

HICKS PT

THE FAT TO LEAN BLUEPRINT

A Simple System To Lose Body Fat Without
Starving or Living in the Gym

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I lost 25kg when I stopped doing what everyone told me to do.

WHAT'S INSIDE THIS GUIDE

This isn't another generic fat loss plan.

This is a real-world system for busy men who:

- Feel stuck no matter how hard they train
- Start diets but can't stick to them
- Are tired of gaining weight every weekend
- Want to get lean without it taking over their life

What You'll Get:

- **The exact fasting method I used to lose 25kg**
 - **A simple meal structure (no calorie obsession)**
- **A 5-day gym plan to actually get lean**
- **The biggest mistakes keeping you stuck**
- **A daily system to guarantee progress**

Why Even Listen To Me?

I USED TO BE STUCK

AM WAS OVERWEIGHT, HIGH BODY FAT PERCENTAGE & TRAINED EVERY DAY

Training hard. Eating what I thought was "right."

Doing cardio. Tracking calories.

And still... nothing.

EVERYONE TOLD ME .

Eat breakfast. "Do more cardio."

"Track everything." So I did.

And I stayed the same.

Why This Blueprint Is Different

Built for real life (not fitness influencers)

- Designed for consistency, not perfection
- Focused on results you can actually maintain



THE FAT LOSS REALITY CHECK

• Let's be honest for a second...

If you're reading this, you've probably:

- Tried to "eat clean" but it didn't last
- Done cardio and seen little change
- Lost weight... then gained it back
- Blamed yourself for "lack of discipline"

Here's the truth:

You're not the problem.

The method you've been following is.

Most fitness advice is built for:

- People with loads of free time
- People who enjoy tracking everything
- People who don't live a normal life

You?

You need something simple.

Something structured.

Something that actually works long term.

THE 3 MISTAKES KEEPING YOU STUCK

✗ MISTAKE #1: YOU'RE EATING TOO OFTEN

Everyone tells you to eat 4–6 meals a day.

All that does?

Keeps you hungry.

Keeps insulin high.

Keeps fat loss slow.

The Fix:

Skip breakfast. Start fasting.

Give your body time to burn stored fat instead of constantly digesting food.

✗ MISTAKE #2: YOU RELY ON MOTIVATION

You start strong...

Then life happens.

Weekend hits.

You fall off.

The Fix:

Focus on compound movements, lower volume, higher intensity. Quality over quantity.

THE METHOD

THE METHOD I USED TO LOSE 25KG

Simple.

No fluff.

1. FASTUNTIL MIDDAY

- Black coffee / water in the morning
- No food until 12-1pm
- Let your body tap into fat stores

2-3 SOLID MEALS PER DAY

- High protein
- Real food
- No snacking all day

3. TRAIN 4-5 X PER WEEK

- Focus on weights
- Build muscle while losing fat

4. WALK DAILY

- 8-12k steps
- Easy fat loss accelerator

5. WEEKEND CONTROL (NOT RESTRICTION)

- Enjoy your life
- Just don't lose control

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GETTING YOU RESULTS

THE TRUTH ABOUT FASTING

WHY FASTING WORKS (AND WHY MOST PEOPLE GET IT WRONG)

Let's clear this up properly.

Fasting isn't a trend.

It's not a hack.

It's not some magic fat loss trick.

It's simply a tool.

But when used correctly?

It becomes one of the most powerful tools for fat loss, discipline, and control.

HERE'S WHAT'S ACTUALLY HAPPENING

When you eat all day...

Your body is constantly in a fed state

→ Digesting

→ Storing energy

→ Releasing insulin

Which means...

☞ You're rarely tapping into stored body fat

When you FAST:

You shift into a fasted state

And this is where things change.

🔥 THE REAL BENEFITS OF FASTING

1. YOU START BURNING STORED FAT

When insulin drops, your body has no choice...

It turns to stored fat for fuel.

This is the entire game.

Not more cardio.

Not starving yourself.

And it's what my clients use now.

👉 Just giving your body the time to actually burn fat.

2. YOU CONTROL HUNGER (NOT THE OTHER WAY ROUND)

Most people think:

"If I don't eat, I'll be starving."

Reality?

You're only hungry because you've trained your body to expect food every few hours.

Fasting resets that.

- Hunger becomes predictable
- Cravings drop massively
- You stop thinking about food all day

👉 You take back control

3. YOU SIMPLIFY EVERYTHING

No breakfast

No constant snacking

No overthinking meals

Just:

- Fast
- Eat
- Move on

This is why it works so well for busy people.

Less decisions = more consistency.

4. BETTER ENERGY & FOCUS

When you're not constantly digesting food:

- Energy becomes more stable
- No afternoon crashes
- Better focus during the day

Most people feel sharper, lighter, and more productive.

5. YOU NATURALLY EAT LESS (WITHOUT TRYING)

Here's the truth most people won't say:

Fat loss comes down to eating less over time

Fasting makes that happen naturally.

Instead of:

✗ 4–5 meals + snacks

You're eating

✓ 2–3 solid meals

No tracking obsession.

No restriction mindset.

Just structure.

⚠ WHERE PEOPLE MESS THIS UP

Fasting only works if you do this right.

Most people:

- Fast all day... then binge at night
- Undereat protein
- Eat like idiots on weekends
- Expect results in 3 days

That's not fasting.

That's poor discipline.

✓ HOW TO DO IT PROPERLY

Keep it simple:

- Fast until 12–1pm
- Break fast with a high-protein meal
- Eat 2–3 structured meals
- Stay consistent Monday–Friday
- Control weekends (don't ruin progress)

THE BOTTOM LINE

Fasting isn't magic.

But it gives you:

- ✓ Structure
- ✓ Control
- ✓ Simplicity

And those 3 things?

That's what actually gets results.

This is exactly what I used to lose 25kg.

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SIMPLE FAT LOSS MEAL STRUCTURE

MEAL 1 (BREAK FAST)

- Eggs + meat (chicken / steak / mince)
- Wrap / rice / potatoes
- Sauce for taste

MEAL 2 (MAIN MEAL)

- Protein (chicken, beef, turkey)
- Carbs (rice, pasta, potatoes)
- Something you actually enjoy

OPTIONAL SNACK

- Greek yogurt
- Protein bar
- Something quick + high protein

☞ No tracking obsession

☞ No "perfect diet"

☞ Just consistency



THE 7-DAY WORKOUT SCHEDULE

How to use this: Do this exact schedule for your first week. Rest days are just as important as training days. Track your reps each workout — try to beat them next week.

DAY 1: PUSH DAY

EXERCISE	SETS	REPS	REST
BENCH PRESS	3	15-20	90 sec
PINCLINE PRESS	3	8-12	90 sec
Dips	3	12-15	90 sec
Diamond Push-Ups	2	10-12	60 sec

DAY 2: PULL DAY

EXERCISE	SETS	REPS	REST
Pull-Ups (or rows)	3	6-10	2 min
Doorway Rows	3	12-15	90 sec
Reverse Snow Angels	3	10-12	60 sec

EXERCISE

SETS

REPS

REST

Dead Hang

3

30 sec

60 sec

DAY 3: LEG DAY

EXERCISE	SETS	REPS	REST
Bodyweight Squats	3	20-25	90 sec
Lunges	3	10 each leg	90 sec
Glute Bridges	3	15-20	60 sec
Calf Raises	3	20-25	60 sec

DAY 4: REST

Active recovery: Walk, stretch, light movement. Let your muscles rebuild.

DAY 5: FULL BODY

EXERCISE	SETS	REPS	REST
Push-Ups	3	12-15	90 sec
Pull-Ups/Rows	3	6-10	2 min
Squats	3	15-20	90 sec
Pike Push-Ups	2	8-10	90 sec

EXERCISE

SETS

REPS

REST

Dips

2

10-12

90 sec

DAY 6: CORE & CONDITIONING

EXERCISE	SETS	REPS	REST
Plank	3	45 sec	60 sec
Leg Raises	3	10-12	60 sec
Mountain Climbers	3	30 sec	60 sec
Bicycle Crunches	3	20 total	60 sec

DAY 7: REST

Complete rest. Eat, sleep, recover. Growth happens here.

WHAT TO EXPECT

Week 1

- Hunger feels different (normal)
- Energy stabilises
- Scale starts moving

Week 2-3

- Clothes fit better
- Strength improves
- Belly starts dropping

Week 4+

- Visible fat loss
- More confidence
- People start noticing

THE DAILY CHECKLIST

THE DAILY FAT LOSS CHECKLIST

- ✓ Trained or hit steps
- ✓ Fasted until midday
- ✓ Ate high protein meals
- ✓ Drank enough water
- ✓ Stayed consistent

Do this & YOU will SEE RESULTS

YOUR NEXT STEP

This blueprint is your starting point. But here's the truth:

Information is cheap. Accountability is everything.

YOUR NEXT STEP

This guide is just the start.

Because the truth is:

Information isn't the problem.

Execution is.

The guys who get results have:

- Structure
- Accountability
- A plan built around their life

THAT'S WHAT I DO

I help busy men:

- Lose 20lbs+
- Get lean without giving up weekends
- Build a body they're proud of

My Coaching Includes:

- Custom training plan
- Simple nutrition structure
- Weekly check-ins
- Full accountability
- Direct access to me

BOOK YOUR FREE DISCOVERY CALL

15 Minute Gameplan

On this 15-minute call, we'll:

- Discuss your specific goals and challenges
- Identify what's been holding you back
- Determine if 1-on-1 coaching is the right fit for you

No pressure. No sales pitch. Just an honest conversation about what it'll take to get you from where you are to where you want to be.

**"The only bad workout is the one you didn't do.
The only bad meal plan is the one you didn't follow.
Consistency beats perfection every single time."**

Now go put in the work.

— HICKS PT