THE SKINNY FAT MANUAL
Hey! Welcome to the Skinny Fat Manual. In this guide you are going to learn how to go from the skinny fat physique to a lean and muscular physique.

You will learn how to set up both your training and diet optimally for the skinny fat type.

Make sure that you don’t miss a step in this manual! And before you get started, make sure you’re subscribed to my channel: YouTube.com/IronBuiltFitness where I’ll keep you up to speed on the best fat loss and muscle building tips for helping you transform your body.

LET’S GET STARTED!
Should you bulk or cut first?

This is the number 1 question that all guys starting out with the skinny fat physique has.

And my recommendation is to start with a cut first.

1. You should not start bulking until you are close to 10% body fat. If you can get lean before you start bulking, you will notice four major benefits:
2. You’ll look great while building your physique
3. Being lean allows for a sustained lean-bulk
4. You’ll put on more muscle and less fat during your bulk
5. Staying lean is healthy

How to set up your cutting phase

Step 1: Find Your Maintenance Calories

Here’s a Simple Maintenance Calories Formula that works exceptionally well:

\[ \text{Body Weight in pounds} \times 14-17 = \text{Estimated Daily Calorie Maintenance Level} \]

\[ \text{Body Weight in kilos} \times 31-37 = \text{Estimated Daily Calorie Maintenance Level} \]

You decide which number in the range you use to multiply with accordingly to your daily activity.

*If you’re mostly sedentary throughout your days, use the lower number.
*If you’re very active throughout your days, use the higher number.
*If you’re moderately active, pick a number in between. This will just be a preliminary number, and it doesn’t need to be perfect.

You will have to adjust your caloric intake later anyways, as you make progress.

**Step 2: Set Your Caloric Deficit**

Use a moderate caloric deficit of around:

15-20% below your maintenance calories you just calculated.

**Step 3 – Set Up Your Macros**

Protein: To maximize muscle protein synthesis (the muscle building process) both when cutting and lean-bulking, I recommend:

1.8 grams per kg of body weight or 0.8 grams per lb of bw per day

This intake is enough, as this will allow you to have more room for fat and carbs.

Fat: In order to maintain good hormonal balance, and be able to have tastier meals, I recommend that you eat:

30-35% of your total calories from fat

Carbs: To maximize strength training performance, testosterone production, and well-being a high intake of carbs are also very important. That’s why you want to keep
the fat intake at 35% max to give more room for carbs. I recommend that you eat:

*The remainder of your calories left after you’ve set protein and fat from carbs*

**Step 4 – Count Your Calories and Macros**

To count your calories and macros, weigh each food you intend to eat and then use an app like MyFitnessPal to track everything.

Your goal is to consistently hit your **calorie and protein targets**.

Carbs and fat can be within +/- 15-20 grams, as they’re not as important to hit perfectly.
If you want to go from skinny fat to ripped, then you MUST improve in the gym over time.

And here’s where people screw up:

They’re trying to train exclusively for size...

Unfortunately, this doesn’t work.

The reason is that muscle only grows for two reasons:

1. To produce more force – by increasing the size of the contractile tissue so it can lift heavier weights.
2. To improve endurance – by increasing the capacity to store glycogen around the muscle fibers.

As you can see, both training that increases strength and training that increases muscular endurance will lead to growth. As long as you’re improving overtime!

With that said though, for natural trainees and especially individuals with the skinny fat physique, training for strength in the 4-10 rep range is WAY better. So, that’s what we’re going to focus on!

**Why your goal is to improve relative strength**

Relative strength is a measurement of how strong you are on a certain lift compared to your own body weight. The better this ratio becomes, the more muscular you will be.

Below you will find the beginner and intermediate strength standards. If you reach these strength numbers,
on these lifts, compared to your body weight, you will look similar to the individuals in the images:

**Beginner Strength Standards**

- Bench Press = 6 reps - 1.2 x BW
- Overhead Press = 6 reps - 0.7 x BW
- Weighted Pull-ups = 6 reps - 30% of BW attached
- Squats = 6 reps - 1.5 x BW
- Deadlifts = 6 reps - 1.6 x BW
- ~10% BODY FAT

**Intermediate Strength Standards**

- Bench Press = 6 reps - 1.4 x BW
- Overhead Press = 6 reps - 0.85 x BW
- Weighted Pull-ups = 6 reps - 50% of BW attached
- Squats = 6 reps - 1.7 x BW
- Deadlifts = 6 reps - 1.85 x BW
- ~10% BODY FAT
The Beginner Workout Routine

If you’re a complete beginner, here’s the training routine I recommend that you use for your first 3-6 months (this routine should still be used if you’ve been training for longer than 3-6 months, but mostly done “pump” work with isolation exercises):

Workout A – Upper Body

- Bench Press – 5 sets of 4-6 reps
- Weighted Chins – 5 sets of 4-6 reps
- Standing Overhead Press – 3 sets of 6-8 reps
- Cable Rows – 3 sets of 6-8 reps
- Incline Dumbbell Bench Press – 3 sets of 6-8 reps

Workout B – Lower Body

- Barbell Squats – 5 sets of 4-6 reps
- Romanian Deadlift – 3 sets of 4-6 reps
- Leg Press – 5 sets of 6-8 reps
- Seated Calf Raises – 5 sets of 12-15 reps
And here’s how to progress and get stronger over time with this routine:

- Train 3 times per week on non-consecutive days. For example:
  - Monday – Workout A
  - Wednesday – Workout B
  - Friday – Workout A
  - Monday – Workout B
- Rest 3 minutes between sets. Except calf raises where you rest 1-2 minutes.
- When you hit the required reps for all sets, increase the weight with 2.5 kg (5 lbs) on all sets the following workout. If you lose a few reps on the upcoming workout, no worries. Your goal for the following workout is to add back the reps in those last sets so you can increase the weight once again.
- Use a lifting app or paper to track your progress.
• I started out with the skinny fat physique and decided to do something about it. During my first year, I lost 22 lbs of fat and gained 10 lbs of muscle.
• I now have more than 5 years of training and dieting experience.
• I’m a certified personal trainer and dieting consultant. I got my certifications here in Sweden by attending a 1-year study at one of our best schools for PTs in my country.
• I have helped hundreds of people transform their physique online via my website www.ironbuiltfitness.com, and I have also helped a lot of clients via my online PT service build the body of their dreams.
• And when I’m not coaching my clients or creating content – you can find me working out with my friends, hanging with my lovely girlfriend, playing some video games and watching every series between the sun and the moon (I love HBO!)
• Want to chat? Reach out to me on any platform @ironbuiltfitness or @niklaslampi