



JOE COSTELLO NWC



# ADVANCED SUPER SHRED PROGRAM

INCLUDES EXERCISE REGIMEN, DIET  
PLAN, & SUPPLEMENTATION GUIDE

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# THE COMPLETE SUPER SHRED GUIDE V3

## PART 1: SUPER SHRED EXERCISE REGIMEN

**Instructions:** Each day will require a low weight, high repetition weight lifting session. 5 out of the 7 days each week will include a High Intensity Interval Training (HIIT) session following the weight lifting routine.

My custom HIIT routine burns 9 times more fat than standard cardiovascular training by using what I call the Minute-to-Minute (MTM) technique. In the MTM technique, you divide each minute of the routine into one-part high intensity and one part zero intensity (complete rest – no movement whatsoever). How the minute is divided is dependent upon how fit you currently are.

For beginners, divide each minute into 20 seconds high intensity and 40 seconds of zero intensity. You can make adjustments from there based on whether this structure is too hard or too easy.

More advanced people can divide the minute into 40 seconds high intensity and 20 seconds of zero intensity. You can also make adjustments from there based on whether this structure is too hard or too easy.

Generally, shoot for about 30 minutes per HIIT session, and try to make sure you go for a minimum of 20 minutes. Remember, HIIT should always be completed AFTER your weightlifting routine.

### When Do I Exercise?

Since the **Complete Super Shred Guide** involves intermittent fasting, people can often get confused about when to workout. I believe the best time to workout is during your feeding phase about 1-2 hours after your first meal. The best way to go is fitting your workout in somewhere in between your two meals (Find all information about the diet plan in part 2).

## DAY 1 – UPPER PUSH: CHEST, SHOULDERS & TRICEPS FOLLOWED BY HIIT

Flat Barbell Bench Press: 3 x 15



Incline Barbell Bench Press: 3 x 15  
Military Press: 3 x 15  
Lateral Raises: 3 x 15  
Tricep Pushdowns: 3 x 15  
Tricep Rope Extensions: 3 x 15  
30 Minutes HIIT Minute-to-Minute Technique On Treadmill

## **DAY 2 – LOWER PUSH: QUADS, GLUTES, CALVES & CORE FOLLOWED BY HIIT**

Barbell Squat: 3 x 15  
Leg Press: 3 x 15  
Leg Extensions: 3 x 15  
Bodyweight Squats: 3 x 20  
Calf Raises: 3 x 20  
Cable Crunches: 3 x 20  
30 Minutes HIIT Minute-to-Minute Technique On Treadmill

## **DAY 3 – LOW INTENSITY CARDIO & STRETCH, NO HIIT**

Low Intensity 20-30 Minute Light Jog  
Thoroughly Stretch Sore Muscles To Ensure Growth

## **DAY 4 – UPPER PULL: BACK, BICEPS & DELTOIDS FOLLOWED BY HIIT**

Bent Over Row Underhand: 3 x 15  
Bent Over Row Overhand: 3 x 15  
Lat Pulldowns: 3 x 15  
Barbell Curls: 3 x 15  
Preacher Curls: 3 x 15  
Hammer Curls 3 x 15  
30 Minutes HIIT Minute-to-Minute Technique On Treadmill

## **DAY 5 – LOWER PULL: HAMSTRINGS FOLLOWED BY HIIT**

Deadlift: 5 x 15  
Straight Leg Deadlift: 5 x 15  
Leg Curls: 5 x 15  
30 Minutes HIIT Minute-to-Minute Technique On Treadmill



## **DAY 6 – THE SUPERHERO SIXPACK ROUTINE**

### **PHASE 1: THE INFERNO**

The first 100 reps are the phase of the routine I call “The Inferno” because of how on fire your abs will be after phase 1 is complete. Depending on how fit you are, you may not want to continue onto phase 2, but I suggest you complete phase 2 if you think you can handle it.

Note that you are NOT expected to complete all 50 reps of these two exercises without stopping for breaks. All you have to do is complete the 100 total reps at your own pace. With that being said, the faster you complete the 100 reps, the better. Here’s Phase 1...

50 Cable Crunches  
50 Decline Bench Sit Ups

**\*60 SECONDS OF REST, THEN IMMEDIATELY MOVE ON TO PHASE 2 (IF YOU CAN)\***

### **PHASE 2: THE BURNOUT**

**\*COMPLETE THE FOLLOWING 100 REPS IN A ROW WITH NO REST\***

20 Straight Leg Sit Ups  
20 Bicycle Crunches  
20 Reverse Crunches  
20 Toe Touch Crunches  
20 Jack Knives

**\*REST FOR 5 MINUTES, THEN COMPLETE PHASE 3\***

### **PHASE 3: THE AFTERBURN**

20 Minutes HIIT Minute-to-Minute Technique On Treadmill

**\*SUPERHERO SIXPACK ROUTINE COMPLETE\***

## **DAY 7 – REST**

Full Rest Day – No Routine

**\*REPEAT THIS 7 DAY ROUTINE EVERY WEEK\***



## **PART 2: SUPER SHRED INTERMITTENT FASTING DIET PLAN**

The Complete Super Shred Guide requires intermittent fasting for maximum results. Intermittent fasting has been shown to increase testosterone levels by up to 180%. Moreover, it has even been proven to allow your body to produce 5 TIMES more human growth hormone. This combination of naturally stimulated testosterone boosting and HGH spiking is able to effectively maximize fat loss and lean muscle production simultaneously. Here's how my personalized intermittent fasting plan works...

**Instructions:** Every day, you spend 16 out of the 24 hours fasting. That means no food whatsoever. This is called your fasting window. Then, you get an 8 hour feeding phase in which you can eat two large meals. Since most people wake up around 8AM, the feeding phase is typically from 3PM-11PM, but you can customize your 8 hour feeding phase however it fits best with your schedule as long as the total time spent fasting equals 16 hours every day. Here's how you're able to burn so much fat by following my 16-hour fast regimen...

**The Science:** During your fasting period, you reach extremely low insulin levels. The more time you spend in this low insulin state, the more fat you're able to mobilize and burn off, especially from stubborn areas like your stomach and love handles. This is why I recommend a 16 hour fasting period as opposed to what most people recommend, which is only a 12-14 hour fasting period.

### **7 Tips For Making It Through Your 16 Hour Fasting Window**

So now that you know how it works, you're probably thinking, how am I supposed to make it through 16 hours without eating any food? Well, it's actually much easier than it sounds if you do everything right. Remember, you'll spend half of those 16 hours asleep, which means you only need to get through 8 hours of fasting while awake. Here are 7 tips to help get you through your fasting phase...

**Fasting Window Tip #1:** Drink black coffee! I know what you're thinking, that sounds like a pretty basic tip, but let me explain why it's absolutely crucial if you're going to succeed with intermittent fasting. First off, black coffee is an extremely powerful appetite suppressant. BUT, more importantly, coffee contains high amounts of Peptide YY, which is literally a satiation hormone. Therefore, by drinking black coffee, you are effectively signaling to your brain that you're not hungry. Your brain is obviously thinking you're hungry since you've been starving yourself, but through the consumption of peptide YY, you're able to trick your brain that you're



not hungry, and you no longer FEEL hunger as a result.

**Fasting Window Tip #2:** Drink green tea. Green tea contains a high concentration of what's called EGCG (epigallocatechin gallate), which increases your body's levels of cholecystokinin, thereby triggering the satiation response in your brain. Additionally, EGCG stimulates norepinephrine production. Norepinephrine is technically a catecholamine, which means it causes fat to be released and utilized as an energy source.

**Fasting Window Tip #3:** Drink apple cider vinegar because it contains acetic acid, which increases mineral uptake in your body. Since you're fasting, you're not taking in calories, which means you are also not taking in minerals, and that can be bad. However, through acetic acid, you are able to effectively utilize minerals that you took in from previous meals, thereby upping your mineral intake without increasing your calorie intake.

**Fasting Window Tip #4:** Drink sparkling water to curb your appetite. It has been scientifically proven to suppress hunger.

**Fasting Window Tip #5:** Make sure you get 8 hours of sleep every night. Studies have shown that if you don't get 8 hours, you wake up 25% hungrier.

**Fasting Window Tip #6:** At the end of your feeding phase, consume a lot of fiber. This will help you feel full for a much longer period of time.

**Fasting Window Tip #7:** Do NOT forget to drink lots of water during your fasting window. Clinical studies have shown that water triggers the same satiation mechanisms as food within your body. In other words, drinking water makes you feel full in the same way that eating food does. You obviously won't feel as full as you do after eating, but drinking lots of water really helps in a major way.

Below, you will find a grocery list and meal plan that gives you 30 examples of each type of meal (breakfast & dinner) that you can eat during your feeding phase. You can eat 3 meals if you must, but for best results, I recommend sticking to my 2 meals per day plan.

### **Super Shred Grocery List – What You'll Need To Follow The Meal Plan**

#### **Breakfast List:**

- Large Brown Eggs
- Peanut Butter
- Bananas



- Greek Yogurt
- Blueberries
- Spinach
- Avocado

#### **Dinner List:**

- Boneless Chicken Breast
- Salmon
- Tilapia
- Sirloin Steak
- Tuna Steak
- Turkey Meatballs
- Pork Steak
- Cod
- Meatloaf
- Broccoli
- Asparagus
- Spinach

#### **General Rules For Macronutrient Distribution**

Counting macros is not required, but if you want to be exact and scientific about the way you do things, it's something you may want to consider. With that being said, there is no need to count macros if you simply follow the meal plan below. If you choose to count macros, your breakdown should look like this...

20% Carbohydrates

40% Protein

30% Fat

#### **Super Shred Feeding Phase Breakfast Meals – 30 Day Plan (Repeat Each Month)**

**Meal #1:** 2 Large Eggs Boiled, 1 Slice Wheat Toast With Avocado, 1 Protein Shake

**Meal #2:** 1 Peanut Butter & Banana Sandwich On 1 Slice Wheat Toast, 1 Cup Greek Yogurt, 1 Protein Shake

**Meal #3:** 1 Cup Blueberries Raw, 1 Cup Greek Yogurt, 1 Protein Shake



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- Meal #4:** 2 Large Eggs Hard Boiled, 1 Slice Toast W/ Avocado Spread, 1 Protein Shake
- Meal #5:** 2 Bananas, 1 Cup Blueberries, 1 Cup Greek Yogurt, 1 Protein Shake
- Meal #6:** 2 Scrambled Eggs, 1 Banana, 1 Protein Shake
- Meal #7:** 2 Large Eggs Hard Boiled, 1 Cup Greek Yogurt, 1 Protein Shake
- Meal #8:** 1 Peanut Butter & Banana Sandwich, 1 Cup Blueberries Raw, 1 Protein Shake
- Meal #9:** 1 Omelet (3 Eggs, 1 Slice Cheese, ½ Cup Spinach), 1 Slice Toast W/ Avocado, 1 Protein Shake
- Meal #10:** 1 Cup Greek Yogurt, 1 Cup Blueberries Raw, 1 Protein Shake
- Meal #11:** 2 Large Eggs Boiled, 1 Slice Wheat Toast With Avocado, 1 Protein Shake
- Meal #12:** 1 Peanut Butter & Banana Sandwich On 1 Slice Wheat Toast, 1 Cup Greek Yogurt, 1 Protein Shake
- Meal #13:** 1 Packet Instant Oatmeal, 1 Cup Blueberries Raw, 1 Cup Greek Yogurt, 1 Protein Shake
- Meal #14:** 2 Large Eggs Hard Boiled, 1 Slice Toast W/ Avocado Spread, 1 Protein Shake
- Meal #15:** 2 Bananas, 1 Cup Blueberries, 1 Cup Greek Yogurt, 1 Protein Shake
- Meal #16:** 2 Scrambled Eggs, 1 Banana, 1 Protein Shake
- Meal #17:** 2 Large Eggs Hard Boiled, 1 Cup Greek Yogurt, 1 Protein Shake
- Meal #18:** 1 Peanut Butter & Banana Sandwich, 1 Cup Blueberries Raw, 1 Protein Shake
- Meal #19:** 1 Omelet (3 Eggs, 1 Slice Cheese, ½ Cup Spinach), 1 Slice Toast W/ Avocado, 1 Protein Shake
- Meal #20:** 1 Cup Greek Yogurt, 1 Cup Blueberries Raw, 1 Protein Shake
- Meal #21:** 2 Large Eggs Boiled, 1 Slice Wheat Toast With Avocado, 1 Protein Shake
- Meal #22:** 1 Peanut Butter & Banana Sandwich On 1 Slice Wheat Toast, 1 Cup Greek Yogurt, 1 Protein Shake
- Meal #23:** 1 Packet Instant Oatmeal, 1 Cup Blueberries Raw, 1 Cup Greek Yogurt, 1 Protein Shake
- Meal #24:** 2 Large Eggs Hard Boiled, 1 Slice Toast W/ Avocado Spread, 1 Protein Shake
- Meal #25:** 2 Bananas, 1 Cup Blueberries, 1 Cup Greek Yogurt, 1 Protein Shake
- Meal #26:** 2 Scrambled Eggs, 1 Banana, 1 Protein Shake
- Meal #27:** 2 Large Eggs Hard Boiled, 1 Cup Greek Yogurt, 1 Protein Shake
- Meal #28:** 1 Peanut Butter & Banana Sandwich, 1 Cup Blueberries Raw, 1 Protein Shake
- Meal #29:** 1 Omelet (3 Eggs, 1 Slice Cheese, ½ Cup Spinach), 1 Slice Toast W/ Avocado, 1 Protein Shake
- Meal #30:** 1 Cup Greek Yogurt, 1 Cup Blueberries Raw, 1 Protein Shake

**\*REPEAT\***





## **Super Shred Feeding Phase Dinner Meals – 30 Day Plan (Repeat Each Month)**

- Meal #1:** 8 Ounces Boneless Chicken Breast, 1 Cup Broccoli, 1 Protein Shake
- Meal #2:** 8 Ounces Salmon, 1 Cup Spinach, 1 Protein Shake
- Meal #3:** 8 Ounces Tilapia, 1 Cup Broccoli, 1 Protein Shake
- Meal #4:** 8 Ounces Sirloin Steak, 1 Cup Asparagus, 1 Protein Shake
- Meal #5:** 8 Ounces Turkey Meatballs, 1 Cup Broccoli, 1 Protein Shake
- Meal #6:** 8 Ounces Pork Steak, 1 Cup Spinach, 1 Protein Shake
- Meal #7:** 8 Ounces Cod, 1 Cup Broccoli, 1 Protein Shake
- Meal #8:** 8 Ounces Tuna Steak, 1 Cup Asparagus, 1 Protein Shake
- Meal #9:** 8 Ounces Meatloaf, 1 Cup Broccoli, 1 Protein Shake
- Meal #10:** 8 Ounces Turkey Meatballs, 1 Cup Spinach, 1 Protein Shake
- Meal #11:** 8 Ounces Boneless Chicken Breast, 1 Cup Broccoli, 1 Protein Shake
- Meal #12:** 8 Ounces Salmon, 1 Cup Spinach, 1 Protein Shake
- Meal #13:** 8 Ounces Tilapia, 1 Cup Broccoli, 1 Protein Shake
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- Meal #16:** 8 Ounces Pork Steak, 1 Cup Spinach, 1 Protein Shake
- Meal #17:** 8 Ounces Cod, 1 Cup Broccoli, 1 Protein Shake
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- Meal #26:** 8 Ounces Pork Steak, 1 Cup Spinach, 1 Protein Shake
- Meal #27:** 8 Ounces Cod, 1 Cup Broccoli, 1 Protein Shake
- Meal #28:** 8 Ounces Tuna Steak, 1 Cup Asparagus, 1 Protein Shake
- Meal #29:** 8 Ounces Meatloaf, 1 Cup Broccoli, 1 Protein Shake
- Meal #30:** 8 Ounces Turkey Meatballs, 1 Cup Spinach, 1 Protein Shake

## **PART 3: SUPER SHRED SUPPLEMENTATION GUIDE**



**IMPORTANT: SUPPLEMENTATION IS EXTREMELY CRUCIAL.** If you do not implement the supplementation guide, your results will be significantly less dramatic. Without proper supplementation, your body won't be able to keep up with the level at which you are training and performing when following the Complete Super Shred Guide.

## **REQUIRED SUPPLEMENTS: FAT BURNER, PROTEIN POWDER**

CALORIE EXPENDITURE MUST BE GREATER THAN CALORIE INTAKE. Exercise increases calorie expenditure, and improved diet decreases calorie intake...BUT, in my experience, the only way to increase calorie expenditure AND decrease calorie intake SIMULTANEOUSLY is through daily use of a fat burner. Therefore, in my eyes, **using a fat burner is a requirement.**

PROTEIN is what allows your muscles to recover, PROTEIN is what causes your muscles to grow, PROTEIN is what is primarily responsible for allowing you to replace the fat you burn with lean muscle, and it's nearly impossible to get enough protein from your diet. Therefore, in my eyes, **using protein powder is a requirement.**

## **My Pre-Workout Supplementation Routine**

**WHAT:** 1 Serving BurnerTEK Natural Fat Burner 30 Minutes Before My Workout

**WHY:** There is only one surefire approach to consistently decreasing your body fat percentage and losing weight on a daily basis, and that is ensuring your daily calorie intake is lower than your daily calorie expenditure. This can be very difficult to achieve without the use a fat burner. A high quality fat burner such as BurnerTEK accomplishes three different things for the user...

First, it spikes your metabolism and energy levels, which allows you to get the most out of your workouts and significantly increases your overall daily calorie expenditure. When your workouts are powered by an efficient fat burner, you are able to enhance your body's performance inside the gym like crazy.

Second, it decreases your daily calorie intake by tricking your body into feeling like it's full through the use of Glucomannan. BurnerTEK uses a heavy dose of Glucomannan, which is a very fibrous natural substance, in order to suppress your appetite and ultimately reduce your calorie intake.

Third, it increases the amount of calories your body is burning even outside of the gym through the use of thermogenic ingredients. When the process of thermogenesis is induced, your body



must expend a significant amount of calories in order to get its internal temperature back to its optimal level.

The combination of thermogenic ingredients, appetite suppressants, stimulants, and metabolism boosters is what makes BurnerTEK the best fat burner I've used in all my years of experimentation.

## **My Post-Workout Supplementation Routine**

**WHAT:** 1 Scoop Hydro Whey 100 Immediately After My Workout

**WHY:** Everybody knows it's important to use protein powder after you exercise for muscle growth and recovery, but most people will just use any protein powder they can get their hands on. People don't understand how important it is to make sure you're using the right protein powder.

Almost every protein powder on the market contains Whey Protein Concentrate (WPC) because it is the cheapest type of protein to use, but it's important to avoid using any protein powder that contains WPC. The WPC fat content is rather high, the purity level is low, and it does not absorb into the muscles rapidly. Before buying a protein powder, check the label for WPC. If you see it on there, do NOT buy that product!

The much more effective option is Whey Protein Isolate (WPI), which digests and absorbs much faster than concentrate. Plus, it is extremely pure and contains essentially no fat. The only way to create a protein powder that is even more pure, digests faster, and absorbs more rapidly, is by hydrolyzing WPI in order to create Whey Protein Hydrolysate (WPH), otherwise known as Hydrolyzed Whey Protein Isolate.

You will find that basically no protein powders on the market today use WPH, and that's because if they used it, they would make a lot less money. WPC and WPI are much cheaper to use than WPH, but WPH is far and away the most effective when it comes to producing faster muscle recovery and subsequent muscle growth.

The ideal protein powder would use 100% Pure Whey Protein Hydrolysate, which is something that didn't exist until late 2017 when TEK Naturals created Hydro Whey 100. I switched to Hydro Whey 100 ever since it came out as it is the purest protein powder on the market.



## **SPECIFIC RECOMMENDATIONS: BURNERTEK, HYDRO WHEY 100**

You don't have to pay for the Super Shred guide, but unfortunately, sports nutrition companies don't give anything away for free...supplements cost money. With that being said, I have provided you with as much information as possible about how to save money on the supplements (see the info below).

Below, you'll find the website where you can buy the protein powder and fat burner that I use. Make sure you use the code CFIT15 to save 15% on your order. This is the largest discount they currently offer. If you use the discount code, then the supplements aren't very expensive at all. Plus, you can get an even larger discount by utilizing one of my **Pro Tips** below. I personally recommend using **Pro Tip #1**, but either option will save you tons of cash.

**WEBSITE:** TEKNATURALS.COM

**SUPPLEMENTS:** BurnerTEK, Hydro Whey 100

**DISCOUNT CODE:** CFIT15 (SAVE 15% AT CHECKOUT)

## **PRO TIPS: HOW TO SAVE MORE MONEY ON SUPPLEMENTS**

### **PRO TIP #1: BUY IN BULK**

If you buy in bulk, they give you an enormous discount. As I said before, I personally recommend buying in bulk because you're always going to need these supplements for as long as you follow the Super Shred program, so I figure why not save some money by stocking up.

Plus, the combination of the discount you get from using the discount code AND buying in bulk allows you to save A LOT of money.

### **PRO TIP #2: AUTO-SHIP**

Luckily, the supplement has an auto-ship option, which is super convenient. Auto-ship means you get a fresh batch of supplements shipped to your door every month without you having to visit the website again or anything...they just automatically charge your card once a month.

When you sign up for auto-ship, you save 10% on the supplements. Therefore, if you use the 15% off discount code I gave you AND select the auto-ship option, you save 25%. That's a lot of money, and another upside of the auto-ship option is that you don't spend a lot of money at one time. You just get auto-charged a small amount every month. I still prefer buying in bulk, but if you don't have the money, auto-ship is a great option too.



### **Other Supplementation Tips**

As is stated in the meal plan, I recommend drinking a protein shake at the beginning and end of your feeding phase every day to really maximize your protein intake and help you take in less calories each time you eat. The protein shakes will also allow you to feel fuller for longer periods of time.

I personally drink 3 protein shakes per day: 1 at the beginning of my feeding phase with meal 1, 1 after my workout, and 1 at the end of my feeding phase with meal 2. Those 3 scoops of Hydro Whey 100 in combination with your daily serving of BurnerTEK is going to minimize general calorie intake, maximize protein intake, and ultimately transform your body into a real fat burning machine.

### **For More Supplementation Advice...**

If you have any more questions about what supplements to use, when to use them, why to use them, how to save money on them, or anything else at all, feel free to contact me directly via Instagram. Simply visit my Instagram page, follow me so that I can see your messages, and then direct message me with any questions you may have.

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