

## *FREQUENTLY ASKED QUESTIONS*

By  
**Greg O'Gallagher**

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## **– Warrior Shredding Program – Frequently Asked Questions**

**I play (insert sport here) 2-3 times per week, should I still do cardio?**

If you are involved in sports then you can count that as your cardio workout. So on a day that you are playing a particular sport, you won't need to do a cardio workout. Only do cardio workouts on days that you are not active or lifting weights.

**I work manual labor, should I still do cardio?**

If you work manual labor then your energy expenditure will be very high. If you are spending several hours per day walking, lifting, moving and doing physical tasks there is no need for additional calorie burning exercise. Lift weights 3x per week to build strength and maintain muscle and that's about it.

**I find that on days I do cardio I become very hungry?**

There are some individuals that find even 30-45 minutes of cardio exercise can make them much hungrier. If that's the case for you and you find it more enjoyable to eat low calories without cardio then go for it. Alternatively you can try just doing a limited amount of exercise. Maybe a 10-30 minute walk to see how that affects your appetite/cravings.

**Won't cardio cause me to lose strength and muscle?**

If you stick to the cardio protocol that I laid out, there will be no negative impact on strength, power or muscle mass.

Take a look at athletes from a wide array of sports including basketball, hockey, rugby, boxing, mixed martial arts... These athletes have incredible cardiovascular fitness and in most cases great strength and muscle development. Not to mention, many of these athletes are required to do cardio intensive activities for several hours per day.

The belief that cardio training will cause you to sacrifice strength, power and muscle mass has been completely over exaggerated in the fitness/bodybuilding world. For this to even remotely come about, you'd already have to be very big, strong and muscular so that your body would need to take a turn to efficiency.

That being said, high-level aerobic fitness and elite strength are opposite adaptations. You'll rarely come about a 500 lbs squatter who can run 3 miles in under 20 minutes. Trying to get stronger while trying to train for a road race is never the best idea.

If you've read this you will understand that I am not trying to get you into top physical condition for an endurance competition. We are simply using cardio as a tool to increase fat loss. Therefore those extreme endurance based physiological changes will not take place. Instead you will just maintain a reasonable level of cardio fitness, think of it as your base.

You can build strength and muscle at the maximal rate with this base. However, if you want to take your cardio to the extreme, you will need to put your strength and muscle into

maintenance mode. Like the Chinese proverb, the man who chases two chickens catches none.

### **Is it okay to workout fasted?**

Yes, although if you're going to be strength training fasted, I would encourage taking 10g of BCAA before training. This will prevent muscle catabolism and boost protein synthesis. If you are training in the morning and not eating your first meal for a few hours then I'd take a second dose of 10g of BCAA. Ideally this dose should be taken about 2 hours after the first dose. You can then continue to fast until your first meal.

Now there is some controversy whether or not taking BCAA are even necessary. I've gone through periods where I would train completely fasted and guess what? I built muscle and got stronger. So definitely don't take BCAA because you feel like you have to. But if you're dieting and undergoing a calorie deficit, BCAA are a good safety precaution against muscle loss. By training fasted with just 10g of BCAA, you're getting the benefits of pre workout protein and the post anabolic benefits of fasted training. So it's definitely something to consider.

So if you're training in the morning, take 10g of BCAA right before your workout and 2 hours later. If you're training before your first meal then take 10g of BCAA before training and then eat your first meal within 2 hours after finishing your workout.

### **Can I really absorb this much food and protein in one meal?**

Yes, of course! More food just means it will take longer to digest. You won't piss out the protein and you won't piss out

any of the calories. The belief that your body can only absorb 30-40g of protein at a time is a myth put out by the supplement industry. It gets us to buy their protein shakes and meal replacement powders.

### **What about pre and post workout supplements and nutrition?**

There is really no need for pre and post workout supplements. If you had a solid meal 2-5 hours with 50+ grams of protein then you still have amino acids in your bloodstream. If, however, you are training fasted then just take 10g of BCAA before training. There's no need to eat immediately after training either. Protein synthesis stays elevated for 3 hours. So just make sure to eat your next meal within 2 hours of finishing your workout. If you're training in the morning then take a second dose of BCAA about one hour after your workout (2 hours after the initial dose).

Using pre/post workout shakes is counterproductive for a diet. You're shoving calories into your body that do little for satiety. It's far more enjoyable to eat primarily wholesome filling foods and leave the shakes and powders for

### **This is so much food! I can't possibly eat all of this and get lean?**

This is good news! It means that fat loss will be an absolute breeze. If you're having difficulty with finishing meals on a fat loss program then I did my job properly. I wanted to make the diet as filling and satisfying as possible. It's the ultimate diet hack. And as long as you're hitting your calories and macros then you will drop fat, plain and simple! With time you will

adapt to the larger meals. For now, if you want to eat more calorie dense foods then you can do so. You can reduce your serving of meat and include 1-2 protein shakes per day. You can also include cereals or rice/pasta as your main carb source. This is much less filling than potatoes or sweet potatoes. With time you can ditch the shakes and eat more meat and more potatoes.

Now if you do fall short of the macros for the first couple weeks, that's fine! This just means you will lose fat at a slightly faster rate. Eventually, you will have the impulse to finish the entire meal. Just make sure to eat most of your protein because protein is the most important macronutrient.

### **I don't like (insert food here), do I have to eat it?**

Everything in the nutrition plan can be exchanged with something else. The caveat is that you must hit your macro numbers for that meal. So you can play around with different protein, fat and carb foods so long that you hit your macros for that meal. I do feel it's important to eat foods that are the most filling while on a diet and foods that will satisfy you. Lean meat and potatoes are my favorite and make up the bulk of my diet.

### **Can I use condiments and sauces?**

Yes, but I recommend sticking to low calorie condiments and sauces. Salt, pepper, mustard, vinegar, hot sauce, salsa, soya sauce and spices are low/no calorie and ideal. If you want more flavor and are going to use higher caloric sauces then you will need to take their calories/macros into account and reduce the serving carbs.

## **What are your thoughts on using creatine during dieting?**

If you've been taking creatine then you can continue taking it. If you haven't taking creatine yet, I recommend saving it after you finish your cut. Creatine will cause you water retention, which may make it difficult to track fat loss and may mess with you head. As well, it's better to save it for when you can really focus on building muscle with maintenance calories or surplus calories.

When I log the foods in the sample meal plan into FitDay or MyNetDiary, I get slightly different values than the ones you have. What should I do?

Depending on factors like brand name, food database and cooking/preparation, values will be slightly different. This is also true for basic foods like meats, fruit and potatoes. Stay close to the calorie intake and macronutrient amounts I've given in the sample meal plan and you'll be fine.

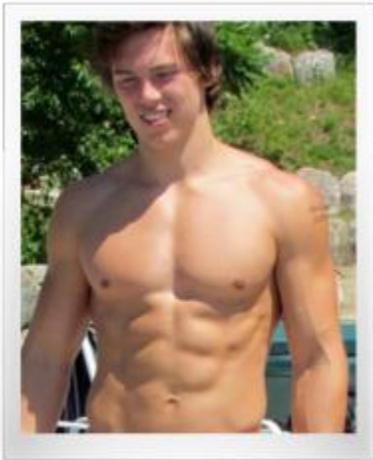
## **I'm going out for dinner with some friends on the weekend. How should I handle eating out at social occasions without screwing up my diet?**

I recommend sticking to what you normally have been eating. Include plenty of protein, ideally from grilled meats. And plenty of potatoes and veggies. Fried foods and foods loaded with fatty sauces can be quite problematic. There's simply no way of knowing how many calories you're taking in. You won't be exact but do your best to keep it in the ballpark. The most important thing is that you don't overeat and go nuts. You know what foods you should be eating and you probably know at what point you're going overboard. Use good judgment and you'll be fine.

It can be difficult to hit your macros when eating out so try to hit the calories for that meal while getting in a good chunk of protein.

To have YOUR question(s) answered, send an email to [support@kinobody.com](mailto:support@kinobody.com)

I'll try my best to get back to you within 48 hours!



**Greg O'Gallagher**  
[Kinobody.com](http://Kinobody.com)