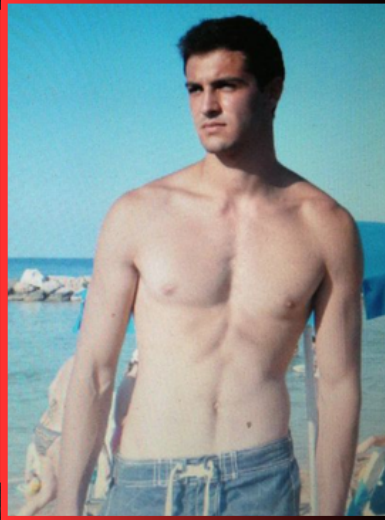


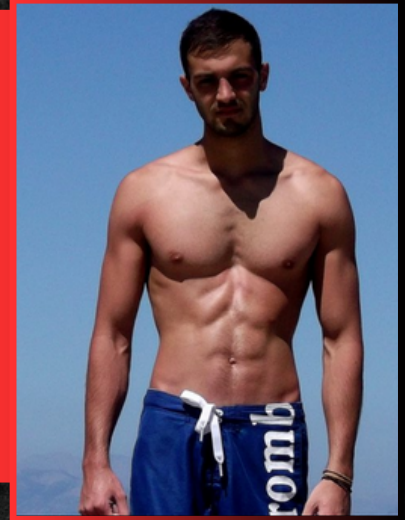
SPARTAN CHEAT SHEET



2007



2010



2011



2012



2013



2015



2018



2022

After countless mistakes, time learning & refining the process, I've continued to progress in both building muscle & getting leaner...

So, to save you the time & mistakes, here's the most important factors to transform your physique



SPARTAN CHEAT SHEET

S

SUPPLEMENTS

- Whey Protein - As needed to fill daily protein needs
- Creatine - 5g daily for training performance
- Curcumin - To manage inflammation & assist recovery

P

PROGRAMMING

- 3-5 sessions p/week - 40-70 reps p/muscle, p/session
- Train all muscles 2-3x per week
- Working sets 0-2 reps from failure

A

AVAILABILITY

- Select low risk/high stimulus exercises
- Perform range of motion appropriate for your body
- Warm-up with relevant mobility/stability exercises

R

RECOVERY

- Perform deloads every 6-10 weeks with 50% volume
- Aim for 7-9 hours of sleep p/night
- 1L water per 23kg of your bodyweight, p/day

T

TRACKING

- Training progress - Weight & reps
- Macros & calories
- Physique progress - Pics, measurements, weight

A

ACCOUNTABILITY

- Write down goals - E.g. Lifts, measurement targets
- Create a training schedule - E.g. Mon = Upper, Tues = Legs
- Hire a coach to hold you accountable

N

NUTRITION

- Protein - 2-2.2g/kg of your bodyweight
- Stay within 10-20% of macro targets & allow 20-30% of calories from 'non-clean' foods that you love
- If consuming alcohol - 1-2x p/week, less than 15% of your calories - subtract from carb/fats to equate