

— TRAINING SYSTEM · LOSE FAT, HOLD MUSCLE

BODY RECOMPOSITION

Twelve weeks to lose fat and keep — or build — muscle at the same time. The training holds what you have; the plate does the rest.

LEVEL	LENGTH	SCHEDULE	METHOD
Intermediate	12 Weeks	4 Days	Train + Eat



01 — BEGIN HERE

LOSE FAT. KEEP THE WORK.

Most people lose weight and lose muscle with it — ending up smaller, softer, weaker. Recomposition is the slower, better way: a small deficit to strip fat, enough protein and heavy lifting to keep every hard-won ounce of muscle. The scale barely moves; the body changes completely.

FOR YOU, IF

You've built some muscle and want to reveal it — lean down without going backwards. You can train four days a week and pay attention to what you eat.

NOT YET, IF

You're a true beginner — just run Foundations of Form well and you'll often recompose on its own. Or if you have very little muscle to reveal; build first with Hypertrophy Method.

BY THE END OF WEEK TWELVE, YOU WILL

Be visibly leaner with the muscle intact · know your own maintenance and how to run a deficit · hold your lifts on less food · and own a way of eating you can return to any time you want to lean out.

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02

THE FIVE PRINCIPLES

Recomposition is a balancing act. These five keep it balanced.

01 WON AT THE TABLE

Fat loss comes from the deficit — you cannot out-train the plate. Training does not burn the fat; it decides the weight you lose is fat, not muscle.

02 PROTEIN, HIGH AND CONSTANT

In a deficit, high protein is the single thing that protects muscle — and it is the most filling food you can eat. It is non-negotiable here. → p. 07

03 KEEP LIFTING HEAVY

Train near the loads you built. Hard lifting on reduced fuel is the signal that tells the body to hold the muscle rather than burn it.

04 LOSE SLOWLY

A small deficit — about 0.5–0.75% of bodyweight a week — keeps muscle and is survivable. Aggressive cuts strip muscle and rebound.

05 MEASURE BEYOND THE SCALE

A true recomposition can hold your weight steady while your shape changes. Judge it by the tape, the mirror and the lifts — not the morning number. → p. 11



03

THE PLAN AT A GLANCE

Twelve weeks, one page. Screenshot it. Two halves — the training and the plate — held together by one rule.

THE ARC · FOUR PHASES

WEEK 1

SET UP

Find maintenance, set the deficit, lock the protein target.

WEEKS 2-6

CUT

Train heavy, eat in a slight deficit, one refeed a week.

WEEKS 7-11

HOLD

Keep cutting; a diet break if needed. Protect the lifts.

WEEK 12

REASSESS

Measure beyond the scale. Maintain, push, or build.

THE TWO HALVES

TRAIN

HOLD THE MUSCLE

- 1 4 days · Upper / Lower
- 2 Heavy compounds, loads held
- 3 Moderate accessory volume
- 4 Drop a set before the weight

EAT

SMALL DEFICIT

- 1 -300 to -500 kcal / day
- 2 Protein 2.0-2.4 g / kg
- 3 Vegetables fill the plate
- 4 Carbs mostly around training

THE ONE RULE

Small deficit · high protein · heavy lifting. Hold those three for twelve weeks and the body recomposes — slowly, then visibly. Everything else is detail.



04

THE TRAINING · HOLD THE MUSCLE

Four days, Upper / Lower, run twice each. The job is not to grow — it is to **keep what you have** on less fuel. So hold the loads you walked in with; if a session is hard, drop a set before you drop the weight. Rest 2 min.

UPPER · RUN A & B VARIATIONS

EXERCISE	SETS × REPS	RIR	NOTE
Bench / Incline Press CHEST	3 × 5–8	1–2	Hold the load
Row BACK	3 × 8–10	1–2	—
Overhead Press SHOULDERS	3 × 6–8	1–2	—
Pull-up / Lat Pulldown BACK	3 × 8–10	1–2	—
Arms · curl + triceps SUPERSET	2 × 10–12	1	Keep it brief

LOWER · RUN A & B VARIATIONS

EXERCISE	SETS × REPS	RIR	NOTE
Squat QUADS	3 × 5–8	1–2	Hold the load
Romanian Deadlift HAMSTRINGS	3 × 6–8	1–2	—
Leg Press QUADS	3 × 10–12	1–2	—
Leg Curl HAMSTRINGS	3 × 10–12	1	—
Calf Raise CALVES	3 × 12–15	1	Full range

Holding your numbers in a deficit is progress — it means the muscle stayed while the fat left. Don't chase PRs here; chase consistency.



05

SETTING THE DEFICIT

The deficit is the engine of fat loss. Set it small, set it once, and let the weekly trend tell you if it's right.

THREE STEPS

STEP	WHAT TO DO
1 · Maintenance	Estimate it: bodyweight in kg × 31 ≈ daily calories to hold weight. Or track your intake for 1–2 weeks at stable weight — that is your true number.
2 · The deficit	Subtract 300–500 kcal. That targets ~0.5–0.75% of bodyweight lost per week — slow enough to keep muscle.
3 · The check	Track a weekly average weight. Losing faster than ~1%/wk → eat a little more. Not moving over 2–3 weeks → trim ~150 kcal or add steps.

ROUGHLY, BY BODYWEIGHT

BODYWEIGHT	~ MAINTENANCE (×31)	CUT TARGET (–400)
60 kg	~1,860 kcal	~1,460 kcal
75 kg	~2,325 kcal	~1,925 kcal
90 kg	~2,790 kcal	~2,390 kcal

HOW LONG

Run the deficit **8–12 weeks**, then reassess at maintenance. Nobody diets well forever — the breaks on p. 9 are what make twelve weeks finishable.



06

PROTEIN & THE PLATE

In a deficit the plate flips: protein leads, vegetables fill, carbs fuel the training, fats stay small. Built this way, you eat well, stay full, and keep the muscle.

BUILD EVERY PLATE FROM FOUR PARTS

PROTEIN

2.0–2.4 g / kg

The priority, every meal — a big palm of eggs, curd, paneer, soya, chicken, fish or whey. Protects muscle, keeps you full.

VEGETABLES

Half the plate

Sabzi, salad, greens — volume and fullness for very few calories. Your best friend in a cut.

CARBS

Around training

Rice, roti, oats, fruit — kept moderate and placed mostly near your sessions to fuel the lifts.

FATS

Small, deliberate

Ghee, oil, nuts — enough for hormones, measured, because fats are calorie-dense.

VOLUME FOODS — EAT FREELY

Vegetables, dal, curd, egg whites, fruit, clear soups. High fullness per calorie — lean on these when hunger hits.

HIT PROTEIN FIRST

If you build each meal around its protein and fill with vegetables, the calories and the fullness tend to take care of themselves.

The full Indian-first deficit system — portions, swaps, eating out — lives in **Fat-Loss Architecture**.



07

A DAY ON THE PLATE

One example — a ~75 kg person on a training day, around 1,900 kcal and ~165 g protein. Not a meal plan to copy, but a shape to borrow: protein at every meal, vegetables filling the gaps, carbs near the session.

MEAL	WHAT	WHY
Morning	3 eggs + 2 whites, or besan chilla · bowl of curd · black coffee	~35 g protein to open the day
Lunch	Dal + 2 roti (or a cup of rice) · large sabzi · curd or a palm of paneer / chicken	Balanced; vegetables for volume
Around training	Whey scoop + a banana or fruit	Protein + carbs to fuel and recover the lifts
Dinner	Chicken / fish / paneer / soya · big salad · small portion of rice or roti	Protein-led, carbs kept light at night
If hungry	Curd, fruit, a boiled egg, clear soup, vegetables	Volume foods — low cost, high fullness

ON REST DAYS

Drop the around-training carbs and trim a little elsewhere — you need less fuel when you're not lifting. **Keep the protein exactly the same.**



08

STEPS, REFEEDS & BREAKS

The levers that widen the deficit gently and keep it survivable — so the diet finishes instead of fizzling.

STEPS FIRST

8,000–10,000 a day. The cheapest way to widen the deficit — it burns calories without taxing the recovery your lifts depend on.

CARDIO, OPTIONAL

2–3 easy zone-2 sessions of 20–30 min if you like it. A lever, not a crutch — never so much that the lifts suffer.

CREATE IT WITH MOVEMENT

Lean on steps and food for the deficit. Hard cardio that wrecks recovery costs you the muscle you're trying to keep.

BUILT-IN RELIEF

The weekly refeed. One day a week, eat at roughly maintenance with carbs up and fats down. It refills the muscles, sharpens training, and makes the week sustainable. Not a cheat day — a planned, higher-carb day.

The diet break. Every 4–6 weeks, eat at maintenance for 5–7 days. It eases hunger, supports muscle, and resets you mentally. The cut resumes easier on the other side. These breaks are part of the plan, not a failure of it.



09

PROGRESS BEYOND THE SCALE

This is the principle that makes or breaks a recomposition. The scale is the worst judge of the work — because the whole point is to lose fat and keep muscle, which the scale cannot tell apart.

WEEKLY AVERAGE

Weigh daily, judge only the 7-day average. Day-to-day swings are water, food and salt — noise, not fat.

THE TAPE

Waist at the navel, weekly. A falling waist with a steady scale is recomposition happening in real time.

PHOTOS & LIFTS

Monthly photos in the same light; your training log. Holding your lifts means the muscle stayed.

READ THIS

If the scale barely moves but the **waist drops, the photos sharpen, and the lifts hold** — that is perfect recomposition. Do not let a stubborn scale talk you out of a winning plan.



10

RECOVERY & ADHERENCE

A deficit lowers your capacity to recover and your patience to stick. Manage both and the twelve weeks run themselves.

SLEEP

7–9 hours. It protects muscle and controls hunger — short sleep raises appetite and makes a diet far harder than it needs to be.

HUNGER

Normal, not an emergency. Lean on protein, volume foods and water. Hunger passing is a sign the plan is working, not breaking.

ADHERENCE

Consistency over perfection. A missed target is a data point, not a failure — get the next meal right and keep moving.

ONE THING TO HOLD

Train hard, but don't add junk. On less fuel your recovery is smaller — so the plan keeps training lean and heavy. Resist the urge to "burn more" with extra volume; it costs the very muscle you're protecting.



11

THE METRICS TRACKER

Print this. Log your weekly average weight and your waist — this table, not the daily scale, is where you read the truth of a recomposition.

WEEK	AVG WEIGHT	WAIST	NOTES · ENERGY, HUNGER, LIFTS
01 · Set up			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12 · Reassess			



11

SET YOUR NUMBERS

Fill this once, in week one. These three numbers are your whole nutrition plan — write them where you'll see them.

YOUR NUMBER	HOW TO FIND IT	WRITE IT
Maintenance calories	bodyweight kg × 31	
Deficit target	maintenance – 400	
Daily protein (g)	bodyweight kg × 2.0–2.4	
Step target	8,000–10,000 / day	

MONTHLY PHOTO & LIFT CHECK

START	WK 4	WK 8	WK 12

DIET-BREAK WEEKS



12

QUESTIONS, ANSWERED

CAN YOU REALLY LOSE FAT AND BUILD MUSCLE AT ONCE?

Yes — especially as an intermediate, a returner, or anyone newer to hard training. Gains are slower than a dedicated bulk, but the body genuinely recomposes.

HOW FAST WILL I SEE IT?

The waist and the photos shift over 4–8 weeks. The scale may barely move — that's the recomposition working, not failing.

DO I HAVE TO COUNT CALORIES?

At least at first — track to learn your portions and hit protein. Once you can eyeball it, you can loosen the tracking.

WHAT ABOUT CHEAT MEALS?

Use the planned refeed and diet breaks instead — they do the same job, in control, without derailing a week.

WILL MY LIFTS DROP?

They may dip slightly late in the cut. Hold the loads, drop a set if needed. Big drops mean the deficit is too steep — eat a little more.

IS CARDIO MANDATORY?

No. Steps plus the food deficit can do it all. Cardio is an optional lever if you enjoy it.

I STALLED FOR TWO WEEKS.

Check the weekly average first. Then trim ~150 kcal or add 1–2k steps — or take a diet break and resume. Don't slash hard.

WHAT COMES AFTER WEEK 12?

Add food back slowly to maintenance, then maintain, build with **Hypertrophy Method**, or get strong with **Strength Architecture**.



LOSE THE FAT. KEEP THE WORK.

Recomposition is the patient art of subtraction — taking away only what you don't want, and guarding everything you earned. Hold the three rules, ignore the daily scale, and let twelve weeks reveal the body the work already built.

NEXT PROGRAM

CONDITIONING

Add the engine — leaner, fitter, harder to tire.

EVERY MORNING

THE EDGE

One letter before noon. One principle, one practice.

WHEN YOU'RE READY

COUNSEL

Direct guidance from the studio. By application.

vysnfitness.com