

DAREDEVIL FITNESS

SHAPE
DETERRENCE
SEIZING INITIATIVE
DOMINATION
CONQUER

A DAREDEVIL'S GUIDE TO

LEAN

BULKING



BY SYED ALI
WBFF PRO FITNESS MODEL



INTRODUCTION

HI THERE! MY NAME **SYED ALI**.

I am a **WBFF PRO Australia Fitness Model**, an **online personal trainer, lifestyle and conditioning coach**.

I've been working out in gyms since 2001 and professionally Personal Training clients since 2010. Focused on achieving results, I disavow the mainstream trends that muddle the fitness industry. I have trained clients seeking weight loss, muscle gain, toning and conditioning.

Looking for an Online Personal Trainer that will help you conquer your goals, and see the results you want? Whether it is online coaching for fat loss, building muscle, boosting your mind and body confidence or a life-changing transformation, I will take you on a life changing journey to achieve optimal health, results and improving your mindset.

Remember that personal training goes beyond flexing your muscles in a training facility. I incorporate personalised physical rehabilitation and fourth-dimension nutrition programs whose mission is to help you achieve unprecedented physical and nutritional outcomes.

You can also follow me on Instagram or chat with me on Facebook.

In this eBook I will cover everything you need to know about Lean Bulking. **Let's get started!**



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STAGE 1

SHAPE

THE LEAN BULKING MINDSET

"Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win."

– MY PHILOSOPHY & APPROACH

It is completely understandable that body building is difficult. Even experienced veterans find it challenging. Yet, always remember that the underlying philosophy behind gaining muscles is simple; hard work and dedication.

Many beginners are searching for a very specific regime or method which will make them big. Alas, the hard reality is that there is no precise way to achieve what you want. Bodybuilding does not have a single road to success. There are thousands of roads with the same end-destination. Some of these roads will work amazingly, while others will not work at all. It is all just a game of experimenting until you find something that works.

Also, just remember that if you find a road with no obstacles, it will probably not lead you anywhere.

THE RUDIMENTARY BUILDING-BLOCKS IN YOU BECOMING HULK

TAKE CARE OF YOUR JOINTS

Your body is not a bloody car. You cannot simply go from 0 to 100 without expecting any consequences. Way before you even touch the iron, remember to warm the muscles you are targeting to train. This keeps you in the race for years to come and prevents some nasty injuries. Below are some warm-ups that you should follow;

BREAKING THE TIGHT SPOTS

Your muscles have the tendency to become "tight". This can be due to many factors such as overuse, injury or dehydration. You must loosen the muscle before training on it. You can do that by:

- 1) Using your hand, push firmly on the muscle that you will train.
- 2) You can also use a foam-roller and move it down the entire length of your muscle.

FUEL UP YOUR MUSCLES

Even after loosening your muscles, you still need to wait before lifting. Mainly, you need to heat up your muscles. The best way to do this is to fully move your target muscle (the muscle that you will be training with). Having a bit of resistance while doing these movements can also help a lot. You can have this resistance by doing your muscle movements with elastic bands.



WORKING YOUR SHOULDER BLADES

It is also very important to warm up your shoulders before lifting. More specifically, try warming up your rotator cuffs. The rotator cuffs are tendons around your shoulder which are prone to injury if you do not warm them up. However, they can easily be warmed up by:

- Using a bit of resistance, rotate your shoulder outwards. Subsequently, using the same resistance rotate your shoulders inwards.

HIP MOBILITY

If your hips get injured, you will not be able to do 99% of the workouts. Therefore, in order to get a perfect body, remember to keep your hips mobile and injury-free! A few hip exercises to warm your hips are;

- Hip lunges (often called hip thrusts)
- Stretching the flexors in your hip
- Rolling a foam on your quads.

BEING HONEST WITH YOURSELF

It is super important to know the areas in which your struggle. Having some ego is good but if your arrogance blocks you from knowing your weaknesses, you will never have a perfect body.



FULL MOTION VS **PARTIAL MOTION**

There are many arguments of whether a full range of motion is better than a partial range of motion and vice versa. Truthfully speaking, they are both effective in their own regards.

A full motion should be used in the beginning of your workout. It will strengthen your overall quality of the muscles. Many people struggle with getting a full range of muscle. If this happens to you, perform exercises that allow you to achieve a full range of motion.

As you keep on grinding on the full motion, you will eventually get tired. It is then wise to switch to a partial range of motion. This increases muscle growth and overall quality of the pump. The partial motion is the perfect way to push your muscles to failure.

Regardless of what motion you decide on, I recommend you conduct the following practices;

1. Remember to focus on the quality of your motions rather than the weight itself.
2. In order to improve overall dexterity, have someone put a bit of pressure with a finger on the target muscle during a motion.
3. Practice the motions and the contractions of the target muscle without actually using the iron.

STAGE 2

DETERRENCE

“KNOW THY SELF, KNOW THY ENEMY. THOUSAND BATTLES, A THOUSAND VICTORIES.”

(BLUEPRINT TO A SUCCESSFUL TRANSFORMATION)

CALCULATING YOUR MACROS


Eat like a Caveman and Train like a Beast!

There is no substitute to food. Food is the necessary fuel your body needs to grow. While supplements or meal replacement systems have their place and function but they can't replace a balanced diet.

Calculate your BMR using this free calculator and eat in a 400 - 500 calorie surplus.

<https://www.calculator.net/bmr-calculator.html>

This is how I calculate my BMR:

US Units	Metric Units	Other Units
Age	30	ages 15 - 80
Gender	<input checked="" type="radio"/> male <input type="radio"/> female	
Height	180	cm
Weight	100	kg
+ Settings		
Calculate  Clear		

Result
BMR = 1,980 Calories/day
Daily calorie needs based on activity level

Activity Level	Calorie
Sedentary: little or no exercise	2,376
Exercise 1-3 times/week	2,723
Exercise 4-5 times/week	2,901
Daily exercise or intense exercise 3-4 times/week	3,069
Intense exercise 6-7 times/week	3,416
Very intense exercise daily, or physical job	3,762

Exercise: 15-30 minutes of elevated heart rate activity.
Intense exercise: 45-120 minutes of elevated heart rate activity.
Very intense exercise: 2+ hours of elevated heart rate activity.

I exercise 3-4 times/week so the calculator suggests I should consume **3,069 Calories/day**

These are my maintenance calories. As I am bulking and want to put on weight, I would add another 500 Calories/day bringing the total to: **3,569 Calories/day**

I would recommend a **30/40/30** ratio of protein, carbs and fat respectively.





WHAT TO EAT DURING THE TRANSFORMATION

(FULL GROCERIES LIST)

PROTEIN SOURCES:

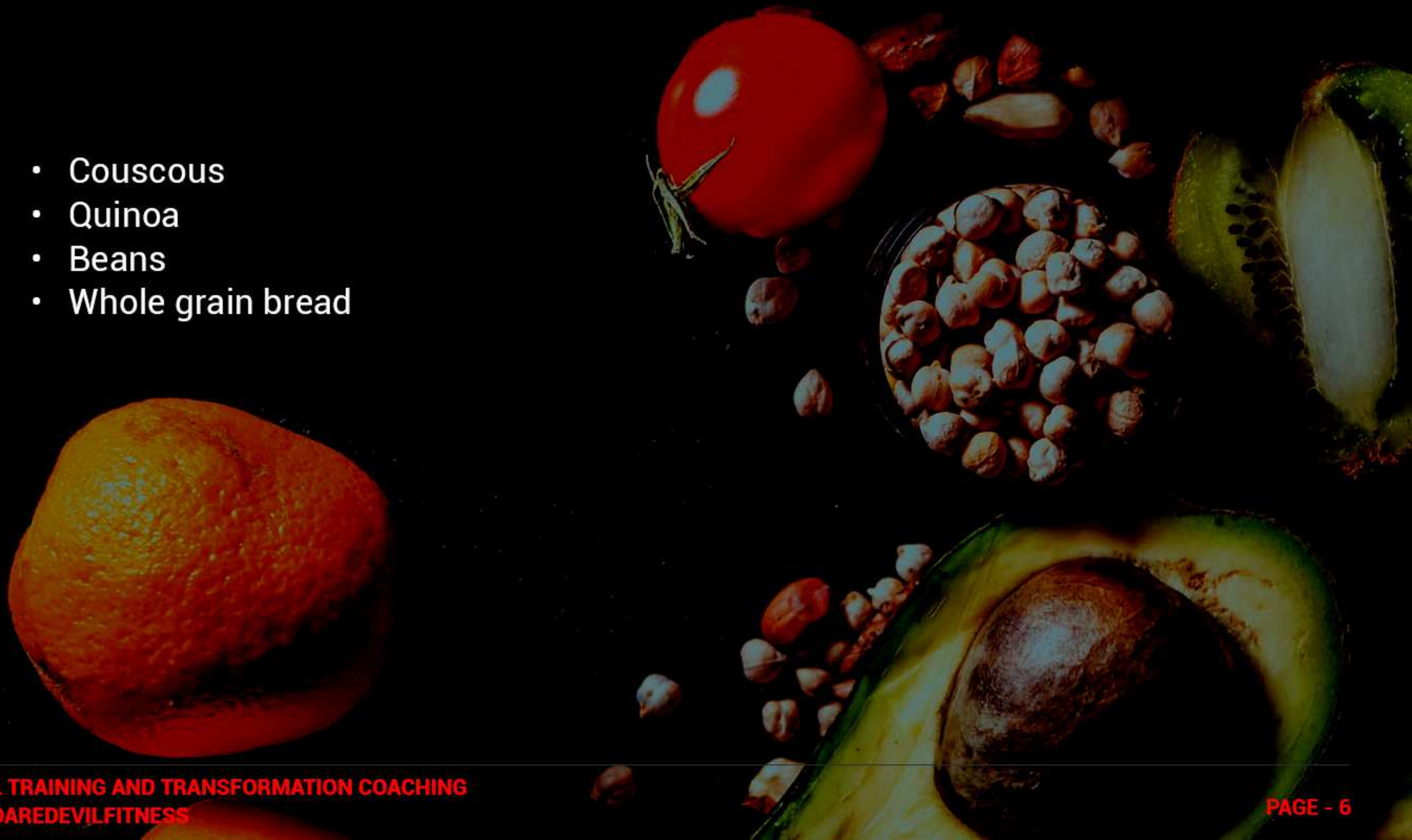
- Egg whites
- Chicken breast
- Lean ground chicken
- Lean cuts of steak
- Lean ground beef
- Turkey breast
- Lean ground turkey
- Tuna
- Salmon
- Pretty much all varieties of fish
- Greek yogurt
- Cottage cheese
- Protein powder/shakes
- Turkey bacon
- Milk

FAT SOURCES:

- Whole eggs
- Extra virgin coconut oil
- Extra virgin Olive oil
- All nut butters
- All nut varieties
- Avocados
- Hummus
- Cheeses (all varieties, but in moderation)
- Butter (ideally grass-fed if you have access to it, but regular is fine too)
- Pumpkin seeds
- Flaxseed
- Chia seeds
- Fish oil

CARB SOURCES:

- Oatmeal
- Rice (all varieties)
- Potatoes (all varieties)
- Sweet potatoes
- Couscous
- Quinoa
- Beans
- Whole grain bread



SUPPLEMENT DIET PLAN WITH RECIPES

(BENCHMARK: 3500 CALORIES PER DAY)

BREAKFAST:

BANANA & ALMOND BUTTER TOAST (2 SERVINGS)

Calories: 572 (Carbs 91g, Fat 21g, Protein 15g)

INGREDIENTS:

Rye bread 2 slice, regular 64 grams	Almond butter Nuts, plain, without salt added 2 tbsp 32 grams
---	--

Banana
Raw
2 medium (7" to 7-7/8" long)
236 grams

NONFAT GREEK YOGURT (2 CUPS)

Calories: 283 (Carb 17g, Fat 2g, Protein 49g)

INGREDIENTS:

Nonfat, plain
2 cup
480 grams

TOTAL CALORIES:
855 (CARB 108G, FAT 23G, PROTEIN 64G)

LUNCH:

BARBECUE TUNA SANDWICH (2 SANDWICH)

Calories: 720 (Carb 89g, Fat 9g, Protein 72g)

INGREDIENTS:

Hamburger bun Mixed-grain 2 roll 86 grams	Barbecue sauce Low sodium 8 tbsp 140 grams
--	---

Tuna
Fish, light, canned in water,
drained solids
2 can

BANANA (2 PIECES)

Calories: 210 (Carb 143g, Fat 1g, Protein 3g)

2 medium (7" to 7-7/8" long)
236 grams

TOTAL CALORIES:
930 (CARB 54G, FAT 10G, PROTEIN 75G)

PRE-WORKOUT MEAL:

BANANA, PEANUT BUTTER AND RAISINS

Calories: 572 (Carbs 91g, Fat 21g, Protein 15g)

INGREDIENTS:

Banana 1 medium (7" to 7-7/8" long) 118 grams	Raisins Seedless 5 raisins 2.6 grams
---	---

TOTAL CALORIES:
(CARB 31G, FAT 6G, PROTEIN 4G)

Peanut butter
Smooth style, without salt
2 tsp
10.8 grams

POST-WORKOUT MEAL:

WHEY PROTEIN SHAKE

Calories: 572 (Carbs 91g, Fat 21g, Protein 15g)

Whey protein powder
Bulk Nutrients, Any flavor,
100% whey protein
30 grams
30 grams

Reduced fat milk
Fluid, 2% milkfat, with added
vitamin A and vitamin D
1 cup
244 grams

TOTAL CALORIES:
242 (CARB 15G, FAT 6G, PROTEIN 32G)

DINNER:

SPINACH AND RICOTTA HASSELBACK CHICKEN

INGREDIENTS:

Olive oil
Salad or cooking
1 1/2 tsp
6.8 grams

Spinach
Raw
3 cup
90 grams

Pepper
Spices, black
1 1/2 dash
0.15 grams

Paprika
Spices
1 1/2 tsp
3.2 grams

Chicken breast
Broilers or fryers, meat only,
raw
1 1/2 lb
680 grams

Ricotta cheese
Whole milk
6 tbsp
90 grams

Cheddar cheese
3/8 cup, shredded
42.4 grams

TOTAL CALORIES:
(CARB 8G, FAT 51G, PROTEIN 176G)



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MY LEAN BULK SUPPLEMENT STACK

Take your training to the next level with my lean bulk supplement stack. Designed to build lean muscle, increase strength and maximise recovery, this supplement stack can support you on your muscle building journey.

This supplement stack is best suited to users looking for more than the basic but a pure range of muscle building supplements. My Lean Bulking supplement stack includes Protein Matrix+ for recovery, Creatine and Laxogenin for muscle size and strength, BCAAs for intra-training endurance and the reduction of muscle soreness as well as The Zone Pre Workout to prime you for each workout.



THE ZONE PRE WORKOUT HIGHLY RECOMMENDED!

The Zone is an ultra-concentrated Pre Workout for those wanting to maximise mental focus and results in challenging workouts.

The Zone combines a selection of potent stimulants with a high caffeine content which makes it one of the strongest pre workouts on the market



PROTEIN MATRIX+

Protein Matrix+ is a combination of WPI, WPC, Micellar Casein as well as digestive enzymes which assist those sensitive to lactose. It aids recovery after each session by replenishing muscles with protein.



BCAA RECOVERY

For the best possible recovery, BCAA Recovery is included for its ability to improve muscular endurance, promote anabolism and kickstart recovery. It includes 10g of BCAAs per serve with 3000mg of Citrulline Malate, complemented with key electrolytes.

LAXOGENIN

Laxogenin is designed to help improve overall strength and encourage muscle gains. The active ingredients (Brassinosteroids) have been shown to enhance muscle building and may increase strength. They're also reported to have a positive effect on lean muscle growth by increasing protein synthesis and inhibiting muscle breakdown.



CREATINE MONOHYDRATE

Finally, it wouldn't be a muscle growth stack without Creatine Monohydrate. Creatine is one of the most researched supplements and has proven to benefit strength, muscle size and endurance for weight training.



WHERE TO GET THE LEAN BULKING STACK

If you are based in Australia, you can get all your supplements from Bulk Nutrients. I have been consuming their products for over 3 years now.

They are not just high quality but extremely affordable. Trust me I have tried almost all the big brands out there and Bulk Nutrients is my first choice when it comes to quality and trust. Plus, they are 100% Australian owned and operated so you can't go wrong with it.

I HAVE ALSO NEGOTIATED A DISCOUNT CODE WITH THEM FOR MY READERS AND THEY HAVE BEEN VERY GENEROUS TO OFFER A **DISCOUNT** ON THEIR ALREADY SUPER LOW PRICES.

JUST USE THE PROMO CODE:

ALI

AT CHECKOUT TO GET YOUR DISCOUNT

WANT TO TRY BEFORE YOU BUY? ORDER A FREE SAMPLE HERE:

WWW.BULKNUTRIENTS.COM.AU/BULK-NUTRIENTS-FREE-SAMPLES



STAGE 3

SEIZING INITIATIVE

"HE WILL WIN WHO KNOWS HOW TO HANDLE BOTH SUPERIOR AND INFERIOR FORCES."

(DEVELOPING THE WINNING MINDSET)

HOW NOT TO FALL OFF THE BANDWAGON

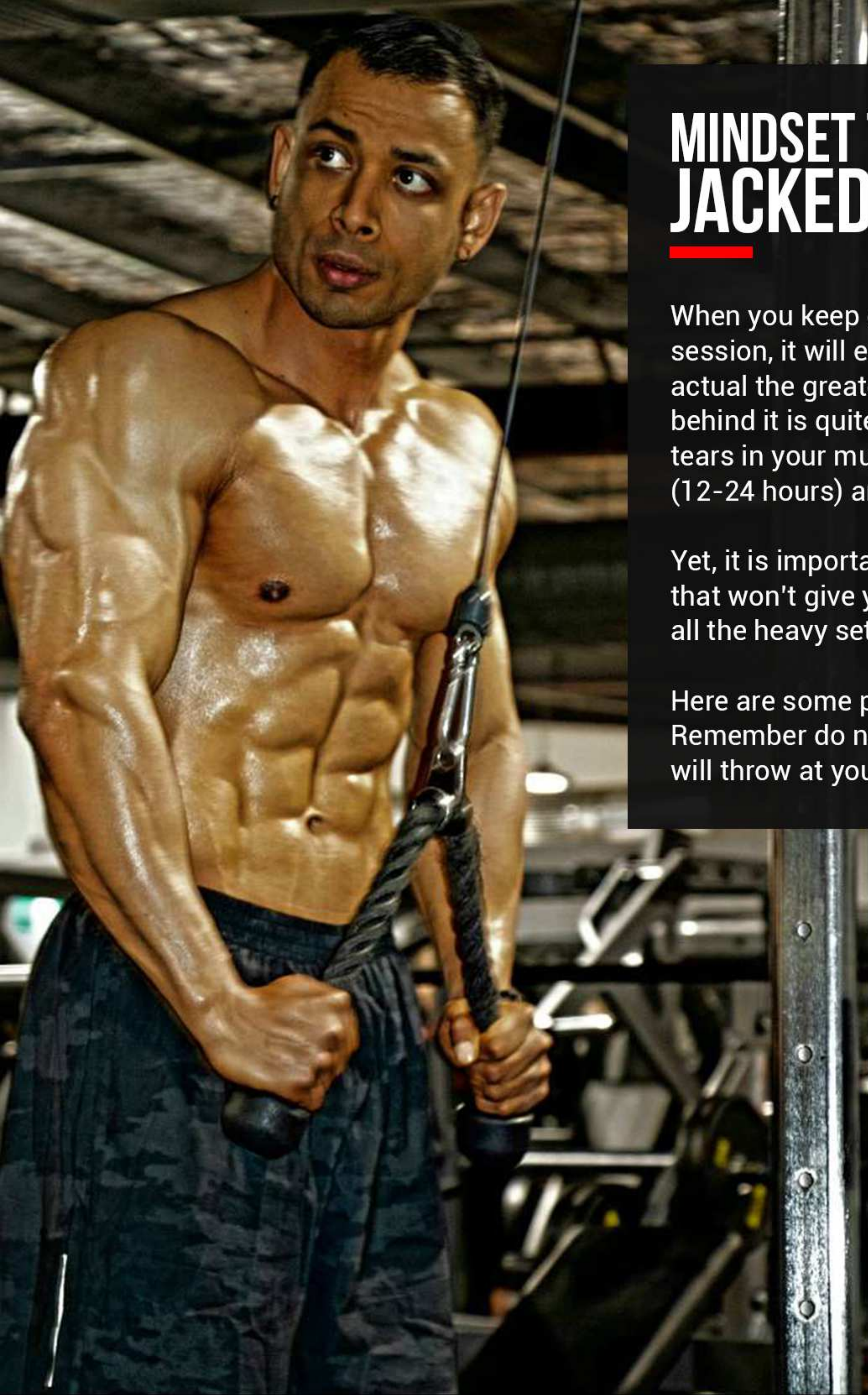
The key to achieving success in this plan is to grind like there is no tomorrow. Intensity should be your best friend. Also remember to keep good form. It is better to do one rep in perfect form than 3 sets in horrible form.

Most importantly, remember to listen to your body! Pain is good, however if you feel the wrong kind of pain (trust me, you will know when that happen), it is best to stop working-out. Treat yourself to rest days and have some extra rest-days if you see fit.

You should hit the gym maximum 5 times per week for 2 months. On the first week, decrease your weights by half. This detoxifies the stress building up in your body from lifting. Also at least once every 4 weeks, try to have a day where your body gets fully recovered.

This workout is raw and straightforward but will get you jacked. So, pound the bloody iron and gain some muscles!





MINDSET TIPS TO GETTING JACKED & STAYING ONCOURSE

When you keep on targeting a specific muscle during a gym session, it will eventually fail. This sounds horrible, but it is actual the greatest way for your muscles to grow. The science behind it is quite simple; muscle failure leaves microscopic tears in your muscles. These tears get healed up quickly (12-24 hours) and you come out stronger than ever-before.

Yet, it is important not to get to muscle failure too quickly as that won't give you too much muscle growth. Try to first finish all the heavy sets before pushing your muscles to failure.

Here are some pointers on how to truly exploit muscle failures. Remember do not succumb to weak excuses that your mind will throw at you!

ABUSING YOUR MOTIONS

I truly believe that range of motions can have a great defining effect on your muscles. When you are lifting iron, try to stay in full motion all the way until muscle failure. As your arms start shaking and your form becomes trash, swap to partial motion. Your simple act of going into muscle failure with partial motion rather than simply stopping, will get you insane growth!

LIFT SPEED

Your speed at which you lift iron can great affect your gains and how difficult you find your session. If you go super-fast, you will not feel anything, your muscles won't feel much, and you will have less gain. Experts recommend using moderate speed (rather than very slow speed) as it helps you feel your truly feel your muscles. Slow speed can also be very beneficial; however, it can be very painful.

I have also noticed that while approaching failure, if I do a quick burst of reps, I can get a few more reps under my belt.

DECREASE THE WEIGHT

Another way to get good gains is when you achieve failure, you decrease the weight by a fifth. You are going to get more gains, but it will be quite painful...

MANIPULATING THE WEIGHTS

Find a super heavy weight that you can usually do a moderate rep with (for example 9 reps).

However, unlike normally, after doing 4 reps, I put the super heavy weight down. I take a 15 second break and do another 4 reps followed by another 15 second rest.

Research has proven that our muscle cells can rejuvenate itself in as little time as 15 seconds. Any less, it won't work and any more, you lose the growth.

CHANGING ANGLES

Let's say you want to hit the chest. You first start with some bench press. You keep on doing that until you approach muscle failure. However, rather than stopping, you switch to cable flies and keep on grinding until muscle failure. Don't take any rests!

Switching exercises allows you to hit the same muscles but with different angles. It involves new muscle fibers which allows you to keep on lifting.

I recommend that you always start with an exercise with compound movement followed by an exercise with isolation movement.



STAGE 4 DOMINATION

"IN THE MIDST OF CHAOS, THERE IS ALSO OPPORTUNITY."

(PLAN OF ATTACK)

NO FAT, ONLY MUSCLES

Gaining muscles while not gaining fat is ridiculously difficult. However, what is more important is to treat yourself from time to time. You should have some period of days where you should just let go.

Professionals call these periods of time "off-season". During your off-seasons you should eat what you want. This will up your motivation. Just remember to eat more calories than you lose in order to have the extra energy for quick recovery.

ELIMINATE JUNK INTAKE PERSISTENCE

Remember to limit your intake of junk. It just adds fluff (fat) to your body and is very pointless. Also try to slowly increase your calories. Do not go from eating 2000 calories to 3800 calories in one day. Take your time and slowly increase your calorie intake. Take everything slowly and you will not gain the excess fat.

Also keep up your persistence. Don't weigh yourself every day as it will not result in anything. Look at yourself in the mirror from time to time to see the real change that the weighing scale does not tell you. If you keep on working, there will come a time when you get the gains that will make jaws drop.

DEALING WITH THE INTENSITY, PAIN AND CONSISTENCY

You will probably gain some fats while gaining muscles. Is it possible to be lean while gaining muscles? Yes, but it will be difficult. Then again, since when was anything good not difficult?



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MONDAY - BACK

WIDE-GRIP PULL-UPS / 4 SETS × 12-15 REPS
(Rest between sets: 60 seconds)

WIDE-GRIP MACHINE PULLDOWNS / 4 SETS × 12-15 REPS
(Rest between sets: 60 seconds)

CLOSE-GRIP PULLDOWNS / 4 SETS × 12-15 REPS
(Rest between sets: 60 seconds)

CLOSE-GRIP SEATED ROWS / 4 SETS × 12-15 REPS
(Rest between sets: 60 seconds)

BARBELL BENT OVER ROWS / 4 SETS × 12-15 REPS
(Rest between sets: 60 seconds)

DEADLIFTS / 4 SETS × 8-10 REPS
(Rest between sets: 60 seconds)

FULL WORKOUT PLAN **WEIGHT TRAINING,** **CARDIO & CIRCUITS**

This plan makes you work 5 days a week and allows you to drop one training session. For example, if your arms are really sore from the previous workout, you can drop the next workout. If you eat healthy, there is very little chance you will actually drop one training session.

Before switching plans make your body fully recovers. It is recommended that you have a week in which you work out at only half the weight you usually do.

The secret to body building is to have fun! Truly enjoy and feel free to change the plan. Everybody is different and should tailor their plan to the body.

REMEMBER THAT INTENSITY IS YOUR BEST FRIEND. SO, PUSH YOURSELF 101%.

NO PAIN, NO GAIN.

TUESDAY — LEGS

LEG EXTENSIONS (TOES UP) / 4 SETS X 10-15 REPS
(Rest between sets: 60 seconds)

SQUATS / 5 SETS X 8-12 REPS
(Rest between sets: 60 seconds)

LEG PRESS / 5 SETS X 8-15 REPS
(Rest between sets: 60 seconds)

HACK SQUATS / 3 SETS X 10-15 REPS
(Rest between sets: 60 seconds)

LEG EXT. (TOES DOWN) / 3 SETS TILL BURNOUT FINISH WITH A DROP SET.
(Rest between sets: 60 seconds)

WALKING LUNGES (length of gym)

LEG EXT. (TOES DOWN) / 3 SETS UNTIL BURNOUT FINISH WITH A DROP SET.
(Rest between sets: 60 seconds)

WEDNESDAY - CHEST

INCLINE DB PRESS / 5 SETS X 8-12 REPS

(Rest between sets: 60 seconds)

FLAT BB / 5 SETS X 10-12 REPS

(Rest between sets: 60 seconds)

INCLINE SMITH MACHINE / 3 SETS X 10-15 REPS

(Rest between sets: 60 seconds)

DECLINE BB / 4 SETS X 8-12 REPS

(Rest between sets: 60 seconds)

WEIGHTED DIPS / 3 SETS TILL FAILURE

(Rest between sets: 60 seconds)

INCLINE DB FLYES / 4 SETS X 10-15 REPS

(Rest between sets: 60 seconds)

CABLE FLYES / 3 SETS TILL FAILURE

(Rest between sets: 60 seconds)

THURSDAY — SHOULDERS

MILITARY PRESS / 5 SETS X 8-12 REPS

(Rest between sets: 60 seconds)

SEATED DB PRESS / 4 SETS X 10-12 REPS

(Rest between sets: 60 seconds)

HAMMER STRENGTH MACHINE / 3 SETS X 10-12 REPS

(Rest between sets: 60 seconds)

DB SIDE RAISE / 3 SETS X 10-15 REPS

(Rest between sets: 60 seconds)

UPRIGHT ROW ON SMITH MACHINE / 3 SETS X 10-15 REPS

(Rest between sets: 60 seconds)

DB REAR DELTS ON INCLINE BENCH / 3 SETS X 10-15 REPS

(Rest between sets: 60 seconds)

REVERSE CHEST MACHINE REAR DELTS / 3 SETS TILL FAILURE

(Rest between sets: 60 seconds)

FRIDAY - ACTIVE REST DAY

PERFORM A 30 MINUTES STEADY STATE CARDIO SESSION.

SATURDAY - BICEPS AND TRICEPS

PREACHER CURLS / 4 SETS X 10-12 REPS

(Rest between sets: 60 seconds)

SEATED DB CURL / 3 SETS X 10-12 REPS

(Rest between sets: 60 seconds)

STANDING BB CURL / 3 SETS X 10-12 REPS

(Rest between sets: 60 seconds)

HAMMER CURLS / 3 SETS X 10-12 REPS

(Rest between sets: 60 seconds)

MACHINE CURLS / TILL FAILURE

SKULLCRUSHERS / 4 SETS X 10-12 REPS

(Rest between sets: 60 seconds)

HAMMER STRENGTH DIP PRESS / 4 SETS X 10-12 REPS

(Rest between sets: 60 seconds)

OVERHEAD ROPE EXT. / 3 SETS X 10-15 REPS

(Rest between sets: 60 seconds)

DB KICKBACKS / 3 SETS X 10-15 REPS

(Rest between sets: 60 seconds)

CABLE PUSH-DOWNS / 3 SETS TILL FAILURE

SUNDAY - REST

PUT YOUR FEET UP AND REST. USE THIS DAY FOR FULL



CARDIO

You do not **NEED** to perform cardio to burn fat. However, cardio is a great resource to increase caloric burn. There are two separate styles: **HIIT** and **Steady State**. HIIT is more efficient, but it is more physically taxing. Steady State is not as demanding, but you need to perform significantly more cardio to achieve a similar caloric burn. You will perform the amount of cardio recommended each week. You may choose whichever option for HIIT or Steady State that you prefer!

HIIT CARDIO

High Intensity Interval Training cardio relies primarily on carbs to fuel the workout. However, this does not mean it doesn't burn fat. HIIT cardio increases your Excess Exercise-Post Oxygen Consumption which greatly increases your caloric needs post workout.

HIIT, as its name implies, requires high intensity to produce EPOC. Typically, you will use a 2:1 slow intensity to high intensity cardio regiment. For example: you may do a HIIT running workout of 20 second sprints and 40 second moderate jogs.

STEADY STATE/LOW INTENSITY CARDIO

Steady state cardio, as the name implies, is performed at a moderate and consistent pace. Common examples are an uphill walk or steady bike ride. It burns more fat than carbs to fuel the movement, but it also burns less calories overall than HIIT. The low intensity means it has very little effect on EPOC. This is a good option if you're feeling run down or enjoy steady state!



CARDIO



STAGE 5

CONQUER

"TO KNOW YOUR ENEMY, YOU MUST BECOME YOUR ENEMY."

(STICKING TO THE PLAN & STAYING HONEST)

HIGH PROTEIN CHEAT FOODS TO KEEP THE CRAVINGS AWAY

Satisfy your sweet tooth and grumbling stomach with a protein cake in a mug, easy protein pancakes or a healthy hot chocolate or chai latte. Here is what I eat when I want to cheat.



QUICK & EASY, HEALTHY PROTEIN BALLS

These clean treats contain high-quality protein, slow release carbs and healthy fats from nuts and seeds to keep you satisfied and on track with your diet. At just 70 calories per ball with 6g of protein, no matter your goal these Quick Protein Balls are ideal.



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WHEY PROTEIN HOT BEVERAGE: SLOW RELEASE NIGHT TIME

The benefits of Whey and Casein together have been proven in research to be more effective than either protein source separately. 'Whey Hot' is rich in natural Glutamine, BCAAs and EAAs.



HIGH PROTEIN OATS ARE GREAT FOR BREAKFAST

Quick Protein Oats contain high amounts of fibre, specifically beta-glucan which is great for lowering cholesterol levels. They also contain amounts of anti-oxidants, vitamins and minerals, which occur in the oats and flaxseed.

Containing 21g of protein and 22g of carbohydrates per serve, they are a perfect high, protein, moderate carbohydrate start to the day packed with natural goodness.



SLOW RELEASE PROTEIN MOUSSE DESSERT

With 30g of protein, 2.4g of carbohydrates and 3g of fat per serve it is extremely lean. Virtually all the fat content comes from Medium Chain Triglycerides which have a multitude of benefits.



DELICIOUS, HIGH PROTEIN MUG CAKECAKE

Whey, milk and egg proteins are combined for a balanced high protein boost. Almonds, coconut, oats and cacao are included for their vitamins, minerals and healthy carbohydrates. Each serve contains 20 grams of protein, 10 grams of carbs and less than 2 grams of sugar and saturated fats. This makes it a healthy treat after a main meal or a fantastic snack option between meals.



HIGH PROTEIN PANCAKES

These Quick Protein Pancakes deliver 40g of protein per 100g serve with less than 5g of fat. Using wholemeal flour, coconut flour and a blend of protein sources, including whey and casein, Bulk Nutrients Protein Pancakes are wholesome yet delicious.



HIGH PROTEIN FROZEN DESSERT

A sweet treat that supports your goals. This Frozen Protein Dessert mix, Whey Cool, is a healthy alternative to regular sugary ice cream. Each 50g serve delivers more than 25g of protein with less than 10g of carbs!



**DAREDEVIL
FITNESS**

STRIVING FOR SUCCESS

WITHOUT HARD WORK IS LIKE

TRYING TO HARVEST WHERE

YOU HAVEN'T PLANTED

**ALRIGHT,
GET TRAINING AND ENJOY YOUR GAINS!**

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LOOKING FOR AN ONLINE PERSONAL TRAINER?

ONLINE PERSONAL TRAINING

START TRANSFORMING YOUR BODY TODAY!

I am a WBFF Australia Fitness Model, an online personal trainer, lifestyle and conditioning coach.

Looking for an Online Personal Trainer that will help you conquer your goals, and see the results you want? Whether it is online coaching for fat loss, building muscle, boosting your mind and body confidence or a life-changing transformation, I will take you on a life changing journey to achieve optimal health, results and improving your mindset.

 **LOSE WEIGHT**
Lower your body fat percentage

 **GAIN MUSCLE**
Get Stronger

 **TRAIN FOR AN EVENT**
Marathon, Bodybuilding comp, etc

 **BE FIT FOREVER**
Make fitness a part of my life

ONLINE PERSONAL TRAINING PACKAGE

CUSTOMISED TRAINING AND NUTRITION PLANS FOR MEN AND WOMEN

PERSONAL TRAINING **FOR MEN**

- ✓ Detailed high-intensity workout program
- ✓ Detailed custom meal and nutrition plan
- ✓ Grocery & Food substitution list
- ✓ Supplement recommendations to optimise results
- ✓ Cardio Program
- ✓ Belly Fat Killer Program
- ✓ Weekly check-ins
- ✓ Program modification
- ✓ Access to Mobile App
- ✓ Email Support 24/7

*Minimum 12-week term

BOOK A FREE 15 MINS CONSULT

SIGN UP NOW

PERSONAL TRAINING **FOR WOMEN**

- ✓ Detailed high-intensity workout program
- ✓ Detailed custom meal and nutrition plan
- ✓ Grocery & Food substitution list
- ✓ Supplement recommendations to optimise results
- ✓ Booty Builder Program
- ✓ Cardio Program
- ✓ Belly Fat Killer Program
- ✓ Weekly check-ins
- ✓ Program modifications
- ✓ Access to Mobile App
- ✓ Email Support 24/7

*Minimum 12-week term

BOOK A FREE 15 MINS CONSULT

SIGN UP NOW

DAREDEVIL FITNESS MOBILE APP

YOUR TAILORED WORKOUT PLANS, NUTRITION PLANS, GROCERY SHOPPING LISTS, RECENT ACTIVITY LOG AND RESULTS TRACKING MADE AVAILABLE TO YOU AT YOUR FINGER TIPS.

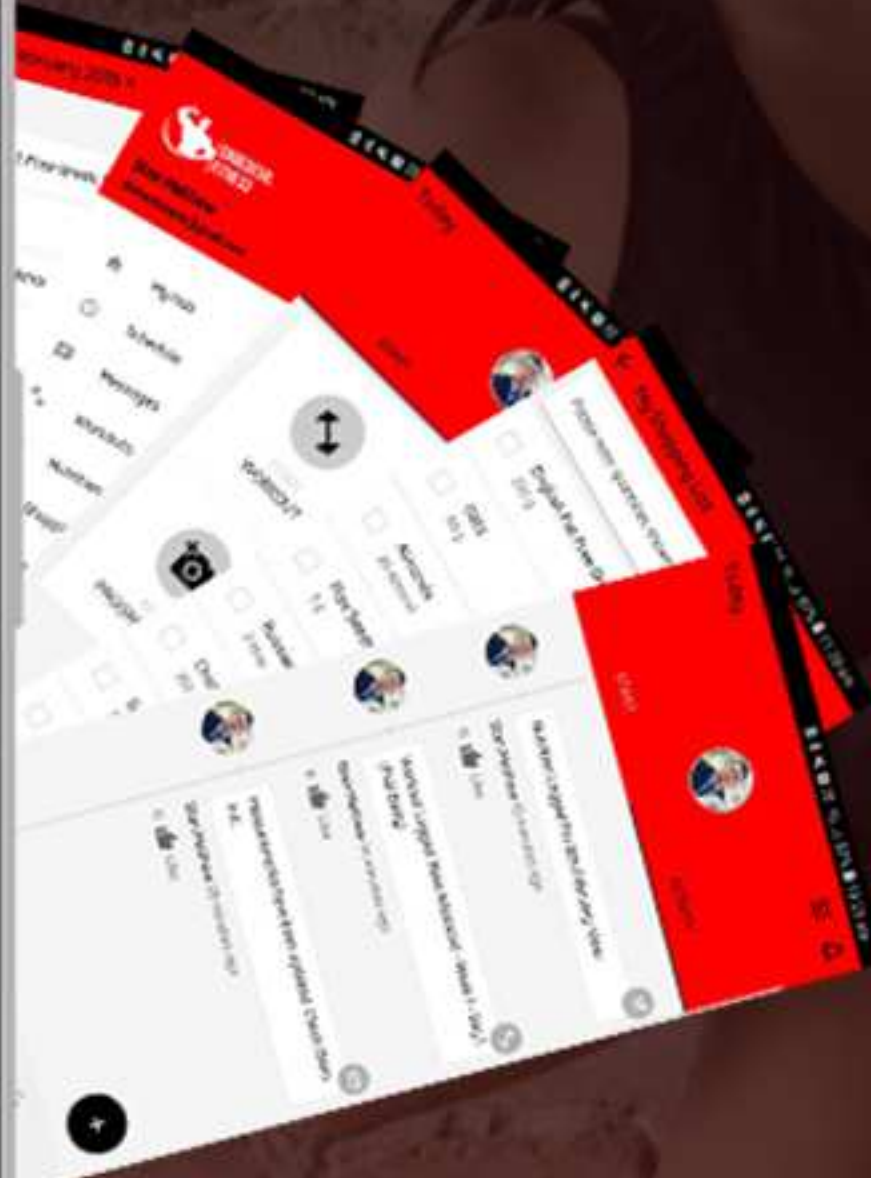
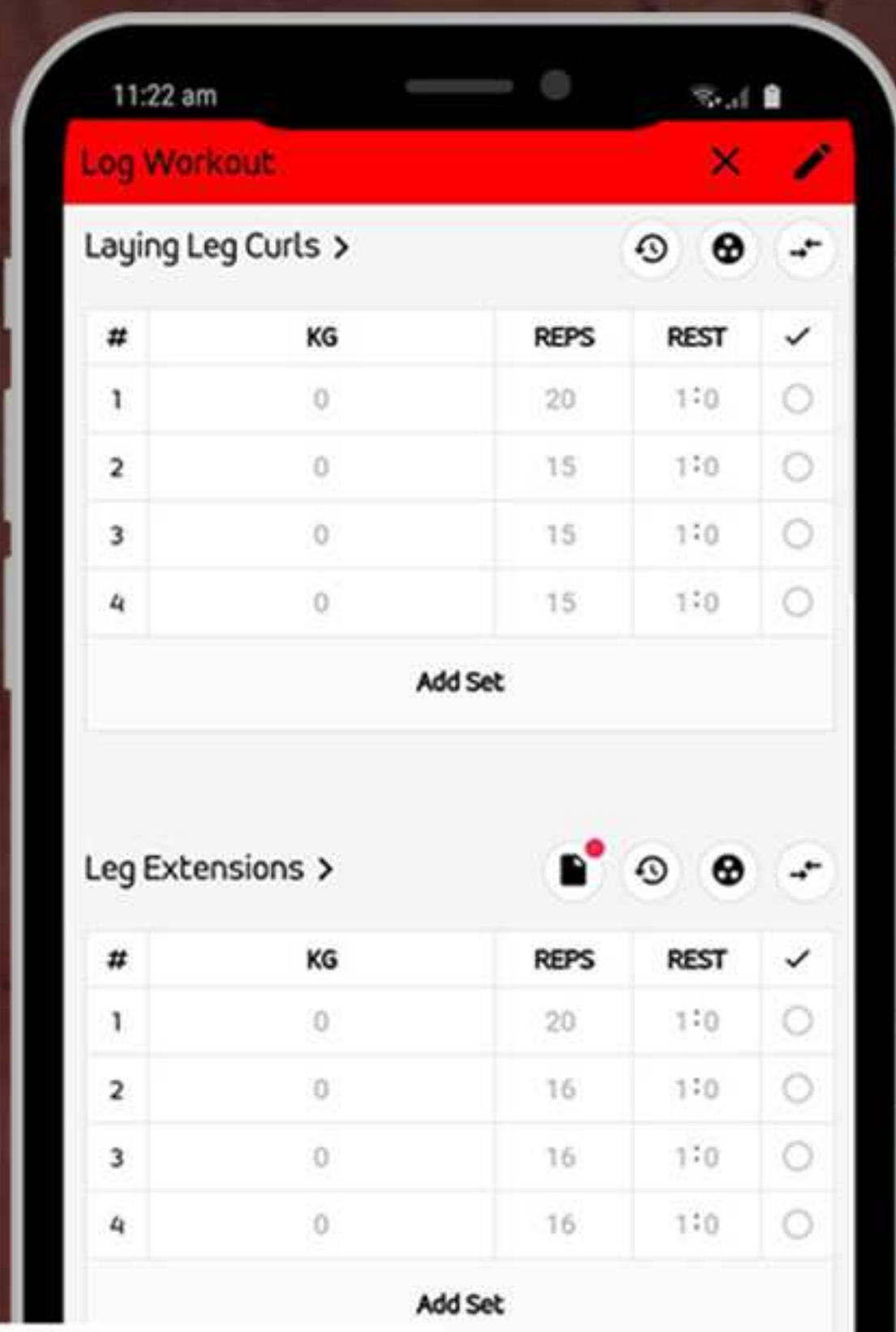
OUR APP SUPPORTS BOTH
IOS AND ANDROID DEVICES.



Available on the
App Store



Get it on
Google play



WHY CHOOSE DAREDEVIL FITNESS?

- ✓ Our Training programs utilise high intensity workouts and various splits for fat loss. Emphasise muscle growth and strength. Any goals you have, I can create a plan for them!
- ✓ Everything custom made. No cookie cutter. Meals created using height, weight, physical activity level, workout frequency, and goals.
- ✓ Evenly spaced and distributed proteins for optimal muscle growth, as well as various easy food choices to prevent cheating!
- ✓ Carb timing to fuel your workout, grow and/or preserve muscle mass! THIS IS KEY
- ✓ Fats maintained for hormone balance while kept in check to control caloric intake! Huge mistake I see people make is to cut out fats!



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BY SYED ALI
WBFF PRO FITNESS MODEL

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