

LDN Muscle Guide Bikini Plan:

Macros and Food:

Calories 1723

Fat 49g

Protein 122g

Carbs 201g

Fibre 32g (recommended)

On rest, or cardio only days we suggest reducing your total carbohydrate macros by 10%.

Foods to eat:

- Wholegrain foods
- Fruit and vegetables- make into a shake if you don't like
- Multivitamins like Vitamin C, Iron
- Foods that will make up your macros are *whey protein, oats for carbs and almonds for fat*
- *Sweet potato fishcakes*
- *Whey protein shake*
- *Zero noodles (low calorie from muscle foods)*

Supplements to look at:

- Quest Bars
- Whey Protein
- Creatine
- Dextrose
- Instant oats- high carb low fat
- Look at musclefoods, genetic or myprotien websites
-

Notes:

- Workout between 4-6 times a week
- Perform at least 2 weight based workouts a week these are marked with a *
- Choose additional weight workouts each week based on the body part you want to develop most.
- Choose the cardio that suits you best
- Perform Tabata or HIIT training on days you are rushed for time or can't get to the gym.
- Give yourself ONE FULL REST DAY a week.
- Try to increase the weight you use for each exercise by 2.5-5kg each training cycle otherwise your body will get used to it.
- You should be doing about 2-3 cardio sessions a week however dance classes can be counted or other forms of cardio exercise, however you need to make sure you do one true HIIT session a week
- You should aim to increase the length of your HIIT sessions by 1 interval and LISS sessions by 2-4 minutes every 3-4 weeks.
- Make sure your form of lifting weights is prioritised over the amount you are lifting, keep pushing yourself to failure to see progress

Ldn Muscle Bikini Guide V

Chao Zhang

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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