

Integrating Tim Ferriss' research into regular life and documenting the results

THE FOUR-HOUR BODY COUPLE

NOT AFFILIATED WITH TIM FERRISS OR THE FOUR HOUR BODY



Luke
Gaining muscle, mental focus, health

“Training, eating, sleeping according to the New York Times #1 Bestseller”

WILL THIS LIFESTYLE SUPPORT US BEING HAPPIER, HEALTHIER, STRONGER, FITTER?

www.fourhourbodycouple.com



Kat
Fat loss, energy and mental health

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

[Check out the book](#)

Please read the book carefully for contraindications, warnings and guidelines.

• 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

[PAGG - 4 tablets vs 17 tablets per day -](#)

www.fourhourbodycouple.com/link/PAGG/

[More Cheat Sheets, Meal Ideas with Photos, Food Diary, Blog at](#)
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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, stop, 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

Please read the book carefully for contraindications, warnings and guidelines.

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First Workout:

- 1/ Pick Weight
- 2/ Do 5 reps (1/3 cadence)
- 3/ 1 min rest
- 4/ Up weight 10lbs or 10% (the lesser)
- 5/ Attempt again
- 6/ Repeat until fail before 5 reps
- 7/ Calc 70% of last full set (60% on shoulder press)
- 8/ Wait 3 mins
- 9/ Do 5/5 cadence set to fail

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