **Wednesday: Back/Abs/HIIT**

- 4 sets of Deadlifts 8-10 reps
- 3 sets of Lat Pulldowns 8-10 reps
- 3 sets of Bent Over Rows 8-10 reps
- 3 sets of Dumbbell Rows 8-10 reps
- 3 sets of Hyperextensions 8-10 reps

Perform Six Pack Attack, attached in email.

**HIIT**

## **Thursday: Chest/Shoulders/Traps**

- Incline Bench: 3 sets of 8-10 reps

Super Set:



- Flat Bench: 5x5
- Floor Dumbbell Presses (Lay on back on floor, perform db bench): 5x8-10

Single Set:

- 4 sets of Dumbbell Shoulder Press

Super Set:

- Upright Rows: 3 sets of 8-10
- Lateral Raises: 3 sets of 8-10

Super Set:

- 3 sets of front raises 8-10 reps
- 3 sets of Lying Rear Delt Raises 8-10 rep

Single Set:

- Dumbbell Shrugs 3x15

Single Sets:

- Standing Calf Raises: 4 sets of 15
- Donkey Calf Raises: 4 sets of 15
- Seated Calf Raises: 4 sets of 15

## **Friday: Biceps/Tris/HIIT**

Super Set:

- 21's: 4 sets
- Push Downs: 4 sets of 8-10

Super Set:

- Incline Curls: 3 sets of 8-10
- Skull Crushers: 3 sets of 8-10

Super Set:

- Concentration Curls: 3 sets of 12-15
- Single Arm Ext.: 3 sets of 12-15

**HIIT**

## **Saturday: Off**

- Rest

## **Sunday: Off**

- Rest