
The Emergency Transformation Plan

**How to get ripped and add lean mass
in just 9 brutal days.**

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Introduction



I get a lot of emails that sound something like this:

“Help!!!! I’m going on vacation in two weeks and I want to get ripped and muscular so I can finally look good on the beach! Can you help me????”

For some reason people always use a bunch of punctuation marks when desperate.

The truth is, I actually CAN help. Don't get me wrong. I'm not saying I can make you look like a professional bodybuilder in 9 days.

But I CAN help you slash fat, add lean mass and reshape your physique in just 9 days. It won't be easy, but here's the plan:

Step #1: 20 Hours Of Fasting Per Day

To maximize fat loss, we need to give your body the maximum amount of time to burn fat. When does your body burn stored body fat? Well, to make a complicated subject simple, your body burns the most fat when your stomach is empty.

So for that reason, we are going to spend approximately 20 hours a day in a “fasted” (or unfed) state. That leaves a 4 hour window for eating. Typically people will end up eating either one massive meal in

that two hour window or 2-3 medium sized meals. So that answers the question of “when to eat” but how about “what to eat”.

Step #2: Eat This

There are only a couple rules here. The first is that you will NOT consume any liquid calories. That's right, no protein shakes, no alcohol, no juice or soda.

Diet drinks, coffee, tea are all ok, but water is far and away the single best choice during these 9 days.

Next, we're going to focus on protein. You are going to SHOOT for 1 gram of protein per pound of bodyweight. So if you weigh 200lbs, that's 200 grams of protein per day.

If you want to have MORE, that's ok. And there will be some days where you just can't eat enough protein. That's ok too.

The key is to make getting your daily protein the CORNERSTONE of your meals. This will force you to choose better foods and force you to consume beef, chicken, fish, eggs instead of opting for junk foods.

You are certainly allowed to consume fats and carbohydrates on this plan but the focus is on protein.

Step #3: 500 Daily Reps

So now we're creating a massive caloric deficit via our eating strategy. This will force our body to start burning away body fat.

But we can speed up the process a bit more and signal the body to retain muscle AND even pack on new muscle. The key: 500 daily reps.

By making 500 daily reps of a given exercise your goal, you will be forced to get up out of your chair and move around. This will speed up

fat loss. But you will also be shocking your body and providing a new catalyst for growth.

I recommend one of the following options for your daily 500 reps:

Push-ups

Sit-ups

Bodyweight Squats

Kettlebell Swings

Dumbbell/Barbell Curls (if you have access to a light set of weights)

Pick an exercise and knock out 500 reps over the course of the day. You are NOT trying to get all 500 reps in one shot. You are not trying to go to failure.

You are simply doing reps throughout the day in the attempt to accumulate 500 total reps.

So you might do 50 push ups right up waking up, another 50 before you get in the shower. 2 sets of 25 after your morning coffee, and so on and on until you've racked up 500 total reps.

You can vary the exercise selections throughout the nine days but not in a given day. In other words, do NOT do 100 sit ups, 100 pushups, 100 squats, 100 swings and 100 curls in a day. But it is OK to do 500 pushups one day, then 500 swings the next day, then 500 bodyweight squats the next day, etc.

Step #4: The 60/20 Workout

This is my favorite routine to use when I need to get results in a hurry. The concept is simple: You load up a barbell with a given weight and then attempt to get 60 reps in 20 minutes.

If you are able to train 5 days a week, then you will simply perform one 20 minute workout per training day.

If you are only able to train 2 or 3x a week, then you will perform two 20 minute blocks per training session.

Here are some of my favorite ways to use this routine:

If you are able to train 5x a week (Mon – Friday):

Monday: 60/20 Barbell Squats

Tuesday: 60/20 Close Grip Bench Press

Wednesday: 60/20 Power Cleans

Thursday: 60/20 Close Grip Weighted Chins

Friday: 60/20 Deadlifts

So let's use Monday as an example. You first do a general warm-up and then head to the squat rack. Warm up with some lighter weights and then move to your working weight. Typically you will want to select a weight that would allow you to get between 7-10 reps if you trying to get as many reps as possible in one set.

Let's say you are good for 10 reps with 315lbs so you decide to use 315lbs. You will set a timer (or just check the clock) for 20 minutes and then it's your goal to get 60 reps. You can break up the reps any way you want. Most often people will knock out around 10 reps with their first set, take a quick break, try and get a few sets of 7, a few sets of 5, and by the end you'll be grinding out singles.

Because we are dealing with a tight timeline, it is actually better to be too aggressive rather than too conservative. If you are actually able to complete all 60 reps in 20 minutes, you went too light. But if you are only able to do 30 reps in 20 minutes you went too heavy. The sweet spot is a weight that allows you to get somewhere around 45 – 55 reps in 20 minutes.

Again, you are TRYING to get 60 but it is better to bust your ass and only get 55 rather than getting all 60 and realizing you went way too light. If you get all 60 reps, plan to increase the weight next time. If you

didn't get all 60 reps, keep the weight the same next time you perform this exercise and attempt to get more reps.

Split for someone training 3x per week:

Monday: Barbell Squats & CG Bench Press (60/20 for each, so essentially a 40 minute workout.)

Wednesday: CG Weighed Chins& Deadlifts

Friday: Power Cleans & Weighted Dips

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Those are my two favorite splits. Obviously they are barbell-based as that's what I feel is most effective given only 9 days to get somebody into better shape.

But if barbells are not an option for you due to circumstances of injury, you can easily swap out dumbbells or machine variations.

Just try to focus on compound exercises and stick with the rule of shooting for 60 reps in 20 minutes.

A Word About Supplements

I'm not a big fan of supplements and most times I don't take anything at all in regards to supplements. But again, if we're talking about making a massive change in just 9 days it might make sense to take the following supplements.

#1) Creatine Monohydrate: Take 10 grams per day (5 grams in the a.m., 5 grams in the p.m) during the course of the 10 days as this can help with strength, muscle mass and muscle fullness.

I have no specific product recommendations. Just get your basic Creatine Monohydrate powder. Don't fall for any of the marketing hype.

The cheap, basic stuff works just fine and the more expensive “bells and whistles” in the other versions don't do anything but inflate the price tag.

#2) A Fat-Burner: I don't believe that any fat burning pill will actually help you burn fat, but they can help suppress your appetite and if this is your first time going 20 hours a day fasted, you might appreciate the help.

Again, I don't have any specific product recommendations as I don't take any fat burning supplements (black coffee works just fine) but if you want some help with appetite control this might be something to look in to.)

Q&A

#1) Does it matter what time I train do the 60/20 workouts?

A: The best situation is if you can do the 60/20 workout right at the end of your 20 hour fast so you can immediately start eating.

If that works for you, great. Do that. But otherwise it doesn't matter. If you have to do the 60/20 workout at 7am and then you don't eat until 8pm at night, then that's just what you have to do.

#2) Shouldn't I eat something after my workout? Shouldn't I at least drink a protein shake?

A: If you can line it up so your workout is right before your eating window, then great. But otherwise you will NOT eat anything after your workout. It's only for 9-10 days, you can handle it.

#3) This just seems like a LOT... I'm worried about overtraining.

A: It is a lot. Because to make an impressive transformation in just 9 days you've got to push the pedal to the floor. And yes, you WILL be overtrained during this block of time. This is intentional. We are going to

push you hard for 9 days to get you in top shape. Assuming you are using this plan to get in shape for a beach vacation, you will have EARNED the right to sit on the beach for a week and eat as much food as you want.

Your body will recover during this time and instead of getting fat and out of shape on your vacation you will be getting recovered and rested up. When you get back to “real life” you will be rested and ready to jump right in to a saner, long-term training and diet plan.

#4) Can I use this strategy for more than 9 days?

A) You could conceivably use this strategy for 10-14 days max but I wouldn't push it any more than that.

Conclusion

I hope you enjoyed this report and this strategy.

Good luck and please don't hesitate to reach out if you have any questions.

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Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.