

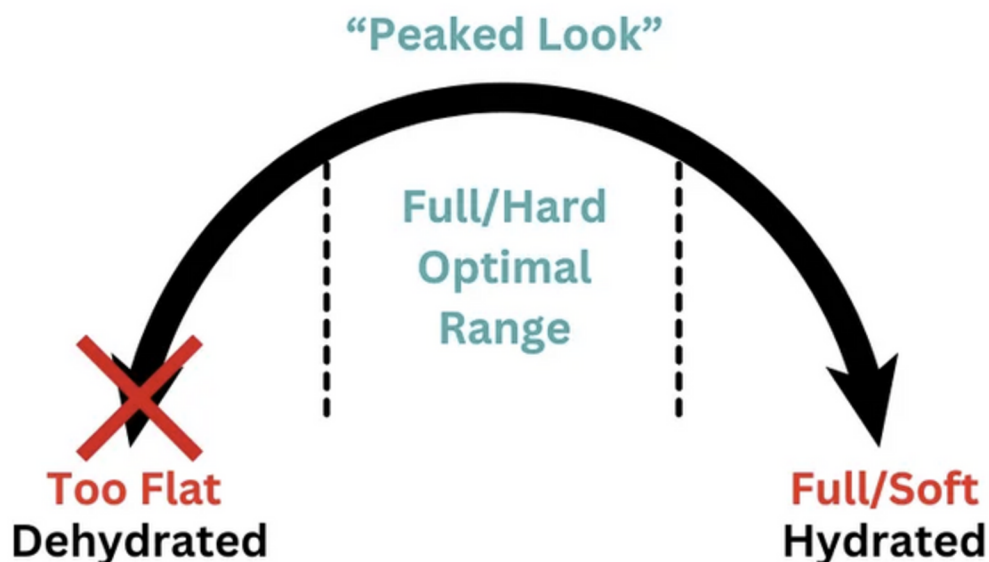


**Peak week is about finding the
“look” and landing it on show day.**



The Look is a specific combination: carbs + water + time = THE LOOK

That look corresponds to a bodyweight range.



IF YOU DON'T KNOW WHAT YOU'RE LOOKING AT, YOU CAN'T MAKE THE RIGHT PEAK WEEK CALL.

Here's the simple guide I use for ALL my athletes, visuals, scale weight, and muscle feel:

FLAT:

- Small and soft
- Bodyweight is LOW
- Muscle feels empty – can't flex a bicep hard

SPILED:

- Big but soft
- Bodyweight is HIGH
- Muscle feels full but squishy – you can squeeze hard, but it's blurred

NAILED THE LOOK:

- Big and HARD
- Bodyweight in target range
- Bicep flex is dense – you can feel the tissue, not just fluid



CLIENT EXAMPLE:

I monitored Garrett 1 day out through out the day with pics fasted, before each meal.

Each meal 40g pro 65g carb 8g fat, 250ml water with meal, 1200ml water between meal

The “Look” was found between meal 2-4 was the the best visuals to land on show day



As you see from left to right he went from fasted to 10lbs up over the day. The best visuals being around 213lbs. I now have a plan for show day!

208 lbs (*flat fasted*) vs 213 lbs (*full and hard*) vs 218 lbs (*spilled*)

If you can't read the look, you'll miss the mark, and make the WRONG peak week move.