



# THE SHREDDED BLUEPRINT

A SCIENTIFIC APPROACH  
TO ACHIEVING AND  
MAINTAINING A LEAN  
SHREDDED PHYSIQUE

## Why Kettlebells Are The Best Modality Of High Intensity Training

Studies have shown that kettlebells provide a unique and effective way to engage in high intensity resistance training. Unlike traditional weightlifting, kettlebells incorporate multiple muscle groups and functional movements, leading to increased calorie burn and greater muscle activation (Paoli, Moro, Marcolin, & Petrone, 2012).

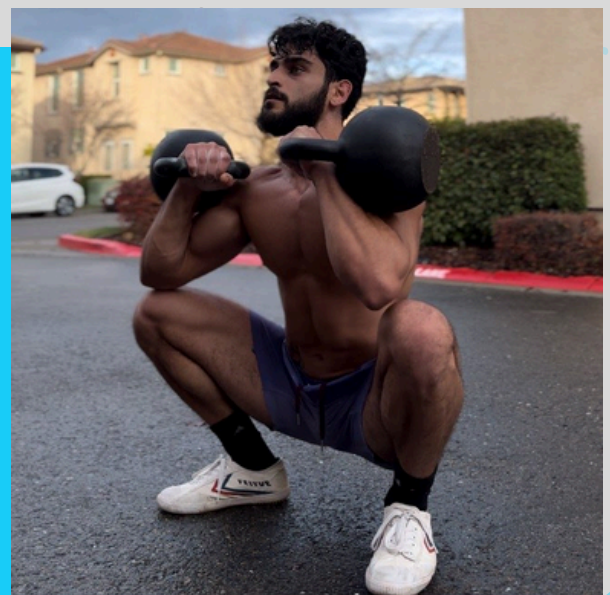


## Shorter And More Intense Workouts Burn More Fat

Research has shown that high-intensity interval training (HIIT) can lead to increased fat loss compared to traditional steady-state cardio (Gibala, Little, MacDonald, & Hawley, 2012). Additionally, HIIT workouts also result in increased metabolism and calorie burn, even after the workout is over (Bryner, Ullrich, Sauers, Donley, & Hornsby, 1999).

## Structuring Workouts For Muscle Development

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## Fasting For 16- 18 Hours

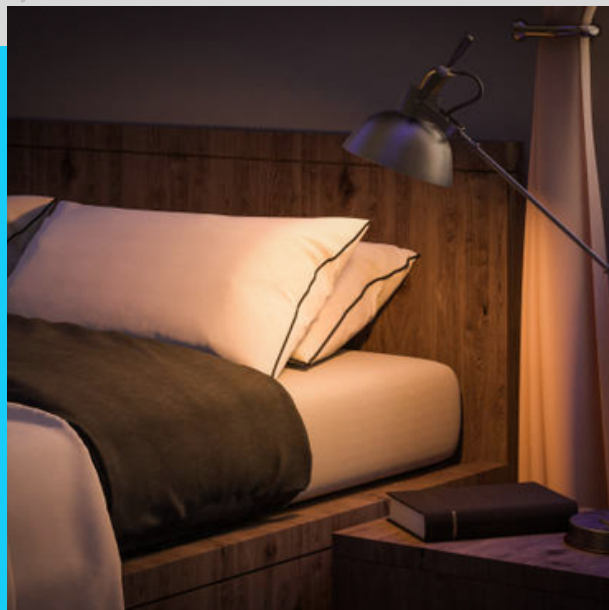
2.1

Intermittent fasting has been shown to improve insulin sensitivity, leading to increased fat loss and improved overall health (Harvie, Wright, & Pegington, 2013). By restricting your eating window to a shorter period, you can reap the benefits of fasting while still consuming all of your daily caloric needs.

## Eating Window Ending 2-3 Hours Before Bed

2.2

Ending your eating window 2-3 hours before bedtime has been shown to improve metabolism and insulin sensitivity (Matsuo, Tamura, Nakamura, & Kishimoto, 2014). Additionally, this also allows for an extended fasting period overnight, further promoting the benefits of intermittent fasting.



## Beware Of Starvation And Binging Cycles

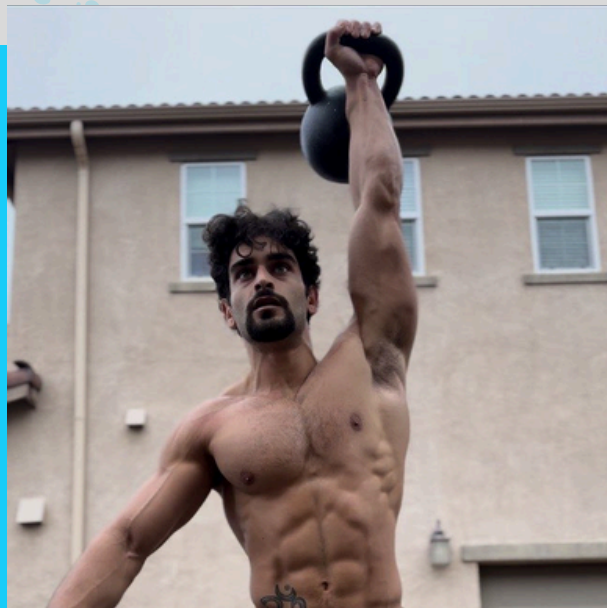
2.3

It is important to find a balance with intermittent fasting, as over-restriction can lead to binge eating and a cycle of starvation and binging (Cerutti, 2018). Finding a fasting schedule that works for you and allows for adequate caloric intake is key to successfully incorporating intermittent fasting into your lifestyle



## Eliminating Processed And Packaged Foods

Eliminating processed and packaged foods from your diet and focusing on natural whole foods has been shown to improve overall health and lead to weight loss (De Stefani, Boffetta, Ronco, Mendilaharsu, & Deneo-Pelligrini, 1998).



## High In Meat And Eggs For Adequate Protein And Nutrients

Consuming a diet high in meat and eggs provides ample protein and nutrients essential for building lean, dense muscle (Lemon, Tarnopolsky, & MacDougall, 1992).

## Allow For A "Cheat" Meal Once A Week

Incorporating a small "cheat" meal once a week has been shown to increase adherence to a healthy diet and prevent feelings of deprivation (Polivy & Herman, 2002). This allows for a more flexible and sustainable approach to nutrition, as well as keeping the body resilient to minor doses of unhealthy foods





# CONCLUSION

The Shredded Blueprint provides a scientifically-backed approach to attaining and maintaining a lean, shredded physique. By incorporating high-intensity resistance training with kettlebells, intermittent fasting, and a natural whole food diet, you can achieve your fitness goals and improve your overall health.

If you're ready to take your fitness journey to the next level with just a couple of kettlebells, join us at [Primal University](#). You'll have access to proven principles, structured training, and the support of a primal community to help you apply these methods and see real results. Click [here](#) to get started and unlock your potential.





## References:

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