15 WEEKS TO RIPPED

The photos on the left and right here are of the same man, taken just 15 weeks apart. If you want to undergo a similar transformation, keep reading.

WEEK 1
Weight 98.2kg
Body fat 23.9%

If you want to make big changes to the way you look, you need to make a big effort. Just ask Glenn Parker. When Parker approached personal trainer Nick Mitchell, he weighed 98.2kg, with body fat of 23.9 percent. After just over three months of following Mitchell's fitness plan, he had lost 13kg of fat, added 7kg of muscle and had a body to be proud of, with body fat of just 6.8 percent. This degree of transformation doesn't happen without hard work: in this case, training twice a day – once in the morning and once in the evening. While this may sound like a strategy better suited to an Olympic athlete than someone juggling work, family and other commitments, it's a surefire way to strip fat while building solid muscle. The result? The body you've always wanted.

The Trainer

Nick Mitchell is a personal trainer and founder of Ultimate Performance Fitness (upfitness.co.uk)

Why two workouts?

"The morning workout is strength-based and designed to fire up your high-threshold motor units, which are responsible for power and muscle growth," says Mitchell. "Doing this workout first thing will make you stronger in the afternoon session, when you'll work a wide range of your muscle fibres to increase muscle size." Put simply, the morning strength session fires up your central nervous system, allowing you to work harder during the afternoon hypertrophy [muscle-size increase] session.

"This is a surefire way to strip fat and build muscle. The result? The body you've always wanted."

WEEK 7: Parker, close to the halfway point of his amazing transformation.

Training structure

The training program Mitchell built for Parker ran along these lines: train twice a day for two days, take two days off, then train for two more days before taking a single day off. Repeat this the following week, before doing a whole week of low-intensity training. "I'm not going to lie – this was an extreme transformation that required intense effort and commitment from Glenn," says Mitchell. "You need a lighter week every third week to allow your body to recover, otherwise you'll overtrain and burn out. But this doesn't mean put your feet up: work just as intensively, but with about 30 percent of your maximum limit."

Morning sessions

The morning workouts consist of two moves for five sets of five reps, using the same weight for all five sets. "If you lift heavy weights for low reps with a short time under tension, this taps into the high-threshold motor units that are responsible for strength and power," says Mitchell. "This heightens nervous-system activation, with decreased inhibition of the muscle's protective mechanisms, both of which will prepare you for the afternoon sessions. The result is the ability to lift more weight, for more reps, leading to greater muscular damage, which equals better results."

Afternoon sessions

The afternoon sessions consist of drop sets, in which you perform a set to failure before decreasing the weight and continuing, which results it greater muscle-fibre breakdown. For most of these workouts you'll perform 10 reps of the first move. As soon as you're done, drop the weight and do another 10 reps before dropping the weight again and doing a final 10 reps. In total, you'll do three sets of 10 reps of the same move without rest. Then take 60 to 90 seconds to recover before moving on to the next exercise.

Lift off

Mitchell adds a final word of warning. "This program isn't for everyone. If you're generally happy with the way you look, it's not the workout for you," he says. "This is designed for people who really want to make a big change to the way they look."

WEEK 15
Weight 92kg
Body fat 6.8%

At a glance

- Do two workouts a day.
- The morning workout is a strength-based superset, while the afternoon workout is four moves of three drop sets each.
- Train for two consecutive days, then rest for two, then train for the next two, then have one day off to complete the first week.
- Repeat for a second week, then do a full week of low-intensity lifting.
- Start the day with a high-protein meal and eat six small meals a day.

Tempo guide

Each move has its own tempo guide for how quickly you lift the weight, and this guide is made up of four numbers. The first relates to how many seconds you take to lower the weight. The second indicates how long you hold the weight at the bottom of the move, the third the time taken to lift the weight back to the start, and the fourth how long you hold the weight in the top position. So a 4010 tempo means you lower the weight in four seconds, before lifting back up in one second. The two zeroes mean there is no pause at the bottom or top of a move.

Turn over for your body-transforming workout »»

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Day 1 Chest and biceps

Morning workout: supersets. Do 1A, rest for 2 minutes, do 1B, rest for 2 minutes, then repeat.

1A BENCH PRESS

Sets 5 Reps 5
Tempo 4010
Holding the bar with your hands slightly wider than shoulder-width apart, slowly lower the barbell until it touches your chest. Immediately press the bar back up.

1B STRAIGHT BAR PREACHER CURL

Sets 5 Reps 5
Tempo 4010
At a preacher bench, hold a straight bar with your arms fully extended. Curl the bar up quickly. Immediately lower the bar back to the start slowly.

Afternoon workout: drop sets. Perform 3 sets in succession, reducing the weight each time.

1 CABLE FLY

Reps 10/10/10
Tempo 3111
Attach high handles at the opposite sides of a cable machine. Standing in the middle with arms fully extended, bring your hands together in a smooth arc before returning to the start.

2 INCLINE DUMBBELL PRESS

Reps 10/10/10 Tempo 3111
On an incline bench, hold 2 dumbbells at shoulder height. Press them straight up, then lower slowly back to the start.

3 INCLINE CABLE CURL

Reps 10/10/10
Tempo 3111
On an incline bench in the middle of a cable machine, hold 2 low handles with arms extended. Curl the handles up to shoulder height, then lower slowly.

4 REVERSE EZ-BAR CONCENTRATION CURL

Reps 10/10/10 Tempo 3110
Seated on a bench, hold an EZ-bar with an overhand grip. Resting your elbows on your thighs, lower the bar to shin level, then reverse the move back to the start.

Nutrition tip "I got Glenn eating steak for breakfast each morning," says trainer Nick Mitchell. "It wakes you up by getting all the right neurotransmitters firing. Everyone I've ever put on this nutrition plan absolutely raves about how great they feel the whole day."

Day 2 Quads and calves

Morning workout: supersets. Do 1A, rest for 2 minutes, do 1B, rest for 2 minutes, then repeat.

1A BARBELL SQUATS

Sets 5 Reps 5 Tempo 5010

Start with a barbell across the back of your shoulders. Squat down, keeping your knees in line with your toes, until your thighs are parallel to the ground, then return to the start.

1B SINGLE-LEG CALF RAISE

Sets 5 Reps 10
Tempo 3011

Using the machine, stand with one leg on the step and the other out behind you. Raise yourself up, then lower slowly.

Afternoon workout: drop sets. Perform 3 sets in succession, reducing the weight each time.

1 LEG EXTENSION

Reps 20/20/20 Tempo 2010

Start with the padded bar at about shin level. Raise it by straightening your legs, then return to the start.

2 LEG PRESS

Reps 20/20/20 Tempo 2010

Start with your knees bent at right angles. Push back by straightening your legs.

3 SEATED CALF RAISE

Reps 10/10/10 Tempo 2010

With your toes flat against the bar, press it down, keeping your legs straight throughout the move.

4 STANDING CALF RAISE

Reps 15/15/15
Tempo 3010

With your toes flat against the step, stand up on tiptoes, keeping your legs straight.

Nutrition tip "After breakfast, Glenn had 5 small meals of fish and greens in a day, one every couple of hours," says Mitchell. "He'd vary the type, which is important to get the best nutrients."

Days 3 and 4

30 minutes of gentle swimming. "Use these light cardio sessions as active recovery," says Mitchell. "You should splash and stretch, not go hell for leather."

Day 5 Shoulders and hamstrings

Morning workout: supersets. Do 1A, rest for 2 minutes, do 1B, rest for 2 minutes, then repeat.

1A SNATCH-GRIP DEADLIFT

Sets 5 Reps 5 Tempo 4110

Squat down with a neutral back and grip the bar with your hands twice shoulder-width apart. Driving through your heels and keeping the bar close to your body, raise it to hip height, then reverse the movement back to the start.

1B SEATED DUMBBELL PRESS

Sets 5 Reps 5 Tempo 4010

Starting with dumbbells at shoulder height, press them directly above your head and then lower slowly back to the start.

Afternoon workout: drop sets. Perform 3 sets in succession, reducing the weight each time.

1 SEATED LEG CURL

Reps 6/6/6 Tempo 4010

With your ankles on the padded bar, use your hamstrings to curl the bar back until your knees are bent at right angles. Then return to the start.

2 ROMANIAN DEADLIFT

Reps 10/10/10 Tempo 3010

Start with a barbell at the top of your thighs. Keeping your legs straight, bend at your hips to slowly lower the bar to shin level, then return to the start.

3 SINGLE-ARM CABLE LATERAL RAISE

Reps 10/10/10

Tempo 3010

Stand side-on to a cable machine holding a handle attached at the bottom. Raise your hand up to the side, then return to the start.

4 SEATED PRESS BEHIND NECK

Reps 10/10/10

Tempo 3010

Sit on an upright bench holding a bar behind your neck. Press it straight up until your arms are fully extended, then reverse the action back to the start.

Nutrition tip "Having a post-workout protein shake is crucial for burning fat and building muscle," says Mitchell. "I gave Glenn a shake containing 50g whey protein and 20g glutamine, then 10g essential amino acids capsules twice a day as a 'snack'."

Day 6 Back and triceps

Morning workout: supersets. Do 1A, rest for 2 minutes, do 1B, rest for 2 minutes, then repeat.

1A SINGLE DUMBBELL ROW

Sets 5 Reps 5 Tempo 4110

(Bring weight to a dead stop by resting on floor for one second between each rep.) With one hand and one knee flat on a bench, hold a dumbbell in your free hand with your arm fully extended. Row the weight up to your side, leading with your elbow.

1B LYING TRICEPS EXTENSION WITH EZ-BAR

Sets 5 Reps 5
Tempo 4010

Lie flat on a bench holding an EZ-bar directly above your head. Keeping your elbows pointing up, lower the bar to your forehead before pressing the weight back to the start.

Afternoon workout: drop sets. Perform 3 sets in succession, reducing the weight each time.

1 WIDE-GRIP PULL-DOWN

Reps 10/10/10
Tempo 3010

Using a wide grip, pull the bar down to the top of your chest, keeping your back straight throughout. Slowly return to the top.

2 SEATED PULLEY ROW

Reps 10/10/10
Tempo 3011

Hold a double-grip attachment with your arms fully extended. With a neutral back and braced core, pull the handle towards you. Slowly return to the start.

3 STANDING OVERHEAD CABLE FRENCH PRESS

Reps 10/10/10
Tempo 4010

Stand with your back towards the cable machine, holding a double rope attachment behind your head. Straighten your arms to raise it above your head, then return to the start.

4 TRICEPS PUSHDOWN

Reps 10/10/10
Tempo 3011

Facing the cable machine, hold a double rope attachment at chest height. Straighten your arms to pull the handles to about hip level, then return to the start.

Nutrition tip "There's nothing better than essential amino acid capsules in stabilising blood sugar levels and killing any cravings for snacks," says Mitchell.

Day 7
Rest before you start the workout again on Day 8.