Cheat Sheet: Occam’s Protocol

See page 2 for workouts

• General Guidelines
  - Protein intake - 150lb lean mass = 187.5g/day, 160lbs lean mass = 200g/day
  - 20 calories per lb of lean bodyweight 10lbs higher than current weight
  - Take 7 days off before you start - no resistance training at all
  - Rest increases with muscle size
  - Expect 2.5lbs /week muscle gain
  - If your gains slow when you reach 1 workout/week, go with a split set - push, pull, legs

• Eating
  - Use Slow Carb as a base
  - Breakfast - add 1/2 protein shake
  - Lunch and Lunch2 - add brown rice/quinoa
  - 1/2 protein shake before bed
  - Low fat protein before and during workouts
  - If you don’t get 2.5lb muscle gain in a week, add 1 liter milk

• Sample quick meal/before bed snack
  - 3 cups organic milk/2%
  - 30g whey protein isolate
  - 1 banana
  - 3 heaped tbsp almond butter
  - 5 ice cubes

• Supplements
  - Not mandatory, but recommended
  - We are taking PAGG
  - Cissus Quadrangularis - 2400mg x3 day
  - Alpha Lipoic Acid (if not on PAGG) - 300mg 30 mins before food

  - Creatine - 5g (if using powdered) morning and night
  - L-Glutamine - 80g/day for first 5 days! 10-30g after workout to speed recovery

Please read the book carefully for contraindications, warnings and guidelines.
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• Do an ‘injury identification’ set - 60% of weight, 3 reps 1/2 second cadence
• Rest 3 mins between each - be exact

• Machine Workouts
  Recommended for those without a spotter

Workout A
- Pull Down - Palms facing you  x7  (5/5 cadence)
- Shoulder press x7  (5/5 cadence)
Optional - Myotatic crunch x10
- Cat Vomit x10

Workout B
- Slight incline/decline bench press x7  (5/5 cadence pause bottom)
- Leg press x10  (5/5 cadence)
Optional - Kettlebell swings x50
-Stationary Bike (reduce soreness)  3 mins

• Free weights Workouts
  Good with a partner

Workout A
- Yates Row with EZ curl bar x7  (5/5 cadence)
- Shoulder-width barbell overhead press x7  (5/5 cadence)
Optional - Bosu ball abs x10
- Cat vomit x10

Workout B
- Slight Incline bench press x7  (5/5 cadence)
- Squat x10  (5/5 cadence)
Optional - Kettlebell swings x50
-Stationary Bike (reduce soreness)  3 mins

• If you hit target on both, increase by 10lbs next workout
• If extra weight = easy, wait 5 mins, increase by 5/10 lbs, go
• At failure - move weight mm by mm, hold 5 sec, lower 5-10 seconds
• Don’t pause between reps except where noted
• Do A workout and B workout twice each with 2 days rest between every
workout, then increase rest to 3 days between each workout.
• Plateau? Increase rest to 4 or 5 days

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More Cheat Sheets, Meal Ideas with Photos, Food Diary, Blog at
www.fourhourbodycouple.com