



THE DAD BOD SHRED

THE ULTIMATE FAT LOSS GUIDE

CALORIE & MACRO CALCULATOR
FOUR WEEK WORKOUT PROGRAM



/// *PURE 45* ///

Welcome to The Dad Bod Shred: The Ultimate Fat Loss Guide!

This guide is designed specifically for busy men who want to shed fat and build muscle without spending hours in the gym. We understand the demands of balancing work, family, and life, so this plan is quick, effective, and easy to follow.

Inside, you'll learn the simple method to calculate your calorie and macro needs based on your goals, ensuring you can start losing fat while maintaining your energy and muscle mass. This guide breaks down the math and science of fat loss so that you can take control of your fitness, one step at a time.

STEP 1: HOW TO CALCULATE YOUR CALORIES AND MACROS

- **Calorie Calculation:** To lose fat, you need to consume fewer calories than you burn. Here's an easy way to estimate your daily calorie needs:
- Start with your body weight in pounds and multiply it by 12–15.
For example, if you weigh 200 lbs, your maintenance calories are roughly 2,400–3,000.
- **For fat loss,** subtract 300–500 calories to create a calorie deficit. So, a good target would be 2,000–2,300 calories per day in this example.

MACROS BREAKDOWN:

- **Protein:** Multiply your body weight by 1. This is the number of grams of protein you should aim to eat daily (e.g., 200g for a 200 lb man).
- **Fats:** Aim for 0.3–0.4 grams per pound of body weight (e.g., 60–80g for a 200 lb man).
- **Carbs:** Fill the rest of your calories with carbs. Use this formula:
$$\text{Carbs (g)} = (\text{Total Calories} - (\text{Protein} \times 4) - (\text{Fats} \times 9)) \div 4.$$

This method keeps things simple and ensures you're eating the right amount to lose fat while maintaining muscle.

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WORKOUT 1 | 2 EXERCISES

FULL-BODY STRENGTH & FUNCTIONAL FITNESS

WARM-UP (5 MINS): DYNAMIC STRETCHING, FOCUSING ON SHOULDERS, HIPS, AND HAMSTRINGS.

DEAD LIFT



- **SETS/REPS:** 4 SETS OF 8 REPS
- **Suggested Weight:** Start with 50–70% of your 1RM (one-rep max).

Explanation: A fundamental strength exercise that targets the entire posterior chain—hamstrings, glutes, and lower back. Maintain a flat back and hinge at the hips.

← *Click picture for youtube link to tutorial.*

PUSH PRESS

SETS/REPS: 3 SETS OF 10 REPS

Suggested Weight: Moderate weight, 40–60% of 1RM.

Explanation: A combination of shoulder and leg strength. Start in a standing position, dip at the knees, and explosively push the barbell overhead.

Click picture for youtube link to tutorial ➔



WORKOUT 1 | 3 EXERCISES

FULL-BODY STRENGTH & FUNCTIONAL FITNESS

KETTLE BELL SWINGS



SETS/REPS: 3 SETS OF 15 REPS

Suggested Weight: 12–16 kg kettlebell (adjust as needed).

Explanation: Great for full-body conditioning. Focus on the hip hinge and drive the kettlebell with power from your hips.

← Click picture for youtube link to tutorial.

FARMERS WALK

SETS/TIME: 3 SETS, WALK 30-40 METERS EACH SET

Suggested Weight: Use heavy dumbbells, around 20–30 kg in each hand.

Explanation: A functional exercise that improves grip, core stability, and overall strength. Walk with a straight back and keep the core tight.

Click picture for youtube link to tutorial ➡



PLANK TO PUSH-UP



SETS/REPS: 3 SETS OF 12 REPS

Explanation: A core and upper body strength move. Start in a plank, lower onto your forearms, and press back up. Keep your body straight throughout.

← Click picture for youtube link to tutorial.

WORKOUT 2 | 2 EXERCISES

FUNCTIONAL FAT LOSS & UPPER BODY FOCUS

WARM-UP (5 MINS): DYNAMIC STRETCHING, FOCUSING ON SHOULDERS, HIPS, AND HAMSTRINGS.

PULL UPS OR LAT PULL DOWN



SETS/REPS: 4 SETS OF 8-10 REPS

Suggested Weight: Bodyweight for pull-ups or use 60–70% of 1RM for lat pulldown.

Explanation: Targets the upper back, lats, and biceps. Use controlled movements to avoid swinging.

← Click picture for youtube link to tutorial.

GOBLET SQUATS

SETS/REPS: 3 SETS OF 12 REPS

Suggested Weight: Use a dumbbell between 16–24 kg.

Explanation: Focus on form, keeping your chest up and driving through your heels. Great for quads and glutes.

Click picture for youtube link to tutorial ➡



WORKOUT 2 | 3 EXERCISES

FUNCTIONAL FAT LOSS & UPPER BODY FOCUS

RENEGADE ROW



SETS/REPS: 3 SETS OF 10 REPS PER SIDE

Suggested Weight: Moderate dumbbells (10–15 kg).

Explanation: This combines rowing and a plank for core stability and upper body strength. Pull the dumbbell to your side, alternating hands.

← Click picture for youtube link to tutorial.

BARBELL BENCH PRESS

SETS/REPS: 4 SETS OF 8 REPS

Suggested Weight: Start at 50–70% of 1RM.

Explanation: Core upper body strength move focusing on chest, shoulders, and triceps. Lower the barbell with control and press back up.

Click picture for youtube link to tutorial ➡



RUSSIAN TWISTS



SETS/REPS: 3 SETS OF 20 TWISTS (10 PER SIDE)

Suggested Weight: Hold a 5–10 kg plate or medicine ball.

Explanation: This exercise targets the obliques and rotational core muscles. Keep your feet elevated for added difficulty.

← Click picture for youtube link to tutorial.