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THE SECRET OF ROCK HARD ABS AND
AN AMAZING BODY

Adrian: Ok, let me start out by thanking you so much for taking some time out of your schedule to talk with me today, Andrew.



Andrew: No worries.

Adrian: I appreciate that. Ah, now you're an expert in the field of nutrition. That's correct?

Andrew: I would not call myself an expert, certainly not. But I am very interested in nutrition and I do spend a lot of time studying nutrition, But, it is a personal journey that's continuing, right? I learn new things every day.

Adrian: Ok, Well, how did you get into it originally?

Andrew: Ummm, originally it was all kind all born out of frustration really. I used to be really into martial arts and I was doing that, I was doing Karate and I was doing Aikido and I was also going to the gym 3 days a week, and despite about seven martial arts sessions and 3 days at the gym. I still didn't have a six pack.

Adrian: (Laugh)

Andrew: And I was like, "how is this possible?", and from then on I just started studying more and more and yeah that just led me into nutrition I guess naturally from there, then recently this last year I've started helping people professionally, but that has been something that has been building over the last 4 years, and I've learned a lot along the way.

Adrian: Ok, what could you tell us what those things have been or what, what you've discovered on your journey?

Andrew: A lot of the things that I thought to be true or are commonly believed to be true are generally not, for example in

my world, the kind of body building world it's believed that you need to eat every 2 or 3 hours to keep metabolism going to get protein to the muscles so that muscle isn't catabolized and also that you can fire up your metabolism to burn the fat off. That's just simply not true, and none of the research actually supports that. Which I really found fascinating and once I found that out, you know you dig a little deeper and you find out that suddenly breakfast actually doesn't have to be the most important meal of the day. Any meal you can make the biggest meal of the day uh and your body will work to make it work for you. Actually interestingly there was a very controlled study six weeks... they took 3 groups of people. Everybody in each group had the same amount of calories but they were on deficit calories, they wanted to see who would lose the most weight over six weeks. The first group um had their three meals split evenly, the second group had, we'll call them the breakfast group, they ate more food for breakfast but then less dinner and the third group ate more dinner then less at breakfast. We'll call them the dinner group. Now usually you would think that the breakfast group would lose more weight, because breakfast is better for you. Would you agree with that?



Adrian: Sure, that's makes sense to me.

Andrew: It turned out that the breakfast group did lose more weight, however when you looked into what kind of weight they lost, they lost fat and muscle mass, however the dinner group lost more fat overall. The dinner group was better able to preserve muscle mass.

Adrian: Hmmmm.

Andrew: Isn't that interesting?

Adrian: Yeah, I had never even thought about it before.

Andrew: And it's all, it's all just little studies like this that show you all of these myths that are out there, they're really not true and there are many things out there that we're led to believe that really just comes down to marketing emphasis.



Adrian: Um huh, sure. Makes sense.

Andrew: Yeah.

Adrian: Um, Ok, well that's interesting. I never knew that and I'm sure some of our listeners will appreciate that. Um, now you said that you got into, you decided to get into nutrition really, because you weren't getting the six pack that you so desired. So what, I know myself include would have always dreamed of getting a six pack, what advice would you give them or give me to get that?

Andrew: I think the best way to do it and the most painless way to do it is just to start small with a something small.

Adrian. Uh huh.

Andrew: I think the first thing that you could try is to just skip breakfast.

Adrian: Uh huh.

Andrew: And just eat from lunch. You're going to have to go to the gym as well, barbell training, because it's going to work your whole body and help to build a good figure. I don't need you to go running, but if you can do that barbell training three days a week and you can skip breakfast then you're on to a good start.

Adrian: Ok, Ok, and what's next step after that?

Andrew: Ah, Ok, right, So the next step would be to eat most of your food after your workout, so in that post workout period,

about 24 hours, simply put, the carbs you eat are preferentially shuffled usually into your muscles rather than being stored as fat. That's a very simple way of looking at things so just think of it like that. So after workout you're going to eat massively, lots of Carbs, lower fat. On the days that you're not working out I'd like you to eat fatter cuts of meat and less Carbs, much fewer Carbs, but I'd like you to keep your vegetables in there on both days at all times. And also alternating the calories in this way over calories on your workout days and under calories on your rest days, the days that you're not going to the gym you're able to really maintain or build muscle while losing fat, that magic combination that all these diet pills out there claim to be able to do but this actually does it this for real.



Adrian: Ok, That's good, Ok. So it sounds like diet is a major key. I mean everyone thinks that it's the sit-ups or the weight training that's really the key but the way that you just described, it's really starts with your diet first and foremost.

Andrew: Yeah many people make the mistake that it's all about the training um because training can be sold, right, and supplements can be sold. Real foods, real foods like telling someone to eat 400g of lean meat and vegetables with 200g of pasta... that's information that you can't really sell or it's difficult to sell so most of the marketing forces they concentrate on either gym training or supplement XYZ, so that's why everyone thinks more about the training first, cause that's what we're just bombarded with. The way I like to think about it is going to the gym is going to get you a nice figure, however to be able to reveal that figure you're going to have to strip the fat off your body and that comes down to the diet.

Adrian: Ok, Ok, that's good advice. So I'm guessing then that if somebody wants to get in shape that the first thing you tell them would be to change their diet. Is that correct? Or is there something else you'd really tell them to start with?



Andrew: If someone hasn't been going to the gym they are not going to have a good figure underneath the fat, so I advise to get down to the gym and start "squatting", cause just by doing that it's going to have an all body all over all body effect. The only problem that's possibly going to come with that is that by doing that if a person doesn't control their food then they'll start eating more because they'll be hungrier, so that's when you'd come down to getting back to the diet and really dialing things in.

Adrian: Ok.

Andrew: So getting people to eat according to a plan rather than their hunger.

Adrian: Makes sense sure. I'm guilty of that one, so I can't say anything there. And how did you come up with this technique and this method. I mean, you said you are an avid student of nutrition, so where did it come from?

Andrew: Actually there are many forms of intermittent fasting. I didn't come up with the methods, just studied them. Intermittent fasting just means to not eat purposefully for a given amount of time and then eat again. So the one that I teach involves skipping breakfast so you're fasting for 16 hours of everyday, and then there's an 8 hour period where you eat, so for me I just have 2 meals the start 12 O'Clock, and the finish 8 O'Clock pm, and that works really well to have your body burn fat. I mean there are other methods where you'll have say two 24 hour fasts a week um and there are other ones where you might have a 48 hour fast once a week, but that's all generally about calorie control. For

people that want to find out more information about that um Brad Pilon eatstopeat.com that's an excellent website and that's very, very easy to boot.



Adrian: Could you repeat that for the listeners one more time?

Andrew: Yes, it's Brad Pilon and his website is eatstopeat.com.

Adrian: Eatstopeat.com, Ok.

Andrew: Yeah, perhaps you could put that at the end of this blog post Adrian. And then the one that I teach which is, works on the same principals but is just taken much much more detailed for people who really want maximum results, this one comes from a guy called Martin Berkhan.

Adrian: Martin Berkhan

Andrew: Yeah, Martin Berkhan. He's a Swedish nutritionist and he came up with the one method of fasting every day, very controlled in what you eat, and his website is called leangains.com.

Adrian: Ok, Leangains.com.

Andrew: Yeah, it's truly excellent.

Adrian: Ok, good, great. And what is your website?

Andrew: My website is rippedbody.jp.

Adrian: And I'm assuming that you have links to the eatstopeat and the other one?

Andrew: Yes, absolutely. If anybody goes to my site rippedbody.jp on the right side there's my face and underneath there we have it's called "The Guide". If they click that button it will take them to a page with all the information that they need.

I've really worked hard to try and put all the information in the links that someone would need to put it there and have success. I've laid out kind of like three plans for them ranging from really, really simple, to something that's very detailed that someone that would want to step on a body building stage would go down to, so there should be something there for everyone to give a try.



Adrian: Ok, Ok. Now what are some of the mistakes that you found with teaching this method to people that people make?

Andrew: Interestingly, I think one of the biggest mistakes that people make is.. Well, can I call it two things?

Adrian: Sure.

Andrew: One would be training and the other would be diet. If we're looking at the diet I think the biggest mistake some people make is not eating enough on their training days and eating too much on or rest day. So we really need to have a contrast between the volume of food we're eating on our training day and we're eating on our rest day. Because that's where we burn all the fat on the rest day,

Adrian: Ok.

Andrew: And the training day is where we feed the muscle. Regarding the training, the biggest thing there that most people don't do, and the sad thing is that the trainers at many of the gyms don't show people correctly how to squat to a full depth, and I mean all the way down. If you've ever used a Japanese toilet you know the position I'm talking about. You need to squat all the way down that's where you feel the full effect of the squat. Many people don't do the squat either. That's an excellent exercise and it's a very common mistake people make.

Adrian: Ok, Now there is a lot of information out there and you've given two websites that people can go to, but some people would like to have maybe a book to maybe read on the train or some people just enjoy reading a good book before they go to bed. Is there a book out there that you can recommend for them?



Andrew: Yes, the book of Eatstopeat by Brad Pilon as well. His book is excellent. It's a very quick read. It's about 70 pages I believe. 70 or 80 pages. Flows very smoothly. Anyone can read that and understand it well.

Adrian: Ok, good. Now one other thing what is your take on Yoga? I mean, it seems like it's a boom right now and you've got housewives and everyone doing it. I assume that you've done it before, cause you're into nutrition so I assume you've tested out different methods and techniques, so if I could get your take on that I'd love to hear.

Andrew: I've never done Yoga. It's something that I'm interested in doing, but I'm actually just a little bit embarrassed about my flexibility.

Adrian: Huh huh. Sure.

Andrew: Yeah, because I always have the image that these people, they'll expect me to bend myself into a pretzel and I just can't do it.

Adrian: Ok, so you've stayed away from it for now I guess. Ok well, I'll just tell you a little bit about my experience with it. I started taking it about four months ago for the simple fact that maybe I should take care of my health a little better and I thought maybe Yoga is a good way to do it. And like yourself, I'm very unflexible. I'm quite rigid, but in about two months I've gone

from, I used to barely be able to touch my toes, just barely, now I can almost get my wrist to the ground, so it's quite a big chunk in two months. I rather enjoy it, and I think it would.., I don't know, because I'm not a nutrition expert, but it might compliment your exercises nicely.



Andrew: Here's what I do, I try and sit upright when working and with all my lifting I try and have perfect form. It teaches you good posture and that posture carries over to the rest of your life. We're all increasingly spending time sitting in front of the computer screen so it's important.

Adrian: Ok, I just thought you might be the person to ask, so I thought I'd ask you while I had the chance. Anyway, is there any other advice that you would like to share, or are there any last tips that you'd like to pass on to the audience today?

Andrew: If you want to make a change to your body I want to let people know that all the information is out there. So I think that if people want to change then they should know they can. There are loads of really, really great people out there who've done it and want to help them or that are doing it and want to help them get along. A great example of this is a website called fitocracy.com.

Adrian: Fitocracy

Andrew: Fitocracy.com, I think they have about 100,000 users and it's a really great supportive community.

Adrian: And I'm assuming you encourage people to maybe get a partner or an accountability coach or something like that?

Andrew: Yeah, they do that. Some people hire me and they use me as that person. Nobody has to do that. They can use a friend or meet someone online, or just generally by being on fitocracy and posting their workouts on there help, too.

“Oh, well done,” or “Wow, you managed to get a new record!” - feedback like this is really motivating for people. Really nice people, a very rewarding experience.



Adrian: Ok, great. Ok well, Thank you so much for your time today. I think your advice will be helpful for many people out there. I hope that my readers enjoyed this, and I will have to catch up with you again in the near future.

Andrew: Thank you very much, too Adrian.