

DAVID STARTED AT 102KG & 24% BODY FAT

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PHASE 1 - MUSCLE BUILDING

- Clean up nutrition - Introduce nutrient dense, unprocessed foods.
- Basic Calorie & Macronutrient Requirements (10% Surplus).
- 3 Full Body Resistance Training Sessions / Week
- Improve movement quality & gradually increase load to maximise muscle tissue

PHASE 2 - FAT LOSS

- Slowly Reduce Intake (10% Deficit).
- Adjust Nutrient Timing around Training.
- Carb Cycling (towards later stages).
- Introduce Conditioning & Sports Massage

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FUTUTRE PATH

- Move into another muscle gain phase, but minimise fat gain and take advantage of being able to put lean tissue on more efficiently having significantly reduced body fat.

DAVID FINISHED AT 86KG & 15% BODY FAT

HE LOST 16KG & 9% BODY FAT