




FIGHTLINE
DIET

Scott Francis
12 Week Body Transformation Programme

Devised by Scott Francis
Directed by Scott Alexander

WWW.FIGHTLINEDIET.COM

FIGHTLINE DIET

Revolutionary Dietary aids Loved by models, athletes and celebrities

12 Week Body Transformation Workout

Scott Francis, star of BBC 3 TV show "I Hate My Body" lost an incredible 5 stone in just 12 weeks!! Through sheer determination, the help of Fightline Diet products and motivation by Scott Alexander, Scott Francis now only has the lean, ripped, conditioned body he has always wanted – also one of the best male physiques on the planet!!


Now for the first time he breaks down the EXACT workouts and diet system that he relied on and which Fightline Diet supplements he used to obtain his incredible physique.

Workout Summary

- Main Goal: transform a bulky bodybuilders physique into an athletic ripped tv/movie star physique
- Workout Type: Rest pause and volume style
- Training Level: Intermediate to advanced
- Days Per Week: 6
- Equipment Required: Full Gym/cardio equipment
- Target Gender: Male

Workout Description

This is the original workout plan used by Scott Francis to get the incredible 12 week body transformation 'rebuild' result as seen by the nation on BBC3's 'I Hate My Body'. The program was devised to reset the slow mundane training it takes to build bulk. High octane cardio coupled with intense focused mind muscle connection, weights and a low carb high protein diet... radically forcing the body to adapt to being quicker and more athletic.



**FIGHTLINE
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THE SCOTT FRANCIS 12 WEEK DIET BODY TRANSFORMATION PACK

Scott Francis, star of BBC 3 TV show "I hate my body" lost an incredible 5 stone in just 12 weeks!! Through sheer determination, the help of Fightline Diet products and motivation by Scott Alexander, Scott Francis now has the lean, ripped, conditioned body he has always wanted – also one of the best male physiques on the planet!!

Now for the first time he breaks down the EXACT workouts and diet system that he relied on and which Fightline Diet supplements he used to obtain his incredible physique.

RRP £280 SPECIAL OFFER £149 A MASSIVE 46% OFF RRP!

Pack contains 48 x Pure Shakes, 1 x Diet Fuel 1 x CreaPower, 1 x Xtreme Burner, 1 x FL Shaker
Plus a FREE Fightline Diet T-shirt or Vest for the first 10 orders

"I Needed to add size and drop body fat for my job, This 4 week pack enabled me to hit my target, whilst feeling heathy, motivated and fresh. I rely only on Fightline Diet for my fitness ambitions...."

Scott Francis - Entrepreneur and star of BBC3's 'I Hate My Body'

High Quality Products produced following GMP and HACCP standards

FAIR PLAY Doping Free Made with Non-Banned Hormonal-Free Substances

Fabrizio: Fightline



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Training

3 sets of 12, slow cardio is not for me. I changed my physique time and time again from athlete to mass monster and now to BBC3 star transformation and Fightline Diet model!

12 weeks... lost 34kg.... **this is how I did it.**

The fundamental principles of Scott Francis rebuild training is:

- Incredibly heavy weights
- Multi-rep rest pausing and high intensity negative & partials
- Low volume with higher frequency
- Extreme stretching
- Carb rotations
- High intensity cardio
- High protein intake
- Fightlinediet.com supplements

I always employ rest pause training. It's super intense. After you hit your first failure, sit up and recuperate for 12-15 breaths, then go at it again with the same weight until you hit failure. Rinse and repeat one more time. This is the multi-rep rest pause technique that you must use on many of the exercises, with a few exceptions of course. You do not rest pause quad and back thickness exercises for safety but I do drop set squats and dead lifts. Train insane or remain the same!

Notes

A.M. Cardio

These sessions should be performed first thing upon rising, on an empty stomach per any recommend supplements as highlighted in the diet plan. You should aim to perform at a moderate pace ideally on running on a treadmill or using a cross trainer or outside run. By performing cardio in the morning you will be turning your body into a fat burning furnace by using your fat storage as your primary energy source.

Resistance:

Each resistance element of the workout should last 25 50 no more than 35 mins (intensity) always have one very good high rep warm up set, then use moderate weight progressing upwards with very strict form and full range of exercise movement, last set a lighter resistance is used and aim to try go to AMAP (As many as possible)

Rest Periods:

Do not rest between exercises and movements. If you can't complete the required number of reps for an exercise you may rest for a brief period until you are able to continue.

Training Level:

This is an intense workout system and should not be attempted by beginners. Make sure you take time to learn proper form and build up your overall conditioning before attempting this workout. Jumping into any intense workout system without a solid level of conditioning and exercise form puts you at risk for injury.

Diet:

It does without saying that the Total Rebuild & Transformation workout should be combined with a sensible eating plan based upon individual goals, body fat and fitness levels. We have included the Lean and Sculpt Diet and FightLine Diet Supplementary plan which was used by Scott Francis, and other leading models who follow this workout.



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WORKOUT SPLIT, WEEKS 1-2

DAY	AM	PM
Monday	30 mins cardio	Chest, shoulders, triceps, back width, back thickness / abs
Tuesday	30 mins cardio	
Wednesday	30 mins cardio	Biceps, forearms, calves, hamstrings, quads / abs
Thursday	Rest day	
Friday	40 mins cardio	Chest, shoulders, triceps, back width, back thickness / abs Biceps, forearms, calves, hamstrings, quads / abs
Saturday	40 mins cardio	35 mins cardio / 20 mins abs blast
Sunday	Rest day	

WORKOUT SPLIT, WEEKS 3-4

DAY	AM	PM
Monday	40 mins cardio	Chest, shoulders, triceps, back width, back thickness / abs
Tuesday	40 mins cardio	
Wednesday	45 mins cardio	Biceps, forearms, calves, hamstrings, quads / abs
Thursday	Rest day	45 mins cardio & abs
Friday	40 mins cardio	Chest, shoulders, triceps, back width, back thickness / abs Biceps, forearms, calves, hamstrings, quads / abs
Saturday	40 mins cardio	45 mins cardio / 20 mins abs blast
Sunday	Rest day	

You will cycle through this 2-way split. Hence 2 workouts cycled three times a week – all exercises supersetted – 2 sets of each group – on week 4 do three 3 sets of each superset group. I rest about a minute between exercises. Keep the heart rate high. Get the workout blasted then time for Abbs.

MONDAY – WORKOUT ROTATION 1

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Elliptical Trainer	510	40			
Strength Training					
Incline Bench Press			1	20	
Decline Bench Press			1	20	
Incline Dumbbell Fly			1	15	
Chin-Ups			1	20	
Lat Pulldown			1	20	
Seated Row, Floor, Machine			1	20	
Deadlift, Straight Leg			1	20	
—REPEAT THE ABOVE —			1	20	
TOTALS:	510	40	8	155	0

Exercise Notes

FRANCIS-DIET - Workout Platform 1 - ALWAYS CENTRE AROUND CARDIO

MONDAY SESSION (WORKOUT ROTATION 1)

AM - CARDIO ->> MODERATE PACE

in the morning or am 30-45 mins medium paced cardio on xtrainer or jogging/rowing. no food will be taken before this session, it will be fasted. fightlinediet extreme burners will be used along with 1 serving of bcaa/glutamine this is taken daily first thing upon waking with 1/2 litre of water

PM - WORKOUT

Rotate the chest, shoulder, tricep back exercises . 1 different one per session. This is called a conjugated method and stops the body getting use to a certain pathway and getting stagnant.

Chest:

Incline barbell press (11-15rp) this refers to the total number of reps needed.

Hammer strength press (11-15rp)

Decline barbell press (11-15rp)

Back Width:

Front rack chins WIDE (11-20rp)

Front pulldowns (11-15rp)

Close grip Seated Rows (11-20rp) Back Thickness:

(back thickness exercises and quad exercises are not rest paused due to safety)

REPEAT ABOVE

ABS

Abbs are done 3x week

Known for my 3d six pack I train all Abbs weighted

Heavy leg raises 8-10 reps

WEDNESDAY - WORKOUT ROTATION 2

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Elliptical Trainer	574	45			
Strength Training					
Overhead Press, Barbell			1	20	
Overhead Press, Machine, Seated			1	20	
Upright Row			1	15	
Squat			1	8	
Squat			1	20	
Leg Press			1	20	
Leg Curls			1	15	
Standing Biceps Curl, Dumbbell			1	15	
Preacher Bench Medium-Grip Barbell Curl			1	15	
reverse grip cable curls			1	20	
hammer curls			1	15	
: Reverse grip bench presses			1	15	
Rope Pull Downs			1	15	
Tri-Set Calves - 3 sets to failure back to back			3	40	
---REPEAT THE ABOVE---			1	20	
TOTALS:	574	45	17	273	0

Exercise Notes

RANCIS-DIET - Workout Platform 1 - ALWAYS CENTRE AROUND CARDIO

WEDNESDAY SESSION (WORKOUT ROTATION 2)

AM - CARDIO --> MODERATE PACE

in the morning or am 30-45 mins medium paced cardio on xtrainer or jogging/rowing, no food will be taken before this session, it will be fasted, fightlinediet extreme burners will be used along with 1 serving of bcaa/glutamine this is taken daily first thing upon waking with 1/2 litre of water

PM - WORKOUT

Shoulders:

Military presses (11-20rp)
Hammer strength presses (11-15rp)
Upright rows (11-20rp)

Quads:

(quads are done with one heavy set 6-10 reps, a 3-5 minute rest, then a lighter widownmaker (20-repper) set but still very very heavy)

Free squats (6-10 rep straight set) then (20 rep shock set)
Leg press (its above)
Hamstrings:
Lying leg curls (15-30rp)

Biceps:

Dumbbell curls (11-20rp)
Preacher curls (11-20rp)
Reverse grip cable curls (straight set 10-20 reps)
Hammer curls (straight set 10-20 reps)

Triceps:

Reverse grip bench presses (11-20rp)
Rope pulldowns

Calves:

calves r done 2 x week with Tri sets

REPEAT ABOVE

ABS

Abbs are done 3x week
Known for my 3d six pack I train all Abbs weighted
Heavy leg raises 8-10 reps
Cable rope crunches 8-10 reps
Decline crunches 12 reps
Usually 4 sets each
I now employ the Scott Alexander medicine ball circuit on my lower Abbs and am getting awesome results

FRIDAY - WORKOUT ROTATION 1

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Elliptical Trainer	510	40			
Strength Training					
Incline Bench Press			1	20	
Decline Bench Press			1	20	
Incline Dumbbell Fly			1	15	
Chin-Ups			1	20	
Lat Pulldown			1	20	
Seated Row, Floor, Machine			1	20	
Deadlift, Straight Leg			1	20	
—REPEAT THE ABOVE —			1	20	
TOTALS:	510	40	8	155	0

Exercise Notes

FRANCIS-DIET - Workout Platform 1 - ALWAYS CENTRE AROUND CARDIO

MONDAY SESSION (WORKOUT ROTATION 1)

AM - CARDIO ->> MODERATE PACE

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Chest:

Incline barbell press (11-15rp) this refers to the total number of reps needed.

Hammer strength press (11-15rp)

Decline barbell press (11-15rp)

Back Width:

Front rack chins WIDE (11-20rp)

Front pulldowns (11-15rp)

Close grip Seated Rows (11-20rp) Back Thickness:

(back thickness exercises and quad exercises are not rest paused due to safety)

REPEAT ABOVE

ABS

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Known for my 3d six pack I train all Abbs weighted

Heavy leg raises 8-10 reps

Cable rope crunches 8-10 reps

Decline crunches 12 reps

Usually 4 sets each

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MONDAY - WORKOUT ROTATION 2

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Elliptical Trainer	574	45			
Strength Training					
Overhead Press, Barbell			1	20	
Overhead Press, Machine, Seated			1	20	
Upright Row			1	15	
Squat			1	8	
Squat			1	20	
Leg Press			1	20	
Leg Curls			1	15	
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: Reverse grip bench presses			1	15	
Rope Pull Downs			1	15	
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---REPEAT THE ABOVE ---			1	20	
TOTALS:	574	45	17	273	0

Exercise Notes

RANCIS-DIET - Workout Platform 1 - ALWAYS CENTRE AROUND CARDIO

WEDNESDAY SESSION (WORKOUT ROTATION 2)

AM - CARDIO ---> MODERATE PACE

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PM - WORKOUT

Shoulders:

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Upright rows (11-20rp)

Quads:

(quads are done with one heavy set 6-10 reps, a 3-5 minute rest, then a lighter widownmaker (20-repper) set but still very very heavy)

Free squats (6-10 rep straight set) then (20 rep shock set)
Leg press (as above)
Hamstrings:
Lying leg curls (15-30rp)

Biceps:

Dumbbell curls (11-20rp)
Preacher curls (11-20rp)
Reverse grip cable curls (straight set 10-20 reps)
Hammer curls (straight set 10-20 reps)

Triceps:

Reverse grip bench presses (11-20rp)
Rope pulldowns

Calves:

calves r done 2 x week with Tri sets

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Diet

It is essential when your trying to increase lean muscle mass and decreasing body fat that you play close attention to your diet and supplementation intake. It is vital you are getting enough protein whilst NOT over consuming calories - this is to ensure your body is in a natural 'anabolic' environment consuming plenty of protein and recovery supplements to ensure you don't feed off your muscle gains and be in what's known as the dreaded 'catabolic' condition.

This is best achieved by a high protein to calorie ratio diet.

Scott Francis employed a very basic cycle system - three main meal plans (one higher in carbs) that were repeated on rotation as follows :-

DAY	Meal Plan Type
MONDAY	A high protein / low carb
TUESDAY	B high protein / low carb
WEDNESDAY	A high protein / low carb
THURSDAY	B high protein / low carb
FRIDAY	C high carbs / high calories
SATURDAY	A high protein / low carb
SUNDAY	B high protein / low carb



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MEAL PLAN A

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Post Cardio Breakfast								
Clipper - Green Tea Lemon, 1 teabag	2	0g	0g	0g	0mg	0mg	0g	0g
Fightline Diet - Diet Fuel Meal Replacement, 60 g	500	42g	2g	50g	0mg	0mg	0g	0g
Fightline Diet - OreaPower, 5 g	0	0g	0g	0g	0mg	0mg	0g	0g
Lean & Clean Snack 1								
Dannon Activia Fat Free Yogurt - Yogert, 4 oz	80	13g	0g	5g	0mg	75mg	9g	3g
Evian - 50cl Natural Mineral Water, 1 cl	0	0g	0g	0g	0mg	0mg	0g	0g
Fightline Diet - Pureshake, 40 g	187	6g	1g	31g	0mg	0mg	0g	0g
Lunch								
Teasco - British Chicken Breast Fillets (Low Fat), 1 Fillet (125g)	170	0g	2g	38g	0mg	100mg	0g	0g
SA - Garlic Sweet Potato Mash , 3/4 cup	151	27g	4g	3g	0mg	0mg	1g	0g
Pepsi - Pepsi Max Can 330ml, 1 can	1	0g	0g	0g	0mg	0mg	0g	0g
Fightline Diet - Extreme Fat Burners, 2 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
Pre Workout Protein Infusion								
Fightline Diet - Extreme Fat Burners, 2 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
Fightline Diet - Pureshake, 40 g	187	6g	1g	31g	0mg	0mg	0g	0g
Fightline Diet - OreaPower, 5 g	0	0g	0g	0g	0mg	0mg	0g	0g
Post Workout Recovery								
Fightline Diet - Diet Fuel Meal Replacement within 20 mins of workout, 30 g	250	21g	1g	25g	0mg	0mg	0g	0g
Protein Sculpting Recovery								
Generic - 3 Egg Whites Scrambled, 1 serving (33g)	51	1g	0g	11g	0mg	110mg	0g	0g
Apetina Light - Feta Cheese 10% Fat Cubes, 30 g	48	0g	3g	5g	0mg	340mg	0g	0g
Tetley - Green Tea Lemon, 1 Cup	1	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,628	118g	14g	199g	0mg	625mg	10g	3g

Food Notes

* Take 2 Extreme burners upon rising before cardio

* take Pre Workout Protein Infusion meal 35 mins before workout

You can add Fightline Fight Rush with your pre workout protein infusion for an intense session

RECIPES

* Garlic Sweet Potato mash Recipe

Ingredients:

2 lbs (4 medium) sweet potatoes, peeled & cubed
 1 tbsp butter
 3 cloves garlic, crushed
 1/2 cup 1% milk
 2 tbsp light sour cream
 salt and fresh cracked ground pepper, to taste

Directions:

In a large pot boil sweet potatoes in salted water until tender, drain in a colander.

Meanwhile, melt butter and sauté garlic until lightly golden. Return potatoes to the pan, add milk and sour cream; mash until smooth and creamy. Adjust salt and pepper to taste.



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MEAL PLAN B

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Post Cardio Breakfast								
Clipper - Green Tea Lemon, 1 teabag	2	0g	0g	0g	0mg	0mg	0g	0g
Fightline Diet - CreaPower, 5 g	0	0g	0g	0g	0mg	0mg	0g	0g
Fightline Diet - Diet Fuel Meal Replacement, 30 g	250	21g	1g	25g	0mg	0mg	0g	0g
Lean & Clean Snack 1								
Mattesons - Unsmoked Turkey Rashers, 4 Rasher grilled	102	1g	1g	21g	0mg	800mg	1g	0g
Lunch								
Fightline Diet - Extreme Fat Burners, 2 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
SA - Grilled Tuna over Arugula with Lemon Vinaigrette, 5 oz	290	4g	16g	35g	0mg	0mg	0g	0g
Generic - Broccoli - Raw Florets, 100 g	34	7g	0g	3g	0mg	33mg	2g	3g
Pre Workout Protein Infusion								
Fightline Diet - Extreme Fat Burners, 2 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
Fightline Diet - Pureshake, 40 g	187	6g	1g	31g	0mg	0mg	0g	0g
Fightline Diet - CreaPower, 5 g	0	0g	0g	0g	0mg	0mg	0g	0g
Post Workout Recovery								
Fightline Diet - Diet Fuel Meal Replacement within 20 mins of workout, 30 g	250	21g	1g	25g	0mg	0mg	0g	0g
Protein Sculpting Recovery								
Tetley - Green Tea Lemon, 1 Cup	1	0g	0g	0g	0mg	0mg	0g	0g
Fightline Diet - Pureshake, 40 g	187	6g	1g	31g	0mg	0mg	0g	0g
TOTAL:	1,303	66g	21g	171g	0mg	833mg	3g	3g

Food Notes

Take 2 Extreme Burners before morning cardio

Pre Workout Protein Infusion 35 mins before PM workout



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MEAL PLAN C

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Post Cardio Breakfast								
Clipper - Green Tea Lemon, 1 teabag	2	0g	0g	0g	0mg	0mg	0g	0g
Fightline Diet - CreaPower, 5 g	0	0g	0g	0g	0mg	0mg	0g	0g
Fightline Diet - Diet Fuel Meal Replacement, 30 g	250	21g	1g	25g	0mg	0mg	0g	0g
Lean & Clean Snack 1								
Fightline Diet - Pureshake, 40 g	187	6g	1g	31g	0mg	0mg	0g	0g
Mattesons - Unsmoked Turkey Rashers, 4 Rasher grilled	102	1g	1g	21g	0mg	800mg	1g	0g
Evian - 500ml Natural Spring Water, 1 bottle	0	0g	0g	0g	0mg	0mg	0g	0g
lunch								
Fightline Diet - Extreme Fat Burners, 2 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
Tesco - British Beef Fillet Steak, 200 g	310	0g	16g	42g	0mg	0mg	0g	0g
Tilda - Brown Basmati Steamed Rice, 1 Pack (250g)	340	64g	5g	9g	0mg	200mg	0g	6g
Homemade - Garlic Butter, 1 tsp	70	0g	8g	0g	0mg	0mg	0g	0g
Pepsi - Pepsi Max Can 330ml, 1 can	1	0g	0g	0g	0mg	0mg	0g	0g
Pre Workout Protein Infusion								
Fightline Diet - Extreme Fat Burners, 2 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
Fightline Diet - Pureshake, 40 g	187	6g	1g	31g	0mg	0mg	0g	0g
Fightline Diet - CreaPower, 5 g	0	0g	0g	0g	0mg	0mg	0g	0g
Post Workout Recovery								
Fightline Diet - Diet Fuel Meal Replacement within 20 mins of workout, 30 g	250	21g	1g	25g	0mg	0mg	0g	0g
Protein Sculpting Recovery								
Egg White - 2 Egg White Omelette, 2 Egg White	34	1g	0g	7g	0mg	0mg	0g	0g
Apetina Light - Feta Cheese 10% Fat Cubes, 30 g	48	0g	3g	5g	0mg	340mg	0g	0g
TOTAL:	1,781	120g	37g	196g	0mg	1,340mg	1g	6g

Food Notes

2 Extreme Burners before cardio

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SCOTT FRANCIS BODY TRANSFORMATION PACK



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Plus a FREE Fightline Diet T-shirt or Vest for the first 10 orders

"I Needed to add size and drop body fat for my job, This 4 week pack enabled me to hit my target, whilst feeling heathy, motivated and fresh. I rely only on Fightline Diet for my fitness ambitions...."

Scott Francis - Entrepreneur and star of BBC3's 'I Hate My Body'

High Quality Products produced following GMP and HACCP standards

FAIR PLAY Doping Free Made with Non-Banned hormonal-Free Substances

Fabrikat: Fightline

The Scott Francis Body Transformation Pack contains the follow products.

- 1 x DIET FUEL MEAL REPLACEMENT PROTEIN 1.8G
- 1 x CREAPOWER 500G
- 48 x PURE SHAKES
- 1 x EXTREME BURNERS
- 1 x FL Shaker
- Free Fightline Diet T-shirt or Vest for the first 10 customers

RRP £280.00
SPECIAL OFFER
ONLY £149.00 plus delivery
46 % of RRP

