

WANT TO GET THE RBSOLUTE BEST RESULTS

FROM REBOUND LIKE THE CHAMP?

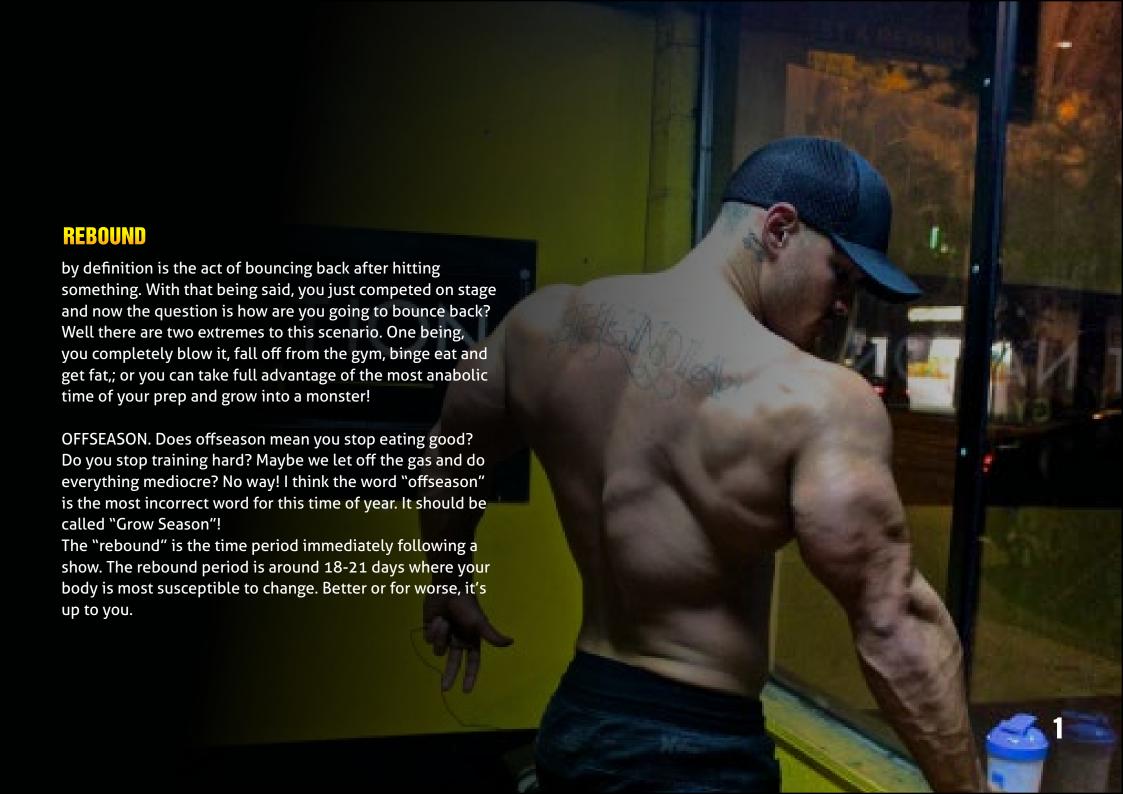
STEP IT UP BY JOINING #TEAMBUENDIA'S ONLINE COACHING PROGRAM!

- A COMPLETELY PERSONALIZED NUTRITION, SUPPLEMENTATION, AND WORKOUT PROGRAM BASED UPON YOUR DESIRED PHYSIQUE GOALS
- A PERSONAL COACH YOU CAN ASK QUESTIONS TO ANYTIME
- MONTHLY GROUP CALLS WITH THE 3X CHAMP!

YOUR COACH WILL HELP YOU GET INTO YOUR ABSOLUTE BEST PHYSIQUE FOR A FULL

12 WEEKS

CLICK HERE TO LEARN MORE



Why is your body most susceptible to change 18-21 days post show?

Well, think of your body like a sponge. For the past 12 weeks you have been prepping for a show. Training hard as ever, limiting your caloric intake, and eating almost all "clean" food. Your body, like a sponge with no water, was stripped down to something so dry and hard that it was "thirsty" and "starving" to be replenished. Your body was accustomed to operating off minimal calories for such an extended period of time that your body is shocked by the "new" re-introduction of excess calories, carbs, fats, and sodium. This re-introduction shocks the body into growth, replenishing muscle glycogen (which gives instant fullness to the muscle), as well as replenishing the sodium and water provides skin-splitting pumps. Thats why the majority the time competitors will wake up the day after the show and actually look "better" than they did on stage the night before. Not to mention the workouts the following week are absolutely insane! But how much food is to much? That is the real question.

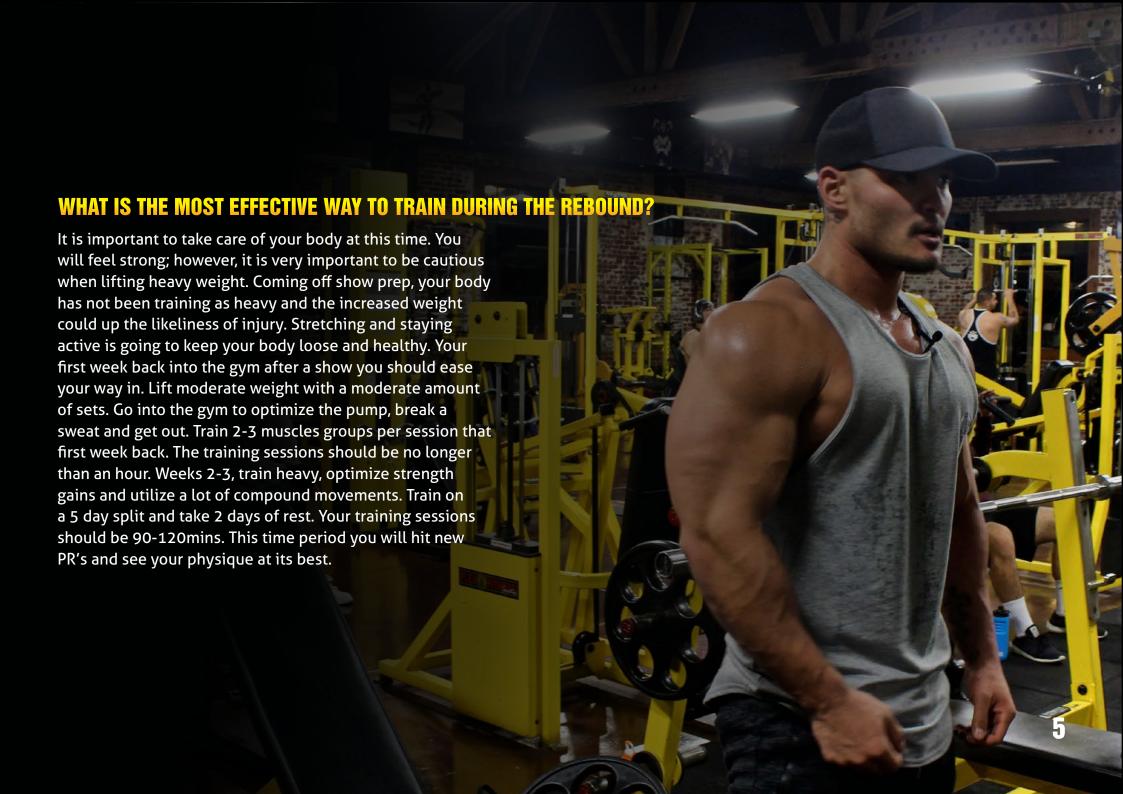


How to manage your food during a rebound so you don't get fat?

Personally, I like to give myself at least 1-2 days to eat freely. I mean we work so hard all prep, 1-2 days really is deserved to enjoy the foods we've been craving. But by doing this, i can't stress the importance of proper hydration immediately following the show, otherwise your body will have trouble digesting and processing all the "cheat" meals. Digestive Enzymes are also imperative, given the fact your digestive system will go crazy having not been exposed to all of these "new" foods for such a long duration of time. It is important to keep your food intake high during this rebound period, eating the same clean foods on prep, but in a much larger quantity. You may utilize a cheat meal every couple of days as well to maximize growth. The secret to understanding how much food you need to eat is going to vary from person to person. The best way to gauge your food intake is to watch the scale. After a show you can expect a gain of 4-5lbs just due to rehydration but after that is up to you to manage your weight gain. I feel anything over 10lbs in that first 2-3 weeks is sloppy weight. Meaning that body fat has been accumulated due to excessive caloric intake and/or lack of training/cardio. Watching the scale can be a good indicator to tell you if you have eaten enough or not enough the day before. On a solid rebound, 0.25-0.4lbs gained per day is a solid rebound with minimal excess body fat put on. This leads us into my interpretation of reverse dieting.

Reverse Dieting in my own definition is the process of slowly re introducing carbs/fats back into your diet at a rate that doesn't hinder the metabolism yet increases the output (calories burned). You have to think of your metabolism like a fire, if you slowly keep adding wood to the fire the fire will continue to go stronger and stronger. If you throw to much wood on a fire, it could drown out the flame and kill your fire. Same with your metabolism, by slowly introducing more and more food, your body will be able handle it; building its metabolism little by little. On the contrary, if you over feed the body for too long, the body will not know what to do with the excess calories thus it will store them as fat and slow the metabolism down.

Get back on your cardio regiment 2 days after the competition to help metabolize the excess calories, and to sweat out some of the excess water that is being held. Doing the cardio is going to help regulate your metabolism and push the nutrients into the muscle. Doing your cardio fasted is like pre heating the engine of your car, it helps get it warmed up for the long drive ahead, just as the fasted cardio is pre heating your body for the meals it is about to consume for the day ahead. Cardio will allow your body to utilize the food more quickly and efficiently; which in turn, will make your body more anabolic and spark more rapid growth.





SUPPLEMENTS

Most competitors pull their supplements or powdered supplements from their diet weeks leading up to the show. Re-Introducing creatine, BCAA, Leucine, Carnitine, Whey Isolate, & Glutamine will aid and support your body on multiple levels during this rebound period. Your body will grow quicker, recover faster, and you will experienced enhanced pumps. Your body's sensitivity will be high to these products since you haven't had them in awhile. Stay on your fat burner the first week after your show to help keep your metabolism operating high, it will also help curb your appetite. Like a sports car, to operate at its best it has to use the highest grade fuel. Same with your body, make sure you are utilizing HIGH QUALITY supplements like Evogen Nutrition. (www.evogennutrition.com)*coupon code 15offJB

To Maximize results use EVOGEN NUTRITION'S AMINOJECT, CELL KEM, EVP PLUS, GLYCOJECT, & ISOJECT, CARNIGEN & LIPOCIDE







Day Off

Diet

Meal 1 Cheat breakfast and lots of water

Meal 2 5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice) 1/2c. Vegetables

Meal 3 5-7oz Lean Red Meat (Sirloin, Filet, Flank) 6-8oz Complex

Carbs(sweet potato, red potato, brown rice, basmati rice) 1/2c.

Vegetables

Meal 4 Protein Shake 2 scoops IsoJect in water 1 piece of fruit 10

almonds

Meal 5 Cheat Dinner *make it a decent cheat, like a burger, or sushi

Supplements

upon waking: 1 scoop Cell Kem prior to bed: 1 scoop Cell Kem

Training

OFF DAY



Meal 1

1c. egg white

2 whole eggs

3oz sirloin

3/4c. oatmeal

1/2c. blueberries

Meal 2

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-80z Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 3

5-7oz Lean Red Meat (Sirloin, Filet, Flank)

6-8oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

8-10oz Sirloin

8-10oz Baked White Potato w/fixings

5oz asparagus

Supplements

upon waking:

1 pill of Lipocide, 1 scoop of Cell kem, 2 scoops of Carnigen pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem post-workout:

25Vmins fasted cardio (moderate pace stair climber, or incline walk)

Training

CHEST/SHOULDERS/BICEPS

Exercise 1 : HAMMER STRENGTH INCLINE/DB LATERAL RAISE/DB ALT. HAMMER CURL

HAMMER STRENGTH INCLINE

ILLUSTRATION ►

ILLUSTRATION ► L

LIVE DEMO ▶

DB LATERAL RAISE
DB ALT. HAMMER CURL

ILLUSTRATION ▶

- set 1 (warm-up) 15 reps incline/ 15 reps lat raise/15 reps curl ea arm
- set 2 12 reps incline/ 12 reps lat raise/12 reps curl ea arm
- set 3 10 reps incline/ 10 reps lat raise/10 reps curl ea arm
- **rest about 15-30 seconds between exercises and about 60-90 seconds between sets

Exercise 2: CABLE CHEST FLY/MACHINE SHOULDER PRESS/EZ CURL

CABLE CHEST FLY

ILLUSTRATION ▶

LIVE DEMO ▶

MACHINE SHOULDER PRESS

ILLUSTRATION ▶

LIVE DEMO ▶

EZ CURL

ILLUSTRATION ▶

- set 1 (warm-up) 15 reps fly/ 15 reps shoulder press/15 reps curl
- set 2 12 reps fly/ 12 reps shoulder press/12 reps curl

set 3 10 reps fly/ 10 reps shoulder press/10 reps curl
**rest about 15-30 seconds between exercises and about 60-90

seconds between sets

Exercise 3: SMITH MACHINE INCLINE/FRONT PLATE SHOULDER RAISE/ PREACHER CURL

SMITH MACHINE INCLINE

ILLUSTRATION ►

LIVE DEMO ▶

FRONT PLATE SHOULDER RAISE

ILLUSTRATION ▶

LIVE DEMO >

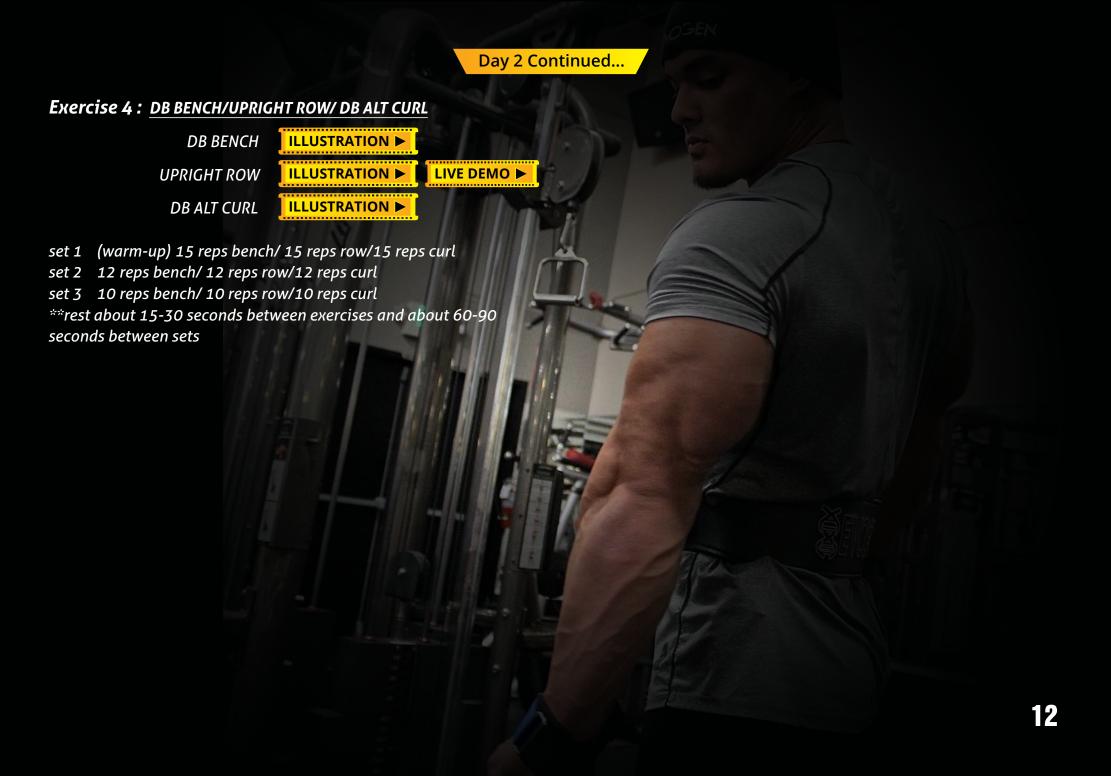
PREACHER CURL

ILLUSTRATION >

LIVE DEMO ▶

set 1 (warm-up) 15 reps incline/ 15 reps front raise/15 reps curl

- set 2 12 reps incline/ 12 reps front raise/12 reps curl
- set 3 10 reps incline/ 10 reps front raise/10 reps curl
- **rest about 15-30 seconds between exercises and about 60-90 seconds between sets





Meal 1

1c. egg white

2 whole eggs

3/4c. oatmeal

1/2c. blueberries

Meal 2

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 3

5-7oz Lean Red Meat (Sirloin, Filet, Flank)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

8-10oz Sirloin

8-10oz Baked White Potato w/fixings

5oz asparagus

Supplements

upon waking:

1 pill of Lipocide, 1 scoop of Cell kem, 2 scoops of Carnigen

pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:

25mins fasted cardio (moderate pace stair climber, or incline walk)

Training

QUADS/TRICEPS/ABS

Exercise 1: LEG EXTENSIONS/CABLE ROPE PUSHDOWNS/LEG LIFTS

 LEG EXTENSIONS
 ILLUSTRATION ►
 LIVE DEMO ►

 CABLE ROPE PUSHDOWNS
 ILLUSTRATION ►
 LIVE DEMO ►

 LEG LIFTS
 ILLUSTRATION ►
 LIVE DEMO ►

set 1 (warm-up) 20 reps leg ext/ 15 reps pushdowns/20 leg lifts

set 2 15 reps leg ext/12 reps pushdowns/20 leg lifts

set 3 12 reps leg ext/10 reps pushdowns/20 leg lifts

**rest about 15-30 seconds between exercises and about 60-90 seconds between sets

Exercise 2: LEG PRESS/CLOSE-GRIP BENCH PRESS/AB LAY-OUT



set 3 10 reps leg press/ 10 reps close grip bench /20 ab layout **rest about 15-30 seconds between exercises and about 60-90 seconds between sets

Exercise 3: CLOSE STANCE SMITH SQUATS/CABLE STRAIGHT BAR PUSHDOWN/CRUNCHES

CABLE STRAIGHT BAR PUSHDOWN

CRUNCHES

ILLUSTRATION ► LIVE DEMO ►

LIVE DEMO ►

LIVE DEMO ►

LIVE DEMO ►

set 1 (warm-up) 20 reps squats/ 15 reps pushdown /20 crunches

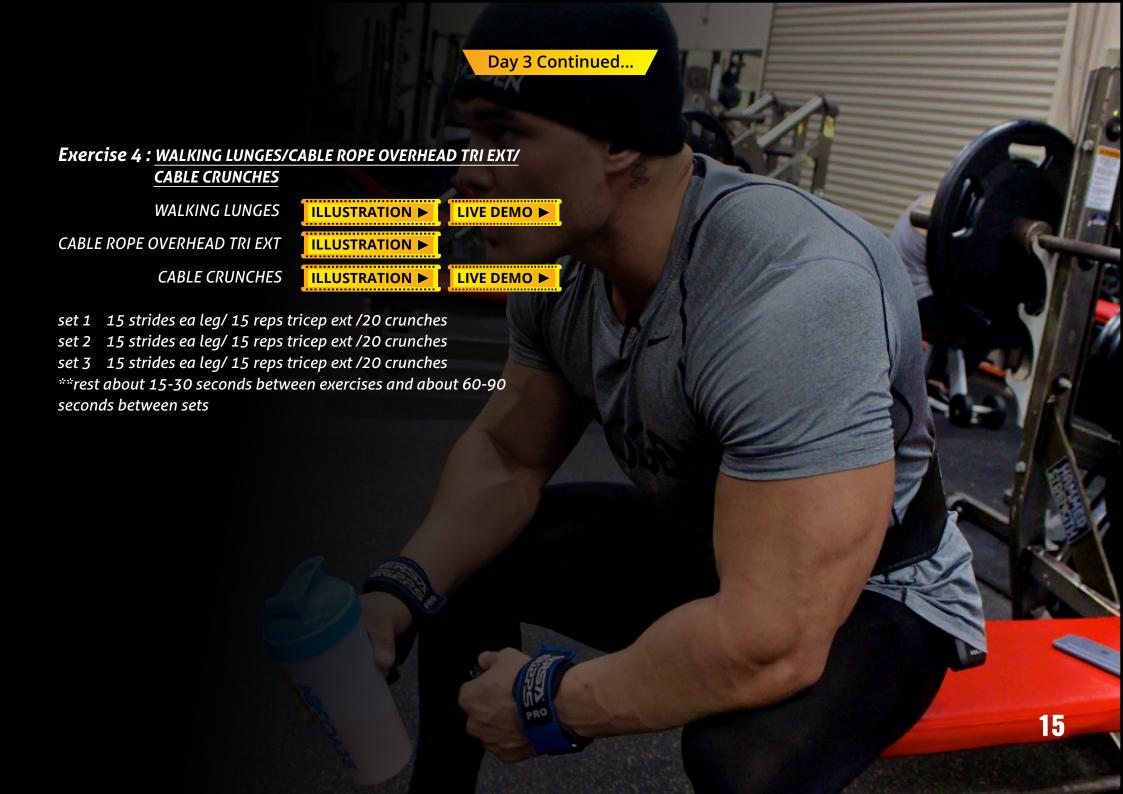
set 2 15 reps squats/12 reps pushdown/20 crunches

set 3 10 reps squats/10 reps pushdown /20 crunches

**rest about 15-30 seconds between exercises and about 60-90 seconds between sets

set 1 (warm-up) 20 reps leg press/ 15 reps close grip bench /20 ab layout

set 2 15 reps leg press/ 12 reps close grip bench /20 ab layout





Meal 1

1c. egg white

2 whole eggs

1c. oatmeal

1/2c. blueberries

Meal 2

5-7oz Salmon

6-8oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice)

1/2c. Vegetables

Meal 3

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast) 6-8oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

5-7oz Salmon

6-8oz Complex Carbs (sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Supplements

upon waking:

1 pill of Lipocide, 1 scoop of Cell kem, 2 scoops of Carnigen pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem post-workout:

30mins fasted cardio (moderate pace stair climber, or incline walk)

Training

BACK/HAMSTRINGS/CALVES DAY

Exercise 1 : PULLDOWNS/SEATED HAM CURL/STANDING BODYWEIGHT CALF RAISE

PULLDOWNS

ILLUSTRATION ►

LIVE DEMO ▶

SEATED HAM CURL

ILLUSTRATION ► LIVE DEMO ►

STANDING BODYWEIGHT

CALF RAISE

LIVE DEMO ▶

set 1: (warm-up) 15 reps pulldown/ 15 reps ham curl /20 reps calf raise

set 2: 12 reps pulldown/ 12 reps ham curl /20 reps calf raise

set 3: 12 reps pulldown/ 12 reps ham curl /20 reps calf raise

**rest about 15-30 seconds between exercises and about 60-90

seconds between sets

Exercise 2: DEADLIFTS

DEADLIFTS

ILLUSTRATION ►

LIVE DEMO

set 1: (warm-up) 15 reps

set 2: 12 reps

set 3: 10 reps

set 4: 6 reps

**rest about 120 seconds between sets

Exercise 3: SEATED CABLE ROW/LYING HAM CURL/STANDING CALF MACHINE

SEATED CABL E ROW

ILLUSTRATION ▶

LIVE DEMO

LYING HAM CURL

ILLUSTRATION ▶

LIVE DEMO

STANDING CALF MACHINE

ILLUSTRATION >

LIVE DEMO >

set 1: 15 reps row/ 15 reps ham curl /20 reps calves

set 2: 12 reps row / 12 reps ham curl /20 reps calves

set 3: 15 reps row/ 15 reps ham curl /20 reps calves

**rest about 15-30 seconds between exercises and about 60-90

seconds between sets

Exercise 4: REVERSE GRIP PULLDOWN/WALKING LUNGES/SEATED CALF MACHINE

REVERSE GRIP PULLDOWN

ILLUSTRATION >

LIVE DEMO ►

WALKING LUNGES

ILLUSTRATION >

LIVE DEMO ▶

SEATED CALF MACHINE

ILLUSTRATION ►

LIVE DEMO ▶

set 1: 15 reps pulldown/ 15 strides ea leg/ 20 reps calves

set 2: 12 reps pulldown/ 15 strides ea leg/ 20 reps calves

set 3: 10 reps pulldown/ 15 strides ea leg/ 20 reps calves

**rest about 15-30 seconds between exercises and about 60-90

seconds between sets



Meal 1

1c. egg white

2 whole eggs

1/2c. blueberry

1/2 grapefruit w/ splenda

Meal 2

Protein Shake

2 scoops IsoJect in water

2 lightly salted rice cakes

2 tbs almond butter

Meal 3

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

5-70z Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2 avocado

Meal 6

5-7oz Salmon

large salad

Supplements

upon waking:

1 pill of Lipocide, 1 scoop of Cell kem, 2 scoops of Carnigen

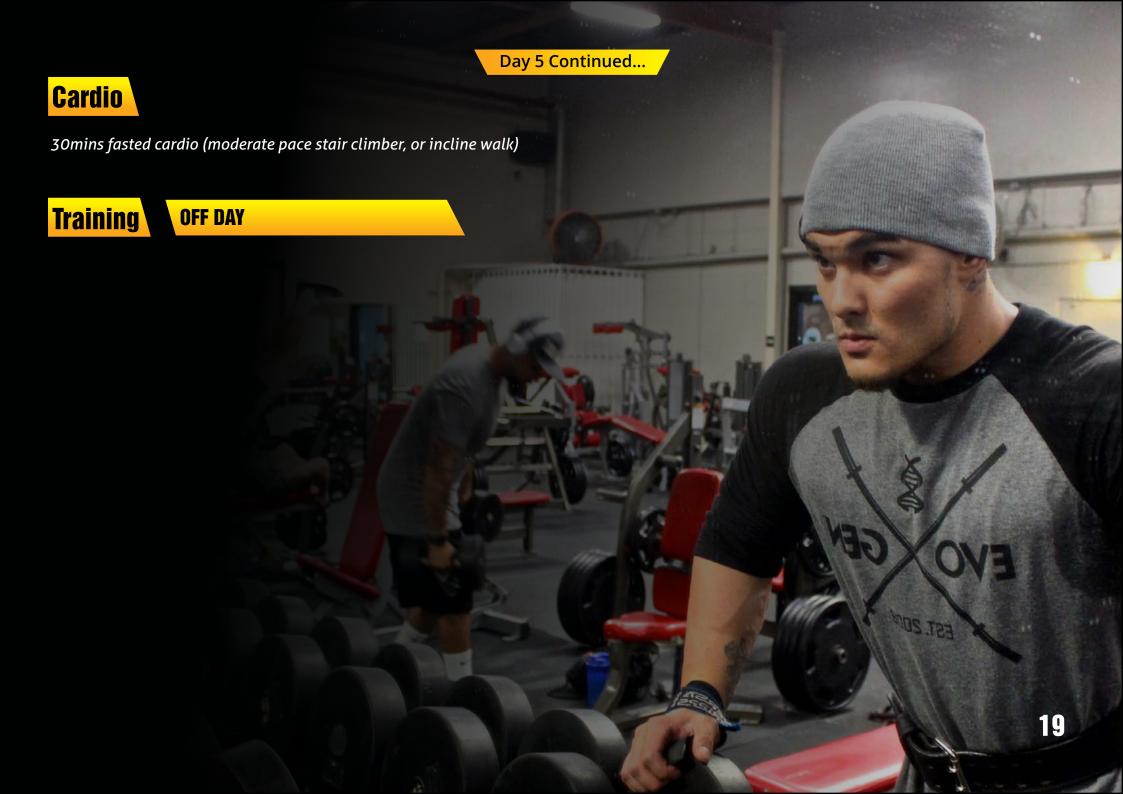
pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:





Meal 1

1c. egg white

2 whole eggs

1c. oatmeal

1/2c. blueberries

Meal 2

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 3

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

CHEAT MEAL

Supplements

upon waking:

1 pill of Lipocide, 1 scoop of Cell kem, 2 scoops of Carnigen

pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:

30mins fasted cardio (moderate pace stair climber, or incline walk)

Training

CHEST/SHOULDERS/BICEPS

Exercise 1: HAMMER STRENGTH INCLINE/DB LATERAL RAISE/DB ALT. **HAMMER CURL**

HAMMER STRENGTH INCLINE

LIVE DEMO ▶

DB LATERAL RAISE

DB ALT HAMMER CURL

ILLUSTRATION >

ILLUSTRATION >

set 1: (warm-up) 15 reps incline/ 15 reps lat raise/15 reps curl ea arm

set 2: 12 reps incline/ 12 reps lat raise/12 reps curl ea arm

set 3: 10 reps incline/ 10 reps lat raise/10 reps curl ea arm

**rest about 15-30 seconds between exercises and about 60-90 seconds between sets

Exercise 2: CABLE CHEST FLY/MACHINE SHOULDER PRESS/EZ CURL

CABLE CHEST FLY

ILLUSTRATION ▶

MACHINE SHOULDER PRESS

ILLUSTRATION ▶ LIVE DEMO

EZ CURL

ILLUSTRATION >

set 1: (warm-up) 15 reps fly/ 15 reps shoulder press/15 reps curl

set 2: 12 reps fly/ 12 reps shoulder press/12 reps curl

set 3: 10 reps fly/ 10 reps shoulder press/10 reps curl

**rest about 15-30 seconds between exercises and about 60-90

seconds between sets

Exercise 3: SMITH MACHINE INCLINE/FRONT PLATE SHOULDER RAISE/PREACHER CURL

SMITH MACHINE INCLINE

ILLUSTRATION >

LIVE DEMO

FRONT PLATE SHOULDER RAISE

ILLUSTRATION ▶

LIVE DEMO ▶

PREACHER CURL

ILLUSTRATION ▶

LIVE DEMO ▶

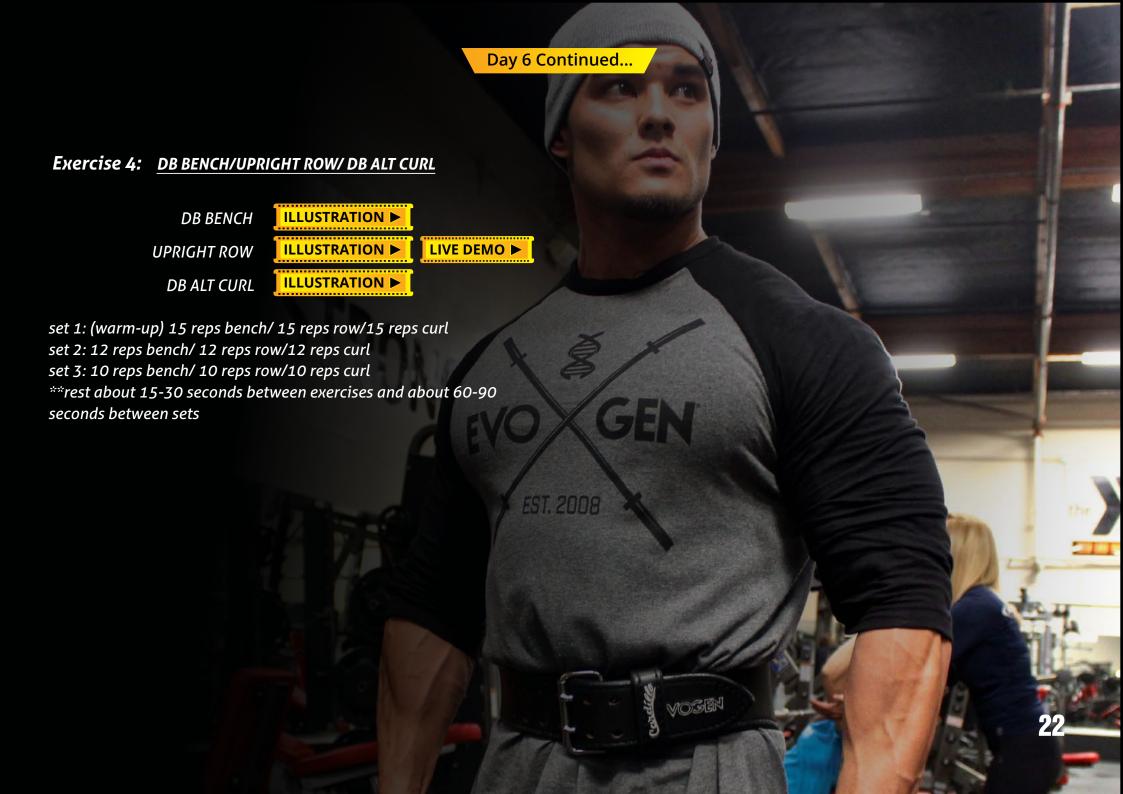
set 1: (warm-up) 15 reps incline/ 15 reps front raise/15 reps curl

set 2: 12 reps incline/ 12 reps front raise/12 reps curl

set 3: 10 reps incline/ 10 reps front raise/10 reps curl

**rest about 15-30 seconds between exercises and about 60-90

seconds between sets







Meal 1

1c. egg white

2 whole eggs

1c. oatmeal

1/2c. blueberries

Meal 2

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs (sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 3

BURGER AND FRIES

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

5-7oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Supplements

upon waking:

1 pill of Lipocide, 1 scoop of Cell kem, 2 scoops of Carnigen

pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:

30mins fasted cardio (moderate pace stair climber, or incline walk)

Training

QUADS/TRICEPS/ABS

Exercise 1: LEG EXTENSIONS/CABLE ROPE PUSHDOWNS/LEG LIFTS

 LEG EXTENSIONS
 ILLUSTRATION ►
 LIVE DEMO ►

 CABLE ROPE PUSHDOWNS
 ILLUSTRATION ►
 LIVE DEMO ►

 LEG LIFTS
 ILLUSTRATION ►
 LIVE DEMO ►

Exercise 3: CLOSE STANCE SMITH SQUATS/CABLE STRAIGHT BAR PUSHDOWN/CRUNCHES

set 2: 15 reps leg press/ 12 reps close grip bench /20 ab layout set 3: 10 reps leg press/ 10 reps close grip bench /20 ab layout **rest about 15-30 seconds between exercises and about 60-90

CLOSE STANCE SMITH SQUATS
CABLE STRAIGHT BAR PUSHDOWN

seconds between sets

ITH SQUATS ILLUSTRATION ► LIVE DEMO ►

USHDOWN ILLUSTRATION ► LIVE DEMO ►

CRUNCHES ILLUSTRATION ► LIVE DEMO ►

set 1: (warm-up) 20 reps leg ext/ 15 reps pushdowns/20 leg lifts set 2: 15 reps leg ext/ 12 reps pushdowns/20 leg lifts set 3: 12 reps leg ext/ 10 reps pushdowns/20 leg lifts **rest about 15-30 seconds between exercises and about 60-90 seconds between sets

Exercise 2: LEG PRESS/CLOSE-GRIP BENCH PRESS/AB LAY-OUT

LEG PRESS ILLUSTRATION ► LIVE DEMO ►

CLOSE-GRIP BENCH PRESS

AB LAY-OUT ILLUSTRATION ► LIVE DEMO ►

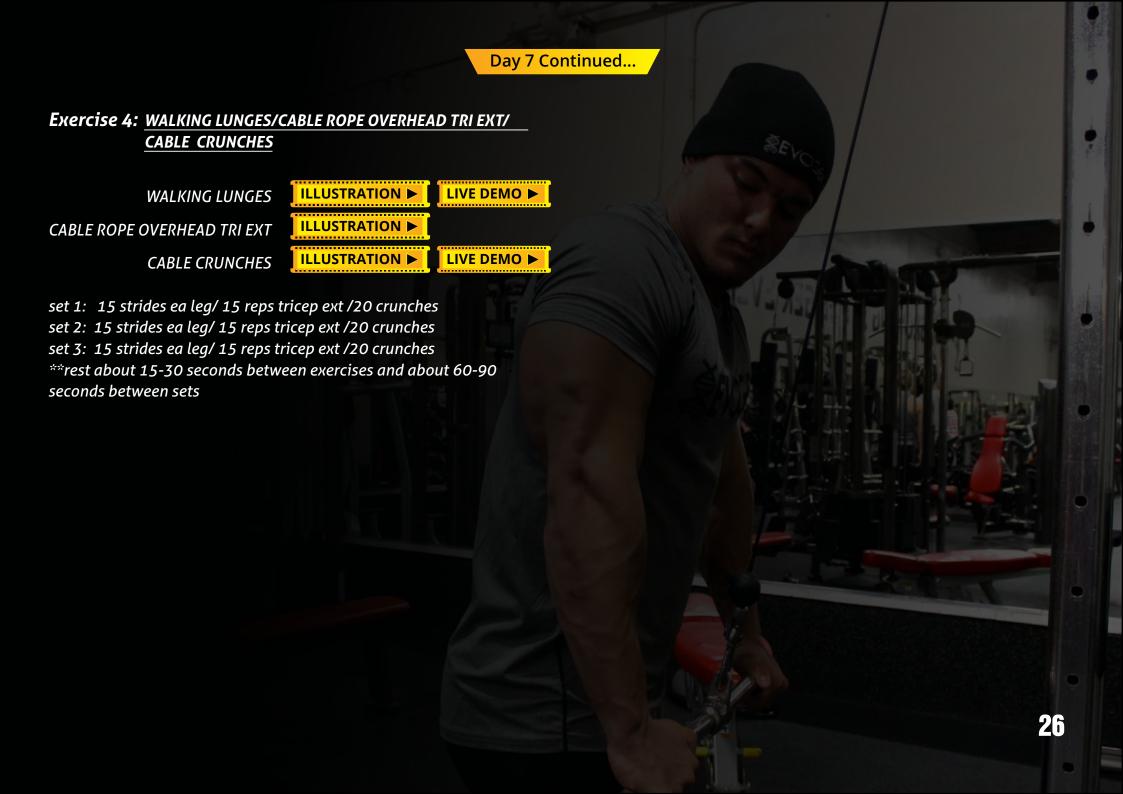
set 1: (warm-up) 20 reps squats/ 15 reps pushdown /20 crunches

set 2: 15 reps squats/12 reps pushdown /20 crunches

set 3: 10 reps squats/10 reps pushdown/20 crunches

**rest about 15-30 seconds between exercises and about 60-90 seconds between sets

set 1: (warm-up) 20 reps leg press/ 15 reps close grip bench /20 ab layout





Meal 1

1c. egg white

2 whole eggs

1/2c. blueberry

1/2 grapefruit w/ splenda

Meal 2

Protein Shake

2 scoops IsoJect in water

2 lightly salted rice cakes

2 tbs almond butter

Meal 3

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs (sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

Meal 6

6-8oz Salmon

large salad

1/4 avocado

Supplements

upon waking:

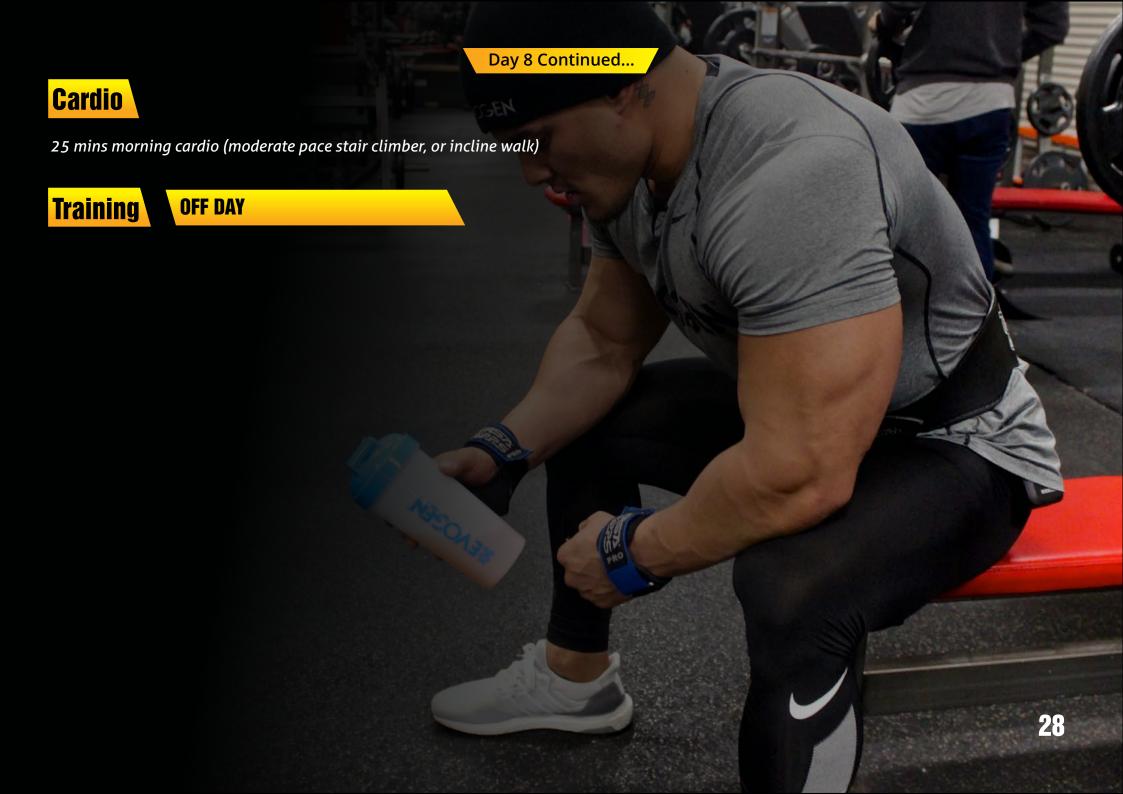
1 pill of Lipocide, 1 scoop Cell kem, 2 scoops of Carnigen, 1 scoop Isoject

mid-day:

1 scoop Cell Kem

prior to bed:

1 scoop cell kem





Meal 1

1c. egg white 3oz sirloin 1c. oatmeal

1/2c. blueberries

Meal 2

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast) 6-8oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice) 1/2c. Vegetables

Meal 3

6-8oz Lean Red Meat (Sirloin, Filet, Flank) 6-8oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice) 1/2c. Vegetables

Meal 4

Protein Shake
2 scoops IsoJect in water
1 piece of fruit
10 almonds

Meal 5

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast) 6-8oz Complex Carbs (sweet potato, red potato, brown rice, basmati rice) 1/2c. Vegetables

Meal 6

CHEAT MEAL (preferably use this meal post workout, you may move meal 6 to an earlier meal)

Supplements

upon waking:

1 pill of Lipocide, 1 scoop Cell kem, 2 scoops of Carnigen, 1 scoop Isoject

pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject intra-workout:

1 scoop Glycoject, 1 scoop Cell kem post-workout:

25 mins morning cardio (moderate pace stair climber, or incline walk)

Training

CHEST

Exercise 1: BENCH PRESS



Set 1 15 reps (warm-up)

Set 2 10 reps (warm-up)

Set 3 8 reps (warm-up)*

Set 4 6 reps

Set 5 4 reps

Set 6 2 reps

*rest 120-180 seconds in between sets

Exercise 2 : DB INCLINE

DB INCLINE



Set 1 15 reps

Set 2 10 reps

Set 3 8 reps

Set 4 5 reps

Set 5 10 reps

*rest 90-120 seconds in between sets

Exercise 3: DB INCLINE CHEST FLY

DB INCLINE CHEST FLY



Set 1 15 reps*squeeze chest at peak contraction for "one-one thousand" count

Set 2 12 reps*squeeze chest at peak contraction for "one-one thousand" count

Set 3 10 reps*squeeze chest at peak contraction for "one-one thousand" count

Set 4 10 reps*squeeze chest at peak contraction for "one-one thousand" count

Set 5 10 reps*squeeze chest at peak contraction for "one-one thousand" count

*rest 90-120 seconds in between sets

Exercise 4: DB CLOSE GRIP INCLINE BENCH PRESS

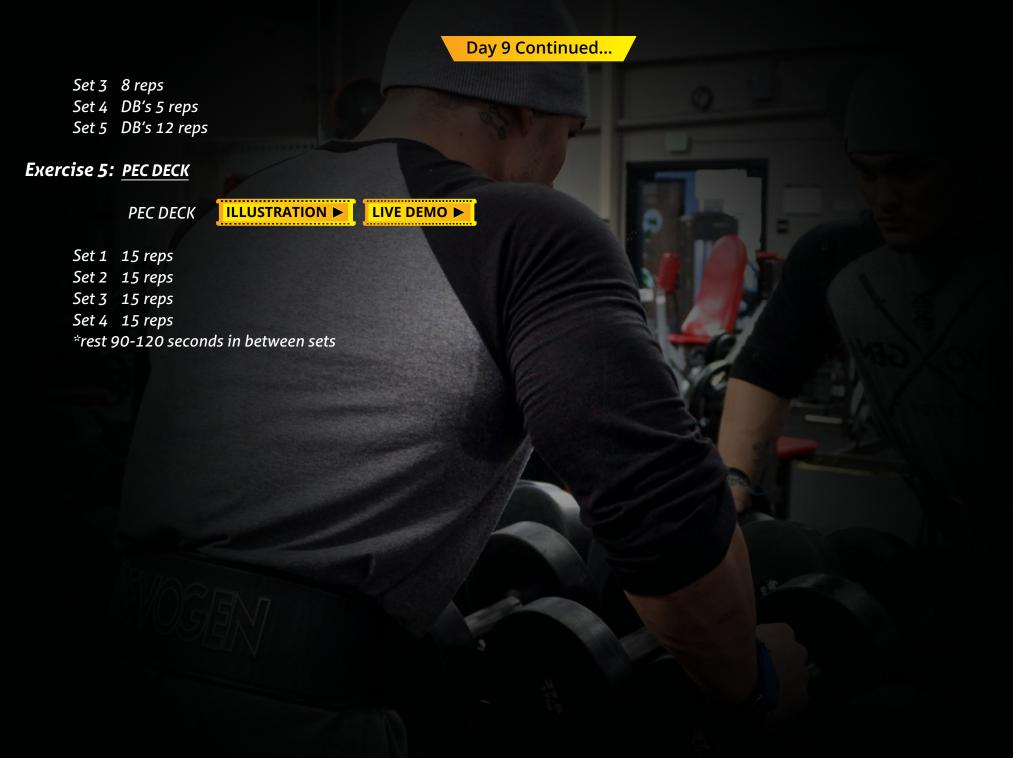
DB CLOSE GRIP INCLINE
BENCH PRESS



*keep DB's together, palms facing in, throughout full range of motion

Set 1 12 reps

Set 2 10 reps





Meal 1

1c. egg white

3oz sirloin

1c. oatmeal

1/2c. blueberries

Meal 2

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 3

6-8oz Lean Red Meat (Sirloin, Filet, Flank)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

8-10oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

1-1.5c. basmati rice

5oz vegetables

Supplements

upon waking:

1 pill of Lipocide, 1 scoop Cell kem, 2 scoops of Carnigen, 1 scoop

Isoject

pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:

25 mins morning cardio (moderate pace stair climber, or incline walk)

23 mms morning cardio (moderate pace stair camber, or meth	TE WALK)
Training BACK	Set 1 12 reps
	Set 2 10 reps
Exercise 1: Hyper Extensions	Set 3 8 reps
	Set 4 5 reps
Hyper Extensions ILLUSTRATION ► LIVE D	Set 5 5 reps
	*rest 90-120 seconds in between sets
Set 1 25 reps	
Set 2 25 reps	Exercise 4: DB Straight Leg Dead Lift
Set 3 25 reps	
Set 4 25 reps	DB Straight Leg Dead Lift ILLUSTRATION ► LIVE DEMO
*rest 60-90 seconds in between sets	
	Set 1 15 reps
Exercise 2: Wide Grip Lat Pull Down	Set 2 15 reps
	Set 3 12 reps
Wide Grip Lat Pull Down ILLUSTRATION ► LIVE D	Set 4 10 reps
Set 1 15 reps	Exercise 5: Reverse Grip Lat Pull Down
Set 2 10 reps	
Set 3 8 reps	Reverse Grip Lat Pull Down ILLUSTRATION ► LIVE DEMO
Set 4 6 reps	······································

Exercise 3: Barbell Bent Over Row

*rest 90-120 seconds in between sets

Barbell Bent Over Row

ILLUSTRATION ▶

LIVE DEMO ▶

*rest 90-120 seconds in between sets

Set 1 15 reps

Set 2 12 reps

Set 3 10 reps Set 4 8 reps



Meal 1

1c. egg white 3oz sirloin 1c. oatmeal 1/2c. blueberries

Meal 2

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast) 6-8oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice) 1/2c. Vegetables

Meal 3

6-8oz Lean Red Meat (Sirloin, Filet, Flank) 6-8oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice) 1/2c. Vegetables

Meal 4

Protein Shake
2 scoops IsoJect in water
1 piece of fruit
10 almonds

Meal 5

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast) 6-8oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice) 1/2c. Vegetables

Meal 6

8-10oz Lean Protein (Chicken breast, White Fish, Turkey Breast) 1-1.5c. basmati rice 5oz vegetables

Supplements

upon waking:

(NO MORE LIPOCIDE) 1 scoop of Cell kem, 2 scoops of Carnigen, 1 scoop Isoject

pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem post-workout:

2 scoops Isoject, 1 scoop Aminoject, 1 scoop Glycoject

25 mins morning cardio (moderate pace stair climber, or incline walk)

Training

ARMS

Exercise 1: Tricep Straight Bar Pushdown Superset w/ EZ Bar Curl

Tricep Straight Bar Pushdown Superset w ILLUSTRATION ►

EZ Bar Curl

ILLUSTRATION ►

- Set 1 15 reps pushdown/ 15 reps curl (warm-up)
- Set 2 10 reps pushdown/10 reps curl
- Set 3 10 reps pushdown/10 reps curl
- Set 4 10 reps pushdown/10 reps curl

*rest 60-90 seconds in between sets

Exercise 2: Close Grip Bench Press Superset w DB Alternating Hammer Curl

DB Alternating Hammer Curl



- Set 1 10 reps press/10 reps curl ea arm
- Set 2 5 reps press/ 10 reps curl ea arm
- Set 3 5 reps press/ 10 reps curl ea arm
- Set 4 5 reps press/ 10 reps curl ea arm

*rest 90-120 seconds in between sets

Exercise 3: TRICEP ROPE OVERHEAD CABLE EXTENSIONS Superset w/ Rope Cable Curl

TRICEP ROPE OVERHEAD

CABLE EXTENSIONS

Superset w

ILLUSTRATION ►

Rope Cable Curl

- Set 1 12 reps tricep ext/ 12 reps curl
- Set 2 10 reps tricep ext/10 reps curl
- Set 3 10 reps tricep ext/10 reps curl
- Set 4 reps tricep ext/8 reps curl
- *rest 90-120 seconds in between sets

Exercise 4: Reverse Grip Straight Bar Tricep Cable Pushdown Superset w/ Straight Bar Cable High Curl

Reverse Grip Straight

Bar Tricep Cable

Pushdown Superset

Straight

Bar Cable High Curl

ILLUSTRATION ►

ILLUSTRATION ►

Set 1 12 reps tricep pushdown/ 12 reps high curl

Set 2 10 reps tricep pushdown/ 10 reps high curl

Day 11 Continued...

- Set 3 10 reps tricep pushdown/ 10 reps high curl
- Set 4 10 reps tricep pushdown/ 10 reps high curl

Exercise 5 : Machine Dips Superset w/ Machine Single Arm Preacher Curl

Machine Dips Superset

ILLUSTRATION ►

Machine Single Arm
Preacher Curl



- Set 1 15 reps dips/ 12 reps curl ea arm
- Set 2 12 reps dips/ 10 reps curl ea arm
- Set 3 10 reps dips/8 reps curl ea arm
- Set 4 10 reps dips/6 reps curl ea arm

*rest 90-120 seconds in between sets



Meal 1

1c. egg white

3 oz sirloin

1c. oatmeal

1/2c. blueberries

Meal 2

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice)

1/2c. Vegetables

Meal 3

6-80z Lean Red Meat (Sirloin, Filet, Flank)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

8-10oz Lean Red Meat (Sirloin, Filet, Flank)

1-1.5c. basmati rice

5oz vegetables

Supplements

upon waking:

1 scoop of Cell kem, 2 scoops of Carnigen, 1 scoop Isoject

pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject intra-workout:

1 scoop Glycoject, 1 scoop Cell kem post-workout:

25 mins morning cardio (moderate pace stair climber, or incline walk)

Training

OFF DAY



OFF DAY

Meal 1

1c. egg white

2 whole eggs

1/2c. blueberry

1/2 grapefruit w/ splenda

Meal 2

Protein Shake

2 scoops IsoJect in water

2 lightly salted rice cakes

2 tbs almond butter

Meal 3

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

Meal 6

6-8oz Salmon

large salad

1/4 avocado

Supplements

upon waking:

1 scoop of Cell kem, 2 scoops of Carnigen, 1 scoop Isoject pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:

25 mins morning cardio (moderate pace stair climber, or incline walk)

Training

LEGS

Exercise 1: LEG EXTENSION Superset w/ Seated HAM CURL

LEG EXTENSION Superset

LLUSTRATION >

LIVE DEMO >

Seated HAM CURL

ILLUSTRATION >

LIVE DEMO >

Set 1 20 reps ext/20 reps curl (warm-up)

Set 2 15 reps ext/15 reps curl (warm-up)

Set 3 10 reps ext/10 reps curl

Set 4 10 reps ext/10 reps curl

*rest 60-90 seconds in between sets (during your rest period, do

50 reps bodyweight calf raises)

Exercise 2: Squats

Squats

Set 1 15 reps ea leg

Set 4 10 reps ea lea

ILLUSTRATION ▶

LIVE DEMO ▶

Set 1 10 reps (warm-up)

Set 2 5 reps (warm-up)

Set 3 5 reps

Set 4 5 reps

Set 5 3 reps

*rest 90-120 seconds in between sets

Exercise 3: Bulgarian Split Squat

Bulgarian Split

Squat

ILLUSTRATION ▶

LIVE DEMO ▶

Set 1 10 reps ea leg

Set 2 8 reps ea leg

Set 3 5 reps ea leg

Set 4 5 reps ea leg

*rest 90-120 seconds in between sets

Exercise 4: **DB WALKING LUNGES**

DB WALKING LUNGES

LIVE DEMO ▶

Set 2 12 reps ea leg

Set 3 10 reps ea leg

Day 13 Continued...

Exercise 5: Lying Hamstring Curls

Lying Hamstring Curls

ILLUSTRATION ►

LIVE DEMO ▶

Set 1 15 reps

Set 2 12 reps

Set 3 10 reps

Set 4 8 reps

*rest 90-120 seconds in between sets

Exercise 6: STANDING CALF MACHINE

STANDING CALF MACHINE

ILLUSTRATION ►

LIVE DEMO ►

Set 1 25 reps

Set 2 25 reps

Set 3 25 reps

Set 4 25 reps

Set 5 25 reps

Set 6 25 reps



Meal 1

1c. egg white

3 oz sirloin

1c. oatmeal

1/2c. blueberries

Meal 2

6-8 oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8 oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 3

6-8 oz Lean Red Meat (Sirloin, Filet, Flank)

6-8 oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

6-8 oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

6-8 oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

CHEAT MEAL (preferably use this meal post workout, you may move meal 6 to an earlier meal)

Supplements

upon waking:

1 scoop of Cell kem, 2 scoops of Carnigen, 1 scoop Isoject pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:



25 mins morning cardio (moderate pace stair climber, or incline walk)

Training

SHOULDERS

Exercise 1: DB MILITARY PRESS

DB MILITARY PRESS

ILLUSTRATION ►

LIVE DEMO ▶

Set 1 15 reps(warm-up)

Set 2 15 reps(warm-up)

Set 3 10 reps

Set 4 8 reps

Set 5 5 reps

*rest 90-120 seconds in between sets

Exercise 2: DB SIDE LATERAL RAISE

DB SIDE LATERAL RAISE

ILLUSTRATION ►

LIVE DEMO ▶

Set 1 10 reps

Set 2 10 reps

Set 3 10 reps

Set 4 10 reps

Set 5 10 reps

*rest 60-90 seconds in between sets

Exercise 3: DB ALTERNATING FRONT RAISE

DB ALTERNATING FRONT RAISE

ILLUSTRATION ▶

LIVE DEMO ▶

Set 1 10 reps ea arm

Set 2 10 reps ea arm

Set 3 8 reps ea arm

Set 4 6 reps ea arm

*rest 60-90 seconds in between sets

Exercise 4: Machine Shoulder Press (palms facing in)

Machine Shoulder Press (palms facing in)

ILLUSTRATION ▶

LIVE DEMO ▶

Set 1 10 reps

Set 2 10 reps

Set 3 10 reps

Set 4 10 reps

*rest 60-90 seconds in between sets

Exercise 5: Wide grip Upright Row

Wide grip Upright Row ILLUSTRATION ► LIVE DEMO ►

Set 1 10 reps

Set 2 10 reps

Set 3 10 reps

Set 4 10 reps

*rest 60-90 seconds in between sets

Exercise 6: Bent Over Rear Delt Fly

Bent Over Rear Delt Fly

ILLUSTRATION ►

LIVE DEMO ▶

Set 1 10 reps

Set 2 10 reps

Set 3 10 reps

Set 4 10 reps

*rest 60-90 seconds in between sets

WEEK 3

GROW TIME





Meal 1

1c. egg white 3 whole eggs

1/2c. blueberry

1/2 grapefruit w/ splenda

Meal 2

Protein Shake

2 scoops IsoJect in water

2 lightly salted rice cakes

2 tbs almond butter

Meal 3

6-8 oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9 oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

6-8 oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9 oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

Meal 6

6-8 oz Lean Red Meat (Sirloin, Filet, Flank)

large salad

1/4 avocado

Supplements

upon waking:

1 scoop Cell kem, 2 scoops of Carnigen, 1 scoop Isoject

mid-day:

1 scoop Cell Kem

prior to bed:

1 scoop cell kem

20 mins morning cardio (moderate pace stair climber, or incline walk)

Training

OFF DAY



Meal 1

1c. egg white

3oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

1c. oatmeal

1/2c. blueberries

Meal 2

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9oz Complex Carbs (sweet potato, red potato, brown rice, basmati rice)

1/2c. Vegetables

Meal 3

6-80z Lean Red Meat (Sirloin, Filet, Flank)

7-9oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

CHEAT MEAL (preferably use this meal post workout, you may move meal 6 to an earlier meal)

Supplements

upon waking:

1 scoop Cell kem, 2 scoops of Carnigen, 1 scoop Isoject pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:

20 mins morning cardio (moderate pace stair climber, or incline walk)

Training

CHEST

Exercise 1: **DB INCLINE**

DB INCLINE

- Set 1 15 reps (warm-up)
- Set 2 10 reps (warm-up)
- Set 3 10 reps (warm-up)*
- Set 4 8 reps
- Set 5 6 reps
- Set 6 10 reps
- *rest 120-180 seconds in between sets

Exercise 2: SMITH MACHINE INCLINE

SMITH MACHINE INCLINE

ILLUSTRATION ▶

LIVE DEMO ►

LIVE DEMO ▶

- Set 1 10 reps
- Set 2 8 reps
- Set 3 6 reps
- Set 4 4 reps
- Set 5 10 reps
- *rest 90-120 seconds in between sets

Exercise 3: LOW CABLE CHEST FLY

LOW CABLE CHEST FLY

ILLUSTRATION ►

LIVE DEMO ▶

- Set 1 15 reps*squeeze chest at peak contraction for "one-one thousand" count
- Set 2 12 reps*squeeze chest at peak contraction for "one-one thousand" count
- Set 3 10 reps*squeeze chest at peak contraction for "one-one thousand" count
- Set 4 10 reps*squeeze chest at peak contraction for "one-one thousand" count

Exercise 4: CABLE CHEST PRESS

CABLE CHEST PRESS

ILLUSTRATION ►

- Set 1 15 reps
- Set 2 15 reps
- Set 3 15 reps

^{*}rest 90-120 seconds in between sets

Day 16 Continued...

Set 4 15 reps
*rest 90-120 seconds in between sets

Exercise 5: HAMMER STRENGTH INCLINE

HAMMER STRENGTH INCLINE



Set 1 10 reps

Set 2 8 reps

Set 3 6 reps

Set 4 10 reps

*rest 90-120 seconds in between sets

Exercise 6: **Push-Ups**

Push-Ups

ILLUSTRATION ►

LIVE DEMO ▶

Set 1 rep to failure

Set 2 rep to failure

Set 3 rep to failure

*rest 60 seconds in between sets



Meal 1

1c. egg white

3oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

1c. oatmeal

1/2c. blueberries

Meal 2

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice)

1/2c. Vegetables

Meal 3

6-8oz Lean Red Meat (Sirloin, Filet, Flank)

7-9oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

6-80z Lean Red Meat (Sirloin, Filet, Flank)

1-1.5c. basmati rice

5oz vegetables

Supplements

upon waking:

1 scoop Cell kem, 2 scoops of Carnigen, 1 scoop Isoject

pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:

20 mins morning cardio (moderate pace stair climber, or incline walk)

Training

BACK

Exercise 1: DEAD LIFTS

DEAD LIFTS

ILLUSTRATION ►

LIVE DEMO ▶

Set 1 10 reps (warm-up)

Set 2 10 reps (warm-up)

Set 3 6 reps

Set 4 4 reps

Set 5 4 reps

*rest 120 seconds in between sets

Exercise 2: REVERSE GRIP LAT PULLDOWN

REVERSE GRIP LAT PULLDOWN

ILLUSTRATION ▶

LIVE DEMO >

Set 1 12 reps

Set 2 10 reps

Set 3 10 reps

Set 4 8 reps

*rest 90-120 seconds in between sets

Exercise 3 : MACHINE PULLOVER

MACHINE PULLOVER

ILLUSTRATION ▶

LIVE DEMO

Set 1 12 reps

Set 2 10 reps

Set 3 10 reps

Set 4 10 reps

*rest 90-120 seconds in between sets

Exercise 4: DB BENT OVER ROWS

Set 1 12 reps Set 2 10 reps

ILLUSTRATION ▶

LIVE DEMO ▶

Set 3 8 reps

Set 4 8 reps

Exercise 5: MACHINE SEATED ROW

MACHINE

SEATED ROW

Set 1 12 reps

Set 2 10 reps

Set 3 10 reps

Set 4 8 reps

Day 17 Continued...

*rest 90-120 seconds in between sets

Exercise 6: ROPE STRAIGHT ARM CABLE PULLDOWN

ROPE STRAIGHT ARM CABLE PULLDOWN



Set 1 12 reps

Set 2 10 reps

Set 3 10 reps

Set 4 10 reps

*rest 90-120 seconds in between sets



Meal 1

1c. egg white

3oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

1c. oatmeal

1/2c. blueberries

Meal 2

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice)

1/2c. Vegetables

Meal 3

6-80z Lean Red Meat (Sirloin, Filet, Flank)

7-9oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

6-80z Lean Red Meat (Sirloin, Filet, Flank)

1-1.5c. basmati rice

5oz vegetables

Supplements

upon waking:

1 scoop Cell kem, 2 scoops of Carnigen, 1 scoop Isoject

pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:

20 mins morning cardio (moderate pace stair climber, or incline walk)

Training

ARMS

Exercise 1: BARBELL CURL SUPERSET w/ BAR DIPS

BARBELL CURL SUPERSET ILLUSTRATION ► LIVE DEMO ►

BAR DIPS ILLUSTRATION ► LIVE DEMO ►

- Set 1 15 reps curl/20 reps dips (warm-up)
- Set 2 10 reps curl/20 reps dips
- Set 3 8 reps curl/ 20 reps dips
- Set 4 6 reps curl/20 reps dips

*rest 60-90 seconds in between sets

Exercise 2: <u>CABLE CURL SUPERSET w/ STRAIGHT BAR TRICEP</u> PUSHDOWN



Set 1 12 reps curl/12 reps pushdown
Set 2 10 reps curl/10 reps pushdown

Set 3 10 reps curl/10 reps pushdown

Set 4 10 reps curl/ 10 reps pushdown *rest 90-120 seconds in between sets

Exercise 3: DB HAMMER CURL SUPERSET w/ EZ BAR TRICEP SKULLCRUSHER

DB HAMMER CURL | ILLUSTRATION ► SUPERSET

EZ BAR TRICEP ILLUSTRATION ► SKULLCRUSHER

Set 1 12 reps curl/ 12 reps skull crush

Set 2 10 reps curl/ 10 reps skull crush

Set 3 8 reps curl/8 reps skull crush

Set 4 6 reps curl/8 reps skull crush

*rest 90-120 seconds in between sets

Exercise 4: REVERSE GRIP EZ BAR CURL SUPERSET w/ DB OVERHEAD TRICEP EXTENSIONS

LIVE DEMO

Day 18 Continued...

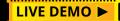




LIVE DEMO ▶

DB OVERHEAD TRICEP EXTENSIONS





- Set 1 15 reps curl/15 reps tri ext
- Set 2 12 reps curl/12 reps tri ext
- Set 3 10 reps curl/10 reps tri ext
- Set 4 8 reps curl/8 reps tri ext

Exercise 5: CABLE HIGH CURL SUPERSET w/ CLOSE GRIP PUSHUPS

CABLE HIGH CURL SUPERSET

ILLUSTRATION ►

CLOSE GRIP PUSHUPS

ILLUSTRATION ▶

LIVE DEMO ▶

- Set 1 10 reps curl/ 15 reps pushups **pause reps hold for 2 seconds at contraction ea rep.
- Set 2 10 reps curl/ 15 reps pushups **pause reps hold for 2 seconds at contraction ea rep.
- Set 3 10 reps curl/15 reps pushups **pause reps hold for 2 seconds at contraction ea rep.
- Set 4 10 reps curl/ 15 reps pushups **pause reps hold for 2 seconds at contraction ea rep.

*rest 90-120 seconds in between sets



Meal 1

1c. egg white

3oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

1c. oatmeal

1/2c. blueberries

Meal 2

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 3

6-80z Lean Red Meat (Sirloin, Filet, Flank)

7-9oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

6-80z Lean Red Meat (Sirloin, Filet, Flank)

1-1.5c. basmati rice

5oz vegetables

Supplements

upon waking:

1 scoop Cell kem, 2 scoops of Carnigen, 1 scoop Isoject

pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:

20 mins morning cardio (moderate pace stair climber, or incline walk)

Training

OFF DAY



OFF DAY

Meal 1

1c. egg white

2 whole eggs

1/2c. blueberry

1/2 grapefruit w/ splenda

Meal 2

Protein Shake

2 scoops IsoJect in water

2 lightly salted rice cakes

2 tbs almond butter

Meal 3

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

Meal 6

6-8oz Salmon

large salad

1/4 avocado

Supplements

upon waking:

1 scoop Cell kem, 2 scoops of Carnigen, 1 scoop Isoject

pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:

20 mins morning cardio (moderate pace stair climber, or incline walk)

Training

LEGS

Exercise 1: LEG EXTENSIONS

LEG EXTENSIONS

ILLUSTRATION ▶

LIVE DEMO

Set 1 15 full reps followed by 10 partial reps

Set 2 10 full reps followed by 10 partial reps

Set 3 10 full reps followed by 5 partial reps

Set 4 10 full reps followed by 5 partial reps

*rest 60-90 seconds in between sets

Exercise 2: NARROW STANCE LEG PRESS

NARROW STANCE LEG PRESS **ILLUSTRATION** ▶

LIVE DEMO ▶

Set 1 15 reps

Set 2 12 reps

Set 3 12 reps

Set 4 10 reps followed by 5 partial reps

Set 5 10 full reps followed by 5 partial reps

*rest 90-120 seconds in between sets

Exercise 3: Smith Machine Squats

Smith Machine Squats

ILLUSTRATION ▶

LIVE DEMO

Set 1 5 partial reps followed by 10 full reps

Set 2 5 partial reps followed by 10 full reps

Set 3 5 partial reps followed by 5 full reps

Set 4 5 partial reps followed by 5 full reps

*rest 90-120 seconds in between sets

Exercise 4: STRAIGHT LEG BARBELL DEADLIFTS

STRAIGHT LEG

BARBELL DEADLIFTS

ILLUSTRATION

Set 1 15 reps

Set 2 12 reps

Set 3 12 reps

Set 4 10 reps

Exercise 5: LYING HAMSTRING CURL

LYING HAMSTRING CURL

ILLUSTRATION ▶

LIVE DEMO

Day 20 Continued...

- Set 1 10 full reps followed by 10 partial reps
- Set 2 8 full reps followed by 8 partial reps
- Set 3 8 full reps followed by 6 partial reps
- Set 4 8 full reps followed by 6 partial reps
- *rest 90-120 seconds in between sets

Exercise 6: Seated CALF MACHINE

Seated CALF MACHINE

ILLUSTRATION ►

LIVE DEMO ▶

- Set 1 25 reps
- Set 2 25 reps
- Set 3 25 reps
- Set 4 25 reps
- Set 5 25 reps
- Set 6 25 reps



Meal 1

1c. egg white

3oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

1c. oatmeal

1/2c. blueberries

Meal 2

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice)

1/2c. Vegetables

Meal 3

6-80z Lean Red Meat (Sirloin, Filet, Flank)

7-9oz Complex Carbs(sweet potato, red potato, brown rice, basmati rice)

1/2c. Vegetables

Meal 4

Protein Shake

2 scoops IsoJect in water

1 piece of fruit

10 almonds

Meal 5

6-8oz Lean Protein (Chicken breast, White Fish, Turkey Breast)

7-9oz Complex Carbs(sweet potato, red potato, brown rice,

basmati rice)

1/2c. Vegetables

Meal 6

CHEAT MEAL (preferably use this meal post workout, you may move meal 6 to an earlier meal)

Supplements

upon waking:

1 scoop Cell kem, 2 scoops of Carnigen, 1 scoop Isoject

pre-workout:

2 scoops of EVP PLUS, 1 scoop Carnigen, 1 scoop Glycoject

intra-workout:

1 scoop Glycoject, 1 scoop Cell kem

post-workout:

20 mins morning cardio (moderate pace stair climber, or incline walk)

HAMMER STRENGTH MACHINE SHOULDER PRESS

ILLUSTRATION ►

Training

SHOULDERS

Exercise 1: DB LATERAL RAISE

DB LATERAL RAISE

ILLUSTRATION ▶

LIVE DEMO ▶

Exercise 4: CABLE ROPE FRONT SHOULDER RAISE

Set 1 15 reps(warm-up)

Set 2 15 reps

Set 3 12 reps

Set 4 10 reps

Set 5 10 reps

*rest 90-120 seconds in between sets

Exercise 2: SINGLE ARM SIDE LATERAL RAISE

SINGLE ARM SIDE LATERAL RAISE

ILLUSTRATION ►

LIVE DEMO ▶

Exercise 5: CABLE ROPE FACE PULLS

Set 1 15 reps ea arm

Set 2 12 reps ea arm

Set 3 10 reps ea arm

*rest 60-90 seconds in between sets

Exercise 3: HAMMER STRENGTH MACHINE SHOULDER PRESS

Set 1 12 reps

Set 2 10 reps followed by 10 partials

Set 3 8 reps followed by 8 partials

Set 4 6 reps followed by 6 partials

*rest 60-90 seconds in between sets

LISE 4. CABLE KOPE FRONT SHOULDER KAI

CABLE ROPE FRONT SHOULDER RAISE

ILLUSTRATION ►

LIVE DEMO ►

Set 1 12 reps

Set 2 10 reps

Set 3 10 reps

Set 4 10 reps

*rest 60-90 seconds in between sets

CABLE ROPE FACE PULLS

ILLUSTRATION ►

LIVE DEMO ▶

Set 1 15 reps

Set 2 12 reps

Set 3 10 reps

Day 21 Continued...

Set 4 10 reps *rest 60-90 seconds in between sets

Exercise 6: DB BENT OVER REAR DELT FLY

DB BENT OVER
REAR DELT FLY

ILLUSTRATION ► LIVE DEMO ►

Set 1 15 reps

Set 2 15 reps

Set 3 12 reps

Set 4 10 reps

*rest 60-90 seconds in between sets

Exercise 7: DB SHRUGS

DB SHRUGS ILLUSTRATION ► LIVE DEMO ►

Set 1 25 reps

Set 2 25 reps

Set 3 25 reps

Set 4 25 reps

*rest 60-90 seconds in between set



THIS CONCLUDES YOUR 21 DAY REBOUND PROGRAM! I HOPE YOU ENJOYED THE GAINS! MAKE SURE YOU CONTINUE TO EAT CLEAN AND FOLLOW THE SAME PRINCIPLES THE REST OF YOUR OFFSEASON! FOR ADDITIONAL WORKOUT PROGRAMS TO HELP FURTHER YOUR PROGRESS PLEASE SEE MY OTHER BOOKS SOLD ON

www.jeremybuendiafitness.com

WANT TO GET THE ABSOLUTE BEST RESULTS

FROM REBOUND LIKE THE CHAMP?

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- A PERSONAL COACH YOU CAN ASK QUESTIONS TO ANYTIME
- MONTHLY GROUP CALLS WITH THE 3X CHAMP!

YOUR COACH WILL HELP YOU GET INTO YOUR ABSOLUTE BEST PHYSIQUE FOR A FULL

12 WEEKS

CLICK HERE TO LEARN MORE