MICHAEL MATTHEWS

THE SHREDDED SUMMER CHALLENGE

90 DAYS OF BUILDING MUSCLE AND SHREDDING FAT

WELCOME TO THE **#SHREDDEDSUMMER** CHALLENGE!

If you're like the thousand of people I've helped and worked with, you're not looking to build freakish amounts of muscle mass.

You just want to be muscular and lean enough to take your shirt off at the beach and have people say "wow, I wish I looked like that!" And I created the #ShreddedSummer Challenge to help you get there.

This is a 3-month transformation program that is going to be quite unlike anything you've done before.

- You're not going to starve yourself or battle with overwhelming cravings.
- You're not going to have to eat nothing but boring, bland foods for months on end.
- You're not going to be told to spend a fortune on supplements.
- You're not going to have to do 2+ hour grueling workouts every day.
- You're not going to bother with hours and hours of cardio every week.

Instead, you're going to eat plenty of food that you actually enjoy, your supplementation routine is going to be simple but effective, and you're going to perform shorter, more intense weightlifting and cardio sessions...and your body is going to respond better than you would ever imagine.

This program will not only help you get shredded this summer, but it will teach you things most people will never know about how to build muscle, get lean, and stay healthy.

Before we get to the program, though, I'd like to introduce myself...

WHO IS MIKE MATTHEWS AND WHY SHOULD YOU CARE?

My mission is to empower people to take control of their health and fitness by following a healthy, enjoyable lifestyle that not only gives them the body they've always wanted but also enables them to live a long, vital, disease-free life.

I'm Mike, and I believe that every person can achieve the body of his or her dreams. I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements.

Through my books and work at Muscle for Life, I've been able to help tens of thousands of people lose weight, build muscle, and get healthy. My goal is to turn that number into hundreds of thousands and ultimately millions.

I've been training for more than a decade now and have tried just about every type of workout program, diet regimen, and supplement you can imagine. Like most guys, I had no clue what I was doing when I started out. I turned to magazines for help, which had me spending a couple of hours in the gym every day and wasting hundreds of dollars on worthless supplements each month, only to make mediocre (at best) gains.

This went on for years, and I jumped from workout program to workout program. I tried all kinds of splits and routines, exercises, rep ranges, and rep timing schemes, and while I made some gains (it's impossible not to if you just keep at it), I eventually hit the dreaded plateau.

My weight remained stuck for over a year, I wasn't getting stronger, and I had no idea what to do with my nutrition beyond eating clean and making sure I was getting a lot of protein. I turned to various trainers for guidance, but they had me do more of the same. I liked working out too much to quit, but I wasn't happy with my body, and I didn't know what I was doing wrong.

Here's a picture of me after almost 6 years of lifting regularly:

Not very impressive. Something had to change.

TIME TO GET SMART

I finally decided that it was time to get educated—to throw the magazines away and learn the physiology of muscle growth and fat loss and what it takes to build a big, lean, and strong body.

So I got serious about doing real research. I searched out the work of top strength and competition coaches, talked to scores of natural bodybuilders, and read hundreds of scientific papers, and a very clear picture emerged.

The real science of getting into incredible shape is very, very simple—much simpler than the health and fitness advice and supplement industries want us to believe. It flies in the face of almost all the crap that we hear on TV, read in magazines, and see in the gym.

Here's a small sampling of what most people will never know about getting into the best shape of their lives:

- Lifting light weights for high reps is basically a waste of time. If your routine doesn't revolve around heavy lifting, you're doing it wrong.
- Getting lean, and even super lean, does NOT require hours upon hours of grueling cardio or crash dieting that leaves you starving and miserable every day.
- If you know what you're doing, you can gain 20 to 30 pounds of lean mass (yes, muscle) in your first year of training, regardless of your genetics.
- Pretty much every machine in the gym should be avoided, and most exercises are horribly ineffective. This brings me to the next point…
- The idea that you have to constantly change your workout routine or your body will adapt and plateau is a lie. I change my routine once every 2 to 4 months and consistently get stronger month after month.
- You don't have to exercise for more than 1 hour per day, 5 days per week to be in peak physical condition. I personally lift weights Monday through Friday for about 45 minutes and do 3 or 4 cardio sessions per week, with each session running about 30 minutes. And I do the cardio mainly because I enjoy it.
- HOW MUCH you eat—not WHAT or WHEN you eat—determines the effectiveness of your diet. No matter what you're doing with your diet, you can always work in cheats and indulgences and achieve your goals.

There are many, many more lessons I've learned, but what it all boils down to is building a muscular, lean, and healthy body doesn't require your life to revolve around it. You can fit it into almost any schedule or lifestyle.

As a result of what I learned, I completely changed the way I trained and ate. And my body responded in ways I couldn't believe.

My strength skyrocketed. My muscles grew faster than I could ever remember. My energy levels went through the roof.

That was just over 4 years ago, and here's how my body has changed since:

Quite a difference.

THE BIRTH OF MY CAREER

Along the way, my friends noticed the improvements in my physique, and I began training them.

I took "hardgainers" and put 30 to 50 lbs. on them in a year. I took people who were absolutely baffled as to why they couldn't lose weight and stripped 30 lbs. of fat off them in 3 to 5 months and helped them build noticeable muscle at the same time. I took people in their 50s who believed their hormones were too bottomed out to accomplish anything with their bodies and helped them turn back the clock 20 years in terms of body fat percentage and muscle definition.

After doing this over and over for years, my "clients" (I never asked for money—I just had them come train with me) started urging me to write a book. I dismissed the idea at first, but it began to grow on me.

"What if I had such a book when I had started training?" I thought. I would've saved an untold amount of money, time, and frustration, and I would've achieved my ideal physique years ago. I enjoyed helping people with what I had learned, and if I wrote books and they became popular, what if I could help thousands or even hundreds of thousands of people? That got me excited.

So I started by publishing Bigger Leaner Stronger in early 2012, unsure of what to expect. Sales were slow at first, but within a month or two, I began receiving e-mails from readers with high praise. I was floored. I immediately started on my next book and outlined several more.

I've now published six books and sold more than 200,000 copies, and I get scores of e-mails and social media messages every day from readers who are blown away by the results they're seeing. They're just as shocked as I was years ago about how simple it is to build lean, healthy muscle and lose as much fat as you want without ever feeling starved or miserable.

It is motivating to see the impact I'm having on people's lives, and I'm incredibly inspired by the dedication of my readers and followers. You guys and gals rock.

WHERE TO NOW?

My true love is researching and writing, so I'll always be working on another book, my blog, and whatever else my writing adventures bring my way.

My big, evil master plan has three major targets:

1 Help a million people get fit and healthy

"Help a million people" just has a sexy ring to it, don't you think? It's a big goal, but I think I can do it. And it goes beyond just helping people look good—I want to make a dent in alarmingly negative trends we're seeing in disease and mortality.

2 Lead the fight against broscience and BS.

Unfortunately, this industry is full of idiots, liars, and hucksters who prey on people's fears and insecurities, and I want to do something about it. In fact, I'd like to become known as the go-to guy for practical, easy-to-understand advice grounded in real science and results.

3 Help reform the sport supplement industry.

The dishonest pill and powder pushers are the people I despise the most in this industry. The scams are numerous: using fancy-sounding, but worthless ingredients; cutting products with junk fillers like maltodextrin and even stuff like flour and sawdust (yes, I'm not kidding); using bogus science and ridiculous marketing claims to convince people to buy; underdosing the important ingredients dramatically to save money (and using a proprietary blend to hide it); sponsoring steroid-fueled athletes to pretend supplements are the secret to their gains; and more.

I hope you enjoy this book, and I'm positive that if you apply what you're about to learn, you too can dramatically transform your physique without hating your "diet" or beating yourself to death in the gym every day.

And just to make it even more fun, you can win $1,000 cash, too...

THE **"I GOT SHREDDED FOR SUMMER"** CONTEST

If being the hottest guy or gal on the beach isn't enough motivation to get shredded this summer, how about the chance to win $1,000 cash?

We thought that would get your attention!

Entering the contest only takes a minute and requires no purchase. Get in and let's get you shredded!

Alright, let's now get to the meat and potatoes of the #ShreddedSummer program, starting with how to use your diet properly to maximize fat loss.

THE **#SHREDDEDSUMMER** DIET PROGRAM: FLEXIBLE DIETING MADE EASY

The most common advice for "getting shredded" is a combination of extreme food and calorie restriction, grueling high-rep weightlifting workouts, and hours and hours of cardio each week.

And ironically, this is the worst way of going about it.

This approach guarantees a downright miserable experience of horrible food cravings, rapid muscle and strength loss, and an accumulative fatigue and lethargy that eventually burns you out.

It doesn't have to be this way, though.

When you know how to use diet, exercise, and supplements properly, you can rapidly lose fat while maintaining--and even gaining--strength; you can completely avoid daily struggles with hunger, cravings, and energy levels.

This isn't just theory, either--this is a reliable combination of strategies that I personally use to get to 6 to 7% body fat with relative ease, and that have been successfully used by thousands of others that I've helped.

So, let's dive into proper dieting for fat loss, so let's get to it.

THE #SHREDDEDSUMMER DIET PROGRAM: FLEXIBLE DIETING MADE EASY

As you probably know, losing fat requires feeding your body less energy than it burns. When you do this, you're creating a negative energy balance or calorie deficit, and the energy difference between what you eat and what you burn every day--usually measured in calories--more or less determines how much fat you lose over time.

I know it's trendy right now to claim that calorie counting doesn't work or that weight loss is actually about the quality, not quantity, of calories eaten, but these are just marketing ploys to sell books, pills, and other frauducts.

Calorie counting itself does nothing. Calorie restriction is the key.

You see, the metabolism obeys the first law of thermodynamics. There is no debating this.

When viewed energetically, your body can't tell the difference between the calories in a donut vs. the calories in a gluten-free, soy-free, cholesterol-free, fat-free, GMO-free green juice.

This is why Professor Mark Haub could lose 27 pounds in 10 weeks eating Twinkies, Nutty bars, and powdered donuts every day.

This is why study after study after study have conclusively proven that so long as a calorie deficit is maintained, subjects lose fat regardless of diet composition.

Now, that doesn't mean that macronutrient ratios don't matter, because they do, and we'll talk more about that in a minute.

But the point I want to make here is that you must know how to maintain a proper calorie deficit over time if you want to lose fat while preserving muscle.

So let's look at how to do that.

First, we need to figure out, with a fair amount of accuracy, how much energy you're burning every day, also known as your Total Daily Energy Expenditure (TDEE).

Here's how I like to do it:

1 Katch McArdle formula

Use the Katch McArdle formula to determine how much energy your body burns every day excluding physical activity, which is known as your basal metabolic rate or BMR.

2 Multiply that number as follows:

By 1.2 if you exercise 1-3 hours per week.

By 1.35 if you exercise 4-6 hours per week.

By 1.5 if you exercise 6+ hours per week.

The result will be a fairly accurate measurement of your TDEE. Some people will burn a bit less and some a bit more (due to fluctuations in BMR), but this is a good starting point.

Now that you know how much energy you're burning every day, it's time to work out how much you're actually supposed to eat. If you simply ate your TDEE in calories, your weight would remain the same.

I recommend a moderate calorie deficit of 20%. That is, eat 80% of your TDEE to create a mild calorie deficit that will allow you to lose about a pound of fat per week without feeling starved or burning up a bunch of muscle.

Oh and if you're familiar with this type of calculation, you probably noticed that my activity multipliers are lower than those found in the Katch McArdle and other similar formulas. This is intentional.

One of the many things I've learned working with thousands of people (my team has done over 1,100 custom meal plans in less than a year, not to mention the 1,000+ people I've personally worked with) is that the standard activity multipliers are just too high for most of us.

Unless you have an abnormally fast metabolism, a standard Katch McArdle TDEE calculation will come out too high and you'll wonder why you're losing little-to-no weight despite being perfect with your food intake.

The multipliers I give above are much better for the average metabolism, and can always be adjusted based on actual results.

I occasionally run into people that lose weight a bit too slowly or quickly on the above multipliers, and in the latter case, also experience significant decreases in strength and energy. These issues are easily remedied by decreasing or increasing daily calorie intake by about 100 and reassesing.

#SHREDDEDSUMMER DIET STRATEGY #2: UTILIZE PROPER MACRONUTRIENT RATIOS

Now that you know how many calories you're supposed to eat every day to lose fat without frying your muscle, it's time to turn that number into macronutrients (protein, carbs, and fat).

The common mistake I see here is too little protein and carbohydrate and too much fat. And the result for many is a significant amount of muscle and strength loss.

So let's look at each macronutrient separately.

PROTEIN

The goal while dieting for fat loss is to preserve muscle, and a big part of this is ensuring you're eating enough protein.

Fully addressing the science of protein needs would require its own chapter, so I'll keep it simple here.

I've reviewed a lot of literature on the matter and tried many different levels of protein intake while dieting for fat loss, and what I've found works best is in line with research published earlier this year and conducted by AUT University:

> *"Protein needs for energy-restricted resistance-trained athletes are likely 2.3-3.1g/kg of FFM [1 - 1.4 grams per pound of fat free mass] scaled upwards with severity of caloric restriction and leanness."*

I've found this to be especially true as you get leaner. If you're overweight or obese, you can get away with something closer to 1.6 to 1.8 grams of protein per kilogram of body weight, but if you're trying to go from 10% to 6%, you will do better with a higher intake.

So, if you're around 15% body fat (men) or 25% (women) or less, I recommend you go with 1.2 grams of protein per pound of body weight. If you're higher, you can go with 1 gram per pound of body weight.

Alright, you now have your daily protein target. Let's now look at dietary fat.

FAT

High-fat diets are really trendy right now because they (supposedly) are best for maximizing testosterone levels and weight loss.

This is misleading.

Yes, switching from a low-fat to a high-fat diet can increase free testosterone levels...but not by much. Not nearly enough to help you build more muscle.

There are two studies commonly cited as definitive proof that high-fat dieting is superior to high-carb dieting.

The first demonstrated that when men switched from getting 18% of their daily calories to 41%, free testosterone levels rose by 13%. The second, conducted a decade earlier, had similar findings.

Now, that might sound nice, but here's what high-fat hucksters don't tell you: small fluctuations like this do absolutely nothing in the way of improving muscle growth.

This has actually been demonstrated in clinical research.

A study conducted by McMaster University was conducted with young, resistance trained men following a 5-day weightlifting program and high-protein diet. After 12 weeks, one of the primary findings of the study was that the differences among subjects in the exercise-induced spikes in anabolic hormones like testosterone, growth hormone, and IGF-1, which all remained within physiological normal ranges, had no effect on overall muscle growth and strength gains.

All subject made gains, but the differences in anabolic hormone responses to exercise didn't significantly change anything.

This study conducted by researchers at Charles R. Drew University of Medicine and Science is also particularly relevant.

Researchers took 61 young, healthy men, and for 20 weeks, administered varying levels of anabolic steroids and a drug that inhibits testosterone production and then tested leg strength and power.

What the researchers found was that testosterone levels didn't significantly affect muscle growth until they dropped below or rose above the normal physiological range, which is about 300 to 1,000 ng/dl.

In terms of lean mass gained, subjects down around 300 ng/dl weren't that far behind those up around 900 ng/dl, and a significant increase wasn't seen until testosterone levels reached the 1,200 to 1,300 ng/dl range.

So, what does all this tell us about high-fat dieting?

Well, we can be damn sure that a tiny 10 to 15% increase in testosterone just isn't going to do anything for us in the gym. Going from, let's say, 600 ng/dl to 700 ng/dl will do absolutely nothing in the way of accelerating muscle growth.

So we (literally) have nothing to gain with a high-fat diet.

This is why I recommend you get about 20% of your daily calories from dietary fat when dieting for fat loss. To calculate how many grams this is for you, simply multiply your total daily calorie intake by .2 and divide this by 9.

So that's fat. Let's now talk carbohydrate.

CARBOHYDRATE

And now we come to the most maligned macronutrient, the carbohydrate.

According to some "experts" this evil little bastard is what makes us fat, and dramatically reducing intake is the best way to lose weight. This simply isn't true.

Research has demonstrated that so long as protein intake is high, there is no significant difference in weight loss between high- and low-carbohydrate diets. So long as you're maintaining a proper calorie deficit, you're going to lose fat at more or less the same rate, whether you're low-carb or not.

In fact, keeping your carbohydrate intake as high as possible is extremely beneficial when dieting for fat loss.

The less carbs you eat, the lower your muscle glycogen levels will be, and this means compromised performance in the gym and tough workouts (muscle endurance seems to take the biggest hit).

Furthermore, research has demonstrated that low muscle glycogen levels impairs post-workout cell signaling related to muscle growth, which is particularly detrimental when you're in a calorie deficit because your body's ability to synthesize proteins is already impaired.

There's more, though.

Calorie restriction is known to reduce anabolic hormone levels, and low-carbohydrate dieting only makes this worse. This study found that, in athletes, a low-carbohydrate diet combined with daily exercise increased cortisol and decreased testosterone levels.

So, a calorie restriction + low-carb dieting = a particularly catabolic hormone profile = more muscle loss while dieting.

This helps explain why research has demonstrated that reducing carbohydrate intake impairs strength, muscle recovery, and protein synthesis rates, and that low-carbohydrate dieting combined with regular resistance training results in more protein breakdown and less protein synthesis (and thus less overall muscle growth).

The research is clear: as a weightlifter, the carbohydrate is your friend. And this is why I recommend you keep your carbohydrate intake as high as possible while dieting for fat loss.

To calculate your daily number, do the following:

Multiply your protein target (grams) by 4.

Multiply by your fat target (grams) by 9 and add it to the above number.

Subtract the sum from your total daily calorie intake.

Divide the amount of calories you have left by 4. There's your daily carbohydrate target in grams.

So, for example, I'm currently 188 pounds and my TDEE is about 3,000 calories.

My daily calorie intake for fat loss = 3000 x .8 = 2400

My protein intake = 188 x 1.2 = 225 grams per day

My fat intake = (2400 x .2) / 9 = 53 grams per day

My carb intake = (2400 - ((225 x 4) + (53 x 9))) / 4 = 255 grams per day

And I've actually been cutting on those macros for about 7 weeks now and have gone from about 194 and 8 to 9% to, now, 188 at 7% without losing more than a rep or two on any of my lifts.

#SHREDDEDSUMMER DIET STRATEGY #3: EAT FOODS YOU LIKE

There are far too many myths regarding foods you "can and can't" eat when you're trying to lose or gain weight. Instead of trying to address them one by one, I'm going to keep it simple for you:

When it comes to gaining or losing weight, HOW MUCH you eat is what matters most–not WHAT.

So long as you stick to your daily macronutrient targets, regardless of the foods you eat to get there, your body will respond by gaining or losing weight accordingly.

Now, that isn't to say that you should try to eat as much junk food as possible. Remember that our bodies don't need food just for protein, carbohydrate, and fat–food also provides vital micronutrients that keep us healthy, vital, and disease-free.

For instance, the majority of my calories come from nutrient-dense foods, like the following:

- Avocados
- Greens (chard, collard greens, kale, mustard greens, spinach)
- Bell peppers
- Brussels sprouts
- Mushrooms
- Baked potatoes
- Sweet potatoes
- Berries
- Eggs
- Seeds (flax, pumpkin, sesame, and sunflower)

- Beans (garbanzo, kidney, navy, pinto)
- Lentils, peas
- Almonds, cashews, peanuts
- Barley, oats, quinoa, brown rice
- Salmon, halibut, cod, scallops, shrimp, tuna
- Lean beef, lamb, venison
- Chicken, turkey

As you can see, that's a lot of yummy options. I'm not trying to suffer through 5 servings of boiled chicken and steamed broccoli every day.

So, do yourself a favor when you're creating your meal plan and stick to healthy foods you actually like to eat. Use a website like CalorieKing to research their macronutrient profiles, and piece your meal plan together meal by meal.

And don't be afraid to include little indulgences–they're just calories you work in. For instance, I really like chocolate, so I often include about 100 – 150 calories' worth of it as a dinner dessert.

SHREDDED FOR SUMMER DIET STRATEGY #4: REVERSE DIET PROPERLY TO SPEED YOUR METABOLISM BACK UP

Once you've reached your target body fat percentage, you have one more dietary task ahead of you.

You see, restricting your calories--even when the restriction is moderate--naturally slows your metabolism down. And the more you restrict your calories, the faster your metabolic rate drops and lower it ultimately goes.

This is why very low calorie diets often result in rapid initial weight loss that eventually stalls as the metabolism slows down to match energy burned with energy consumed (its goal, physiologically speaking).

This, in turn, often leads people to cut calories even further and exercise more, which in turn only slows the metabolism down more and puts the person under more and more mental and physical stress.

One can only take so much abuse, though, so eventually most people "break" and go in the other direction, eating everything in sight for days or weeks straight. This often results in rapid fat storage that, in many cases, leaves people fatter than when they even started dieting in the first place.

If you follow the advice in this article, however, you won't run into these problems. Yes, there will be some metabolic slowdown (it's inevitable), but you can fix it very easily.

What is the fix, you wonder? It's gloriously simple: you gradually increase calorie intake in a controlled manner. By doing this, you can speed your metabolism back up to its normal clip without adding any body fat.

This is known as "reverse dieting" in bodybuilding circles, and here's how it works:

1. Once you're done losing fat, increase your current daily calorie intake by 100 to 150 calories, first by adding carbs (25 to 35 grams of additional carbs per day).
2. Stay at this daily intake for 7 days.
3. Increase your daily intake by another 100 to 150 calories, again by adding carbs.
4. Stay at this daily intake for 7 days.
5. Increase your daily intake by another 100 to 150 calories, this time by adding fat.
6. Stay at this daily intake for 7 days.
7. Increase your daily intake by another 100 to 150 calories, this time by adding carbs
8. Stay at this daily intake for 7 days.

8. Repeat this pattern of 100 to 150-calorie increases, alternating between increase carbs and fat until you reach your Total Daily Energy Expenditure (TDEE) for your current weight, with approximately 30 to 40% of your daily calories coming from protein, 30 to 40% from carbohydrate, and 20 to 30% from fat.

That's it.

By doing this, you will gain little-to-no body fat and, chances are, you'll look your best a few weeks into it: you'll look leaner and weigh even less but the extra carbs will fill your muscles out, giving you an even tighter look.

Now, chances are you'd like to see how this all plays out in actual practice, so in the end of the book you'll find some sample meal plans that my team creates for people looking to build muscle and lose fat.

THE **#SHREDDEDSUMMER** WEIGHTLIFTING PROGRAM

Back when I didn't know what I was doing, here was a normal Chest Day workout:

Flat Smith Machine Press: 4-5 sets of 10-12 reps

Flat Dumbbell Press: 4-5 sets of 10-12 reps

Decline Bench Press: 4-5 sets of 10-12 reps and supersetted with push-ups to failure

Dumbbell Flyes: 2-3 drop sets to failure

After years and years of that type of training, my chest did grow, but it was very slow, and I was pretty weak (I couldn't rep 225 on the freeweight flat bench...after 7 years of lifting...yikes).

What I didn't know is that high-rep training with an emphasis on "feeling the burn" should never be the focus of a natural weightlifter.

Why?

Because that style of training does not build the strong, dense type of muscle we're after. Instead, it gives big pumps but little muscle growth.

What should we be doing then? Us natural weightlifters should focus on lifting heavy weights with a moderate workout volume (40 – 60 reps per muscle group every 5 – 7 days).

The single rep range I've found most effective is the 4 – 6 rep range, which has you lifting about 80 – 85% of your one-rep max. This rep range is an incredibly effective way to stimulate both myofibrillar and sarcoplasmic hypertrophy, resulting in big, dense, strong muscles that don't disappear when your pump subsides or when you get lean.

Trust me on this one–the big, shredded guys that do 15-25 sets per workout, 10-12+ reps per set, with supersets, drop sets, and other fancy rep schemes, can only look like they do because of drugs.

You, as a natural weightlifter, will get nowhere with their routines. It took me years of spinning my wheels to learn this.

The other major mistake I was making was doing too many isolation exercises and too few compound exercises. This mistake was a natural outgrowth of the last, as the high-rep burnout workouts almost always have you doing a bunch of isolation work.

In case you're not familiar with the term, an isolation exercise is an exercise that mainly involves one muscle group (it isolates it). For instance, a dumbbell front raise is an isolation exercise that targets your anterior (front) deltoid muscle.

The opposite of an isolation exercises is a compound exercise, which is one that involves multiple muscle groups. For example, my favorite compound exercise for shoulders is the Military Press (the Standing Overhead Press is good too).

So, in my old workouts, probably 70-75% of my reps were isolation exercise reps. and I almost never did compound exercises vital to building a big, strong physique such as the Deadlift, Squat, and Military or Overhead Press.

Isolation work has a place in a natural weightlifter's workout routine–I don't completely shun it like some gurus–but it should never constitute the majority of reps performed in workouts.

The bottom line is compound exercises should be the bulk of your workouts, even if you're an advanced weightlifter.

The last vital weightlifting I lesson I had to learn was related to "progressive overload."

You see, I once believed that the key to stimulating muscle growth was regularly changing up my workout routine. I thought I had to do different exercises every week or two or my body would adapt and no longer grow bigger or stronger.

I was horribly wrong.

What I didn't know is the key to building bigger, stronger muscles is not doing a bajillion different exercises, but is simply progressively overloading the muscles.

In case you don't know, "progressive overload" refers to progressively increasing tension levels in the muscle fibers over time. That is, adding weight to the bar, progressively lifting heavier and heavier weights over time.

This mistake only made the first mistake (high-rep training) even worse. I wasn't really getting stronger. Instead of moving up in weight, I was more inclined to move up in reps (to get an even bigger pump).

Well, here's a simple rule of thumb for us natural weightlifters: if you want to get bigger, you have to get stronger.

Yes, muscles can get stronger without getting bigger (thanks to neuromuscular adaptations), but there comes a point where additional strength requires bigger muscle fibers, and progressive overload is the key to making that happen.

What this means in practice is that you should move up in weight once you reach the top of the rep range you're working in.

For example, if you're training in the 4-6 rep range and get 6 reps on your first set of an exercise, you move up in weight (5 pounds if using dumbbells, 10 pounds if it's a barbell exercise).

You then work with this new weight, with which you'll likely get 4 reps on the next set, until you can lift it for 6 reps (this may take one week or three depending on the exercise and how advanced of a lifter you are), after which point you move up, and on it goes.

In this way, you will lift heavier and heavier weights over time, and will be using progressive overload to your advantage.

So, as you have probably figured out by now, the #ShreddedSummer workout program is going to work like this:

1. It has you work primarily in the 4 to 6 rep range (80 to 85% of your 1RM).
2. It focuses primarily on compound lifts.
3. It has you move up in weight once you hit the top of the rep range you're working in.

And as you'll see, the workouts are probably shorter than what you're used to--just 45 to 60 minutes--but they're intense.

These workouts are not about getting a big pump that deflates in a day or two--they're about focusing on myofibrillar muscle growth in a way that only heavy weightlifting can deliver.

Before we get to the workouts themselves, I want to touch on a couple other points:

- Rest 2 – 3 minutes in between each set. This will give your muscles enough time to fully recoup their strength so you can give maximum effort each set.
- Before performing your first heavy sets, warm up by doing this:
    - Do 2 sets of 10 reps with about half the weight you'll be using on your heavy sets. Rest about 1 minute in between the sets.
    - Do 1 set of 4 reps with about 70% of the weight you'll be using on your heavy sets. Rest 1 minute.
    - Do 1 set of 1 rep with about 90% of the weight you'll be using on your heavy sets. Rest 2 minutes and then start your heavy sets.

So, let's now take a look at each of the individual workouts you'll be performing while on this program, starting with the fan favorite: chest.

THE **#SHREDDEDSUMMER** CHEST WORKOUT

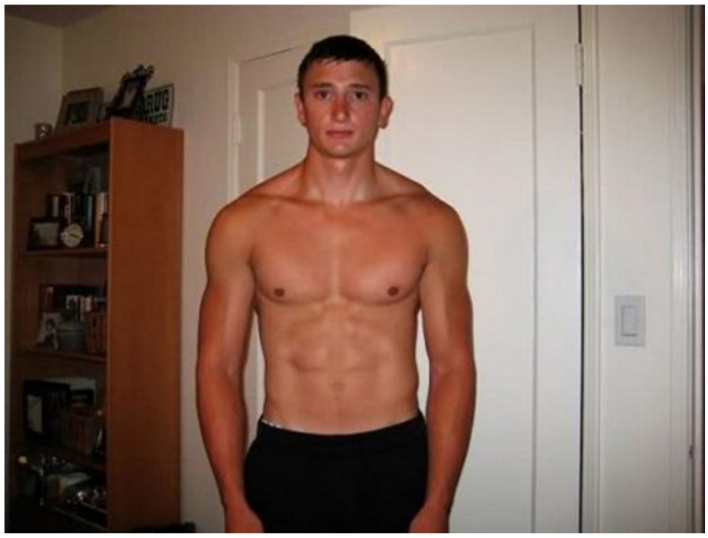
"Help, my chest is too small!"

I receive those words, or something similar, at least 10 times per week. It's by far the most common complaint among the guys that email and message me asking for help.

And I understand. Building a big, strong chest can be quite tough if you're focusing on the wrong chest exercises and rep ranges (and if your nutrition is off, of course).

In this chapter, I'm going to share with you the chest exercises that have not only helped me build a full, strong chest, but have helped many of my readers and followers do the same.

YOU DON'T JUST WANT TO BUILD A "BIG CHEST"–YOU WANT A FULL, PROPORTIONATE CHEST



The first thing I want to address is the goal. Simply having a "big chest" shouldn't be the goal, because just adding size willy-nilly won't necessarily give you the look you want.

The most common mistake we want to avoid is building a big lower chest and small upper chest. Here's an example of this:

Now, he doesn't have a bad physique, and has clearly been working hard for at least a couple of years. But take a closer look at his chest. All his mass is on the lower, outer portions of the pecs, with little-to-none in the upper, inner portions.

Compare that now to a picture of Greg Plitt's chest:

While the overall physiques aren't remotely comparable, again look to the chest It's actually not THAT much larger than the first, but it's much better developed. But what's the major difference here? *The upper and inner portions of the chest.*

"But wait a minute," you might be thinking. "Isn't the whole 'upper' and 'lower' chest thing a myth?"

Well, let's take a moment to address that.

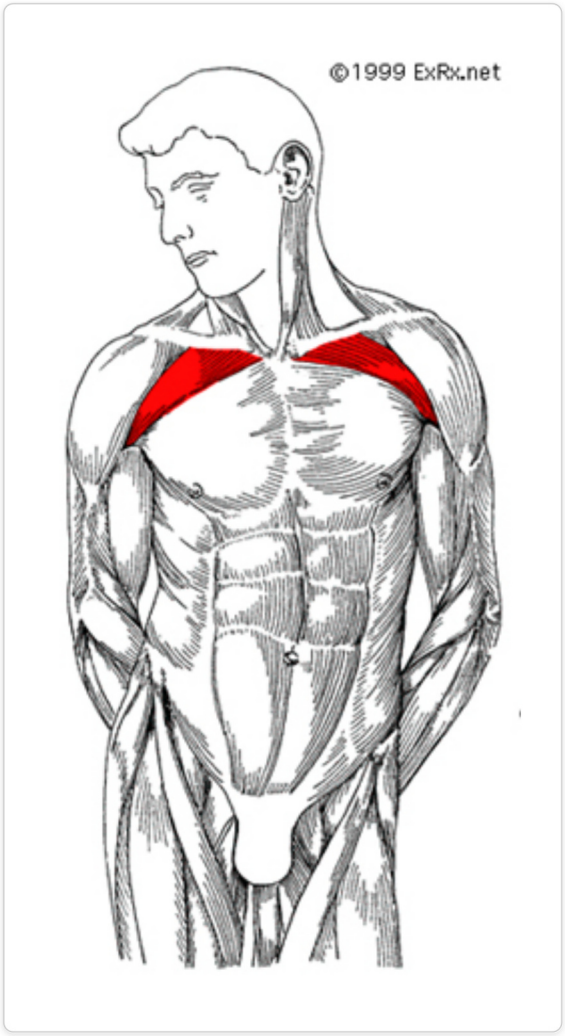
THE TRUTH ABOUT THE "UPPER CHEST" AND "LOWER CHEST"

The "upper chest" debate has been going on for a long time.

Do you need to do chest exercises specifically for the upper chest? Or do all chest exercises stimulate all available muscle fibers? And even more to the point, is there even such a thing as the “upper chest?”

Well, I’ll keep this short and sweet.

First, yes, there is a muscle that forms what we call the “upper chest.” It’s known as the clavicular pectoralis. Here’s what it looks like:



Despite what people might tell you, this muscle is not a part of the big chest muscle, the *pectoralis major*. While part of the pectoralis major shares nerves with the clavicular pectoralis, the angle of the muscle fibers varies greatly. Thus, certain movements can emphasize the pectoralis major, whereas others can emphasize the clavicular pectoralis.

Notice that I say emphasize, not isolate. That's because all movements that emphasize one of the two do, to some degree, involve the other. **But the bottom line is proper chest development requires a lot of *emphasis* on the clavicular pectoralis for two simple reasons:**

1. It's a small, stubborn muscle that takes its sweet time to grow.
2. The movements that are best for developing it also happen to be great for growing the pectoralis major as well.

Curious how this plays out in the real world? Well, let's look to my own body as an example. First, check out the following picture of me, taken about 2 years ago:

I looked decent, but look at the upper portion of my left pec (the right looks bigger than it is because of how I'm holding the phone). As you can see, I had a very bottom-heavy chest with not much to show for upstairs.

I started addressing this by following the chest workouts I'm going to share you with later in this chapter, and this was the result:

See how much of a difference a full upper chest makes? And yes, that transformation was accomplished by doing exactly what I'm going to share with you here, and nothing else.

So, let's get right to it then...

THE #SHREDDEDSUMMER CHEST EXERCISES

The three best chest exercises accomplish a very simple task: they maximally recruit muscle fibers, and allow for heavy, progressive overload without dramatically increasing the risk of injury. These exercises are…

- Barbell Bench Press (Incline and Flat, free weight not Smith Machine)
- Dumbbell Bench Press (Incline and Flat)
- Dips (Chest Version, weighted if possible)

These are the exercises you must master if you want to build an impressive chest. Period.

Forget cable work, dumbbell flys, push-up variations, machines, and every other type of chest exercise out there. They are not nearly as effective as the above three core, foundation-building lifts.

Why no Smith Machine, you ask? Simply because research has proven it inferior to free weight exercises in terms of muscle recruitment.

And why no decline pressing? Because the decline press not only reduces the range of motion of the exercise, thus reducing the amount of work your muscles have to do, it places maximum emphasis on the pectoralis major and minimum emphasis on the clavicular pectoralis, which simply isn't ideal (if you want to build a really droopy, bottom-heavy chest, do a ton of flat and decline pressing and no incline pressing).

Now, many people are surprised to hear this advice of mine, and are even more surprised when they see my pictures and hear that was accomplished by doing nothing but the exercises listed above. **That's right–not a single fly, cable crossover, or machine rep was done**.

Is building an awesome chest really that simple? Yep, it is.

(That said, I do think dumbbell flys and cable work has a place in the routine of an advanced weightlifter that has already built a big, strong chest, but we'll save that for another time. In order to get to that point, it only requires the above.)

Remember, the key isn't just doing the above exercises, however. It's progressing on them. That is, increasing the amount of weight you can push over time. If you don't get stronger, you won't get bigger.

Now, a few tips in performing these exercises:

BARBELL BENCH PRESS

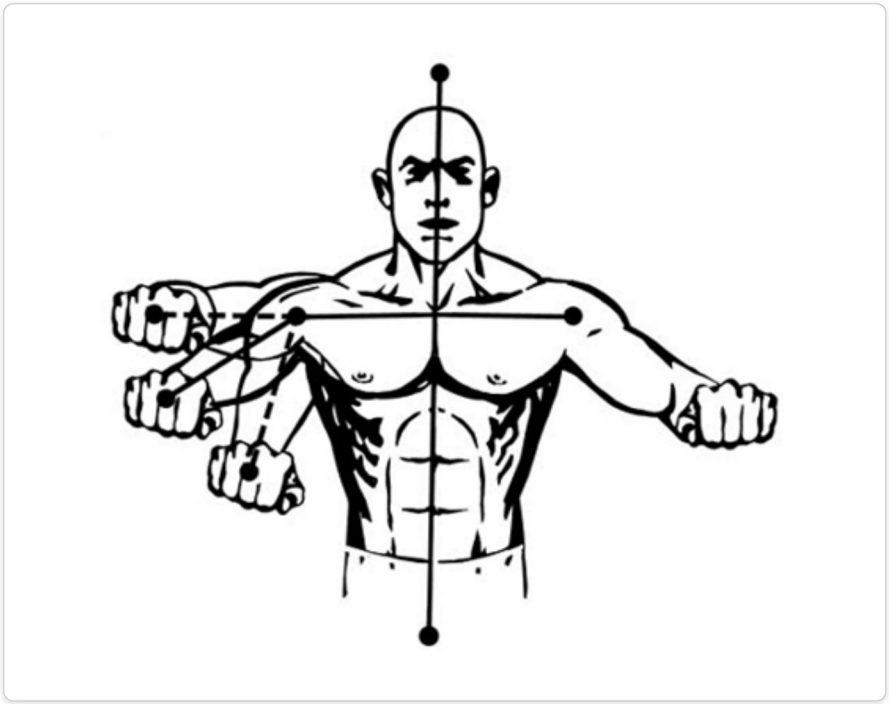
Many people worry that the Barbell Bench Press puts your shoulders at a high risk of injury. This is true only if your form is improper.

Here are the two major points of form that protect your shoulders when you're performing the Barbell Bench Press:

1 Keep your elbows at a 20 – 30 degree angle relative to your torso.

The most common mistake people make is they flare their elbows out, sometimes approaching 90 degrees relative to their torsos. This dramatically increases the stress on your shoulders.

In case you're not sure what the angles look like, here's a picture from my book Bigger Leaner Stronger:



The position where the hands are closest to the torso puts the arms at about 20 degrees relative to the torso. The next position out is about 45 degrees. And the furthermost position is 90 degrees.

2 Keep your shoulder blades pinched and your back slightly arched.

You don't want to flatten your chest out at the bottom of the lift, rolling your shoulders. Instead, your shoulder blades should always remain tightly pinched, which pushes your chest up, and you should always have enough arch in your lower back to fit a fist in the pocket between it and the bench.

The final point of form that you should know is the bar must touch your chest every rep. Stopping short reduces the range of motion, which means less gains.

DUMBBELL BENCH PRESS

One of the big advantages of the Dumbbell Bench Press is that it allows you to increase the range of motion beyond the barbell press. Here's how I like to perform the Dumbbell Bench Press (this is incline, of course, but you get the idea):

Technically my butt shouldn't be moving–I was trying to move up in weight here and got a little overzealous–but what I wanted to show you was how I rotate my hands at the bottom of the rep and bring the dumbbells low. This increases the range of motion without increasing the risk of injury, and I've found this very helpful in progressing with the weight and developing my chest.

THE WORKOUT

Here's the chest workout you'll be doing every week as a part of the #ShreddedSummer program:

Incline Barbell Bench Press: Warm up and 3 sets of 4 – 6 reps

Incline Dumbbell Bench Press: 3 sets of 4 – 6 reps

Flat Barbell Bench Press: 3 sets of 4 – 6 reps

Optional (if you feel like you have some juice left): Dips: 3 sets of 4 – 6 reps

If you're an advanced lifter, or you feel you have more in you at the end of the workout, you can do the final 3 sets, but don't do more than that or you will likely wind up overtrained at some point.

THE **#SHREDDEDSUMMER** BACK WORKOUT

Although many guys focus on building the “beach muscles” (every day is Chest Day), I think a big, thick, wide back is awesome.

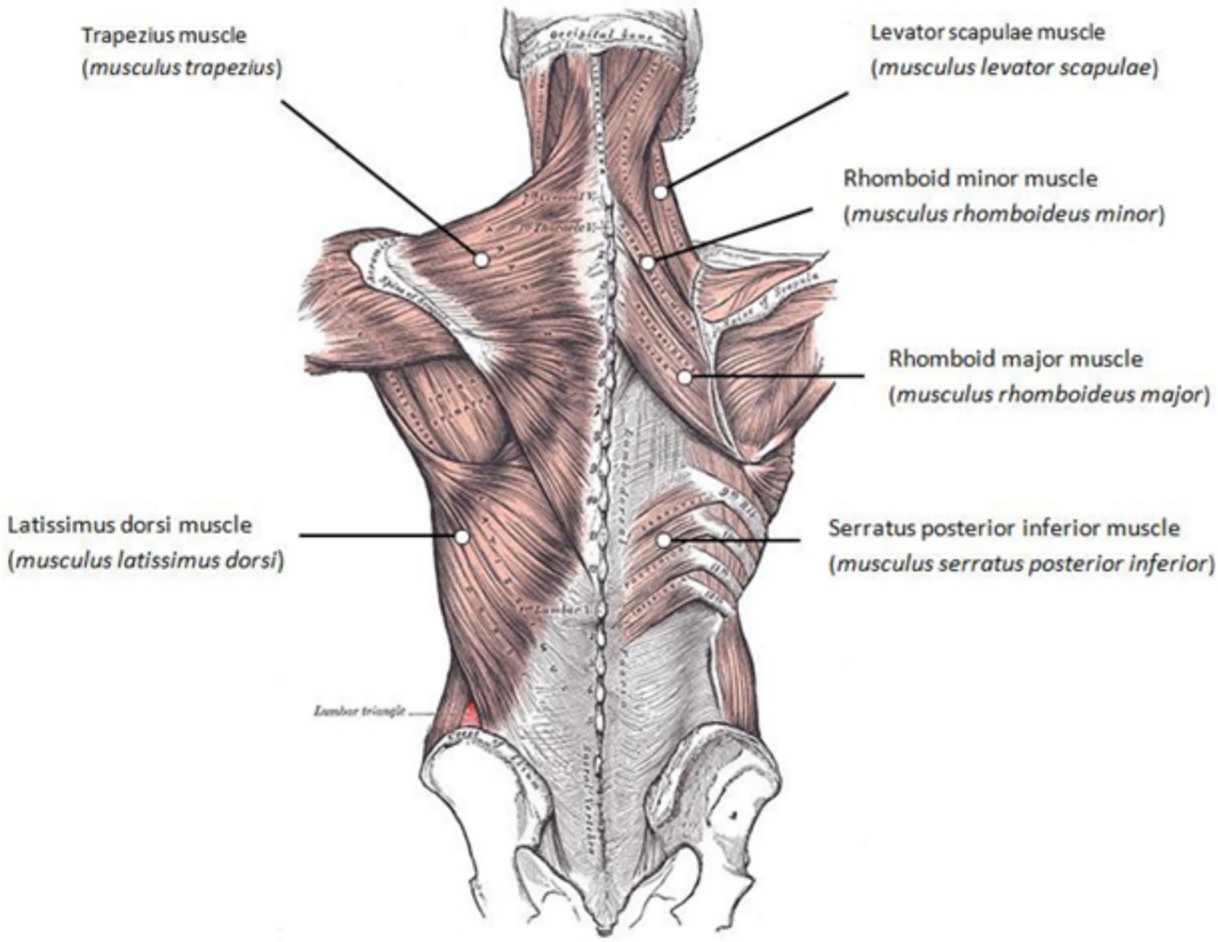
It doesn’t come easily though. It takes a lot of proper training to really make it stand out.

In this chapter, I’m going to share with you my favorite back exercises and how I like to program my back workouts. If you follow my advice, and eat properly, your back will grow in both size and strength.

So, let’s first look at the anatomy of the back so we can better understand what we’re trying to achieve with our training.

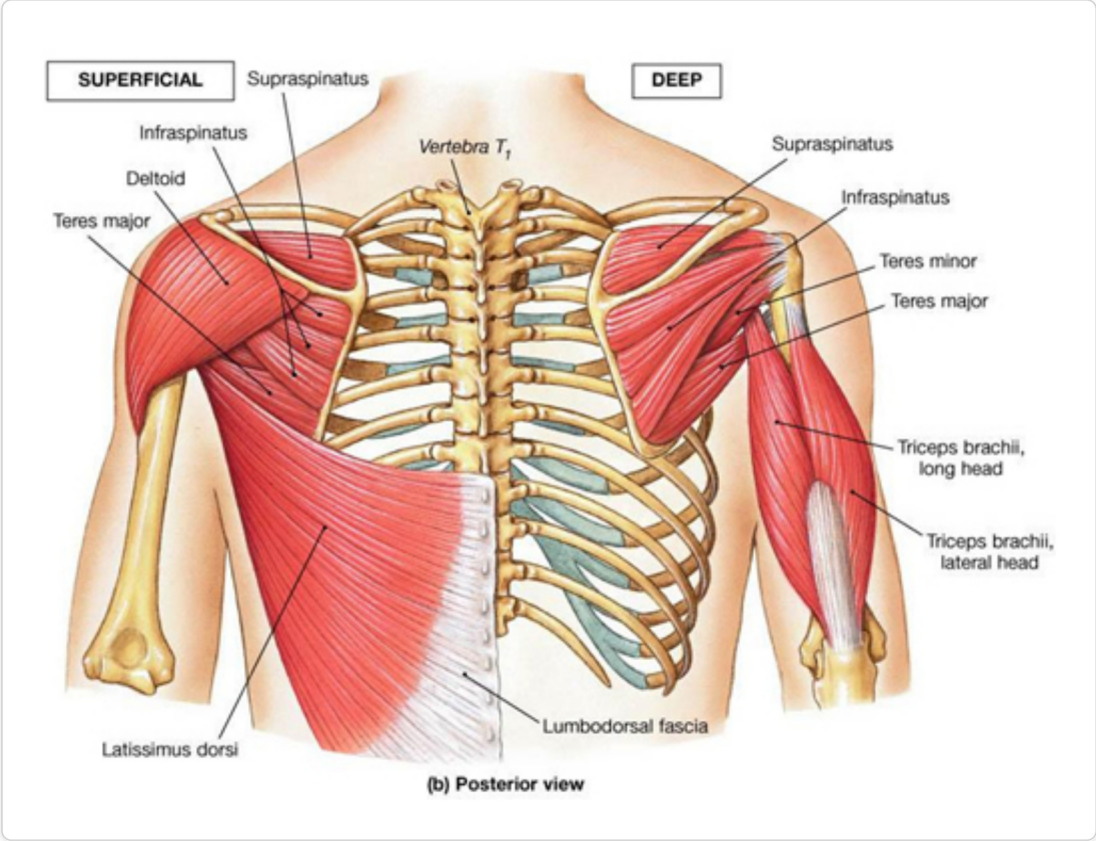
THE BACK MUSCLES WE WANT TO FOCUS ON BUILDING

The four muscles that make up the bulk of the back, and that need to be well developed, are the *trapezius, rhomboids, latissimus dorsi, and erector spinae. Here’s how they look:*



(The erector spinae aren't shown on the above chart, but they are the lower back muscles that occupy the gray area at the bottom.)

There are a few smaller bundles of muscle that matter as well, such as the teres major and minor, and the infraspinatus. You can see them here:



Now, here's the goal in terms of overall back development:

- **Large, but not overdeveloped, traps that establish the upper back**
- **Wide lats that extend low down the torso, creating that pleasing V-taper**
- **Bulky rhomboids that create "valleys" when flexed**
- **Clear development and separation in the teres muscles and infraspinatus**
- **A thick, "Christmas tree" structure in the lower back**

My back is a work in progress, but here's what I've been able to achieve so far:

Unfortunately I don't have any older "before" shots of my back (every day was Chest Day), but my back has come come very far in the last few years. **The breakthrough occurred when I changed my workouts to what I'm going to share with you in this article**.

So, let's start with some basic principles of back training, and then we'll get to the best back exercises and a sample back workout.

BACK TRAINING 101

The most common mistake I see people make with their back training is focusing on the wrong exercises (usually boiling down to focusing too much on the lats)

The result is a weak-looking back that has a V-taper but nothing else–nothing to show for in the middle, and small erector spinae. Here's a good example of this type of back:

Not great, but I bet he can do a lot of standing lat pushdowns.

A proper back workout trains the lats, but blasts the other major muscles. And fortunately the best back exercises do both–they build depth, thickness, and width.

Let's now move on to the best back exercises for rapid muscle growth and strength gains.

THE #SHREDDEDSUMMER BACK EXERCISES

DEADLIFT

The deadlift is the core of any great back program. My back sucked in both strength and size until I started really working on my deadlift, and I've never looked back.

Many people are afraid of the deadlift because they think it's inherently bad for your lower back or dangerous. This is incorrect. **When performed with good form, the deadlift is actually a fantastic way to build lower back strength and prevent injury**.

That said, if you have sustained a lower back injury or have a disease affecting the area, you will not want to perform deadlifts. Proper rehab can include deadlifting, but it's done with light weights and lower workout volumes.

Here's what proper form on a deadlift looks like:

Two Useful Variations of the Deadlift: The Sumo Deadlift and Hex Bar Deadlift The sumo deadlift uses a wide stance (1.5-2 times the width of your shoulders) to shorten the range of motion and shearing force on the lower back. It also can feel more comfortable in the hips than a conventional deadlift, depending on your biomechanics (if you walk with your toes pointed out, the sumo may be better for you).

Here's a good explanation of the Sumo Deadlift:

The downside of the sumo deadlift is the reduced range of motion, which results in less work done, which means less muscle development. Nevertheless, give this variation a try if you lack the flexibility to do a conventional deadlift, if it just feels very uncomfortable (certain people's bodies are better suited to the sumo deadlift), or if it's causing low-back pain.

The hex bar—or trap bar—deadlift is a great way to learn to deadlift, because it doesn't require as much hip and ankle mobility to get to the bar, and it puts less shearing stress on the spine. **It also allows you to lift more weight than the conventional deadlift, which may make it a more effective exercise for developing overall lower body power.**

Here's how the Hex Bar Deadlift looks:

One last thing of note is that the conventional deadlift is more effective in strengthening the erector spinae muscles and hip muscles, because the hex-bar deadlift is more like a squat due to the increased load it places on the quadriceps.

BARBELL ROW

The barbell row is a staple in my back workouts because it works everything from the erector spinae to the traps.

In terms of form, I prefer something closer to a Pendlay Row than a Yates Row. Here's the Pendlay Row:

And here's the Yates Row:

I prefer keeping my torso close to parallel to the ground because it allows you to work the rhomboids through a fuller range of motion than the more upright, Yates position.

And in case you're worried about your lower back, the reality is if you're keeping your form in, and deadlifting every week, you'll never be rowing enough weight to cause an issue.

CHIN-UP AND WIDE-GRIP PULLUP

While many people swear by chin-ups alone, I think they should be used as a stepping stone to doing proper, wide-grip pullups, which are incredibly good for building upper back thickness.

Here's a chin-up:

And here's a wide-grip pullup:

Something to pay attention to is the fact that the bottom of his chin rises just above the bars. This is a full range of motion. Don't stop halfway.

As you get stronger, you will eventually be able to add weight to your pullups using a dip belt.

THE WORKOUT

A good back workout trains all the major muscles of the back, including the lower back, and focuses on heavy weights. Just like any other muscle group, the back can benefit from higher rep work, but you have to emphasize the heavy weightlifting if you want it to grow.

Here's the back workout you'll be doing every week as a part of the #ShreddedSummer program:

Deadlift: Warm up and 3 sets of 4 – 6 reps

Barbell Row: 3 sets of 4 – 6 reps

Chin-Ups or Wide-Grip Pullups: 3 sets of 4 – 6 reps (add weight if possible)

Optional (if you feel like you have some juice left): One-Arm Dumbbell Rows 3 sets of 4 – 6 reps

THE #SHREDDEDSUMMER SHOULDER WORKOUT

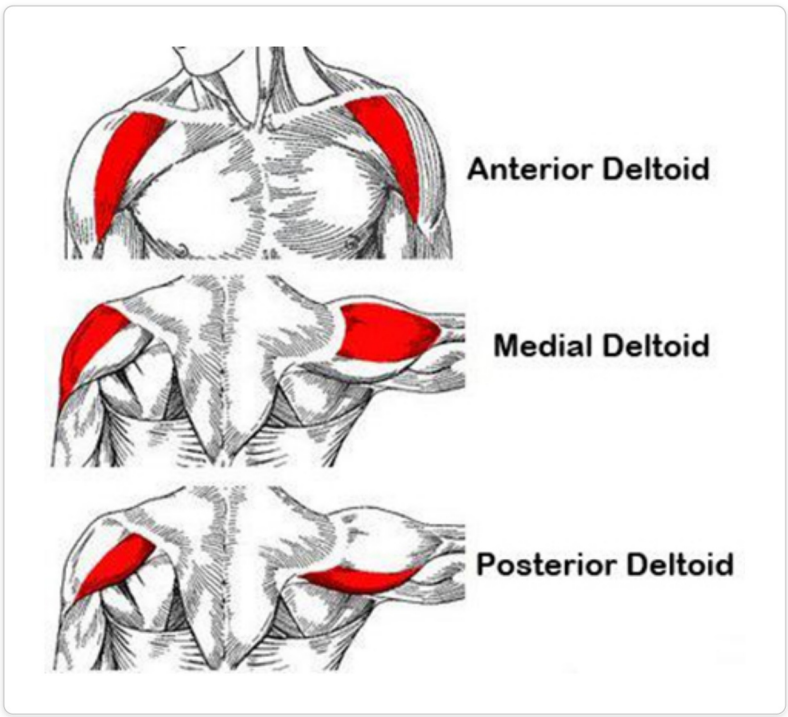
When it comes to upper body training, the shoulders are often undertrained. They naturally tend to lag behind arm and chest development, and can remain very stubborn, refusing to change at all.

I know because I used to have this problem. But I don't anymore, and in this chapter, I'm going to share with you how I finally grew some shoulders I could be proud of.

So, let's first take a quick look at the anatomy of the shoulders so we understand what we're trying to achieve in our shoulder workouts.

GROWING THE SHOULDER MUSCLES

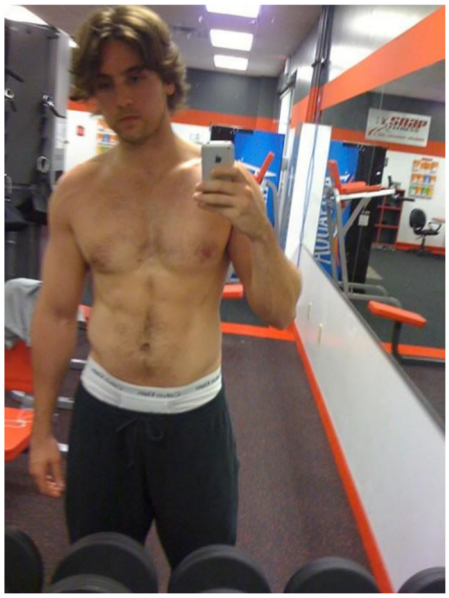
Your shoulders are comprised of three major muscles known as deltoids, and here's how they look:



It's very important to develop all three heads of this muscle group, because if one is lagging, it will be painfully obvious.

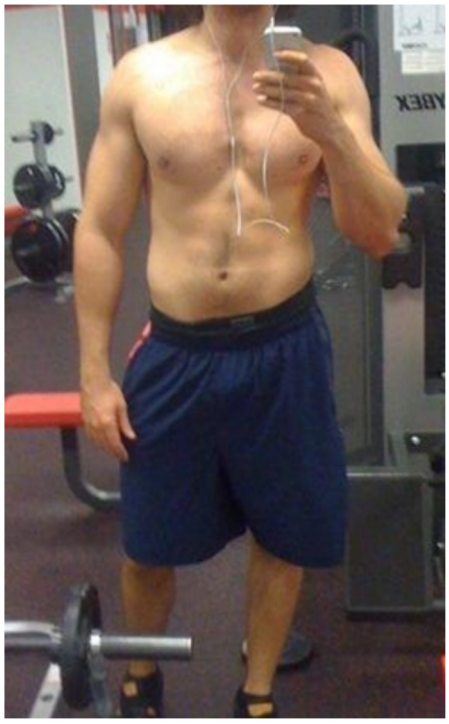
In most cases, the medial and posterior deltoids need the most work because the anterior deltoids do get trained to some degree in a good chest workout. The other two heads don't, however.

Let's use my own physique again as an example. First, check out the following picture taken about 4 years ago.



I didn't look horrible, but take a look at my left shoulder and how small it looks compared to the middle of my arm (the middle of my bicep and triceps).

Here's another shot from the same time period that shows it even more.



As you can see, my arm and chest completely overpowered my shoulder. Keep in mind that I was training shoulders at that time–I was doing a lot of sets as a part of a traditional bodybuilder routine (a lot of isolation work, 10 – 12+ reps, Drop Sets, Super Sets, etc.).

Soon after I took these pictures, I began changing the way I trained and ate, and after about a year of this new style of eating and training, I looked like this:

Quite an improvement, of course (I was thrilled), but let's focus again on that left shoulder because it's still lagging. The medial head in particular lacked size–it didn't protrude enough to balance the size of my triceps.

I kept working at it, however, and here's a shot of me taken a few months ago:

I still think my shoulders need a bit more work, but I think you'll agree they have greatly improved and are fairly proportional to my arms, chest, and back.

The progress you're seeing in the above pictures was achieved with shoulder workouts based on the training advice that I'm going to share with you in this chapter.

So let's get to how to best workout your shoulders...

THE #SHREDDEDSUMMER SHOULDER EXERCISES

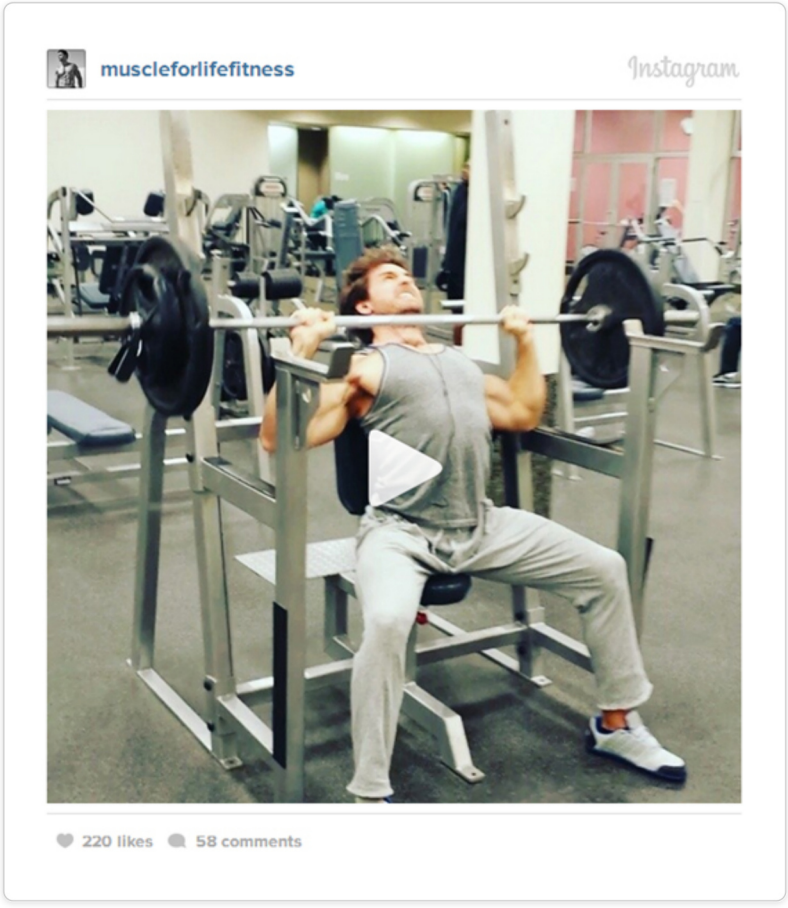
My list of favorite shoulder exercises is pretty short and simple. These are the exercises I've used to dramatically improve my own shoulders, and that will do the same for yours.

SEATED MILITARY PRESS

Barbell pressing is the most effective way to build your shoulders because although it focuses on the anterior head, it also involves the other two, and it allows you to push heavy weight without risking injury.

I prefer the Seated Military Press because the standing variation requires quite a bit of balance and lower back stability to perform, and as I squat and deadlift heavy every week, I don't feel I need any more lower back training.

Here's how to properly do the Seated Military Press:



The key point here is I'm bringing the weight down to my chest in a controlled manner. Don't stop at 90 degrees for fear of your shoulders–so long as you keep your elbows under the bar and resist the urge to flare them out, you'll be fine.

DUMBBELL SIDE LATERAL RAISE

The Side Lateral Dumbbell Raise is the most effective exercise for building the medial (middle) deltoid. This head is usually underdeveloped when compared to the anterior because people tend to focus on chest and shoulder pressing.

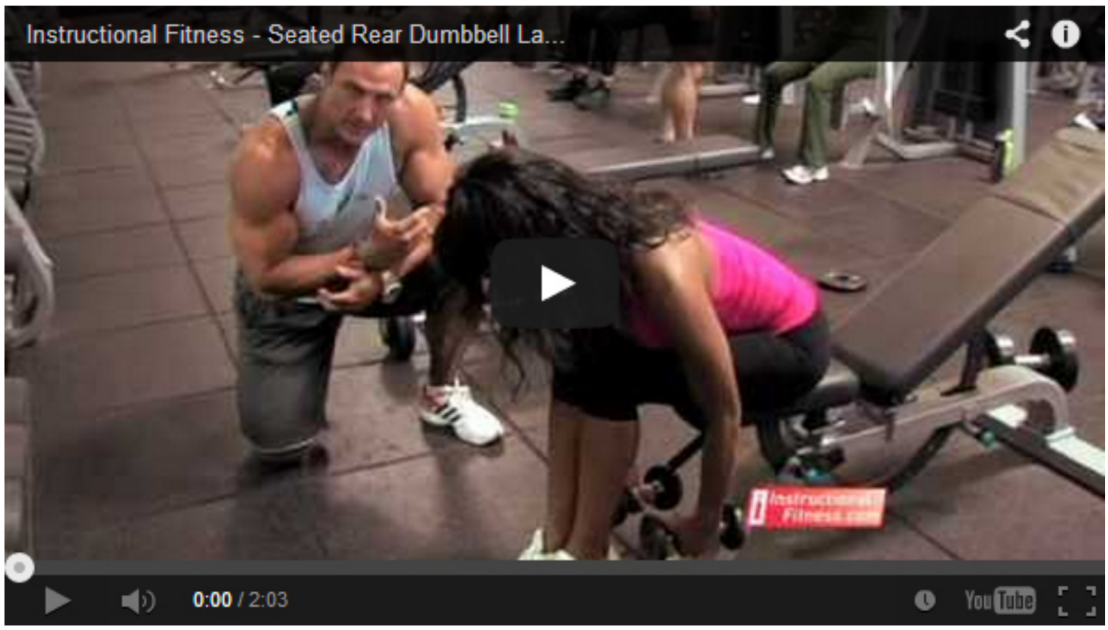
Here's how to do it:

As your shoulders get stronger, you'll find it harder to maintain proper form when trying to lift both dumbbells simultaneously. An effective way to get around this without cheating is to do a hanging variant of the exercise:

REAR DUMBBELL RAISE

The posterior (rear) deltoid is the smallest and weakest of the three heads, but still needs some love if you want to have a “three-dimensional” shoulder that doesn’t fall flat in the back.

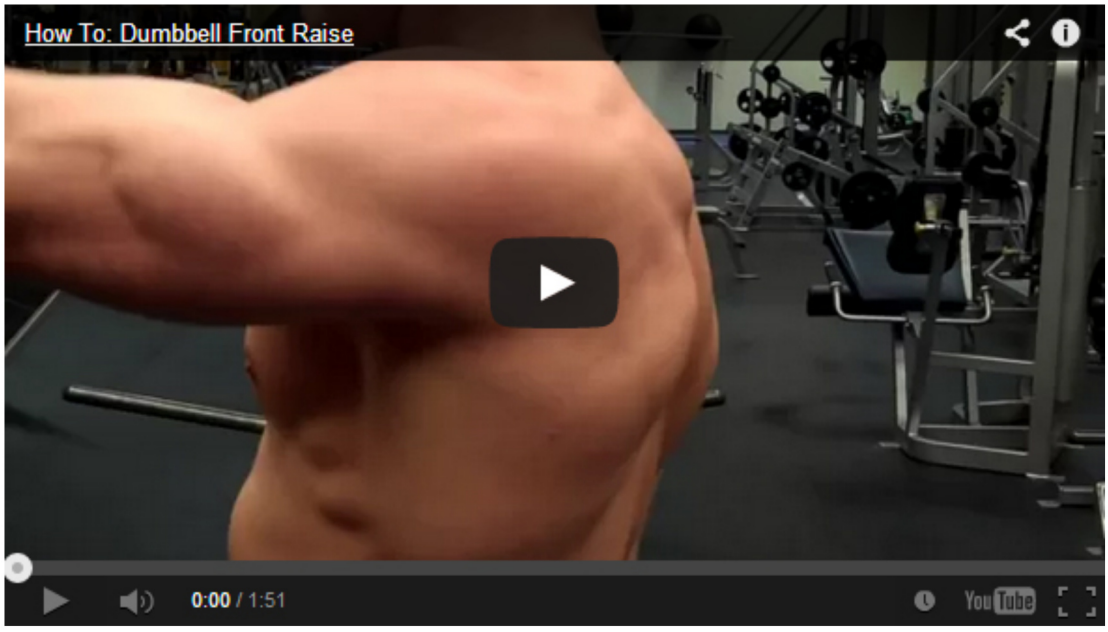
The Rear Dumbbell Raise is a simple and effective exercise for building this posterior head. Here’s how to do it:



You can also do a standing variation of this exercise:

FRONT DUMBBELL RAISE

The Front Dumbbell Raise is an effective exercise for targeting the anterior deltoid. Between this and the presses, you don't need anything else for this front head of the muscle group. Here's how to do it:



THE WORKOUT

A good shoulder workout trains all three heads of the muscle, and focuses on heavy weights. Just like any other muscle group, shoulders can benefit from higher rep work, but you have to emphasize the heavy weightlifting if you want them to grow.

Here's the shoulder workout you'll be doing every week as a part of the #ShreddedSummer program:

Seated Military Press: Warm up and 3 sets of 4 – 6 reps

Dumbbell Side Lateral : 3 sets of 4 – 6 reps or 6 – 8 reps if you can't maintain proper form with 4 – 6

Rear Dumbbell Raise: 3 sets of 4 – 6 reps or 6 – 8 reps if you can't maintain proper form with 4 – 6

Optional (if you feel like you have some juice left): Dumbbell Front Raise: 3 sets of 4 – 6 reps or 6 – 8 reps if you can't maintain proper form with 4 – 6

THE #SHREDDEDSUMMER ARM WORKOUT

There's a reason why so many guys are obsessed with arm training: along with a big chest, big arms are one of the most prominent parts of the body. If you're going to get a compliment from a stranger, it's probably going to be on your arms.

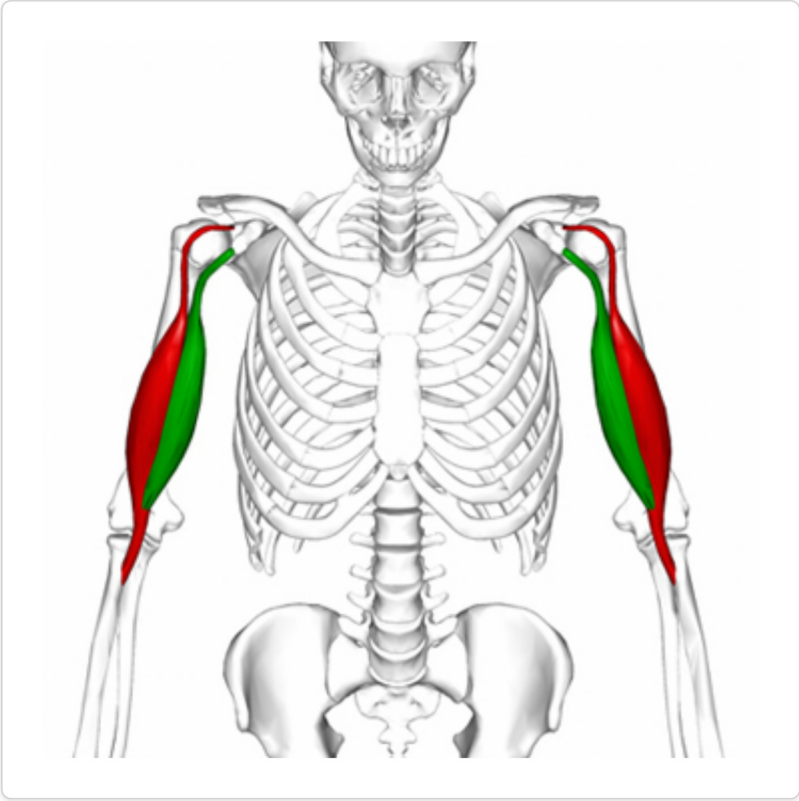
While I think arms get a bit too much attention in the overall scheme of things, I definitely agree that a physique isn't complete without big, developed arms. And in this chapter, I'm going to show you how to get there.

Let's start with the arm anatomy, and then we'll talk arm training.

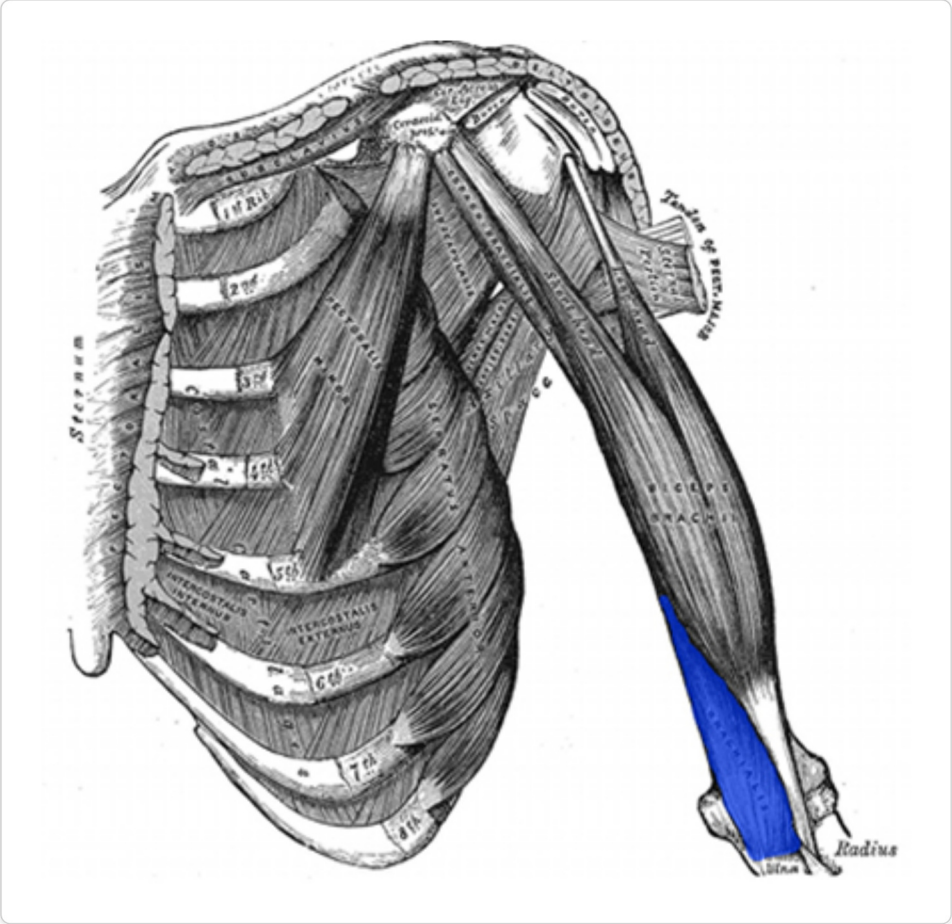
THE MAJOR ARM MUSCLES IN DETAIL

As you probably know, the largest arm muscles are the biceps and triceps, but let's look at them in a little more detail, as well as the forearms, so we know exactly what we're training.

The biceps (or, formally, biceps brachii) is a two-headed muscle that looks like this:



Another important muscle is the biceps brachialis, which lies beneath the biceps brachii:

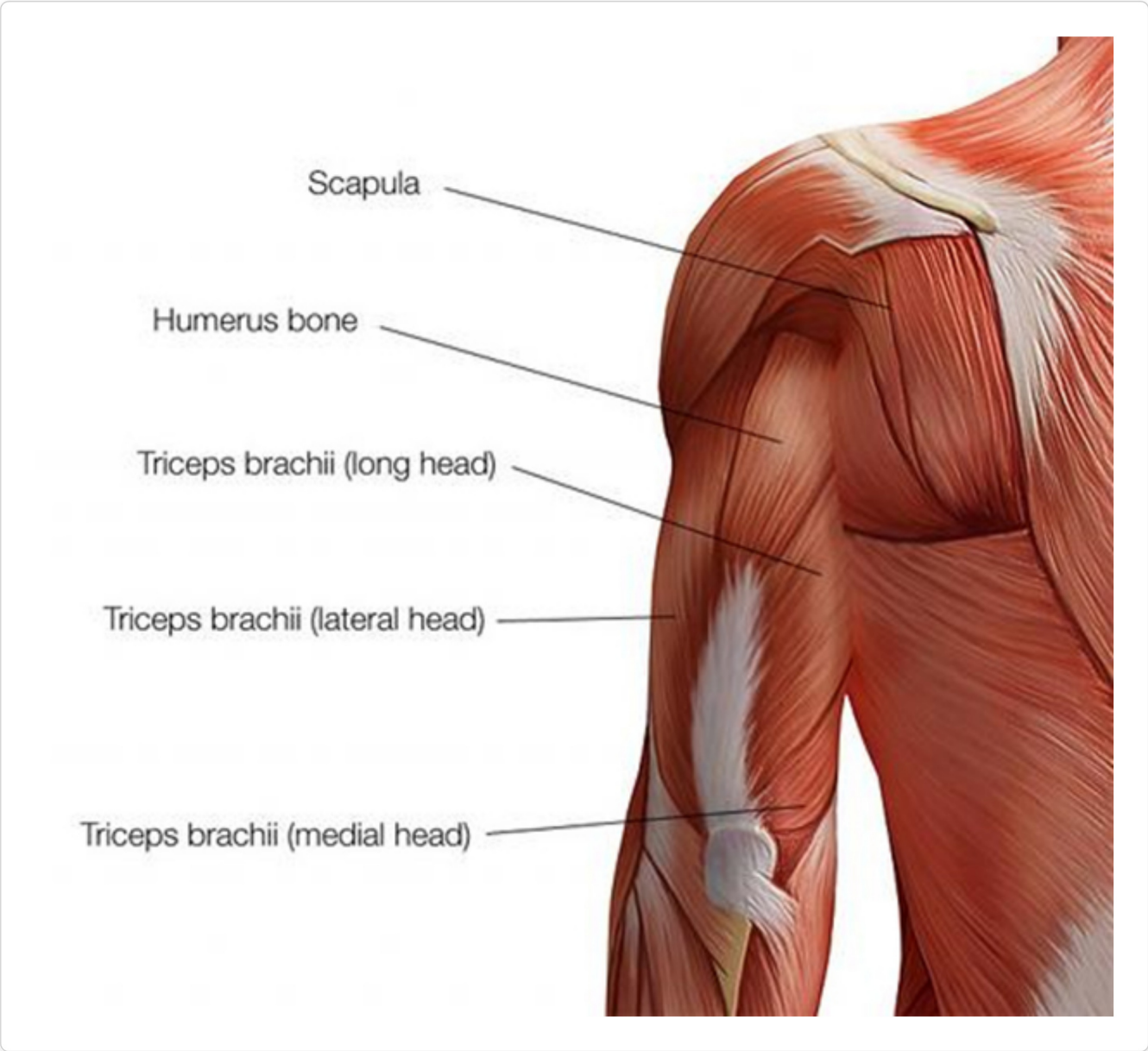


While this muscle isn't nearly as prominent as the biceps brachii when developed, it plays an important role in the overall look of your arms. It looks like a mere "bump" in between the biceps brachii and triceps, but its level of development impacts the amount of "peak" your biceps appear to have (ultimately peak is mostly determined by genetics but increasing the size of the brachialis can give the appearance of a better peak).

I think the following picture of me from a recent photo shoot shows how a well-developed biceps brachialis cleanly separates the biceps brachii from the triceps and adds to the overall aesthetics of the arms:

So, when we get to the training portion of this chapter, we will be including some work to target the brachialis.

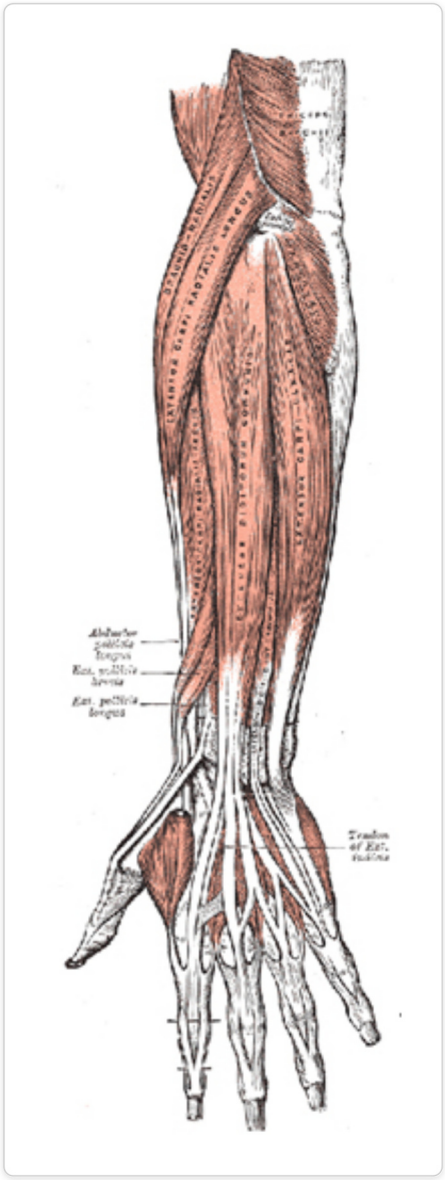
The next muscle group to talk about is the triceps, or triceps brachii, which has three heads:



As you can see, the three heads combine to form the distinctive “horseshoe” that can become quite pronounced, when properly developed.

While the biceps are usually the focus of arms workouts, many people don’t realize that the triceps account for a lot more of your arm’s size. Small triceps mean small, disproportionate arms, regardless of the size of the biceps.

Last but not least is the forearms, which are comprised of several smaller muscles:



Forearms are like the calves of the arms–they aren't the immediate focus, but if they're underdeveloped, it's sorely obvious. Thanks to following the advice I'm going to give in this chapter, my forearms have made quite a bit of progress over the last few years, and I think it shows:

Alright, so now that we know what we're going for, let's talk about the general dos and don'ts of arm training.

THE #SHREDDEDSUMMER ARM EXERCISES

We'll start with the biceps first and then move to triceps and forearms.

Like with other muscle groups, you get the most growth out of the biceps by focusing on free weights, not machines, and by sticking to compound (esque) movements.

BARBELL BICEP CURL

This is one of the best biceps builders, and has been a staple in my arms workouts for several years now.

HAMMER DUMBBELL CURL

The Hammer Curl is particularly useful for building up the biceps brachialis (the smaller muscle that helps give your biceps a visual “boost”).

ALTERNATING DUMBBELL CURL

Like the Barbell Curl, this is a tried-and-true biceps builder.

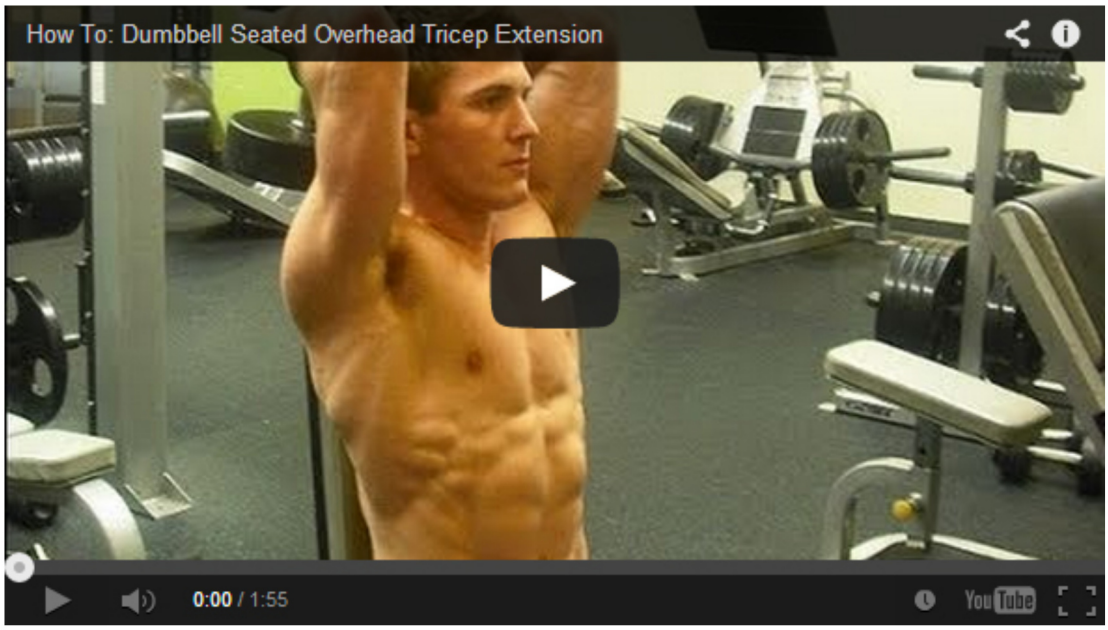
CLOSE-GRIP BENCH PRESS

Like the Barbell Curl for the biceps, the Close-Grip Bench Press is one of the best triceps exercises. It’s a compound movement that allows you to safely push heavy weight, and it also gives a little boost to your chest development.

DIPS

The Dip is a fantastic exercise for building up your triceps, chest, and shoulders.

DUMBBELL OVERHEAD TRICEPS PRESS



This is one of my favorite triceps exercises because, like the Close-Grip Bench Press, you're able to move heavy weights without overly stressing anything. Chances are your elbows will ache for the first few weeks of performing it, but this should go away as the connective tissues adapt.

FOREARM TRAINING

I'll often get asked what I do for my forearms, and people are surprised to learn that I do no direct forearm training. All development has been a result of heavy back, chest, and arm training.

I'm not a fan of directly training forearms for two reasons:

1. It can lead to elbow tightness and pain, which hinders your triceps training.
2. It's just not necessary if you're sticking to heavy, compound lifting for your back, chest, and arms.

If you really want to train them, however, you can do 2 – 3 sets of Reverse Curls at the end of your workout.

THE WORKOUT

A good arms workout trains both the biceps and triceps and, indirectly, the forearms, and focuses on heavy weights. Just like any other muscle group, arms can benefit from higher rep work, but you have to emphasize the heavy weightlifting if you want them to grow.

Here's the arms workout you'll be doing every week as a part of the #ShreddedSummer program:

Barbell Curl: Warm up and 3 sets of 4 – 6 reps

Close-Grip Bench Press: Warm up and 3 sets of 4 – 6 reps

Dumbbell Hammer Curl: 3 sets of 4 – 6 reps

Dips (Weighted if possible): 3 sets of 4 – 6 reps

Optional (if you have more juice left): Dumbbell Curl: 2 sets of 6 – 8 reps

Optional (if you have more juice left): Dumbbell Overhead Press: 2 sets of 6 – 8 reps

I like to alternate between biceps and triceps sets to save time. I don't superset the exercises, but instead I do it like this: biceps exercise 1 set 1, rest 60 seconds, triceps exercise 1 set , rest 60 seconds, biceps exercise 1 set 2, rest 60 seconds, triceps exercise set 2, rest 60 seconds, and so forth.

THE **#SHREDDEDSUMMER** LEG WORKOUT

If you're hitting the weights regularly but neglecting your leg workouts, I want to warn you of what is to come:

In all seriousness, I understand the temptation to skip legs day. I used to do it all the time and am paying the price now. My legs are still a bit behind my upper body in overall development, and my calves are still too small (working on it!), but my legs are no longer a glaring weakness:

Ironically, now that I have a few years of proper leg training under my belt, I've actually come to really enjoy my leg workouts. But it took time to get there. It wasn't a simple matter of MOAR SQUATS MOAR SQUATS MOAAAAR SQUATSSSS!11!!!!

In this chapter, I'm going to share with you what I've learned about building big, strong legs: the best leg exercises, tips on performing them correctly, and a workout that will deliver immediate results in terms of building leg muscle and strength.

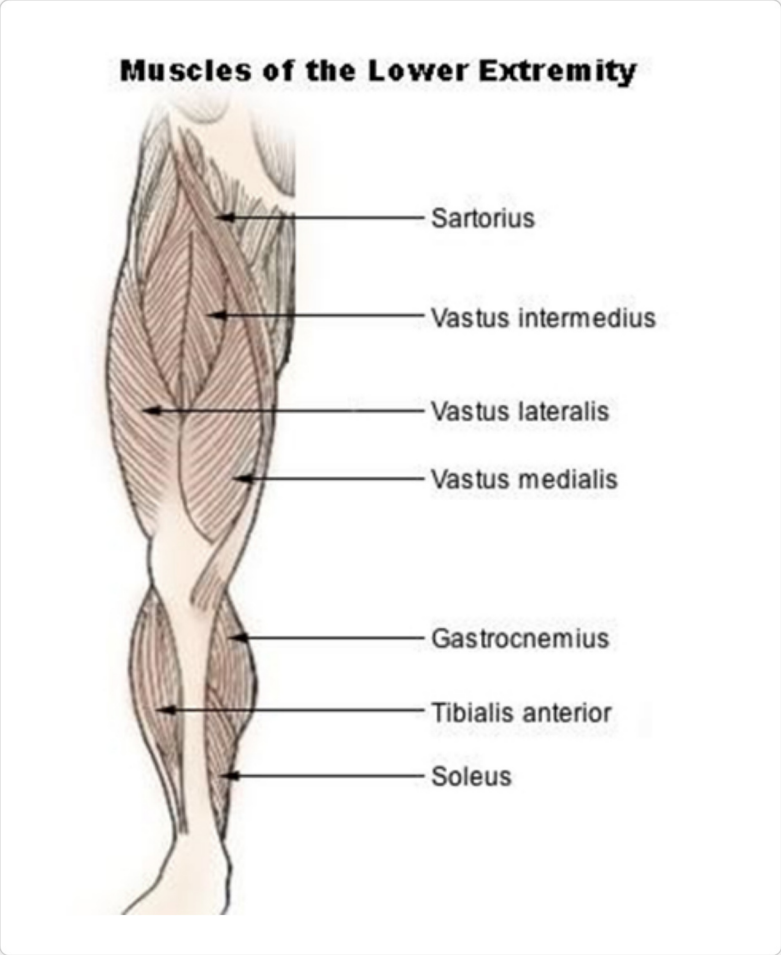
THE MAJOR LEG MUSCLES IN DETAIL

Before we get to the training, let's quickly review the major muscles of the leg so we know what we're looking to develop.

The quadriceps is a group of four muscles that comprise the bulk of the muscle on the front of the thigh. The four "heads" of the quadriceps are:

- The rectus femoris
- The vastus lateralis
- The vastus medialis
- The vastus intermedius

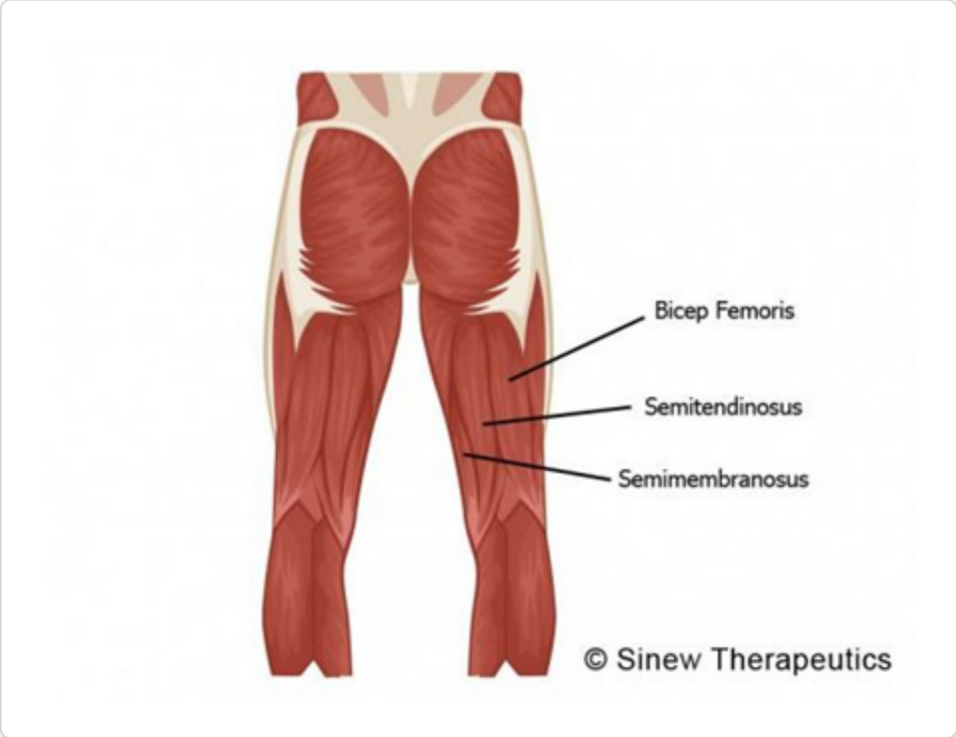
Here's how they look:



The back of the leg is dominated by three muscles that contract the hamstring tendon:

- The semitendinosus
- The semimembranosus
- The biceps femoris

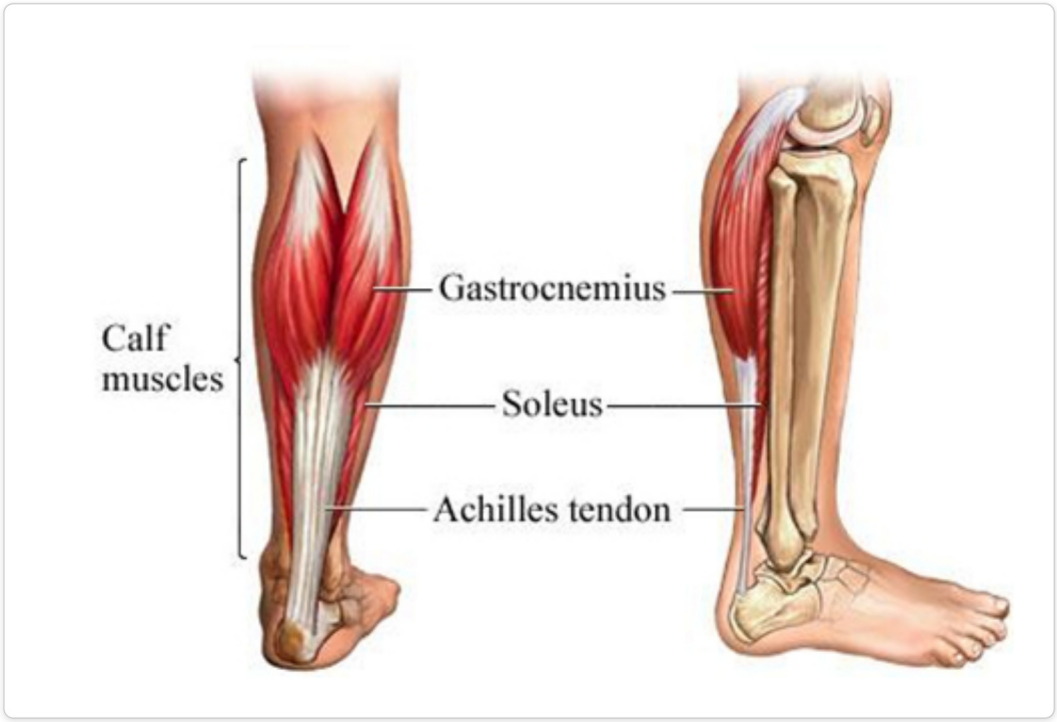
Here's how they look:



And last but not least is the calf muscle, which is comprised of two muscles:

- The gastrocnemius
- The soleus

And here's how they look:



(As you can see, the bulk of the calf is the gastrocnemius muscle, and the soleus lies under it.

So, those are the major muscle groups that we're concerned with in terms of visual development. There are quite a few smaller muscles that will greatly affect our ability to properly train the larger muscles, but we don't need to review each of them. By following the advice in this article, they will develop along with the larger groups.

Alright, let's now look at the best leg exercises for muscle growth.

THE #SHREDDEDSUMMER LEG EXERCISES

These are the exercises I've used to dramatically improve my own legs, and that will do the same for yours.

BARBELL BACK SQUAT

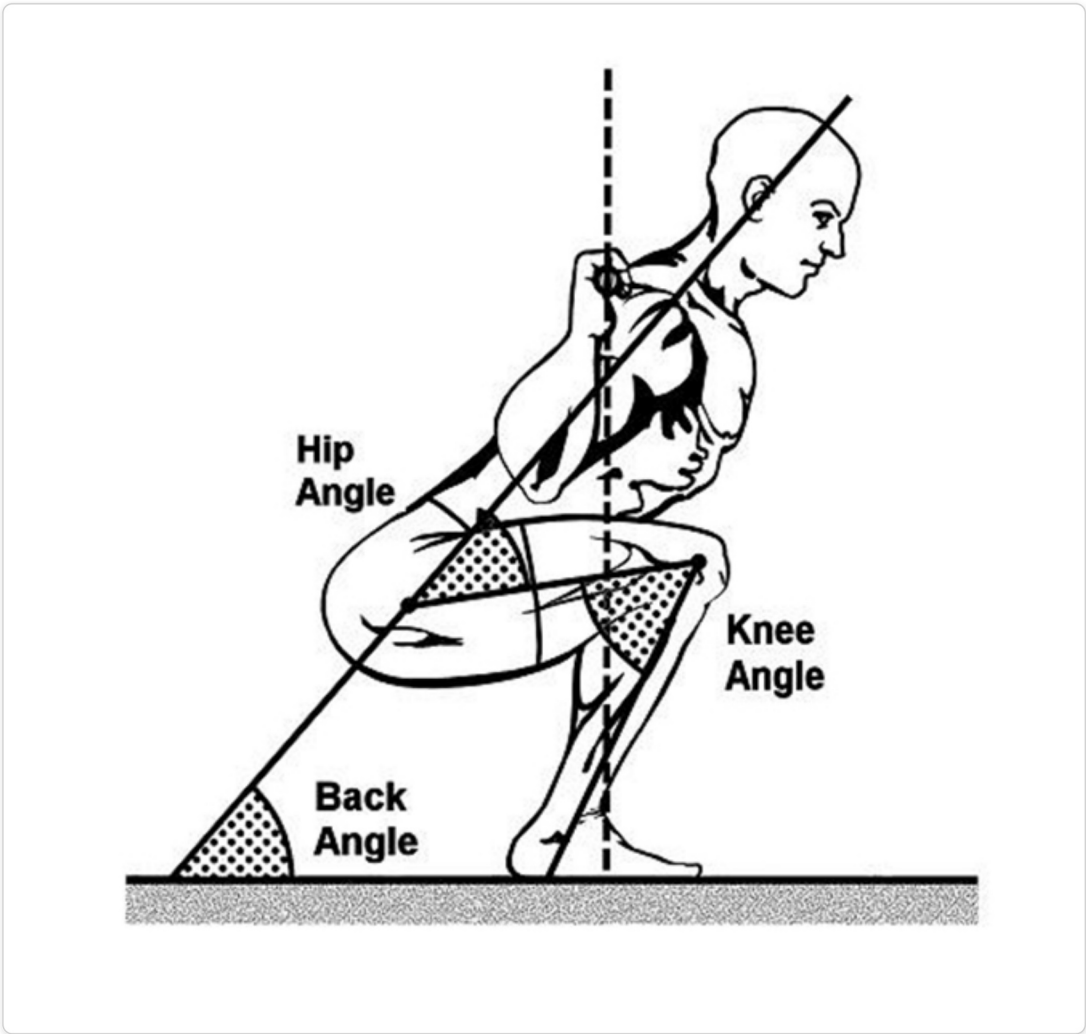
No surprise here, of course.

The Squat is hands down the most effective leg exercise you can do. It blasts every muscle in your legs.

It must be performed correctly, however. Improper squatting is not only ineffective, it can increase the risk of injury, so let's quickly review the key points:

The first point is if you're not at least reaching parallel in your squats, The main problem with this is the shallower the squat, the less work your leg muscles have to do, which results in less muscle and strength growth.

Here's what this parallel position looks like (this image is from my book Bigger Leaner Stronger):



Notice also how the head is neutral, chest is up, shoulders back, and the spine is in a neutral position, and the knees are behind the toes. These are all key points to maintaining proper form on the Squat.

Here's what a proper parallel squat looks like:

The "Ass to Grass" or Full Squat is also popular and effective, and it looks like this:

While there are benefits to the Full Squat (it makes the legs, and butt in particular, do more work), it requires quite a bit of mobility and flexibility. I recommend you start with the Parallel Squat and build your strength up there before including the Full Squat in your leg workouts.

Before we move on to the next leg exercise, I want to talk about the biggest problem many people run into when they try to squat properly: lack of lower-body mobility and flexibility.

Lack of hip flexibility is probably the most common problem that prevents people from squatting properly, but hamstring tightness and even calf and ankle stiffness can also throw your form off.

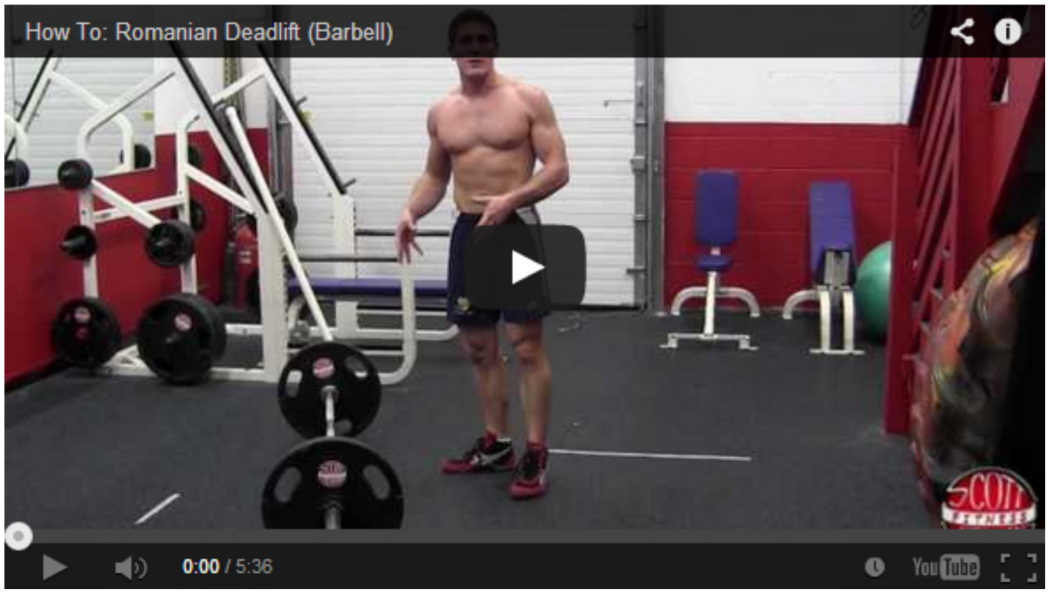
Fortunately, fixing these issues is pretty simple. All you have to do is follow this squat mobility routine, and you'll be squatting properly within no time.

BARBELL LUNGE

The Barbell Lunge is another great exercise for targeting the quadriceps, as well as the glutes.

ROMANIAN DEADLIFT

The Romanian Deadlift, or RDL, is my favorite exercise for isolating the muscles of the hamstring.



STANDING CALF RAISE

This simple exercise is a tried-and-true calf builder.

THE WORKOUT

A good leg workout trains both the quadriceps and hamstrings, and focuses on heavy weights. Just like any other muscle group, legs can benefit from higher rep work, but you have to emphasize the heavy weightlifting if you want them to grow.

Here's the legs workout you'll be doing every week as a part of the #ShreddedSummer program:

Barbell Back Squat: Warm up and 3 sets of 4 – 6 reps

Barbell Lunge: 3 sets of 4 – 6 reps or 6 – 8 reps if you can't maintain proper form with 4 – 6

Romanian Deadlift for 3 sets of 4 – 6 reps or Hip Thrust for 3 sets of 6 – 8 reps if you want to target your glutes

Standing Calf Raise: 3 sets of 4 – 6 reps and then 3 sets of 8 – 10 reps with 1 minute of rest in between each set

THE **#SHREDDEDSUMMER** CARDIO PROGRAM

I have good news for you:

Unless you just love going for long jogs, there's absolutely no reason whatsoever to do steady-state cardio instead of high-intensity interval training (HIIT).

You see, cardio machines often show pretty graphs indicating where your heart rate should be for "fat burning" versus "cardiovascular training."

You calculate this magical heart rate by subtracting your age from 200 and multiplying this number by 0.6. If you keep your heart rate at this number, as the story goes, you'll be in the "fat burning zone."

There's a kernel of truth here.

You do burn both fat and carbohydrates when you exercise, and the proportion varies with the intensity of exercise.

A very low-intensity activity like walking taps mainly into fat stores, whereas high-intensity sprints pull much more heavily from carbohydrate stores. At about 60% of maximum exertion, your body gets about half of its energy from carbohydrate stores and half from fat stores (which is why many "experts" claim that you should work in the range of 60–70% of maximum exertion). Based on the above, you might think that I'm actually arguing for steady-state cardio, but there's more to consider.

The first issue is total calories burned while exercising. If you walk off 100 calories, 85 of which come from fat stores, that isn't as effective as spending that time in a moderate run that burns off 200 calories with 100 coming from fat. And that, in turn, isn't as effective as spending that time doing sprint intervals that burn off 500 calories with 150 coming from fat. Calories burned while exercising isn't the whole story, though.

Studies such as those conducted by Laval University, East Tennessee State University, Baylor College of Medicine, and the University of New South Wales have shown that shorter, high-intensity cardio sessions result in greater fat loss over time than longer, low-intensity sessions.

A study conducted by The University of Western Ontario gives us insight into how much more effective it really is. Researchers had 10 men and 10 women train 3 times per week, with one group doing 4-6 30-second treadmill sprints (with 4-6 minutes of rest in between each), and the other group doing 30-60 minutes of steady-state cardio (running on the treadmill at the "magical fat loss zone" of 65% VO2 max).

The results: After 6 weeks of training, the subjects doing the intervals had lost more fat. Yes, 4-6 30-second sprints burns more fat than 60 minutes of incline treadmill walking.

Although the exact mechanisms of how high-intensity cardio trumps steady-state cardio aren't fully understood yet, scientists have isolated quite a few of the factors:

- Increased resting metabolic rate for upwards of 24 hours after exercise.
- Improved insulin sensitivity in the muscles.
- Higher levels of fat oxidation in the muscles.
- Significant spikes in growth hormone levels (which aid in fat loss) and catecholamine levels (chemicals your body produces to directly induce fat mobilization).
- Post-exercise appetite suppression.
- And more...

The bottom line is that high-intensity interval training burns more fat in less time than steady-state cardio.

But wait, there's more...

In most people's minds, cardio and muscle growth don't go together very well. And there's some truth in this.

While I recommend that you always include some cardio in your programming regardless of whether you're bulking or cutting, there are right and wrong ways to do it.

For instance, research has shown that combining both strength and endurance training (concurrent training) can hinder your strength and muscle gains when compared to just strength training alone. This is why I recommend that people split their cardio and strength training into two separate workouts.

But, even if you do this, cardio can still have a negative impact on your muscle-related gains. Research has shown that the longer your cardio sessions are, the more they impair strength and hypertrophy. That is, the shorter your cardio sessions are, the more muscle you preserve.

Thus, keeping your cardio sessions short is important when we're talking about maximizing your gains in the weight room, and preserving your muscle. Only high-intensity interval training allows you to do this while still deriving significant benefits from the exercise.

Now, I often get asked about what my favorite HIIT routine is, and my answer is cycling (recumbent cycling to be specific).

Why?

Well, not only is it convenient that I can bring my iPad and read or watch a show or movie while doing my cardio, it turns out that cycling itself has special benefits for us weightlifters.

These benefits were demonstrated in a particularly interesting study conducted by Stephen F Austin State University.

What researchers found is that the TYPE of cardio done had a profound effect on the subjects' ability to gain strength and size in their weightlifting. The subjects that did running and walking for their cardio gained significantly less strength and size than those that cycled.

Researchers concluded that this was because cycling involves the use of more of the muscles used in hypertrophy movements (squats, for instance) than running or walking does. That is, it more closely imitates the motions that result in hypertrophy, and thus doesn't impair hypertrophy.

Therefore, I recommend cycling for your high-intensity interval training (the next-best choice would be sprinting, as this too involves many of the same muscles), and I recommend keeping your sessions relatively short (20-30 minutes).

If you don't have a recumbent cycle available, the second-best option would be a rowing machine. The third-best would be sprints on the treadmill or outside.

In terms of an exact protocol, here's what you can do.

1. You start your workout with 2-3 minutes of low-intensity warmup on the lowest resistance.
2. You then bump the resistance up to 4-5, and pedal as fast as possible for 30 seconds.
3. You then reduce the resistance to its slowest setting and pedal at a moderate pace for 60 seconds. If you're new to HIIT, you may need to extend this rest period to 90-120 seconds.
4. You repeat this cycle of all-out and recovery intervals for 20-25 minutes.
5. You do a 2-3 minute cool-down at a low intensity.

As a part of the #ShreddedSummer Challenge, I recommend that you do 3 to 4 25-minute HIIT cardio sessions per week.

THE #SHREDDEDSUMMER SUPPLEMENTATION PROGRAM

Advanced time release formula guaranteed to feed your lean mass for up to 8 hours!
Kick your testosterone production into overdrive and maximize your gains!
Assault estrogen receptors in your body and completely block muscle-killing hormones!

The shelves of your local GNC are packed with all kinds of bogus junk claiming to deliver results that only steroids can achieve.

This includes pre-workout supplements, intra-workout supplements, post-workout supplements, test boosters, HGH boosters, nitric oxide supplements, anti-estrogens, aromatase inhibitors, and the list goes on and on.

If you believe half of the hype you read in supplement advertisements or on their labels, well, it would probably take a while before you realize the simple truth of the matter, which is...

Most everything you see in the world of workout supplements is utterly worthless.

Yup...a complete waste of money. Not all. But most.

How can I say that so confidently?

Well, I've not only tried every type of supplement you can imagine, but I follow the science and what has been objectively proven—not flashy advertisements or paid endorsements.

That said, there are a handful of supplements that actually are worth buying and using.

Most aren't the sexy muscle-building crap pushed by 'roid monsters in the magazines, but they are scientifically proven to help you in your journey to build muscle, get lean, and stay healthy.

In this section of the book, I want to guide you through what you should considering supplementing with, and why, as well as share with you the exact products I use and like.

If these recommendations don't fit your needs you can find my entire list of supplements recommendations here.

PROTEIN POWDER

Protein is the nutrient most responsible for muscle growth and repair. It is broken down into amino acids during digestion, and these are the "building blocks" of all tissues in the body.

If you don't eat enough protein every day, you will stunt your body's ability to build muscle, and retain muscle while dieting.

Now, using protein supplements such as whey, egg, and casein powders isn't necessary for making gains, but it is convenient. There's also evidence that whey protein, a byproduct of cheese making, is particularly good for post-workout nutrition.

Unless you are in the lucky position of being able to have whole food meals ready 4 – 6 times per day, you're going to want to use protein supplements.

There are several popular types of protein powders, but I prefer 100% whey isolate protein for my pre- and post-workout supplementation:

If you don't do well with whey, click here to view my favorite whey alternatives.

HOW TO USE PROTEIN SUPPLEMENTS

I recommend that you use protein supplements to supplement your protein intake, not make up the bulk of it. Personally, I make sure to get at least 50% of my daily protein from whole food sources.

I like to use whey before and after training (post-workout nutrition is important, despite what some people claim), and I usually supplement with one scoop of egg protein later in the day (if I have too much dairy my stomach will get upset).

Casein and egg are both slow-burning proteins, which make them good for pre-sleep protein intake (which has been shown to help with muscle recovery). Personally I use egg, but many people like casein.

PRE-WORKOUT SUPPLEMENTS

Advertisements for pre-workout supplements are some of the most exaggerated in the industry.

Take 10 – 20 grams of powder and you'll experience "highly explosive energy," "maximum anabolic activation," and "extreme training endurance," they say.

Are these products actually worth it, though, or are you better off popping a couple caffeine pills or drinking an espresso instead?

Well, caffeine is a useful pre-workout supplement that can increase muscle endurance and strength. It's probably the simplest, cheapest way to get more out of your training.

The reality is an underdosed pre-workout drink is not worth the money as you won't get much more out of it than caffeine pills.

But...a properly formulated product is far superior to caffeine alone, and here is the product I use:

FAT LOSS SUPPLEMENTS

The first thing you need to know about fat loss supplements is that NO pill or powder will cause you to magically lose fat.

Losing weight requires properly using diet and exercise to maintain a calorie deficit over time, without causing too much metabolic slowdown.

That said, there are natural, safe supplements that have been scientifically proven to speed up fat loss when combined with a proper diet.

Let's go over each here.

FAT BURNER

Many companies try to sell you their fat burners by making the process of fat loss sound overly complex.

They talk about increasing fat oxidation rates, preserving lean mass, supporting the thyroid, inducing thermogenesis, inhibiting enzymes related to fat storage, inducing enzymes that cause fat loss, manipulating hormone and neurotransmitter levels, reducing water retention, improving nutrient partitioning, and more.

Well, the truth is, these are all aspects of fat loss, but this type of marketing is little more than an attempt to dazzle you with terminology and scientific half-truths in hopes that you just accept the claimed benefits at face value.

While there are notable exceptions, the majority of fat burners on the market contain little more than a handful of cheap stimulants to make you feel like you're burning fat and a smattering of underdosed, unproven, or ineffective (and often all three!) ingredients thrown in to pad the ingredients list and make you think you're getting a lot for your money.

This is why I created my own fat burner...

CAFFEINE

Caffeine helps you lose fat by simply increasing your body's daily energy expenditure.

As weight loss boils down to energy consumed vs. energy expended, caffeine helps you maintain a calorie deficit.

Caffeine has other benefits for us fitness folk. It improves strength, muscle endurance, and anaerobic performance, and also reverses the "morning weakness" experienced by many weightlifters.

Now, you can get your caffeine from a beverage like coffee, but interestingly enough, research has shown that the pure form you find in most pills and powders (caffeine anhydrous) is actually more effective for improving performance.

Thus, I recommend you take caffeine pills.

HOW TO USE CAFFEINE FOR WEIGHT LOSS

In order to maximize caffeine's effectiveness, you want to prevent your body from building up too much of a tolerance.

The best way to do this is to limit intake, of course. Here's what I recommend:

1. Before training, supplement with 3 – 6 mg caffeine per kg of body weight. If you're not sure of your caffeine sensitivity, start with 3 mg/kg and work up from there.
2. Keep your daily. intake at or below 6 mg per kg of body weight. Don't have 6 mg/kg before training and then drink a couple of coffees throughout the day.
3. Do 1 – 2 low-caffeine days per week, and 1 no-caffeine day per week. A low day should be half your normal intake, and a no day means less than 50 mg of caffeine (you can have a cup or two of tea, but no coffee, caffeine pills, etc.).

GREEN TEA EXTRACT

Green tea extract is a weight loss supplement made from green tea leaves.

It's rich in antioxidants known as catechins, which are responsible for many of tea's health benefits, and which have been proven to help with weight loss. Research has also shown that catechins can help reduce abdominal fat, in particular.

Catechins accelerate fat loss by blocking an enzyme that degrades catecholamines, which are chemicals the body produces that trigger the use of fat for energy.

Keep in mind that my fat burner, PHOENIX, has a clinically effective dosage of green tea extract so you wouldn't need to buy this product.

HOW TO USE GREEN TEA EXTRACT FOR WEIGHT LOSS

If you look at the dosages proven effective in clinical studies, you'll see that 400 – 600 mg of catechins per day is the normal range.

Each pill of the product I recommend below contains about 150 mg of catechins so I take 4 per day both when I'm cutting and maintaining. (I take green tea extract when I'm maintaining simply because it helps prevent fat storage and promotes a generally leaner physique.)

When you take green tea extract doesn't really matter. Research has shown that absorption is faster when pills are taken in a fasted state, but plasma catechin levels remain elevated for several hours after ingestion, whether fed or fasted.

Personally, I train fasted when cutting, and I have 300 mg 30 minutes before training, and another 300 mg a couple hours before I do cardio later in the day.

You should also know that nausea is common if you take green tea extract on an empty stomach. If I take more than 200 – 300 mg on an empty stomach, I get quite nauseous.

YOHIMBINE

Yohimbine is made from the Pausinystalia yohimbe plant, and it helps the body "tap into" fat stores.

(Not a very technical explanation, I know–if you want to know exactly how it works, check out this article of mine on how to lose stubborn fat.)

Yohimbine only works if you're training in a fasted state. Elevated insulin levels .

In terms of dosages, research has shown that .2 mg/kg of body weight is sufficient for fat loss purposes, and that ingesting it prior to exercise is particularly effective.

Some people get overly jittery from yohimbine, so I recommend you start with .1 mg/kg of body weight to assess tolerance. If you feel fine, then increase to the clinically effective dosage of .2 mg/kg.

***NOTE:** Yohimbine can raise blood pressure. If you have high blood pressure, I don't recommend you use it.*

MUSCLE GROWTH AND RECOVERY SUPPLEMENTS

Assuming you're training properly, most of your strength and muscle gains and your body's ability to recover properly are going to hinge on your diet and sleep habits.

Building muscle requires that you eat enough protein, and enough calories every day. It also requires that you get enough sleep every night.

The reality is the vast majority of "muscle building" supplements out there are completely bogus. They will not help you get bigger or stronger.

There are, however, a few supplements that have been scientifically proven to help you build muscle, get stronger, and recover faster.

So, let's begin!

CREATINE

Creatine is a substance found naturally in the body and in foods like red meat. It is perhaps the most researched molecule in the world of sport supplements–the subject of over 200 studies–and the consensus is very clear.

Supplementation with creatine can help you build muscle and improve strength, improve anaerobic endurance, and reduce muscle damage and soreness from exercise.

For some reason, it's often claimed that creatine is bad for your kidneys. You can rest easy—these claims have been categorically and repeatedly disproven.

In healthy subjects, creatine has been shown to have no harmful side effects, in both short- or long-term usage. People with kidney disease are not advised to supplement with creatine, however.

I highly recommend that you supplement with creatine. It's safe, cheap, and effective. But there are many types out there. Which is the best?

Don't overpay for over-hyped forms of creatine pushed by million-dollar ad campaigns and sold in fancy bottles. Creatine monohydrate is the best bang for your buck, and is the standard by which all other forms of creatine are still judged.

HOW TO USE CREATINE FOR INCREASING STRENGTH & SIZE

I recommend you start taking creatine by "loading" and then "maintaining."

"Loading" simply refers to taking 20 grams of creatine per day for the first 5 – 7 days, which rapidly increases your body's total creatine content and storage.

Then, after the loading phase, you take a maintenance dose of 5 grams of creatine each day, which keeps muscle creatine levels elevated.

GLUTAMINE & CARNITINE

If you want to fully recover from your workouts and avoid overtraining, then you need to exercise, eat, and rest properly. Proper supplementation can help your body recover as well, and that's why I recommend you take glutamine and carnitine.

Glutamine is the most abundant amino acid in the body, and is heavily depleted by intense, prolonged exercise.

Research has shown that supplementation with glutamine can:

- Reduce the negative effects of prolonged exercise on the immune system
- Improve your endurance and reduce fatigue in prolonged exercise
- Help your body better deal with the systemic stress of prolonged exercise

Simply put, regular supplementation with glutamine can help you push your body harder in your training without falling into the trap of overtraining.

Carnitine is a compound that your body produces from the amino acids lysine and methionine, and it plays a vital role in the generation of cellular energy.

Research has shown that supplementation with carnitine can:

- Reduce exercise-induced muscle damage and soreness
- Improve muscle repair
- Improve insulin sensitivity

The better your muscles can recover from your training, the better your results will ultimately be, and that's why carnitine is worthwhile.

HOW TO USE GLUTAMINE & CARNITINE FOR IMPROVING RECOVERY AND PREVENTING OVERTRAINING

Studies have shown that 100 – 200 mg per kg of body weight of glutamine and 1-2 grams of L-carnitine L-tartrate each day is sufficient for athletes, and that chronic usage is important.

For most people, this will require 2-3 servings of RECHARGE per day.

GENERAL HEALTH SUPPLEMENTS

People will rush to store month after month to buy the latest fancy looking muscle-building or fat-loss supplements, but few bother with supplements intended to improve overall health.

Ironically, the “boring” types of supplements we’re going to discuss in this section can actually do much more to improve performance than most of the crap lining the shelves of GNC.

In this section, we’ll discuss a few supplements that are not only great for staying healthy, but help keep your body primed for optimum performance levels as well as efficient muscle growth and fat loss.

MULTIVITAMIN

When you're working out regularly and intensely, it's especially important to provide your body all the nutrients it needs to maintain a high level of performance and health. There's more to this than eating enough calories to build muscle or lose fat.

Your body needs a wide variety of vitamins and minerals to perform the millions of physiological processes that keep you alive and well. This is a basic need, like protein, carbohydrates, fats, and water, and if it's neglected, health and performance can be severely compromised.

Ideally, we'd get all of the vitamins and minerals we need from the food we eat, but this is easier said than done.

First there's the issue of the ever-declining quality of soil and food (even in the world of organic), which is making it harder to get adequate nutrition from our diets.

Then there's the fact that maintaining optimal levels of vitamin and mineral intake requires a bit of planned dietary diversity, which can be done, but can also be time consuming.

Personally, I prefer a simpler approach. I make sure the majority of my calories come from nutrient-dense foods, like the following:

- Avocados
- Greens (chard, collard greens, kale, mustard greens, spinach)
- Bell peppers
- Brussels sprouts
- Mushrooms
- Baked potatoes
- Sweet potatoes

- Berries
- Low-fat yogurt
- Eggs
- Seeds (flax, pumpkin, sesame, and sunflower)
- Beans (garbanzo, kidney, navy, pinto)
- Lentils, peas
- Almonds, cashews, peanuts
- Barley, oats, quinoa, brown rice
- Salmon, halibut, cod, scallops, shrimp, tuna
- Lean beef, lamb, venison
- Chicken, turkey

And I supplement with a multivitamin to fill any “holes” left by my diet. I use and recommend the following:

FISH OIL

The next type of general health supplement that I highly recommend is fish oil, because it's a great source of "omega-3 fatty acids."

Omega-3 fatty acids (eicosapentaenoic acid–EPA–and docosahexaenoic acid–DHA) are an essential type of fat, meaning they can't be synthesized by the body and must be obtained from the diet.

Research has shown that supplementation with fish oil can...

- Increase muscle protein synthesis
- Reduce muscle soreness, inflammation, and anxiety
- Reduce blood pressure, depression, the negative effects of stress, and the risk for kidney and cardiovascular disease, as well as stroke and metabolic syndrome
- Improve glucose uptake and insulin sensitivity in people with impaired insulin response and metabolism, and preserve it in the metabolically healthy
- Improve memory and cognitive performance
- Help prevent weight gain
- Speed up fat loss

Quite an impressive roster of benefits, no?

Now, not all fish oils are made the same. There are two important things to consider when choosing one:

YOU WANT TO KNOW HOW THE OIL HAS BEEN PROCESSED.

There are two forms of fish oil on the market today: the triglyceride form, and the ethyl ester form.

The triglyceride form is fish oil in its natural state, and the ethyl ester form is a processed version of the triglyceride form that includes a molecule of ethanol (alcohol).

While plenty of studies have proven the benefits of supplementation with fatty acid ethyl esters (FAEEs), research has shown that the triglyceride form is better absorbed by the body.

One of the reasons for this is the ethyl ester form is much more resistant to the enzymatic process by which the body breaks the oil down for use.

Another downside to the ethyl ester form is during the digestive process, your body converts it back to the triglyceride form, which results in the release of the ethanol molecule.

Although the dose is small, those with alcohol sensitivity or addiction can be negatively affected. Furthermore, research has provided evidence of cellular and organic toxicity and injury resulting from the ingestion of FAEEs

YOU WANT TO KNOW THE EPA/DHA CONTENT OF EACH SERVING.

Because of the varying quality of fish oils on the market, it's important that you look at how many milligrams of EPa and DHA (omega-3 fatty acids) are actually in each serving.

Lower quality supplements might have as little as 150 – 200 milligrams per 1 gram of fat, which makes them nearly worthless as you have to take far too much every day to get enough omega-3s (you want a minimum of 2 – 3 grams of omega-3s per day).

A high-quality fish oil can be quite a bit more money than a low-quality one, but when you look at how much you're getting for that money in terms of omega-3 fatty acids, the price makes more sense.

For example, here's the label from a cheap, low-quality (ethyl ester) fish oil product:

100 Softgels

Serving Size 1 Softgels

Servings Per Container 100

Amount Per Serving	% Daily Value*
Calories	10
Calories From Fat	10
Total Fat	1 g 2% *
Cholesterol	5 mg 2%
Fish Oil	1 g **
Total Omega-3 Fatty Acids	300 mg **
EPA (Eicosapentaenoic Acid)	
DHA (Docosahexaenoic Acid)	**

* Percent Daily Values are based on 2,000 calorie diet.
** Daily Value Not Extablished

Other Ingredients:

Gelatin, Glycerin, Food Glaze, Ethylcellulose, Entreic Coating, (Sodium Alginate, Stearic Acid), Mixed Tocopherols, Vanillin

ALLERGEN INFORMATION:

CONTAINS FISH (ANCHOVY, MACKEREL, SARDINE) INGREDIENTS.

This product costs about $11, and comes with 100 pills containing 300 mg of omega-3 fatty acids each. This means you're getting 30 grams of omega-3 fatty acids per bottle, and paying about 37 cents per gram.

Now, here's the label from a high-quality triglyceride fish oil product that I use, Nordic Naturals' Ultimate Omega:

120 Softgels

Serving Size 2 Softgel

Servings Per Container 60

Amount Per Serving		% Daily Value*
Calories	18	
Calories From Fat	18	
Total Fat	2 g	3%
Saturated Fat	0.1 g	1%
Trans Fat	0 g	*
Vitamin E	30 IU	100%
Omega-3s		
EPA (Eicosapentaenoic Acid)	650 mg	35%
DHA (Docosahexaenoic Acid)	450 mg	25%
Other Omega-3s	180 mg	10%
Total Omega-3s	1280 mg	70%
Oleic Acid (Omega-9)	56 mg	3%

Weight	Volume %

* Percent Daily Values are based on 2,000 calorie diet.
** Daily Value Not Extablished
Less Than 5 Mg Of Cholesterol Per Serving

Other Ingedients:

Purified Deep Sea Fish Oil (From ANchovis and Sardines), Soft Gel Capsule (Gelatin, Water, Glycerin, Natural Lemon Oil, Natural Lemon Oil, D-Alpha Tocopherol, Rosmary Extract.
No Gluten, Yeast, Milk Derivatives, Artificial Colors Or Flavors, Contains Vitamin E Derived From Refined Soybean Oil.

This product costs about $40, and comes with 120 pills containing 640 mg of omega-3 fatty acids each.

This means you're getting about 77 grams of omega-3 fatty acids per bottle, and paying about 52 cents per gram.

So, as you can see, the initial price difference of $11 vs. $40 isn't as drastic when you look at what you're getting:

37 cents per gram of low-quality oil that isn't likely to deliver all of the benefits you're looking for vs. 52 cents per gram for the highest quality oil on the market that will.

Thus, I recommend you go with the high-quality product whose nutrition facts label I showed above:

HOW TO USE FISH OIL TO IMPROVE HEALTH AND PERFORMANCE

Research indicates that 3.5 – 4.5 grams of omega-3 fatty acids per day is ideal for a person eating a normal, 2,000-calorie diet, and that just over 6.5 grams per day is the upper limit recommended.

Note that I said grams of OMEGA-3 FATTY ACIDS, not grams of fish oil. This is an important distinction because one gram of fish oil isn't one gram of omega-3 fatty acids. Remember the serving point we covered earlier?

Note that I said grams of OMEGA-3 FATTY ACIDS, not grams of fish oil. This is an important distinction because one gram of fish oil isn't one gram of omega-3 fatty acids. Remember the serving point we covered earlier?

VITAMIN D

The next general health supplement worth using is good ol' vitamin D.

As you may know, our body can't produce vitamin D without sun exposure, and this molecule plays a much larger role in fighting disease than we once thought.

Vitamin D deficiency has been associated with an increased risk of developing a wide variety of diseases, such as osteoporosis, heart disease, stroke, some cancers, type 1 diabetes, and multiple sclerosis, tuberculosis and even the flu.

Well, according to research published by the Center for Disease Control in 2011, 8% of Americans are vitamin D deficient, and 25% are considered "at risk" of a deficiency. There are two ways to ensure you're getting enough vitamin D:

- Spend 15-20 minutes in the sun every day, with at least 25% of your skin exposed
- Supplement with it

As most of us aren't able to take mid-day tanning breaks, supplementation is the answer.

Here's the vitamin D supplement I use and like:

HOW TO USE VITAMIN D TO IMPROVE HEALTH

A committee of the U.S. Endocrine Society recently convened to review the matter of vitamin D requirements, and concluded that 600-1,000 IU per day is adequate for ages 1-18, and 1,500-2,000 IU per day is adequate for ages 19+.

Furthermore, research has shown that vitamin D magnifies the muscle-building effects of leucine, which is why I take mine with my post-workout meal.

GOOD LUCK WITH THE **#SHREDDEDSUMMER** PROGRAM

I hope you've found this eBook helpful and kick some major ass on the program.

While there are many other things you can learn about building muscle and getting lean, you now know the fundamentals of getting ripped, and I think you'll be very pleasantly surprised with how your body responds to the diet and exercise principles I've taught you.

Please do keep me posted on your program by entering the I Got Shredded For Summer Content and get a chance to win $1,000 cash too!

LEGION™

WE DIDN'T INVENT THE PRE-WORKOUT...

WE PERFECTED IT

SMOOTH, LONG-LASTING RUSH OF ENERGY WITH NO CRASH. NO HARSH STIMULANTS THAT JACK YOU UP AND WIPE YOU OUT.

POWERFUL PERFORMANCE BOOST. BETA-ALANINE AND BETAINE HELP YOU PUSH MORE WEIGHT, GET MORE REPS, AND BUILD MORE MUSCLE.

SUPERHUMAN ENDURANCE. CITRULLINE MALATE AND ORNITHINE FIGHT OFF FATIGUE. EVEN THE TOUGHEST WORKOUTS WON'T BE ABLE TO WEAR YOU DOWN.

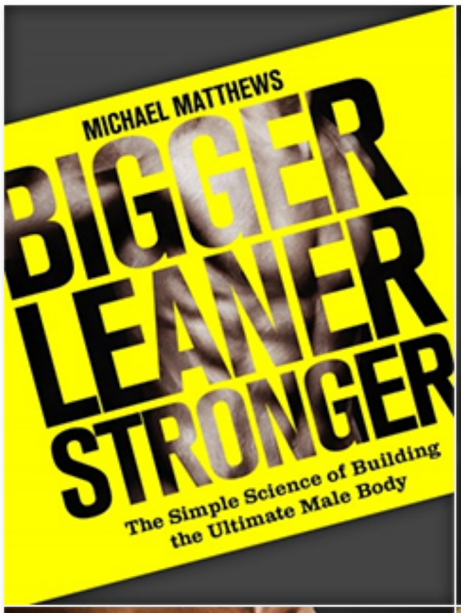
100% SCIENCE-BASED INGREDIENTS. ALL INGREDIENTS BACKED BY CLINICAL STUDIES, AND INCLUDED AT CLINICALLY EFFECTIVE DOSAGES.

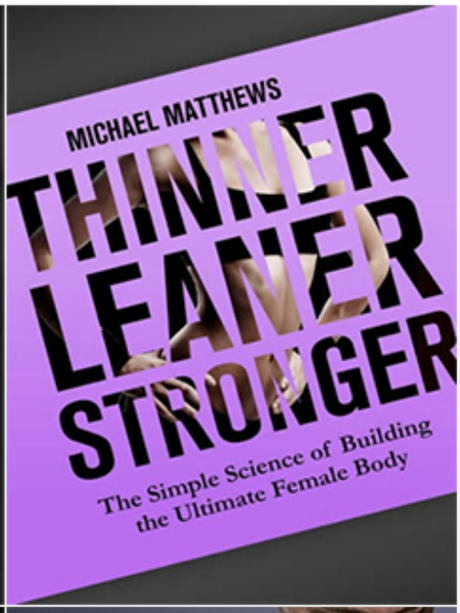
NO ARTIFICIAL JUNK. 100% NATURALLY SWEETENED WITH NO UNNECESSARY FILLERS, DYES, OR OTHER CHEMICALS.

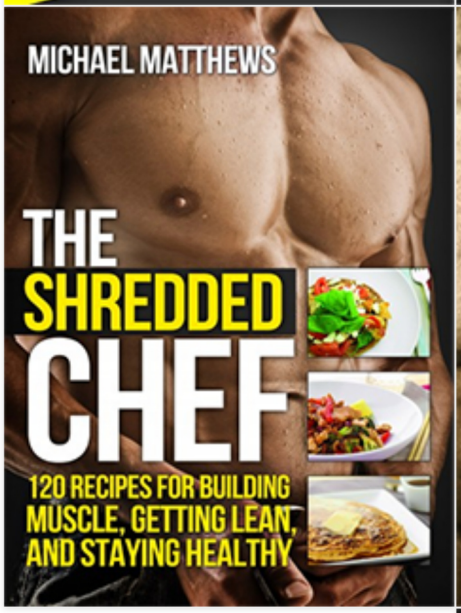
CLICK HERE TO LEARN MORE

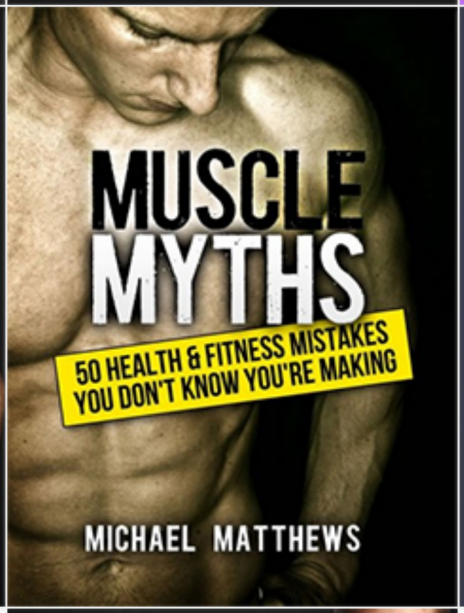
www.legionsupplements.com

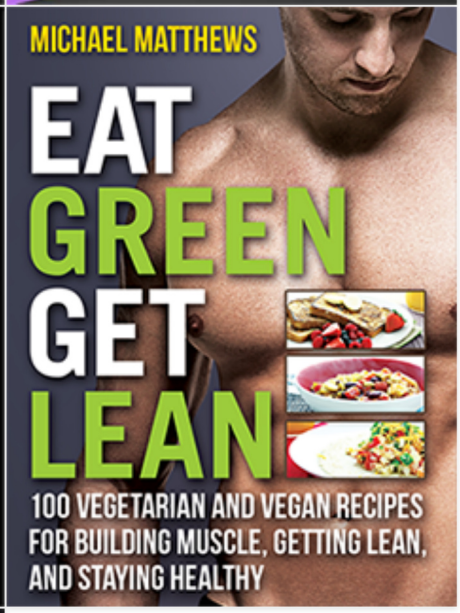
BOOKS BY MIKE

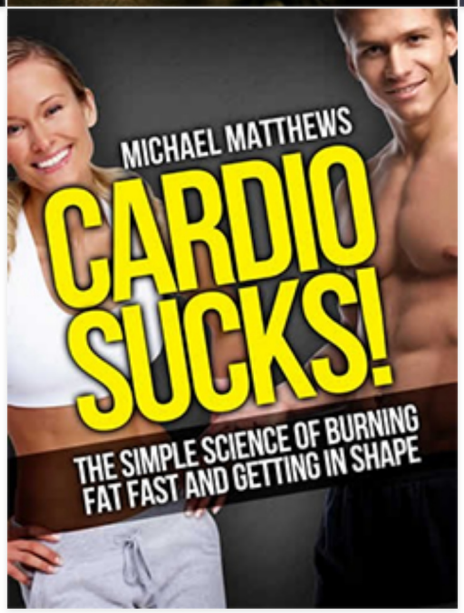












PRE-WORKOUT

PULSE
1-2 scoops prior to weight training

POST-WORKOUT

WHEY+
1 scoop after weight training

RECHARGE
2-3 scoops after weight training

MONDAY - **CHEST**

EXERCISE	SET	WEIGHT	REPS	NOTES
Incline Barbell Bench Press	WARM UP 1			
Incline Barbell Bench Press	WARM UP 2			
Incline Barbell Bench Press	WARM UP 3			
Incline Barbell Bench Press	WARM UP 4			
Incline Barbell Bench Press	1			
Incline Barbell Bench Press	2			
Incline Barbell Bench Press	3			
Incline Dumbbell Bench Press	1			
Incline Dumbbell Bench Press	2			
Incline Dumbbell Bench Press	3			
Flat Barbell Bench Press	1			
Flat Barbell Bench Press	2			
Flat Barbell Bench Press	3			

☐ 25 MINUTES HIIT CARDIO

TUESDAY - **BACK & CALVES**

EXERCISE	SET	WEIGHT	REPS	NOTES
Deadlift	WARM UP 1			
Deadlift	WARM UP 2			
Deadlift	WARM UP 3			
Deadlift	WARM UP 4			
Deadlift	1			
Deadlift	2			
Deadlift	3			
Barbell Row	1			
Barbell Row	2			
Barbell Row	3			
Chin-Ups or Wide-Grip Pullups	1			
Chin-Ups or Wide-Grip Pullups	2			
Chin-Ups or Wide-Grip Pullups	3			
Standing Calf Raise	1			
Standing Calf Raise	2			
Standing Calf Raise	3			
Standing Calf Raise	4			
Standing Calf Raise	5			
Standing Calf Raise	6			

☐ **OPTIONAL : CARDIO**

WHAT	HOW LONG

WEDNESDAY - **SHOULDERS & HIIT**

EXERCISE	SET	WEIGHT	REPS	NOTES
Seated Barbell Military Press	WARM UP 1			
Seated Barbell Military Press	WARM UP 2			
Seated Barbell Military Press	WARM UP 3			
Seated Barbell Military Press	WARM UP 4			
Seated Barbell Military Press	1			
Seated Barbell Military Press	2			
Seated Barbell Military Press	3			
Dumbbell Side Lateral Raise	1			
Dumbbell Side Lateral Raise	2			
Dumbbell Side Lateral Raise	3			
Rear Dumbbell Raise	1			
Rear Dumbbell Raise	2			
Rear Dumbbell Raise	3			

☐ 25 MINUTES HIIT CARDIO

THURSDAY - **ARMS & ABS**

EXERCISE	SET	WEIGHT	REPS	NOTES
Barbell Curl	WARM UP 1			
Barbell Curl	WARM UP 2			
Barbell Curl	WARM UP 3			
Barbell Curl	WARM UP 4			
Barbell Curl	1			
Barbell Curl	2			
Barbell Curl	3			
Close-Grip Bench Press	WARM UP 1			
Close-Grip Bench Press	WARM UP 2			
Close-Grip Bench Press	WARM UP 3			
Close-Grip Bench Press	WARM UP 4			
Close-Grip Bench Press	1			
Close-Grip Bench Press	2			
Close-Grip Bench Press	3			
Dumbbell Hammer Curl	1			
Dumbbell Hammer Curl	2			
Dumbbell Hammer Curl	3			
Dips (Weighted if possible)	1			
Dips (Weighted if possible)	2			
Dips (Weighted if possible)	3			
Weighted Cable Crunch	1			
Weighted Cable Crunch	2			
Weighted Cable Crunch	3			

☐ **OPTIONAL : CARDIO**

WHAT	HOW LONG

FRIDAY - **LEGS**

EXERCISE	SET	WEIGHT	REPS	NOTES
Barbell Back Squat	WARM UP 1			
Barbell Back Squat	WARM UP 2			
Barbell Back Squat	WARM UP 3			
Barbell Back Squat	WARM UP 4			
Barbell Back Squat	1			
Barbell Back Squat	2			
Barbell Back Squat	3			
Barbell Lunge	1			
Barbell Lunge	2			
Barbell Lunge	3			
Romanian Deadlift	1			
Romanian Deadlift	2			
Romanian Deadlift	3			
Standing Calf Raise	1			
Standing Calf Raise	2			
Standing Calf Raise	3			
Standing Calf Raise	4			
Standing Calf Raise	5			
Standing Calf Raise	6			

☐ **OPTIONAL : CARDIO**

WHAT	HOW LONG

MUSCLE FOR LIFE

#SHREDDEDSUMMER
MEAL PLAN SAMPLE 1

160 POUND
MALE

EX TIME
7:00 AM

BREAKFAST

- 4 EGG WHITES
- 20G CHEDDAR CHEESE
- 40G (MEASURED DRY) OLD FASHIONED OATS
- 1 TABLESPOON HONEY
- 80G BLUEBERRIES
- CINNAMON, STEVIA, NUTMEG, VANILLA EXTRACT (IF DESIRED)

- 415 CALORIES
- 25 PROTEIN
- 58 CARBS
- 10 FAT

EX TIME
12:00 PM

LUNCH

- 220G CHICKEN BREAST, TRIMMED OF FAT OR 220G TURKEY BREAST OR 220G SHRIMP OR 240G TILAPIA
- 250G (COOKED) BROWN RICE
- 100G STEAMED VEGETABLES (BROCCOLI, CAULIFLOWER, ASPARAGUS, ZUCCHINI, STRING BEANS, CARROTS)
- 1/2 TABLESPOON BUTTER

- 578 CALORIES
- 59 PROTEIN
- 61 CARBS
- 11 FAT

EX TIME
3:00 PM

SNACK

- 1 SCOOP LEGION WHEY+
- 250ML ALMOND MILK (UNSWEETENED)

- 144 CALORIES
- 27 PROTEIN
- 3 CARBS
- 3 FAT

EX TIME
6:00 PM

DINNER

- 240G SIRLOIN, TRIMMED OF FAT OR 250G 95/5 GROUND BEEF OR 260G PINK SALMON
- 200G SWEET POTATO
- 100G STEAMED VEGETABLES (BROCCOLI, CAULIFLOWER, ASPARAGUS, ZUCCHINI, STRING BEANS, CARROTS)
- 1/2 TABLESPOON BUTTER

- 587 CALORIES
- 61 PROTEIN
- 48 CARBS
- 16 FAT

EX TIME
11:00 PM

PRE BED

- 200G 0% GREEK YOGURT
- 100G BLUEBERRIES
- CINNAMON, STEVIA (IF DESIRED)

- 175 CALORIES
- 22 PROTEIN
- 23 CARBS
- 1 FAT

CALORIES: 1899 | PROTEIN: 194 GRAMS | CARBS: 193 GRAMS | FAT: 40 GRAMS

MUSCLE FOR LIFE

#SHREDDEDSUMMER
MEAL PLAN SAMPLE 2

180 POUND
MALE

EX TIME
7:00 AM

BREAKFAST

- 3 EGG WHITES
- 1 WHOLE EGG
- 20G CHEDDAR CHEESE
- 40G (MEASURED DRY) OLD FASHIONED OATS
- 50G STRAWBERRIES
- CINNAMON, STEVIA, NUTMEG, VANILLA EXTRACT (IF DESIRED)

- 377 CALORIES
- 27 PROTEIN
- 33 CARBS
- 15 FAT

EX TIME
10:00 AM

POST WORKOUT SHAKE

- 1.5 SCOOPS LEGION WHEY+
- 250ML ALMOND MILK (UNSWEETENED)
- 2 MEDIUM BANANAS
- 50G BLUEBERRIES

- 440 CALORIES
- 43 PROTEIN
- 64 CARBS
- 3 FAT

EX TIME
1:00 PM

LUNCH

- 170G CHICKEN BREAST, TRIMMED OF FAT OR 170G TURKEY BREAST OR 170G SHRIMP OR 190G TILAPIA
- 150G (COOKED) BROWN RICE
- 100G STEAMED VEGETABLES (BROCCOLI, CAULIFLOWER, ASPARAGUS, ZUCCHINI, STRING BEANS)
- 1/2 TABLESPOON BUTTER

- 421 CALORIES
- 45 PROTEIN
- 40 CARBS
- 9 FAT

EX TIME
6:00 PM

DINNER

- 240G SIRLOIN, TRIMMED OF FAT OR 250G 95/5 GROUND BEEF OR 260G PINK SALMON
- 200G SWEET POTATO
- 100G STEAMED VEGETABLES (BROCCOLI, CAULIFLOWER, ASPARAGUS, ZUCCHINI, STRING BEANS)
- 1/2 TABLESPOON BUTTER
- CINNAMON FOR POTATO (IF DESIRED)

- 587 CALORIES
- 61 PROTEIN
- 48 CARBS
- 16 FAT

EX TIME
11:00 PM

PRE BED

- 200G 0% GREEK YOGURT
- 100 STRAWBERRIES
- CINNAMON, STEVIA (IF DESIRED)

- 151 CALORIES
- 22 PROTEIN
- 16 CARBS
- 1 FAT

CALORIES: 2017 | PROTEIN: 198 GRAMS | CARBS: 203 GRAMS | FAT: 44 GRAMS

MUSCLE FOR LIFE

#SHREDDEDSUMMER
MEAL PLAN SAMPLE 3

200 POUND
MALE

EX TIME
7:00 AM

BREAKFAST

- 2 WHOLE EGGS
- 40G (MEASURED DRY) OLD FASHIONED OATS
- CINNAMON, STEVIA, NUTMEG, VANILLA EXTRACT (IF DESIRED)

- 304 CALORIES
- 18 PROTEIN
- 29 CARBS
- 13 FAT

EX TIME
10:00 AM

POST WORKOUT SHAKE

- 1 SCOOP LEGION WHEY+
- 250ML ALMOND MILK (UNSWEETENED)
- 2 LARGE BANANAS
- 1 TABLESPOON PEANUT BUTTER OR ALMOND BUTTER

- 537 CALORIES
- 47 PROTEIN
- 68 CARBS
- 11 FAT

EX TIME
1:00 PM

LUNCH

- 170G CHICKEN BREAST, TRIMMED OF FAT OR 170G TURKEY BREAST OR 170G SHRIMP OR 190G TILAPIA
- 150G (COOKED) BROWN RICE
- 100G STEAMED VEGETABLES (BROCCOLI, CAULIFLOWER, ASPARAGUS, ZUCCHINI, STRING BEANS)

- 370 CALORIES
- 45 PROTEIN
- 40 CARBS
- 4 FAT

EX TIME
1:00 PM

SNACK

- 200G 2% COTTAGE CHEESE
- 100G STRAWBERRIES

- 188 CALORIES
- 21 PROTEIN
- 18 CARBS
- 4 FAT

EX TIME
6:00 PM

DINNER

- 240G SIRLOIN, TRIMMED OF FAT OR 250G 95/5 GROUND BEEF OR 260G PINK SALMON
- 150G SWEET POTATO
- 100G STEAMED VEGETABLES (BROCCOLI, CAULIFLOWER, ASPARAGUS, ZUCCHINI, STRING BEANS)
- CINNAMON FOR POTATO (IF DESIRED)

- 493 CALORIES
- 60 PROTEIN
- 38 CARBS
- 10 FAT

EX TIME
11:00 PM

PRE BED

- 200G 0% GREEK YOGURT
- 100G PINEAPPLE

- 168 CALORIES
- 22 PROTEIN
- 21 CARBS
- 1 FAT

CALORIES: 2110 | PROTEIN: 212 GRAMS | CARBS: 216 GRAMS | FAT: 43 GRAMS

EX TIME
7:00 AM

BREAKFAST

- 4 EGG WHITES
- 20G CHEDDAR CHEESE
- 40G (MEASURED DRY) OLD FASHIONED OATS
- CINNAMON, NUTMEG, STEVIA, VANILLA EXTRACT (IF DESIRED)

- 325 CALORIES
- 24 PROTEIN
- 29 CARBS
- 12 FAT

EX TIME
1:00 PM

LUNCH

- 170G CHICKEN BREAST, TRIMMED OF FAT OR 170G TURKEY BREAST OR 170G 99% FAT FREE GROUND TURKEY OR 170G SHRIMP OR 190G TILAPIA OR 220G MAHI MAHI
- 200G SWEET POTATO OR 220G WHITE POTATO
- 100G STEAMED VEGETABLES (BROCCOLI, CAULIFLOWER, ASPARAGUS, ZUCCHINI, STRING BEANS)
- CINNAMON FOR POTATO (IF DESIRED)

- 392 CALORIES
- 45 PROTEIN
- 48 CARBS
- 3 FAT

EX TIME
6:00 PM

DINNER

- 170G CHICKEN BREAST, TRIMMED OF FAT OR 170G TURKEY BREAST OR 170G 99% FAT FREE GROUND TURKEY OR 170G SHRIMP OR 190G TILAPIA OR 220G MAHI MAHI
- SALAD (60G SPINACH, 1/2 TOMATO, 1/2 CARROT, 1/2 CUCUMBER, 1/2 BELL PEPPER, 1 STALK CELERY)
- 1/4 AVOCADO
- 3 TABLESPOONS BALSAMIC VINEGAR
- LEMON JUICE (IF DESIRED)

- 395 CALORIES
- 44 PROTEIN
- 23 CARBS
- 13 FAT

EX TIME
11:00 PM

PRE BED

- 200G 0% GREEK YOGURT
- 1 SMALL BANANA (SLICED WITH YOGURT)
- CINNAMON, STEVIA (IF DESIRED)

- 212 CALORIES
- 22 PROTEIN
- 32 CARBS
- 1 FAT

MUSCLE FOR LIFE

CUSTOM MEAL PLAN

- ONE FULL DAY'S WORTH OF MEALS
- DIGITAL COPY OF THE SHREDDED CHEF
- EMAIL SUPPORT TO ANSWER ANY QUESTIONS

ORDER NOW!

MUSCLE FOR LIFE

12 WEEK

#SHREDDEDSUMMER TRAINER

WEEKS 1 - 4

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07
CHEST	BACK	SHOULDERS	ARMS	LEGS	CARDIO	REST
DAY 08	**DAY 09**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
CHEST	BACK	SHOULDERS	ARMS	LEGS	CARDIO	REST
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
CHEST	BACK	SHOULDERS	ARMS	LEGS	CARDIO	REST
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
CHEST	BACK	SHOULDERS	ARMS	LEGS	CARDIO	REST

WWW.MUSCLEFORLIFE.COM/SUMMER

CROSS OFF EACH DAY AS YOU COMPLETE THE PROGRAM TO KEEP TRACK OF YOUR PROGRESS

This Month's Goal: _____

_____

_____

Achieve Your Goal? YES NO

MUSCLE FOR LIFE

12 WEEK

#SHREDDEDSUMMER TRAINER

WEEKS 4 - 8

DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
CHEST	BACK	SHOULDERS	ARMS	LEGS	CARDIO	REST
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
CHEST	BACK	SHOULDERS	ARMS	LEGS	CARDIO	REST
DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
CHEST	BACK	SHOULDERS	ARMS	LEGS	CARDIO	REST
DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
CHEST	BACK	SHOULDERS	ARMS	LEGS	CARDIO	REST

WWW.MUSCLEFORLIFE.COM/SUMMER

CROSS OFF EACH DAY AS YOU COMPLETE THE PROGRAM TO KEEP TRACK OF YOUR PROGRESS

This Month's Goal: _____

_____

_____

Achieve Your Goal? YES NO

MUSCLE FOR LIFE

12 WEEK

#SHREDDEDSUMMER TRAINER

WEEKS 8 - 12

DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
CHEST	BACK	SHOULDERS	ARMS	LEGS	CARDIO	REST
DAY 64	**DAY 65**	**DAY 66**	**DAY 67**	**DAY 68**	**DAY 69**	**DAY 70**
CHEST	BACK	SHOULDERS	ARMS	LEGS	CARDIO	REST
DAY 71	**DAY 72**	**DAY 73**	**DAY 74**	**DAY 75**	**DAY 76**	**DAY 77**
CHEST	BACK	SHOULDERS	ARMS	LEGS	CARDIO	REST
DAY 78	**DAY 79**	**DAY 80**	**DAY 81**	**DAY 82**	**DAY 83**	**DAY 84**
CHEST	BACK	SHOULDERS	ARMS	LEGS	CARDIO	FINISHED!

WWW.MUSCLEFORLIFE.COM/SUMMER

CROSS OFF EACH DAY AS YOU COMPLETE THE PROGRAM TO KEEP TRACK OF YOUR PROGRESS

This Month's Goal: _____

_____

_____

Achieve Your Goal? YES NO