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Workout Like Joe Manganiello from True Blood

Want to get the Joe Manganiello Weirwolf look?



Then you need to do two things:

1: *You must workout like he did, as consistently as he did.*

2: *You've got to get control of your diet.*

What I'll show you in this article is how to workout like Joe did to get ripped for True Blood, and how to construct a diet that supports all your hard work.

For those of you new to this site, it might come as a surprise to find that the second point is actually far, far more important when creating a fit, lean, athletic and muscular body. Why is this?

Your Diet Supports Your Training

If you want to workout like Joe, you need to be fuelling your body in a way that's right for you. That means you need to give it the right mix of fuels at the right time, and understand that this fuelling changes as you and your body change.

Let me make this clear: **IF YOU DON'T EAT GREAT YOU WILL NOT GET GREAT RESULTS**

I'll show you your options for getting your diet sorted at the end of this article.

Your Diet Determines Your Final Results

You can grow as much as you want by adding more and more calories in, but the quality of those calories will determine both how you look once you have finished gaining, but will also determine how long it takes you to trim the fat off. Key lesson? The cleaner you eat (this means your calories need to come with massive amounts of micronutrients) the better you look at all times. Put another way, it's far better to eat only a couple of hundred calories over your maintenance by eating lots and lots of high quality food, than eat thousands of calories over maintenance on low quality, nutrient poor, food. Final word: do you want to look like a bloated strength monster or like an athletic beast? Choose wisely, each meal at a time and track your diet to ensure you get the quality you

need, to produce the quality you want.

The True Blood Workout

Watch this video and then carry on reading:

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So what did you notice?

You saw a pretty ripped guy doing a load of exercises, talking about training he did **to get ripped**. Straightforward so far, but one thing seems to be missing from all the other True Blood Workouts I've read about. Joe tells you after about 20 seconds in the video that he was about 240lbs BEFORE he started to get ripped for True Blood. That's right, he spent a bunch of time **getting muscular**, THEN ripped all the fat off and carved his muscles to look like they do.

Why's this important?

Because if you don't have much muscle mass to start with, you ain't gonna finish with much either!

You need to create a big muscular body, and THEN aim to keep your muscles whilst stripping the fat off. That means your training and diet program must have at least two phases (and ideally 3) that take you from adding muscle, to shaping that muscle and then carving the fat off to get the lean and athletic look.

[NEXT PAGE: Phase 1 Training and Diet](#)

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