

HOW TO LOOK LIKE A Modern VIKING

1. Eat A Lot More

- Consume 3,000 - 5,000 kcal a day (depending on height)
- Eat lots of things that had faces or grew in dirt: chicken, fish, steak, turkey, vegetables
- Avoid processed food and sugary food
- Eat 2g of protein for every 1 kg of lean bodyweight (or 1g per 1 lb)
- Food is fuel, but feasting is social: try to enjoy one feast a day with friends and loved ones, don't stress about what you eat during a feast

2. Supplements

- Food is fuel: natural food supplements are how a Modern Viking "hacks" his nutrition
- Use a high quality Whey protein for convenient protein
- Take 5g-10g a day of Creatine monohydrate for increased strength & recovery
- Use Oat flour to easily add high quality carbohydrates & protein
- Take a good Fish Oil to protect your joints
- ZMA to ensure healthy testosterone levels

3. Winter Season

- Goals: adding maximum muscle mass
- Target body fat: 15-20%
- Lift weights 4-5 times a week for 1-2 hours
- Train each exercise 4 sets of 6 reps
- Rest for 2 minutes between sets
- Focus on big, compound movements
- Train in Winter Season for at least 3 months, but ideally 6-12 months for maximum size

4. Raiding Season

- Goals: defining muscle & cardio-vascular performance
- Target body fat: 10-15%
- Raiding Season follows Winter Season
- Lift weights 4-6 times a week for 2 hours
- Train each exercise 5 sets of 8 reps
- Rest for 30 seconds between sets
- Experiment with supersets for increased intensity
- Try to add rowing, boxing or another manly activity as many times a week as you have time for

5. Fashion & Style

- Mens fashion is simple and easy. Invest in a few high quality items that will last multiple seasons
- Stick to collared shirts - a great fit will emphasise your Viking physique and make it easy to achieve that tapered "V" look
- Leather boots add instant height and masculine style
- Avoid sneakers, cheap t-shirts, and loose clothing. They signal low self-esteem on a grown man
- Get your hair cut in at a high quality stylist. A great haircut is one that looks very stylish but "by accident". Looking overly groomed will make you look feminine
- Grow your beard out scruffy, but keep it tamed. Less than 1% of women find a full beard sexy on a guy. Moustaches are creepy