

**CARB CYCLING PROGRAM**

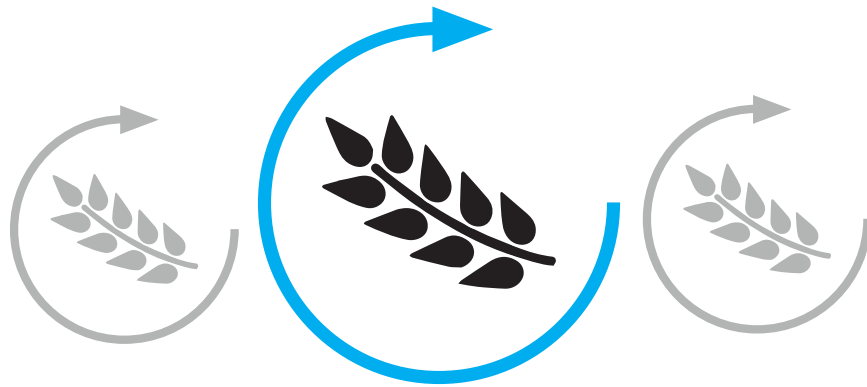
# **JAMES G.**

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**CARB CYCLING PROGRAM**



[youtube.com/JamesGrage](https://youtube.com/JamesGrage)



## **WHY CARB CYCLING:**

The benefit of Carb Cycling is to maximize fat loss without losing lean muscle mass. The premise of this program is cycling three days of close to no carbs, followed by three days of high carbs, before repeating the cycle. During the three days of low carbs, you're forcing your body to utilize stored body fat as fuel. After three days your body will start to enter a ketogenic state, where it'll efficiently utilize fat as a source of energy but can just as easily utilize proteins (aka: muscle) as fuel.

By stopping the low carbs after three days and reintroducing carbohydrates back into your diet, you are able to replenish your glycogen stores, allowing you to train harder and longer while keeping you in an anabolic state. Cycling back and forth allows you to systematically chip away at your body fat, getting leaner and leaner by the week, without sacrificing hard earned muscle.

## **THE LOW/HIGH CYCLE:**

You'll do three days in a row of low carbs (I try to keep my carbs under 50g/day). This is harder than it sounds because there are hidden carbs in most foods. I literally aim for zero carbs and end up landing around 50g. Almost all of those carbs are coming from fibrous carbs (not starchy carbs). It's ok to get a little more fat on these days, so I add in MCT oil to my diet. MCT (medium chain triglycerides) are a type of healthy fat that's easily used by your body as a source of energy. This will help you keep your energy up on low carb days and it'll also help train your body to burn stored body fat as fuel.

As you drop your carbs your body's glycogen levels will begin to drop. Glycogen holds 3-4 times its weight in water. If your stores of glycogen drop you begin to drop water. Here's why this fact matters: 1) Don't get scared that you're losing muscle when you drop 3-4lbs over the course of three days; it's mostly water. 2) When you drop water you also drop electrolytes. This can make you feel fatigued. Some call it the "low carb flu." So it's important you get good electrolytes on your low carb days. I use a powdered drink that I mix with my BCAAs. The BCAAs help keep you from entering a catabolic state, where your body will want to break proteins down for energy.

So what are some other things to expect? Well, in the gym you'll find it hard to get a good pump during your 2nd and 3rd day of low carb. This is from the lack of muscle glycogen. First day, you won't feel it because you'll have just come off three days of high carbs. Don't worry though, as soon as you hit your high carb days that muscle fullness will come back along with some good weight and pumps in the gym. But you'll have lost some of your stored body fat. The low carb days will help you utilize that stored fat as energy instead of the carbs that you consume. It's the benefits of a Ketogenic diet without the drawback. The disadvantage of a ketogenic diet is that once your body hits ketosis, usually after three days of low-carb, it's easy for your body to want to tap into muscle as a source of fuel (aka: catabolism). This is a bad thing for trying to maintain lean muscle.

**EXAMPLE: WEEK**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
LOW	LOW	LOW	HIGH	HIGH	HIGH

On low carb days, you're also going to drop your total calories by roughly half of your normal intake. I included a simple way that I calculate my macros and calories. You won't have to do complex BMR calculations. All you need to know is your total body weight. I've included examples of the calculations for both the high and low carb days, using a 170 male as an example.

On those low carb days, I'm bumping my fats up slightly but making sure they're from good sources - MCT's, omegas, and so on. Remember that our goal on low carb days is to train your body to utilize fats as an energy source. The higher fat will also help make you feel fuller, easing the hunger pangs from a low carb low calorie diet. On these days I've also lowered my protein slightly, because I don't want my body relying on excess protein as an energy source. I've included just enough protein to support lean muscle mass and avoid a catabolic state (remember to also supplement with your BCAA's).

On low carb days, I'm doing lighter weights with higher reps, because my energy levels are lower on those days. For cardio I do 20-25 min of low intensity steady state cardio to maximize fat loss without putting my body in a catabolic state. On high carb days I bring my total calories back to 100% by raising my carbs and protein. With the raise in those, I reduce my fats by 50% since my body will be utilizing the carbs as energy. The extra fat would likely get stored as energy reserves in the way of body fat. On these days I have more energy so I increase my weights, and total training volume. For cardio, I switch from steady state to HIIT to continue burning fat even on these days.

As you introduce the carbohydrates back into your diet, your muscles will begin to feel fuller from the increased glycogen and the associated hydration in the muscle cells. This is going to give you back your pumps in the gym and add a few pounds back on the scale. Don't worry though, that weight is just good water weight. To maximize the benefit of these high carb days, make sure you take your training up a level of intensity, compared to your low carb days. This is when you really want to blast your workouts.



# ***CARB CYCLING PROGRAM***

## ***6-DAY ROTATION***

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>
<b>CARBS</b>	<i>LOW</i>	<i>LOW</i>	<i>LOW</i>	<i>HIGH</i>	<i>HIGH</i>	<i>HIGH</i>
<b>CALORIES</b>	<i>50%</i>	<i>50%</i>	<i>50%</i>	<i>100%</i>	<i>100%</i>	<i>100%</i>
<b>TRAINING</b>	<i>HIGH REPS</i>	<i>HIGH REPS</i>	<i>HIGH REPS</i>	<i>HEAVIER VOLUME</i>	<i>HEAVIER VOLUME</i>	<i>HEAVIER VOLUME</i>
<b>CARB SOURCE</b>	<i>FIBROUS</i>	<i>FIBROUS</i>	<i>FIBROUS</i>	<i>STARCH</i>	<i>STARCH</i>	<i>STARCH</i>
<b>CARDIO</b>	<i>STEADY STATE</i>	<i>STEADY STATE</i>	<i>STEADY STATE</i>	<i>H.I.I.T</i>	<i>H.I.I.T</i>	<i>H.I.I.T</i>
<b>FATS</b>	<i>+MCT'S</i>	<i>+MCT'S</i>	<i>+MCT'S</i>	<i>LOW</i>	<i>LOW</i>	<i>LOW</i>

### ***Notes***

*Low Carb Days:*

*High Carb Days:*

# HIGH CARB DAYS

EXAMPLE: 170 LBS (TOTAL BODY WEIGHT)

## FAT LOSS

 X  =   
1g PROTEIN PER POUND BODY WEIGHT DAILY AMOUNT

**170g Protein**  
(680 CAL.)

## BUILD LEAN MUSCLE

 X  =   
1.5g PROTEIN PER POUND BODY WEIGHT DAILY AMOUNT

**255g Protein**  
(1,020 CAL.)

 X  =   
1.5g CARB PER POUND BODY WEIGHT DAILY AMOUNT

**255g Carb**  
(1,020 CAL.)

 X  =   
2g CARB PER POUND BODY WEIGHT DAILY AMOUNT

**340g Carbs**  
(1,360 CAL.)

 X  =   
.25g FAT PER POUND BODY WEIGHT DAILY AMOUNT

**42.5g Fat**  
(382.5 CAL.)

 X  =   
.25g FAT PER POUND BODY WEIGHT DAILY AMOUNT

**42.5g Fat**  
(382.5 CAL.)

2,082.5 CAL.

2,762.5 CAL.

# LOW CARB DAYS

**EXAMPLE: 170 LBS (TOTAL BODY WEIGHT)**

## FAT LOSS

 X  =   
.75g PROTEIN PER POUND BODY WEIGHT DAILY AMOUNT

**127.5g Protein**  
**(510 CAL.)**



**30g Carb**  
**(120 CAL.)**

 X  =   
0.5g FAT PER POUND BODY WEIGHT DAILY AMOUNT

**85g Fat**  
**(786 CAL.)**

**1,416 CAL.**

## BUILD LEAN MUSCLE

 X  =   
1g PROTEIN PER POUND BODY WEIGHT DAILY AMOUNT

**170g Protein**  
**(680 CAL.)**



**50g Carb**  
**(200 CAL.)**

 X  =   
0.5g FAT PER POUND BODY WEIGHT DAILY AMOUNT

**85g Fat**  
**(786 CAL.)**

**1,666 CAL.**