

fighterdiet



DISCIPLINE *Your* DEDICATION

PAULINE
NORDIN
FIGHTER DIET
FOUNDER

12-WEEK
TRANSFORMATION
FOR MEN
& WOMEN

**LOSE FAT
WHILE
GAINING
MUSCLE
MASS**

**GAIN
DENSE MUSCLE
+ GET STRONG**

MIKE
RASHID
IMSOALPHA
FOUNDER



WELCOME TO THE

fighterdiet



DISCIPLINE

DEDICATION

12-WEEK TRANSFORMATION

THE PURPOSE OF THIS CHALLENGE

is to provide a structured progressively challenging program designed to increase muscle mass and cut body fat. For you who already have done a challenge with Pauline Nordin know that this is always the case, but building a physique requires discipline and dedication longer than a few weeks. This challenge is a collaboration with Mike Rashid and it's open for all women and men who want to change their bodies and minds, and are willing to WORK for it! There will be moments when you want to quit, there will be times when you're very tired. What do you do? You KEEP going.

Discipline Your Dedication, let's get on a roll!

HOW TO SET GOALS

Having fitness goals is important. Without a clear plan, you will get stuck in plateaus or get bored with the monotony. Fitness is a game of patience. You will need to find ways to keep your focus day in and day out.

Here are some things to reflect upon: How many pounds of fat do you want to take off? How many pounds of muscle do you want to add? What lifts do you want to excel in? Any personal bests?

You need a time frame and a 'deadline' for your project: this CHALLENGE is your answer. In general, muscle growth will take the longest time so make sure to account for that. Fat loss can be done quicker. Doing both simultaneously requires the most discipline and patience, thus the reason for the challenge community.

When you set goals for yourself, your rate of success increases tremendously. Writing it down instead of just thinking about it creates a contract with yourself to stick to it.

NUTRITION BASICS

To create a fit physique, your nutrition needs to be spot on. Proteins, carbohydrates, fats and water are needed. Each of these groups (with the exception of water) contains calories (energy) that you need to live and function, as well as to grow muscle.

1. **PROTEIN** is the building block for muscle.
2. **CARBOHYDRATES** provide energy for your heavy workouts.
3. **FATS** are needed to absorb some of the fat-soluble vitamins, give flavor to your food, and satisfy your appetite. Fats are also needed for cholesterol which is required for hormone production.
4. **WATER** is necessary for all functions in your body.

Muscles are very rich in water, and proper hydration is a must for excellent performance, muscle growth and fat loss. When you are dehydrated, your metabolism slows down.

LET'S TALK ABOUT YOUR CALORIE INTAKE NOW!

Generally, women lose fat while building muscle on a 1600-2000 calorie diet plan provided there's plenty of building blocks in the form of dietary protein. You might need to be on a lower calorie intake if *you're very sedentary or petite* and you might need to increase the calories if you're very muscular and athletic. You CAN also calculate via your lean body mass. You need to do a **BODPOD**, a dexa body scan or 9 fold caliper reading to figure it out. Body scales are inaccurate and so are ANY hand held gadget.

Calorie Intake for Men

HOW MANY CALORIES ARE NEEDED TO BUILD MUSCLE AND GET LEAN?

It varies from individual to individual but there are some basic rules. 15-20 calories per pound of lean weight is a guideline. [20 calories being the upper limit]

Let's say your lean mass is 160 lbs. Using the upper limit [20 calories] your calorie intake will be 3200 calorie diet plan provided there's plenty of building blocks in the form of dietary protein.

Example: $1600 \times 20 = 3200$

You might need to increase the calories or decrease depending on your individual needs. You CAN also calculate via your lean body mass. You need to do a BODPOD, a dexa body scan or 9 fold caliper reading to figure it out. Body scales are inaccurate and so are ANY hand held gadget.

** NO CALORIE LEVELS ARE SET IN STONE. YOU MAY NEED TO CHANGE IT OFTEN ACCORDING TO YOUR PROGRESS. ONCE YOU FIGURE OUT YOUR CALORIE RANGE PICK FROM ONE OF THE THREE MENU OPTIONS:[LOW, MEDIUM, OR HIGH].

WHAT'S THE DIFFERENCE BETWEEN EATING FOR MUSCLE GAIN AND EATING FOR LEANNESS?

- » **MUSCLE GAIN:** Eat a surplus of calories each day.
- » **FAT LOSS:** Create a calorie deficit each day. Add refeeds depending on your results.

HOW TO CALCULATE YOUR LEAN BODY MASS IF YOU KNOW YOUR BODY FAT %

STEP 1: TOTAL BODY WEIGHT X YOUR BF % = YOUR WEIGHT FROM FAT

STEP 2: TOTAL BODY WEIGHT - (WEIGHT FROM FAT) = YOUR LEAN WEIGHT

You can use this calculator for an average:

http://www.medindia.net/doctors/clinical_cal/lean-body-weightResult.asp?mode=viewresult

THE TYPICAL FORMULA FOR USING A LEAN BODY MASS

CARBS: 2.2g per kilo of body weight goal / 1g per lb

PROTEIN: 3g per kilo of body weight goal / 1.5g per lb

FAT: 1g per kilo of body weight goal / 0.5 g per lb

MULTIPLYING MACRO NUTRIENTS TO FIGURE OUT THE TOTAL CALORIES?

Each gram of **CARBS** is about 4 calories

Every gram of **PROTEIN** is about 4 calories

Every gram of **FAT** provides 9 calories



HOW TO ADD MORE CALORIES IF YOU NEED IT: PROTEIN ONLY!

Add 200 calories in pure protein. That equals 50 grams additional protein. This will cover ANY additional protein requirement.

HOW TO ASSESS IF A FOOD QUALIFIES FOR YOUR MENU?

[if you are changing anything on your menu refer to the swap list first, goal is to always leave it as is!]

- » Sugar is not added to the product (unless specials like post workout rice cakes)
- » Corn starch, maltodextrins, agave, brown rice syrup, corn syrup solids are not in the product. Note that these are ok on refeed.
- » If it is pre-made, ditch it. If the list of ingredients is more than a few, ditch it.
- » Pre-made soups, dips, sauces, toppings, fillings featuring high fructose corn syrup, brown rice syrup, agave nectar, molasses – no no no!

FOOD MEASUREMENTS

The reason for using grams rather than measuring cups or oz: it is universally recognized and easy to convert.

*For conversion to oz and cups:

1 oz = 28g

1 lb = 454g

5g oil = 1 tsp

14g oil = 1 tbsp

WEIGH ALL FOODS ONCE and take notes for the correct measurement to use. For instance, a cup of raw oat bran can weigh between 90-140 grams [3-4.5 oz]. Only rely on weighing the food to learn proper serving sizes based on weight wise; not volume!

IN THE KITCHEN

Many people eyeball their foods. I recommend using a food/ kitchen scale to learn proper serving sizes. Our minds are usually very off on what's considered 8 oz of chicken or one cup of rice.

SUGGESTED KITCHEN SUPPLIES

1. Kitchen scale
(measures in oz and g)
2. Cutting board
3. Non-stick skillet
4. Large microwavable bowls
5. Measuring cups
(optional)
6. Sharp Knife (Utensils)



TROUBLESHOOTING ISSUES WITH FIGHTER DIET FOOD

It is normal and expected to experience bloating and gas while acclimating to a higher volume of veggies. ALWAYS steam, microwave or saute (with water or your allotted oils on the menu or you can use cooking spray), your worst offenders: cabbage, broccoli, brussels sprouts, cauliflower, and kale.

The reason you experience gas from these veggies is the sulphur content in addition to regular increased demands on digestion.

Food has a thermic effect, meaning you burn calories by digesting food. This is why vegetables are superior for fat burning: they make your body work hard!

If you can not handle the volume of food now, be aware this will most likely not be the case once you start losing a lot of fat. Your hunger will skyrocket! In the mean-time, take things slow and remember.... You can do this!

NO juicing veggies to allow a bigger volume of veggies. Chewing is part of fat loss and hunger management. Your brain needs chewing to register fuel coming in.

CALORIES NOT ADDING UP?

In the menus below you will find some macro breakdowns and nutritional info that are not adding up or exceeding the total breakdown percentage. This is due to different reports on the nutrients and different formulas companies have used to report the food. Don't sweat the small stuff.

Regarding the conundrum with oat bran's nutritional profile I contacted USDA food database staff asking them why it's different 130 calories in different brands. Here's the response:

"Hi Pauline

Thanks for your interest in the USDA National Nutrient Database for Standard Reference [SR]. A possible reason for the difference may be because of the Atwater factors used for calculating energy. In SR, we use specific factors for items such as oat bran, rather than the general factors of 4,4,9. The factors used are shown in the Full Report option of the search program, and a discussion on the topic is included in the documentation.

<http://ndb.nal.usda.gov/ndb/foods/>

Please let me know if you have any further questions."

Best

Jaspreet Ahuja, Nutritionist

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EXAMPLE OF CALORIES NOT ADDING UP AND HOW YOU CAN CALCULATE!

USDA United States Department of Agriculture
 Agricultural Research Service
 National Nutrient Database for Standard Reference Release 28

NDL Home Food Search Nutrients List Ground Beef Calculator Docu...

Basic Report: 08120, Cereals, oats, regular and quick, not f
[Return to Search Results](#) [Full Report \(All Nutrients\)](#) [Statistics Report](#) [Download](#)

Nutrient values and weights are for edible portion.

This is always going to be off so it's best to calculate manually

Nutrient	Unit	<input type="text" value=".8"/>	Value per 80 g
Proximates			
Water	g		8.67
Energy	kcal		303
Protein	g		10.52 x4= 42.08
Total lipid (fat)	g		5.22 x9= 46.98
Carbohydrate, by difference	g		54.16 x4= 216.64
Fiber, total dietary	g		8.1
Sugars, total	g		0.79
			305.7



NOTICING A CALORIE DIFFERENCE? ADD IT UP YOURSELF

THE DIFFERENCE IN THE BROCCOLI CALORIES ARE GREATER [SEE BELOW]

USDA United States Department of Agriculture
 Agricultural Research Service
 National Nutrient Database for Standard Reference Release 28

NDL Home Food Search Nutrients List Ground Beef Calculator Docu...

Basic Report: 11090, Broccoli, raw
[Return to Search Results](#) [Full Report \(All Nutrients\)](#) [Statistics Report](#) [Download](#)

Nutrient values and weights are for edible portion.

This is always going to be off so it's best to calculate manually

Nutrient	Unit	<input type="text" value="10"/>	Value per 1,000 g
Proximates			
Water	g		893.00
Energy	kcal		340
Protein	g		28.20 x4= 112.80
Total lipid (fat)	g		3.70 x9= 33.30
Carbohydrate, by difference	g		66.40 x4= 265.60
Fiber, total dietary	g		26.0
Sugars, total	g		17.00
			411.70



THE MENUS

WOMEN LOW CALORIE MENU -REGULAR WORKOUT DAY/OPTION FOR DAY OFF

*IF YOU HAVE A DAY OFF FROM WORKOUTS AND IT'S NOT YOUR REFEED DAY, SIMPLY TAKE OUT THE [CHEERIOS]. KEEP ALL OTHER FOOD ITEMS AS IS.

MEAL 1

- 50g OAT BRAN
*198.72 kcal, 8.65g P, 3.52g F, 33.11g C
- 50g EGG
*69.4 kcal, 6.28g P, 4.76g F, 0.36g C
- 200g EGG WHITE
*96.1 kcal, 21.80g P, 0.34g F, 1.46g C
- 15g ALMONDS
*93.01 kcal, 3.17g P, 7.49g F, 3.23g C

ADDITIONAL:

- 20g Whole Chia Seed*
(remove if serving is too filling)
* 102.27 kcal, 3.31g P, 6.15g F, 8.42g C

****ADD 6 SOFTGELS OF FISH OIL DAILY**
*54 kcal, 6g Fat

TOTAL: 511.23 kcal -Fish oil included
(without Chia Seed)

- P: 39.9g [w/o Chia Seed]
- F: 22.11g [w/o Chia Seed] Fish oil included
- C: 38.16g [w/o Chia Seed]

*whole chia =not digested=no nutritional value except cholesterol lowering effect, roughage and satiety. (Not included in macro breakdowns)

MEAL 2

- 454g GREEN BEANS, FROZEN/RAW MEASURE (1LB)
*177.99 kcal, 8.13g P, 0.95g F, 34.23g C
- 227g MUSHROOMS
*64.57 kcal, 7.01g P, 0.77g F, 7.40g C
- 150g CHICKEN BREAST (RAW MEASURE)
*170.37 kcal, 33.75g P, 3.93g F, 0g C
- 5g COLD PRESSED EXTRA VIRGIN OLIVE OIL
OR COCONUT OIL
*45 kcal, 0 P, 5 F, 0 C

TOTAL: 457.93 kcal

- P: 48.89g F: 10.65g C: 41.63g

MEAL 3

- 454g ASPARAGUS
*115.3 kcal, 9.99 P, 0.54g F, 17.62 C
- 227g BELL PEPPERS
*69.88 kcal, 2.25 P, 0.68 F, 13.69 C
- 200g FLOUNDER (RAW MEASURE)
*134.02 kcal, 24.82 P, 3.86 F, 0 C
- 5g COLD PRESSED EXTRA VIRGIN OLIVE OIL
OR COCONUT OIL
*45 kcal, 0 P, 5 F, 0 C

TOTAL: 364.2 kcal

- P: 37.06g F: 10.08g C: 31.31g

PREWORKOUT MEAL

- 30g FD CHOCOLATE WHEY PROTEIN
*113 kcal, 21g P, 1g F, 5g C

WATER

TOTAL: 113 kcal

- P: 21g F: 1g C: 5g

POSTWORKOUT MEAL ONLY

(remove cheerios if DAY OFF)

- 30g FD CHOCOLATE WHEY PROTEIN
*113 kcal, 21g P, 1g F, 5g C

- 40g CHEERIOS
*158.28 kcal, 3.32g P, 1.64g F, 32.56g C

WATER

TOTAL: 271.28 kcal

- P: 24.32g F: 2.64g C: 37.56g

TOTALS FOR MENU: (INCLUDES FISH OIL)

TOTAL KCAL: 1,717.64

P: 171.17g F: 46.48g C: 153.66g

40% Protein, 24% Fats, and 36% Carbs

TOTAL DAY OFF: 1,559.36 KCAL

(WITHOUT POST-WORKOUT CHEERIOS)

WOMEN MEDIUM CALORIE MENU
REGULAR WORKOUT DAY/OPTION FOR DAY OFF

MEAL 1

80g OAT BRAN
 *317.86, 13.84g P, 5.62g F, 52.98g C
 20g GROUND FLAX SEEDS
 *113.63 kcal, 3.66g P, 8.43g F, 5.78g C
 24g FD VANILLA WHEY PROTEIN
 *93 kcal, 19g P, 1g F, 2g C
 CINNAMON TO TASTE
 *0Kcal, 0g P, 0g F, 0gC
 WATER
 *0Kcal, 0g P, 0g F, 0gC
 240g EGG WHITES
 *115.33 kcal, 26.16g P, 0.41g F, 1.75g C
 50g EGG
 *69.4 kcal, 6.28g P, 4.76g F, 0.36g C
TOTAL: 709.22 kcal
 P: 68.94g F:20.22g C: 62.87g

MEAL 2

400g GREEN BEANS
 *148.72 kcal, 7.32g P, .88g F, 27.88g C
 150g CHICKEN BREAST (RAW MEASURE)
 *170.37 kcal, 33.75g P, 3.93g F, 0g C
 200g BUTTERNUT SQUASH
 *103.32 Kcal, 2.0 g P, .20g F, 23.38g C
TOTAL: 422.41 kcal
 P: 43.07g F: 5.01g C: 51.26g

MEAL 3

454g CABBAGE
 *132.61 kcal, 5.81g P, 0.45g F, 26.33g C
 30g MUSTARD (I DON'T COUNT THIS,
 IF YOU WANT TO COUNT, DO SO!)
 *0 kcal, 0g P, 0g F, 0g C
 150g PINK SALMON
 *204.51 kcal, 36.93g P, 6.31g F, 0g C
 14g COCONUT OIL
 *126 kcal, 0g P, 14g F, 0g C
TOTAL: 463.12kcal
 P: 42.74g F: 20.76g C: 26.33g

MEAL 4

170g GREEK NONFAT YOGURT
 *99.7 kcal, 17.32g P, 0.66g F, 6.12g C
 28g LILY'S CHOCOLATE CHIPS
 *144 kcal, 2g P, 8g F, 16g C
 10g COCOA POWDER
 *43.33 kcal, 1.96g P, 1.37g F, 5.79g C
 STEVIA TO TASTE
 *0kcal, 0g P, 0g F, 0g C

****3 SOFTGELS OF FISH OIL**
 *27 kcal, 3g Fat

TOTAL: 314.03 kcal -Fish oil included
 P: 21.28g F: 13.03g (Fish oil included) C: 27.91g

PREWORKOUT MEAL

30g FD CHOCOLATE WHEY PROTEIN
 *113 kcal, 21g P, 1g F, 5g C
 WATER
TOTAL: 113 kcal
 P: 21g F: 1g C: 5g

POSTWORKOUT MEAL ONLY

(remove cheerios if DAY OFF)
 24g FD CHOCOLATE WHEY PROTEIN
 *93 kcal, 17g P, 1g F, 4g C
 40g CHEERIOS
 *158.28 kcal, 3.32g P, 1.64g F, 32.56g C
 WATER
TOTAL: 251.28 kcal
 P: 20.32g F: 2.64g C: 36.65g

TOTALS FOR MENU: (INCLUDES FISH OIL)

TOTAL KCAL: 2,273.06
P: 217.35g F: 62.66g C: 210.02g
 38% Protein, 25% Fats, and 37% Carbs
TOTAL DAY OFF: 2,114.72 KCAL
(WITHOUT POST-WORKOUT CHEERIOS)

WOMEN HIGH CALORIE MENU
REGULAR WORKOUT DAY/OPTION FOR DAY OFF

MEAL 1

80g OAT BRAN
 *317.86 kcal, 13.84g P, 5.62g F, 52.98g C

20g CHOPPED WALNUTS
 *140.52 kcal, 3.05g P, 13.04g F, 2.74g C

30g FD CHOCOLATE WHEY PROTEIN
 *113 kcal, 21g P, 1g F, 5g C

100G WHOLE EGGS
 *138.71 kcal, 12.56g P, 9.51g F, .72g C

150g EGG WHITES
 *72.14 kcal, 16.35 P, .26g F, 1.10g C

CINNAMON TO TASTE
 *0 kcal, 0g P, 0g F, 0g C

TOTAL: 782.23 kcal
 P: 66.8g F:29.43g C: 62.54g

MEAL 2

150g TURKEY 93% LEAN (RAW MEASURE)
 *224.99 kcal, 28.10g P, 12.51g F, 0g C

300g CARROTS
 *132.6 kcal, 2.79g P, 0.72g F, 28.74g C

150g FAT FREE CHEESE STICKS
 (LIFETIME CHEESE BRAND)
 *133.04 kcal, 29.1 g P, 0g F, 4.16g C

200g BROCCOLI
 *82.34 kcal, 5.64g P, .74g F, 13.28g C

10g COLD PRESSED EXTRA VIRGIN OLIVE OIL
 *126 kcal, 0g P, 14g F, 0g C

3 SOFTGELS OF FISHOIL
 *27 kcal, 3g F

TOTAL: 725.97 kcal
 P: 65.63g F: 30.97g C: 46.18g

MEAL 3

175g VENISON, GROUND (RAW MEASURE)
 *264.8 kcal, 38.12g P, 12.48g F, 0g C

100g KALE (RAW MEASURE)
 *60.44 kcal, 4.28g P, 0.92g F, 8.76g C

150g SPINACH (RAW MEASURE)
 *44.27 kcal, 4.29g P, 0.59g F, 5.45g C

300g SWEET POTATO (RAW MEASURE)
 *261.63 kcal, 4.71g P, 0.15g F, 60.36g C

1 CLOVE GARLIC
 *4.53 kcal, 0.18g P, 0.01g F, 0.93g C

TOTAL: 635.67 kcal
 P: 51.58g F: 14.15g C: 75.5g

PREWORKOUT MEAL

30g FD CHOCOLATE WHEY PROTEIN
 *113 kcal, 21g P, 1g F, 5g C

WATER

TOTAL: 113 kcal
 P: 21g F: 1g C: 5g

POSTWORKOUT MEAL ONLY

(Remove all except protein if DAY OFF)

30g FD VANILLA WHEY PROTEIN
 *113kcal, 24g P, 1g F, 2g C

80g JELLY BEANS
 *288.8 kcal, 0g P, 0g F, 72.2g C

300g COTTAGE CHEESE, 2% FAT
 *243.81 kcal, 31.35g P, 6.81g F, 14.28g C

WATER

TOTAL: 645.61 kcal
 P: 55.35g F: 7.81g C: 88.48g

TOTALS FOR MENU:

TOTAL KCAL: 2,902.48

P: 260.36g F: 83.36g C: 277.7g

36% Protein, 26% Fats, and 38% Carbs

TOTAL DAY OFF: 2,369.87 KCAL

(ONLY INCLUDES PROTEIN SHAKE)

FOOD SWAP LIST

OLD-FASHIONED OATS:

Oat bran, wheat bran, sweet potato, rye flakes, quinoa flakes, lentils, butternut squash, beans, more or less all vegetables

BUTTERNUT SQUASH

[CUBED]: Oat bran, wheat bran, quinoa, sweet potato, rye flakes

WHOLE EGG: eye of round, roast beef, red salmon, eel

EGG WHITE: cod, atlantic pollock, chicken breast, halibut, flounder

GREEN BEANS: asparagus, mushrooms, eggplant, broccoli

MUSHROOMS: zucchini, cabbage, spinach, swiss chard, cauliflower, bell peppers

ASPARAGUS: green beans, mushrooms, eggplant, tomatoes, broccoli, spinach, kale

BELL PEPPERS: asparagus, zucchini, cabbage, cauliflower



KALE (RAW MEASURE):

broccoli, spinach, swiss chard, lettuce, zucchini, cabbage

SPINACH (RAW MEASURE):

Kale, asparagus, green beans, swiss chard, zucchini, cabbage, cauliflower

SHREDDED CABBAGE:

kale, spinach, green beans, broccoli, brussels sprouts, swiss chard

CARROTS: asparagus, mushrooms, eggplant, tomatoes, broccoli

GREEK NONFAT YOGURT:

Cottage cheese, lifetime cheese

CHICKEN BREAST: Turkey breast, cod, flounder, shrimp, atlantic pollock, squid, halibut, egg whites

GROUND TURKEY BREAST 93%:

chicken breast, flounder, cod, shrimp, atlantic pollock, halibut, egg whites

CANNED PINK SALMON:

turkey breast, cod, atlantic pollock, chicken breast, squid, halibut, Lifetime cheese

FOOD SWAP LIST CONT

FLOUNDER: ground venison, ground bison, ground beef, turkey breast, chicken breast, egg whites, atlantic pollock, halibut

GROUND VENISON: ground bison, ground beef, turkey breast, chicken breast, roast beef, egg whites, white fish

BROCCOLI: asparagus, abbage, eggplant, spinach, swiss chard, cauliflower, lettuce, zucchini, brussels sprouts

SWEET POTATO: potato [white], rice, quinoa, butternut squash, lentils, beans

CHEERIOS: white potato, sweet potato, oatmeal, oat bran, butternut squash, tapioca pearls, quinoa flakes, pretzels

WALNUTS: almonds, ground chia, ground flax seeds, macadamia nuts, hazelnuts, Lily's chocolate chips, 100% dark chocolate

ALMONDS, RAW: walnuts, ground chia, ground flax seeds, macadamia nuts, hazelnuts, Lily's chocolate chips, 100% dark chocolate



COTTAGE CHEESE, 2% FAT: Fat-free cheese (lifetime brand), plain greek yogurt

GROUND FLAX SEED: ground chia, hemp seeds, psyllium husk

CHIA SEED: ground flax seeds, hemp seeds, psyllium husk

OLIVE OIL: coconut oil, organic butter

COCONUT OIL: olive oil, organic butter

FD VANILLA WHEY PROTEIN: Pink salmon, chicken breast, eye of round

JELLY BEANS: sorbet, gummy bears, cheerios, 100% dark chocolate

LILY'S CHOCOLATE CHIPS: walnuts, macadamia nuts, hazelnuts, 100% dark chocolate

COCOA POWDER: 100% dark chocolate, Lily's chocolate chips



THE MENUS

MEN LOW CALORIE MENU -REGULAR WORKOUT DAY/OPTION FOR DAY OFF

MEAL 1

80g OLD-FASHIONED OATS
 *305.7 kcal, 10.52g P, 5.22g F, 54.16g C

30g FD VANILLA WHEY PROTEIN
 *113 kcal, 24g P, 1g F, 2g C

STEVIA/ERYTRITOL (OPTIONAL)
 *4 kcal, 0g P, 0g F, 1g C

CINNAMON TO TASTE
 *0 kcal, 0g P, 0g F, 0g C

100g WHOLE EGGS
 *138.71kcal, 12.56g P, 9.51g F, .72g CC

60g EGG WHITES
 *28.82kcal, 6.54g P, .10g F, .44g C

****ADD 6 SOFTGELS OF FISH OIL DAILY**
 *54 kcal, 0g P, 6g F, 0g C

TOTAL: 644.23 kcal

P: 53.62g F: 21.83g C: 58.32g

MEAL 2

250g GREEN PEAS
 *249.24 kcal, 16.26g P, 1.20g F, 43.35g C

250g CARROTS
 *132.6 kcal, 2.79g P, 0.72g F, 28.74g C

150g CHICKEN BREAST (RAW MEASURE)
 *170.37 kcal, 33.75g P, 3.93g F, 0g C

10g COCONUT OIL
 *89.19 kcal, 0g P, 9.91g F, 0g C

TOTAL: 641.4 kcal

P: 52.8g F: 15.76g C: 72.09g

MEAL 3

700g BUTTERNUT SQUASH (CUBED)
 *361.62 kcal, 7g P, 0.70g F, 81.83g C

150g GROUND TURKEY BREAST
 *224.99 kcal, 28.10 P, 12.51g F, 0g C

150g FAT-FREE CHEESE (LIFETIME BRAND)
 *199.56 kcal, 43.65 g P, 0g F, 6.24g C

10g OLIVE OIL
 *90 kcal, 0g P, 10g F, 0g C

TOTAL: 876.17 kcal

P: 78.75g F: 23.21g C: 88.07g

BEFORE BED

20g CASEIN PROTEIN POWDER
 *77 kcal, 15g P, 1g F, 2g C

TOTAL: 77 kcal

P: 15g F: 1g C: 2g

PREWORKOUT MEAL

30g FD VANILLA WHEY PROTEIN
 *113 kcal, 24g P, 1g F, 2g C

WATER

TOTAL: 113 kcal

P: 24g F: 1g C: 2g

POSTWORKOUT MEAL ONLY

(Remove all except protein if DAY OFF)

30g FD VANILLA WHEY PROTEIN
 *113 kcal, 24g P, 1g F, 2g C

20g VITARGO (PURE)
 * 76 kcal, 0g P, 0g F, 19g C

50g CHEERIOS
 *200.96 kcal, 6.04g P, 3.36g F, 36.64g C

WATER

TOTAL: 389.96 kcal

P: 30.04g F: 4.36g C: 57.64g

TOTALS FOR MENU: (INCLUDES FISH OIL)

TOTAL KCAL: 2,741.76

P: 254.21g F: 67.16g C: 280.12g

37% Protein, 22% Fats, and 41% Carbs

TOTAL DAY OFF: 2,464.80 KCAL

(ONLY INCLUDES PROTEIN SHAKE)

MEN MEDIUM CALORIE MENU
 REGULAR WORKOUT DAY/OPTION FOR DAY OFF

MEAL 1

140g OLD-FASHIONED OATS (RAW MEASURE)
 *534.72 kcal, 18.38g P, 9.12g F, 94.78g C
 40g FD VANILLA WHEY PROTEIN
 *150.61 kcal, 32g P, 1.33g F, 2.66g C
 30g GROUND FLAX SEED
 *170.45 kcal, 5.49g P, 12.65g F, 8.66g C
 STEVIA/ERYTRITOL (OPTIONAL)
 *4 kcal, 0g P, 0g F, 1g C
 CINNAMON TO TASTE
 *0 kcal, 0g P, 0g F, 0g C
TOTAL: 859.78 kcal
 P: 55.87g F:23.1g C: 107.1g

MEAL 2

800g SUMMER VEGETABLE MIX (FROZEN MIX
 OF GREEN PEAS, CARROTS & CAULIFLOWER)
 *521.2 kcal, 22.88g P, 1.20g F, 104.72g C
 150g CANNED PINK SALMON
 *185.22 kcal, 29.52g P, 7.46g F, 0g C
 14g ORGANIC BUTTER
 *102.76 kcal, .12g P, 11.36g F, .01g C
 50g YELLOW MUSTARD
 *0 kcal, 0g P, 0g F, 0g C
TOTAL: 809.18 kcal
 P: 52.52g F: 20.02g C: 104.73g

MEAL 3

150g GROUND BEEF
 *219.62 kcal, 31.28g P, 10.50g F, 0g C
 700g BUTTERNUT SQUASH
 *361.62 kcal, 7g P, 0.70g F, 81.83g C
 50g ONION (RAW MEASURE)
 *21.33kcal, .55g P, .05g F, 4.67g
 5g GARLIC CLOVE
 *8.06 kcal, .32g P, .02g F, 1.65g C
 14g COCONUT OIL
 *124.83 kcal, 0g P, 13.87g F, 0g C
TOTAL: 735.46 kcal
 P: 39.15g F: 25.14g C: 88.15g

BEFORE BED

40g CASEIN PROTEIN POWDER
 *125 kcal, 29 g P, 1g F, 4g C
TOTAL: 125 kcal
 P: 29g F: 1g C: 4g

PREWORKOUT MEAL

40g FD CHOCOLATE WHEY PROTEIN
 *150.61 kcal, 32g P, 1.33g F, 2.66g C
 0.6 CUP FAT FREE ORGANIC MILK
 *48 kcal. 5g P, 0g F, 7g C
TOTAL: 198.61 kcal
 P: 37g F: 1.33g C: 9.66g

POSTWORKOUT MEAL ONLY

(remove cheerios if DAY OFF)
 40g FD VANILLA WHEY PROTEIN
 *150.61 kcal, 32g P, 1.33g F, 2.66g C
 60g CHEERIOS
 *237.33 kcal, 4.98g P, 2.45g F, 48.84g C
 WATER
TOTAL: 387.94 kcal
 P: 36.98g F: 3.78g C: 51.50g

TOTALS FOR MENU:

TOTAL KCAL: 3,115.97
P: 252.39g F: 76.04g C: 368.06g
 32% Protein, 22% Fats, and 47% Carbs
TOTAL DAY OFF: 2,878.64 KCAL
(WITHOUT POST-WORKOUT CHEERIOS)

MEN HIGH CALORIE MENU
 REGULAR WORKOUT DAY/OPTION FOR DAY OFF

MEAL 1 - UPON WAKING

40g FD VANILLA WHEY PROTEIN
 *150.61 kcal, 32g P, 1.33g F, 2.66g C
 300g MILK, 2% FAT
 *150.66 kcal, 9.90g P, 5.94g F, 14.40g C
TOTAL: 301.27 kcal
 P: 41.9g F:7.27g C: 17.06g

MEAL 2

120g OLD FASHIONED ROLLED OATS
 [RAW MEASURE]
 *458.46 kcal, 15.78g P, 7.82g F, 81.24g C
 30g FD VANILLA WHEY
 *113 kcal, 21g P, 1g F, 2g C
 20g RAISINS
 *66.61 kcal, .61 P, .09g F, 15.84g C
 30g CHOPPED WALNUTS
 *210.76 kcal, 4.57 P, 19.56g F, 4.11g C
 CINNAMON TO TASTE
 *0Kcal, 0g P, 0g F, 0gC
 50g WHOLE EGGS
 *138.71 kcal, 12.56g P, 9.51g F, 0.72g C
 150g EGG WHITES
 *72.14 kcal, 16.35 P, .26g F, 1.10g C
TOTAL: 1059.68 kcal
 P: 73.87g F:38.24g C: 105.01g

MEAL 3

220g GROUND TURKEY 93% LEAN
 [RAW MEASURE]
 *329.99 kcal, 41.21g P, 18.35g F, 0g C
 150g GREEN PEAS
 *127.6 kcal, 8.13g P, 0.60g F, 21.67g C
 100g CORN KERNELS, CANNED, DRAINED
 *100.03 kcal, 3.27g P, 1.35g F, 18.70g C
 200g BUTTERNUT SQUASH
 *103.32 Kcal, 2.0 g P, .20g F, 23.38g C
 20g COLD PRESSED EXTRA VIRGIN OLIVE OIL
 *180 kcal, 0g P, 20g F, 0g C
TOTAL: 840.94 kcal
 P: 54.61g F: 40.5g C: 63.75g

MEAL 4

240g GROUND VENISON [RAW MEASURE]
 *263.82 kcal, 51.60g P, 6.38g F, 0g C
 250g BROCCOLI [RAW MEASURE]
 *102.88 kcal, 7.05g P, .92g F, 16.60g C
 300g SWEET POTATO [RAW MEASURE]
 *261.63 kcal, 4.71g P, .15g F, 60.36g C
 20g BUTTER, ORGANIC
 *146.7kcal, .17g P, 16.22g F, .01g C
 1 GARLIC CLOVE
 *4.9 kcal, .19g P, .02g F, .99g C
TOTAL: 779.93 kcal
 P: 63.72g F: 23.69g C: 77.96g

BEFORE BED

30g CASEIN PROTEIN POWDER
 *115.5kcal, 22.5g P, 1.5g F, 3g C
TOTAL: 115.5 kcal
 P: 22.5g F: 1.5g C: 3g

SNACK

300g COTTAGE CHEESE, 2% FAT
 *243.81 kcal, 31.35g P, 6.81g F, 14.28g C
 60g ALMONDS, RAW
 *372.12 kcal, 12.69g P, 29.96g F, 12.93g C
TOTAL: 615.93 kcal
 P: 44.04g F: 36.77g C: 27.21g

PREWORKOUT MEAL

40g FD VANILLA WHEY PROTEIN
 *150.61 kcal, 32g P, 1.33g F, 2.66g C
 WATER
TOTAL: 150.61 kcal
 P: 32g F: 1.33g C: 2.66g

POSTWORKOUT MEAL ONLY

(remove cheerios if DAY OFF)
 40g FD VANILLA WHEY PROTEIN
 *150.61 kcal, 32g P, 1.33g F, 2.66g C
 40g CHEERIOS
 *160.73 Kcal, 4.84 g P, 2.69g F, 29.29g C
 WATER
TOTAL: 311.34 kcal
 P: 36.84g F: 4.02g C: 31.95g

TOTALS FOR MENU:

TOTAL KCAL: 4,175.20
P: 369.48g F: 153.32g C: 328.6g
 35% Protein, 33% Fats, and 32% Carbs
TOTAL DAY OFF: 4,014.47 KCAL
[WITHOUT POST-WORKOUT CHEERIOS]



FOOD SWAP LIST

OLD-FASHIONED OATS:

Oat bran, wheat bran, sweet potato, rye flakes, quinoa flakes, lentils, butternut squash, beans, more or less all vegetables

BUTTERNUT SQUASH

(CUBED): Oat bran, wheat bran, quinoa, sweet potato, rye flakes

WHOLE EGG: eye of round, roast beef, red salmon, eel

EGG WHITE: cod, atlantic pollock, chicken breast, halibut, flounder

CHICKEN BREAST:

Turkey breast, cod, flounder, shrimp, atlantic pollock, squid, halibut, egg whites

GROUND TURKEY

BREAST 93%: chicken breast, flounder, cod, shrimp, atlantic pollock, halibut, egg whites

CANNED PINK SALMON:

turkey breast, cod, atlantic pollock, chicken breast, squid, halibut, Lifetime cheese



GROUND BEEF: ground bison, ground venison, turkey breast, chicken breast, roast beef, whole egg, white fish

GROUND VENISON: ground bison, ground beef, turkey breast, chicken breast, roast beef, egg whites, white fish

GREEN PEAS: eggplant, tomatoes, broccoli, spinach, swiss chard, lettuce, zucchini

CARROTS: asparagus, mushrooms, eggplant, tomatoes, broccoli, peas

SUMMER VEGETABLE

MIX: cauliflower, asparagus, mushrooms, eggplant, tomatoes, broccoli, spinach, swiss chard, lettuce, zucchini

BROCCOLI: cabbage, spinach, swiss chard, cauliflower, lettuce, zucchini, brussels sprouts

SWEET POTATO: potato [white], rice, quinoa, butternut squash, lentils, beans

CORN KERNELS: white potato, sweet potato, oatmeal, oat bran, butternut squash, carrots, turnips, beets, tapioca pearls, quinoa flakes

ONION (RAW MEASURE):

asparagus, cabbage, eggplant, spinach, swiss chard, cauliflower, lettuce, zucchini

FOOD SWAP LIST CONT

CHEERIOS: white potato, sweet potato, oatmeal, oat bran, butternut squash, tapioca pearls, quinoa flakes, pretzels

RAISINS: other dried fruit

WALNUTS: almonds, ground chia, ground flax seeds, macadamia nuts, hazelnuts, Lily's chocolate chips, 100% dark chocolate

ALMONDS, RAW: walnuts, ground chia, ground flax seeds, macadamia nuts, hazelnuts, Lily's chocolate chips, 100% dark chocolate

COTTAGE CHEESE, 2% FAT: Fat-free cheese (lifetime brand), plain greek yogurt

FAT FREE ORGANIC MILK: Fat free yogurt, lifetime fat-free cheese

FAT-FREE CHEESE (LIFETIME BRAND): cottage cheese, fat-free greek yogurt

GROUND FLAX SEED: ground chia, hemp seeds



OLIVE OIL: coconut oil, organic butter

COCONUT OIL: olive oil, organic butter

ORGANIC BUTTER: olive oil, coconut oil

FD WHEY PROTEIN: Pink salmon, chicken breast, eye of round

CASEIN PROTEIN POWDER: cottage cheese

WHAT IS A **REFEED**?

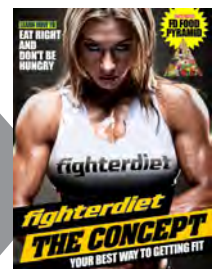
REFEEDS are days when you increase your calorie intake and / or increase the carb portion of your macros, usually once per week or once every two weeks. The more calories you eat on

a daily basis, the better for building muscle and REFEEDS are typically not needed when you eat for maintenance or higher. Refeeds are more a tool for fat loss and needs to be used carefully.

REFEED FREQUENCY: Keep in mind the REFEED frequency will always change.

For anyone that has completed more than one challenge you may need to refeed right away.

For more details regarding refeeds, please invest in the **Fighter Diet Concept ebook!**



REFEED MENU/WOMEN

MEAL 1

80g BOB'S RED MILL ROLLED OATS
 *314 kcal, 12 P, 6g F, 53g C
 100g BLUEBERRIES
 *63.89 kcal, .74g P, .33g F, 14.49g C
 150g BANANA
 *148.1 kcal, 1.64g P, .50g F, 34.26g C
 100g BLACKBERRIES
 *48.41 kcal, 1.39g P, .49g F, 9.61g C
 100g EGG WHITES
 *48.05 kcal, 10.90g P, .17g F, .73g C
TOTAL: 622.45 kcal
 P: 26.67g F: 7.49g C: 112.09g

MEAL 2

380g SWEET POTATO
 *331.43 kcal, 5.97g P, .19g F, 76.46g C
 100g VENISON
 *151.29 kcal, 21.78g P, 7.13g F, 0g C
TOTAL: 482.72 kcal
 P: 27.75g F: 7.32g C: 76.46g

MEAL 3

125g LINGUINE (RAW MEASURE)
 *457.4 kcal, 15.6g P, 2.2g F, 93.8g C
 150g GROUND BEEF (95% LEAN)
 *195.98 kcal, 32.12g P, 7.50g F, 0g C
 240g TOMATO SAUCE
 *68.96 kcal, 2.88g P, .72g F, 12.74g C
 200g ONIONS (RAW MEASURE)
 *85.32 kcal, 2.20g P, .20g F, 18.68g C
TOTAL: 807.66 kcal
 P: 52.80g F: 10.62g C: 125.22g

MEAL 4

60g WHITE BREAD, TOASTED
 *174 kcal, 5.40g P, 2.40g F, 32.70g C
 24g PB2 REDUCED FAT PEANUT BUTTER
 [BRAND BELL PLANTATION]
 *98kcal, 8g P, 2g F, 12g C
 20g JAM
 *55.45 kcal, .07g P, .01g F, 13.77g C
 300g FAT FREE YOGURT WITH FRUIT FLAVOR
 [EXAMPLE BRAND YOPLAIT]
 *152 kcal, 11g P, 0g F, 27g C
TOTAL: 479.45 kcal
 P: 24.47g F: 4.41g C: 85.47g

MEAL 5

40g FD VANILLA WHEY PROTEIN
 *150.61 kcal, 32g P, 1.33g F, 2.66g C
 40g JELLY BEANS
(POST WORKOUT only) on workout day
 *140 kcal, 0P, 0F, 35 C
TOTAL: 290.61 kcal
 P: 32g F: 1.33g C: 37.66g

TOTALS FOR REFEED MENU

TOTAL KCAL: 2,682.89
P: 163.69g F: 31.17g C: 436.90g
 25% Protein, 10% Fats, and 65% Carbs

REFEED MENU/MEN

MEAL 1

160g BOB'S RED MILL ROLLED OATS
 *628 kcal, 24g P, 12g F, 106g C

200g BLUEBERRIES
 *127.78 kcal, 1.48g P, .66g F, 28.98g C

300g BANANA
 *296.07 kcal, 3.27g P, .99g F, 68.52g C

60g RAISINS
 *199.92 kcal, 1.84g P, .28g F, 47.51g C

200g BLACKBERRIES
 *96.82 kcal, 2.78g P, .98g F, 19.22g C

200g EGG WHITES
 *96.1 kcal, 21.80g P, .34g F, 1.46 C

100g WHOLE EGG
 *138.71 kcal, 12.56g P, 9.51g F, .72g C

TOTAL: 1583.40 kcal

P: 67.73g F: 24.76g C: 272.41g

MEAL 2

500g SWEET POTATO
 *436.05 kcal, 7.85g P, .25g F, 100.60g C

300g VENISON
 *453.87kcal, 65.34g P, 21.39g F, 0g C

TOTAL: 889.92 kcal

P: 73.19g F: 21.64g C: 100.60g

MEAL 3

200g LINGUINE (RAW MEASURE)
 *731 kcal, 26g P, 3g F, 150g C

250g GROUND BEEF (95% LEAN)
 *326.50 kcal, 53.52P, 12.50g F, 0g C

250g MUSHROOMS
 *71.13kcal, 7.72g P, .85g F, 8.15g C

300g TOMATO SAUCE
 *86.22kcal, 3.6g P, .90g F, 15.93g C

200g ONIONS (RAW MEASURE)
 *85.32 kcal, 2.20g P, .20g F, 18.68g C

TOTAL: 1300.17 kcal

P: 93.04g F: 17.45g C: 192.76g

MEAL 4

180g WHITE BREAD, TOASTED
 *522 kcal, 16.2g P, 7.2F, 98.1g C

48g PB2 REDUCED FAT PEANUT BUTTER
 (BRAND BELL PLANTATION)
 *196 kcal, 16g P, 4g F, 24g C

40g JAM
 *110.45kcal, .14g P, .02g F, 27.54g C

400g FAT FREE YOGURT WITH FRUIT FLAVOR
 (EXAMPLE BRAND YOPLAIT)
 *196 kcal, 14g P, 0g F, 35g C

TOTAL: 1024.45 kcal

P: 46.34g F: 11.22g C: 184.64g

MEAL 5

40g FD VANILLA WHEY PROTEIN
 *150.61 kcal, 32g P, 1.33g F, 2.66g C

40g GUMMY BEARS
 (POST WORKOUT only) on workout day
 132 kcal, 3g P, 0g F, 30g C

TOTAL: 282.61 kcal

P: 35g F: 1.33g C: 32.66g

TOTALS FOR REFEED MENU

TOTAL KCAL: 5,080.55
P: 315.33g F: 76.40g C: 783.07g
 25% Protein, 13% Fats, and 62% Carbs

REFEED FOOD SWAP LIST

ROLLED OATS: Oat bran, wheat bran, quinoa, sweet potato, rye flakes, quinoa flakes, lentils, butternut squash, beans, more vegetables

BLUEBERRIES: other berries, fruit (if you only have one, only use one and increase calories)

BANANA: other berries, fruit (if you only have one, only use one and increase calories)

BLACKBERRIES: other berries, fruit (if you only have one, only use one and increase calories)

RAISINS: other berries, fruit (if you only have one, only use one and increase calories)

WHOLE EGG: eye of round, roast beef, red salmon, eel

EGG WHITE: cod, atlantic pollock, chicken breast, halibut

VENISON: top round, ground bison, ground beef, turkey breast, chicken breast, egg whites, white fish

GROUND BEEF: ground bison, ground venison, turkey breast, chicken breast, roast beef, egg whites, white fish

SWEET POTATO: potato [white], butternut squash, lentils, beans



GREEN PEAS: asparagus, mushrooms, eggplant, tomatoes, broccoli, spinach, swiss chard, lettuce, zucchini, bell peppers

MUSHROOMS: eggplant, tomatoes, zucchini, cabbage, broccoli, spinach, swiss chard, lettuce, bell peppers

ONION: eggplant, tomatoes, zucchini, cabbage, broccoli, spinach, swiss chard, cauliflower, lettuce, bell peppers, mushrooms

WHITE BREAD: Oat bran, wheat bran, quinoa, sweet potato, rye flakes, quinoa flakes, lentils, butternut squash, beans, more vegetables

LINGUINE: white potato, rice, quinoa, lentils, beans

PB2: cottage cheese, almonds, or other nuts

JAM: other berries, fruit (if you only have one, only use one and increase calories)

CHEERIOS: sorbet, jelly beans, low fat cereal, bread, fat free crackers

FAT FREE YOGURT: sorbet, frozen fat free yogurt, fat-free rice milk, fruit

GUMMY BEARS: sorbet, jelly beans, low fat cereal, bread, fat free crackers

TIP!!!

*If you get sick and need to modify your diet, please do not go on the 'crackers and gentle food protocol' but consult me and moderators in the group for best approach.

WEIGHT TRAINING ROUTINES

EXPLANATION OF TERMS

- '1 X 15 REPS' = 1 set with 15 reps.
- 'SUPER SET WITH' = Two exercises back to back without rest.
- 'TRIPLE SET' = Three exercises done back to back without rest.
- 'DROP SET' = Completing one set with a heavy weight, then directly, and without pausing, completing one more set of the same exercise with a lighter weight.
- BILATERAL:** Both arms or legs executing reps simultaneously.
- UNILATERAL:** One arm or leg at a time executing reps.

HOW TO WARM-UP

Do NOT skip warming up. You need to prep your tendons, ligaments and muscles for the heavy sets. Since your sets will be short in nature, the load will be very close to your maximum weights, which means the demand you put on your body is extremely high. The heavier the weights, the 'more dangerous' they become. Lose focus one critical moment and you might end up with an injury. Make sure you have your safety zone where no idiots hover around too close so that you risk injuring them or yourself during an intense set. Basic warm-up is the first one out. The purpose is to increase your body temperature. You can do five to ten minutes of cardio, jump rope or some gymnastic moves like jumping jacks, bear crawls etc.

PREHAB WARM-UP

I like to do a shoulder primer before shoulder and back workouts: 3 sets of 15 reps with one rotator cuff exercise and 3 sets of 15 of Butterflies.

For leg workouts, I do hip-oriented warm-up sets with lying down hip raises, duck butts, butt planks or seated hip abductions. I choose two exercises and execute 3 sets of 15.

SPECIFIC WARM-UP

This is done with **the first** exercise of your workout. You start out with a light weight which is not taxing at all. Do about 20 reps. Its only purpose is to get into the groove of the range of motion of the exercise. For the second warm-up set, increase the weights, but keep it still fairly light.

Example: you're using the 50 lbs dumbbells on your work sets, then the second warm-up set might be 25 lbs dumbbells. Do only 3-4 reps. Repeat the scenario with a heavier weight, this time with 35 lbs. Do only 2 reps. Next warmup set is close to your work set (in the example above, use 45 lb dumbbells and only do 1 rep). Now you're ready for your first work set! Time to use the 50's and remember, this is an "all-or-nothing" set here. You want to make your best efforts!

HERE'S THE RUNDOWN AGAIN:

- 1st set:** 50% of your work weight, do 10-15 reps ▶ (25 lbs when using 50 lbs as work set)
- 2nd set:** 75% of your work weight, do 2 reps ▶ (35 lbs when using 50 lbs as work set)
- 4th set:** 90% of your work weight, do 1 rep ▶ (45 lbs when using 50 lbs as work set)

WORKOUT WEEK 1-4

WORKOUT SPLIT WEEK 1-4

- DAY 1: **LEGS**
- DAY 2: **CHEST, TRICEPS**
- DAY 3: **REST**
- DAY 4: **BACK, BICEPS**
- DAY 5: **CARDIO**
- DAY 6: **SHOULDERS, ABS**
- DAY 7: **REST**



DAY 1: LEGS

EXERCISE	SETS	REPS
Bilateral Glute Thrust	2	20
Bulgarian Split Squats	3	10
Barbell Squat	3	10
Glute Ham Raise	3	10-15
Romanian Deadlifts	3	10
Standing Unilateral Calf Raises	5	15-20

REST TIME:
 1 min between all sets except unilateral moves where you do back to back, then rest 1 minute.

DAY 2: CHEST, TRICEPS

EXERCISE	SETS	REPS
Horizontal External Rotations	2	20
Push ups (chest to ground!)	3	Max reps
Incline Bench Press	3	6
Flat Bench press	3	10
Incline dumbbell Press	3	10
Dips (use added weight to fail at 10 reps)	3	10
Incline Triceps Bar extension	3	10
Unilateral Triceps Dumbbell Extension	3	10

◀ 15 sec rest only

REST TIME:
 1 min between all sets except unilateral moves where you do back to back, then rest 1 minute.

DAY 3: REST

Stretching Time



DAY 4: BACK, BICEPS

EXERCISE	SETS	REPS
Pull-Ups	3	Max
Unilateral Dumbbell Row	3	10
V-Grip Pull-Down	3	10
Seated Straight Bar Cable Rows	3	10
Chin-Ups	3	Max
Incline Alternating Dumbbell Curls	3	10
Reverse Grip Barbell Curls	3	10
Standing Alternating Hammer Curls	3	10

REST TIME:
 1 min between all sets except unilateral moves where you do back to back, then rest 1 minute.

CONTINUE TO NEXT PAGE ----->>>

WORKOUT WEEK 1-4

DAY 5: CARDIO

DAY 6: SHOULDERS, ABS

EXERCISE	SETS	REPS
Butterfly	3	15
Horizontal External Rotations	3	20
Standing Barbell Push Press	3	6-10
Seated Dumbbell Press	3	10
Bent Over Rear Dumbbell Raise	4	10
Seated Lateral Dumbbell Raises	3	15
Hanging Leg Raises	3	Max reps
Superman	3	20
Decline Situps <small>(add weight as needed to reach failure)</small>	3	10-15
Russian Twist <small>(add weight as needed to reach failure)</small>	3	20



REST TIME:

1 min between all sets except unilateral moves where you do back to back, then rest 1 minute.

DAY 7: REST



WORKOUT WEEK 5-8

WORKOUT SPLIT WEEK 5-8

- DAY 1: **LEGS WORKOUT 1**
- DAY 2: **CHEST, SHOULDERS**
- DAY 3: **BACK, ABS**
- DAY 4: **REST**
- DAY 5: **LEGS WORKOUT 2**
- DAY 6: **ARMS, ABS**
- DAY 7: **REST**



DAY 1: LEGS WORKOUT 1

EXERCISE	SETS	REPS
Back Squats	10	10
Romanian Deadlifts	10	10
Unilateral Calf Raises	5	10

REST TIME:
 1 min between all sets except unilateral moves where you do back to back, then rest 1 minute.

DAY 2: CHEST, SHOULDERS

EXERCISE	SETS	REPS
Flat Bench Press	5	10
Incline Dumbbell Press	5	10
Flat Bench Dumbbell Flies	3	10
Standing Dumbbell Shoulder Press	3	10
SUPER SET WITH Seated Lateral Dumbbell Raises	3	10
Bent Over Real Delt Dumbbell Raises	3	10
SUPER SET WITH Seated Barbell Press	3	10
Horizontal External Shoulder Rotations	3	20

REST TIME:
 1 min between all sets except unilateral moves where you do back to back, then rest 1 minute.

DAY 3: BACK, ABS

EXERCISE	SETS	REPS
Barbell Rows	5	10
Wide Grip Lat Pull-Down	5	10
Unilateral Dumbbell Row	5	10
Pull-Ups	5	Max Reps
Weighted Decline Crunches	3	15
Hanging Side Leg Raises	3	15
Roman Chair Leg Raises	3	20
Ab Roller	3	20

REST TIME:
 1 min between all sets except unilateral moves where you do back to back, then rest 1 minute. For abs, rest 30 seconds only.

DAY 4: REST

CONTINUE TO NEXT PAGE ----->>>

WORKOUT WEEK 5-8

DAY 5: LEGS WORKOUT 2

EXERCISE	SETS	REPS
Bilateral Glute Thrust	3	10-15
Front Barbell Squats	3	10
Stationary Barbell Lunges	3	10
Bilateral Leg Curls	3	10
Glute Ham Raise	3	20

REST TIME:

1 min between all sets except unilateral moves where you do back to back, then rest 1 minute.

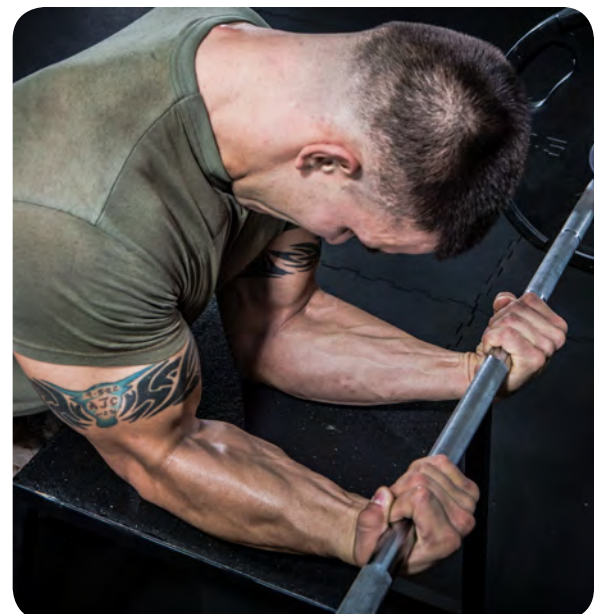


DAY 6: ARMS, ABS

EXERCISE	SETS	REPS
Barbell Curls	3	10
SUPER SET WITH Close Grip Bench Press	3	10
Standing Dumbbell Curls	3	10
SUPER SET WITH Flat Bench Triceps Barbell Extensions	3	10
Incline Hammer Dumbbell Curls	3	10
Push-Downs	3	10-15
SUPER SET WITH Dips	3	Max Reps
Decline Situps with Twist	3	15
Decline Situps (add weight)	3	15-20
Incline Reverse Crunch (add weight)	3	20
Wrist Extensions	3	20
Wrist Flexions	3	20

REST TIME:

1 min between all sets except unilateral moves where you do back to back, then rest 1 minute.



DAY 7: REST

WORKOUT WEEK 9

DELOAD WEEK

WORKOUT SPLIT WEEK 9

DAY 1: **REST**
 DAY 2: **REST**
 DAY 3: **FULL BODY
WORKOUT**
 DAY 4: **REST**
 DAY 5: **CARDIO**
 DAY 6: **FULL BODY
WORKOUT**
 DAY 7: **REST**



DAY 1: **REST**

DAY 2: **REST**

DAY 3: FULL BODY WORKOUT

EXERCISE	SETS	REPS
Burpees (in as short time as possible)		100
Overhead Barbell Squat (light load)	5	20
Jump Squat (rest 30 sec)	5	20
Jump Lunges	5	20
Pushups (in as short time as possible)		100
Unilateral Glute Thrust	3	20
Situps (in as short time as possible)		100
Hanging Leg Raises (in as short time as possible)		100

DAY 4: **REST**

DAY 5: **CARDIO**

DAY 6: FULL BODY WORKOUT

EXERCISE	SETS	REPS
Burpees (in as short time as possible)		100
Overhead Barbell Squat (light load)	5	20
Jump Squat (rest 30 sec)	5	20
Jump Lunges	5	20
Pushups (in as short time as possible)		100
Unilateral Glute Thrust	3	20
Situps (in as short time as possible)		100
Hanging Leg Raises (in as short time as possible)		100

DAY 7: **REST**



WORKOUT WEEK 10-12

WORKOUT SPLIT WEEK 1-4

DAY 1: LEGS WORKOUT 1

DAY 2: SHOULDERS, ABS

DAY 3: CARDIO

DAY 4: BACK, BICEPS

DAY 5: LEGS WORKOUT 2

DAY 6: CHEST, TRICEPS

DAY 7: REST

DAY 1: LEGS WORKOUT 1

EXERCISE	SETS	REPS
Conventional Deadlifts	10	10
Good Mornings	10	10
Unilateral Leg Curls	3	10
Flat Back Hyper Extensions	3	10-12
Bilateral Calf Raises	3	20
Unilateral Negative Reps Calf Raises	3	10

REST TIME:

1 min between all sets except unilateral moves where you do back to back, then rest 1 minute. For abs, rest 30 seconds only.



DAY 2: SHOULDERS, ABS

EXERCISE	SETS	REPS
Horizontal Dumbbell Shoulder Rotations	3	20
Standing Barbell Press	3	10
Seated Lateral Dumbbell Raise	3	15
SUPER SET WITH Seated Dumbbell Press	3	8-10
Bent Over Rear Dumbbell Raise	5	10
Butterfly	3	20
Ab Wheel SUPER SET WITH	3	20
Hanging Leg raises	3	20
Weighted Crunch (cable, plates or machine)	3	10-15

REST TIME:

1 min between all sets except unilateral moves where you do back to back, then rest 1 minute. For abs, rest 30 seconds only.

DAY 3: CARDIO



CONTINUE TO NEXT PAGE ---->>>

WORKOUT WEEK 10-12

DAY 4: BACK, BICEPS

EXERCISE	SETS	REPS
Bilateral Dumbbell Rows (neutral grip)	3	10
Unilateral Pull-Down	3	10
Pull-Ups	3	10
Seated V-grip Cable Row	3	10
Reverse Grip Barbell Rows	3	10
Standing Dumbbell Curls	3	10
Standing Hammer Curls	3	10
Reverse Grip Barbell Curls	3	15

REST TIME:

1 min between all sets except unilateral moves where you do back to back, then rest 1 minute.



REST TIME:

1 min between all sets except unilateral moves where you do back to back, then rest 1 minute. For abs, rest 30 seconds only.

DAY 5: LEGS WORKOUT 2

EXERCISE	SETS	REPS
Hack Lift or Front Barbell Squats	10	10
Leg Extensions or Sissy Squats (avoid if knee problems)	3	15
Unilateral Romanian Deadlift	5	10
Glute Ham Raise	3	10
Unilateral Leg Press	3	10

DAY 6: CHEST, TRICEPS

EXERCISE	SETS	REPS
Incline Dumbbell Press	3	10
SUPER SET WITH Decline Push-Ups	3	Max Reps
Flat Dumbbell Press	3	10
SUPER SET WITH Push-Ups (Chest to ground)	3	Max Reps
Incline Barbell Press	3	10
Incline Dumbbell Flies	3	10-15
Incline Triceps Barbell Extensions	3	10
SUPER SET WITH Close Grip Decline Push-Ups	3	Max Reps
Unilateral Overhead Triceps Dumbbell Extension	3	10
SUPER SET WITH Unilateral Triceps Dumbbell Kickback	3	10-15

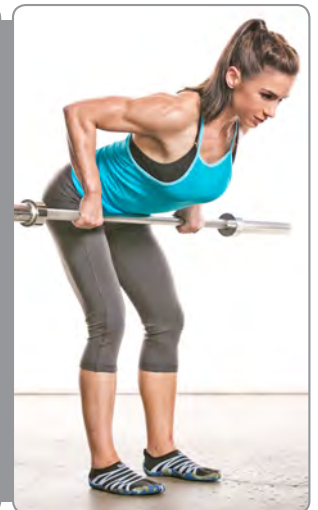
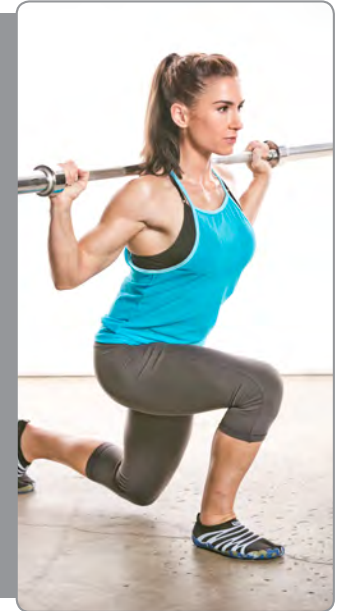


REST TIME:

1 min between all sets except unilateral moves where you do back to back, then rest 1 minute.

DAY 7: REST

THE EXERCISES

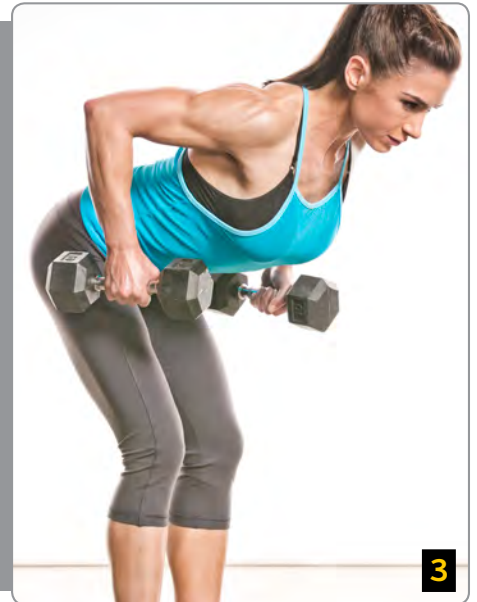
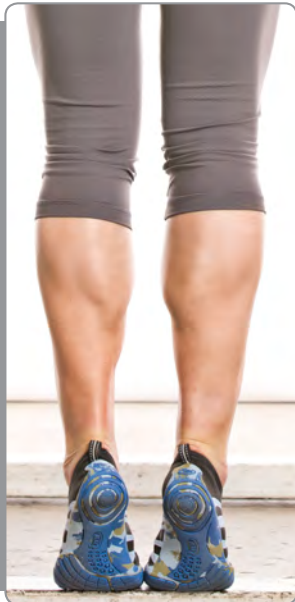


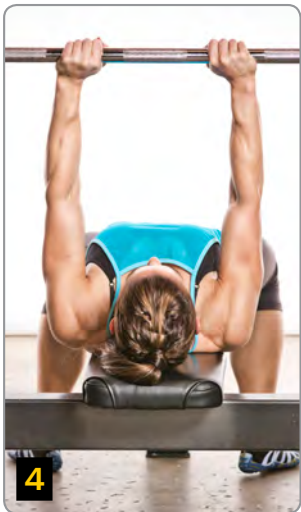
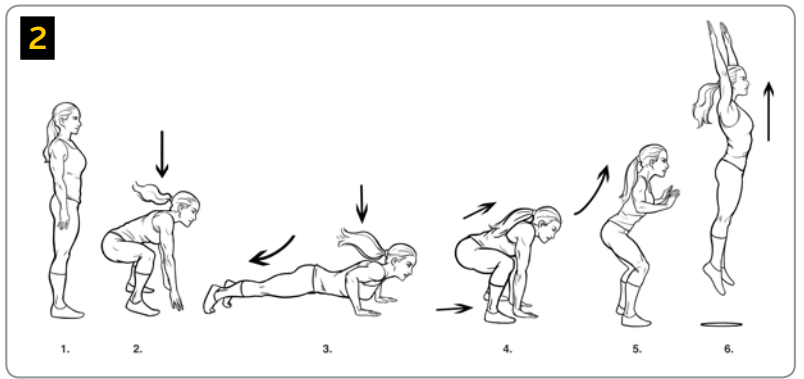
- EXERCISE LEGEND**
- 1** Ab Wheel
 - 2** Barbell Curl
 - 3** Barbell Lunge
 - 4** Barbell Row
 - 5** Barbell Squat





- EXERCISE LEGEND**
- 1** Bent Over Rear Dumbbell Raise
 - 2** Bilateral Calf Raise
 - 3** Bilateral Dumbbell Row (Neutral Grip)
 - 4** Bilateral Glute Thrust
 - 5** Bilateral Leg Curl





EXERCISE LEGEND

- 1** Bulgarian Split Squat
- 2** Burpees
- 3** Chin-Ups
- 4** Close Grip Bench Press
- 5** Close Grip Decline Push-Up [not shown]
- 6** Conventional Deadlift

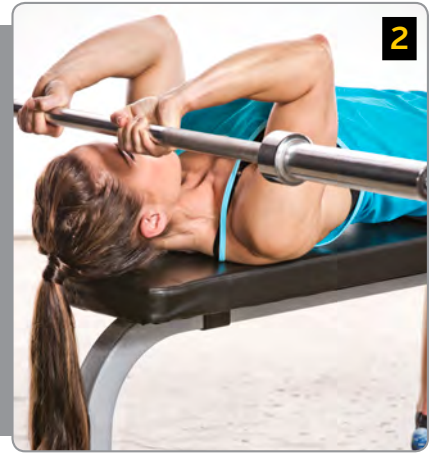




EXERCISE LEGEND

- 1 Decline Push-Ups (not shown)
- 2 Decline Situps (add weight) (not shown)
- 3 Decline Situp with twist (not shown)
- 4 Dips
- 5 Dumbbell Butterfly
- 6 Flat Back Hyper Extensions (not shown)
- 7 Flat Bench Ab Superman
- 8 Flat Bench Dumbbell Flies





EXERCISE LEGEND

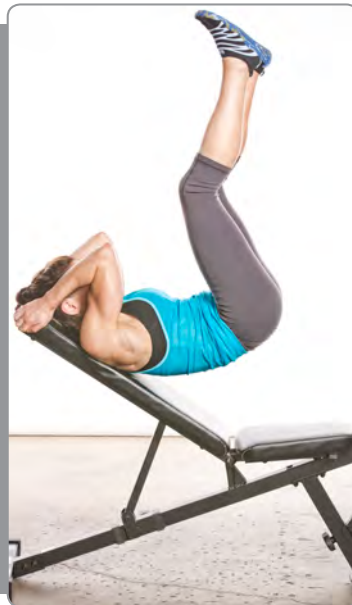
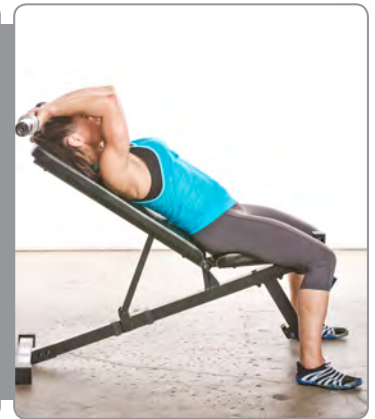
- 1** Flat Bench Press
- 2** Flat Bench Barbell Triceps Extension
- 3** Flat Bench Dumbbell Press
- 4** Front Barbell Squats [not shown]
- 5** Glute Ham Raise [not shown]



EXERCISE LEGEND

- 1** Good Mornings
- 2** Hack Lift (not shown)
- 3** Horizontal External Shoulder Rotations
- 4** Incline Alternating Dumbbell Curls (not shown)
- 5** Incline Bench Press
- 6** Incline Dumbbell Flies





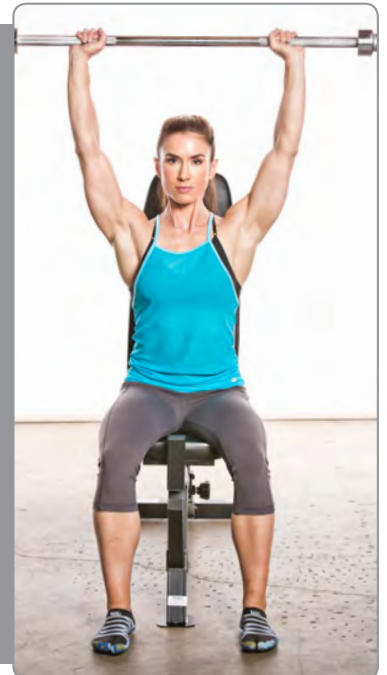
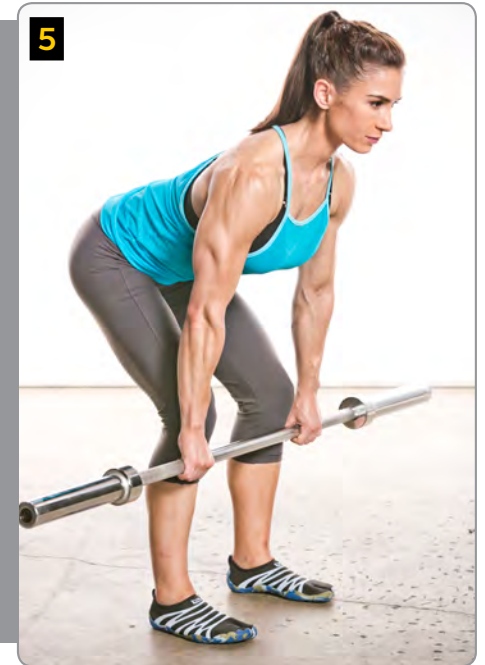
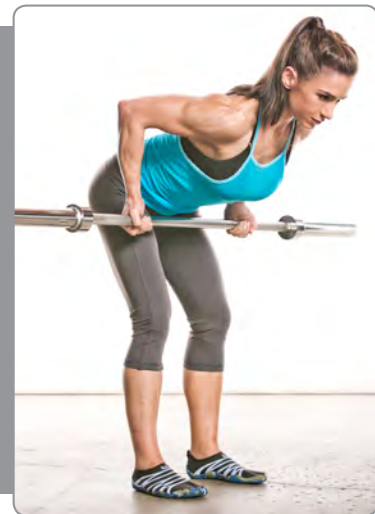
EXERCISE LEGEND

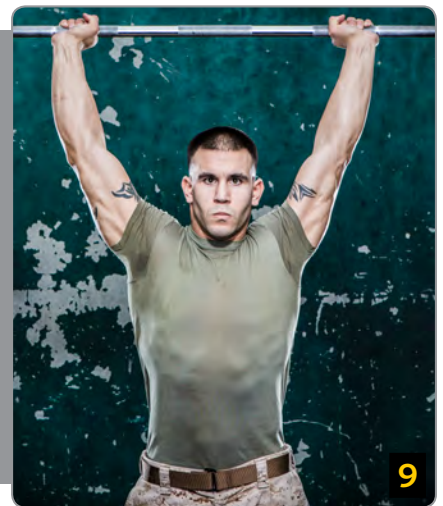
- 1** Incline Dumbbell Press
- 2** Incline Hammer Dumbbell Curls (not shown)
- 3** Incline Reverse Crunch (add weight)
- 4** Incline Triceps Bar Extension
- 5** Jump Lunges (not shown)
- 6** Jump Squat (not shown)
- 7** Leg Extensions (not shown)
- 8** Overhead Barbell Squat (not shown)
- 9** Pull-Ups
- 10** Push-Ups (chest to ground)



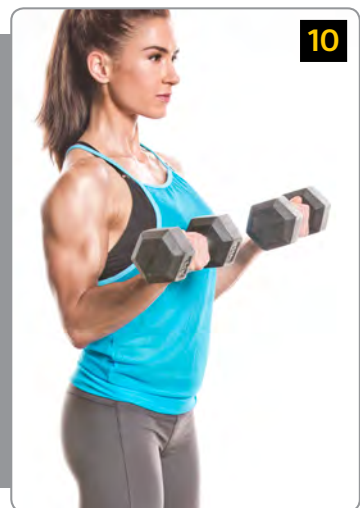
EXERCISE LEGEND

- 1 Push-Downs (not shown)
- 2 Reverse Grip Barbell Curls
- 3 Reverse Grip Barbell Rows
- 4 Roman Chair Leg Raises (not shown)
- 5 Romanian Deadlifts
- 6 Russian Twist
- 7 Seated Barbell Press





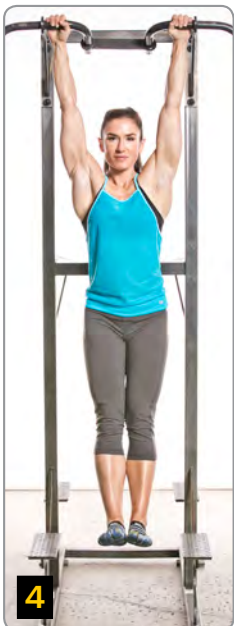
- EXERCISE LEGEND**
- 1** Seated Dumbbell Press
 - 2** Seated Lateral Dumbbell Raises (not shown)
 - 3** Seated Straight Bar Cable Rows (not shown)
 - 4** Seated V-Grip Cable Row (not shown)
 - 5** Side Hanging Leg Raises
 - 6** Sissy Squat (not shown)
 - 7** Situps
 - 8** Standing Alternating Hammer Curls
 - 9** Standing Barbell Press
 - 10** Standing Dumbbell Curls

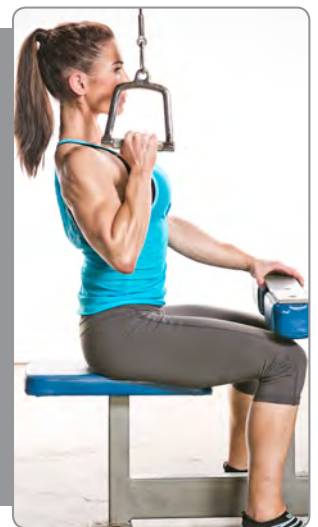




EXERCISE LEGEND

- 1** Standing Dumbbell Shoulder Press
- 2** Standing Hammer Curls
- 3** Standing Barbell Push Press (not shown)
- 4** Straight Leg Hanging Leg Raise
- 5** Unilateral Calf Raise



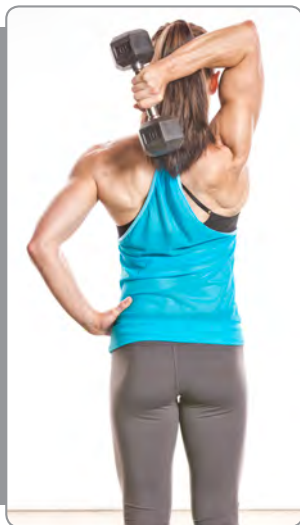


EXERCISE LEGEND

- 1** Unilateral Dumbbell Row
- 2** Unilateral Leg Curls
- 3** Unilateral Leg Press
- 4** Unilateral Pull-Down
- 5** Unilateral Romanian Deadlift



- EXERCISE LEGEND**
- 1** Unilateral Triceps Dumbbell Kickback
 - 2** Unilateral Triceps Dumbbell Extension
 - 3** V-Grip Pulldown
 - 4** Weighted Crunch (not shown)
 - 5** Weighted Decline Crunch (not shown)
 - 6** Wide Grip Lat Pulldown
 - 7** Wrist Flexion



FAQ

Do I follow the same warm-up routine for all exercises?

No. But it can be good to do one or three reps with a lighter weight for each set as needed to get into the groove.

How long should I rest between sets?

For warm-up sets, you can go pretty quickly from one set to another for the first 3 warm-up sets. After that, follow instructions for each workout. During the rest time, visualize what you're about to do. Between all work sets, rest 2 minutes.

What is the goal for each set?

The goal is to reach the intended repetitions for all sets. If you can only make it on one set but close on the second, keep the weight and work to accomplish all reps. If you can only make it for the first set but struggle too much for the remaining sets, decrease the weight accordingly. The goal is always to lift more weight for more reps.

Why are some exercises done with more reps?

All exercises do not work well with low weights. Some require a little more time under tension. From my personal experience, I have gathered information that I want to share and that's why some sets are not following the norm.

How long to follow each program?

4 weeks except for the deload week of one week.

How to cycle the workout programs?

Follow the workouts as outlined.

What about cardio?

Cardio should be done separate from these workouts, either on alternate days or at a separate session (morning or evening, depending on when you lift during the day).

What about stretching?

You can stretch between sets but don't do long static stretches of the muscle group you're working since it may decrease strength. It can be beneficial to stretch the antagonist though! For instance, stretch pecs when working lats. No warmup sets are listed in the workouts outlined. Make sure you remember to do it as explained above!



CARDIO WORKOUTS

REGARDING CARDIO: for you who have lots of body fat to lose, doing double workouts is most likely necessary when diet alone isn't providing further increase in fat loss. It's best to do cardio on a different time from weight training. Minimum time between sessions: 5 hours.

If you can't do two sessions, do the workouts back to back, preferably cardio first. This will most likely decrease your strength levels on the following workout. If you do cardio after your weight workout you can decrease the muscle building process, however how much it really matters practically speaking is up to debate. Trial and error!



THE EXTREME CARDIO FROM HELL PROTOCOL

This is where you are **dead serious** about getting ripped and shaped in record time. This protocol will be very strenuous. It's effective though provided you don't get so tired you can't resist food temptations! **THIS IS NOT A CHILD'S PLAY. THIS WILL KICK YOUR BUTT.** Big fat warning triangle on this protocol:

WHEN TO DO THE CARDIO FROM HELL SESSIONS?

BEST SPLIT is to separate it from weight training. You're primed to burn fat when you supplement with FD BURN, before you've eaten carbs, example: the morning. However, studies have not proven this protocol is more beneficial than eating before cardio!

SECOND BEST is BEFORE your weight training.

THIRD BEST is ANYWHERE YOU CAN FIT IT IN.

WEEK 1-2

6 [days] x 60 min @ 70% MHR

WEEK 3-4

6 [days] x 60 min @ 75% MHR

WEEK 5-6

2 [days] x 20 min @ 80%, 4 x 90 min @ 65% MHR

WEEK 7-8

2 [days] x 10 min @ 85%, 4 x 75 min @ 70% MHR

WEEK 9-10

1 [day] x Intervals: 5 min warm-up to start

1 min all out intensity followed by 2 min recovery. Repeat 5 times. 5 min Cool down

5 [days] x 90 min @ 65% MHR

WEEK 11-12

2 [days] x Intervals: 5 min warm-up to start

1 min all out intensity followed by 2 min recovery. Repeat 6 times. 5 min Cool down

5 [days] x 90 min @ 70% MHR

EQUIPMENT AND STYLES FOR YOUR CARDIO WORKOUTS

LOW IMPACT:

Elliptical machine, stationary bike, uphill walking, and running (on incline or hills), etc.

MEDIUM IMPACT:

Stair master/ Step mill (walk and run), jump rope, bleacher stairs, hard sand sprints, grass sprints, running track, row machine, etc.

HIGH IMPACT:

Sprints on hard surface, running on flat treadmill, kick boxing, sparring, etc.

The full workout program cardio and weights will be different for everyone depending on when you do the workouts, how many depending on your program and how you fit it in.

DO NOT WORRY ABOUT not doing cardio before or after weight training. It's **MINOR** details. **JUST FIT THE STUFF IN!**

SAMPLE WORKOUT SCHEDULE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEKS 1-4	LEGS	CHEST & TRICEPS	REST/ STRETCH	BACK & BICEPS	CARDIO	SHOULDERS & ABS	REST/ STRETCH
WEEKS 5-8	LEG WORKOUT 1	CHEST & SHOULDERS	BACK & ABS	REST/ STRETCH	LEG WORKOUT 2	ARMS & ABS	REST/ STRETCH
WEEK 9	REST	REST	FULL BODY	REST	CARDIO	FULL BODY	REST
WEEKS 10-12	LEG WORKOUT 1	SHOULDERS & ABS	CARDIO	BACK & BICEPS	LEG WORKOUT 2	CHEST & TRICEPS	REST

SUPPLEMENTS ALWAYS double check with your medical doctor about supplementation. Info here is a suggestion only and is not a personalized program.

FIGHTERDIET SUPPLEMENTS:

FD Whey, FD greens, FD Burn, FD Pump, FD Beta Alanine, FD BCAA, and FD Creatine

HOW TO USE FD WHEY: Use as suggested on the menu. Weigh the powder since one scoop is 24 grams [less than an oz] and here you use 30 grams total [1 oz]

HOW TO USE FD BURN: Take according to label. Over time you'll feel less of a 'buzz' which is due to your brain being familiar with the stimulants. It does not mean it's not promoting fat burning. Do NOT increase

the dosage over max to get the buzz. Do NOT combine with regular coffee or other caffeinated drinks. Use decaf coffee for taste like I do if you like.

HOW TO USE FD PUMP: Take according to label. You can combine with FD BURN but it can be very strong. **SEEK MEDICAL APPROVAL.** More is NOT better.

HOW TO USE FD BCAAs: Take 8 capsules with 8oz of water. Additional servings may be taken after training throughout the day.

HOW TO USE FD BETA-ALANINE: Take up to four [4] capsules 20-30 minutes before workout.

HOW TO USE FD GREENS: 1 scoop with meal. Do not use with pre workout or post workout shake. [Note: The reason you should not pair your Greens supplement with your pre/post is because Vitamin A, D and K are fat soluble and for the most benefits needs to be consumed with fat.]

HOW TO USE FD CREATINE: Mix 1 scoop with 8oz of water or beverage of your choice



IMSOALPHA SUPPLEMENTS:

SUPERFOODS: Made from organic superfoods, raw juice extracts, essential nutrients, whole fruit and vegetable concentrates, and all natural alkalizing fruits and veggies. Benefits may include:

- Promotes Cardiovascular and Joint Health**
- Demonstrates Anti-Inflammatory Activity
- May Increase Energy**
- Supports Digestion
- Supports Skeletal, Muscular and Skin Health**
- Helps Support Healthy Cholesterol Levels**

ALPHA HEAT: Powerful energy formula that puts your workout into overdrive and primes your body to burn off stubborn body fat. May provide the following benefits: Burn fat, Elevate mood, promote focus, and positive energy. Take 2 capsules daily. Do not exceed 3 capsules in a 24 hour period.

OMEGA-3: Omega-3 fatty acids are essential for healthy growth and development of muscles. Take as directed on the menus.

ADDITIONAL SUPPLEMENTS TO CONSIDER:

*calcium hydroxyapatite or calcium citrate 500 mg taken 2-3 times a day (unless you eat a lot of dairy daily).

*vitamin D3 1000-2500 IU per day. Take with meal.

*omega-3 5 grams [5 capsules] daily taken with greens and a meal.

*NAC 3 x 500 mg per day (optional but very good for your whole body).

*kelp 1-2 capsules per day with food.

*creatine monohydrate 2.5 grams per day with your whey protein shake pre workout or with a carb rich meal (your biggest carb containing meal).



CLICK HERE TO BUY NOW

FD WHEY Protein

This product comes from grass fed, hormone free cows according to strict EU Standards. Great tasting and mixes easily!

- Non-GMO
- Low-fat
- Naturally sweetened
- No artificial flavors or colors
- No preservatives



CLICK HERE TO BUY NOW

Fighter Diet Greens

is the most complete greens supplement there is. With over 70 different fruits, vegetables, and vitamin superfoods, there simply isn't anything more you can want! Our quality greens powder can help with digestion, detoxifying the body, as well as being anti-inflammatory by nature and packed full of probiotics, equivalent of 10 servings of vegetables!



CLICK HERE TO BUY NOW

FDXtreme PUMP

is designed to fuel your performance and motivate you for productive workouts. Fighter Diet's FDXtreme PUMP blend of ingredients is perfect for anyone wanting to exercise longer with less muscle fatigue.



CLICK HERE TO BUY NOW

FDXtreme BURN

is vital for those seeking to build muscle while staying lean. With BURN, your body experiences increased metabolism and a higher rate of fatty acid mobilization. Green tea extracts provides the perfect environment for fat burning. Fighter Diet's FDXtreme BURN alerts your mind before any strenuous exercise so that you can concentrate your efforts.



CLICK HERE TO BUY NOW

FD BCAAs

- Triggers protein synthesis
- Stimulates growth and repair
- Reduces muscle breakdown and fatigue



CLICK HERE TO BUY NOW

FD BETA-ALANINE

Elevated muscle carnosine levels lead to:

- Extended Endurance*
- Quicker Muscle Recovery*
- Greater Muscle Strength*
- Increased Peak Performance Capabily*



CLICK HERE TO BUY NOW

FD CREATINE

has been shown to:

- Increase PowerR (increased sets/reps)
- Increase Muscle Strength
- Increase Lean Muscle Mass
- Increase Energy for Muscles
- Decrease Recovery Times

BONUS OPTIONAL SUPPLEMENT LIST

This is a list of supplements I like. All optional:

- Heliocare
- L-tyrosine
- Quercetin
- R-ala
- Natural E complex with gamma tocopherols and tocotrienols
- Magnesium Glycinate
- Vitamin C with bioflavonoids
- Bio-Sil
- GLC Glucosamine complex

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