



SHRED WITH BUENDIA

JEREMY FIT
BUENDIA  NESS


Evogen
Nutrition

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ABSOLUTE BEST RESULTS FROM

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

12 WEEKS

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INTRODUCTION

My idea for this program is to teach how the body works. Understanding your metabolism is the most important thing when it comes to manipulating your body. You have to know how much energy your body can take in and how much energy you are expending. The purpose of this diet technique is to keep the metabolism running efficiently. Naturally your body's first go-to source of energy comes from carbs, not fats. Muscle grows faster and stronger with carbs in the diet. We want to keep our muscles strong because that is what keeps the metabolism healthy. With adequate amount of carbs being carefully manipulated, we can lose weight, hold on to muscle, avoid plateaus thru the use of re-feeds and keep our metabolism optimal.



NUTRITION

Nutrition is the one thing that will most greatly dictate your physique.
The food you intake is a direct reflection of how you will look and feel.

“MACROS” (*Macronutrients*)

- **PROTEIN** - 4kCal per 1gram (3.0-3.8g of protein per one kilogram of bodyweight)
- **CARBOHYDRATES** - 4kCal per 1gram
- **FATS** - 9kCal per 1gram



QUALITY SOURCES

- » **PROTEIN** - Chicken Breast, Fish, Lean Steaks, Salmon, Turkey breast, Egg Whites, Whole Eggs, Whey Protein (4oz of chicken = 28g protein)
- » **CARBOHYDRATES** - Brown Rice, White Rice, Sweet Potato, Red Potato, Whole Grain Pasta, Oats, Fresh Fruits, Vegetables (1oz of sweet potato = 6g carbs) (1c. brown rice= 45g carbs)
- » **FATS** - Olive Oil, Almond Butter, Avocado, Almonds, Cashews, Coconut Oil (2 tbs peanut butter=17g fat)

HOW MANY MEALS PER DAY? AND HOW OFTEN?

5-7 meals per day. Eating every 2.5-3 hours.

Understanding your macronutrients is imperative to understanding your diet and how to understand portions and what kind of foods you will be eating. Get used to reading labels and measuring your food.



METABOLISM

Think of it like a fire. The more wood you put into the fire, the hotter and bigger it grows. The hotter and bigger it grows, the more wood it will need to continue growing. The larger the fire is, the more efficient the fire gets at burning wood and the more efficient it gets at growing. SIMILARLY, your body does the same thing. When you are training hard and eating a lot of food, your body will crave more food to nourish the growing muscles. If you stop feeding the body, your metabolism will slow down, fat loss will stop and muscle gains will diminish, just as if you were to stop giving wood to a fire, the flame would die out. The better your metabolism, the more food your muscles needs to grow.

MAINTAINING A STRONG METABOLISM

When dieting, it is important to keep your metabolism running efficiently. When you are dieting, you are in a caloric deficit. This means that you are burning more calories than you are consuming. This is imperative in order to lose body fat and weight. However, the trick is finding the right number of calories that isn't so low that you start burning away the hard-earned muscle mass. This comes with trial and error. You must do the following things to analyze your metabolism:

STEP 1 Set a diet for yourself that you believe is an adequate amount of food.

STEP 2 Follow your set Macros for 5 days

STEP 3 Analyze weight loss

*Details for each step will be explained next

MAINTAINING A STRONG METABOLISM

STEP 1

Set a diet for yourself that you believe is an adequate amount of food.
Example: 220g protein/250g carbs/50g fat.
This is what we will call our "base diet".

****BASE DIET:** this is the diet in which you know your body can handle macros without gaining or losing weight.*

**Sample Base Macros for individual body weight:*

**Calculating your initial base diet*

Protein = body weight (lbs) x 1.4 = grams of protein consumed daily

Carbs = body weight (lbs) x 1.4 = grams of carbs consumed daily

Fats = body weight (lbs) x 0.25 = grams of fats consumed daily

125lbs 175g protein/175g carb/32g fat

150lbs 210g protein/210g carb/38g fat

175lbs 245g protein/245g carb/44g fat

200lbs 280g protein/280g carb/50g fat

225lbs 315g protein/315g carb/56g fat

**These macro splits are in direct proportion to Jeremy's Base Line Diet according to his body weight and macro nutrient consumption. These macros are a good start but will not be exact for everyone.*

STEP 2

Follow your set Marcos for 5 days.

STEP 3

Analyze weight loss.

**If you are losing weight too fast or gaining weight after following your macros for 5 days, then you know your metabolism is not efficient enough or too efficient to handle that amount of food. Thus you need to make adjustments. If you are losing weight, then slowly up your carbs by 25g per day until you see your weight fluctuation stop. If you are gaining weight, remove 25g carb per day from your diet until you see your weight fluctuation stop.*

Once you find the appropriate macros that keep your body at a consistent weight, we can identify the efficiency of our metabolism which will give us the ability to make more calculated decisions with our diet and cardio. Do not worry about adjusting your protein and fats at this time, keep them consistent.

SIDE NOTE: HOW TO IMPROVE METABOLISM

- Eating properly 5-7 portioned meals
- Eating clean calories every 2-3 hours
- Increase workout intensity
- Increase Cardio
- Utilizing Fasted Cardio
- Staying Hydrated
- Taking a Thermogenic Fat Burner
- Taking Fish Oils & MCT Oils

HOW TO MAP OUT MY DIET

1. Once you establish your Base Diet (we will use my base diet macros as the example) you will need to pick a new amount of macros to continue the shredding process and this is called the Adjusted Diet. It is important to not reduce the calories and macros too significantly. This will cause rapid weight loss along with a loss of muscle mass. Instead we are looking to gradually decrease the food as much as possible while shredding off body fat and preserving the muscle mass.
2. Start by dropping your BASE DIET carbs by 25-50g (so remove approx 8-16g of carbohydrates from 3 out of your 6 meals), and start following this diet. You will need to watch the scale each morning. The goal is to drop between 0-1lbs per/day.

**if you are dropping more than 1lbs over day, that weight loss is too drastic so you may want to add back in some carbohydrates. If your weight doesn't drop, you may want to subtract 25g additional from your diet OR add in additional fasted cardio.*

3. Follow this protocol until you have lost 3-4lbs (should take between 5-7days).
4. Once you lose 3-4lbs, you will need to take a re-feed day

**On this re-feed day you will double up your carbs on every meal. You will eat red meat (sirloin, filet mignon, or salmon) for a protein source for one of your meals that day and you will be allowed to have a "Healthy Cheat meal" ex: double burger with one slice of cheese and an order of sweet potato fries for a post workout meal.*

JEREMY'S
BASE LINE DIET
EXAMPLE

MEAL 1

1c egg white
1 scoop protein
3/4c. Oats

MEAL 2

8oz Tilapia
7oz sweet potato
1/2c. green beans

POST WORK-OUT MEAL

2 scoops Isolate Protein
8oz sweet potato

MEAL 3

7oz Chicken Breast
3/4c. brown rice
1/2c. green beans

MEAL 4

7oz Tilapia
3/4c. red potato

MEAL 5

7oz Chicken Breast
Large Mixed Green Salad
1/4 avocado

JEREMY'S
RE-FEED DIET
EXAMPLE

MEAL 1

1c egg white
1 scoop protein
1.5c. Oats

MEAL 2

8oz Sirloin
12oz sweet potato
1/2c. green beans

POST WORK-OUT MEAL

CHEAT MEAL**approved cheat
Double Burger*1 slice cheese optional
1 order Sweet Potato Fries
Diet Coke

MEAL 3

7oz Chicken Breast
1.5c. brown rice
1/2c green beans

Meal 4

7oz Tilapia
1.5c red potato

Meal 5

7oz Chicken Breast
Large Mixed Green Salad
1/4 avocado

WHAT TO EXPECT AFTER A RE-FEED?

It is expected that you gain weight after a re-feed day. A typical weight gain of 2-4lbs is normal after a re-feed day. Do not be alarmed, this is simply because your body has restored its glycogen storages, also water being held due to higher carbs, higher sodium, and extra creatine from the red meat. This temporary "bloat" will last for 1-2 days. By day 3 you will be more shredded than you were before you took the initial re-feed day.

*How it works

	Example:
Day 0: Morning of re-feed weight	190lbs
Day 1 Post Re-Feed:	192-194lbs (+ 2-4lbs)
Day 2 Post Re-Feed:	190-191lbs (+ 0-1lbs)
Day 3 Post Re-Feed:	189-190lbs (- 0-1lbs)

BASELINE DIET *RE-ADJUSTMENT*

You must understand that throughout your diet, your baseline diet will adjust. As you lose weight, you may require less calories in order to avoid plateau. That is why is important to assess your weight frequently. If you notice your scale has stopped moving as much, then we know that we need to drop our calories.

For example, at the beginning of my cut, I may weigh 200lbs consuming 8oz of protein and 8oz carbs per meal; whereas at 8 weeks into the diet I may be weighing 178lbs and by then I would only be consuming 6-6.5oz of protein per meal and 4-6oz of carbs per meal. Your weight is in direct correlation to your diet, however the only variable is the efficiency of the metabolism. So some may be able to eat more than others. But typically this principle is almost uniform.

MONTH 1

STARTING WEIGHT 160lbs

Baseline diet: 220g pro 240g carbs 38g fat

*weight always recorded in the morning
on empty stomach

DAY 1 (BODY WEIGHT: 160lbs)
Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 2 (BODY WEIGHT: 159.3lbs)
Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 3 (BODY WEIGHT: 158.4lbs)
Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 4 (BODY WEIGHT: 157.6lbs)
Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 5 (BODY WEIGHT: 157.3lbs)
Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 6 (BODY WEIGHT: 156.2lbs)
Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 7 RE-FEED DAY (BODY WEIGHT 156.1lbs)
Re-feed Diet: 220g pro 430g carbs 60g fat

DAY 8 (BODY WEIGHT: 159.2lbs)
Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 9 (BODY WEIGHT: 157.2lbs)
Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 10 (BODY WEIGHT: 156.4lbs)
Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 11 (BODY WEIGHT: 155.8lbs)
Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 12 (BODY WEIGHT: 155.8lbs) 38g fat
Adjusted Diet: 220g pro 215g carbs 38g fat

DAY 13 (BODY WEIGHT: 155.8lbs) 38g fat
Adjusted Diet: 220g pro 180g carbs 38g fat

**Note weight loss has plateaued for 3 days.
You need to make a change to your Adjusted
Diet. Drop your carbs by 25-50grams per day
and get the weight loss to continue. If you drop
your carbs and your weight still doesn't drop,
then you may need to take a re-feed day.*

DIET EXAMPLE

MONTH 1

DAY 14 (BODY WEIGHT: 155.3lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 15 (BODY WEIGHT: 154.3lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 16 RE-FEED DAY (BODY WEIGHT 154.3lbs)
Re-feed Diet: 220g pro 400g carbs 60g fat

DAY 17 (BODY WEIGHT: 156.9lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 18 (BODY WEIGHT: 154.8lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 19 (BODY WEIGHT: 154.0lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 20 (BODY WEIGHT: 153.3lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 21 (BODY WEIGHT: 152.7lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 22 RE-FEED (BODY WEIGHT: 152.7lbs)
Re-feed Diet: 220g pro 420g carbs 75g fat

DAY 23 (BODY WEIGHT: 156.7lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 24 (BODY WEIGHT: 153.3lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 25 (BODY WEIGHT: 152.6lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 26 (BODY WEIGHT: 152.6lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 27 (BODY WEIGHT: 152.6lbs)
Adjusted Diet: 220g pro 155g carbs 38g fat

**Note weight loss has plateaued for 3 days. You need to make a change to your Adjusted Diet. Drop your carbs by 25-50grams per day and get the weight loss to continue. If you drop your carbs and your weight still doesn't drop, then you may need to take a re-feed day.*

DAY 28 (BODY WEIGHT: 152.2lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 29 (BODY WEIGHT: 151.2lbs)
Adjusted Diet: 220g pro 180g carbs 38g fat

DAY 30 REFEED (BODY WEIGHT 150.9)
Re-feed Diet: 220g pro 440g carbs 75g fat



CHEAT MEALS

I definitely am a firm believer in cheat meals during a cut. Your cheat meals will be dictated by your progress and your weight loss. The ideal time for a cheat meal is post workout. Your body is operating at its hottest and most efficient following weight training and your body will utilize the extra calories, carbs, fats and protein to help build more muscle mass. Try to consume your cheat meals on the days you are working a lagging body part. We want to over nourish that muscle to make sure we are getting maximum gains. It is important that we make smart choices with our cheat meals. These cheat meals serve a purpose to re-vamp your metabolism. Make sure you are eating quality food. No fast food!

FAVORITE CHEAT MEALS


- Persian Food (kebab koobideh, or chicken Joojeh, basmati rice, hummus)
- In-n-out Burger or Habit Burger (3x1 animal style with fries and diet coke)
- Sushi or Korean BBQ

CHEAT MEALS TO STAY AWAY FROM

- Pizza
- Deep fried foods
- Meals with low protein
- Fast Food



TRAINING



During this time we are focused on preserving muscle mass and shredding body fat. Our weight training program will be driven by hypertrophic workouts but also enforcing high intensity and high volume. It is important to put in a lot of “work” in the gym at this time. You should be pushing your limits and giving maximal exertion each day. Dripping head to toe in sweat is expected, and being out of breath in between sets is a given. The term we are going to focus on is “EPOC”, which stands for excess post oxygen consumption. This is basically your body’s after burner. Think of it like a car engine, the higher you rev your engine the hotter the engine will get and the longer it will take to cool down. When doing high intensity weight training, your body’s “EPOC” increases significantly, yielding more calories burned for a longer period of time. EPOC is pretty much dictated by the effort you give in the gym.



- Rest time in between sets will be minimized. Typical rest time will be between 45-60 seconds and as short as 20 seconds.
 - Rep range will vary between 10-20 reps. We always want to make sure we are warming up the muscle correctly.
 - Stretching/Warming-up: spend an adequate amount of timing stretching and warming up your body before each workout. I even suggest doing about 5-10 mins on a spin bike or treadmill to get your body primed for the weight training session. Always do 1 warm-up set per exercise just to give your body a "heads-up" of what is about to come.
 - SuperSets: exercises performed back to back.
 - DropSets: performing the same exercise back to back, but using lighter weight the 2nd time.
 - Tri-Sets: performing 3 back to back exercises before taking rest.
 - Partial Reps: coming all the way down and only contracting half way.
 - FST-7: training method created by "The Pro Creator" Hany Rambod where an exercise is performed back to back for 7 sets typically each set ranging from 8-12 reps. 20-30 seconds of rest in between sets. This is used to optimize blood flow and muscle hypertrophy.
- I will provide a training template for you to follow below. The format (sets, reps, rest time) is exactly how you should be training, however don't be hesitant to mix up the exercises from week to week.
(Example: dumbbell incline fly can be substituted with cable incline fly)

SUPPLEMENTATION

Supplementing during a cut can help speed up the process as well as maximize the process. Taking the right high-quality supplements will give you the extra edge to capitalize on your shred. Supplements DO NOT work alone! They are meant to "supplement" your diet and workout. If you do not eat correctly and are not training hard, you might as well not even waste your money on supplements. They all work synergistically together! I will be providing a detailed supplementation protocol for you to follow below.





CARDIO

Cardio is imperative to help get you to your most leanest state. This will help increase thermogenesis (elevate core temp.) which will boost your metabolism and get your body to run a lot more efficiently. We will be incorporating HIIT (high intensity interval training) as well as steady state cardio.

HIIT

HIIT- is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. I prefer hit cardio at the beginning of my cutting phase when I have more body fat on my body.

Example: sprinting 50 yards and then walking 50 yards, repeat.

STEADY STATE CARDIO

Steady State Cardio: form or cardio where you are targeting the fat burning zone but not allowing your heart rate to elevate too high.

Example: brisk walk on incline treadmill or a moderate pace on the stair mill



MINDSET

With every aspect of training, your mindset is the most important factor. Your mind controls everything and what you think your body will follow. So when entering this program, leave all doubt aside. Start visualizing your shred. Before you train, close your eyes for 30 seconds, visualize your workout, visualize the change, the contractions of each rep, and see yourself at your ideal body weight. These mental stepping stones will change your approach and attitude in the gym. In order to set new PR's (personal records) you must believe in yourself. I can not tell you of one time that I got under a 4 plate bench press where I told myself, "I don't know if I can do this", and the weight has ever gone up. Before getting underneath a new PR, I have to psych myself up, I have to tell myself "LIGHTWEIGHT", and most importantly I have to believe it!

**YOUR MINDSET IS EVERYTHING!
SUCCESS STARTS FROM WITHIN!**

SUPPLEMENTATION PROTOCOL

**Before taking supplements or training, please consult with your physician to insure that you are healthy enough to complete the physical tasks outlined in this program and healthy enough to take the supplements being recommended. Some of the supplements are high stimulant products, and any one with a heart condition or health issues should seek professional consultation before beginning*

SUPPLEMENT LIST



CARNIGEN
by EVOGEN



AMINOJECT
by EVOGEN



CELL KEM
by EVOGEN

www.evogennutrition.com use code: **15offJB** for **15%** your entire order

SUPPLEMENTATION PROTOCOL

UPON WAKING

(Drink 16oz of water with all of these supps): 2 scoops Carnigen by Evogen Nutrition, 1 scoop of AMINOJECT by Evogen Nutrition, 1/2-1 scoop LIPOCIDE IR by Evogen Nutrition

PRE-WORKOUT

(Drink 10 mins prior to training): 2 scoops EVP PLUS by Evogen Nutrition, 1-2 scoop Carnigen by Evogen Nutrition

INTRA-WORKOUT

(Sip throughout workout) 1 scoop Cell Kem by Evogen Nutrition

POST-WORKOUT

(Consume 30 mins after workout): 2 scoops IsoJect by Evogen Nutrition, 1 scoop AMINOJECT by Evogen Nutrition

PRIOR TO BED

1 scoop AminoJect by Evogen Nutrition

CARDIO PROTOCOL

WEEK 1-2

FASTED CARDIO 3x week:

35 mins on Stair Climber (Steady State)

**Minimal 80-100 steps per minute, keep this pace up the entire duration of cardio*

FASTED SPRINTS 3x week:

(15) 50 Yard Sprints (HIIT)

**Sprint 50 yards, then walk back 50 yards, then repeat. MINIMAL REST, your rest is the walk back*

WEEK 3-4

FASTED CARDIO 4x week:

40 mins on Stair Climber (Steady State)

**Minimal 80-100 steps per minute, keep this pace up the entire duration of cardio*

FASTED SPRINTS 2x week:

(20) 50 Yard Sprints (HIIT)

**Sprint 50 yards, then walk back 50 yards, then repeat. MINIMAL REST, your rest is the walk back*

WEEK 5-6

FASTED CARDIO 5x week:

40 mins on Stair Climber (Steady State)

**Minimal 80-100 steps per minute, keep this pace up the entire duration of cardio*

FASTED SPRINTS 1x week:

(20) 50 Yard Sprints (HIIT)

**Sprint 50 yards, then walk back 50 yards, then repeat. MINIMAL REST, your rest is the walk back*

WEEK 7-8

FASTED CARDIO 5x week:

30 mins on Stair Climber (Steady State)

**Minimal 80-100 steps per minute, keep this pace up the entire duration of cardio*

FASTED SPRINTS 1x week:

(20) 50 Yard Sprints (HIIT)

**Sprint 50 yards, then walk back 50 yards, then repeat. MINIMAL REST, your rest is the walk back*

POST WORKOUT CARDIO: 5x week:

30 mins on Stair Climber (Steady State)

**Minimal 80-100 steps per minute, keep this pace up the entire duration of cardio*

NUTRITION

NUTRITION is the one thing that will most greatly dictate your physique. The food you intake is a direct reflection of how you will look and feel. **YOU MUST UNDERSTAND HOW TO COUNT YOUR MACROS!** It is simple addition, you all can do it! **THIS IS NOT FLEXIBLE DIETING!** You must eat clean food but understand how much protein is in your meat, and how many carbs you are eating per meal.

"MACROS" (Macronutrients)

» PROTEIN

4kCal per 1gram (3.0-3.8g of protein per one kilogram of bodyweight)

» CARBOHYDRATES

4kCal per 1gram

» FATS

9kCal per 1gram

QUALITY SOURCES

» PROTEIN

Chicken Breast, Fish, Lean Steaks, Salmon, Turkey breast, Egg Whites, Whole Eggs, Whey Protein
(4oz of chicken = 28g protein)

» CARBOHYDRATES

Brown Rice, White Rice, Sweet Potato, Red Potato, Whole Grain Pasta, Oats, Fresh Fruits, Vegetables
(1oz of sweet potato = 6g carbs)
(1c. brown rice = 45g carbs)

» FATS

Olive Oil, Almond Butter, Avocado, Almonds, Cashews, Coconut Oil
(2 tbs peanut butter = 17g fat)

HOW MANY MEALS PER DAY? AND HOW OFTEN?

5-7 meals per day. Eating every 2.5-3 hours.

PHASE 1

WEEK 1-4





TRAIN EVERY OTHER DAY

LEG LIFTS (ADVANCED-HANG FROM PULL UP BAR)

▶ ILLUSTRATION

▶ LIVE DEMO

5x20reps

FLOOR CRUNCHES

▶ ILLUSTRATION

5x20 reps

DECLINE BENCH REVERSE CRUNCH

▶ ILLUSTRATION

5x20 reps

5 DAY SPLIT

MONDAY - CHEST

TUESDAY - BACK

WEDNESDAY - OFF

THURSDAY - SHOULDERS

FRIDAY - ARMS

SATURDAY - LEGS

SUNDAY - REPEAT (CHEST)

CHEST PART 1

CABLE CHEST FLY

► LIVE DEMO

Set 1: 15 reps***Warm-up set

Set 2: 15 reps***Warm-up set

Set 3: 12 reps

Set 4: 12 reps

Set 5: 12 reps

Set 6: 10 reps

***Dropsetdecrease the weight and complete 10 more reps without rest.

*Rest 45 seconds in between sets

DB INCLINE

► ILLUSTRATION

Set 1: 15 reps***Warm-up set

Set 2: 15 reps

Set 3: 12 reps

Set 4: 12 reps

Set 5: 8 Partial to Full Reps

*Bring weight down for full stretch, press 1/2 way up on the contraction, then back down to a full stretch, then press through a full rep. That equals 1 rep.

*Rest 60 seconds in between sets

CABLE FLY (LADDERS)

► ILLUSTRATION

► LIVE DEMO

Set 1: 5 rep Low cable fly, 5 rep Mid cable fly, 5 rep high cable fly repeat 3x

Set 2: 5 rep Low cable fly, 5 rep Mid cable fly, 5 rep high cable fly repeat 3x

Set 3: 5 rep Low cable fly, 5 rep Mid cable fly, 5 rep high cable fly repeat 3x

Set 4: 5 rep Low cable fly, 5 rep Mid cable fly, 5 rep high cable fly repeat 3x

*SuperSet each set with 15 push-ups

*Rest 40-60 seconds in between sets



CHEST

PART 2

SMITH INCLINE PRESS

► ILLUSTRATION

► LIVE DEMO

Set 1: 10 full reps, 5 partial reps, 3 full reps,

Set 2: 10 full reps, 5 partial reps, 3 full reps

Set 3: 10 full reps, 5 partial reps, 3 full reps

Set 4: 10 full reps, 5 partial reps, 3 full reps

**Partial reps, all the way down into a full stretch and press only half way up.*

**Rest 60 seconds in between sets*

MACHINE FLY (FST-7)

► ILLUSTRATION

Set 1: 12 reps

Set 2: 12 reps

Set 3: 12 reps

Set 4: 12 reps

Set 5: 12 reps

Set 6: 12 reps

Set 7: 12 reps

**Superset each set with 10 seconds of flexing your chest as hard as you can.*

**Rest 20 seconds in between sets*



BACK PART 1

BACK EXTENSIONS

► ILLUSTRATION

Set 1: 25 reps
Set 2: 25 reps
Set 3: 25 reps
Set 4: 25 reps

PULL-UPS

► ILLUSTRATION

Set 1: max rep
Set 2: max rep
Set 3: max rep
Set 4: max rep

**If you cant do pull-ups, use an assisted pull-up machine and do 15 reps each set.*

**Rest 40 seconds in between sets*

BARBELL BENT OVER ROW TO STRAIGHT LEG DEADLIFT

► ILLUSTRATION

► LIVE DEMO

► ILLUSTRATION

Set 1: 10 rows and 10 dead lifts (alternating)
Set 2: 10 rows and 10 dead lifts (alternating)
Set 3: 10 rows and 10 dead lifts (alternating)
Set 4: 10 rows and 10 dead lifts (alternating)
Set 5: 10 rows and 10 dead lifts (alternating)

**Rest 60 seconds in between sets*

**Important to keep your lower back arched, keep your butt out hips cocked, and your chest up. Always stretch your lats on the negative motion.*

REVERSE GRIP LAT PULL DOWN

► ILLUSTRATION

► LIVE DEMO

Set 1: 15 reps
Set 2: 15 reps
Set 3: 12 reps
Set 4: 12 reps

**Rest 60 seconds in between sets*

**Be sure to stretch all the way up, as you pull down drive your elbows down and to your sides, keeping your lower back arched and your chest up toward the ceiling.*



BACK PART 2

SINGLE ARM DUMBBELL ROW

▶ ILLUSTRATION

Set 1: 20 reps ea arm
Set 2: 15 reps ea arm
Set 3: 15 reps ea arm
Set 4: 10 reps ea arm

**Rest 90-120 seconds in between sets*

BACK EXTENSIONS

▶ ILLUSTRATION

Set 1: 25 reps
Set 2: 25 reps
Set 3: 25 reps
Set 4: 25 reps

**Rest 60 seconds in between sets*

WIDE GRIP LAT PULL DOWN

▶ ILLUSTRATION

▶ LIVE DEMO

**Hold the contraction for 2 seconds*

Set 1: 15 reps
Set 2: 15 reps
Set 3: 12 reps
Set 4: 12 reps

**Rest 60 seconds in between sets*

SHOULDER

PART 1

DB SHOULDER PRESS

► ILLUSTRATION

► LIVE DEMO

Set 1: 15 reps***Warm-up
Set 2: 15 reps***Warm-up
Set 3: 10 reps
Set 4: 10 reps
Set 5: 10 reps

**Rest 60-90 seconds in between sets*

SINGLE ARM DB LATERAL RAISE

► ILLUSTRATION

► LIVE DEMO

Set 1: 10 reps*hold at top of contraction for 1 second
Set 2: 10 reps*hold at top of contraction for 1 second
Set 3: 10 reps*hold at top of contraction for 1 second

**Rest 60-90 seconds in between sets*

DB LATERAL

► ILLUSTRATION

Set 1: 15 reps***Warm-up
Set 2: 10 reps
Set 3: 10 reps
Set 4: 10 reps

**Rest 60-90 seconds in between sets*

STANDING DB OVERHEAD PRESS (PALMS FACING IN)

► ILLUSTRATION

Set 1: 15 reps
Set 2: 10 reps
Set 3: 10 reps
Set 4: 10 reps

**Rest 30-60 seconds in between sets*

**Keep a slight bend in your knees, and your core tight.
Press in front of head not behind the neck.*



SHOULDER

PART 2

BENT OVER REAR DELT FLY

► ILLUSTRATION

► LIVE DEMO

Set 1: 15 reps
Set 2: 15 reps
Set 3: 15 reps
Set 4: 15 reps

**Dropset to a lighter weight & finish with 10 reps*

**Rest 60-90 seconds in between sets*

MACHINE REAR DELT FLY (ON CHEST FLY MACHINE)

► ILLUSTRATION

► LIVE DEMO

Set 1: 12 reps,
Set 2: 12 reps
Set 3: 12 reps
Set 4: 12 reps

**Rest 30 seconds in between sets*

LEGS

WARM-UP

A. CALF MACHINE/ B. LEG EXTENSION/ C. LYING HAMSTRING CURL

A. ► ILLUSTRATION ► LIVE DEMO

B. ► ILLUSTRATION ► LIVE DEMO

C. ► ILLUSTRATION ► LIVE DEMO

Set 1: 20 reps/ 10 reps/ 10 reps

Set 2: 20 reps/ 10 reps/ 10 reps

Set 3: 20 reps/ 10 reps/ 10 reps

Set 4: 20 reps/ 10 reps/ 10 reps

*Rest 60-90 seconds in between tri-set

SMITH MACHINE SQUATS (CLOSE STANCE)

► ILLUSTRATION ► LIVE DEMO

Set 1: 20 reps

Set 2: 20 reps

Set 3: 15 reps

Set 4: 10 reps**HEAVY

Set 5: 10 reps**HEAVY

Set 6: 20 reps

**Drop the weight significantly and rep this set out you should be dying by the 12th rep.

*Rest 60-90seconds in between set

HACK SQUATS

► ILLUSTRATION

Set 1: 20 reps ea

Set 2: 20 reps ea

Set 3: 20 reps ea

*Rest 60-90 seconds in between set

DB WALKING LUNGES

► ILLUSTRATION

► LIVE DEMO

Set 1: 15 strides ea leg

Set 2: 15 strides ea leg

Set 3: 12 strides ea leg

Set 4: 10 strides ea leg

*Rest 60-90 seconds in between set

LYING HAMSTRING CURL

► ILLUSTRATION

► LIVE DEMO

Set 1: 20 reps

Set 2: 20 reps

Set 3: 15 reps

Set 4: 15 reps

*Rest 60-90 seconds in between set

ARMS

PART 1

Arm day will be done in a superset format.
1 bicep exercise will be performed back to back
to 1 tricep exercise.

A. E-Z BAR CURL/ B. TRICEP STRAIGHT BAR PUSHDOWN

A. [▶ ILLUSTRATION](#)

B. [▶ ILLUSTRATION](#) [▶ LIVE DEMO](#)

Set 1: 15 reps/15 reps *Warmup
Set 2: 15 reps/15 reps
Set 3: 15 reps/15 reps
Set 4: 15 reps/15 reps
Set 5: 15 reps/15 reps

*Rest 30 second in between sets

A. DB HAMMER CURL(BOTH ARMS SAME TIME)/ B. TRICEP ROPE PUSHDOWN

A. [▶ ILLUSTRATION](#)

B. [▶ ILLUSTRATION](#) [▶ LIVE DEMO](#)

Set 1: 15 reps ea arm/15 reps
Set 2: 15 reps ea arm/15 reps
Set 3: 12 reps ea arm/12 reps
Set 4: 12 reps ea arm/12 reps

*Rest 60 seconds in between sets

A. DB SINGLE ARM SPIDER CURL/ B. DB OVERHEAD TRICEP EXTENSION

A. [▶ ILLUSTRATION](#)

B. [▶ ILLUSTRATION](#) [▶ LIVE DEMO](#)

Set 1: 15 reps ea arm/ 20 reps
Set 2: 12 reps ea arm/ 15 reps
Set 3: 12 reps ea arm/ 15 reps
Set 4: 12 reps ea arm/ 15 reps

*Rest 60 seconds in between sets

ARMS

PART 2

- A. DB CURL (PALMS FACING FORWARD, BOTH ARMS SAME TIME)/
- B. MACHINE DIPS

A. [▶ ILLUSTRATION](#)

B. [▶ ILLUSTRATION](#)

Set 1: 10 reps followed by 10 partial reps/ 15 reps
Set 2: 10 reps followed by 10 partial reps/ 15 reps
Set 3: 5 partial reps followed by 10 full reps/ 15 reps
Set 4: 5 partial reps followed by 10 full reps/ 15 reps

**Rest 60-90 seconds in between sets*

- A. BARBELL CURL/
- B. CLOSE GRIP PUSH-UPS

A. [▶ ILLUSTRATION](#)

[▶ LIVE DEMO](#)

B. [▶ ILLUSTRATION](#)

[▶ LIVE DEMO](#)

Set 1: 20 reps/ 20 reps
Set 2: 20 reps/ 20 reps
Set 3: 20 reps/ 20 reps

PHASE 2

WEEK 5 - 8



TRAIN 5X A WEEK

LEG LIFTS (ADVANCED-HANG FROM PULL UP BAR)

▶ ILLUSTRATION

▶ LIVE DEMO

4x20reps

CABLE CRUNCHES

▶ ILLUSTRATION

4x20reps

DECLINE BENCH REVERSE CRUNCH

▶ ILLUSTRATION

4x20reps

BICYCLE CRUNCHES

▶ ILLUSTRATION

4x20reps

5 DAY SPLIT

MONDAY - CHEST

TUESDAY - BACK

WEDNESDAY - OFF

THURSDAY - SHOULDERS

FRIDAY - ARMS

SATURDAY - LEGS

SUNDAY - REPEAT (CHEST)

CHEST

PART 1

SMITH MACHINE INCLINE

► ILLUSTRATION

► LIVE DEMO

Set 1: 15 reps***Warm-up set

Set 2: 15 reps***Warm-up set

Set 3: 5 partial reps followed by 10 full reps

Set 4: 5 partial reps followed by 8 full reps

Set 5: 5 partial reps followed by 5 full reps

Set 6: 5 partial reps followed by 5 full reps

*Rest 60-90 seconds in between sets

DB INCLINE CLOSE GRIP PRESS

► ILLUSTRATION

► LIVE DEMO

Set 1: 15 reps***Warm-up set

Set 2: 15 reps

Set 3: 12 reps

Set 4: 10 reps

Set 5: 10 Partial to Full Reps

*Bring weight down for full stretch, press 1/2 way up on the contraction, then back down to a full stretch, then press through a full rep.
That equals 1 rep.

*Rest 60 seconds in between sets

CABLE FLY TO CABLE PRESS

► ILLUSTRATION



► ILLUSTRATION

Set 1: 5 rep Low cable fly, 5 rep Mid cable fly, 5 rep high cable fly repeat 3x

Set 2: 5 rep Low cable fly, 5 rep Mid cable fly, 5 rep high cable fly repeat 3x

Set 3: 5 rep Low cable fly, 5 rep Mid cable fly, 5 rep high cable fly repeat 3x

Set 4: 5 rep Low cable fly, 5 rep Mid cable fly, 5 rep high cable fly repeat 3x

*SuperSet each set with 15 push-ups

*Rest 30-60 seconds in between sets



CHEST

PART 2

SMITH INCLINE PRESS

► ILLUSTRATION

► LIVE DEMO

Set 1: 15 reps

Set 2: 5 full reps, 5 partial reps, 5 full reps,
5 partial reps

Set 3: 5 full reps, 5 partial reps, 5 full reps,
5 partial reps

Set 4: 5 full reps, 5 partial reps, 5 full reps,
5 partial reps

**Partial reps, all the way down into a full stretch
and press only half way up.*

**Rest 30-60 seconds in between sets*

MACHINE FLY

► ILLUSTRATION

Set 1: 12 reps

Set 2: 12 reps

Set 3: 12 reps

Set 4: 12 reps

Set 5: 12 reps

**Superset each set with push-up till failure*

**Rest 20 seconds in between sets*

BACK PART 1

DEADLIFTS

► ILLUSTRATION

► LIVE DEMO

Set 1: 15 reps**Warm-up
Set 2: 10 reps
Set 3: 10 reps
Set 4: 10 reps
Set 5: 10 reps

*Rest 60-90 seconds in between sets

PULL-DOWNS

► ILLUSTRATION

► LIVE DEMO

Set 1: 15 rep
Set 2: 12 rep
Set 3: 12 rep
Set 4: 10 rep

*Rest 30-60 seconds in between sets

DB SINGLE ARM BENT OVER ROWS

► ILLUSTRATION

Set 1: 15 reps
Set 2: 15 reps
Set 3: 10 reps
Set 4: 10 reps

*Rest 60 seconds in between sets

*Important to keep your lower back arched, keep your butt out hips cocked, and your chest up. Always stretch your lats on the negative motion.

T-BAR ROW

► ILLUSTRATION

Set 1: 15 reps
Set 2: 15 reps
Set 3: 12 reps
Set 4: 12 reps

*Rest 60 seconds in between sets



BACK

PART 2

SEATED CABLE ROW (UNDER-HAND GRIP)

► ILLUSTRATION

► LIVE DEMO

Set 1: 20 reps ea arm
Set 2: 15 reps ea arm
Set 3: 15 reps ea arm
Set 4: 10 reps ea arm

**Rest 30-60 seconds in between sets*

CABLE ROPE STRAIGHT ARM PULL DOWN

► ILLUSTRATION

Set 1: 20 reps
Set 2: 15 reps
Set 3: 15 reps
Set 4: 15 reps

**rest 30-60 seconds in between sets*

BACK EXTENSIONS

► ILLUSTRATION

Set 1: 25 reps
Set 2: 25 reps
Set 3: 25 reps
Set 4: 25 reps

**Rest 30-60 seconds in between sets*

SHOULDER

PART 1

SMITH MACHINE SHOULDER PRESS

► ILLUSTRATION

Set 1: 15 reps***warm-up
Set 2: 15 reps***warm-up
Set 3: 5 partial reps, 5 full reps,
5 partial reps, 5 full reps
Set 4: 5 partial reps, 5 full reps,
5 partial reps, 5 full reps
Set 5: 5 partial reps, 5 full reps,
5 partial reps, 5 full reps

**Rest 60-90 seconds in between sets*

DB LATERAL DROPSETS

► ILLUSTRATION

► LIVE DEMO

**Decrease by 5lbs ea drop set*

Set 1: 10 reps, 12 reps, 15 reps
Set 2: 8 reps, 10 reps, 12 reps
Set 3: 6 reps, 8 reps, 10 reps
Set 4: 4 reps, 6 reps, 8 reps

**Rest 60-90 seconds in between sets*

DB FRONT RAISE (THUMBS UP, BOTH ARMS SAME TIME)

► ILLUSTRATION

Set 1: 10 reps*hold at top of contraction for 1 second
Set 2: 10 reps*hold at top of contraction for 1 second
Set 3: 10 reps*hold at top of contraction for 1 second

**Rest 30-60 seconds in between sets*

BARBELL FRONT RAISE

► ILLUSTRATION

► LIVE DEMO

Set 1: 15 reps
Set 2: 15 reps
Set 3: 15 reps

**Rest 30-60 seconds in between sets*



SHOULDER

PART 2

BENT OVER REAR DELT FLY

► ILLUSTRATION

► LIVE DEMO

Set 1: 15 reps
Set 2: 15 reps
Set 3: 15 reps
Set 4: 15 reps

**Dropset to a lighter weight & finish
with 10 reps
Rest 30-60 seconds in between sets

CABLE FACE PULLS SUPERSET W/*BENT OVER REAR DELT FLY

► ILLUSTRATION

with

► ILLUSTRATION

► LIVE DEMO

Set 1: 20 reps, 20 reps
Set 2: 15 reps, 15 reps
Set 3: 15 reps, 15 reps
Set 4: 12 reps, 12 reps

**Rest 30-60 seconds in between sets*

LEGS

WARM-UP

A. CALF MACHINE/ B. LEG EXTENSION/ C. LYING HAMSTRING CURL

A.

► ILLUSTRATION

► LIVE DEMO

B.

► ILLUSTRATION

► LIVE DEMO

C.

► ILLUSTRATION

► LIVE DEMO

Set 1: 20 reps/10 reps/10 reps

Set 2: 20 reps/10 reps/10 reps

Set 3: 20 reps/10 reps/10 reps

Set 4: 20 reps/10 reps/10 reps

*Rest 30-60 seconds in between tri-set

LEG PRESS (SHOULDER WIDTH STANCE)

► ILLUSTRATION

► LIVE DEMO

Set 1: 20 reps

Set 2: 20 reps

Set 3: 15 reps

Set 4: 10 reps**HEAVY

Set 5: 10 reps**HEAVY

*Rest 60-90 seconds in between set

SMITH MACHINE LUNGES

► ILLUSTRATION

Set 1: 20 reps ea leg

Set 2: 15 reps ea leg

Set 3: 12 reps ea leg

Set 4: 10 reps ea leg

*Rest 60-90 seconds in between set

SUMO DEADLIFT

► ILLUSTRATION

Set 1: 20 reps

Set 2: 15 reps

Set 3: 12 reps

Set 4: 10 reps

*Rest 60-90 seconds in between set

SEATED HAMSTRING CURL SUPERSET W/* LEG EXTENSIONS

► ILLUSTRATION

with

► ILLUSTRATION

► LIVE DEMO

Set 1: 20 reps, 20 reps

Set 2: 20 reps, 20 reps

Set 3: 15 reps, 15 reps

Set 4: 15 reps, 15 reps

*Rest 30-60 seconds in between set

ARMS

PART 1

Arm day will be done in a superset format.
1 bicep exercise will be performed back to back
to 1 tricep exercise.

A. BARBELL CURL/ B. CLOSE-GRIP BENCH PRESS

A. ► ILLUSTRATION

► LIVE DEMO

B. ► ILLUSTRATION

Set 1: 20 reps/20 reps*Warm-up
Set 2: 15 reps/15 reps*Warm-up
Set 3: 15 reps/15 reps
Set 4: 10 reps/10 reps
Set 5: 10 reps/10 reps

*Rest 30 second in between sets

A. MACHINE PREACHER CURL/ B. MACHINE DIPS

A. ► ILLUSTRATION

B. ► ILLUSTRATION

Set 1: 20 reps ea arm/20 reps
Set 2: 15 reps ea arm/20 reps
Set 3: 12 reps ea arm/20 reps
Set 4: 10 reps ea arm/20 reps

*Rest 30-60 seconds in between sets

ARMS

PART 2

A. CABLE STRAIGHT BAR CURL/ B. CABLE REVERSE GRIP STRAIGHT BAR PUSH DOWN

A. ► ILLUSTRATION

B. ► ILLUSTRATION

Set 1: 20 reps/ 20 reps

Set 2: 15 reps/ 15 reps

Set 3: 12 reps/ 12 reps

Set 4: 10 reps/ 10 reps

**Rest 30-60 seconds in between sets*

A. REVERSE GRIP E-Z BAR CURL/ B. CABLE ROPE OVERHEAD TRICEP EXTENSIONS

A. ► ILLUSTRATION

► LIVE DEMO

B. ► ILLUSTRATION

Set 1: 10 reps followed by 10 partial reps/
10 reps followed by 10 partial reps

Set 2: 10 reps followed by 10 partial reps/
10 reps followed by 10 partial reps

Set 3: 5 partial reps followed by 10 full reps/
10 reps followed by 10 partial reps

Set 4: 5 partial reps followed by 10 full reps/
10 reps followed by 10 partial reps

Set 5: 5 partial reps followed by 10 full reps/
10 reps followed by 10 partial reps

**Rest 30-60 seconds in between sets*

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