THE LEAN GUIDE

GET LEAN WITHOUT LOSING MUSCLE

A beginner's check for cutting with confidence

01 Keep lifting the priority
02 Keep your training familiar
03 Do work you can recover from
04 Make hard sets count
05 Use cardio you can repeat
06 Make daily protein simple
07 Question fat-loss myths
08 Protect your recovery

by **@dr.mavion**, a med intern who lifts

BEFORE YOU BEGIN

START HERE.

You want to get leaner. You also want the work you have put into lifting to count.

This is a beginner-friendly check for someone in their first two years of lifting, or starting again after a long break. Work through the eight steps. Choose one change for this week.

1

Keep the lifting plan visible

2

Make food and cardio repeatable

3

Use the checklist before changing things

STEP 01

1

KEEP LIFTING THE PRIORITY

Eating in a calorie deficit can reduce the muscle repair and growth your body manages between sessions.

That means holding your current muscle size or gym performance steady can be a useful outcome during a cut.

Keeping regular strength training and watching performance can help while dieting without unnecessary muscle loss.

YOUR CHECK

Which lift would you like to keep steady? _____

TRY THIS

Keep that lift in your week and note how it performs with the same technique.

STEP 02

2

KEEP YOUR TRAINING FAMILIAR

For an ordinary cut, keep effortful lifting frequent with consistent exercises rather than a sudden change to your whole program.

Starting a diet can slow gains, so you do not need to replace a working routine just to chase your pre-diet progress rate.

About 0.5–1% of body weight per week is a general fat-loss pace reference. Treat faster loss more cautiously.

YOUR CHECK

Which gym windows can you realistically use this week? _____

TRY THIS

Write down a familiar lift, the load, the reps, and whether your technique stayed consistent.

STEP 03

3

DO WORK YOU CAN RECOVER FROM

For beginners, repeated sets of one broad exercise may produce faster early progress than spreading the same sets across several very specific versions.

About three hard sets per muscle every 48 hours is a rough recovery reference, not a fixed rule.

Nine to twelve weekly sets for a priority muscle can be a common upper-end choice, not a required beginner target.

YOUR CHECK

Am I choosing a useful amount of work, or adding sets just to feel busy?

_____

TRY THIS

Start with a manageable set count and adjust volume when recovery is becoming difficult.

STEP 04

4

MAKE HARD SETS COUNT

A useful default is to finish a working set with about one controlled rep left, instead of pushing every set to complete failure.

For this check, failure means you cannot complete another rep while keeping the agreed movement standard.

Taking many sets all the way to failure can add fatigue that makes later progress harder.

YOUR CHECK

On the last working set, how many controlled reps felt left? 0 / 1 / 2+ / Unsure

TRY THIS

Keep the same movement standard and estimate the reps you had left after each working set.

STEP 05

5

USE CARDIO YOU CAN REPEAT

Walking is useful, but it is not inherently better for low-intensity activity than easy cycling or the elliptical.

Favor manageable walking over piling on hard, loaded cardio. More effort may make hunger harder to control.

A walking pad can help you fit steps around work if that is convenient for you.

YOUR CHECK

What fits this week? Walking / easy cycling / elliptical / Other: _____

TRY THIS

Choose an activity you can repeat and check whether the added effort changes your appetite.

STEP 06

6

MAKE DAILY PROTEIN SIMPLE

A broad muscle-building reference is about **1.6–2.2 g of protein per kg of body weight per day** with individual needs varying.

Total daily protein matters more than splitting it into many small meals.

For filling meals, choose solid protein and fiber foods such as tofu, lentils, chicken, apples and broccoli.

YOUR CHECK

Which protein foods already fit the meals you enjoy? _____

TRY THIS

Plan a protein source in the meals you normally eat, focusing on the daily total first.

STEP 07

7

QUESTION THE FAT-LOSS MYTHS

“Can I spot-reduce belly fat with crunches?” Extra crunches alone are unlikely to reveal clear abs if body fat still covers them.

“Carbs have to go.” There appears to be little or no fat-loss difference between lower-carb and lower-fat diets.

“The sauna will melt the fat.” Its extra energy use is likely too small to matter much for fat loss.

YOUR CHECK

Which one of these ideas has been distracting me? _____

TRY THIS

If visible abs are your goal, separate building ab muscles from reducing the body fat that hides them.

STEP 08

8

PROTECT YOUR RECOVERY

Poorer sleep may make hunger and sticking to a diet harder to manage. That is an anecdotal observation, not a fixed threshold for everyone.

Around seven to nine hours of sleep nightly is a general reference, while individual needs vary.

One missed training week does not mean you suddenly lose visible muscle.

YOUR CHECK

What has made recovery harder lately? Sleep / work / too many hard sets / Other

TRY THIS

Adjust your training demands before adding recovery gadgets. Return to regular training after a short break without panic.

FILL THIS IN NOW

YOUR WEEK AT A GLANCE

Tick what you actually did. Look for patterns, not a perfect score.

- [ ] I kept familiar resistance exercises in my week.
- [ ] I compared at least one lift using consistent technique and performance.
- [ ] I made my working sets challenging without forcing total failure on every set.
- [ ] I watched whether the number of sets was recoverable.
- [ ] I chose manageable walking, cycling, or elliptical work.
- [ ] I checked my daily protein intake against a realistic goal.
- [ ] I protected enough sleep for my own needs.
- [ ] I judged weight changes using weekly averages instead of a single weigh-in.

MY ONE-WEEK PLAN

The one thing I will adjust next week:

_____

When I will do it:

_____

A REALISTIC WEEK ON PAPER

WORKED EXAMPLE

FICTIONAL, NOT A CLIENT RESULT

> “I work late on two days this week. I want to keep the basics in place while I cut.”

THE LIFTING PLAN

I will keep my familiar chest press and record reps with the same technique.

HARD-SET CHECK

I will usually stop with about one controlled rep left.

CARDIO CHOICE

I will use manageable walking, or easy cycling when that fits better.

MEAL CHECK

I will prioritize a workable protein total across the day.

Fill in the weekly checklist with your own schedule. Start with one repeatable action.

SAFETY

Stop and see a clinician for pain, injury or a medical condition.

TRY THIS ON PAPER

WORKED EXAMPLE

A filled-in busy week

Fictional week. It illustrates a training check while cutting, not a promise of weight or muscle change.

Tuesday	**Familiar lifting session**	Use your usual chest press and log load/reps.
Thursday	**Manageable walking**	Choose a pace you can repeat.
Friday	**Familiar lifting session**	Compare the same movement with the earlier log.
Across the week	**Meals and recovery**	Check daily protein; protect the sleep you need.
Sunday	**Weekly review**	Use weekly weight averages, not one weigh-in.

Your turn: Copy this format. Choose your real days, foods or exercises. Adjustments depend on your own recovery and trend. This is a general example, not a clinical diet.

1:1 COACHING · HOW IT WORKS

TIRED OF STARTING OVER?

You have trained before. When work gets busy, the plan slips. Then you are guessing again.

That does not mean you need better genes or a perfect week. You may need a plan built around your real week and a person who helps you review it. Here is the process I offer.

01 · PLAN

I build your training around your goal, equipment and schedule.

02 · LOG

You record sessions and your weekly check-in in the coaching app.

03 · REVIEW

We look at what happened. I revise the plan every four weeks, or sooner when needed.

WHAT YOU GET IN 16 WEEKS

- A personal training plan, exercise explanations and form feedback.
- Weekly check-ins, a kickoff call and a review call every four weeks.
- Training-focused meal plans and food guidance, plus group access.
- WhatsApp questions and form clips. Replies within 2–3 business days.

What support looks like: your plan → your workout log → your check-in → my feedback. You can see how the plan, session log, weekly check-in and coach feedback fit together.

A CLEAR NEXT STEP

COACHING THAT FITS YOUR WEEK

I'm **a med intern who lifts**. I coach training and fitness nutrition. I do not offer medical diagnosis or treatment. We work from your goals and your actual routine.

AVAILABILITY

I can confirm current coaching availability on our fit call.

YOUR FREE FIT CALL

We talk for about 30 minutes. You tell me your goal, your schedule and what you have tried. I explain the coaching process. We decide whether working together makes sense. No pressure.

DM me COACH on Instagram

@dr.mavion · I explain price and fit plainly in DMs or on a free call.

Progress varies. There are no promised physique results. Full written terms, including cancellation and refunds, are shared in writing before you pay.