

RicFit Guide to GETTING LEAN

In this funny and easy to read guide, I will give you **my best kept “secrets”** to getting as lean as you would like!

Let me start off by saying:

Getting lean is very simple

BUT

It DEFINITELY isn't very easy, and whoever tells you that it is easy, is probably trying to sell you something.



You will need to **SACRIFICE** many things, and be extremely **DISCIPLINED**, but if you truly want a lean chiseled physique, it will be worth it.

Before I go any further, if you're new here, let me introduce myself. *(oh yeah, and here's a douche photo of my 4 year transformation below)*



My name is Eric Friedlander, people call me Ric, Ricky, RicFit, DicFit, I don't know, whatever they call me, whether they are trying to offend me or befriend me, I laugh, because that's what life is all about!

I am 24 years old, originally from New York, but currently living somewhere in Europe looking for the next best place to plant myself to pursue my football love and passion for the next couple of months or years, who knows at this point, **I just go with the flow, and VIBE...**

My Story with Getting Lean:

Without going too far down that rabbit hole, let's get back to talking about how to get lean, and getting your abs to pop.

When I first started training, about 9 years ago, the only reason that I wanted to get lean and have abs was for the vanity reasons: **to look good for the girls, look good naked and to be able to take my shirt off any time I wanted to, and feel very good about it.**

Not that those egotistical reasons have changed in any way, but my goals have changed a little bit. **I like to remain lean for the performance benefit,** and for how it makes me feel.

No matter what part of the year it is, I feel best when I am lean (below 10% body fat).

I feel quicker on the field, much sharper in my thoughts, and overall, I feel much better and much more fit.

You Are You:

Though, as I always say, just because something works well for someone else, that doesn't mean that it will necessarily work well for you.

Therefore, I would like you to read over this Ebook, don't skip around, and skim around, read every single word, and take it in.

Try things out, and see what really makes you feel your best, because that's most important.

Online Coaching Clients:

After being in the industry for over 9 years and taking myself through various body transformations, I am absolutely blessed to be able to say that I have taken others through body transformations, and have helped them reach their goals.

One of my best friends from **Columbus, Ohio, Paolo Bucci**, joined my online coaching program when I first began, and after working with him for **3 months**, he achieved this:



That is not to say that everyone gets results this quickly. He is just a very dedicated, and disciplined dude, who gets what he wants when he puts his mind to it.

Another one of my friends, **Morgan McKim, from Ithaca, New York**, joined by online coaching program, and **after 4 months**, she achieved this:



Joe Pelletier from Texas worked with me for **6 months**, and I think his picture speaks for itself:



Biomechanics & Body Composition:

I would also like you to know that **body composition and body fat percentage have much less to do with performance than you really think.**

I mean, take guys like **Lionel Messi and Gonzalo Higuain** for example. They aren't super lean, but, they are still some of the **best footballers in the world.**

If they cleaned up their diet, and got down to single digit body fat, **I can guarantee their performance would increase**, but it's just not for them.

Maybe eating pizza, flan and dulce de leche makes them play better. To each his own!

All in all, at the end of the day, your biomechanics and **how you move is much more important!**

By that, I mean that you should **focus on correcting your posture and working on your mobility and corrective stretches** rather than **counting your macros.**

BUT, if you want to get to the top level, every little detail counts.



The Effect of Lower Body Fat on Performance

This is one factor that you can control as an individual.

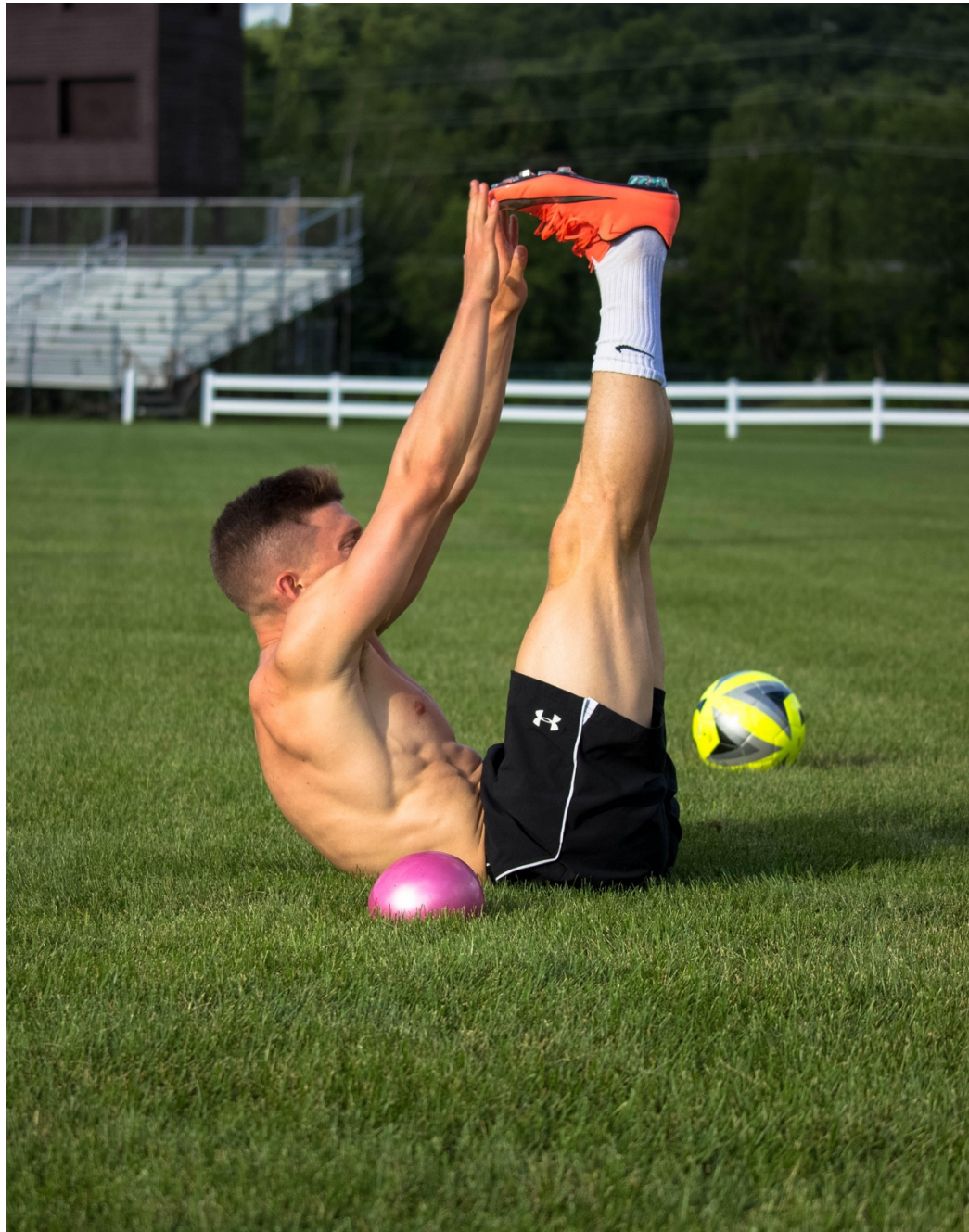
For me, if I can control a factor on my performance, it is golden! **You need to control what you can control, and everything else will fall into place at the right moment, and right time!**

Your body composition has a tremendous effect on your strength, endurance, power, speed, quickness, etc.

Excess body weight will slow you down.

Just imagine competing with a weight vest.

Though, this depends on your sport. I believe most people reading this are footballers, not American Football players. So, it has a large effect on your performance!



A Study in the Journal of Strength and Conditioning Research:

A recent study in the Journal of Strength and Conditioning Research by Collins et al (2014) evaluated the effects of body composition on pre-season performance testing in 54 collegiate-male field lacrosse players.

Each athlete participated in an identical 8-week pre-season strength and conditioning program.

Following the pre-season training, athletes underwent performance evaluations that included a **1 rep max power clean, body-weight bench press test for reps and parallel bar triceps dips to fatigue.**

Following a 3 hour break, the athletes were then tested on **anaerobic and aerobic conditioning via two 300 m shuttles and a 1 mile run,** respectively.

Body composition was evaluated in each individual via air displacement plethysmography (Bod-Pod).

The results showed that increased body fat levels were associated with poorer performance on both the aerobic and anaerobic conditioning tests.

In addition, higher body fat levels related to lower bodyweight endurance (triceps dips), but not for external resistance (bench press). Fat free mass was associated with a stronger 1RM power clean, but not with any of the other variables.

Reference:

Collins, S. M., Silberlicht, M., Perzinski, C., Smith, S., & Davidson, P. (2014). The Relationship between Body Composition and Preseason Performance Tests of Collegiate Male Lacrosse Players. *Journal of Strength and Conditioning Research*. Ahead of print.

Getting Lean Tips:

Besides telling your friend to make you laugh, and then take the picture, here are some of my tips for dropping body fat and getting leaner without having to laugh.

Before, you start reading, **you can take a deep breath and thank me later:**

I do not have my clients count calories and I definitely won't have you counting calories.

It is definitely a quick way to get lean, because **you can mathematically calculate it, and take in less calories than you burn**, which will cause you to be in a caloric deficit, which over time will help you lose weight.

You can do that, be my guest, but if you want to do it that way, I suggest that you stop reading.

Personally, I don't think it is the best way to get lean because it is not human-like.

If you have to constantly be adding up your calories, and weighing your food, and having your calculator out, you won't be able to actually enjoy your food.

Part of the equation is being able to enjoy your food, and not just stuff it down your mouth because it has a certain number of macros.

If you are stepping on stage next month, YES, you need to count calories for many months to get dialed in and reach a specific amount of body fat, but I don't think many reading this will be stepping on stage next month.

If you enjoy your food, and you start counting your nutrients, you will be able to get lean without having to make yourself crazy counting your macros.

1. Eat at least one serving of **VEGETABLES** at every meal.

The size of your fist

Vegetables are **low in calories, and full of micronutrients** (vitamins and minerals.)

They are also **loaded with fiber, which will make you more full**, and help out your digestive system.

You won't indulge as much during your meals.

Vegetables take up more room in your stomach. Therefore, **you won't overeat.**



2. Eat **LEAN PROTEIN** in every meal

My Favorites: poultry, beef, fish

Out of all the macronutrients, **protein is the most filling**. Therefore, the **more protein you eat, the less hungry you'll be**.

The **less hungry you are**; the **less likely you are to eat non nutritious food, and empty calories**.

Protein has the highest “thermic effect of food”- in order for your body to digest protein, it burns more calories than it does for the same amount of carbohydrates or fat. **The more protein you eat, the more calories your body will naturally burn**.

Protein is the only macronutrient that has the ability to build and maintain muscle. The more muscle you have, the more calories your burn at rest. Think long term here!



Here are my protein sources:

How much protein should you eat?

About 1 gram per pound of body weight

About your “palm-size” at each meal.

High Protein Foods		
Meat	Fish	Other
Chicken Breast	Tuna (Canned or Fresh)	Eggs, Egg Whites, Beaters
Ground Chicken, Turkey, Beef	Haddock	Greek Yogurt
Pork Tenderloin	Tilapia	Cottage Cheese
Rotisserie Chicken	Salmon	Protein Powders
Bison	Swordfish	Quest Bars
Beef Jerky	<u>Seabass</u>	
	Shrimp	

3. Eat HEALTHY FATS at each meal

My Favorites: almonds, pumpkin seeds, brazil nuts, walnuts, macadamia nuts, avocado, coconut & olive oil

-I use 1 tsp of coconut oil in my coffee instead of milk.

-Be warned, fats are very high in calories (9 calories/gram) and can be very easily overeaten.

General Rule of THUMB:

Men: (2 Thumb Sized Portions)

Women: (1 Thumb Sized Portion)



Why to Eat Them:

Fats are the most satiating nutrient.

Curbs hunger and cravings.

Balances your hormones.

Better brain function.

Better skin and eye health.



4. Eat FIBROUS RICH CARBS

Depending on activity level for the day.

Higher Intensity Days: Higher Carbohydrates

Lower Intensity Days: Less Carbohydrates

Stay away from fast-digesting carbohydrates that will spike your insulin level (candy, cookies, cakes)

My Favorites:

- Oatmeal
- Brown Rice
- Farro
- Sweet Potatoes
- Baked Potatoes
- Quinoa
- Corn



5. Drink **CALORIE-FREE BEVERAGES** only!

My Favorites:

Water

Tea

Coffee

Trying to Reduce Cravings?

Sugar Free Gum and some seltzer water will do the trick!



6. Eat SLOWLY & MINDFULLY

Sit down, chill for 10 minutes and enjoy your food instead of always being on the go.

If every time you put something in your mouth you were fully aware and fully present, you would most likely be able to decipher what is good for your body and what isn't so good for your body.

There is no rush.

Take a seat, turn off your smartphone and computer for a couple moments.

Engage in conversation.

Savor each bite.

Mindless eating leads to endless consumption and turns off key fullness signals.



7. Get 7-9 hours of GOOD QUALITY SLEEP.

Sleep Deprivation may be increasing your cravings and making you hungrier.

With less than 7 hours of sleep- your body changes the way it release certain hunger hormones, which can throw your mind and body off.

How to Improve Sleep:

Train regularly.

Increase exposure to Natural Sunlight (especially before it reaches 12 PM)

Eat at least 3 hours prior to bed time.

Shut off screens.

Consistent bed time routine.

Reduce stress.

Cut caffeine by 1 PM.



8. Do some type of **EXERCISE** you **ENJOY** each day

Play Football

Walk

Bike

Lift

Yoga

Dance

Jog



9. Do **SOMETHING FUN** on a daily basis & let your mind **RELAX!**

Sauna
Steam Room
Swim
Paint
Write
Draw
Meditate
Hot Tub



10. Cook at Home

Cooking at home is your best bet if you want to get lean.

You know what goes in your food, and you can be comfortable with all of the ingredients that you put into your meal.

When going out to eat, it is tough to really fully know all of the ingredients that the restaurant puts in your food.

Many restaurant chefs use a lot of added sugar, and added sweeteners to make the food taste better. This way you will want to go back to their restaurant more often.

Why do you think Asian food tastes so amazing?!



11. Make Fruit your Sweet Tooth Craving Controller

If you are craving something sweet, opt for fruit.

It is high in fiber, therefore, making you feel fuller, and it won't cause a rapid spike in blood sugar, like other sweet goods.

I find that after I eat fruit, my sweet tooth cravings are gone!

My Favorites:

Raspberries
Blueberries
Blackberries
Oranges
Grapefruits
Bananas



12. If you really need chocolate, make sure it is **DARK chocolate**

80% Cacao or Above

If fruit doesn't do the trick, and I am in the mood for chocolate, **I eat dark chocolate.**

Don't be mistaken, this doesn't taste anywhere as sweet as milk chocolate. It has a bitter taste, and the taste is definitely acquired one.

Not only does it taste fantastic, but there are **a ton of health benefits of dark chocolate:**

- Lots of antioxidants.
- Good for brain health
- Improves blood flow, and lowers blood pressure.
- Raises good cholesterol, lowers bad cholesterol.
- Reduces heart disease risk.
- Protects your skin against UV rays from the sun.



13. Use Condiments Low in Calories

My Favorites:

Mustard
Red Wine Vinegar
Hot Sauce
Pico De Gallo
Dijon Mustard
Soy Sauce
Greek Yogurt
Siracha
Olive Oil, Sea Salt, Lemon

If you are not careful, **you could be adding a ton of empty** calories, sugar, carbs and unnecessary fat into your diet without even knowing it.

Condiments make your food taste much better but dressings like **ranch and thousand island could be preventing you from getting lean.**

Start substituting Greek Yogurt for Ranch and Sour Cream.
Start subbing Olive Oil, Sea Salt and Lemon for Thousand Island.

You will see big time changes



14. Focus on Compound Lifts/Multi Joint Exercises

Deadlift
Squat
Lunge
Overhead Press
Bench Press

The more muscles you recruit, the more calories you will burn, the more muscle you will build.

The more muscle you build, the higher your BMR (basal metabolic rate will be), the more calories you will burn at rest.



15. Allow yourself to eat what you love once in a while

Consistency > Perfection

Consistency > Rigidity

It is okay once in a while to get off track and enjoy what you love.

The most important thing is to make sure you get right back on track the next meal, and don't let it be a downward spiral.



16. Be Patient & Think Long Term

The number one killer of an individual getting lean is there desire to get immediate results.

Immediate results aren't realistic.

Start making choices in the short term that will drastically effect your long term results, and I promise you, you will be happy with your results.

Time is your friend.

Consistency is your friend.

What's the rush anyways?



17. Enjoy the Journey!

Incremental Improvements each day lead to big time results.

Trust in the process.

Stick with it.



When Should You Eat?

This is personal preference.

Generally, listen to your body:

**Eat when you're hungry.
Stop eating when you're full.**

Stick to a **schedule that works for YOU!** Not a schedule that works for you dad, your uncle, your dog, your sister, FOR YOU, because it's your life and your body!

Though, when you have "your schedule"- try to stick with it, because your body likes routines, and it will start to get hungry at certain times of day.

After two weeks of a certain eating timing schedule; your body will start to adapt.



So What is the Best Meal Plan for Getting Lean?

The one that you enjoy.

The one that allows you to make consistent progress over time.

Not the STARVATION get lean meal plan.

The one that you can stick to forever.

The more you like your meal plan, the greater the ability you will have to stick with it and be consistent with it, and that's most important!



So, how do you construct your own meal plan?

Grab a cup of coffee, tea or water.

Grab a paper and pen or your laptop.

Take a couple of deep breaths.

Take the tips I wrote above, and construct your favorite way of going about your day and implementing those tips.

Take your time, this is important, don't rush!



Always Think Long Term > Short Term Quick Fixes

Create good, solid, foundational healthy habits

&

You will be lean in no time!

If you have questions, PLEASE do not hesitate to contact me!

Love You!

