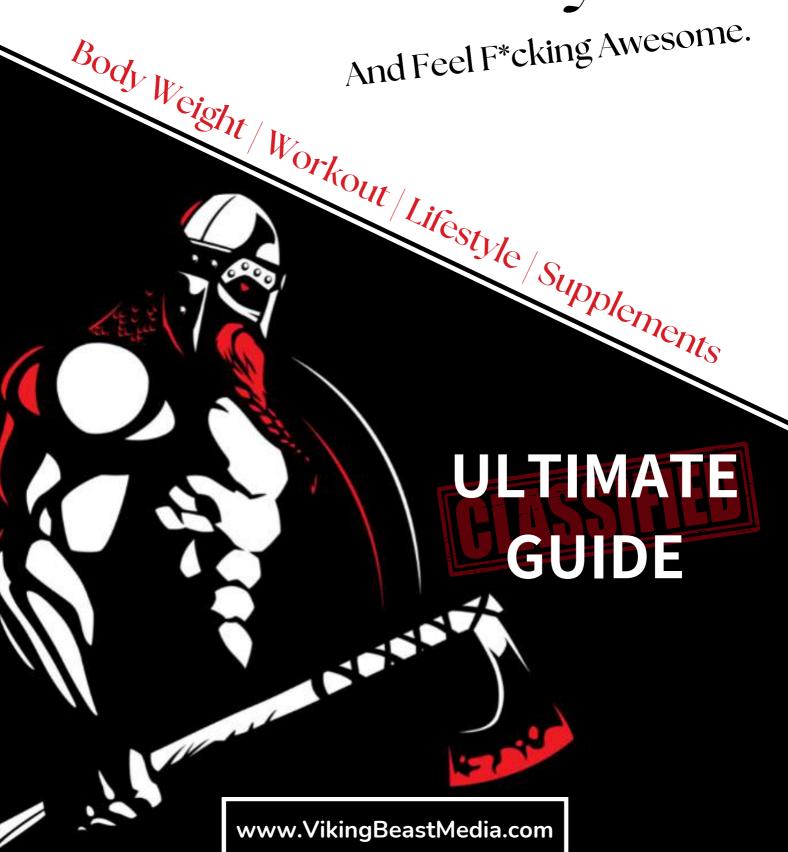
How To Achieve Your Dream Body



INTRO



Buckle up and strap on tight because, in this E-Book, I'll teach you everything you need to take complete control over how your body looks once and for all. I'm not selling Weight Watchers, Herbalife, or any "secret" new weight loss diet.

After reading this E-Book, you'll know EXACTLY how to achieve the body of your dreams and hold on to it.

My goal is to help you look terrific naked, and feel more confident, energized, strong, healthy, and ready to conquer any challenge the future brings. With this newly acquired knowledge, you'll also gain responsibility for your body and health.

The days of "trying" to lose weight or gain muscle are over. You'll know precisely what to do to achieve your goals as we advance, so if you don't make the progression you want, it's only yourself to blame.

I'm not here to sugarcoat anything but to help you get actual, long-lasting results that significantly improve your quality of life.

CONTENTS

CONTROL YOUR BODYWEIGHT

START WORKING OUT





HOW TO ACHIEVE YOUR DREAM BODY?

Your daily diet will drive weight loss or weight gain. However, to keep or build muscle, feel energized, improve body composition, better health, etc., you need to combine diet, training, and lifestyle tips, and optionally supplements can also help. I'll discuss all of these in detail.

CHAPTER ONE

CONTROL YOUR BODY WEIGHT

FALSE BELIEFS

Before we start, it's essential to address some common beliefs. Many people have tried to lose or gain weight before but have failed. It's easy to blame your metabolism or any other higher power beyond your control. The truth is that metabolism issues are scarce, and most people **UNDERESTIMATE** the number of calories they consume.

The good news is that you can achieve your weight loss or weight gain goals, and I'll teach you how. The bad news is there are no excuses because it's entirely under your control whether or not you fail or succeed.

You might think you don't have "time" or eating healthy foods is "too expensive." The truth is that a healthy diet can be made as time and cost-effective as you want, and you need to spend some time learning. You don't need to spend hours in the gym either. You can get in good shape at home by doing simple exercises in between other activities or work if you want to.

Why does weight loss or gain happen?

Your body uses energy to sustain all the activities it has to perform, from merely staying alive to exercising, thinking, etc. This energy comes from food, but every type of food provides our body with a different amount of energy it can use. For convenience, a food's energy is displayed in "calories."

We lose weight if we consume fewer calories in a day than the number of calories our body burns.

We gain weight if we consume more calories in a day than the number of calories our body burns.

=> If you eat 500 calories above or below the number of calories your body burns daily, you can expect to gain or lose around 1 pound (450 grams) per week.

You can increase the calories your body burns by moving more (walking, exercising, other activities, etc.), improving sleep, drinking more water, etc. I go in-depth on how to improve the metabolism in this article here.

How many calories do you burn daily?

Unfortunately, answering this is not a straightforward one size fits all answer. However, you can quickly figure this out with online tools and some at-home experimenting.

You can start with an online calorie calculator <u>like this one here</u>. It will give you an estimated number of calories your body burns daily based on gender, height, weight, and activity level.

My example: I'm a male, 187 cm tall, I weigh 95 kilograms, I walk a lot (standing desk/ treadmill), and I lift weights 5-6 times a week. My estimated calorie burn is 3114 calories daily.

NEXT STEP: TEST THIS ESTIMATED NUMBER BASED ON YOUR GOAL

If you want to lose, let's say, 1 pound a week, you subtract 500 calories and keep track of your weight for a couple of weeks. If you're not losing weight (fast enough), you remove another 200-500 calories.

Add 100-300 calories to your estimate if you want to gain weight. An excessive amount of calories is unnecessary to build muscle and will turn into additional fat. Add an additional 100-300 calories if you don't gain any weight.

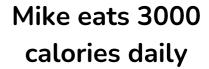
EXAMPLES

MIKE WANTS TO GAIN WEIGHT TO BUILD MORE MUSCLE

MIKE



Mike's body burns 2700 calories daily





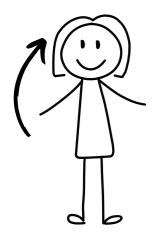




Mike gains around 270 grams or 0.6 lb. per week.

LISA WANTS TO LOSE WEIGHT FOR HER SUMMER BODY

LISA



Lisa's body burns 2100 calories daily









Lisa loses around 450 grams or 1 lb. per week.

www. Viking Beast Media. com

How to track your daily calories?

The easiest way to track your calories, and learn how many calories are in certain foods, is by using MyFitnessPal.

This is an easy-to-use, free app you can download on your phone. You can scan all packaging of the food you eat or quickly look it up in their food library.



FUN FACT

1 gram of protein has 4 calories, 1 gram of carbohydrate has 4 calories, and 1 gram of fat has 9 calories.

In the app, you can set your daily calorie goal and see how many calories/ proteins/ carbohydrates/ fats you eat.

It will take you a couple of minutes a day once you get used to it. I recommend learning how many calories are in food and which foods benefit your goals or hold you back.

As time passes, you'll be able to know how much and what you can eat intuitively.

This article explains how to use MyFitnessPal.

www. Viking Beast Media. com

What should you eat?

Everybody likes different kinds of food, so I wouldn't say I like strict meal plans because they're unnecessary. Instead, I'll give you some guidelines to follow.

GUIDELUINES

Besides watching your daily calories, I advise keeping track of your macronutrients (proteins, carbohydrates, and fats), which are accessible in MyFitnessPal. I explain this in detail on the next page.

If you try to lose weight, focus on high-volume, low-calorie foods. This will help you stay full, energized, and keeps you from being hangry.

If you try to gain weight, focus on low-volume, high-calorie foods. A great example if you're struggling to eat enough calories is making a daily weight gainer (shake).

If you're looking for specific foods to eat, you can click on the following articles:

Muscle-Building Foods

Weight Loss Foods

MACRONUTRIENTS



To look as good as possible, you need protein because this will help you retain/ build muscle, which means you lose more fat. Also, protein helps you stay full, and your body burns off more calories using the protein you eat.

I advise between 0.6-1 gram of protein per lb. or around 1.4-2.2 grams per kg of body weight.

Maintaining a minimum amount of fats is essential to keep your hormones functioning and feeling good. I've messed up in the past, and my testosterone dropped from the mid-600s to the low-200s while dieting.



I advise at least 0.4 grams of fats per lb. or 1 gram per kg of body weight.





You can divide the remaining calories between carbohydrates and fats as you please.



FUNDAMENTALS

When I talk to people who start (and give up) working out, it nearly ALWAYS comes down to one fundamental mistake.



They try to do TOO MUCH at once.

It's too overwhelming, and motivation disappears, habits aren't formed, there's no fun, and results aren't as expected.

MY SOLUTION IS TO MAKE IT KISS, AKA, KEEP IT SIMPLE STUPID.

I'll suggest two different routes.



GYM

The truth is that a minimal investment in efficient exercise is enough to get into and maintain a good shape.



You don't need to spend 3 hours a day in the gym six days a week if you're not a psycho (this is me) that genuinely enjoys it.

GYMROUTINE

For many, starting in the gym can be a big step because you may need to figure out what to do, feel insecure, etc.

The feelings are real, but in reality, people are minding their own business and are friendly and helpful.

Everybody is there to improve themselves, so don't let your mind stop you from going if you want to.





The best way to overcome mental barriers is to know what you will do upfront.

Coming up is how I would start if I had to do it all over again.

It's a three days a week plan consisting of 2 different workouts, A and B, for convenience, that you alternate.

Monday: Workout A

Monday: Workout B

Wednesday: Workout B

•••

Friday: Workout A

XAMPLE

E

THE ROUTINE

4

Compound exercises in each workout. "Compound exercises" target many muscle groups at once. It's time efficient, you train your entire body, and by limiting the exercises, you can learn to master them.

I advise watching YouTube videos for each exercise.

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sets for each exercise and do 8-12 repetitions per set. If you can perform 4 sets of 12 repetitions for a given weight, you increase the weight next workout. The goal is to stay within this range and learn to master every exercise.

WORKOUT A

WORKOUT B

Barbell Back Squat
Barbell row
Barbell Bench press
Lat Pulldown

Romanian Deadlift
Dumbbell Overhead press
Lat Pulldown
Incline Dumbbell Bench Press

You'll be able to read my in-depth article to learn how to make (more advanced) gym routines, including more exercises.

Teach me how to make gym routines.

HOME ROUTINE

If you don't feel like going to the gym (yet), you can still get into great shape by doing a simple home exercise routine.





By simple, I mean EXTREMELY simple.

My recommendation: master push-ups and squats, if you can also add pull-ups.



Become a (VIKING) BEAST in these exercises. They're very time effective; doing them consistently will get you into great shape.



You won't become a massive bodybuilder, but you'll look good naked, feel more confident and stronger, and improve many other aspects of life.



Sets of each exercise every other day or three days a week if that's more convenient.

HOW TO PROGRESS

STEP 1

Search for a variation of push-ups, squats, and, if possible, pull-ups that you can perform.

STANDARD

EASIER

HARDER



If you're too weak for regular push-ups, do them on your knees. If you're too strong, lift your feet up or use push ups stands.



If you're too weak for regular squats, you can use a chair.

If you're too strong, you can do Bulgarian split squats.



If you're too weak for regular pull ups, use a band for assistance. If you're too strong, you can try archer or military pull ups.



Try to perfect your form in each exercise and experiment with harder variations as you become stronger. Avoid adding exercises in the beginning. Built the habit of doing these regularly (up to 6 days a week).

You can do these in 10 minutes or between other activities or work. This routine is perfect because it's a small investment with tremendous results.

CHAPTER THREE

HEALTH & LIFESTYLE TIPS

HEALTH & LIFESTYLE

FOLLOWING ARE A FEW LIFE TIPS TO HELP YOU ACHIEVE YOUR GOALS FASTER.

Some of these are obvious, but I'll explain WHY they're important.



Don't f*** up your sleep.

During deep sleep (REM), our bodies burn fat, build muscle, release good hormones, etc. If you don't sleep well, fixing this will bring remarkable benefits.

Also, lousy sleep makes you more hungry and less active, which means you burn fewer calories and want to consume more. It ruins your diet and exercise efforts.

Drink more water.

If you don't like water, well, drink it anyways. Your body uses energy to get that water to body temperature, which will help you burn more calories.

It also flushes out toxins, helps you feel fuller, and benefits your entire body since it is mainly made of water.



HEALTH & LIFESTYLE

Treat stress like the plague.

Stress produces cortisol, and cortisol can seriously influence your results in a bad way. It slows down fat loss and inhibits your ability to build muscle efficiently.

I tend to stress a lot myself, so besides being aware of the fact that seemingly big problems will, in fact, not kill me, I also take certain supplements that make a noticeable difference.



Avoid excessive alcohol.

Alcohol is toxic to the body, and too much will shut down fatburning and significantly reduce your ability to build muscle.

Your body will always prioritize breaking down alcohol. Drink however much you want, but be aware that it ruins your progress.

HEALTH & LIFESTYLE



Get your blood checked regularly.

If you get your blood checked regularly, you know if you're lacking any vitamins that could be holding you back from living your best life.

This will ensure optimal results from exercise, diet, sleeping, etc.

Pro tip: for men, ask to get your testosterone checked as well since this is not in a typical blood test.

Naturally increase testosterone

Testosterone directly influences our quality of life. It plays a role in sex drive, energy, muscle-building, fat loss, motivation, confidence, etc. By implementing the information up to this point, your testosterone will already increase significantly.

Supplements like Tongkat Ali have increased my testosterone by over 30%. This has had a huge positive effect on my life, which most people don't know about. I'll share them in the supplement section.





SUPPLEMENTS

Supplements can be a phenomenal addition to a healthy lifestyle, especially if your diet, exercise, sleep, etc., are in place.

Over seven years, I've tried countless supplements and learned a lot about which have a meaningful impact on life quality.



Supplement Categories: Caffeine, Pre-Workout, Creatine, BCAA, Testosterone Boosters, Sleep Aids, Energy Drinks, Fat Burners, Vitamins, Pre/ Probiotics, and Overall Health.



That being said, many supplements are a complete waste of money.

I'll discuss each category of supplements that could benefit you and link to a review of my favorites (based on testing and writing an obnoxious amount of reviews).



I'll put an (X) next to the supplements I use daily.

CAFFEINE



Caffeine is a legal miracle drug that increases energy, brain power, performance, etc. It effectively makes you more productive during the day, less hungry while dieting, and improves your workouts.

It's found in pre-workouts, fat burners, and energy drinks below. However, I love coffee in the morning.



I suggest drinking (at least) half a liter of water after waking up and making some coffee (or whatever else you like) to start the day strong.

I combine caffeine with L-Theanine. Taken together, it improves mood and gives you a calm sense of energy and mental clarity. It increases my productivity significantly.

L-Theanine Review



PRE-WORKOUT

Pre-workout supplements aren't necessary by all means, but they do make life more fun. A good one improves energy, focus, mental clarity, blood flow, performance, mood, etc.

It can give you that god-like boost you need to destroy a hard workout.



HTLT Pre-Workout 2.0 Review

Nutricost Pre-Workout Review



Be mindful that it can become a daily routine, which means you'll start to depend on it (yes, that addict is me).



There are stimulant-free options for latenight workouts or if you're sensitive to caffeine.

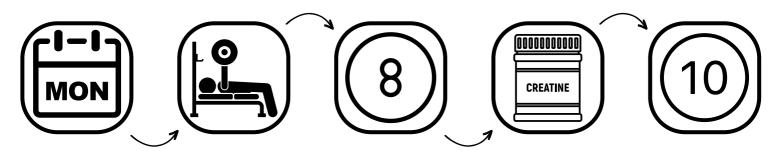
By taking regular pre-workouts too close to bedtime, you might lie awake till 4 am.

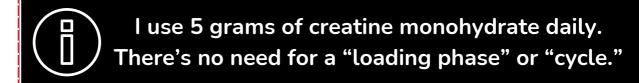
HTLT Pre-Pump Review

CREATINE

The **energy source of your muscles** is called **ATP**, or adenosine triphosphate. For example, you go to the gym on Monday, and it's international chest day. You secure a bench and start to bang out your first set of bench presses.

After 8 reps with a certain weight, you can't (without sacrificing your firstborn) perform the 9th rep. After the 8th rep, your chest/shoulder/tricep muscles ran out of ATP to use.





Creatine helps your muscle to produce more ATP, which means you can do a couple more reps with a given weight.

Over time these extra repetitions and sets will result in more muscle mass, strength increases, and better performance.



HTLT Creatine Monohydrate Review (X)

SLEEP AID

I've already stressed the importance of sleep above, but what if you can't shut off your mind at night and fall asleep?

Well, that's where sleep and relaxing supplements can be beneficial.

HTLT Delta Sleep Review

Ashwagandha KSM-66 Review (X)





I'm not too fond of pharmaceutical sleep aids because they can be addicting and harmful to your health.



To fall asleep quicker, I take melatonin, which our brain produces as a signal that it's time to sleep.

I take valerian root and ashwagandha to reduce stress and anxiety and feel more relaxed (body and mind).

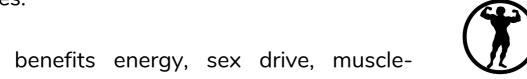
Valerian Root VS Melotonin (X)

TESTOSTERONE BOOSTERS

Certain supplements can naturally increase (free) testosterone production inside our bodies.

















building, fat loss, strength, performance, confidence, and more motivation to achieve goals.

Tongkat Ali Review (X)



This

I tested my (free) testosterone levels before and after Tongkat Ali, and they improved by over 30%.

You can see the blood results in the review.

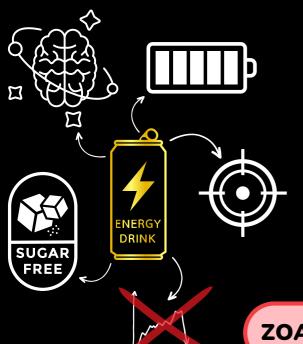


I've tested many testosteroneboosting supplements, and while most are utterly useless, some have boosted my testosterone levels significantly.

Cistanche Tubulosa Review (X)

HTLT G Test Review

ENERGY DRINKS



Energy drinks can give you a muchneeded boost throughout the day, but they're not all created equal.

Ideally, you have a zero-calorie beverage that boosts energy and mental clarity without a "crash" afterward.

ZOA Review

GHOST Energy Review



Non-zero energy drinks can contain an obnoxious amount of sugar that can be detrimental to your weight loss goals. I avoid these entirely.

The best ones also have a mix of vitamins and beneficial ingredients to improve cognitive function (memory, thinking), blood flow, etc.

Lit-On-The-Go Review



Twenty kinds of amino acids exist, of which nine are essential. We must get them from food because our bodies can't produce them.

Three (L-Leucine, L-Isoleucine, L-Valine) are called BCAA's, or branched-chain amino acids. They are more likely to go into our skeleton muscles, which is why BCAA supplements have become so popular.

BCAAs

L-VALINE

L-ISOLEUCINE



Science has found that consuming BCAAs before/ during/ after training can improve strength, muscle gains, endurance, and recovery.



L-Leucine may be the important because of its vital role protein synthesis (building muscle).

HTLT Perilyte BCAA Review

FAT BURNERS



Fat burners aren't magic and won't help you lose fat effortlessly overnight. That being said, they can help increase the calories your body burns daily.

A good fat burner makes you more energized and can make you less hungry. It can be a great addition to a healthy weightloss plan.

HTLT G Shred Review

Burn Boost Review

PRE/PROBIOTICS

Prebiotics and probiotics increase the "good" gut bacteria in your stomach, which improves the good-to-bad bacteria ratio.

Especially if that ratio is terrible, to begin with, it can make a real difference for your digestive system, ability to lose weight, use nutrients from food, and health in general.



BioFit Review

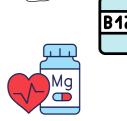
MetaboFix Review

VITAMINS

Vitamins can be highly beneficial if you get your blood tested and find out you have a deficiency. You can take specific vitamins without a deficiency for optimal health.



I take Vitamin D3 without exception year round because it's essential for many body functions, including testosterone production. Many people have a deficiency without being aware of it.



Other beneficial vitamins I take occasionally are magnesium, calcium, vitamin c, zinc, and vitamin B12.

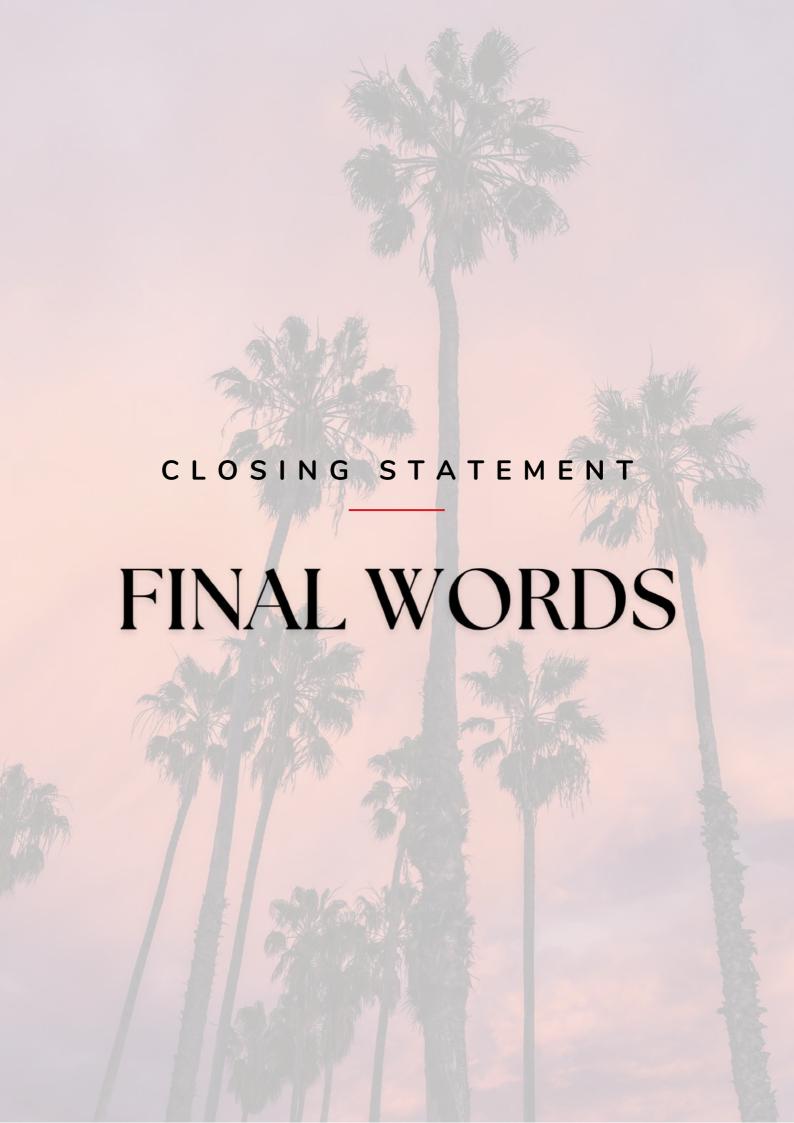
HEALTH



I take dietary supplements such as Omega-3 (Fish Oil) for overall health.

Also, natural anti-inflammatories, such as Curcumin (Turmeric). This helps reduce injuries, aches, and random pains from the gym.

Turmeric And Fish Oil Review (X)



I hope you finished the book with actionable knowledge to achieve the body of your dreams and live your best life.

If you want to learn more about a topic or explore a new supplement, check out VikingBeastMedia.com. If you have questions or an article request, send me a message!



I'm Liam, the owner of Viking Beast Media. I was a scrawny kid until I was 17 when I watched a movie called Never **Back Down**. Unknowingly, a young Viking Beast was born.

Many years of blood, sweat, tears, and money (on supplements) later... it's now my mission to inspire others to improve their lives.

You can find me at the gym lying in a puddle of sweat when I'm not writing articles or pursuing my mission.

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