



# A Message From, **Akash Deep**



Hi,

I'm glad to have you and begin this amazing journey with you! After evaluating all of the details mentioned in the questionnaire by you, i have been created a program that is tailored specifically towards your **Body and Goals.**



# The Formula

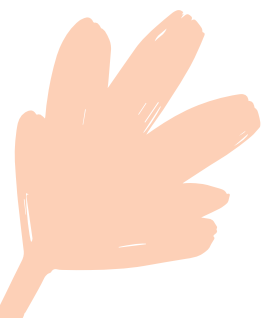
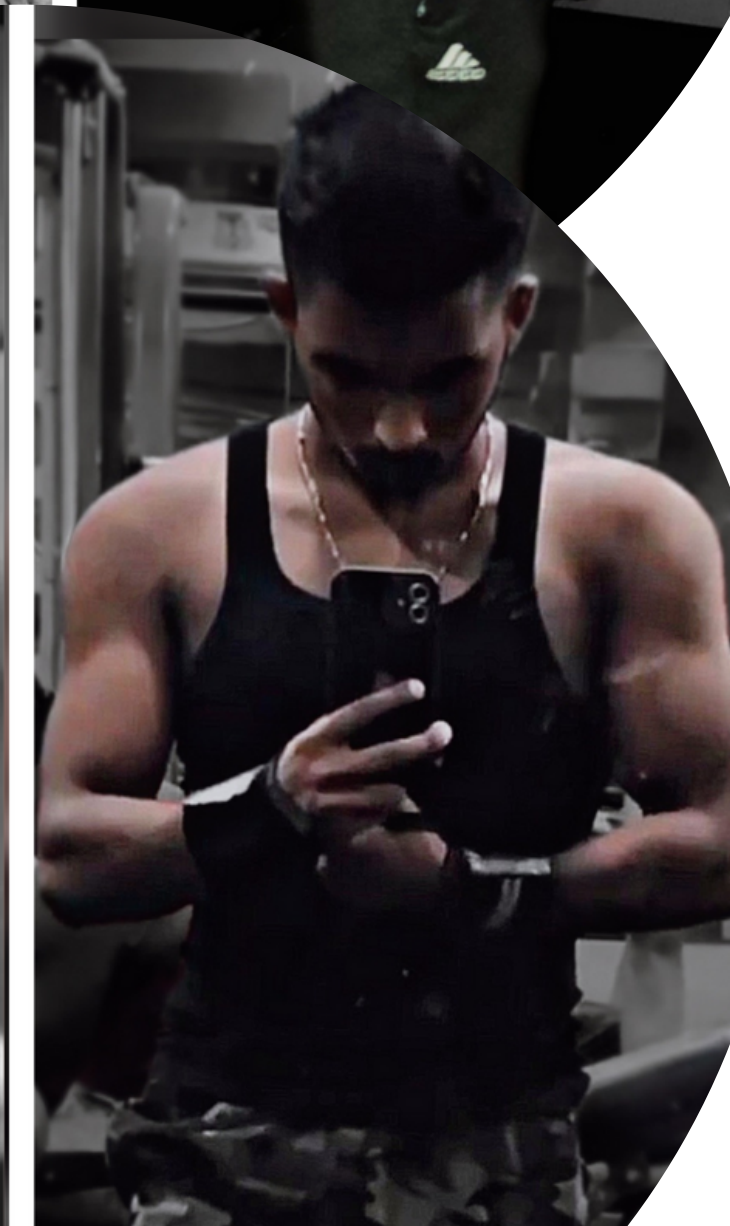
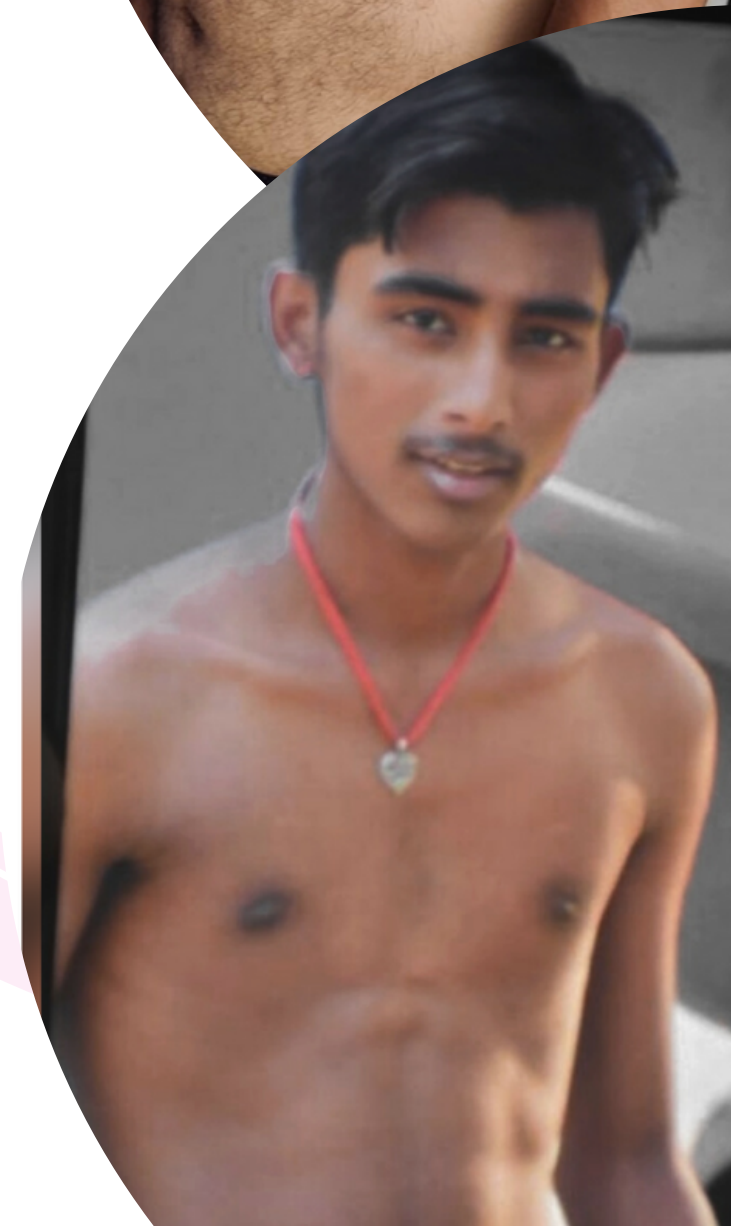
One thing I want to let you know before we start anything is that I've been coaching people **globally since 2019** and I've a great success with transforming people's bodies and lives! Since I have been through this transformation journey myself, I truly understand what does it take to change the composition of a human body. Here I'm combining the science behind it with an easy go-to approach for you to follow everything easily, keep it sustainable and get into the **Best shape of your life!**



# My Promise, **Your** **Commitment** *700*

I promise to give you a better **body, mindset,**  
**performance** and a **healthier lifestyle.**

However in this journey, I want you to be honest  
and committed to what you've been assigned  
since I believe in sheer work ethics and **NO**  
**EXCUSES.**



# Final Words

I hope you're going to work relentlessly and make the best of my wisdom. Once again, keep your dreams alive, and most importantly understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and crazy dedication. I've laid out the blueprint for you and now it's time that you give me your 100% and make me proud!

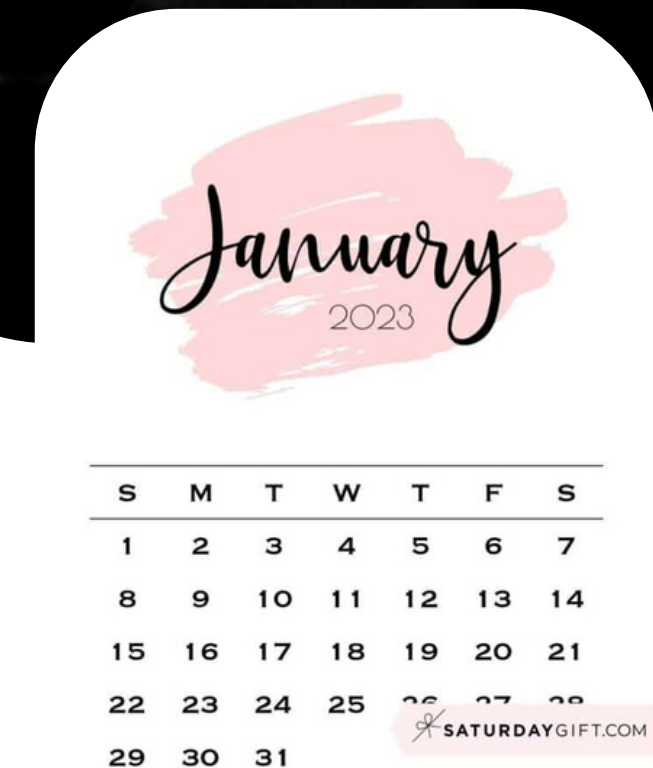
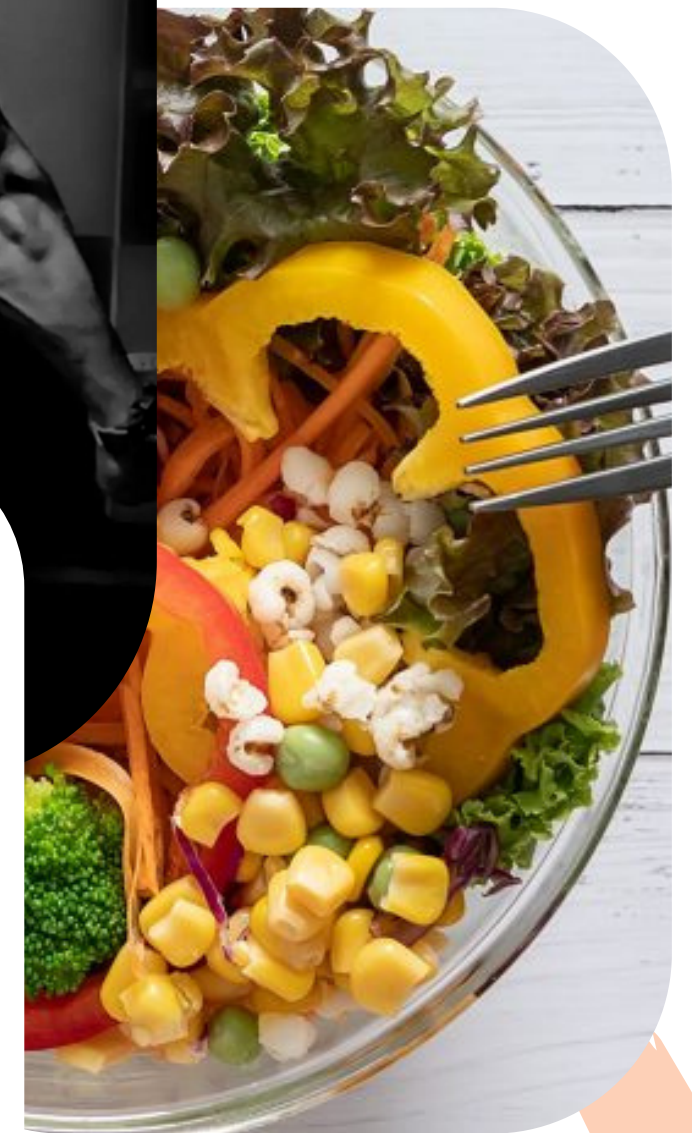
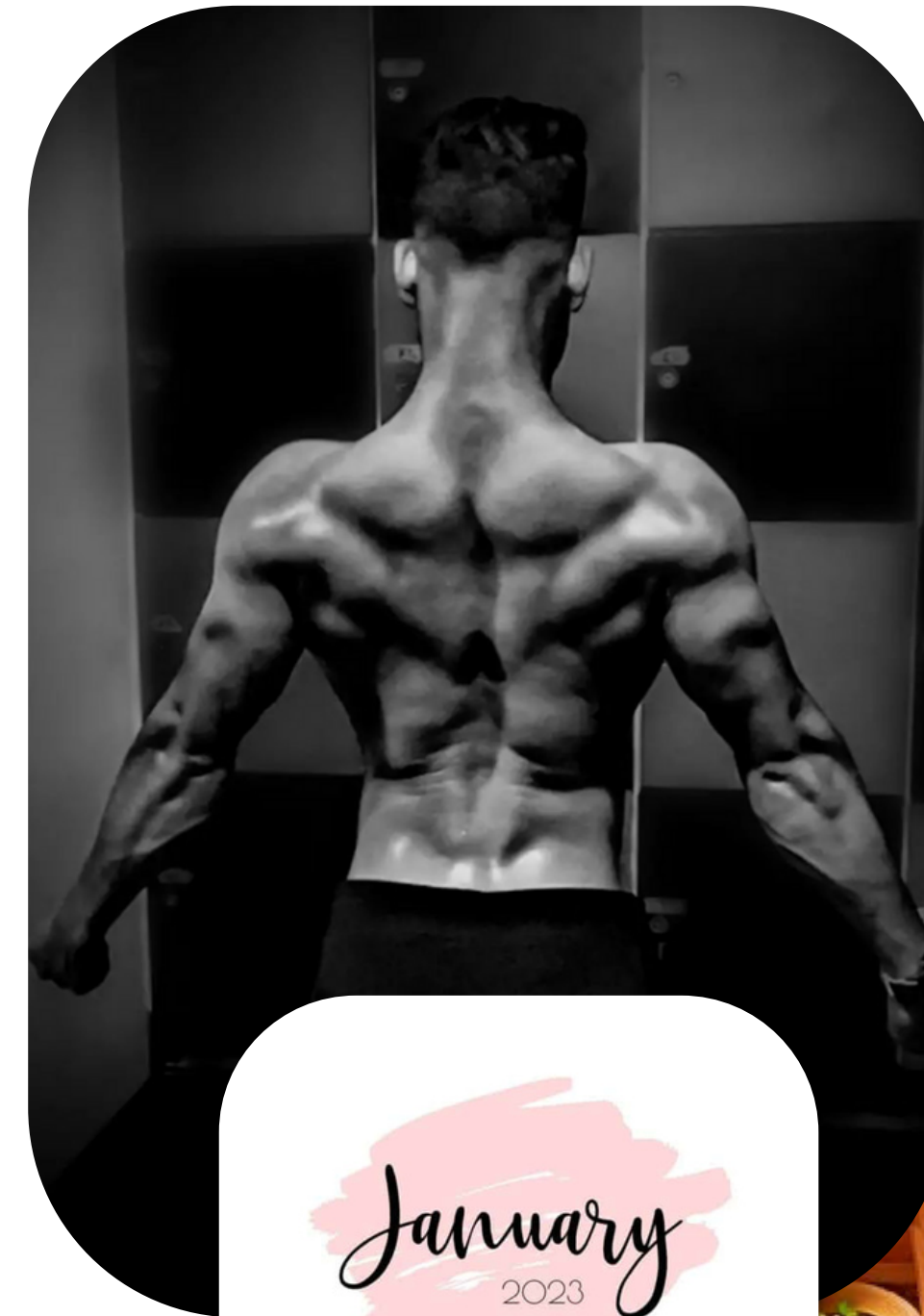
*Akash Deep*



# Strict Instructions

After 30 days of following your program, I want your before & afters in a collage style and a brief but well-detailed summary about how did you feel while being on the program at my email address, i.e [trainwith@akashxdeep.com](mailto:trainwith@akashxdeep.com)

***"Your journey begins as per mentioned date by you, till then you can get a hold of the app ."***



S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# Key points

- Aim to drink **3-4 litres** water per day.
- Aim to sleep at least **8 hours** a night. Very crucial for your health and transformation journey.
- Make sure you weigh all your food with a **weighing scale** so that you are consuming the exact amount of calories and macros. All foods are to be weighed "**cooked**" unless stated.
- I will be manipulating your macros/calories every **4 weeks** so that you don't get stuck anywhere in the process of changing your body composing and getting transformed.




# Key points 📌

- Meal timing is not important for achieving your goals as long as you maintain your calories and macronutrients for each day. Any of the above meal can be your pre & post - workout.
- Remember the most important rule to consume the daily amount of calories and macros ( protein, carbs and fat ) every day.
- Eat at an interval of every 2.5 to 3.5 hrs to keep the body anabolic throughout the day and also for healthy digestion.
- You can choose whichever time suits to consume these meals.



# Key points

- Kindly check in with me after **30 days** with your **before & after** on my email address as stated above. It's your responsibility to check in with me, and keep updating me every week in the app.
- Stay dedicated, stay consistent and **Make it happen!** 





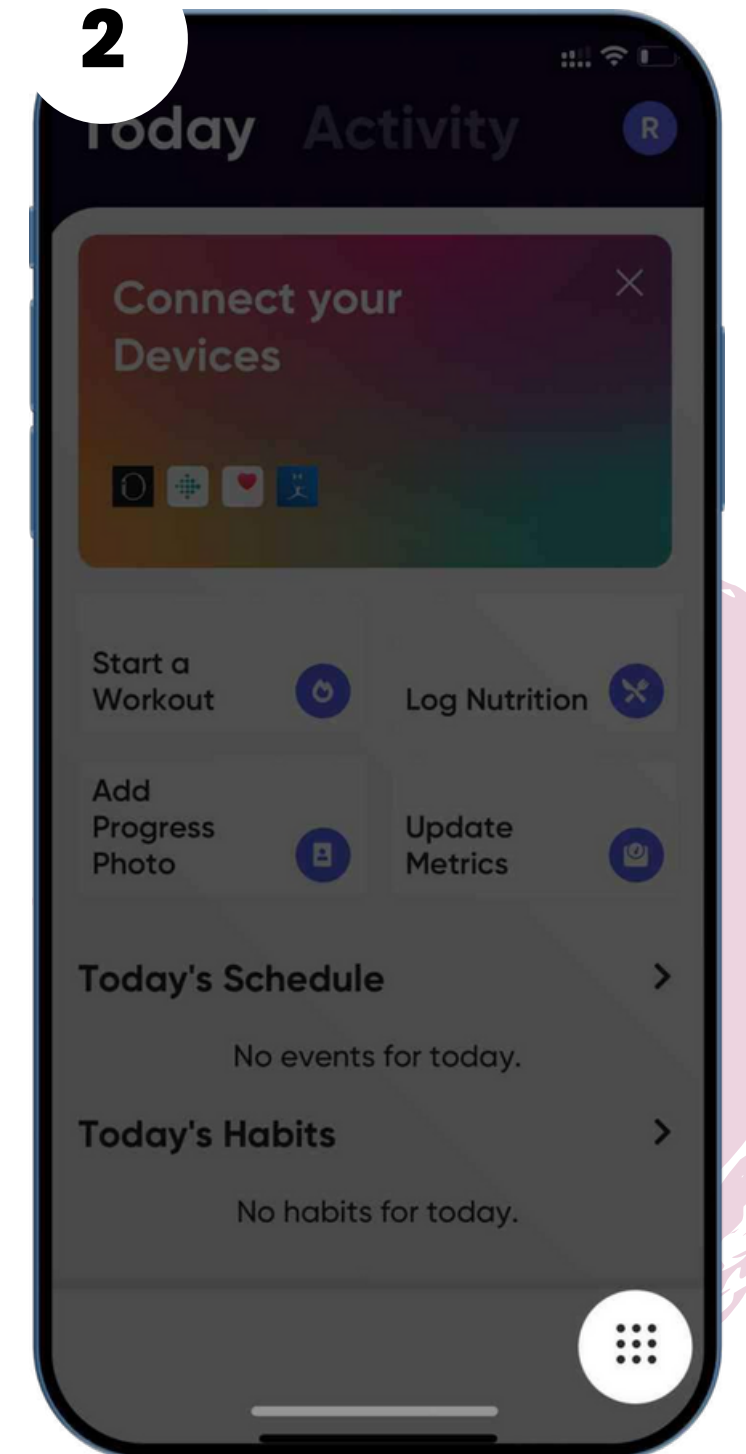
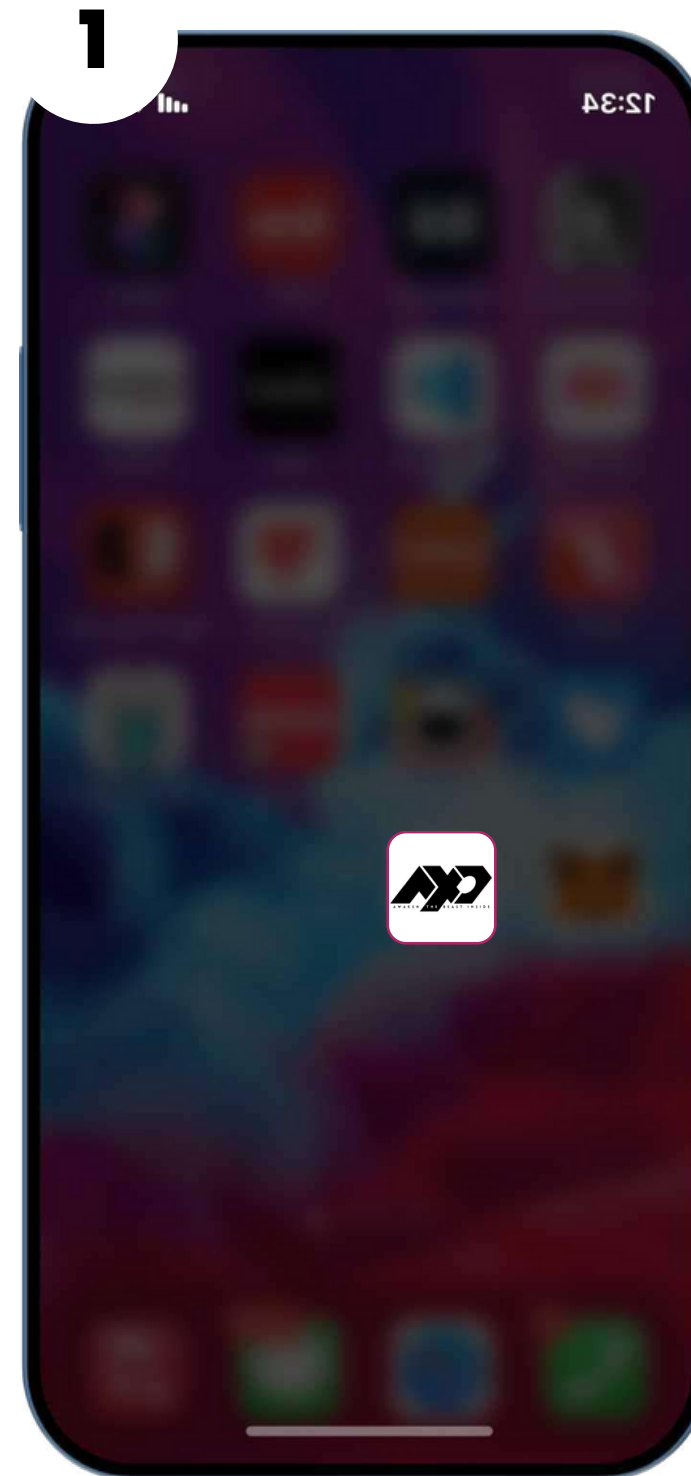
# ABOUT PROGRAM

PROGRAM INFORMATION

## How do I check my plan?

Step 1: Open App

Step 2: Click on Menu (9 little dots in the bottom right)

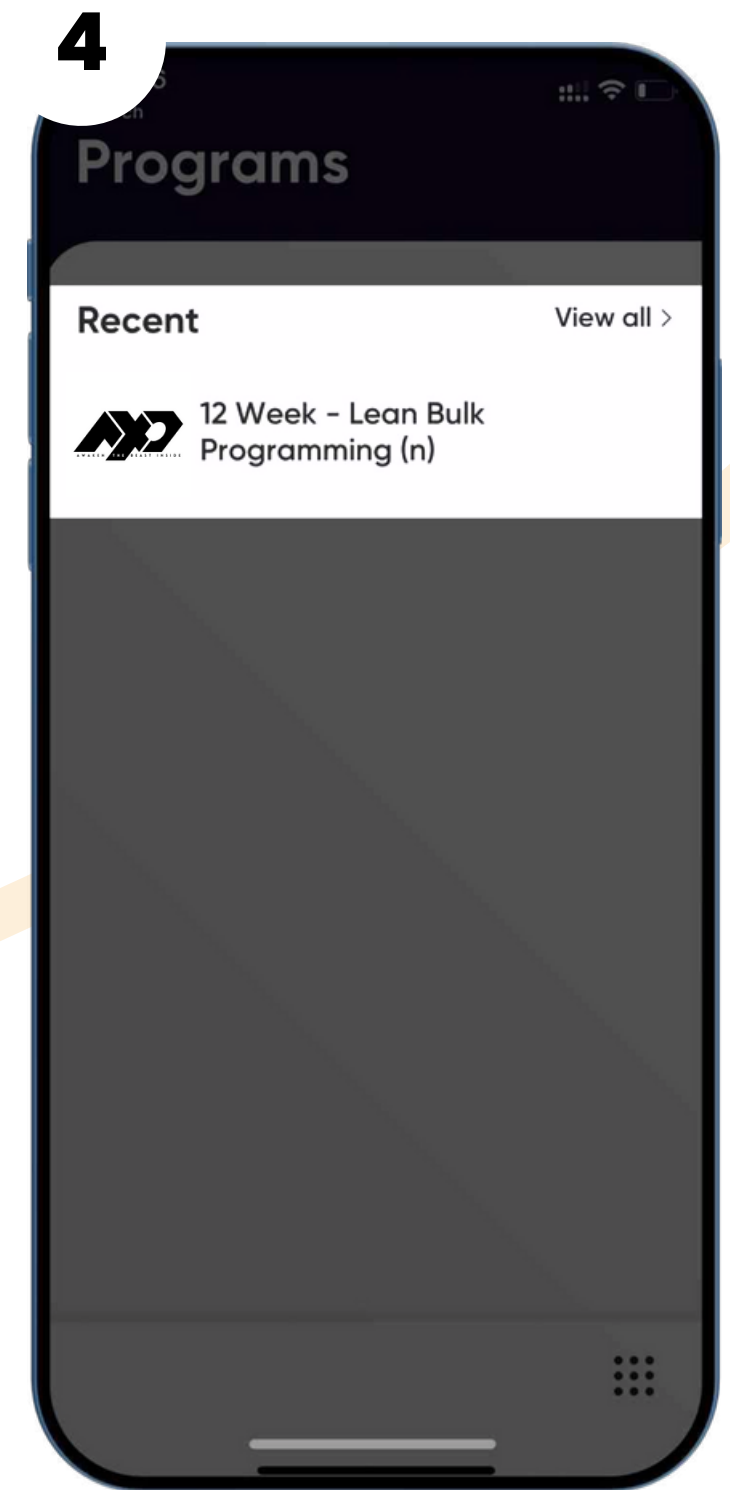
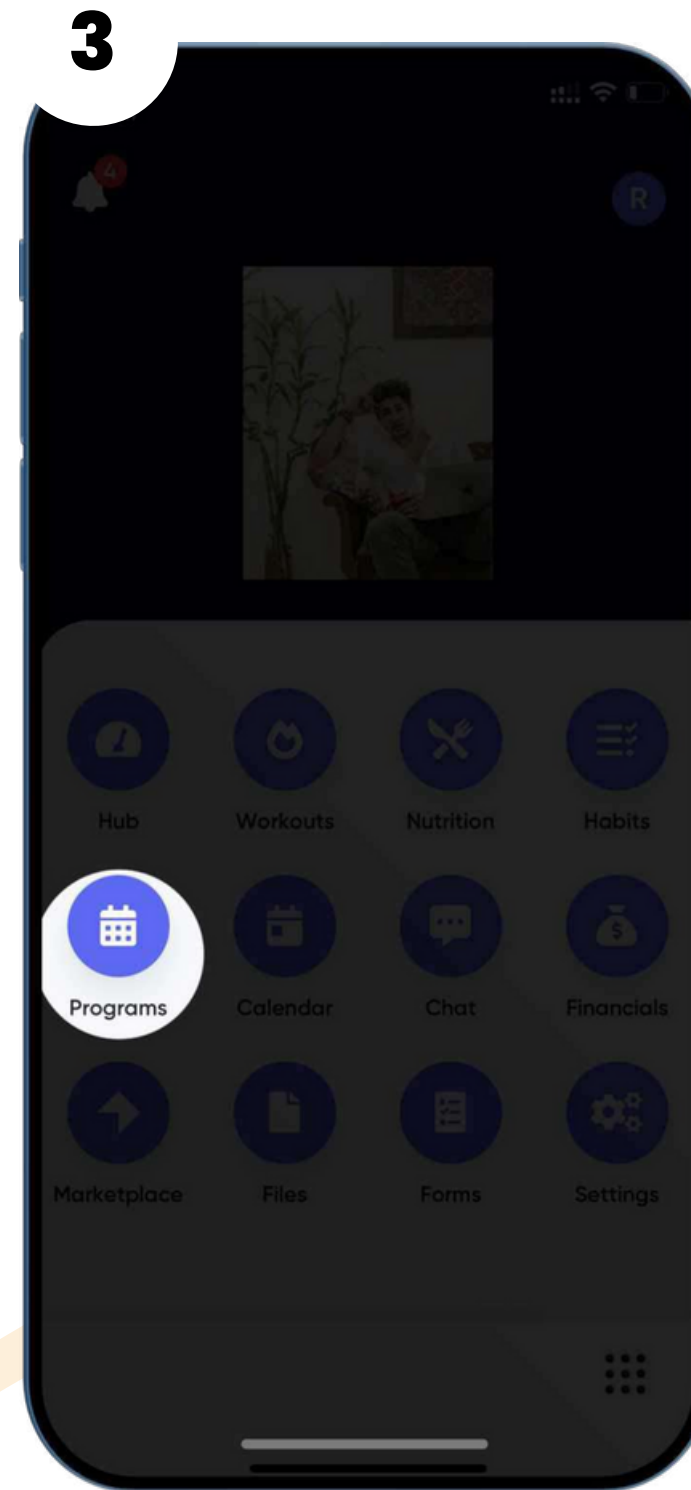


# ABOUT PROGRAM

PROGRAM INFORMATION

Step 3: Click on "Programs" tab

Step 4: Click on your assignment



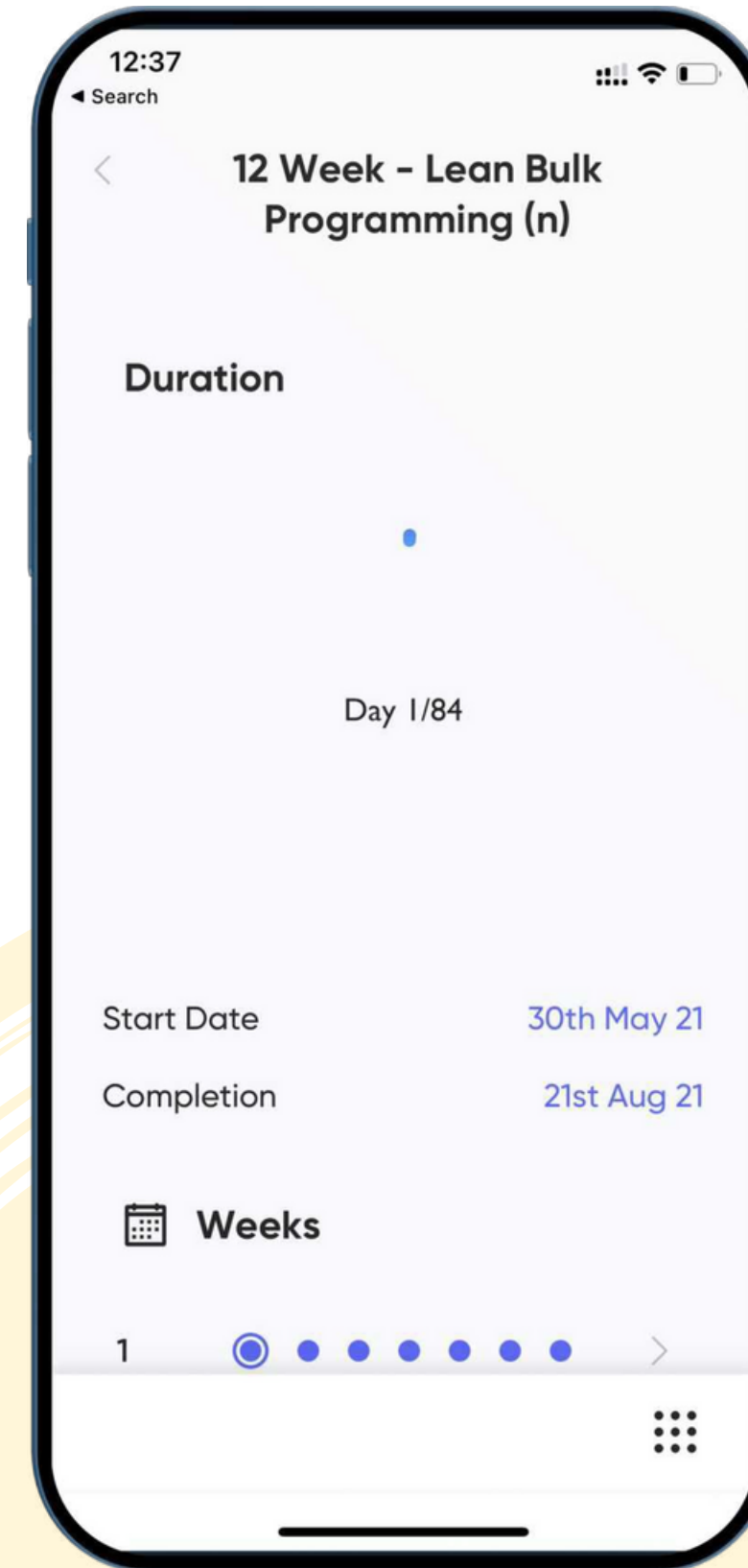
# ABOUT PROGRAM

PROGRAM INFORMATION

## You're All Set!



After completing the previous steps. You should be able to check all the **details** about **your program**.

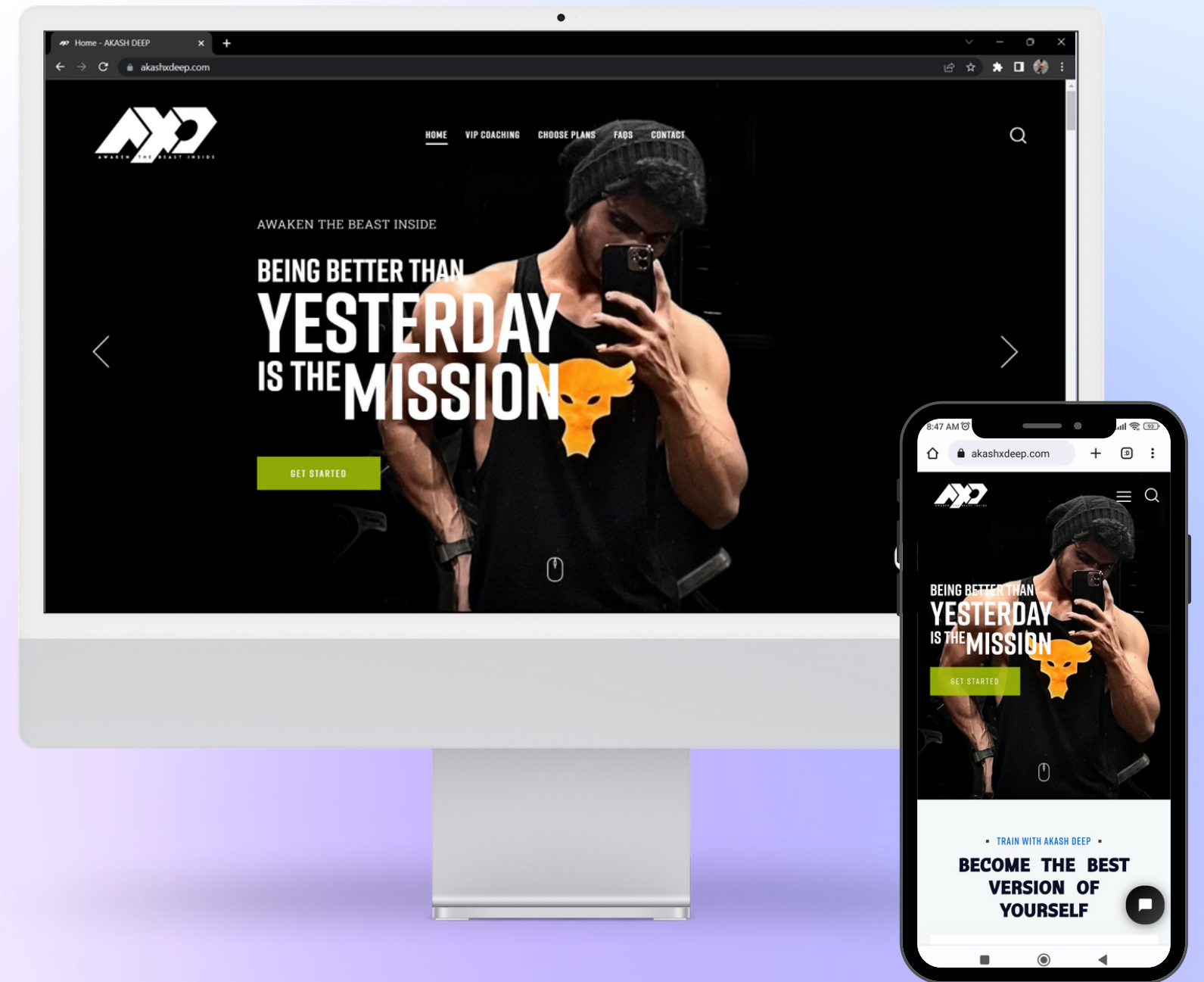


# ABOUT PROGRAM

PROGRAM INFORMATION

## How do I renew my plan?

You can renew your plan by simply purchasing the program again from [www.akashxdeep.com](http://www.akashxdeep.com)



# NUTRITION INFORMATION

## FOOD & QUANTITY

### Do I Need To Eat Boiled Food?

Nope, never. I never suggest anyone eat boiled food since that's something not sustainable in the long run. Always make your food taste good. You can use any spices of your choice whatsoever, just make sure to keep an eye on your oil intake. I recommend 1-2 tsp per meal.

### What If I Want Vegetarian Options For Tuesdays And Saturdays Or A Few Days, What Should I Eat Instead Of Eggs & Chicken?

You can replace chicken with 150g cooked lentils of your choice and eggs with 100g palak paneer.



# NUTRITION INFORMATION

## FOOD & QUANTITY

### **I Cannot Afford Protein Powder 2x A Day, Is There Any Other Option?**

Although I recommend 2 scoops of protein each day if you wish to see impeccable results, however, if you have serious affordability issues then I'd recommend you to replace the same with either 8 egg whites or 100g cooked chicken breast. (This is a replacement for 1 scoop)

### **What Should Be My Pre-Workout Meal?**

Your pre-workout meal can be any meal provided in the program. For ex: if you wish to train in the morning, you can simply train after meal #1 that is breakfast or if you wish to train in the evening, you can train after snack #2



# NUTRITION INFORMATION

## FOOD & QUANTITY

### What Should Be The Gap Between Pre-Workout Meal And Training?

Ideally, a 90 min gap!

### When Can I Have A Cheat Meal?

You can cheat ONCE every week. It can be a burger, pizza, wrap, Mughlai or anything you like. Build muscle, drop fat and enjoy life too!

### Is Drinking Beer Okay, How Much Should I Drink?

A glass of beer or two wouldn't hurt your training but keep in mind to control it. Any sort of alcohol is bad while training. Even though you're working hard, if you drink copious amounts of alcohol, you will never achieve your training goals. Though completely staying off alcohol is a good idea, it may not be realistic for everyone. So, limit alcohol consumption to one or two beers and never go for a binge drinking session, especially after your workout.



# WORKOUT INFORMATION

## WEIGHTS & SETS

### What's The Best Time To Workout?

The best time is whenever you feel most energetic and at peace. I look at bodybuilding/fitness as a form of meditation and it's something that shouldn't be done in a rush or with a flickering mind. Make training the best part of your day.

### How Much Weight Should I Lift?

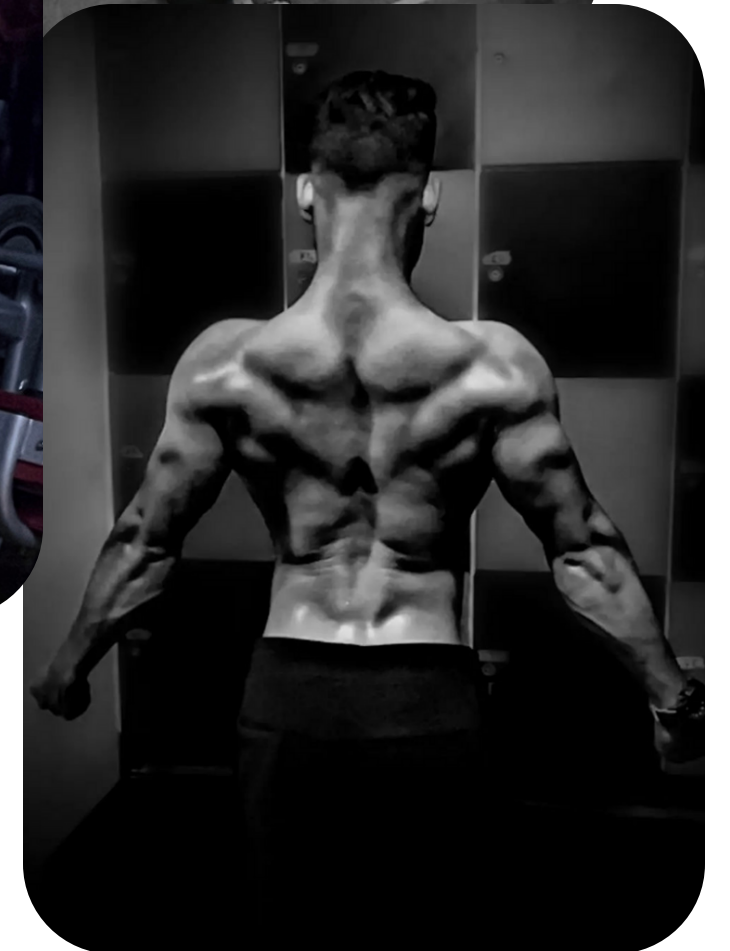
Choose a weight that allows you to reach muscle failure by the target rep listed. For example:

Set 1: 10 reps (moderate to light)

Set 2: 8 reps (moderate to heavy)

Set 3: 6-8 reps (heavy)

Set 4: 6-8 reps (heavy)





# WORKOUT INFORMATION

## REHYDRATION & CARDIO

### What Should I Have Just Before Workout, Intra-Workout And Post-Workout?

Prior-Training: Pre-Workout / Beetroot Juice

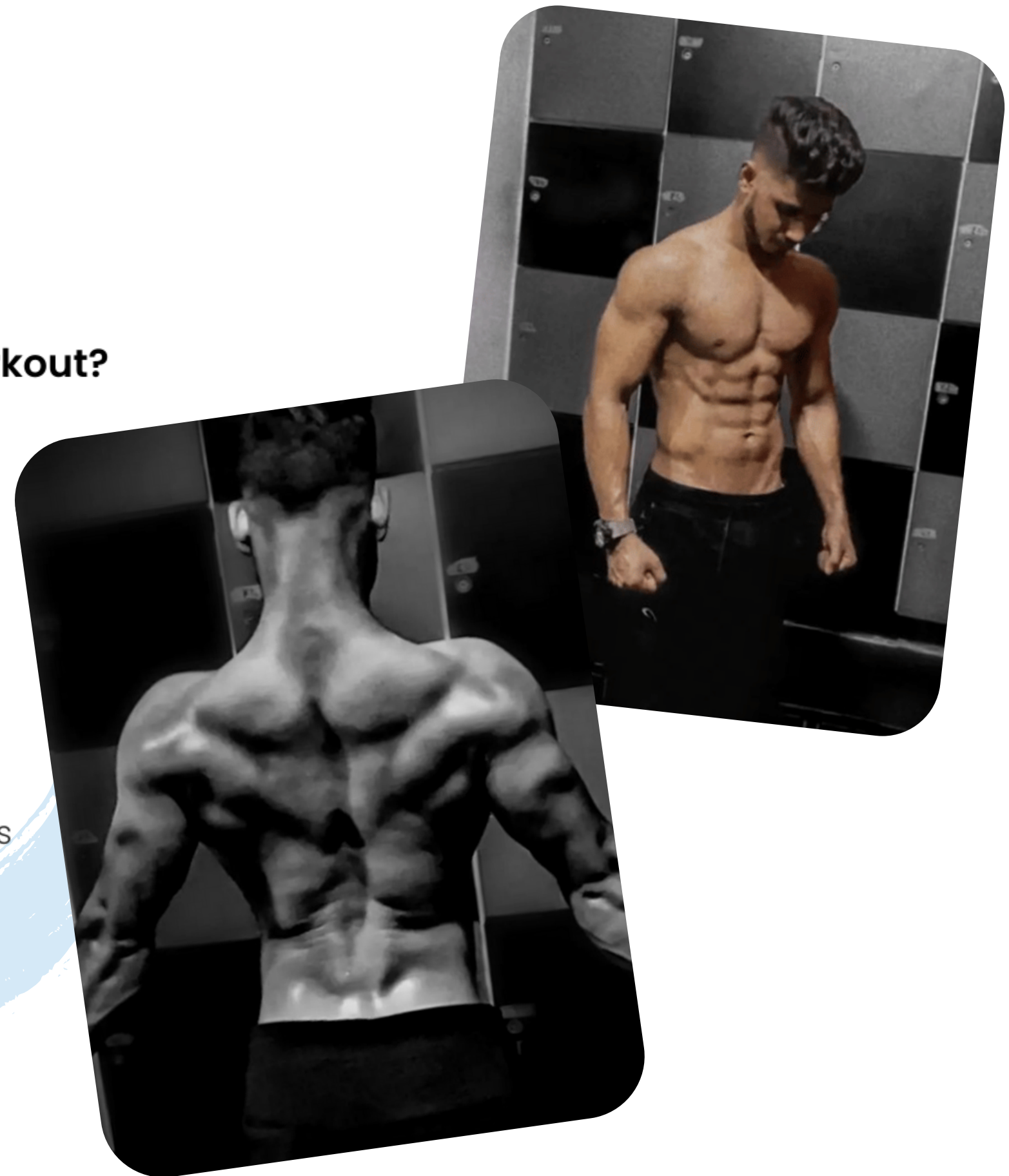
Intra-Training: 1L water

Post-Training: Protein Shake

### Should I Do Cardio Before Or After Lifting?

Doing cardio before your lifting isn't optimal because you deplete your glycogen stores and have less energy to power through your lifting.

Cardio after your weight training is a better way to burn fat while maintaining your performance & strength.



# Top 3 Abs exercises i recommend >>>

CORE DEVELOPMENT

- V-Ups
- Flutter Kicks Superset With Scissors
- Russian Twists

Days: Mon-Wed-Fri

4 sets of each exercise for 30 seconds ON and 60 seconds OFF

Tip: Train empty stomach in the morning, mind-muscle connection is next level and it burns like hell. 🔥



For any other doubts & queries you can chat with me in the app, always there for you. Thank you for believing in me! ❤️

**LET'S GET STARTED**



[www.akashxdeep.com](http://www.akashxdeep.com)

