

8 WEEK PHYSIQUE





After a long time, and many requests from our followers, here is the M10 8 week physique programme.

Before I get started, I must stress that 8 week physique isn't for those of you with a large amount of body fat to lose.

If you choose to start this programme, you are doing so at your own free will. Below I explain why I think you should not embark on this programme, unless you have a very good foundation of experience in fat loss and strength training.

***“This isn't a programme of education,
it's a programme of precise execution”***

I'm not going to be talking about the psychology of coaching, I'm not going to offer support if you're finding this programme difficult, it's a set formula that if you follow to the letter, you will see huge changes to your physique.

Mark Coles
M10 Director



What is an ideal body fat percentage to start this plan at?

As a guide, I'd be happy for a male to start this plan anywhere between 12 and 16% body fat, and a female anywhere between 14 and 17%.

Why is this?

To start with, the nutrition is very structured and detailed. Many of you need to learn the basics of healthy eating, meal timing and food preparation, well before you throw yourself in at the deep end with an advanced fat loss programme. You'll be the first to contact me, saying it's too hard to follow if you've never done anything this intense before.

- » Health is of the utmost importance to me. If your body fat levels are high (well above my guide), I will suspect you won't have been training for some time, and you simply won't be in a good place to cope with the higher volume workouts, and cardio that is expected (you must be the judge of this). I'd like to think that you understand about food quite well already, and that you have been used to training.
- » I'll be talking about calories a lot, and asking you to weigh your food and make minor adjustments every other week. This really isn't necessary for someone who is just starting out at fat loss. If I'm honest, it becomes way more detailed than you need it to be. I've talked about this many times in my articles and social media posts, learn the basics, and work up to the advanced methods. You'll get in better shape, you'll learn more, and you're more likely to keep your results for longer.
- » I calculate food intake for someone over 20% body fat based on lean mass. The calculations for this programme are based on total body weight.

Lastly, you will notice that there are carbohydrates within the diet. When someone is leaner, they generally handle carbohydrates a lot better than someone who isn't (insulin sensitivity). When someone has a lot of body fat to lose, I generally use a lower carb approach to start with, this allows the body to become more efficient at using them later down the line. As a general rule, I add more carbs into the diet, the leaner someone gets.

The decision is yours from this point

Hopefully by now you have been given enough information, and you should have made a clear decision if you're ready to continue. Everything you read from here, is written assuming that you have decided to start 8 week physique, and that you have committed yourself 100%.

Time to get started

Very shortly you will be able to input your details into the meal plan pdf calculator. You will then have your bespoke macro nutrient diet plan ready to start from. On it there will be a training day meal plan, and a non- training day meal plan.

Everyone will be following the same strength training programme throughout the full 8 weeks. These should have been sent to you when you ordered 8 week physique. If for any reason they haven't, please email Joanna@m10fitness.co.uk (Note, this email address is not to be used for questions relating to anything other than not receiving your training programmes/log sheets, or any other 8 week physique related documents)

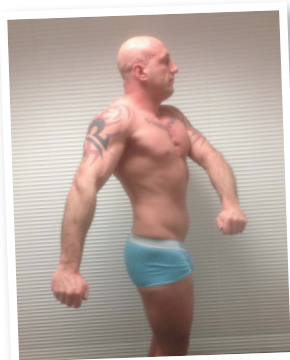
Photos

Before you start, it is vitally important that you take a photo of yourself, from the front, side and back. Please arrange for someone to take these for you.

NB - Self shots will not be accepted for entry into the final photo shoot prize.

I do have some guidelines for you to follow.

- » Please ensure you take pride in the pictures that you take at the beginning. These are your chance to showcase all your hard work.
- » Please take your photos in shorts (males), and a bikini (females)
- » Please make sure your waistband is level, and not half way up your hips on one side.
- » Please do not crop out your head, if required we can block out your face at a later date.



8 Week Physique



Shopping

Before you get started, ensure that you have everything you need. Many people jump straight into a programme like this, and find out half way through the first week that they've run out of food. You can't afford to miss meals, and you certainly can't afford to add in any old meal just to make up for poor preparation. Make a large shopping list and freeze as much food as you can at the start of each week.

- » Meat (full list below)
- » Vegetables (full list below)
- » Carbohydrates (full list below)
- » Supplements (listed further into the programme)

Cut your meat into portions and freeze them, this will require a good bit of prep, but it makes your life a lot easier when you come to making your meals every evening. There is a chart further down, which tells you how much uncooked meat you will need per grams of protein. All you need to do is work out your set portions and freeze accordingly.

When preparing your meals, you can use many herbs and spices to flavour your meat and fish. I personally like:

- | | |
|------------------------|----------------|
| » Dill | » Cajun spices |
| » Sea salt | » Basil |
| » Black pepper | » Oregano |
| » Sweet smoked paprika | » Garlic |
| » Hot smoked paprika | » Lemon |

You are to use no sauces throughout the 8 week plan.

The meal plan

The pdf meal plan is split into training days and non-training days. The only plan that will be tweaked throughout will be your training day. Every tweak is clearly explained on a separate page further down.

You'll need to download Adobe Reader to use the calculations on this page.



<http://get.adobe.com/uk/reader/>

Gender

Weight (lbs)

Training Days

Total Calories

	Cals	Grams
Protein		
Carbohydrates		
Fat		

Non-Training Days

Total Calories

	Cals	Grams
Protein		
Carbohydrates		
Fat		

Training Days	Protein	Carbs	Fat
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			
Meal 6			

Assumes g protein in post-workout

Non-Training Days	Protein	Carbs	Fat
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			
Meal 6			



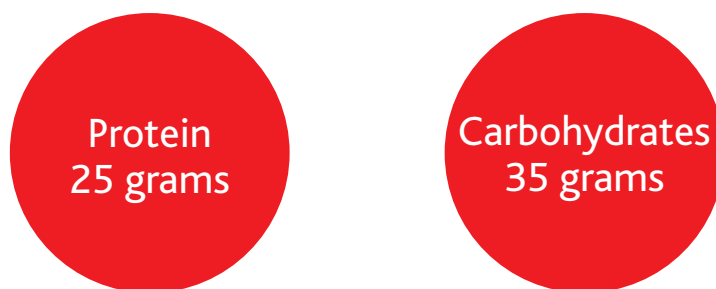
Protein

The first step, is to work out how many grams of uncooked meat/fish and carbohydrates you will need per meal. Below are some charts designed to help you.

I am going to make this very simple, you will ONLY be choosing meats/fish, carbohydrates and vegetables from the charts below. If you don't see a particular meat/fish or carbohydrate source that you like, please do not email in asking to have it included.

Each of you will have a different amount of protein laid out in grams per meal.

It will look something like this:



This is the amount of actual protein, and not the weight of the meat (I hope you all understand that).

So with regards to the protein, you would look at the chart below and see that 25 grams of protein, is 125 grams of uncooked weight (eg, sirloin steak).

NB – All of you will be required to eat red meat for breakfast (Remember there is fat within the meat when you calculate your fat intake for breakfast).

Now take a few minutes to write on your plan, and calculate how much uncooked weight in meat or fish you will need per meal.

As long as you choose red meat for meal one, you can use the rest of the meat / fish sources for the remainder of your meals.

NB - Whey protein is only to be used in your post workout shake.

Protein Source	Grams of protein	Uncooked weight	Grams of protein	Uncooked weight
Sirloin beef steak (Grass fed)	25g	125g	50g	255g
Extra lean beef mince (grass fed)	25g	125g	50g	255g
Turkey Breast	25g	145g	50g	285g
Chicken	25g	125g	50g	250g
Cod	25g	150g	50g	285g
Haddock	25g	150g	50g	300g
Scallops	25g	225g	50g	400g
Whey protein	1 scoop (25g)	Usually between 20 and 25g of protein (check the brand)		

Whey protein post workout

You will notice on your plan, that there is a set amount of protein you should have post training. In most cases you will need one scoop for females, and 2 scoops for males to hit your required amount of 25g (females), 50g (males).

Carbohydrates

The next step is to calculate your carbs from the training day meal plan. Once again, if you have 25 grams of carbs on your plan, this will equate to 125g of uncooked weight sweet potato (for example).

Now calculate the cooking weight of carbohydrates for each meal, and write it into your plan.

Carb Source	Grams of carbs	Uncooked weight	Grams of carbs	Uncooked weight
Sweet potato	25g	125g	50g	250g
Brown rice	25g	35g	50g	70g
Jasmine rice (post training meal only)	25g	35g	50g	70g



Fats

When it comes to fats, I like to use a very limited selection during prep. I don't include any nuts, as you will find it very hard to only have a few, and there is too much room for error.

The fat sources I like to use are, coconut oil, olive oil, eggs.

If you can calculate it correctly, and balance out your protein and fats equally, I have no problem with you having steak with eggs for breakfast. Below you will see the protein/fat ratio for eggs. Just remember you will need less red meat at breakfast, if you choose to add one/two eggs. There will be 12 grams of protein in 2 eggs.

As far as calculating the rest of your fat intake per each meal, it is very easy. Weigh out the amount of fat that is written on your plan, and that will be the exact amount of fat you will need

Fat Source		
One egg (contains protein as well)	Protein 6g	Fat 6g
Coconut oil	10g in scale weight is 10g of essential fats	25g in scale weight is 25g grams of essential fats
Olive oil	10g in scale weight is 10g of essential fats	25g in scale weight is 25g grams of essential fats

Vegetables

For this entire programme, you won't be eating fruit. The calories and carbs in vegetables will not count, so please don't stress over that aspect. Please don't send in emails asking the reason why I've left out fruit, as I've said previously, this plan is all about precise execution and not strict education.

I would like you to eat at least 2 portions of greens with each meal. This is very important to the success of the programme.

The vegetables that I would like you to choose from are:

- » Broccoli
- » Asparagus
- » Kale
- » Spinach
- » Green beans
- » Cabbage

Drinks

This is always a very popular topic. Drinks that are allowed on the 8 week plan, are:

- » Water
- » Green tea
- » Peppermint tea
- » Rooibos tea
- » Organic coffee (before 1pm)

Meal timing / frequency

Looking through the macro nutrient calculator pdf, you will see there are 4 meals for males that contain carbohydrates, and 3 meals for females. One of those meals (depending when you are training), will be your post workout meal. So if you have meal one, then meal two, and you train after, meal three will be your post workout meal. On the carbohydrate chart, you will see brown rice, sweet potato and jasmine rice. You are to use jasmine rice as your post workout carb source, and not at any other time. All other meals are to contain either brown rice or sweet potato. Allow between 2 and 3 hours between meals, this allows optimal digestion and absorption time.

Cheat Meal

On the weekly adjustment plan, you will see that I have included a cheat meal after your weights session on Saturday of week 5. This can be a meal of your choice, including a desert. The only thing that I ask, is that you ensure protein is included as part of the meal. For example, I like a large organic burger, chips and a pudding for mine (protein in the burger). The cheat meal is a great opportunity to provide a serious shock to your metabolism (so please don't hold back and choose a "clean cheat"). It will also allow you to pick a social day, take your family or friends somewhere and relax a little. As the programme is pretty intense, it just allows for a brief psychological break, and sets you up ready for the run in towards your photo shoot.



Supplements to use during the programme

Throughout 8 week physique, there is a selection of supplements that I would like you to use, the main bulk of them being from Anabolic designs. I have teamed up with AD to bring you some of the best supplements on the market.



All you have to do, is enter discount code **M10physiq** to receive a 25% discount off all the AD products www.projectad.me

You will need to purchase the following:

- » **Matador** – Anabolic designs (carbohydrate metabolism)
Take one prior to each carb meal [View online](#)
- » **Shredabull** – Anabolic designs (fat burner)
Only add these in at week 4, as explained in the weekly adjustments chart [View online](#)
- » **Invincibull** (multi vitamin) – Anabolic designs
Take 5 caps with breakfast [View online](#)
- » **Ravenous** – Anabolic designs (digestive enzymes)
Take 2 prior to each meal [View online](#)
- » **Glutamine** – Anabolic designs
Two servings (5 grams) post training with your post workout shake [View online](#)
- » **Branched chain amino acids** – Your nearest sports supplement shop (capsule form)
To be used before your morning cardio
- » **Whey protein** – I prefer to use Pharma Whey by PHD (men will use 2 scoops post workout and female will use only one scoop)

The next step

By now you should fully understand the training day and non training day diet plan. You should have calculated the amount of food that you will be eating with each meal, prepared plenty of food in advance (cooked or frozen), and you should have ordered all of your supplements. It is not vital that you start the plan immediately after purchase, you can start it within 5 – 7 days of your order. Those wishing not to be entered into the competition can start and finish when they like. For those entering, we will know who and when the orders would have been placed.

Every single adjustment to your diet and training for each week is laid out in the table below.



Weekly adjustments

Male	Week	Female
Start with the set diet plan and intervals on non weights days (see cardio plan)	1	Start with the set diet plan and intervals on non weights days (see cardio plan)
15 minutes of cardio before weights on training day (steady pace)	2	15 minutes of cardio before weights on training day (steady pace)
Take out 5 grams of fat from your last meal of the day Take out 10 grams of carbs from meals 2, 3,4 and 5	3	Take out 5 grams of fat from the last meal of the day Take out 10 grams of carbs from meals 2,3 and 5
15 minutes of cardio upon waking and 15 minutes of cardio before your strength workouts Add in 1 caps of shredabull am and one at lunch	4	15 minutes of cardio upon waking and 15 minutes of cardio before your strength workouts Add in 1 caps of shredabull am and one at lunch
Take out 5 grams of fat you're your first meal of the day Take out 10 grams of carbs from meals 2, 3,4 and 5 Continue with 1 caps of shredabull am and one at lunch CHEAT MEAL – After your workout on Saturday, please have a meal of your choice (see cheat meal section)	5	Take out 5 grams of fat from the first meal of the day Take out 10 grams of carbs from meals 2,3 and 5 Continue with 1 caps of shredabull am and one at lunch CHEAT MEAL – After your workout on Saturday, please have a meal of your choice (see cheat meal section)
30 minutes of cardio upon waking and 15 minutes of cardio before your strength workouts Continue with shredabull	6	30 minutes of cardio upon waking and 15 minutes of cardio before your strength workouts Continue with shredabull
Drop 5 grams of fat from your first meal and your last Take out 7.5 grams of carbs from meals 2,3,4,and 5 Continue with shredabull	7	This week drop your red meat breakfast and replace it with white meat (chicken, turkey, or fish). Take out the remaining fat allowance you have at breakfast. Drop 7.5 grams of carbs from meals 2,3 and 4. Continue with shredabull

8

This part of the programme really does depend if you warrant depletion of any kind, and a carb load. This is why I am committing my time to ensure the best 10 get to have their last week designed by me. We will suggest for you to continue as normal if you need a little longer, but we will assist all of you.

At the end of week seven send in the information requested below to info@m10fitness.co.uk

The weekly adjustment table has been designed to make the changes very easy for you to follow. Each week, you look for the changes that you need to make, and adjust accordingly. Cardio is laid out in separate table further down, so you will be able to print it all out, and tick the days off as you go along.

The final week

I am giving 10 lucky people the opportunity to have their final week (week 8), designed by us personally. These 10 people will all be placed into the draw for the final photo shoot prize with Chris Bailey (1 male and 1 female only). They will each have a unique depletion and carb load protocol designed for them. This will also include any other necessary manipulations to training or diet for the last week.

EVERY person entering the competition will still receive guidelines from us when they send in their photos. You may be told to stick to the same plan for the remainder of the week (if you need more time), or you may be sent the set 8 week physique carb load and depletion protocol. The reason why it has not been accompanied with the plan, is because some of you might not be ready for it. So rather than ruining your chances of looking great at the end, I have decided to judge this part for myself.

You must send in your photos (to info@m10fitness.co.uk), no later than 5 pm on the Friday of the 7th week (I will announce the start date and closing date through social media). You must attach your starting pictures and put them side by side with pictures of your current condition (use the DIPTIC app available on the iphone or send images separately). Please remember to read the photos guidelines section before sending them in.



Weekly cardio adjustments

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Weights	Weights	Intervals 6 x 20 120 secs rest	Weights	Weights	Weights	Intervals 6 x 20 120 secs rest
2	15 min cardio pre weights	15 min cardio pre weights	Intervals 7 x 20 120 secs rest	15 min cardio pre weights	15 min cardio pre weights	15 min cardio pre weights	Intervals 7 x 20 120 secs rest
3	15 min cardio pre weights	15 min cardio pre weights	Intervals 8 x 20 120 secs rest	15 min cardio pre weights	15 min cardio pre weights	15 min cardio pre weights	Intervals 8 x 20 120 secs rest
4	15 minutes of cardio upon waking and 15 minutes of cardio before weights	15 minutes of cardio upon waking and 15 minutes of cardio before weights	Intervals 9 x 20 120 secs rest	15 minutes of cardio upon waking and 15 minutes of cardio before weights	15 minutes of cardio upon waking and 15 minutes of cardio before weights	15 minutes of cardio upon waking and 15 minutes of cardio before weights	Intervals 9 x 20 120 secs rest
5	15 minutes of cardio upon waking and 15 minutes of cardio before weights	15 minutes of cardio upon waking and 15 minutes of cardio before weights	Intervals 6 x 40 60 secs rest	15 minutes of cardio upon waking and 15 minutes of cardio before weights	15 minutes of cardio upon waking and 15 minutes of cardio before weights	15 minutes of cardio upon waking and 15 minutes of cardio before weights	Intervals 6 x 40 60 secs rest
6	30 minutes of cardio upon waking and 15 minutes of cardio before weights	30 minutes of cardio upon waking and 15 minutes of cardio before weights	45 minutes of cardio (you can split 20 am and 25 pm)	30 minutes of cardio upon waking and 15 minutes of cardio before weights	30 minutes of cardio upon waking and 15 minutes of cardio before weights	30 minutes of cardio upon waking and 15 minutes of cardio before weights	45 minutes of cardio (you can split 20 am and 25 pm)
7	30 minutes of cardio upon waking and 15 minutes of cardio before weights	30 minutes of cardio upon waking and 15 minutes of cardio before weights	45 minutes of cardio (you can split 20 am and 25 pm)	30 minutes of cardio upon waking and 15 minutes of cardio before weights	30 minutes of cardio upon waking and 15 minutes of cardio before weights	30 minutes of cardio upon waking and 15 minutes of cardio before weights	45 minutes of cardio (you can split 20 am and 25 pm)
8	30 minutes of cardio upon waking and 15 minutes of cardio before weights	30 minutes of cardio upon waking and 15 minutes of cardio before weights	Weights am	Carb load if necessary No weights	Carb load if necessary No weights	SHOOT for the winner, or your own time to take your best pictures	Rest and relax but remember to read the rebound notes before you do!

Training

You should have been sent two training programmes, along with a log sheet to fill out for each phase. Please contact joanna@m10fitness.co.uk if you have not received any of these.

Please look over all the exercises and search for them on YouTube or Google if you are unsure. Exercise questions **will not** be answered if you email in asking for alternatives. There will be too many people doing the programme to be able to respond to you all individually.

"Just turning up won't help you develop a physique, you have to put absolutely everything into each session."

The success of the programme, depends on how much you really put into your training. Just turning up won't help you develop a physique, you have to put absolutely everything into each session. Push yourself, and keep focussed every single set. This plan is your chance to really turn your body into something special, every day that you don't work hard, is a day of the 8 week programme missed.

Log sheet

You will have been sent a set of log sheets. Many of you will be unfamiliar with recording your sessions. Trust me, your results will improve so much if you get into the habit of tracking your training. On your log sheets, fill out every weight you lift, and the reps. Each session, look back over your last records and try to beat your previous session. After a couple of weeks, you won't look back and using a log book will become standard to your training in future.

You will have been sent five pages of log sheets, print one set of five off and attach them to programme one. Then print another off, and attach it to programme two. Make sure you take your programmes with you to the gym every session, and record on them as you go along. Tweet some pictures of your log book with you in the gym to @m10fitness.



Tempo

This aspect of the programme is very important. At the end of each row (on the your training programme), you will see a set of numbers such as 3010. The first number is the lowering phase (eccentric), so in this case you would lower the bar for a total of 3 seconds (e.g., barbell curl from your shoulders back down to waist). The second number tells you if you would be pausing in the stretched position. If you see 3210, this would mean you pause for 2 seconds in the stretched position (e.g., the bottom of a biceps curl) before returning to the starting position. The third number refers to the speed of the lift in concentric portion (or lifting phase). So a 3110 tempo would mean that the lifting phase would take 1 second (e.g. a biceps curl coming from your waist to your shoulders). If you saw 30X0, the X means that you lift the bar or dumbbells as fast as you can (explosive). The last number refers to the top portion of the lift, so a 3012 tempo would mean that you pause and contract the lift for 2 seconds in the most contracted position (e.g. when a biceps curl is in the contracted position up by your shoulders).

Tempo is an essential part of the programming and the results you're hoping to achieve from this system. Pay attention to them all, and please do not ignore them.

Exercises

If you are unable to do one of the exercises, or you do not have the correct equipment. Please choose another exercise for that body part which is very similar. Stick to the same sets, reps, and tempo, just change the exercise on your programme. If you speak to a trainer at your gym, he/she should be able to suggest an alternative for you.

Cardio before weights

Where it states cardio before your weights, this isn't at a high intense pace. I actually really like doing some cardio before my weights sessions, as it allows me time to switch on and focus. They never take away from the intensity of the training session ahead, and you must make sure that you aren't using them as a fitness session. Use the bike or cross trainer at a steady pace, hardly breaking a sweat and still being able to talk easily. If you don't have access to these, you could go for a brisk walk.

Cardio upon waking

Cardio upon waking is done before you have breakfast. When you do this, I would like you to have a coffee and take your am serving of shredabull (starting at week 4 only). You can use a bike, cross trainer, or go outside for a brisk walk.

Please also take the following dose of BCAA's before your morning cardio.

Male – 10 grams of BCAA's Females – 5 grams of BCAA's

Interval training

This is an area of training that so many people get wrong. Interval training isn't simply working a little harder, and then a little easier. For your working set, you should be working as hard as you possibly can. You then use your rest time to fully recover, before going as hard as you can again. I like people to use the rower, or treadmill if they are used to running. For those of you who are not used to running, please do not start. I don't like people to use the cross trainer or bike (unless you have a WATT Bike at your gym), as you simply can't work hard enough to get the full benefit of interval training. If you run and you use the outdoors, then please feel free to do your intervals outside.

Interval training is very hard, that's if you do it right. You'll know when you're doing it right, because you'll need your full rest.

At the beginning of week 6, you will have noticed that I removed interval training from your plan. You are now on less calories, and steady state cardio is less taxing on your adrenal system. I want to ensure maximum effort during each and every one of your weights sessions.

What to do once you have finished 8 week physique (anti rebound)

This is very important advice that I'm going to give you.

Doing a prep style diet for this period of time, will impact your testosterone levels and thyroid output. It also places a lot of stress on your adrenal glands. Finishing a prep and going straight back to your old diet, is a recipe to pile on large amounts of body fat. Your metabolism will be slower, and therefore your body won't handle large amounts of food, however healthy it is.



My suggestion to you, is to slowly work back up the 8 week tweaks, and gradually bring food back in, whilst slowly taking cardio back out (using the cardio guide). I have done this with many people, and you will probably find that you get leaner before you start to slowly regain body fat.

I do let my clients relax slightly, so I would add back one cheat meal after leg day. If you feel that your body composition is responding well, you could introduce food a little quicker (but be careful). Keep having your body composition assessed, just to see how you're responding. If you're gaining body fat a little too quickly, just hold back and stick to your current diet for another week. Check your body fat results again, and gauge if you think you're ready to add some more food back in. You will know how your body is reacting and handling food at this stage, just ensure you don't binge and end up back at square one.

Social Media

Whilst you will be doing this programme alone, I do want to see how you're progressing. Below are all the links for our social media platforms, please tag me in to your posts so I can see your progress at week 4. I can only gauge your progress and decide if you could be in line for the free photo shoot, if I see your updates.

Remember that you are required to send your pictures in to us at the end of week 7, there is a separate section about picture taking (at the beginning if you missed it) and the quality that is required.

Twitter
@m10fitness

<https://twitter.com/m10fitness>

Facebook

<https://www.facebook.com/personaltrainernottingham>

Photoshoot

Chris Bailey will be doing a photo shoot for the male and female winners of 8 week physique. Chris shoots regularly with Flex and Muscle & Fitness magazine, Anabolic designs supplements, monster supplements and PHD supplements. He shoots many fitness professionals and you can have the opportunity to work with him too.

To book a shoot call 07779132892 or email info@baileyimage.co.uk.



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Phone: 07779132892 / Web: www.baileyimage.co.uk / Email: info@baileyimage.co.uk

Frequently asked questions

Do I have to enter the competition to be able to do the programme?

You do not have to enter the competition, you can do the programme at your own pace.

What if I don't have some of the machines?

In this instance, I would tell you to try and find a gym that does. Your success to the plan is dependant on you doing all the exercises. Failing that, speak to a trainer at your local gym and see if they could suggest a similar alternative.

Can I add sauces?

No, please stick to the suggestions on the plan

Can I drink milk?

No, please stick to the suggestions on the plan

Do I have to be in the UK

8 week physique is available to anyone, anywhere. The only thing you won't be able to do, is enter to win the photo shoot (unless you travel to the UK). You can however enter the competition to win the £150 worth of supplements from Anabolic designs

Can we contact you if we have any questions?

8 week physique is not an online coaching system. Therefore we simply cannot answer questions relating to the functionality of the programme. I have tried my best to not only provide you with a step by step plan, but I have answered many questions throughout. If you re read everything, you'll probably find the answer to the question you had.

DISCLAIMER

The information contained in this document is provided as an educational service, which can help you to lose body fat and improve your body composition. The information contained within, is for information purposes only.

It should not act as a replacement for the relationship you have with your doctor or healthcare professional. Any information provided is not deemed as medical advice and should not be treated as such.

If you have any concerns about your health before starting 8 week physique, you should contact your doctor or healthcare professional immediately.

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