



THE ULTIMATE

# Body Masterplan

ENTREPRENEURS EDITION

  
KIRK MILLER

Hi,

I'm Kirk Miller and it is my life's mission to get you into the best shape of your life.

By the time we've hit your health and physique targets, you'll be feeling stronger, healthier, and more energetic than you even believed possible.

That's my promise to you.

And to do that, I'm going to use the same system that I've developed and used to create hundreds of transformations for my clients.

It's the same system I use myself.

It's the same system I've used to land on the cover of Men's Health Magazine and record times with Men's Fitness.

And now I'm sharing that system with you in these valuable pages.

This guide tells you the 4 key areas you need to master to become an absolutely phenomenon.

Read it, digest it, and when you're ready to become the best version of yourself, let me know.

To YOUR Success,



KIRK MILLER

# Workouts

The first of the 4 key areas you need to master is your workouts. These can be done very simply and easily with only a pair of dumbbells, in your own home. To help you on your way, here's a sample of 3 of the 4 workouts my clients use for their first month in my program.

But before you get to them, a few notes:

These 4 workouts are world class & have been planned in great detail to help you do the following:

- Increase strength & power
- Build lean muscle
- Elevate fitness

- Improve posterior chain & strengthen posture
- Become more mobile through optimising technique
- Maximise energy (calorie) expenditure
- Never get bored as you have great variety!

To get the most out of each workout it is essential you do the following:

- Warm up properly
- Implement perfect technique

- Execute all sessions with maximum concentration & intensity once form is mastered
- Follow EXACT tempo of reps stated per each exercise

# Key Notes

- You have flexibility with the amount of sets you do based on the **TIME** you have to train (QUALITY, TECHNIQUE & INTENSITY beat poor effort & a rushed session - just to get all sets in)
- **IT DOES NOT MATTER WHAT DAY/ TIME YOU TRAIN** (feel free to move training days around to suit your weekly schedule, and select times when you are less stressed & more MOTIVATED!)
- Perfect form is **essential** across all exercises (study the video demos if unsure of any)
- Follow exact tempo of reps stated to maximise the efficiency of the session
- If you struggle to hit the lower end of target rep range = reduce the weight the following set

# Key Notes

- If you comfortably hit the higher end of target rep range = increase the weight the following set OR slow the reps down even more OR if your resistance options available are too light having done these 2 things, add additional reps to that particular set
- If your weight feels really light even when sticking to the required tempo for the target rep range, take 30 secs of the recommended rest periods
- If pressed for time do 2 work sets per exercise(s) + if you have plenty of time, feel free to do 4 work sets total per exercise(s)

**IMPORTANT INFO:** If you have barbells +/- or other great machines available which target the same muscles within the session, feel free to swap some of the dumbbell exercises for these...BUT you **MUST** follow the session framework = MOVEMENT PATTERN STATED (eg. squat, hinge, pull, press), SETS, REP RANGE, TEMPO OF REPS + MAX INTENSITY once form is mastered

# TUT Lower Into Upper Body Super Sets

## SUPERSET OF 3 SETS

DUMBBELL GLUTE BRIDGES OFF THE BENCH

8-10 REPS @ 4010

DUMBBELL CHEST SUPPORTED ROWS NEUTRAL GRIP

8-10 REPS @ 4010

REST FOR 90 SECONDS

↪ REPEAT NEW SET

## SUPERSET OF 3 SETS

DUMBBELL ROMANIAN DEADLIFTS

8-10 REPS @ 4010

HIGH INCLINE DUMBBELL CHEST PRESS

8-10 REPS @ 4010

REST FOR 90 SECONDS

↪ REPEAT NEW SET

## SUPERSET OF 3 SETS

DUMBBELL FRONT SQUATS

8-10 REPS @ 4010

DUMBBELL BENT OVER ROWS OVERHAND GRIP

8-10 REPS @ 4010

REST FOR 90 SECONDS

↪ REPEAT NEW SET

## SUPERSET OF 3 SETS

DUMBBELL SPLIT SQUATS

8-10 REPS E/S @ 4010

SEATED DUMBBELL SHOULDER PRESS NEUTRAL GRIP

8-10 REPS @ 4010

REST FOR 90 SECONDS

↪ REPEAT NEW SET



# Hypertrophy Lower Into Upper Super Sets

## SUPERSET OF 3 SETS

DUMBBELL GLUTE BRIDGES OFF THE BENCH

10-12 REPS <sup>E/S</sup> @ 3010

DUMBBELL CHEST SUPPORTED ROWS NEUTRAL GRIP

10-12 REPS @ 3010

REST FOR 90 SECONDS

↪ REPEAT NEW SET

## SUPERSET OF 3 SETS

DUMBBELL ROMANIAN DEADLIFTS

10-12 REPS @ 3010

HIGH INCLINE DUMBBELL CHEST PRESS

10-12 REPS <sup>E/S</sup> @ 3010

REST FOR 90 SECONDS

↪ REPEAT NEW SET

## SUPERSET OF 3 SETS

DUMBBELL FRONT SQUATS

10-12 REPS @ 3010

DUMBBELL BENT OVER ROWS OVERHAND GRIP

10-12 REPS @ 3010

REST FOR 90 SECONDS

↪ REPEAT NEW SET

## SUPERSET OF 3 SETS

DUMBBELL SPLIT SQUATS

10-12 REPS @ 3010

SEATED DUMBBELL SHOULDER PRESS NEUTRAL GRIP

10-12 REPS @ 3010

REST FOR 90 SECONDS

↪ REPEAT NEW SET



# Strength Straight Sets

## SUPERSET OF 3 SETS

DUMBBELL FRONT SQUATS

3 SETS X 6 REPS @ 2010

INCLINE DUMBBELL CHEST PRESS

3 SETS X 6 REPS @ 2010

DUMBBELL DEADLIFTS

3 SETS X 6 REPS @ 2010

STANDING DUMBBELL SHOULDER PRESS

3 SETS X 6 REPS @ 2010

DUMBBELL BENT OVER ROWS OVERHAND GRIP

3 SETS X 6 REPS @ 2010

90 SECOND REST BETWEEN SETS



# Food

The second of the 4 key areas you need to master is food.  
That essentially comes down to 3 things.

1. Food quality - eat whole foods and avoid as much packages rubbish as possible
2. Calorie management - think of this as a WEEKLY target, not daily
3. Protein - this is the most important macronutrient and it's absolutely critical you get a sufficient amount each day

To help with working out a sensible calorie breakdown (point 2 above), here are some examples based on a 2,000, 2,250 and 2,500 calorie per day) food plan. **SEE NEXT PAGE!**

# 2,000 Calorie Variations

Total weekly calories = 14,000

## Option 1:

Mon – 2,000  
Tues – 2,000  
Wed – 2,000  
Thurs – 2,000  
Fri – 2,000  
Sat – 2,000  
Sun – 2,000

## Option 2:

Mon – 1,600  
Tues – 1,600  
Wed – 1,600  
Thurs – 1,600  
Fri – 1,600  
Sat – 3,000  
Sun – 3,000

## Option 3:

Mon – 1,625  
Tues – 1,625  
Wed – 1,625  
Thurs – 1,625  
Fri – 2,500  
Sat – 3,000  
Sun – 2,000

## Option 4:

Mon – 1,666  
Tues – 1,666  
Wed – 1,666  
Thurs – 1,666  
Fri – 1,666  
Sat – 4,000  
Sun – 1,666

## Option 5:

Mon – 1,333  
Tues – 1,333  
Wed – 2,500  
Thurs – 1,333  
Fri – 2,500  
Sat – 2,500  
Sun – 2,500

## Option 6:

Mon – 1,250  
Tues – 1,250  
Wed – 1,250  
Thurs – 1,250  
Fri – 3,000  
Sat – 3,000  
Sun – 3,000

Best ←————→ Worst

# 2,250 Calorie Variations

Total weekly calories = 17,500

Option 1:	Option 2:	Option 3:	Option 4:	Option 5:	Option 6:
Mon – 2,500	Mon – 2,100	Mon – 2,125	Mon – 1,833	Mon – 2,083	Mon – 1,750
Tues – 2,500	Tues – 2,100	Tues – 2,125	Tues – 1,833	Tues – 2,083	Tues – 1,750
Wed – 2,500	Wed – 2,100	Wed – 2,125	Wed – 3,000	Wed – 2,083	Wed – 1,750
Thurs – 2,500	Thurs – 2,100	Thurs – 2,125	Thurs – 1,833	Thurs – 2,083	Thurs – 1,750
Fri – 2,500	Fri – 2,100	Fri – 3,000	Fri – 3,000	Fri – 2,083	Fri – 3,500
Sat – 2,500	Sat – 3,500	Sat – 3,500	Sat – 3,000	Sat – 5,000	Sat – 3,500
Sun – 2,500	Sun – 3,500	Sun – 2,500	Sun – 3,000	Sun – 2,083	Sun – 3,500

Best ←————→ Worst

# 2,500 Calorie Variations

Total weekly calories = 15,750

## Option 1:

Mon – 2,250  
Tues – 2,250  
Wed – 2,250  
Thurs – 2,250  
Fri – 2,250  
Sat – 2,250  
Sun – 2,250

## Option 2:

Mon – 1,850  
Tues – 1,850  
Wed – 1,850  
Thurs – 1,850  
Fri – 1,850  
Sat – 3,250  
Sun – 3,250

## Option 3:

Mon – 1,875  
Tues – 1,875  
Wed – 1,875  
Thurs – 1,875  
Fri – 2,750  
Sat – 3,250  
Sun – 2,250

## Option 4:

Mon – 1,875  
Tues – 1,875  
Wed – 1,875  
Thurs – 1,875  
Fri – 1,875  
Sat – 4,500  
Sun – 1,875

## Option 5:

Mon – 1,583  
Tues – 1,583  
Wed – 2,750  
Thurs – 1,583  
Fri – 2,750  
Sat – 2,750  
Sun – 2,750

## Option 6:

Mon – 1,500  
Tues – 1,500  
Wed – 1,500  
Thurs – 1,500  
Fri – 3,250  
Sat – 3,250  
Sun – 3,250

Best ←————→ Worst

# Walking

The third of the 4 key areas you need to master is walking.

Everyday, you need to get at least 8,000 steps in. It's incredible the difference this makes.

You might work out for 30 mins on a particular day, but that leaves 23 and a half hours when you aren't working out. (Minus 8 to sleep.)

Simply increasing the amount of physical activity you do during those other hours can make a massive difference.

**Here are 35 ways to be more active (and get those steps in).**

**SEE NEXT PAGE!**

# 35 Ways To Get Your Steps In

**From the list, implement any that will keep you moving more throughout your day:**

1. Schedule 5 mins of walking every hour to easily add 80 mins of steps to your day
2. Put your washing down the stairs or wherever is furthest away from machine
3. Whilst messaging anyone, walk around the room
4. Get to the gym 5 minutes early and jump on the treadmill
5. Walk between work sets during a workout
6. Park further away from work and shopping stores entrances
7. Stairs over lift – EVERYTIME
8. Pick audio over a hard copy book when reading/learning – and walk
9. Buy a dog and walk it

# 35 Ways To Get Your Steps In

- 10. Offer to do the coffee run (for family/friends) when at work/business
- 11. Use the stairmaster as you cardio
- 12. Use a prowler whenever you are in a gym with one
- 13. Walk whilst brushing your teeth
- 14. Drink more water – so you have to walk to the toilet more regularly
- 15. Catch up with your partner over a walk, not a cup of tea or TV
- 16. Meetings – walk and talk (you will be highly focused, more creative and enjoy great conversation)
- 17. Put your alarm clock or phone on the other side of the room
- 18. Put every item back in the fridge individually when meal prepping
- 19. Every phone call – walk and talk

# 35 Ways To Get Your Steps In

- 20. When food shopping, walk up and down every aisle
- 21. Get off the bus, train or tube a stop early and walk the rest of way home
- 22. Do yard/garden work: rake leaves, mow the lawn or clean the garden
- 23. Take the long way/route when going anywhere, whenever time allows
- 24. Whenever stressed – get up and walk
- 25. Play with your kids. Tag. Hopscotch. Walk to and from school. Play football with them
- 26. Pick the furthest toilet away in your workspace
- 27. Walk to a co-workers desk instead of emailing them
- 28. Take a walk before or after lunch – will help digestion also
- 29. Whenever you are mindlessly scrolling on your phone, get up and walk whilst doing it
- 30. Make a go-to loop in your house – sounds stupid but it's effective



# 35 Ways To Get Your Steps In

31. Put things away in your flat/house

32. More walks as a family

33. Take longer to put laundry away – e.g. each item walk from the machine to your wardrobe

34. When listening to a podcast walk

35. Get a treadmill desk – ambitious but an option

**NOW GET MOVING! :)**

# Sleep

The last of the 4 areas you need to master is sleep.

Despite most people ignoring this completely, it's an absolutely MASSIVE part of developing your physique. Because this is when your body recovers, and builds muscle.

# Fundamentals of Sleep

If you sleep better you eat better, train harder, you make better decisions and you will live in a better mood.

Not forgetting, your muscles only grow when you recover (sleep being pivotal to this)...and you will 100% increase your chances of losing fat quicker when you sleep more, as your body will be less inflamed, stressed and you will digest food better, which is critical for fat loss.

You are what you eat, drink, breathe, think and DO.

# Fundamentals of Sleep

## My 10 Tips To Sleep Better

1. **Clear your mind** – Whatever thoughts are in your head, get them out and onto paper before bed. I use my journal and brain dump my lessons, my wins from the day, and write 3 things I am grateful for. Doing this helps my brain breath and mind relax.
2. **Stay off your mobile** – 20 to 30 minutes before bed (as a minimum), especially social media. This is likely the number 1 thing you can do to improve your sleep immediately. The light emitted by electronic devices triggers your body to produce more daytime hormones (like cortisol) and disorient your body's natural preparation for sleep.
3. **Have caffeine curfew** – Caffeine is a powerful nervous system stimulant. If your nervous system is lit up, you can forget about getting high-quality sleep. Avoid caffeinated drinks any time after 4pm so you have time to remove it from your system. However, if you're really sensitive to caffeine, then you might want to make your curfew even earlier or possibly avoid caffeine altogether.

# Fundamentals of Sleep

4. **Get the right pillow** – I am still trying practising for perfection with this. But really spend thought on whether you sleep best with 1 or 2 pillows, soft or more solid etc. If you stay at a hotel with a great hotel and you get a great night's sleep, ask the hotel where it's from and where you can purchase it.
5. **Sleep on a quality mattress** – The average person spends a third of their life in their bed. That is a LOT OF TIME. Conventional mattresses can be full of chemicals which can affect your breathing and cause skin irritations. Also, it goes without saying, but the more comfortable your mattress, the higher quality your sleep. Will be one of the greatest long term investments you will ever make.
6. **Stay cool** – I hate sweating when I sleep, and it never results in a good deep night's sleep. If the temperature in your environment stays too high, then it can be a bit of a physiological challenge for your body to get into the ideal state for restful sleep.

# Fundamentals of Sleep

- 7. Make the room as dark as possible** – To maximise melatonin production, cover your windows and turn your phone face-down. I swear by an eye mask too. I started wearing one around 5 years ago, and it instantly made a huge difference. It goes everywhere with me when I travel.
- 8. Be consistent with your sleep times** – Everyone has their sweet spot with bed timings for a better night's sleep. I am an early riser and always sleep better when in bed before 10.30pm, ideally 10pm. I use the app 'Sleep Cycle' to track my sleep, and the stats do not lie. It's not always practical or sociable of course, but sticking to a regular sleep schedule, as with most things will release more calming hormones. The calmer you are, the quicker you will fall asleep.
- 9. Limit alcohol and low quality food** – Eating low quality foods or large amounts of alcohol before bed plays havoc with your hormones and blood sugar, and prevents a settled nights sleep.

# Fundamentals of Sleep

**10.** Last but not least and for more the most important...

**KNOW THE VALUE OF SLEEP** – Sleep rebuilds you and keeps you youthful. Fortifies your immune system. Balances your hormones. Boosts your metabolism. Increases physical energy. Improves the function of your brain. Sounds dramatic but the more you value it, the greater quality of life you will have.

Sleep Better. Feel Better. Live Better.

## **Great sleep books:**

- *Sleep Smarter*, by Shawn Stevenson
- *Sleep: Change the way you sleep with this 90 minute read*, by Nick Littlehales

T H E R E ' S   O N L Y   1   T H I N G   T O   D O   N O W . . .

# Decide!

Do you want to become the absolute best version of yourself and join a tribe of like-minded, high-performance entrepreneurs?

Or do you want to stay in exactly the same shape you are now? Within the pages of this guide, we have scratched the surface of the key things you need to do to reach an entirely new level of health, fitness, and performance.

But here's the thing...

A lot of people read this guide and then nothing happens.  
They have the knowledge, but they fail to take action.

I don't want that to happen to you. I want **YOU** to be the next transformation into a truly world-class performer.

All you need to do is let me know you're ready.  
**We'll have a chat and set you on the path to a NEW you!**

To Your Success,



KIRK MILLER

**Book a Call Here!**