



WEIGHT LOSS BLUEPRINT

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DISCLAIMER

This blueprint is for educational and informational purposes only and is not intended to diagnose, treat, or cure any disease. Consult your physician or qualified healthcare provider before beginning any nutrition or exercise program, especially if you have medical conditions, cardiovascular disease, diabetes, metabolic disorders, orthopedic limitations, or are taking medications.

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01

INTRODUCTION

The goal of this blueprint is not simply to help you lose weight.

The goal is to help you improve body composition, increase energy, preserve lean muscle, improve metabolic health, and create a sustainable lifestyle that supports long-term performance and healthy aging.

Most weight loss programs fail because they focus only on eating less and moving more.

The Ageless Performance Project approach focuses on:

THE AGELESS PERFORMANCE PROJECT APPROACH FOCUSES ON:



**PRESERVING
MUSCLE**



**IMPROVING INSULIN
SENSITIVITY**



**OPTIMIZING
METABOLISM**



**STIMULATING ALL
THREE ENERGY
SYSTEMS**



**INCREASING
MITOCHONDRIAL
EFFICIENCY**



**IMPROVING
RECOVERY**



**SUPPORTING
HORMONAL HEALTH**



THIS BLUEPRINT COMBINES EVIDENCE-BASED PRINCIPLES FROM:



**INTERMITTENT
FASTING**



CARB CYCLING



**MACROS-BASED
NUTRITION**



RESISTANCE TRAINING



ZONE 2 CARDIO



**HIIT
CONDITIONING**



**ENERGY SYSTEM
DEVELOPMENT**

02

THE SCIENCE OF FAT LOSS

Fat loss occurs when the body is in a calorie deficit over time.

However, the **QUALITY** of the weight lost matters.

A POOR PROGRAM CAN LEAD TO:



MUSCLE LOSS



LOW ENERGY



REDUCED
METABOLISM



INCREASED CRAVINGS



HORMONAL
DECLINE



WEIGHT REGAIN

A PROPERLY DESIGNED FAT LOSS PROGRAM SHOULD:



**PRESERVE
LEAN MUSCLE**



**INCREASE
METABOLIC EFFICIENCY**



**IMPROVE
INSULIN SENSITIVITY**



**MAINTAIN
PERFORMANCE**



SUPPORT RECOVERY

THE PRIMARY DRIVERS OF SUCCESSFUL FAT LOSS INCLUDE:



CALORIE DEFICIT

You must burn more calories than you consume consistently over time.



PROTEIN INTAKE

Adequate protein helps preserve lean muscle while dieting.



RESISTANCE TRAINING

Weight lifting signals the body to retain muscle.



CARDIOVASCULAR CONDITIONING

Proper cardio improves calorie expenditure and metabolic flexibility.



RECOVERY

Sleep and stress management directly impact fat loss hormones.

03

BUILDING YOUR METABOLISM

YOUR METABOLISM IS INFLUENCED BY:



LEAN MUSCLE MASS



ACTIVITY LEVELS



HORMONAL FUNCTION



SLEEP QUALITY



NUTRITION QUALITY



MITOCHONDRIAL
EFFICIENCY

WAYS TO INCREASE METABOLIC EFFICIENCY



1. RESISTANCE TRAINING

Muscle tissue increases resting metabolic rate.



2. HIGH PROTEIN INTAKE

Protein has a higher thermic effect than carbohydrates or fats.



3. ZONE 2 CARDIO

Improves mitochondrial density and fat utilization.



4. HIIT

Improves insulin sensitivity, reduces visceral fat, and increases post-exercise oxygen consumption resulting in additional calorie burn.



5. SLEEP OPTIMIZATION

Poor sleep negatively affects cortisol, insulin sensitivity, hunger hormones, and recovery.



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INTERMITTENT FASTING PRINCIPLES

Intermittent fasting is a meal timing strategy designed to improve calorie control, metabolic flexibility, insulin sensitivity, and adherence.

COMMON INTERMITTENT FASTING PROTOCOLS



12:12

12-hour fast,
12-hour eating
window.

Best for
beginners.



14:10

14-hour fast,
10-hour eating
window.

Good transition
phase.



16:08

16-hour fast,
8-hour eating
window.

Most popular
fat loss
protocol.



18:06

18-hour fast,
6-hour eating
window.

More
advanced.

BENEFITS OF INTERMITTENT FASTING

Potential benefits may include:



**EASIER CALORIE
CONTROL**



**IMPROVED INSULIN
SENSITIVITY**



REDUCED SNACKING



**INCREASED FAT
OXIDATION**

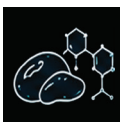


**IMPROVED APPETITE
REGULATION**



**INCREASED DIETARY
ADHERENCE**

BEST PRACTICES FOR INTERMITTENT FASTING



PRIORITIZE PROTEIN

Ensure adequate protein intake during the feeding window.



STAY HYDRATED

Consume water and electrolytes consistently.



AVOID BINGE EATING

Fasting is not permission to overeat.



TRAIN INTELLIGENTLY

Some individuals perform well training fasted, while others perform better with pre-workout nutrition.



START GRADUALLY

Do not jump immediately into aggressive fasting windows.

05

CARB CYCLING FOR FAT LOSS

Carb cycling alternates carbohydrate intake based on activity levels and training demands.

THE GOAL IS TO:



IMPROVE INSULIN
SENSITIVITY



SUPPORT
PERFORMANCE



ENHANCE RECOVERY



IMPROVE FAT
UTILIZATION



REDUCE DIETARY
MONOTONY

HIGH CARB DAYS

Used on:

- Heavy training days
- Leg days
- HIIT days

Benefits:

- Glycogen replenishment
- Performance support
- Recovery enhancement

MODERATE CARB DAYS

Used on:

- Moderate training days
- Upper body sessions

LOW CARB DAYS

Used on:

- Rest days
- Recovery days
- Zone 2 cardio days

Benefits:

- Improved fat oxidation
- Easier calorie control



SAMPLE CARB CYCLING STRUCTURE

DAY	TRAINING	CARB INTAKE
Monday	 HEAVY LOWER BODY	HIGH
Tuesday	 UPPER BODY	MODERATE
Wednesday	 ZONE 2 + RECOVERY	LOW
Thursday	 HIIT + FULL BODY	HIGH
Friday	 UPPER BODY	MODERATE
Saturday	 ZONE 2	LOW
Sunday	 RECOVERY	LOW



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MACROS EATING FOR WEIGHT LOSS

MACROS REFERS TO THE THREE PRIMARY MACRONUTRIENTS:



PROTEIN



CARBOHYDRATES



FATS



PROTEIN

Protein is critical for:

- Muscle preservation
- Recovery
- Satiety
- Metabolism



RECOMMENDED INTAKE

Approximately 0.8–1.0 grams per pound of goal body weight.

EXAMPLES:

GOAL WEIGHT	PROTEIN TARGET
150 lbs	105–150 g
180 lbs	126–180 g
220 lbs	154–220 g



CARBOHYDRATES

Carbohydrates support:

- Performance
- Recovery
- Glycogen replenishment
- HIIT training



Focus on:

- Rice
- Oats
- Potatoes
- Sweet potatoes
- Fruit
- Vegetables



HEALTHY FATS

Healthy fats support:

- Hormone production
- Brain function
- Recovery
- Satiety

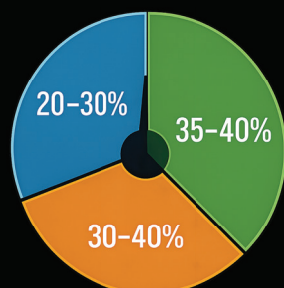


Good Sources

- Avocados
- Olive oil
- Nuts
- Salmon
- Eggs

EXAMPLE FAT LOSS MACRO SPLIT

MODERATE DEFICIT



- **Protein:** 35–40%
- **Carbohydrates:** 30–40%
- **Fat:** 20–30%

EXAMPLE DAILY MACROS

2,000 CALORIES

Macro	Amount
 PROTEIN	180 g
 CARBS	150 g
 FAT	55 g

07

UNDERSTANDING THE THREE ENERGY SYSTEMS

The body uses three primary energy systems for activity.

A complete fat loss and performance program should train all three.

1.

ATP-PC (PHOSPHAGEN) SYSTEM — BURNS THE **MOST** CALORIES IN A GIVEN TIME FRAME.



EXAMPLES

- Sprint starts
- Heavy lifting
- Explosive jumps
- Olympic lifts

DURATION



0–10
SECONDS

PRIMARY FUEL



Stored ATP
and
phosphocreatine



TRAINING METHODS

- Heavy compound lifts
- Short sprints
- Plyometrics

2.

GLYCOLYTIC SYSTEM —

BURNS THE **SECOND MOST** CALORIES IN A GIVEN TIME FRAME.



EXAMPLES

- HIIT circuits
- Rowing intervals
- Kettlebell circuits
- Battle ropes

DURATION



30 SECONDS TO
APPROXIMATELY 2
MINUTES

PRIMARY FUEL



Stored
carbohydrates
(glycogen)



TRAINING METHODS

- Moderate duration intervals
- Circuit training
- Metabolic conditioning

3.

OXIDATIVE (AEROBIC) SYSTEM —

BURNS THE **LEAST** AMOUNT OF CALORIES OF ALL THREE ENERGY SYSTEMS.



EXAMPLES

- Walking
- Jogging
- Zone 2 cardio
- Cycling

DURATION



LONG-DURATION
ACTIVITY

PRIMARY FUEL



Fat and
carbohydrates



TRAINING METHODS

- Zone 2 cardio
- Longer endurance work
- Recovery conditioning

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WEIGHT TRAINING FOR FAT LOSS

Resistance training is the foundation of body recomposition.



The goal is **NOT** simply to burn calories.



The goal is to **preserve or build lean muscle** while reducing body fat.



BENEFITS OF WEIGHT TRAINING



INCREASED METABOLIC RATE



IMPROVED INSULIN SENSITIVITY



INCREASED LEAN MUSCLE



IMPROVED POSTURE



BETTER FUNCTIONAL MOVEMENT



IMPROVED BONE DENSITY

BEST EXERCISES FOR FAT LOSS

LOWER BODY



- Squats
- Romanian deadlifts
- Lunges
- Leg press
- Step-ups

UPPER BODY PUSH



- Bench press
- Dumbbell press
- Shoulder press
- Push-ups

UPPER BODY PULL



- Rows
- Pull-downs
- Pull-ups
- Face pulls

CORE



- Planks
- Hanging knee raises
- Cable rotations
- Farmer carries

RECOMMENDED TRAINING GUIDELINES



STRENGTH FOCUS

- 4–6 reps
- Longer rest periods
- Heavy loads



STRENGTH FOCUS

- 8–12 reps
- Moderate rest periods



METABOLIC CONDITIONING

- 12–20 reps
- Short rest periods
- Circuit format

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ZONE 2 CARDIO

Zone 2 cardio refers to moderate intensity aerobic training **(60-70% of maximum heart rate)**.



This intensity typically allows you to carry on a conversation while exercising.

POTENTIAL BENEFITS OF ZONE 2



Improved mitochondrial density



Increased fat oxidation



Improved cardiovascular health



Improved recovery capacity



Increased aerobic efficiency

EXAMPLES OF ZONE 2 TRAINING



Brisk walking



Incline treadmill walking



Cycling



Rowing



Swimming



RECOMMENDED DURATION



30–60
MINUTES



2–5
SESSIONS PER WEEK

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HIGH INTENSITY INTERVAL TRAINING (HIIT)

HIIT alternates short periods of high intensity work with recovery periods.

POTENTIAL BENEFITS

- Improved insulin sensitivity
- Reduced visceral (belly) fat
- Increased VO2 max
- Improved cardiovascular health
- Improves mitochondrial function
- Increase anaerobic and aerobic capacity
- Burns more calories
- Increased post
- Exercise calorie burn
- Improved glucose control
- Improves athletic performance



HIIT EXAMPLES

SPRINT INTERVALS



- 20-second sprint
- 100-second recovery
- Repeat 8 rounds

ROWING INTERVALS



- 30 seconds hard
- 90 seconds easy
- Repeat 10 rounds

BIKE INTERVALS



- 15 seconds all out
- 45 seconds recovery
- Repeat 12 rounds

HIIT GUIDELINES



- 1–2 SESSIONS PER WEEK
- AVOID EXCESSIVE HIIT VOLUME
- RECOVERY MATTERS



TOO MUCH HIIT COMBINED WITH POOR RECOVERY CAN NEGATIVELY AFFECT PERFORMANCE AND ADHERENCE.

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WEEKLY TRAINING SPLITS

OPTION 1

BEGINNER SPLIT

MON	TUE	WED	THU	FRI	SAT	SUN
						
Full Body Strength + Zone 2	Walking or Recovery	Upper Body + HIIT	Zone 2 Cardio	Lower Body Strength	Zone 2 Cardio	Recovery

OPTION 2

INTERMEDIATE SPLIT

MON	TUE	WED	THU	FRI	SAT	SUN
						
Lower Body Strength	Upper Body Push + Zone 2	HIIT Conditioning	Upper Body Pull	Lower Body Hypertrophy	Zone 2 Cardio	Recovery

OPTION 3

ADVANCED ENERGY SYSTEM SPLIT

MON	TUE	WED	THU	FRI	SAT	SUN
						
ATP-PC Power Training	Zone 2 Cardio	Glycolytic HIIT Training	Upper Body Strength	Lower Body Strength + Sprints	Long Zone 2 Session	Recovery and Mobility

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SAMPLE WORKOUTS



WORKOUT 1 – FULL BODY STRENGTH



Squats
4 sets x 6 reps



Dumbbell Bench Press
4 sets x 8 reps



Romanian Deadlifts
3 sets x 10 reps



Seated Rows
3 sets x 10 reps



Walking Lunges
3 sets x 12 reps



Planks
3 sets x 45 seconds



WORKOUT 2 — HIIT CIRCUIT

PERFORM 4 ROUNDS:



30 seconds kettlebell swings



30 seconds battle ropes



30 seconds burpees



30 seconds rower sprint



Rest 2 minutes



WORKOUT 3 — ZONE 2 SESSION



INCLINE TREADMILL WALK

**45 minutes at
conversational pace.**



WORKOUT 4 —

ATP-PC POWER SESSION



Box Jumps
5 sets x 3 reps



Heavy Deadlifts
5 sets x 3 reps



Sled Pushes
6 rounds x 10 seconds



Med Ball Slams
4 sets x 5 reps





WORKOUT 5 —

GLYCOLYTIC CONDITIONING



ASSAULT BIKE



80 SECONDS RECOVERY



40 SECONDS HARD



REPEAT 10 ROUNDS.

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RECOVERY AND SLEEP

Recovery is one of the most overlooked aspects of fat loss.

POOR RECOVERY NEGATIVELY IMPACTS:



CORTISOL



HUNGER HORMONES



TESTOSTERONE



RECOVERY CAPACITY



TRAINING
PERFORMANCE



INSULIN SENSITIVITY





SLEEP RECOMMENDATIONS

AIM FOR



7–9 hours nightly



Consistent sleep schedule



Cool sleeping environment



Reduced screen exposure before bed



RECOVERY STRATEGIES



Walking



Mobility work



Stretching



Hydration



Stress management



Deload weeks

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SUPPLEMENT CONSIDERATIONS



Supplements should **SUPPORT** the foundation, not replace it.

COMMON EVIDENCE-BASED SUPPLEMENTS



PROTEIN POWDER

Helps support protein intake.



CREATINE MONOHYDRATE

Supports strength, power, and lean muscle.



ELECTROLYTES

Helpful during fasting and cardio.



OMEGA-3 FATTY ACIDS

Supports cardiovascular and recovery health.



CAFFEINE

May improve performance and training intensity.



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FAT LOSS MISTAKES TO AVOID

01



MISTAKE #1: EXCESSIVE CARDIO

Too much cardio without resistance training can contribute to muscle loss.

02



MISTAKE #2: INADEQUATE PROTEIN

Low protein intake increases the risk of losing lean muscle.

03



MISTAKE #3: STARVING YOURSELF

Extreme calorie deficits often reduce adherence, reduce performance, and can lower basal metabolic rate.

04



MISTAKE #4: IGNORING RECOVERY

Poor sleep and recovery impair results.

05



MISTAKE #5: DOING RANDOM WORKOUTS

Your training should have structure and progression.



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SUSTAINABLE LONG-TERM RESULTS



THE BEST PROGRAM

is the one you can maintain **consistently**.



SUSTAINABILITY

matters more than **perfection**.



THE GOAL IS NOT

temporary **weight loss**.



THE GOAL IS

long-term metabolic **health** and **performance**.



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30-DAY FAT LOSS ACTION PLAN



WEEK 1



- Begin 12:12 fasting



- Track macros



- Lift weights 3x weekly



- Zone 2 cardio 2x weekly



WEEK 2



- Increase fasting to 14:10

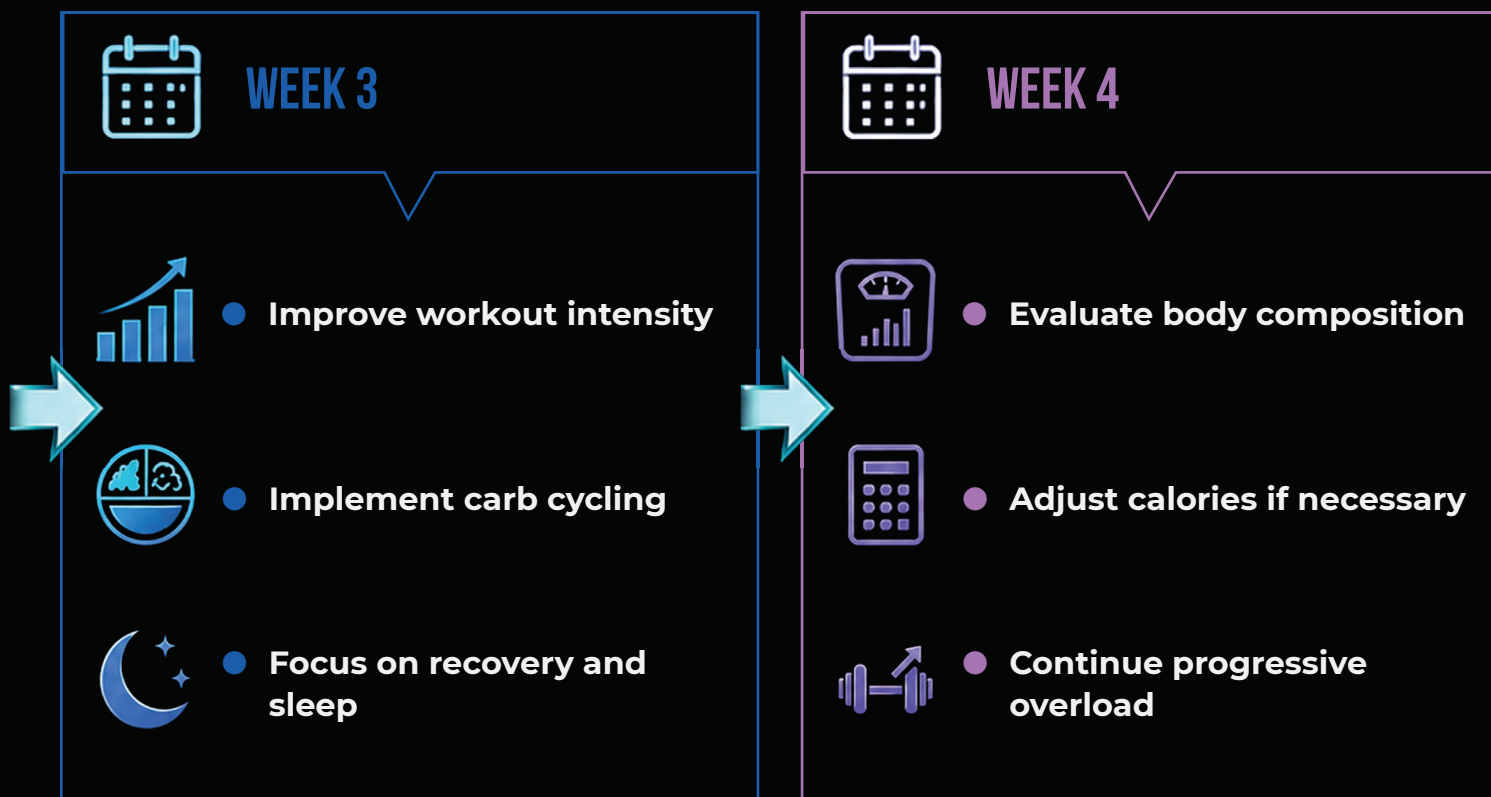


- Add one HIIT session



- Increase daily steps





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FINAL THOUGHTS

Successful fat loss requires more than motivation.

IT REQUIRES:



• **STRUCTURE**



• **RECOVERY**



• **ADEQUATE PROTEIN**



• **CONSISTENCY**



• **PROGRESSIVE TRAINING**



• **METABOLIC CONDITIONING**



• **LONG-TERM THINKING**



THE AGELESS PERFORMANCE PROJECT PHILOSOPHY IS SIMPLE:



TRAIN FOR
PERFORMANCE.



EAT FOR RECOVERY.



RECOVER WITH
PURPOSE.



AGE WITH STRENGTH.

PERFORMANCE HAS NO EXPIRATION DATE™

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