
SECRETS TO BUILDING A BEAUTIFUL BODY
REVEALED



THIS GUIDE INCLUDES:

Weekly workout plans
Nutrition plans

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WEIGHT
TRAINING?**



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Preface

Strength or weight training is commonly used to create an aesthetic body. This, as a sport, is known as Bodybuilding. It helps one build strong, well-defined muscles. The goal is for them to be in perfect proportion and balance. Some do it for competitiveness, others just use it as a form of discipline. If your key to working out is to be fitter, stronger and healthier, bodybuilding can give you an extra effect - to look better!

Many people think weight training is easy feat. Weight training is not simply about carrying weights, it involves a lot more complex elements. Social media platforms like YouTube make it look so easy to put on muscles or do the right exercises. However, many people fail simply because they think they know what they are doing when they don't.

It is easy to be deceived into thinking that you know what you are doing. Results can be quick in the beginning. In almost no time at all, there will be an increase of muscle mass and strength, regardless of whether you are doing the right or wrong thing. This often has more negative effects in the long run. There will be noticeable improvement, but not for long.

This e-book is not a complete manual, and is certainly unable to replace professional one-on-one coaching. Behind every great athlete, is a great coach. Even top players like Roger Federer still require a coach, even though he is the best in the world. It is undeniable that in a game with his own coach, that he would beat him hands down. However, he still needs his coach, for motivation, discipline and further improvement. If the best player in the world needs a coach, why not you?

LET'S LOOK AT THIS AS AN EXAMPLE..



Eventually, he becomes one of the common people that we hear say, “I used to go to the gym”.

START YOUR JOURNEY RIGHT

A shirtless man with a muscular build is shown from the waist up, holding a yellow kettlebell in his right hand. He is wearing black shorts and a white wristband. The background is a dark, industrial-style space with graffiti on the wall. The text "WHY MUST I DO WEIGHT TRAINING?" is overlaid in white, bold, sans-serif font.

WHY MUST I DO WEIGHT TRAINING?



Your health is an investment, not an expense. It will become an expense, if you do not invest your time in it.
- John Quelch

Everyone loves
compliments, especially
about **looking great!**



KEVIN CHIAK

Winner of Manhunt International 2018
bla bla bla and other achievements

Weight training is the best way to improving the way you and your body looks. It also maintains optimal health and fitness levels.

Before we move on further, I need to reiterate that this e-book aims to help you create the lean, athletic and awesome physique that you want. I'm talking about the body you see on a fitness magazine

cover, or simply one that you can go to the beach without your shirt on. Definitely not the big, bulging muscle type of body. Don't get me wrong, i'm personally a big fan of a body like that, but this is a good book for beginners, and that kind of body requires a totally different level of discipline to achieve. It requires more advanced training and may take years to fulfill.

"My dreams shattered when I failed to make the 2006 nationals, but I never gave up."
- Kevin Chiak

WORK ON YOURSELF!

It's time to aim to take out that shiny black dress or old pair of shorts out of your closet and put it to good use. I can help you walk into the gym tomorrow, knowing exactly what you need to do. Soon enough, you may be the center of attraction at the gym, with others envying your body hoping to look like you. Your wish is my command.

Third time's a charm for Chiak

Jeff Ang

Late Bloomer Kevin Chiak finally succeeded on his third attempt to become Singapore's best bodybuilder when he was crowned Mr Singapore 2009 at the 48th National Championships yesterday.

The 43-year-old co-owner of a gym and fitness solutions firm first joined the competition in 2007. He finished second in his bid to be the overall champion of all the different weight category winners.

Chiak, who did not compete in 2008, slipped to third place last year.

But, last night, he finally succeeded in winning the highest accolade in front of a 1,100-strong crowd at the Kota Ayer People's Theatre.



Strengthening and sculpting your body go beyond just improving your physical outlook. It will have an incredible impact on your mental health and wellbeing. It may sound ridiculous to you now, but it can even change your whole outlook and approach to life. I've experienced it personally. Being quite challenged in the height sector, I never thought I

would ever be able to participate in a pageant or even think about winning one. But with my pleasing physique, I have now beat taller competitors and have even become an idol to them. This was not easy for me. I used all the time I had in the gym and disciplined myself to follow through my routine. Over time, I developed personal enjoyment from all my achievements in the gym.



Road TO GLORY

Trust me, where you are now is where I was before. You will be surprised when you start seeing unexpected changes in all areas of your life, from your relationships to your career.



WHAT I CAN OFFER YOU TODAY

My only requirement of you is the WANT to change and start lifting. I have been training for 33 years and have extensive knowledge in the field. Following my lead will save you from unnecessary heartaches and headaches. You will avoid making the same errors as I did, all you need to do is start following me here.

A man with a beard, wearing a maroon t-shirt and blue and white sneakers, is sitting on a black gym bench. He has his arms crossed and is holding a clear plastic water bottle. The background is slightly blurred, showing a gym setting. The text "WHAT IS STOPPING YOU FROM DOING WEIGHT TRAINING?" is overlaid in white, bold, uppercase letters on a dark blue rectangular background.

WHAT IS STOPPING YOU FROM DOING WEIGHT TRAINING?

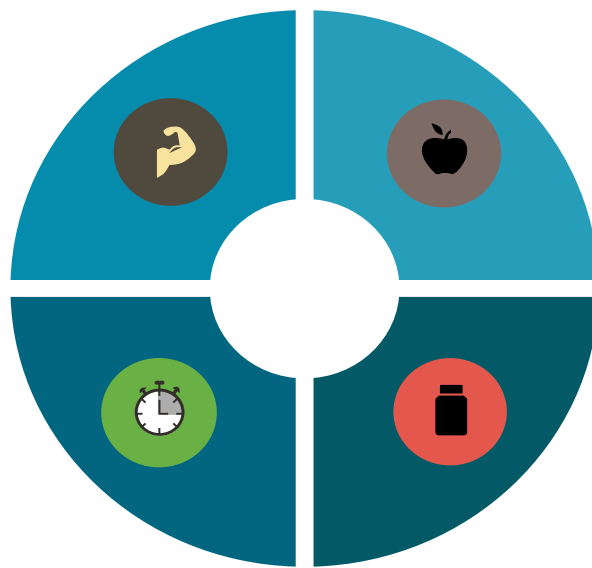
Common Reasons

- **FEAR**

Fear that it will create a 'bulky' over-developed look, or not being able to carry heavy weights

- **DIET**

Thinking you need to maintain a strict regimented diet forever



- **TIME CONSTRAINT**

Thinking it involves 5, 6 or 7 days per week or thinking training has to be 2 to 3 hours or longer

- **PEOPLE**

Put-off by other people you see in the gym, who pop pills, take selfies and are ego-maniacs

There are surely more reasons than this, but at the beginner level, these are actually not required of you. I can help you build a tight, lean figure over just 2 to 3 times a week. This involves just a 45 minute or 1 hour workout with proper meal planning. Abstinence is not key, everything just has to be taken in moderation, this includes even wine or beer. Keep within your comfort zone and carry weights that you are comfortable with. If i tell you this is possible, will you start weight training? If you will, then keep reading on!



There are many different types of training plans in the market, but what I am offering you today is what I personally used for many years when I got started. It usually involves 4 days a week. It boils down to 4 important factors that will determine the success of you achieving your

4 IMPORTANT FACTORS



Frequency. Your muscles need to be worked on often for it to receive the training it needs. Having long breaks in between is detrimental to the building process and will set your body back into non-tension mode.



Type of exercises used. Like doctors, we need to use the right tool to do the right job. Like how a hammer or hacksaw is for cutting, the types of exercises you need to do is extremely important for training the different areas you want to work on.



Intensity. Intensity can be defined as how much rest you give yourself in between sets and also how weights are carried. Of course carrying heavier weights are effective, but it may also injure you if your current strength level is not in line with the weight you are carrying.



Nutrition. As a beginner, one has to mainly ensure sufficient and better food consumption. There will be further elaboration on the nutrition plan later on.

TERMINOLOGY

REPS AND SETS

Rep (repetition) is one complete motion of an exercise. A set is a group of consecutive repetitions. For example, you can say, "I did two sets of ten reps on the chest press." This means that you did ten consecutive chest presses, rested, and then did another ten chest presses.

REST BETWEEN SETS

This is the break in between sets, and the break would mean you stop and usually get off from the bench for 1 to 2 minutes, and then get back on the bench to continue the next set.

The training plan that will be covered in the next few pages will include a beginner and intermediate work-out plan. There are a couple of things to take note before you get started on your journey.

MN

The beginner workout plan is a 3-day routine while the intermediate plan is a 4-day routine

MD

Each workout should last for 45 minutes to 1 hour, uninterrupted.

MP

Each rest should be between 1 to 2 minutes each.



BEGINNER TRAINING PLAN

BEGINNER

MONDAY

Chest and Back



Brisk-walking
x5 min
+ Stretching



Chest Flat Press
3 set x 15 rep



Chest Incline Press
3 set x 15 rep



Dumbbell Fly
3 set x 15 rep



Lats Pull Down Back
3 set x 15 rep



Lats Pull Down Front
3 set x 15 rep



Assisted Chin-Up
3 set x 10 rep



Dumbbell Pullover
3 set x 15 rep



Barbell Rows
3 set x 15 rep



Sit-ups
3 set x 20 rep

BEGINNER

WEDNESDAY

Shoulders



Brisk-walking
x5 min
+ Stretching

>



**Military Press
Dumbbell
(Front)**
3 set x 12 rep

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**Bend Over
Dumbbell Fly**
3 set x 12 rep



**Barbell
Upright Row**
3 set x 15 rep

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**Side Lateral
Dumbbell Fly**
3 set x 15 rep

BEGINNER

FRIDAY

Legs - Quads, Hamstrings, Calves



Brisk-walking
x5 min
+ Stretching

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Squats
3 set x 15 rep

>



**Leg
Extensions**
3 set x 15 rep

v



Calves Raise
3 set x 25 rep

<



**Straight Leg
Deadlifts**
3 set x 15 rep

<



Leg Curl
3 set x 15 rep



INTERMEDIATE TRAINING PLAN

INTERMEDIATE

MONDAY

Chest, Back, Legs and Biceps

>

>

Brisk-walking
x5 min
+ Stretching

Chest Flat Press
3 set x 12 rep

Chest Incline Press
3 set x 12 rep

V

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Dumbbell Pullover
3 set x 15 rep

V

Dumbbell Fly
3 set x 12 rep

Cable Crossover
3 set x 15 rep

>

>

Assisted Chin Up
3 sets x 10 rep

Lats Pull Down Front
3 set x 15 rep

Lats Pull Down Back
3 set x 15 rep

Continued on Next Page >

INTERMEDIATE

MONDAY

Chest, Back, Legs and Biceps



Barbell Rows
3 set x 15 rep



Sit-Ups
3 set x 20 rep



Leg Raise
3 set x 20 rep



**Crossover
Biceps Curl**
3 set



**Hammer
Dumbbell
Curl**
3 set x 15 rep



Barbell Curl
3 set x 25 rep

INTERMEDIATE

TUESDAY

Back

>

>

Brisk-walking
x5 min
+ Stretching

**Assisted Chin
Up**
3 set x 10 rep

**Lats Pull
Down Front**
3 set x 15 rep

V

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Dead Lift
3 set x 8 rep

Barbell Rows
3 set x 15 rep

**Lats Pull
Down Back**
3 set x 15 rep

V

**Hyper
Extension**
3 set x 15 rep

INTERMEDIATE

THURSDAY

Shoulder and Triceps



Brisk-walking
x5 min
+ Stretching



**Military Press
Dumbbell
(Front)**
3 set x 12 rep



**Military Press
Dumbbell
(Back)**
3 set x 12 rep



**Barbell
Upright Row**
3 set x 15 rep



**Side Lateral
Dumbbell Fly**
3 set x 15 rep



**Bend Over
Dumbbell Fly**
3 set x 12 rep

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INTERMEDIATE

THURSDAY

Shoulder and Triceps



**Triceps Press
Down Cables**
3 set x 20 rep

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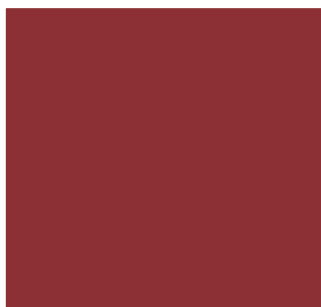


**Lying Triceps
Extension**
3 set x 15 rep

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**Triceps
Kickback**
3 set x 15 rep



Leg Raise
3 set x 20 rep

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Sit-Ups
3 set x 20 rep

INTERMEDIATE

FRIDAY

Legs - Hamstring, Glutes, Quads, Calves

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V

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Brisk-walking
x5 min
+ Stretching

Squats
3 set x 15 rep

Full Squats
3 set x 15 rep

**Straight Leg
Deadlifts**
3 set x 15 rep

Leg Curl
3 set x 15 rep

**Leg
Extensions**
3 set x 15 rep

Hip Thrust
3 sets x 15 rep

Calves Raise
3 set x 25 rep



FOOD AND NUTRITION PLAN



Daily Protein

Many people take protein shakes only on the days that they workout. Shakes should be taken to supplement our natural whole food to reach the protein requirement per day. The recommended amount is 1.2 grams of protein to every pound of weight. If you are 130 pounds, you should take in 156 grams of protein from food/shakes.



Protein After Workout

Anytime is a good time to consume protein, but they are definitely the best after a workout. The body enters a time called excess post-exercise oxygen consumption (EPOC) after a workout. During this time, the body's metabolism is operating at an elevated rate to recover, refuel and adapt to the work completed. EPOC levels are highest

Calories Intake

It is not fair to assume that every body works the same way. Some people need to put on weight, while others need to lose weight. This can be controlled by the calorie intake. This is just a general guide for all body types.

Lose Weight

Bodyweight
in lbs x 12
=
total
number of

Maintain Weight

Bodyweight
in lbs x 15
=
total
number of

Gain Weight

Bodyweight
in lbs x 17
=
total
number of

GUIDE TO HEALTHY EATING HABITS

Eat 3 to 4 normal meals when you feel hungry, not 6 small meals.

Eat more vegetables and fruits

< 35g refined sugar a day

Cook fresh as much as possible

< 5g salt a day

Drink 2.5 to 3 liters of water a day

Avoid fried food

Avoid fast food

No carbs at night

Cut down on alcohol intake

Less bread, wholemeal is still processed food

Whole foods!

Limit sauce on meat, herb powder is fine

No milk

No bananas

