

***GET***  ***SHREDDER***

# **BRAD NEW YEARS CUT WORKOUT PLAN**

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# INTRO

THANK YOU FOR YOUR PURCHASE! I APPRECIATE ALL OF THE LOVE AND SUPPORT FOR WHAT I DO!

I HAVE WANTED A CHALLENGE WITH MY PHYSIQUE LATELY. I HAVE NOT COMPETED IN A WHILE AND I HAVE ENJOYED TRAINING TO GET BIGGER AND STRONGER BUT I FELT THAT IT WAS TIME TO CHANGE THINGS UP A BIT. IT'S BEEN A WHILE SINCE I WAS SHREDDED AND I FELT IT WOULD BE GOOD FOR ME, BOTH MENTALLY AND PHYSICALLY, TO PUSH MYSELF TO GET AS LEAN AS POSSIBLE!

MANY OF YOU KNOW THAT I HAVE BEEN AN ONLINE COACH FOR A LONG TIME NOW AND I HAVE CLIENTS THAT HAVE A VARIETY OF PLATEAUS AND REQUESTS. I'VE LEARNED A LOT BY HELPING OTHERS AND I'VE BEEN ABLE TO APPLY THAT KNOWLEDGE TO MYSELF TO KEEP GETTING BETTER. THIS IS ONE OF THE THINGS THAT LED ME TO #LETSGETBETTERTOGETHER BECAUSE I REALIZED THAT I WAS ABLE TO HELP OTHERS BY GIVING THEM MY KNOWLEDGE AND THEY WERE ABLE TO HELP ME IN RETURN, AS I HAVE LEARNED BOTH DIRECTLY AND INDIRECTLY FROM MY CLIENTS AS WELL!

I PRIDE MYSELF ON BEING A GOOD COACH AND BEING ABLE TO HELP OTHERS SEE RESULTS AND ACHIEVE THEIR GOALS. I WRITE CUSTOM PLANS FOR PEOPLE, SO EACH PERSON IS TRAINING AND EATING IN A WAY THAT IS DESIGNED TO HELP THEM INDIVIDUALLY. HOWEVER, THESE PLANS ARE NOT THE SAME PLAN THAT I WRITE AND FOLLOW FOR MYSELF. THEY ARE COMPLETELY CUSTOM TO THE CLIENT BUT LATELY I'VE HAD A GROWING NUMBER OF PEOPLE ASK ME WHAT I DO SPECIFICALLY! I GAVE THEM A CUSTOM PLAN THAT WAS TAILORED TO THEIR SPECIFIC GOALS AND THEY ASK ME IF THIS IS THE WAY I TRAIN? SOME CLIENTS HAVE PURCHASED PLANS AND TOLD ME THAT THEY WANT THE EXACT PLAN THAT I AM DOING. I TELL THEM THAT THIS ISN'T THE BEST IDEA BECAUSE WHAT WORKS FOR ME MIGHT NOT WORK FOR THEM. AT THE END OF THE DAY WE ARE DIFFERENT PEOPLE WITH DIFFERENT EXPERIENCE LEVELS AND WILL PROBABLY RESPOND DIFFERENTLY TO THE SAME PLAN. THE BEST RESULTS WILL COME FROM A PLAN THAT IS CUSTOM TAILORED TO YOUR BODY TYPE, YOUR GOALS, AND YOUR LIFESTYLE!

I DECIDED TO SHARE MY PERSONAL PLAN WITH YOU BECAUSE I'VE HAD SO MANY PEOPLE INTERESTED IN WHAT I DO WHEN I WRITE MY OWN PLANS. I CHOSE TO TAKE MY TIME AND WRITE OUT THE PLAN WITH INSTRUCTIONS AND DETAIL SO THAT YOU CAN UNDERSTAND THE PLAN AS WELL. THERE IS NO POINT IN GETTING THIS PLAN AND JUST FOLLOWING IT WITHOUT KNOWING MY REASON FOR EACH SPECIFIC DETAIL IN THE PLAN. KNOWING WHAT TO DO IS HALF THE BATTLE! UNDERSTANDING WHY WE DO SOMETHING IS THE FIRST STEP TO LEARNING AND ACQUIRING KNOWLEDGE. I WANT TO TELL YOU THAT THIS PLAN MIGHT NOT WORK FOR YOU! REMEMBER, THIS PLAN WAS WRITTEN BY ME AND FOR ME. I'M NOT CLAIMING THAT THIS PLAN WILL WORK FOR EVERYBODY AND THAT IT'S THE ONLY WAY TO DO THINGS. THIS PLAN IS WHAT I DO TO GET LEANER AND IT WORKS FOR ME. THAT'S THE ONLY PROOF THAT I HAVE FOR THIS PLAN! I HOPE YOU ENJOY!

**GET  
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# WORKOUT SPLIT

DAY 1: BACK/CHEST

DAY 2: DYNAMIC CARDIO ROUTINE

DAY 3: SHOULDERS/ARMS

DAY 4: LEGS

DAY 5: BARBELL COMPLEX

DAY 6: REST

DAY 7: REPEAT STARTING WITH DAY 1.

#EVERYDAYISARMDAY

WHY DID I PUT THE SPLIT IN THIS ORDER?

I WANT TO TAKE THIS TIME TO EXPLAIN WHY I HAVE LAID OUT THE WORKOUT SPLIT IN THIS PARTICULAR ORDER. THIS WORKOUT PLAN IS DESIGNED TO ALLOW FOR MORE HIGH INTENSITY CARDIO TRAINING WITHOUT AFFECTING WEIGHT TRAINING. I ALSO WANTED TO TRAIN HARD AND STILL PUSH THE MUSCLES TO FAILURE, BUT I KNOW THAT I CAN'T DO THIS VERY FREQUENTLY WHILE IN A CALORIC DEFICIT. WHEN WE DROP OUR CALORIES THE RECOVERY ISN'T AS GREAT. FOR THAT, I DECIDED THAT I WANTED TO ONLY PUSH MODERATE TO HEAVY WEIGHTS 3-4 DAYS PER WEEK. I AM ABLE TO FIT EVERY MUSCLE GROUP OVER 3 DAYS AND I'VE INCLUDED TWO CARDIO DAYS THAT WON'T RELY ON THE USUAL BORING CARDIO MACHINES. I'VE ALSO ONLY INCLUDED ONE REST DAY. THIS WILL ALLOW ME TO TRAIN HARD FOR 6 OUT OF THE 7 DAYS OF THE WEEK WITHOUT LIMITING MUSCLE RECOVERY AND LOSING TOO MUCH MUSCLE MASS AND STRENGTH. THE GOAL IS TO MAXIMIZE FAT LOSS WHILE MAINTAINING AS MUCH MUSCLE AND STRENGTH AS POSSIBLE!

I START THE WORKOUT PLAN WITH BACK/CHEST. THESE MUSCLE GROUPS ARE TRADITIONALLY TRAINED SEPARATELY BUT THERE ARE TIMES THAT I PREFER TO TRAIN THEM TOGETHER AS THEY ARE ANTAGONISTIC MUSCLES. ANTAGONIST MUSCLES WORK AGAINST ONE ANOTHER AT A JOINT. THE CHEST IS A PRESSING MUSCLE, WHILE THE VARIOUS MUSCLES IN THE

BACK ARE PULLING MUSCLES. I ALWAYS GET A GREAT PUMP WITH THIS WORKOUT! I WANTED TO COMBINE THESE TWO MUSCLE GROUPS TO ALLOW THE ABILITY TO FOCUS ON SOME CARDIO SPECIFIC WORKOUT DAYS. IN ORDER TO GET THE LEANEST I CAN GET, I NEED TO INCORPORATE SOME CARDIO ONLY DAYS IN THE FORM OF HIGH INTENSITY CARDIO AND DYNAMIC CARDIO. SINCE THIS DAY IS A FAIRLY EXHAUSTING DAY I'VE PLACED IT FIRST IN THE SPLIT, WHICH IS AFTER 1 DAY OF REST. THIS WILL ALLOW ME TO BE FRESH FOR THIS DAY AND KEEP ME TRAINING HARD EVEN WHEN TIRED FROM NOT EATING AS MANY CALORIES DUE TO THE DIET.

THE SECOND DAY IS A DYNAMIC CARDIO DAY. THIS DAY IS DESIGNED TO HELP BURN FAT BUT ALSO HELP INCREASE ATHLETICISM AND OVERALL PERFORMANCE. I LIKE TO PERFORM EXPLOSIVE MOVEMENTS WITH LITTLE TO NO WEIGHTS USED. I LOVE WEIGHT TRAINING AND IT IS THE FOUNDATION I'VE USED TO BECOME THE PERSON THAT I AM. THAT BEING SAID, THERE ARE A BUNCH OF GREAT BODY WEIGHT ONLY EXERCISES AS WELL. THESE MOVEMENTS MIGHT NOT BE THE BEST FOR BUILDING MUSCLE, ESPECIALLY COMPARED TO WEIGHT TRAINING, BUT THEY DO A GREAT JOB AT INCREASING ATHLETIC PERFORMANCE WHILE BURNING BODY FAT.

THE THIRD DAY OF THE PLAN IS SHOULDERS/ARMS. I LIKE TO COMBINE THESE TOGETHER BECAUSE THEY ARE BOTH SMALL MUSCLE GROUPS. WE DON'T HAVE ANY MUSCLE GROUPS ON THIS DAY THAT WILL BURN THE BODY OUT AND PREVENT ME FROM BEING ABLE TO PUSH MYSELF 100% ON OTHER DAYS. I HAVE ALSO HIT CHEST AND BACK ALREADY IN THE PLAN, SO MY SHOULDERS AND ARMS ARE THE LAST MUSCLE GROUPS TO TRAIN FOR THE UPPER BODY. I'M FOCUSED ON LEANING OUT RIGHT NOW SO I'M NOT CONCERNED WITH TRYING TO ADD A LOT OF MUSCLE ONTO MY SHOULDERS AND ARMS. THAT BEING SAID, THEY STILL NEED TO BE TRAINED. THIS DAY WON'T TAKE A LOT OUT OF ME AND ALLOWS A LITTLE REST FOR LEG DAY, WHICH IS NEXT IN THE SPLIT.

THE FOURTH DAY OF THE PLAN IS LEG DAY. LEG DAY IS ALWAYS THE MOST IMPORTANT DAY OF THE WEEK. LEG TRAINING IS PAINFUL AND EXHAUSTING. I LIKE TO MAKE SURE THAT I AM BOTH MENTALLY AND PHYSICALLY PREPARED FOR EVERY LEG DAY. LEGS ARE LARGE MUSCLES THAT REQUIRE A LOT OF ENERGY TO TRAIN. THIS MAKES THEM GREAT TOOLS FOR FAT BURNING AS WELL. BACK/CHEST ON DAY 1 IS A HARD DAY BUT DAYS 2 AND 3 ARE EASY IN COMPARISON. PLACING

LEG DAY IN THIS ORDER OF THE WORKOUT SPLIT WILL ALLOW ME TO BE FRESH FOR LEG DAY. THIS KEEPS ME PHYSICALLY AND MENTALLY PREPARED TO TRAIN AT 100% EVEN WHEN LOSING STRENGTH AND ENERGY FROM LACKING THE USUAL CALORIES IN MY DIET.

THE FIFTH DAY IS A BARBELL COMPLEX WORKOUT. THIS WORKOUT IS VERY SIMILAR TO CIRCUIT TRAINING OR A GIANT SET TYPE OF TRAINING. THE GOAL OF THIS WORKOUT IS TO USE A BARBELL WITH LIGHT TO MODERATE WEIGHT AND COMPLETE ALL SETS, REPS, AND EXERCISES BEFORE PUTTING THE BARBELL DOWN. YOU CAN REST IN BETWEEN REPS OR EXERCISES BUT YOU CAN'T SET THE BARBELL DOWN. THIS IS A GREAT WAY TO INCORPORATE WEIGHT TRAINING AND CARDIO INTO ONE. MAKE SURE THAT YOU PICK A WEIGHT THAT WILL CHALLENGE YOUR, BUT ALSO ONE THAT ALLOWS YOU TO COMPLETE THE ROUTINE. IF YOU GO TOO HEAVY, AND ARE PERFORMING A SERIES OF EXERCISES FOR HIGH REPS ALL BACK TO BACK TO BACK, THEN YOU WILL RUN THE RISK OF INJURY. REMEMBER TO TREAT THIS AS WEIGHT TRAINING CARDIO, NOT JUST WEIGHT TRAINING.

THE 6TH DAY IS A DAY OF REST. I LIKE TO KEEP CARDIO AS AN OPTION FOR MY REST DAY. IF I FEEL GOOD AND WANT TO GO TO THE GYM THEN I'LL GO AND PERFORM SOME TYPE OF CARDIO OR USE THIS TIME TO TRAIN SOME MUSCLES LIKE CALVES, FOREARMS, AND ABS, WHICH CAN GO OVERLOOKED IN A PLAN. DAY 7 YOU WILL START THE PROGRAM AGAIN BACK AT DAY 1.

I WILL ALSO BE LIVING #EVERYDAYISARMDAY. I WILL MAKE SURE TO PERFORM SOME TYPE OF ARM WORKOUT, EVERY DAY, DURING THIS WORKOUT SPLIT. I BELIEVE THAT THIS WILL BE A GREAT WAY TO HELP MAINTAIN MUSCLE MASS ON MY ARMS DURING THIS CUT BECAUSE THEY ARE CONSISTENTLY BEING USED AND FUELED. I WILL NOT BE PUSHING THINGS TOO CRAZY WITH TRAINING THEM, WITH REGARDS TO FAILURE TACTICS, SINCE I WILL BE IN A CALORIC DEFICIT. MY RECOVERY WILL NOT BE AS GOOD AS WHEN I'M EATING MORE CALORIES AND I DON'T WANT TO RUN THE RISK OF BREAKING THE MUSCLE DOWN WITH TRAINING AND THEN KEEPING IT BROKEN DOWN BECAUSE I DON'T HAVE THE CALORIES TO RECOVER. BUT I SAY #EVERYDAYISARMDAY AND I WILL LIVE IT TOO!



# BACK/CHEST DAY



## CARDIO: ROWER PROGRESSION

YOU WILL PERFORM EACH WORKOUT A MINIMUM OF 2X BEFORE PROGRESSING FORWARD. THE GOAL IS TO STRIVE TO GET THE DISTANCE DONE UNDER A CERTAIN AMOUNT OF TIME. IF YOU DON'T MAKE THE TIME THEN I WANT YOU TO STAY AT THE SAME DISTANCE UNTIL YOU CAN MAKE THE TIME AND THEN MOVE UP. IF YOU DON'T HIT THE TIME GOAL THEN DON'T PROGRESS FORWARD. IF YOU HIT THE GOAL 2X THEN PROGRESS FORWARD!

1000M — LESS THAN 10 MINS. (ROUGHLY 100M PER MIN)

1500M — LESS THAN 12 MINS. (ROUGHLY 125M PER MIN)

2000M — LESS THAN 14 MINS. (ROUGHLY 140M PER MIN)

2500M — LESS THAN 15 MINS. (ROUGHLY 165M PER MIN) \*ADVANCED IN LESS THAN 10 MIN.

-I LIKE TO START THIS DAY WITH A CARDIO MOVEMENT THAT WORKS THE MUSCLES IN THE BACK. THE ROWER IS NOT ONLY A GREAT PIECE OF CARDIO EQUIPMENT BUT IT IS ALSO A GREAT WAY TO WARM UP THE BACK.

RACK CHINS: 4 SETS BODYWEIGHT TO FAILURE WITH 1-MINUTE REST IN BETWEEN SETS.

-MY FIRST MOVEMENT IS THE RACK CHIN. THIS IS A GREAT EXERCISE THAT CAN BE USED IN REPLACEMENT TO ANY PULL UP VARIATION. THIS MOVEMENT ALLOWS FOR A GREAT STRETCH TO THE LATS AT THE BOTTOM OF THE MOVEMENT AND FINISHES NOT ONLY WITH A PULL UP, BUT WITH A PARTIAL ROW AT THE TOP OF THE LIFT AS WELL. I CAN GET A GREAT CONTRACTION IN MY LATS AND THE SMALL MUSCLES IN THE MID AND UPPER BACK AS WELL. IT'S GREAT TO HIT THIS MOVEMENT (OR A SIMILAR MOVEMENT) FIRST TO GET THE BACK PUMPED, WARM, AND READY FOR HEAVIER WEIGHTS. I KEEP THE REST TIME TO 1 MINUTE OR LESS BECAUSE WE SHOULDN'T NEED THAT MUCH TIME TO RECOVER IN BETWEEN SETS FOR A BODY WEIGHT MOVEMENT.

DEADLIFT: 5 SETS OF 5 REPS WITH 1-3 MINUTES REST IN BETWEEN SETS.



-NOW THAT I AM WARMED UP WITH THE ROWER AND RACK CHINS I WANT TO HIT MY HEAVIEST MOVEMENT BEFORE I START TO FATIGUE. I AM CHOOSING TO KEEP THE DEADLIFTS IN THIS CUTTING PROGRAM SO THAT I CAN STILL MOVE SOME HEAVY WEIGHT. BY KEEPING A HEAVY COMPOUND MOVEMENT ON THIS DAY I'M GUARANTEEING THAT I WILL BE PROVIDING ENOUGH STIMULUS TO THE MUSCLE TO MAINTAIN STRENGTH AND DO MY BEST TO KEEP A "DENSE" LOOK TO THE MUSCLE. IF WE GET RID OF HEAVY COMPOUND LIFTS, WHILE CUTTING, THEN WE RUN THE RISK OF LOSING SIZE AND DENSITY. THIS IS NOT A SCIENTIFICALLY CONFIRMED APPROACH BUT IT HAS BEEN SOMETHING THAT I HAVE HAD SUCCESS WITH IN THE PAST. I ALSO BELIEVE THAT THE FULL BODY MOVEMENTS LIKE THE DEADLIFT AND THE SQUAT WILL CAUSE YOU TO USE A LOT OF ENERGY. USING ENERGY IS BURNING ENERGY AND IN A CALORIC DEFICIT WE HOPE THAT THIS CAN HELP US INCREASE THE RATE AT WHICH WE BURN FAT FOR FUEL. I WILL TAKE UPWARDS OF 3 MINUTES OF REST IN BETWEEN SETS WHEN I GET TO THE HEAVIER SETS. THIS IS A HEAVY, AND POTENTIALLY DANGEROUS, COMPOUND MOVEMENT SO WE WANT TO MAKE SURE WE ARE WELL RESTED BEFORE ATTEMPTING HEAVY WEIGHTS. DURING MY FIRST FEW WARM UP SETS I MAY REST 1 MINUTE OR LESS AND THEN ADJUST THE REST ACCORDINGLY.

**SHRUGS:** 4 SETS OF 15-20 REPS WITH 1-MINUTE REST.

-I FOLLOW THE DEADLIFTS WITH A LIGHT TO MODERATE WEIGHT SHRUG. HEAVY SHRUGS ARE GREAT FOR BUILDING MASS IN THE TRAPS, BUT WE ARE FOCUSED ON BURNING BODY FAT AT THIS TIME. WE JUST HIT THE TRAPS WITH HEAVY WEIGHT ON THE DEADLIFT. I LIKE TO NOW FOCUS ON HITTING THE TARGET MUSCLE (TRAPS) WITH A LIGHT TO MODERATE WEIGHT AND FOCUS ON A FULL RANGE OF MOTION WITH A STRONG CONTRACTION. IT'S ALSO CONVENIENT TO TRAIN THIS MOVEMENT RIGHT AFTER THE DEADLIFT SINCE YOU WILL HAVE THE BARBELL LOADED IN FRONT OF YOU. STRIP SOME WEIGHT OFF FROM THE DEADLIFT AND BEGIN YOUR SHRUG EXERCISE. I WILL KEEP MY REST TO LESS THAN ONE MINUTE ON THIS EXERCISE AS WE ARE USING LIGHT TO MODERATE WEIGHT AND WE WANT TO MOVE QUICKLY.

**CLOSE GRIP CABLE ROW:** 4 SETS OF 8-12 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

-I LIKE TO FINISH TRAINING MY BACK WITH A DROP SET TO FAILURE ON A CABLE MOVEMENT. I CAN PUSH MY BACK TO FAILURE WITH A CABLE MACHINE WITHOUT RUNNING AS MUCH RISK OF INJURY COMPARED TO PUSHING MYSELF TO FAILURE WITH A FREE WEIGHT MOVEMENT. WE NEED TO REMEMBER THAT DURING A CUT WE WILL BE IN A CALORIE DEFICIT AND THE BODY MAY NOT BE ABLE TO RECOVER AS QUICKLY; STRENGTH OFTEN STARTS TO DROP AND THE RISK OF INJURY CAN INCREASE. IT'S BEST TO CHOOSE THE SAFER EXERCISES WHEN POSSIBLE. WE WANT TO CHOOSE SAFE EXERCISES THAT WILL STILL ALLOW US TO TRAIN HARD AND PUSH THE MUSCLE TO FAILURE. I WILL KEEP THE REST TO LESS THAN 1 MINUTE AS THE CABLE MACHINE IS SAFER THAN MOST FREE WEIGHT MOVEMENTS. WE WANT TO TAKE JUST ENOUGH REST TO HIT THE SET HARD BUT OTHERWISE MOVE AS QUICKLY THROUGH THE WORKOUT AS POSSIBLE.

CABLE CROSS OVERS: 3 SETS OF 15-20 REPS WITH 1-MINUTE REST IN BETWEEN SETS.\*

-THIS WILL BE THE FIRST CHEST MOVEMENT OF THE DAY. I WANT TO USE THIS EXERCISE TO WARM THE PECS UP AND PRE-EXHAUST THEM TO SOME DEGREE BEFORE GETTING INTO THE PRESSING. I WILL ALREADY BE WARMED UP FROM THE BACK MOVEMENTS, BUT I WANT TO GET SOME BLOOD FLOW TO THE CHEST BEFORE GETTING INTO THE PRESSING MOVEMENTS. AGAIN, I WILL KEEP THE REST TO LESS THAN 1 MINUTE ON THIS MOVEMENT. THE CABLE CROSS OVER DOESN'T REQUIRE A HEAVY WEIGHT AND IS A SHORT MOVEMENT. WE CAN MOVE QUICKLY HERE AND KEEP REST TO A MINIMUM.

FLAT BARBELL BENCH PRESS: 3 SETS OF 8-12 REPS WITH 1-2 MINUTES REST IN BETWEEN SETS.

-I AM KEEPING THIS MOVEMENT IN THE PROGRAM FOR THE SAME REASON AS THE DEADLIFT. THE HEAVY COMPOUND MOVEMENTS WILL STILL ALLOW US TO PRESS SOME HEAVY WEIGHT AND DO OUR BEST TO TRY AND KEEP SOME DENSITY AND STRENGTH TO THE MUSCLE WHILE WE CUT. THIS IS ONE OF THE POWER MOVEMENTS AND I MAY TAKE UP TO 2 MINUTES REST IN BETWEEN SETS FOR MY HEAVIER SETS TO MAKE SURE I HAVE THE ENERGY TO TRAIN PROPERLY AND KEEP FORM TIGHT. I WILL TAKE LESS THAN 1-MINUTE REST ON MY WARM UP SETS.

**DUMBBELL INCLINE PRESS: 3 SETS OF 8-12 REPS WITH 1-MINUTE REST IN BETWEEN SETS.**

-I LIKE TO INCORPORATE A FLAT, INCLINE, AND DECLINE MOVEMENT INTO MY CHEST TRAINING. I PREFER THE DUMBBELL INCLINE PRESS TO THE BARBELL VARIATION BECAUSE IT ALLOWS EACH SIDE OF MY BODY TO WORK COMPLETELY INDEPENDENT FROM ONE ANOTHER. I CAN ALSO FEEL A DEEPER STRETCH IN THE MUSCLE WITH DUMBBELLS COMPARED TO BARBELLS BECAUSE I CAN INCORPORATE A SMALL FLYE MOVEMENT TO THE PRESS AS WELL. I WILL KEEP THE REST IN BETWEEN SETS TO LESS THAN 1 MINUTE. AT THIS POINT IN THE WORKOUT YOU WILL LIKELY BE FATIGUED AND WON'T BE MOVING AS HEAVY OF A WEIGHT. WE CAN KEEP MOVING QUICKLY, KEEP THE HEART RATE UP, AND CAPITALIZE ON SOME FAT BURNING AS WE FINISH THE WORKOUT.

**PLATE LOADED MACHINE DECLINE PRESS: 3 SETS OF 8-12 REPS WITH 1-MINUTE REST IN BETWEEN SETS.\***

-IF YOU RECALL EARLIER I MENTIONED PERFORMING A DROP SET ON THE CABLE ROW BECAUSE THE MUSCLE IS FATIGUED AND I FEEL SAFER REACHING MUSCLE FAILURE ON A MACHINE COMPARED TO A FREE WEIGHT MOVEMENT. THE SAME CAN BE SAID HERE. THE DECLINE MOVEMENTS WORK THE PECS BETTER THAN ANY FLAT OR INCLINE PRESSING MOVEMENT. AT THIS POINT IN THE WORKOUT I WILL BE FATIGUED, SO I WILL USE A DROP SET ON THIS MOVEMENT TO PUSH THE PECS TO COMPLETE FAILURE. THIS WILL GIVE US THE GREATEST CONTRACTION AND PUMP TO THE PECS TO FINISH THEM OFF AND COMPLETE OUR CHEST TRAINING FOR THIS DAY. I WILL KEEP THE REST TO LESS THAN 1 MINUTE AS THIS MOVEMENT IS PERFORMED ON A MACHINE. WHEN YOU HIT FAILURE THE MACHINE JUST STOPS AT THE STARTING POSITION. THIS ALLOWS US TO TRAIN SAFELY AND KEEP REST TIMES DOWN TO A MINIMUM.

**DIPS: 4 SETS OF BODYWEIGHT TO FAILURE WITH 1 MINUTE REST IN BETWEEN SETS.**

-I AM KEEPING UP WITH MY #EVERYDAYISARMDAY AND I AM CHOOSING TO USE DIPS TO WORK THE TRICEPS ON THIS DAY. I ALSO LIKE THAT THE DIP HITS THE PECS AND THE DELTS AS WELL WHICH HAVE ALSO BEEN TARGETED TODAY. MAKE SURE TO KEEP AN UPRIGHT POSITION DURING THIS MOVEMENT TO KEEP MOST OF THE STRESS ON THE TRICEPS AND AVOID PUTTING MOST OF.

THE STRESS ON THE PECS. THIS IS A BODYWEIGHT MOVEMENT AND SHOULDN'T REQUIRE MORE THAN 1 MINUTE OF REST IN BETWEEN SETS.

THE AMOUNT OF TIME I WILL REST BETWEEN EACH EXERCISE WILL JUST BE HOW LONG IT TAKES ME TO GET TO THE EXERCISE AND GET IT SET UP. WE DON'T WANT TO TAKE LONG RESTS BETWEEN MOVEMENTS. THIS IS A RULE THAT I WILL FOLLOW FOR THE REMAINDER FO THE WORKOUT PLAN. THE REST TIME BETWEEN MOVEMENTS SHOULD BE AS SHORT AS POSSIBLE!

- THE LAST SET IS A "DROP-SET" TO FAILURE.

**GET  
SHREDDED**



# DYNAMIC CARDIO ROUTINE



CARDIO: 15 MIN HIIT CARDIO OF MY PREFERENCE. I WILL INCREASE THIS UP TO 20 MIN BEFORE THE CUT IS FINISHED.

-THIS WORKOUT TODAY IS ALL ABOUT CARDIO. THE REST PERIODS WILL BE SHORT AND THE MOVEMENTS WILL ALL BE PERFORMED WITH BODY WEIGHT. I LIKE TO START WITH CARDIO TO BREAK A SWEAT, GET MY HEART RATE UP, AND GET MY BODY AND MIND READY FOR THE REST OF THE WORKOUT.

BOX JUMPS: 4 SETS OF 15 JUMPS ON THE HIGHEST BOX I CAN USE. I MAY ADJUST THE BOX DOWN AS I PROGRESS IN SETS AND FATIGUE. 1-MINUTE REST IN BETWEEN SETS.

-I LIKE TO PERFORM THE BOX JUMPS WHILE I AM STILL SOMEWHAT FRESH. I HAVE ALWAYS BEEN IMPRESSED WITH ATHLETES WHO HAVE A STRONG VERTICAL JUMP AND I WANTED TO WORK ON MINE. THE BOX JUMP EXERCISE IS THE BEST BODY WEIGHT EXERCISE YOU CAN PERFORM TO WORK YOUR VERTICAL JUMP. I WILL REST NO LONGER THAN 1 MINUTE BETWEEN SETS AND WILL TRY AND PERFORM EACH JUMP AS QUICKLY AS POSSIBLE. TRY NOT TO LET YOURSELF REST TOO MUCH IN BETWEEN JUMPS. MAKE SURE TO HAVE A COUPLE DIFFERENT HEIGHTS FOR BOXES SO YOU CAN ADJUST AS YOU FATIGUE. REMEMBER THAT A HIGH BOX IS GREAT TO FORCE YOU TO JUMP HIGHER, BUT YOU SHOULD BE EXPLODING AS HIGH INTO THE AIR AS POSSIBLE FOR EACH JUMP REGARDLESS OF THE BOX HEIGHT. DON'T PICK A BOX THAT YOU CAN'T JUMP ON AND END UP HURTING YOURSELF AS YOU FATIGUE. 15 JUMPS IN A ROW IS NOT AS EASY AS IT SOUNDS.

BURPEES: 100 TOTAL BURPEES. I WILL TAKE AS MANY SETS AS I NEED TO COMPLETE ALL 100. REST NO LONGER THAN 20 SECONDS AT A TIME.

-I HAVE JUST FATIGUED MY JUMPING ABILITY AFTER THE BOX JUMP. IMMEDIATELY FOLLOWING THE BOX JUMP I WILL COMPLETE 100 TOTAL BURPEES IN AS MANY SETS AS NEEDED TO COMPLETE THE FULL 100. I WILL NOT ALLOW MYSELF TO REST MORE THAN 20 SECONDS AT A TIME.

THIS WILL FORCE YOU TO PUSH YOURSELF HARDER AND KEEP YOUR HEART RATE UP. DON'T CHEAT YOURSELF ON THE BURPEE EITHER. MAKE SURE TO PERFORM FULL REPS!

JUMP ROPE: INTERVAL JUMP ROPE. 1 MINUTE CONSISTENT JUMPING FOLLOWED BY 30 SECONDS REST. REPEAT 5 TIMES.

-BY THIS POINT IN THE DAY I WILL BE EXHAUSTED, MY SIDE WILL HURT, MY CHEST WILL HURT, AND I WON'T WANT TO DO MUCH ELSE. THE JUMP ROPE IS ONE OF THE BEST FORMS OF CARDIO THAT REQUIRES MINIMAL MOVEMENT. I'M REALLY JUST JUMPING IN PLACE. I AM CHOOSING TO PERFORM INTERVALS WITH THE JUMP ROPE TO KEEP MY HEART RATE UP AND FOCUS ON FAT BURNING. AT THIS POINT IN THE WORKOUT I WILL BE FATIGUED SO I WILL PUSH MYSELF TO COMPLETE A FULL MINUTE OF JUMPING ROPE AND THEN TAKE A 30 SECOND REST. I WILL REPEAT THIS FOR 5 SETS.

HANGING LEG RAISES: 100 TOTAL LEG RAISES. I WILL TAKE AS MANY SETS AND AS MUCH REST AS I NEED TO COMPLETE ALL 100.

-AT THIS POINT IN THE WORKOUT I WILL BE FATIGUED SO I WILL NOT STRESS THE REST TIME AS MUCH. I FIND THAT WHEN I TRY AND RUSH ANY SORT OF AB WORK I END UP WITH PAINFUL CRAMPS. I WANT TO AVOID THIS, BUT I DO WANT TO TOSS IN SOME DIRECT CORE WORK. I'VE ALWAYS ENJOYED HANGING LEG RAISES AND FEEL THAT THEY HIT MY CORE VERY WELL. I WILL PERFORM AS MANY REPS AS I CAN BEFORE RESTING AND FORCE MYSELF TO GET 100 TOTAL REPS.

REVERSE BARBELL CURL: 3 SETS OF 12-15 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

-SINCE #EVERYDAYISARMDAY I CHOSE TO HIT THE REVERSE BARBELL CURL ON THIS DAY. IT'S A GREAT MOVEMENT TO WORK THE BRACHIALIS AND BRACHIORADIALIS ALONG WITH THE BICEPS AND FOREARM. THE BRACHIALIS AND BRACHIORADIALIS ARE TWO MUSCLES THAT RUN ON TOP OF THE FOREARM AND ON THE SIDE OF THE BICEP. THESE ARE TWO MUSCLES THAT OFTEN GO UNDER TRAINED SO I WILL TAKE THIS TIME TO HIT THEM WITH LIGHT TO MODERATE WEIGHT AND GIVE THEM SOME EXTRA WORK.

**FOAM ROLLING AND STATIC STRETCHING: I CONCLUDE TODAY WITH SOME MOBILITY**

**WORK AND STRETCHING. SEE THE END OF THE EBOOK FOR A STRETCHING ROUTINE.**

**-I FIND THAT ONE OF THE BEST TIMES TO STRETCH, AND WORK ON MOBILITY WORK, IS AFTER SOME EXTENSIVE FULL BODY CARDIO. THIS WORKOUT WILL LEAVE YOU SWEATING AND EXHAUSTED BY THE END. YOU'LL PROBABLY JUST WANT TO LIE ON THE GROUND AS IT IS. IF YOU'RE ALREADY THERE THEN WE MIGHT AS WELL WORK ON SOME STRETCHING AND MOBILITY WORK.**

**GET  
SHREDDED**





# SHOULDER/ARMS DAY



CARDIO: 10 MIN HIIT CARDIO OF MY PREFERENCE. I WILL BUMP THIS UP TO 20 MINUTES BEFORE THE CUT IS FINISHED.

-THIS IS A SMALL MUSCLE GROUP DAY AND WE ARE TRYING TO BURN BODY FAT. I FIND THAT HIIT CARDIO IS MY PREFERRED CARDIO FOR LEANING OUT. WE WILL GET IT OUT OF THE WAY AND THEN GET INTO WEIGHT TRAINING.

REVERSE CABLE CROSSOVER: 3 SETS OF 12-15 REPS WITH 1-MINUTE REST IN BETWEEN SETS.\*

-I LIKE TO START WITH THE REVERSE CABLE CROSSOVER TO WORK THE SMALL MUSCLES OF THE UPPER BACK AND THE REAR DELT. THE REAR DELT IS A MUSCLE THAT OFTEN GETS OVERLOOKED IN A TRAINING PLAN, BUT DEVELOPING THE REAR DELT IS ONE OF THE BEST THINGS YOU CAN DO FOR SHOULDER HEALTH AND TO GIVE THE APPEARANCE OF HAVING BROADER SHOULDERS. THIS CAN HELP BRING OUT THE V-TAPER AND IMPROVE AESTHETICS. I CHOSE TO HIT THEM FIRST TO MAKE SURE THAT I AM GIVING THEM MY FULL ATTENTION. I WILL FINISH THIS MOVEMENT WITH A DROP SET TO FAILURE AND KEEP THE REST TO A MINIMUM. WE DO NOT NEED A LOT OF REST IN BETWEEN SETS FOR THIS EXERCISE BECAUSE IT IS A SMALL MUSCLE GROUP USING A LIGHT TO MODERATE WEIGHT.

DUMBBELL LATERAL RAISE: 3 SETS OF 12-15 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

-I'VE ALWAYS PREFERRED TO TRAIN SOME TYPE OF RAISE BEFORE GETTING INTO THE PRESSING MOVEMENTS. THIS WILL HELP PUSH SOME BLOOD INTO THE MUSCLE AND HELP ME FOCUS ON CONTRACTING THAT MUSCLE DURING THE PRESSING MOVEMENTS. REMEMBER THAT POWERLIFTING IS MOVING A WEIGHT FROM POINT A TO POINT B AND BODYBUILDING IS USING THE TARGET MUSCLE TO MOVE A WEIGHT FROM POINT A TO POINT B. IF WE PERFORM THE OVERHEAD PRESSING MOVEMENTS, AND CAN'T FEEL THE DELTOID WORKING, THEN WE MIGHT BE



CHEATING FORM AND USING SECONDARY MUSCLES WHEN WE SHOULDN'T. KEEP THE WEIGHT LIGHT TO MODERATE, KEEP THE FEET DOWN, AND USE THIS EXERCISE TO PUMP THE MUSCLE SO WE CAN HAVE A MORE EFFICIENT PRESSING WORKOUT.

STANDING PUSH PRESS: 5 SETS OF 8-12 REPS WITH 1-2MINUTE REST.

-WITH MY OLYMPIC LIFTING BACKGROUND I'VE ALWAYS ENJOYED OVERHEAD PRESSING WITH A BARBELL. THE STANDING PUSH PRESS IS DIFFERENT THAN THE JERK, WHICH YOU SEE IN OLYMPIC WEIGHT LIFTING MOVEMENTS. THIS IS A BARBELL OVERHEAD PRESS WITH SLIGHT LEG DRIVE. I LIKE TO PERFORM THIS AS MY HEAVY COMPOUND MOVEMENT FOR THE SHOULDERS. I WILL TAKE UP TO 2 MINUTES REST FOR MY HEAVIER SETS AND KEEP THE WARM UP SETS TO LESS THAN 1 MINUTE.

SEATED ARNOLD PRESS: 3 SETS OF 8-12 REPS WITH 1-MINUTE REST.

-THE ARNOLD PRESS IS ONE OF MY FAVORITE SEATED SHOULDER PRESS VARIATIONS. I FEEL A BETTER CONTRACTION ACROSS MY DELTS WITH THIS EXERCISE COMPARED TO TRADITIONAL SEATED DUMBBELL SHOULDER PRESSES. I FEEL THAT THIS EXERCISE TAKES MY PECS OUT OF THE MOVEMENT BETTER THAN THE TRADITIONAL SEATED PRESS. THIS MOVEMENT ALLOWS ME TO FOCUS ON THE DELTS AND GET THE BEST CONTRACTION POSSIBLE. I WILL BE SOMEWHAT FATIGUED AT THIS POINT SO I WILL KEEP THE WEIGHTS MODERATE, FOCUS ON THE CONTRACTION, AND KEEP THE REST IN BETWEEN SETS TO LESS THAN 1 MINUTE.

WIDE NEUTRAL GRIP CABLE ROW: 3 SETS OF 12-15 REPS WITH 1-MINUTE REST IN BETWEEN SETS.\*

-I TOSSED IN THE WIDE GRIP CABLE ROW TO HIT THE REAR DELTS ONE MORE TIME. WE HAVE ALSO JUST PERFORMED A LOT OF PRESSING MOVEMENTS, WHICH ARE ANTAGONISTIC TO THE SMALL MUSCLES IN THE UPPER BACK. THE WIDE NEUTRAL GRIP CABLE ROW DOES A GREAT JOB AT TARGETING THOSE MUSCLES ALONG WITH THE REAR DELT. WE FINISH WITH A DROP SET TO FAILURE AND KEEP REST TIMES TO LESS THAN 1 MINUTE.

**STANDING BARBELL CURL: 5 SETS OF 10 REPS WITH 1-MINUTE REST IN BETWEEN SETS.**

-THIS IS THE CORNERSTONE EXERCISE TO BIG BICEPS. IT WOULDN'T BE A TRUE ARM DAY WITHOUT THIS MOVEMENT OR SOME TYPE OF VARIATION OF IT. I WILL PERFORM 5 SETS OF 10 REPS. THIS WILL FORCE ME TO KEEP THE WEIGHT MODERATE TO HEAVY. I WILL ALSO KEEP THE REST TIMES TO LESS THAN 1 MINUTE SO I CAN KEEP A GOOD PUMP AND KEEP MY HEART RATE UP.

**JM PRESS TO CLOSE GRIP: 5 SETS OF 10 REPS WITH 1-MINUTE REST IN BETWEEN SETS.**

-THIS MOVEMENT IS A COMBINATION OF TWO GREAT TRICEPS MOVEMENTS. THE JM PRESS IS MORE OF A CLOSE GRIP BENCH PRESS COMBINED WITH A SKULL CRUSHER AND THE CLOSE GRIP IS YOUR TRADITIONAL CLOSE GRIP BENCH PRESS. I WILL PERFORM THE NEGATIVE PART OF THE MOVEMENT IN JM STYLE AND PERFORM THE PRESS WITH THE CLOSE GRIP. THIS WILL ALLOW ME TO WORK BOTH THE ECCENTRIC AND CONCENTRIC PART OF THE MOVEMENT TO HIT THE TRICEPS. I WILL KEEP THE WEIGHT MODERATE AND KEEP THE REST TIME TO LESS THAN 1 MINUTE TO KEEP THE PUMP AND HEART RATE UP.

**ROPE HAMMER CURL: 5 SETS OF 15-20 REPS WITH 30 SECONDS REST IN BETWEEN SETS.**

-I WILL CONCLUDE THE BICEPS AND TRICEPS WITH TWO ROPE CABLE MOVEMENTS. THE TRADITIONAL DBELL HAMMER CURL IS A GREAT MOVEMENT BUT THE ROPE ATTACHMENT ON THE CABLE ADDS A NICE TWIST TO THINGS. THE CABLE PROVIDES MORE OF A CONSTANT TENSION COMPARED TO THE DBELL BECAUSE NO MATTER WHICH ANGLE YOU PULL ON IT, THE CABLE WILL STILL BE PROVIDING TENSION. THE TRADITIONAL DBELL CAN "REST" ON TOP OF THE FOREARM IF YOU DON'T KEEP THE PROPER ANGLE OF THE ARM TO KEEP THE TENSION ON THE BICEP AND FOREARM. I LIKE TO KEEP THE WEIGHT MODERATE AND THE REST TO LESS THAN 30 SECONDS TO CHASE THE PUMP AND KEEP THE WORKOUT MOVING QUICKLY.

**ROPE PRESSDOWN: 5 SETS OF 15-20 REPS WITH 30 SECONDS REST IN BETWEEN SETS.**

-THIS IS THE SECOND CABLE MOVEMENT THAT I WILL USE TO FINISH THE ARMS. I LIKE TO PERFORM THE ROPE PRESSDOWN WITH STRICT FORM AND A SLOW NEGATIVE. WE WANT TO MAXIMIZE THE STRETCH TO THE TRICEP AND SQUEEZE A STRONG CONTRACTION. DON'T RUSH THIS MOVEMENT OR YOU WON'T GET THE BENEFITS FROM IT. I LIKE TO KEEP THE REST TO LESS THAN 30 SECONDS AND FINISH WITH MY LAST SET BEING A DROP SET TO FAILURE.

BARBELL OR DUMBBELL WRIST CURL: 4 SETS OF 25 REPS WITH 30 SECONDS REST IN BETWEEN SETS.

-THE WRISTS AND FOREARMS ARE OFTEN NEGLECTED BECAUSE THE EXERCISE SELECTION IS PRETTY BORING. DIRECTLY TRAINING YOUR FOREARMS WILL HELP WITH AESTHETICS, UPPER AND LOWER ARM GROWTH, AND IMPROVE GRIP STRENGTH AS WELL! I LIKE TO PERFORM EACH REP SLOW AND CONTROLLED TO MAKE SURE THAT I GET A FULL REP. THIS IS A SHORT MOVEMENT, A SMALL MUSCLE, AND THE WEIGHTS ARE NOT VERY HEAVY SO WE WILL REST LESS THAN 30 SECONDS IN BETWEEN SETS. MAKE SURE TO USE A FULL RANGE OF MOTION AND CHASE THE PUMP. IF IT'S HARD TO GRAB YOUR PHONE AND TEXT AFTER THE WORKOUT THEN YOU DID THEM RIGHT!

THE AMOUNT OF TIME I WILL REST BETWEEN EACH EXERCISE WILL JUST BE HOW LONG IT TAKES ME TO GET TO THE EXERCISE AND GET IT SET UP. WE DON'T WANT TO TAKE LONG RESTS BETWEEN MOVEMENTS. THE REST TIME BETWEEN MOVEMENTS SHOULD BE AS SHORT AS POSSIBLE!

- THE LAST SET IS A "DROP-SET" TO FAILURE.

# LEG DAY



CARDIO: 10 MIN HIIT CARDIO ON THE STATIONARY BIKE.

-I CHOOSE TO START MY HIIT CARDIO ON THE STATIONARY BIKE TODAY AS I FEEL IT WILL WARM UP MY QUADS BETTER THAN ANY OTHER PIECE OF CARDIO EQUIPMENT. UNLIKE THE OTHER HIIT CARDIO DAYS, I WILL NOT BE INCREASING MY CARDIO TO MORE THAN 10 MINUTES ON THIS DAY. LEG DAY IS CHALLENGING ENOUGH AS IT IS. THIS IS HIT FIRST, IN THE EXERCISE ORDER, TO WARM UP THE LEGS AND GET THE HEART RATE UP.

STATIONARY LUNGE: 4 SETS OF 15-20 REPS PER LEG WITH 30 SECONDS REST IN BETWEEN EACH LEG.

-I WILL START THIS MOVEMENT WITH BODY WEIGHT AND THEN ADD DUMBBELLS TO INCREASE THE DIFFICULTY. I AM PERFORMING THESE IN A HIGH REP RANGE TO HELP WARM UP ALL THE MUSCLES OF THE LEG AND GET THEM READY FOR THE SQUATS. I ALSO LIKE THIS MOVEMENT BECAUSE IT ALLOWS EACH LEG TO WORK INDEPENDENTLY OF ONE ANOTHER AND PREVENT ANY SORT OF MUSCLE OR STRENGTH IMBALANCE. KEEP THE WEIGHT MODERATE HERE AND THE REST TIMES SHORT. REMEMBER THAT ONE LEG IS RESTING WHILE THE OTHER IS WORKING HERE SO WE WILL KEEP THE REST TO LESS THAN 30 SECONDS IN BETWEEN LEGS.

BACK SQUAT: 5 SETS OF 10 REPS WITH 1-3 MINUTES REST IN BETWEEN SETS.

-MY FIRST TWO SETS WILL BE A WARM UP FOLLOWED BY 3 WORKING SETS WITH A MODERATE TO HEAVY WEIGHT. I AM KEEPING THE BACK SQUAT IN THIS WORKOUT TO KEEP STRENGTH AND SIZE ON MY LEGS. I FIND THAT LEGS WILL FLATTEN OUT AND LOSE SIZE QUICKLY IF WE DON'T CHALLENGE THEM DURING A CUT. I WILL REST UP TO 3 MINUTES IN BETWEEN SETS FOR MY HEAVY SETS BUT WILL KEEP THE REST TO LESS THAN 1 MINUTE FOR MY WARM UP SETS.

FRONT SQUAT OR SAFETY BAR SQUAT: 3 SETS OF 10-15 REPS WITH 1-2 MINUTES REST IN BETWEEN SETS.

-THE BACK SQUAT REALLY TARGETS MY GLUTES, BUT CAN LEAVE THE REST OF MY LEG UNCHALLENGED AT TIMES. I AM TOSSING IN THE SAFETY BAR SQUAT OR THE FRONT SQUAT FOR A FEW QUICK SETS AFTER BACK SQUATS TO REALLY FOCUS ON MY QUADS. I FIND THAT THE UPRIGHT POSITION OF BOTH OF THESE MOVEMENTS WILL HELP TO TAKE SOME OF MY GLUTE ACTIVATION OUT OF THE MOVEMENT. THIS WILL ALLOW ME TO GET A BETTER PUMP IN MY QUADS. I WILL KEEP THE WEIGHT MODERATE HERE AND REST NO LONGER THAN 2 MINUTES IN BETWEEN SETS.

LEG PRESS: 4 SETS OF 25 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

-I'VE ALREADY HIT THE LEGS WITH HEAVY WEIGHT ON THE SQUATS SO I WILL NOW CHALLENGE THEM WITH A REALLY HIGH VOLUME LEG PRESS. I WILL KEEP THE WEIGHT LIGHT TO MODERATE AND KEEP THE REST TIMES TO LESS THAN 1 MINUTE. THIS IS TORTURE ON THE CARDIO AND WILL GIVE YOU A CRIPPLING PUMP. THIS IS PUSHING MAXIMUM BLOOD FLOW INTO THE LARGE MUSCLES OF THE LEG. PUSHING THESE MUSCLES AND FATIGUING THEM TURNS THESE MUSCLES INTO ENERGY BURNING MACHINES! THIS IS NOT ONLY GREAT FOR STRENGTH AND ENDURANCE, BUT THIS EXERCISE, IN THIS REP RANGE CAN BE GREAT FOR FAT BURNING AS WELL.

SEATED OR LYING LEG CURL: 4 SETS OF 20-25 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

-IT'S NOT A FULL LEG DAY IF WE DON'T HAVE SOME DIRECT HAMSTRING MOVEMENT. THE HAMSTRINGS ARE OFTEN NEGLECTED BECAUSE THE HAMSTRING MOVEMENTS ARE NOT AS FUN AS THE HEAVY PRESSING MOVEMENTS. THE HAMSTRINGS STILL TAKE UP A LARGE PART OF THE LEG AND MUST BE TRAINED JUST AS HARD. I WILL BE FATIGUED AT THIS POINT IN THE WORKOUT, AND IT WILL BE DIFFICULT TO USE A HEAVY WEIGHT. I'M KEEPING THE WEIGHT MODERATE AND THE REPS HIGH WITH A SHORT REST PERIOD. WE WANT TO PUMP THE MUSCLE AND KEEP MOVING QUICKLY.

SINGLE STIFF LEG DUMBBELL DEADLIFT: 3 SETS OF 12-15 REPS PER LEG WITH 30 SECONDS REST IN BETWEEN SETS.

-WITH THE HAMSTRINGS NOW PUMPED AND THE REST OF THE LEG FATIGUED I LIKE TO TOSS IN SOME STIFF LEG DEADLIFTS USING DUMBBELLS. THIS IS NOT A MOVEMENT FOR STRENGTH BUT IS SOMETHING THAT I WILL USE TO HELP STRETCH THE HAMSTRINGS WITH WEIGHT. THE HAMSTRING IS A CURLING MUSCLE FOR THE LOWER LEG BUT IT ALSO HELPS PROVIDE STABILITY AT THE HIP AS WELL. I WILL USE A VERY LIGHT WEIGHT (EVEN BODY WEIGHT) AND FOCUS ON THE STRETCH OF EACH HAMSTRING. THIS WILL BE EASIER TO DO AT THE END OF THE WORKOUT WHEN THEY ARE PUMPED AND WE CAN FEEL THEM WORKING. SINCE THE WEIGHTS ARE KEPT LIGHT, AND THIS IS MORE OF A STRETCH, WE WILL KEEP THE REST TO LESS THAN 30 SECONDS BETWEEN LEGS.

DBELL PREACHER CURL: 3 SETS OF 8-12 REPS PER ARM WITH 1-MINUTE REST IN BETWEEN SETS.

-SINCE #EVERYDAYISARMDAY I WILL TOSS IN A DUMBBELL PREACHER CURL TO WORK THE BICEPS ON THIS DAY. I WILL KEEP THE WEIGHTS MODERATE AND THE REST TIME TO LESS THAN 1 MINUTE. WE WANT TO MAKE THIS QUICK AND GET A SOLID PUMP. THIS IS EXTRA ARM WORK ON A LEG DAY SO WE DON'T NEED TO DO ANYTHING TOO CRAZY WITH THE BICEPS. THIS EXERCISE WAS TOSSED IN AT THIS POINT OF THE WORKOUT TO ALLOW THE LEGS TO LOSE SOME OF THEIR PUMP BEFORE WE TRAIN CALVES. IF THE LEGS ARE TOO PUMPED, AND FATIGUED, THEN THEY CAN DISRUPT CALF TRAINING.

SEATED CALF RAISE: 4 SETS OF 25 REPS WITH 1-MINUTE REST IN BETWEEN SETS.

-I CHOSE TO PERFORM THE SEATED CALF RAISE OVER THE OTHER CALF MACHINES BECAUSE MY LEGS WILL BE FATIGUED AT THIS POINT. THE SEATED CALF RAISE TAKES ALL THE MUSCLES OUT OF THE MOVEMENT BESIDES THE SOLEUS AND GASTROCNEMIUS. MAKE SURE THAT THE QUADS AND HAMSTRINGS ARE SOMEWHAT RESTED SO YOU DON'T RUN INTO ANY CRAMPS DURING THIS MOVEMENT. KEEP THE WEIGHT MODERATE, THE REPS WITH A FULL RANGE OF MOTION, AND A SHORT REST PERIOD. IF YOU DON'T GET A LARGE PUMP IN YOUR CALVES WITH THIS THEN YOU ARE LIKELY NOT PERFORMING A FULL RANGE OF MOTION.

CARDIO: 10-15 MINUTES STEADY STATE CARDIO ON THE STAIR MASTER OR ELLIPTICAL.

-I LIKE TO FINISH LEG DAY WITH SOME CARDIO WHILE FATIGUED. I PREFER THE STAIR MASTER OR THE ELLIPTICAL BECAUSE THEY WILL BOTH WORK THE LEGS BETTER THAN THE TREADMILL. THE STATIONARY BIKE IS ANOTHER OPTION, BUT WE PERFORMED THAT EARLIER IN THE WORKOUT AND I LIKE TO SWITCH THINGS UP. REMEMBER THAT THIS IS SLOW, STEADY STATE, CARDIO AND NOT HIIT CARDIO. USE THIS TIME TO SWEAT AND FEEL A BURN IN YOUR LEGS AS YOU UNWIND AFTER THE HEAVY LIFTING.

**GET  
SHREDDED**





# BARBELL COMPLEX ROUTINE

A BARBELL COMPLEX IS BEST THOUGHT OF AS CARDIO WITH A BARBELL. YOU WILL PERFORM A SERIES OF EXERCISES WITH A BARBELL BACK TO BACK BEFORE RESTING. THIS IS LIKE A GIANT SET, OR CIRCUIT TRAINING, WITH A BARBELL AND WEIGHTS. YOU WILL COMPLETE ALL REPS PER EXERCISE BEFORE MOVING TO THE NEXT EXERCISE. YOU WILL COMPLETE ALL EXERCISES BEFORE SETTING THE BARBELL DOWN AND RESTING. THIS IS A GREAT WAY TO INCORPORATE WEIGHT TRAINING AND CARDIO TOGETHER FOR FAT LOSS.

I WILL PERFORM 10 REPS OF EACH EXERCISE BEFORE IMMEDIATELY MOVING ON TO THE NEXT EXERCISE. I WILL NOT MOVE ON TO THE NEXT EXERCISE OR REST UNTIL ALL THE REPS ARE COMPLETED. I WILL COMPLETE ALL EXERCISES BEFORE TAKING A REST. TAKE 1-2 MINUTES REST IN BETWEEN EACH COMPLEX. PERFORM 10 SETS TOTAL.

## OVERHEAD SQUATS

-I AM STARTING WITH THE OVERHEAD SQUATS BECAUSE THIS MOVEMENT WILL TARGET THE LEGS AS WELL AS THE CORE AND UPPER BODY FOR STABILITY. THIS WILL BE CHALLENGING AS THIS IS THE DAY AFTER LEG DAY BUT THE WEIGHT WILL BE VERY LIGHT AND SHOULDN'T GIVE YOU AN ISSUE REGARDING STRENGTH. IF YOU CAN'T PERFORM THE OVERHEAD SQUAT THEN FEEL FREE TO PERFORM A FRONT SQUAT WITH THE BARBELL.

## HANG CLEAN AND PRESS

-THE HANG CLEAN AND PRESS IS A GREAT FULL UPPER BODY MOVEMENT THAT IS GREAT, IF PERFORMED WITH LIGHT WEIGHT, FOR CARDIO. THIS WILL LIKELY BE MORE CHALLENGING THAN THE OVERHEAD SQUAT IN TERMS OF AFFECTING CARDIOVASCULAR ENDURANCE. THIS IS WHY IT'S PLACED SECOND IN THE ROTATION. THE OVERHEAD SQUAT IS A CHALLENGE BUT YOU CAN THINK OF IT AS MORE OF AN AGGRESSIVE WARM UP. THE HANG CLEAN AND PRESS WILL BE THE MOST CHALLENGING EXERCISE IN THIS COMPLEX AND THEN IT WILL GET EASIER FROM HERE.



## BARBELL ROW

-THE BARBELL ROW IS PLACED 3RD IN ROTATION AND SHOULD BE SOMEWHAT OF A BREAK AFTER A CHALLENGING HANG CLEAN AND PRESS. MAKE SURE TO PERFORM THIS WITH MINIMAL TORSO MOVEMENT TO KEEP THE EMPHASIS ON THE LATS AND THE BACK TO MOVE THE WEIGHT.

## BARBELL CURL

-#EVERYDAYISARMDAY SO WE FINISH THIS CIRCUIT WITH THE BARBELL CURL!

THE FIRST FEW SETS OF THIS COMPLEX SHOULD BE FAIRLY EASY, SO DON'T GET COCKY AND ADD A BUNCH OF WEIGHT TO THE BARBELL TOO QUICKLY. REMEMBER, YOU WILL HAVE 10 SETS OF THIS AND NO MORE THAN 2 MINUTES REST IN BETWEEN SETS. WE WANT TO KEEP THE HEART RATE UP AND MOVE AS QUICKLY AS POSSIBLE WITHOUT BREAKING FORM.

I WILL FINISH TODAY'S WORKOUT WITH 10 MINUTES OF HIIT CARDIO ON ANY MACHINE OF MY PREFERENCE AFTER THE BARBELL COMPLEX IS COMPLETED. FOLLOWING THE COMPLEX AND CARDIO I WILL SPEND TIME WORKING ON MOBILITY AND STRETCHING.

**SHREDDED**

# REST DAY OPTIONS



WE WANT TO REMEMBER THAT REST IS CRUCIAL FOR RECOVERY. IF WE GO HARD ALL THE TIME THEN WE MIGHT NOT HAVE THE ABILITY TO RECOVER IN BETWEEN WORKOUTS. THIS CAN LIMIT PROGRESS AND LEAD TO PROBLEMS AND INJURIES DOWN THE ROAD. I LOVE TO TRAIN AND I ENJOY TRAINING EVERY DAY! I WILL PROBABLY PERFORM SOME TYPE OF EXERCISE ON MY REST DAY MORE OFTEN THAN I WILL TAKE A FULL REST DAY. THAT BEING SAID, I ALWAYS REMEMBER THE IMPORTANCE OF GETTING GOOD REST EVERY NOW AND THEN.

IF YOU ARE FEELING GREAT AND WANT TO EXERCISE ON THE REST DAY THEN I SUGGEST TO PERFORM 1-2 OF THE FOLLOWING:

- 30-45 MINUTES OF STEADY STATE CARDIO ON ANY MACHINE OF YOUR CHOOSING.
- 10-20 MINUTES OF HIIT CARDIO ON ANY MACHINE OF YOUR CHOOSING.
- THE DYNAMIC CARDIO WORKOUT FROM THIS PLAN.
- ANY OTHER “NON-WEIGHT” DYNAMIC CARDIO ROUTINE OF YOUR CHOOSING.
- ANY MOBILITY OR STRETCHING/RECOVERY WORK.
- ANY DIRECT AB/CORE WORK.
- ANY FOREARM OR CALF WORK.
- ANY ATHLETIC EVENT (BASKETBALL, ETC).

HERE ARE SOME THINGS THAT I DON'T WANT TO SEE YOU DO ON A REST DAY:

- LONG DISTANCE RUNNING. THIS IS GREAT FOR THE THERAPEUTIC/MENTAL BENEFITS AND GREAT FOR ENDURANCE, IF THAT IS YOUR THING, BUT LONG DISTANCE CARDIO WILL DECREASE MUSCLE TISSUE AND IS NOT THE OPTIMAL FORM OF CARDIO FOR FAT LOSS.
- ANY WEIGHTLIFTING BESIDES CALVES, ABS, OR FOREARMS. FOREARMS KEEP US IN LINE WITH #EVERYDAYISARMDAY PRINCIPLES, BUT ANY DIRECT BICEP OR TRICEP WORK CAN AFFECT THE REST OF THE ROUTINE. WE WANT TO AVOID WEIGHT TRAINING ON THE REST DAY TO MAKE SURE THAT WE ARE FRESH FOR THE REST OF THE WORKOUTS.

IF YOU LIFT WEIGHTS ON THE REST DAY AND IT AFFECTS THE REST OF THE PLANNED WORKOUTS DURING THE WEEK, THEN YOU ARE DOING MORE HARM THAN GOOD.

-EXCESSIVE EXERCISE. YOU SHOULDN'T TRAIN EVERYTHING ON THE APPROVED LIST ABOVE. I WOULD SAY THAT YOU SHOULD TRAIN NO MORE THAN 1-2 ITEMS FROM THE LIST ABOVE. ANYTHING MORE THAN THAT BECOMES EXCESSIVE AND CAN LIMIT RECOVERY THAT WILL AFFECT THE REST OF THE WORKOUT SPLIT.

I'M NEVER AGAINST TRAINING MORE AND TRAINING HARDER BUT I JUST WANT YOU TO REMEMBER HOW IMPORTANT REST IS WHEN MAKING PROGRESS TOWARDS YOUR GOALS!

**GET  
SHREDDED**





# STRETCHING AND MOBILITY WORK

I'M A BIG BELIEVER IN STRETCHING, MOBILITY WORK, AND IMPROVING OVERALL POSTURE. I BELIEVE THAT BETTER POSTURE LEADS TO BETTER PERFORMANCE, WHICH LEADS TO BETTER GAINS! I AM NOT AGAINST DOING STRETCHING AND MOBILITY WORK DAILY BUT JUST REMEMBER THAT SOME TISSUE WORK CAN REQUIRE REST AFTER YOU PERFORM IT. IF YOU USE A PVC PIPE OR A RUMBLE ROLLER TO DIG INTO YOUR QUADS AND IT BANDS THEN IT MIGHT NOT BE WISE TO DO THIS THE NIGHT BEFORE LEG DAY. SOME MOBILITY WORK LEAVES ME BRUISED AND/OR SORE FOR A DAY OR TWO FOLLOWING. THAT BEING SAID, YOU CAN DO SOME TYPE OF MOBILITY WORK EVERY DAY JUST WORK ON A FEW BODY PARTS AT A TIME. AS LONG AS YOU MAKE SURE THAT YOUR MOBILITY WORK IS HELPING YOUR WORKOUTS, AND NOT HINDERING THEM, THEN DO AS MUCH AS YOU FEEL IS NECESSARY.

HERE ARE SOME EXAMPLES OF TOOLS (AND RELATED) THAT I LIKE TO USE FOR MOBILITY, STRETCHING, POSTURE, AND RECOVERY:

- PVC PIPE FOR ROLLING.
- PVC PIPE/BROOMSTICK FOR SHOULDER DISLOCATIONS AKA "BROOMSTICK STRETCH".
- RUMBLE ROLLER.
- FOAM ROLLER.
- LACROSSE BALL, TENNIS BALL, SOFTBALL.
- THE "STICK".
- THE "THERA CAIN".
- VARIOUS MASSAGE TECHNIQUES FROM A QUALIFIED MASSAGE THERAPIST, CHIROPRACTOR, OR PHYSICAL THERAPIST.
- BANDS FOR VARIOUS STRETCHES AND PHYSICAL THERAPY WORK.
- TENS MACHINE.
- VARIOUS LINIMENTS.
- EPSOM SALT BATHS.

HERE IS AN EXAMPLE OF A STATIC STRETCH ROUTINE FOR YOU TO FOLLOW:

- FEET FORWARD, HANG DOWN AND TOUCH YOUR TOES LETTING THE BACK ROUND. 15 SECS.
- FEET FORWARD, HANG DOWN AND TRY YOUR BEST TO TOUCH YOUR TOES KEEPING THE BACK FLAT 15 SECS.
- FEET FORWARD, LEGS SPREAD AS WIDE AS POSSIBLE, HANG DOWN AND TOUCH THE FLOOR 15 SECS.
- SAME POSITION AS PRIOR, LEAN TO THE RIGHT SIDE 15 SECS THEN THE LEFT 15 SECS.
- GET ON YOUR LEFT KNEE WITH RIGHT LEG BENT AND FOOT ON THE FLOOR. ELEVATE LEFT HAND STRAIGHT ABOVE YOUR HEAD. YOU SHOULD FEEL A STRETCH AT THE TOP OF THE QUAD WHERE IT MEETS THE HIP. 15 SECS. REPEAT WITH OPPOSITE LEG.
- SIT DOWN, LEFT LEG WITH KNEE AND SHIN ON THE FLOOR, RIGHT LEG EXTENDED IN FRONT OF YOU. REACH FOR THE RIGHT LEG WITH THE LEFT HAND. 15 SECS. SWITCH AND REPEAT WITH THE OPPOSITE SIDE OF THE BODY.
- FEET FORWARD, CROSS RIGHT FOOT OVER LEFT FOOT. HANG DOWN AND FEEL THE STRETCH IN THE GLUTE. 15 SECS THEN REPEAT WITH THE OTHER SIDE.
- FIND A WALL. EXTEND ONE LEG BEHIND YOU AND KEEP YOUR FEET FLAT ON THE FLOOR. FEEL THE STRETCH IN YOUR CALF OF THE BACK LEG FOR 15 SECS. REPEAT WITH THE OPPOSITE LEG.

YOU CAN GO FOR LONGER THAN 15 SECS IF YOU LIKE BUT NO LESS.

AS I MENTIONED ABOVE, YOU CAN PERFORM SOME OF THESE EVERY SINGLE DAY AND YOU CAN PERFORM OTHERS TIMED WITH THE WEIGHT TRAINING ROUTINE. I'VE ALWAYS ENJOYED WORKING ON MOBILITY WORK POST EXERCISE OF THE MUSCLE TRAINED. I WILL WORK ON MY BACK AFTER I TRAIN BACK, I WILL WORK ON MY LEGS AFTER I TRAIN LEGS, ETC. I WILL GET MASSAGE WORK, USE EPSOM SALT BATHS, AND THE VARIOUS OTHER "RECOVERY" TOOLS ON MY REST DAY. THIS IS ALL OPTIONAL TO YOU, BUT I JUST WANTED YOU TO KNOW THAT YOU SHOULD SPEND A CONSIDERABLE AMOUNT OF TIME AND ENERGY ON STRETCHING AND MOBILITY WORK TO TAKE CARE OF YOUR BODY. WE CAN'T CONTINUE TO TRAIN HARD IF WE ARE BROKEN! THIS STUFF HELPS US STAY IN ONE PIECE SO WE CAN CONTINUE TO TRAIN AT OUR BEST!



## DIET ADVICE



THE DIET THAT I FOLLOW LIKELY WILL NOT WORK FOR YOU. THERE ARE FAR TOO MANY VARIABLES THAT GO INTO MAKING A DIET THAT ALLOWS A “ONE SIZE FITS ALL DIET”. WE CAN ALL FOLLOW THE SAME TRAINING ROUTINE, OR A SIMILAR ROUTINE, AND SEE A VARIETY OF PROGRESS...BUT STILL PROGRESS. IF YOU FOLLOWED MY EXACT DIET THEN YOU MIGHT END UP FAT WHILE OTHERS MIGHT GET LEANER. IT ALL COMES DOWN TO THE INDIVIDUAL, THEIR LIFESTYLE, AND THEIR BODY TYPE/GENETICS. I WILL USE THIS SECTION TO EXPLAIN MY STYLE OF EATING AND FOOD CHOICES AS WELL AS LET YOU KNOW WHAT SUPPLEMENTS THAT I WILL BE TAKING AS WELL!

### DIET STRATEGY

I AM A BELIEVER IN EATING ACCORDING TO MACROS. IT DOESN'T MATTER IF WE EAT JUNK FOOD, OR CLEAN FOODS, IF WE DON'T KNOW WHAT OUR MACROS AND CALORIC INTAKE ARE. THAT BEING SAID, AS MUCH AS I ENJOY MY SOUR PATCH KIDS AND OTHER JUNK FOOD, I DO KEEP MY FOOD CHOICES RELATIVELY CLEAN WHEN I'M TRYING TO LOSE BODY FAT.

I TYPICALLY START MY DIET IN A 500-CALORIE DEFICIT FROM MY MAINTENANCE CALORIES WHILE FOLLOWING A MACRO RATIO OF 40% PROTEIN, 30% CARBS, AND 30% FAT. I LIKE TO USE A CARB CYCLE TECHNIQUE AND THEN USUALLY END WITH A VERY LOW CARB OR KETOGENIC STYLED DIET. MY MACROS MIGHT BE 50% PROTEIN, 10% CARBS, AND 40% FAT BEFORE THIS IS DONE! MY CALORIC MAINTENANCE WILL CHANGE AS I LOSE WEIGHT. I WILL ADJUST MY MACROS TO KEEP MY CALORIES AS CLOSE TO A 500-CALORIE DEFICIT AS POSSIBLE. THIS IS NOT THE “BEST” WAY, OR “ONLY WAY, FOR EVERYBODY TO LOSE FAT. THERE ARE A VARIETY OF DIETING TECHNIQUES AND MACRO RATIOS THAT ALL WORK. SOME PEOPLE LOSE WEIGHT ON A MODERATE PROTEIN, HIGH CARB, AND LOW FAT DIET. OTHERS LOSE WEIGHT WITH A HIGH PROTEIN, LOW CARB, MODERATE FAT DIET, ETC. IT ALL DEPENDS ON THE PERSON. WE NEED TO FIRST KNOW OUR MACROS AND TOTAL CALORIE INTAKE TO ENSURE THAT WE ARE EATING IN A CALORIC DEFICIT ON THE DAY. AFTER THAT, ALL OF THESE TYPES OF DIETING PRACTICES AND MACRO RATIOS CAN WORK, BUT THE QUESTION IS, “WHAT IS THE BEST STRATEGY FOR YOU?”

I'VE FOUND THAT I'VE HAD MORE SUCCESS WITH CLIENTS IF THEY USE THE FOLLOWING TECHNIQUES BASED ON THEIR BODY TYPE (MACRO RATIOS ARE P/C/F):

### ECTOMORPH

THIS IS THE PERSON WHO CAN'T GAIN WEIGHT TO SAVE THEIR LIFE. THEY ARE USUALLY PRETTY LEAN YEAR ROUND AND STRUGGLE TO BUILD MUSCLE. THIS PERSON IS NATURALLY SKINNY AND LEAN

-FOR BULKING I LOAD THEM WITH CALORIES IN THE 40/30/30 MACRO RATIO. I WILL USUALLY START BY PUTTING THEM ON A 1000-CALORIE SURPLUS AND ADJUST FROM THERE.

-FOR CUTTING, I HAVE THEM FOLLOW THE SAME RATIO AND THEN ADJUST THEM TO A 40/40/20 TOWARDS THE END WHILE BEING IN A 500-CALORIE DEFICIT. I FIND THAT CARBS ARE USUALLY NEEDED TO MAINTAIN FULLNESS WITH SOMEBODY WHO IS NATURALLY SKINNY. WE DROP THE CALORIES FROM FATS AND THEY TEND TO RESPOND BETTER THIS WAY.

-I ALSO LIKE TO USE A CARB CYCLE FOR THIS BODY TYPE WHEN TRYING TO LEAN OUT. THIS ALLOWS ONE THE ABILITY TO KEEP CARBOHYDRATES FAIRLY HIGH TO MAINTAIN FULLNESS, WHILE STRIPPING OFF BODY FAT.

### MESOMORPH

THIS IS THE PERSON WHO CAN LEAN UP FAIRLY EASY AND GAIN MUSCLE FAIRLY EASY. THIS PERSON IS NATURALLY MUSCULAR BUT HAS TO WORK AT STAYING LEAN.

-FOR BULKING I WILL USUALLY PUT THEM ON A CARB CYCLE IN A 40/30/30 RATIO WITH A 500-CALORIE SURPLUS AND THEN ADJUST FROM THERE. THE CARB CYCLE FOR BULKING IS IN PLACE TO KEEP BODY FAT GAIN TO A MINIMUM.

-FOR CUTTING I FIND THAT A 50/20/30 TO A 50/10/40 RATIO WORKS BEST. THE PEOPLE THAT BUILD AND MAINTAIN MUSCLE EASY CAN OFTEN HANDLE A LOWER CARBOHYDRATE DIET WITHOUT RISKING LOSING MUSCLE MASS.

-THE CARB CYCLE IS ANOTHER VALID THEORY TO TRY, WHEN CUTTING, FOR A MESOMORPH. SOME MESOMORPHS CAN HANDLE CARBOHYDRATES BETTER THAN OTHERS. IT JUST DEPENDS IF YOU ARE MORE MESO-ENDO OR MESO-ECTO. A PERSON THAT IS MESO-ECTO WILL USUALLY TOLERATE CARBOHYDRATE CONSUMPTION BETTER THAN SOMEBODY WHO IS MESO-ENDO.

## ENDOMORPH

THIS IS THE PERSON WHO GAINS WEIGHT EASILY BUT ALSO GAINS FAT EASILY.

THIS PERSON ALSO STRUGGLES TO LOSE BODY FAT AND GET LEAN. THIS PERSON IS USUALLY OVERWEIGHT, WITHOUT THE MUSCLE MASS OF A MESOMORPH, AND STRUGGLES TO GET LEAN.

-FOR BULKING I LIKE TO FOLLOW A 50/30/20 PLAN. I WILL HAVE THEM ON A CARB CYCLE AND START OUT IN A 300-500 CALORIE SURPLUS. I FIND THAT KEEPING PROTEIN A LITTLE HIGHER WITH MODERATE CARBS AND LOWER FAT IS BETTER FOR PEOPLE WHO PUT ON BODY FAT VERY EASILY.

-FOR CUTTING I LIKE TO FOLLOW A 50/10/40 PLAN AND TRANSITION INTO A FULL KETOSIS DIET.

I'M NOT THE BIGGEST FAN OF A KETO DIET BECAUSE IT'S NOT THE BEST LONG-TERM DIET. THAT BEING SAID, MOST ENDOMORPHS NEED SOME TIME OF KETOGENIC STYLE DIET TO REACH LOW LEVELS OF BODY FAT.

-THE ENDOMORPH IS ALWAYS A CHALLENGE TO GET VERY LEAN AS WE ARE DOING THE EXACT OPPOSITE OF WHAT YOUR BODY NATURALLY WANTS TO DO. YOU WILL HAVE TO SUFFER AND BE ON A LOWER CARB/LOW CALORIE DIET FOR QUITE SOME TIME TO GET AS LEAN AS THE OTHER BODY TYPES. DON'T BE DISCOURAGED ABOUT THE WORK THOUGH! YOU CAN DO IT IF YOU PUT THE PLAN INTO PRACTICE AND PUT THE WORK IN!

REMEMBER THAT PEOPLE RARELY FALL INTO JUST ONE BODY TYPE CATEGORY. MOST PEOPLE ARE A MIX AND YOU WILL HAVE TO ADJUST YOUR DIET BASED ON WHAT YOU LEARN ABOUT YOURSELF AND YOUR BODY TYPE.



## MY GROCERY LIST

### PROTEIN

TUNA

LEAN GROUND BEEF

TOP SIRLOIN

FLANK STEAK

SALMON

CHICKEN

GROUND TURKEY

WHEY ISOLATE

GREEK YOGURT

COD

SWAI

MAHI MAHI

### CARBOHYDRATES

OATS

CREAM OF RICE

YAMS

SWEET POTATOES

JASMINE RICE

BASMATI RICE

QUINOA

RED POTATOES

EZEKIEL BREAD

## FAT SOURCES

### (NON-ANIMAL PROTEIN)

KERRYGOLD BUTTER (BUTTER FROM PASTURE RAISED COWS)

MACADAMIA NUT OIL

VIRGIN UNREFINED COCONUT OIL

EXTRA VIRGIN OLIVE OIL

RAW ALMONDS

RAW WALNUTS

RAW MACADAMIA NUTS

ALMOND BUTTER

PEANUT BUTTER

AVOCADO

## VEGGIES

YOU CAN HAVE AS MANY VEGGIES AS YOU LIKE. I PREFER LEAFY GREEN SALADS INCLUDING SPINACH AND ARUGULA. I ALSO ENJOY GREEN BEANS, BELL PEPPERS, AND ASPARAGUS. YOU CAN HAVE AS MUCH VEGGIES AS YOU LIKE BUT BE CAUTIOUS OF CARROTS AND CORN AS THEY CONTAIN MORE SUGAR THAN THE REST. I ALSO WANT YOU TO MAKE SURE YOU KNOW THE DIFFERENCE BETWEEN FRUITS, VEGGIES, AND LENTILS. A LOT OF LENTILS ARE OFTEN THOUGHT OF AS VEGGIES AND YOU WILL BE CONSUMING A LOT MORE CARBOHYDRATES AND FATS WITH THEM THAN VEGGIES!

## SAMPLE MEALS

### SAMPLE MEAL 1

**PROTEIN: 4 EGG WHITES + 2 WHOLE FREE RANGE EGGS.**

**CARBS: ½ CUP OATS (MEASURED UNCOOKED)**

**FAT: 1 TBSP EXTRA VIRGIN COCONUT OIL MIXED IN WITH THE OATMEAL.**

### SAMPLE MEAL 2

**PROTEIN: 80Z CHICKEN BREAST.**

**CARBS: 1 CUP BOILED YAMS.**

**FAT: 2 TBSP ALMOND BUTTER + 1 TBSP OLIVE OIL IN SALAD DRESSING.**

**+ 1 LEAFY GREEN SALAD WITH OIL/VINEGAR MIXTURE.**

### SAMPLE MEAL 3

**PROTEIN: 60Z SIRLOIN STEAK + ½ TSP BUTTER.**

**CARBS: ½ CUP BASMATI RICE.**

**FAT: RED MEAT CONTAINS FAT AND THE BUTTER DOES AS WELL.**

**+ BOILED GREEN BEANS.**

### SAMPLE MEAL 4

**PROTEIN: 80Z COD.**

**CARBS: ½ CUP QUINOA COOKED IN CHICKEN BROTH.**

**FAT: ¼ CUP RAW WALNUTS.**

I WILL ALWAYS BUILD MY MEALS AROUND THE MACROS. I WILL THEN ADJUST THE SERVING OF EACH MACRO BASED ON HOW MANY OF EACH MACRO THAT I NEED TO HIT MY DAILY MACRO GOAL. I DON'T BELIEVE THAT WE NEED TO WORRY ABOUT THE SPECIFIC MACRO RATIO OF EACH MEAL AS MUCH AS WE NEED TO WORRY ABOUT THE TOTAL MACRO RATIO AND TOTAL CALORIES ON THE DAY. BUILD YOUR MEALS FOCUSED ON THE MACROS AND THEN ADJUST THE SERVINGS OF EACH MACRO FOR EACH MEAL TO HELP YOU HIT YOUR TOTAL MACRO AND CALORIC GOALS.



# SUPPLEMENT ADVICE



SUPPLEMENTS SHOULD ALWAYS GO HAND IN HAND WITH THE DIET AND WE SUPPLEMENT ACCORDINGLY. THIS IS HOW THE TERM “DIETARY SUPPLEMENT” WAS CREATED. THE BEST SUPPLEMENTS ARE OFTEN THE RECOVERY SUPPLEMENTS, BUT WHEN IT COMES TO FAT LOSS WE CAN USE SUPPLEMENTS TO POTENTIALLY HELP ACCELERATE THE PROCESS. HERE IS A LIST OF SUPPLEMENTS THAT I WILL BE TAKING, WHEN TO TAKE THEM, HOW MUCH TO TAKE, AND WHY YOU WILL BE TAKING THEM.

## WHEY PROTEIN ISOLATE

WHEY PROTEIN IS A VERY EFFECTIVE AND EASY SUPPLEMENT TO USE TO HIT YOUR PROTEIN GOALS ON THE DAY. IT'S TIME CONSUMING TO CONSUME 40G WORTH OF PROTEIN FROM FOOD BUT WE CAN EASILY DRINK A 40G PROTEIN SHAKE IN A MINUTE OR TWO. WHEY PROTEIN ALSO DIGESTS VERY QUICKLY WHICH MAKES IT IDEAL TO DRINK POST EXERCISE TO START THE RECOVERY PROCESS. PROTEIN IS MADE OF AMINO ACIDS AND THESE AMINO ACIDS PLAY AN IMPORTANT ROLE IN REBUILDING DAMAGED MUSCLE TISSUE FROM EXERCISE. WHEY PROTEIN IS NOT AN ESSENTIAL SUPPLEMENT AS YOU CAN CERTAINLY HIT YOUR PROTEIN GOALS WITH FOOD ALONE...BUT PROTEIN SUPPLEMENTS ARE A MUCH EASIER AND CONVENIENT TOOL TO USE TO MAKE SURE YOU ARE HITTING YOUR TARGET PROTEIN INTAKE ON THE DAY.

-TAKE WHEY PROTEIN AS NEEDED TO HIT YOUR TOTAL PROTEIN INTAKE GOALS ON THE DAY. A GREAT TIME TO FIT A SHAKE INTO YOUR MEAL PLAN IS IMMEDIATELY POST WORKOUT.

## BCAA

BCAA'S ARE THREE AMINO ACIDS: LEUCINE, ISOLEUCINE, AND VALINE. THESE THREE AMINO ACIDS HAVE VALID EVIDENCE SUPPORTING THE THEORY THAT THEY ARE HIGHLY RESPONSIBLE FOR MUSCLE RECOVERY. A BCAA SUPPLEMENT IS GREAT TO DRINK DAILY, AND/OR INTRA WORKOUT, TO HELP PREVENT MUSCLE CATABOLISM.

WE WANT FASTER RECOVERY BUT WE ALSO WANT TO MAKE SURE THAT WE ARE BURNING BODY FAT AND WE AREN'T BURNING MUSCLE TISSUE. BCAA CAN BE A GREAT TOOL TO USE, WHILE IN A CALORIC DEFICIT, TO MAKE SURE THAT WE ARE NOT BURNING MUSCLE TISSUE INSTEAD OF BODY FAT.

-TAKE 5-10G BCAA INTRA WORKOUT WITH ½ A GALLON OF WATER.

LINK TO BMFIT BCAA: [HTTP://WWW.BMFITGEAR.COM/PRODUCTS/BMFIT-PERFORMANCE-NUTRITION-BCAA](http://www.bmfitgear.com/products/bmfit-performance-nutrition-bcaa)

## SUSTAMINE AKA TRANS-ALANYL-GLUTAMINE

L-GLUTAMINE SUPPLEMENTS HAVE BEEN UNDER SCRUTINY BECAUSE WE HAVE LEARNED THAT GLUTAMINE CAN DO A GREAT JOB AT HELPING WITH MUSCLE RECOVERY BUT L-GLUTAMINE SUPPLEMENTS DON'T DO A GOOD JOB OF ACTUALLY MAKING IT TO THE MUSCLE. THERE IS SOME EVIDENCE THAT TRANS-ALANYL-GLUTAMINE SUPPLEMENTATION CAN HELP GET MORE GLUTAMINE INTO THE MUSCLE TO HELP WITH MUSCLE RECOVERY. THIS IS JUST A THEORY, AND WE DON'T HAVE EVIDENCE SUPPORTING THIS 100% YET, BUT I HAVE NOTICED AN INCREASE IN RECOVERY TIMES WHILE USING THIS SUPPLEMENT. IF IT HAS THE POTENTIAL TO HELP PROTECT MUSCLE TISSUE DURING A DIETING PHASE THEN I WANT ALL THE HELP I CAN GET!

-TAKE 10G TAG DAILY MIXED WITH YOUR PROTEIN SHAKE.

## FISH OIL

FISH OIL SUPPLEMENTS ARE OFTEN POPULAR FOR BEING HIGH IN "OMEGA-3". OMEGA-3 IS ONE OF THE ESSENTIAL FATTY ACIDS. THE WORD "ESSENTIAL" MEANS THAT WE NEED TO GET IT FROM OUR DIET AND OUR BODY CAN'T PRODUCE IT ON IT'S OWN. FISH OIL SUPPLEMENTS HAVE BEEN SAID TO POTENTIALLY HELP REDUCE INFLAMMATION, REDUCE BODY FAT, INCREASE MUSCLE RECOVERY, BE VERY HEART HEALTHY, AND INCREASE BRAIN HEALTH.

-TAKE 3-4G OF FISH OIL DAILY (WITH MEALS) AND LOOK FOR A PRODUCT THAT IS HIGHER IN EPA/DHA.

## PRE WORKOUT SUPPLEMENT

PRE WORKOUT SUPPLEMENTS OFTEN COME WITH THERMOGENICS IN THEIR STIMULANT BLENDS THAT CAN POTENTIALLY HELP WITH FAT BURNING. THE BIGGEST REASON TO TAKE A PRE WORKOUT SUPPLEMENT IS TO INCREASE ENERGY, PERFORMANCE, STRENGTH, AND ENDURANCE. THERE ARE TIMES DURING A DIET WHERE I FEEL MENTALLY AND PHYSICALLY EXHAUSTED. A PRE WORKOUT SUPPLEMENT CAN HELP GUARANTEE THAT I AM ON MY GAME WHEN IT'S TIME TO HIT THE GYM!

-TAKE 1 SERVING OF YOUR FAVORITE PRE WORKOUT SUPPLEMENT 30 MINUTES PRIOR TO EXERCISE.

LINK TO BMFIT PRE WORKOUT: [HTTP://WWW.BMFITGEAR.COM/PRODUCTS/BMFIT-PERFORMANCE-NUTRITION-PRE-WORKOUT](http://www.bmfitgear.com/products/bmfit-performance-nutrition-pre-workout)

## THERMOGENIC

THERMOGENICS ARE OFTEN CALLED FAT BURNERS. THEY CONTAIN INGREDIENTS THAT CAN THEORETICALLY ASSIST THE BODY AT BREAKING DOWN FAT AND PRODUCING MORE ENERGY. A GOOD THERMOGENIC CAN POTENTIALLY HELP YOU WITH BURNING BODY FAT, BUT WILL ALSO PROVIDE SOME DEGREE OF ENERGY AND FOCUS THROUGHOUT THE DAY. THIS IS CRUCIAL FOR DAILY LIFE DURING A DIET WHEN YOU MIGHT BE IN A MENTAL FOG FROM CONSUMING LOWER CALORIES AND AN INCREASED WORKLOAD IN THE GYM.

-TAKE 1 SERVING OF YOUR FAVORITE THERMOGENIC UPON WAKING AND AGAIN MID-AFTERNOON.

\*DO NOT COMBINE WITH ANY PRE WORKOUT BEFORE EXERCISE.

LINK TO BMFIT THERMOGENIC: [HTTP://WWW.BMFITGEAR.COM/PRODUCTS/BMFIT-PERFORMANCE-FAT-BURNER](http://www.bmfitgear.com/products/bmfit-performance-fat-burner)

## L-CARNITINE-L-TARTRATE

L-CARNITINE HAS SOME EVIDENCE PROVING THAT IT HELPS MOBILIZE FATTY ACIDS TO BE BURNED AS FUEL. WE'VE ALSO LEARNED THAT TRADITIONAL L-CARNITINE DOESN'T DO A VERY GOOD JOB OF GETTING INTO THE MUSCLE CELL WHERE IT CAN BE PUT TO WORK.

THE L-CARNITINE-L-TARTRATE FORM IS THE SUPERIOR FORM OF L-CARNITINE. I PREFER TO TAKE THIS PRE WORKOUT WITH MY PRE WORKOUT SUPPLEMENT!

-TAKE 2000-3000MG PRE-WORKOUT MIXED IN WITH A PRE-WORKOUT SUPPLEMENT.

THERE ARE PLENTY OF SUPPLEMENTS ON THE MARKET THAT ALL HAVE THEIR OWN REASONS FOR TAKING THEM AS PART OF YOUR CUTTING STACK, BUT I FEEL THAT THIS LIST HITS THE ESSENTIALS. EVERYTHING ELSE WOULD BE OPTIONAL. REMEMBER THAT THE DIET AND TRAINING WILL BE DOING THE WORK! THE SUPPLEMENTS JUST EXIST TO FILL ANY GAPS THAT DIET AND TRAINING MAY LEAVE OUT!

**GET  
SHREDDED**





# CONCLUSION

REMEMBER THAT THE GOAL OF THIS PLAN IS ALL ABOUT INTENSITY. WE WANT TO TRAIN HARD AND USE THE LEAST AMOUNT OF REST AS POSSIBLE. THE WEIGHTS NOW BECOME TOOLS THAT WE USE TO BURN BODY FAT AND SCULPT OUR PHYSIQUE. WE ARE NOT CONCERNED WITH TRAINING TO INCREASE MUSCLE MASS AT THIS TIME. WE NEED TO REMEMBER THAT THE DIET WILL DICTATE WHAT YOU ARE TRYING TO ACCOMPLISH. IF YOU ARE EATING IN A CALORIC DEFICIT THEN YOUR BODY IS BURNING MORE ENERGY THAN IT IS CONSUMING PER DAY. THIS IS EXACTLY WHAT “CUTTING” IS! WE CAN’T TRAIN TO BUILD MUSCLE IF WE AREN’T EATING TO BUILD MUSCLE TOO. WE ALSO CAN’T BURN BODY FAT IF WE AREN’T EATING TO BURN BODY FAT!

THIS PLAN IS DESIGNED TO PUSH THE BODY AND DEplete ITS ENERGY STORES DAILY. IF YOU COMBINE THIS ROUTINE WITH THE PROPER MACRO/CALORIC INTAKE THEN I HAVE NO DOUBT THAT YOU WILL BE ABLE TO MAINTAIN MUSCLE MASS AND STRENGTH WHILE YOU STRIP AWAY BODY FAT. THIS PLAN WILL ALSO HELP YOU IMPROVE YOUR ATHLETIC PERFORMANCE AND OVERALL ENDURANCE AS WELL! I MADE SURE THAT WE HAVE A VARIETY OF CARDIOVASCULAR WORK TO AID IN THE REDUCTION OF BODY FAT WHILE WE IMPROVE OUR ENDURANCE AND OVERALL ATHLETIC PERFORMANCE. DON’T TAKE ANY DAY EASY, AND DON’T TREAT ANY DAY MORE IMPORTANT THAN THE OTHERS (EXCEPT LEG DAY BECAUSE IT’S ALWAYS MORE IMPORTANT). IF YOU HAVE A DIET THAT MATCHES YOUR GOALS AND APPROACH EVERY WORKOUT WITH THE PROPER MIND STATE AND INTENSITY THEN YOU WILL SEE PROGRESS!

THANK YOU SO MUCH FOR SUPPORTING BMFIT AND FOR SUPPORTING ME! I HOPE THAT YOU HAVE APPRECIATED READING THIS PLAN AND THAT IT WILL NOT ONLY HELP YOU PROGRESS TOWARDS YOUR GOALS, BUT THAT IT WILL HAVE TAUGHT YOU SOMETHING THAT YOU CAN CONTINUE TO USE IN YOUR FUTURE AS WELL.