

# Get Shredded for Spring: combine this diet with our Get Shredded For Spring training program to uncover a ripped, beach-ready physique

[Flex](#) , [Feb, 2009](#) by [Jordana Brown](#), [Jim Stoppani](#)

You can't get ripped simply by starving yourself for a few weeks.

Sure, you'll drop a lot of body fat that way, but you'll also lose a ton of the muscle you worked so hard to gain.

A better plan is to ease into a strict diet that lasts at least 12 weeks. This is what the Get Shredded for Spring diet does. It's a three-month plan that becomes stricter over three four-week phases. This progressive, gradual tightening of the noose (if you will) doesn't just make it psychologically easier to diet--it's necessary because the body is an amazingly adaptive machine. Just as you have to keep your muscles guessing in order for them to grow, you can't pick a single dieting strategy and expect to reach your goals. Your body quickly adapts to new calorie intakes, adjusting your metabolism to rein in calorie burning and--poof--bye-bye losses on the scale. Below are a few key points to keep in mind for the Get Shredded for Spring diet:

**1) CALORIE COUNTING** Taking in 16 calories per day per pound of body-weight (about 3,200 calories per day for a 200-pound man) ends in month three at about 12 calories per pound (2,400 calories for the 200-pounder). Slowly dropping calories not only helps you maintain more muscle, but it also helps prevent your metabolism from crashing. In essence, this all means that over the long haul you lose more bodyfat and keep more muscle.

**2) THE CONSTANT** Protein intake. The goal of this diet plan is to get you to lose as much bodyfat as possible, but the keyword here is fat. At no point--on this or any other diet--do you want to endanger your muscle mass. So, although you can manipulate carb and fat levels to lose weight, protein levels are untouchable and should remain nice and high--around 1.75 grams of protein per pound of bodyweight per day.

**3) BREAKFASTS OF CHAMPIONS** You'll notice that the diet calls for you to eat two breakfasts in all three months. The first one should be consumed as soon as you slip out of bed and consists of a fast-digesting whey shake and some fast-digesting carbs. When you wake up in the morning, you have just endured a seven- to nine-hour fast, and your body--out of desperation--is

burning muscle with every minute that goes by. Clearly, you need to put the kibosh on this muscle-wasting state ASAP, and that means you need a fast-digesting protein (such as whey) to get amino acids pumping through your bloodstream, which will give your body an alternative source of protein. In addition, you need to notify your body to stop using protein for fuel. That's the job of the fast-digesting carbs. The carbs travel rapidly to your liver, which sends the signal to the rest of your body to quit chewing up muscle. Although most fruits are slow-digesting, we recommend a faster-digesting fruit such as melons (cantaloupe, watermelon and honeydew). These types of fruit not only provide fast carbs, but also anti-oxidants that will help you maintain mass and lose fat.

4) **NIGHT MOVES** Just as you're eating immediately after getting out of bed in the morning, this diet has you eating right before getting into bed at night. The idea is similar--if you provide your body with some slow-digesting protein (i.e., casein, which is found in cottage cheese) right before you begin your overnight fast, it will delay the point when your body begins to feast on muscle for fuel.

# MONTH ONE

The first month of this shredding program is designed to get you on a consistent eating plan that not only helps you melt off some bodyfat, but also boosts your muscle gains (with the aid of the concomitant training program, of course).

On workout days, you will consume about 16 calories per pound of bodyweight per day. Protein will hover around 1.75 g per pound of bodyweight (or about 350 g for the 200-pounder), which equates to about 45% of total daily calories. You're allowed about 1.5 g of carbs per pound of bodyweight (300 g for the 200-pound guy), which comes out to about 35% of total daily calories. Fat is low at about 0.35 g per pound, composing about 20% of total daily calories. On the three rest days each week, simply drop the pre- and postworkout meals. Doing so will reduce your calories to about 13 per pound of bodyweight, protein to about 1.5 g per pound and carbs to about 1 g per pound. Since pre- and postworkout meals are void of fat, eliminating them won't have any effect on your fat intake.

# GET SHREDDED DIET

## MONTH ONE FOR WORKOUT DAYS

### **BREAKFAST 1**

1 scoop whey protein powder

1/2 small cantaloupe

### **BREAKFAST 2**

Egg scramble:

2 large whole eggs

4 large egg whites

1 slice low-fat American cheese

1 cup oatmeal, cooked

### **LATE-MORNING SNACK**

2 scoops whey protein powder

1 whole-wheat English muffin

1 tbsp peanut butter

### **LUNCH**

8 oz chicken breast

1 medium sweet potato

2 cups mixed green salad

2 tbsp oil-and-vinegar salad dressing

### **MIDDAY SNACK**

4 oz (4 slices) turkey deli meat

2 slices whole-wheat bread

1/2 avocado

### **PREWORKOUT SNACK**

1 scoop whey protein powder

1 cup mixed fruit (in light syrup)

### **POSTWORKOUT SNACK**

2 scoops whey protein powder

32 oz Gatorade

### **DINNER**

9 oz sole or flounder fillet

1/2 cup black beans

1 can green beans

### **NIGHTTIME SNACK**

8 oz low-fat (1%) cottage cheese

2 tbsp salsa

**TOTALS: 3,235 calories, 352 g protein, 298 g carbs, 69 g fat**

# Best Cardio Exercises To Lose Weight!

Your focus should be to burn one pound of body fat per week. Try creating a deficit of 500 calories per day for a total of 3,500 calories per week. There is 3,500 calories in one pound of body fat. The best approach is to fuel your body with high nutrient food and burn off the 500 calories through high intensity cardio. This will keep your metabolism high.

The best cardio exercise is simply the one you will do day in and day out consistently. Choose one which you enjoy doing and don't be afraid to mix the exercises up. Interval cardio work consists of moving from one exercise to another in set time intervals. For example, you could do the elliptical trainer for 15 minutes, then switch to the stationary bike for another 15 minutes and finish off on the treadmill for the last 15 minutes. Interval training is a great way to keep everything fresh! There are two schools of thought when it comes to cardio training. The "slow & steady" group and the "high intensity" group. These two groups breakdown like this:

## Slow & Steady Cardio

Long duration (45min - 1 hour)  
Low intensity  
Burn fat and not carbs  
Preserve joints

## High Intensity Cardio

Short duration (20min - 30min)  
High intensity (interval training)  
Burn tons of calories & rev up your metabolism throughout the day  
Treat cardio like weights - explosive movements (sprinting, etc)  
Our advice is to try both for at least 6 weeks and make sure to monitor your progress with a journal and take weekly photos of yourself to see if you're truly losing body fat.

## Which Cardio Exercise Burns the Most Calories?

Below are the top 10 cardio exercises which burn the most calories in 30 minutes.

1. Step Aerobics - one of the most favorite cardio exercises preferred by women. Step Aerobics mainly target your legs, hips and glutes, and can burn approx. 400 calories in 30 minutes.

2. Bicycling - stationary or outdoors is a great cardio exercises, depending on resistance and speed can but 250 to 500 calories in 30 minutes.

3. Swimming - like cross-country skiing is an excellent cardio exercises as it is a full body exercises. Swimming is a great cross-training for other cardio activities. Doing the breast stroke can burn approx. 400 calories in 30 minutes.

4. Racquetball - side to side sprinting makes racquetball and excellent cardio exercises. A 145-LB person burns over 400 calories in 30 minutes.

5. Rock Climbing - is not only a cardio exercises, but also uses arm and leg strength and power. Rock Climbing can burn up to 380 calories in 30 minutes.

6. Cross-country Skiing - whether on a machine or outdoors on snow, is an incredible cardio exercises as it involves both upper and lower body. A 145 LB person can burn approx 330 calories in 30 minutes.

7. Running - Running is an excellent cardio exercises because all you need is a pair of quality running shoes. Running burns serious calories. A 145 LB person can easily burn 300 calories in 30 minutes.

8. Elliptical Trainer - is an excellent cardio exercises and a great way to build endurance. A 145 LB person can burn about 300 calories in 30 minutes.

9. Rowing - is both a cardio exercises as well as giving your arms an incredible workout. 145 LB person can burn about 300 calories in 30 minutes.

10. Walking - Brisk walking is a less strenuous form of cardio exercises. Walking can burn up to 180 calories in 30 minutes. Sprinting, adding hills or an incline can increase amount of calories burned.

For the real high intensity cardio people out there who love the H.I.I.T training (High Intensity Interval Training), below are the top three cardio exercise which will provide amazing results!

1. Jumping Rope - This is one of the simplest, yet most effective exercises one can do. In just 15 to 20 minutes, jumping rope will give you an unparalleled total body workout. Jumping rope is ideal for cardiovascular endurance and enhances performance in virtually any sport - tennis, basketball, football, skiing, volleyball and more. This simple exercise is also great for eye-hand coordination, lateral movement, foot and hand speed and agility.

2. Sprinting - Sprinting not only burns HUGE amounts of calories while sprinting, it also keeps your metabolism flying for days after. Sprinting combined with running / jogging can bring amazing results

3. Spinning - These high-intensity workouts to music simulate a challenging bike ride, complete with hills, valleys and varying speeds, all dictated by the group instructor.