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| **LOW CARBS MEAL** |
| **MEAL #** | **FOOD** | **SUPPLEMENT** |
| **MEAL 1** | **1/2 cup of Oatmeal, 4eggs whites** | **1 tbsp. UDO’S “OMEGA’S 3 -6-9”** |
| **MEAL 2** | **4oz bison lean 4%, 3oz sweet potato, 1cup veggies** |  |
| **MEAL 3** | **4oz chicken, 1cup veggies** | **1 tsp. UDO’S “OMEGA’S 3 -6-9”** |
| **MEAL 4** | **7oz white fish, 1/4 an avocado, small salad, 2 tbsp. apple cider, 1 tbsp. safflower oil** |  |
| **MEAL 5** | **4oz chicken, 1cup veggies** | **1 tsp. UDO’S “OMEGA’S 3 -6-9”** |
| **MEAL 6** | **4oz turkey lean, 1cup veggies, 10 raw almonds** |  |
| **MEAL 7** | **5 egg whites, 2 cups of spinach** | **1 tsp. UDO’S “OMEGA’S 3 -6-9”** |
|  |
| **SPECIAL NOTES:** | **Sodium 200mg sea salt added to each meal.** | **Lots of water 5-6 liters a day. 12oz’s of water after each meal.** | **Enzymes before meals** |

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| **WORKOUT SUPPLEMENTS** |
| **PRE WORKOUT** | **Karbolyn/Glycoject ½ scoop** | **K-Otic 1 heaping scoop** | **Kre Alkalyn 2 scoops** | **Inositol ¼ tsp** |
|  | **Beta Alanine 1 scoop** | **Taurine ¼ tsp** | **GABA 1 gram** | **Beta Alkalyn** **1 scoop** |
| **EVP 1 scoop** |  |  |  |
| **POST WORKOUT** | **BCAA 1 heaping tsp** | **Glutamine 1 rounded tsp** |  |  |
| **IMPORTANT ON CARDIO DAYS** | **Pre cardio L-Carnitine****1 tbsp** | **Post cardio is Post Workout Supplements** |  |  |

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| **DAILY/NIGHTLY SUPPLEMENTS** |
| **DAILY SUPPLEMENTS** | **DHEA 5mg** | **VitC 1000grams 4xdaily *WITH* meals** | **“ALIVE” Multi Vitamin Veggie Cap** | **B-Complex AM-PM** |
|  |  |  |  |  |
| **NIGHTLY SUPPLEMENTS** | **ZMA 2 caps** | **GABA 1 gram** | **Glutamine 1 rounded tsp** | **BCAA 1 heaping tsp** |

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| **HIGH CARBS MEAL** |
| **MEAL #** | **FOOD** | **SUPPLEMENT** |
| **MEAL 1** | **1/4 cup cream of rice, 4eggs whites** | **1 tbsp. UDO’S “OMEGA’S 3 -6-9”** |
| **MEAL 2** | **4oz chicken, 5oz white potato, 1 cup veggies** |  |
| **MEAL 3** | **4oz chicken, 5oz sweet potato** |  |
| **MEAL 4** | **4oz chicken, 1 cup spinach 3oz white rice** |  |
| **MEAL 5** | **3oz turkey, 3oz sweet potato** |  |
| **MEAL 6** | **7oz white fish any type, 1 cup broccoli** |  |
| **MEAL 7** | **4 egg whites** | **1 tsp. UDO’S “OMEGA’S 3 -6-9”** |
|  |
| **SPECIAL NOTES:** | **Sodium 200mg sea salt added to each meal.** | **Lots of water 5-6 liters a day. 12oz’s of water after each meal.** | **Enzymes before meals** |

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| **WORKOUT SUPPLEMENTS** |
| **PRE WORKOUT** | **Karbolyn/Glycoject 1 scoop** | **K-Otic 1 heaping scoop** | **Kre Alkalyn 2 scoops** | **Inositol ¼ tsp** |
|  | **Beta Alanine 1 scoop** | **Taurine ¼ tsp** | **GABA 1 gram** | **Beta Alkalyn** **1 scoop** |
| **EVP 1 scoop** |  |  |  |
| **POST WORKOUT** | **BCAA 1 heaping tsp** | **Glutamine 1 rounded tsp** | **Karbolyn/Glycoject 1/4 scoop** |  |
| **IMPORTANT ON CARDIO DAYS** | **Pre cardio L-Carnitine****1 tbsp** | **Post cardio is Post Workout Supplements** |  |  |

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| **DAILY/NIGHTLY SUPPLEMENTS** |
| **DAILY SUPPLEMENTS** | **DHEA 5mg** | **VitC 1000grams 4xdaily *WITH* meals** | **“ALIVE” Multi Vitamin Veggie Cap** | **B-Complex AM-PM** |
|  |  |  |  |  |
| **NIGHTLY SUPPLEMENTS** | **ZMA 2 caps** | **GABA 1 gram** | **Glutamine 1 rounded tsp** | **BCAA 1 heaping tsp** |

**Quads/Hams, Adductors/Abductors**

**VERSION 1**

**Quads:**

* **Isolated leg extension** “one leg at a time “ **15-15-12-12** “squeeze and pause”
* **Smith squat regular** “behind” **15-15-15**
* **Leg press** “feet position shoulder width, not to high “heavy” 3 sets one leg isolation **20-20-15** and one set two leg “heavy “ **20** reps” remove 30% and do a super set drop set **20** reps.
* **Hack squats** foot position keep knees close together, **20-20-15** **SUPERSET** with walking lunges 50 yards holding dumbbells or holding a bar on your shoulders.

**Hams:**

* **Seated leg curls** **15-15-15-12**
* **Stiff leg dead’s** “ slight bend in knee” Bring it down to just below knee” **15-15-15**
* **Lying down hamstring** curls **15-15-15** “slow and squeeze” last set drop weight two times and push out **10** reps each drop.
* **Reverse Hack squat**:Emphasize the top portion of the movement squeeze your glutes **20-20**

**Abductors/Adductors:**

* **Abductors & Adductors** **20-20-20-20** remember to lean over a little and don’t actually sit on the seat and emphasize your gluteus in the movement.

**Upper Back, Abs**

**“Warm Up With Rotators”**

* **Seated cable pull down wide grip** “alternate grips weekly” Pull to middle of chest **15-12-12-10** **SUPERSET** with high cable rope pulls to upper chest.
* **On an incline bench** 45 degree angle, lie down on your stomach “chest higher than top pad” and do **High Rows** keeping elbows out. You can use a bar or dumbbells “if you use dumbbells keep palms facing down” **12-12-12**
* **One arm bent over dumbbell rows**, leaning on a 45 degree angle bench. Keeping elbows out and palms facing back and keeping dumbbell in a horizontal position at all times. Target upper back, go slow and squeeze **12-12-12**
* **Seated cable pull downs with a triangle handle grip 15-12-10** “pull to upper chest and squeeze upper back”
* **Assisted chin-ups 12-12-12** “wide grip and slow on negative, don’t go all the way down and at the top of the movement bring chest high.”
* **Hypers 20-20** Holding a 25 lb. weight “ slow and squeeze”

**Abs:**

* Hanging leg raises **20-20-20-20**
* Crunches bodyweight **30-30-30-30**

**Quads/Hams, Adductors/Abductors**

**VERSION 2**

**Quads:**

* **Isolated leg extension** “one leg at a time “ **15-15-12-12** “squeeze and pause”
* **Front squat smith** **15-15-15**
* **Leg press** “feet position shoulder width, not to high “heavy” 3 sets one leg isolation **20-20-15** and one set two leg “heavy “ **20** reps” remove 30% and do a **SUPERSET** drop set **20** reps.
* **Hack squats** foot position keep knees close together, **20-20-15** super set with walking lunges 50 yards holding dumbbells or holding a bar on your shoulders.

**Hams:**

* **Seated leg curls** **15-15-15-12**
* **Straight leg dumbbells** Bring it down to just below knee **15-15-15**
* **Lying down hamstring** curls **15-15-15** “slow and squeeze” last set drop weight two times and push out **10** reps each drop.
* **Reverse Hack squat**:Emphasize the top portion of the movement squeeze your glutes **20-20**

**Abductors/Adductors:**

* **Abductors & Adductors** **20-20-20-20** remember to lean over a little and don’t actually sit on the seat and emphasize your gluteus in the movement.

**Quads/Hams, Adductors/Abductors**

**VERSION 3**

**Quads:**

* **Isolated leg extension** “one leg at a time “ **15-15-12-12** “squeeze and pause”
* **Regular squats non smith machine** “behind” **15-15-15**
* **Leg press** “feet position shoulder width, not to high “heavy” 3 sets one leg isolation **20-20-15** and one set two leg “heavy “ **20** reps” remove 30% and do a **SUPERSET** drop set **20** reps.
* **Hack squats** foot position keep knees close together, **20-20-15** super set with walking lunges 50 yards holding dumbbells or holding a bar on your shoulders.

**Hams:**

* **Seated leg curls** **15-15-15-12**
* **Stiff leg dead’s** “ slight bend in knee” Bring it down to just below knee” **15-15-15**
* **Lying down hamstring** curls **15-15-15** “slow and squeeze” last set drop weight two times and push out 10 reps each drop.
* **Reverse Hack squat**:Emphasize the top portion of the movement squeeze your glutes **20-20**

**Abductors/Adductors:**

* **Abductors & Adductors** **20-20-20-20** remember to lean over a little and don’t actually sit on the seat and emphasize your gluteus in the movement.

**Chest/Glutes**

**VERSION 1**

 **“Warm Up With Rotators”**

**Chest:**

* **Pec-deck** **15-12-10-08**
* **Incline dumbbell press** **15-12-10**
* **Flat dumbbell press “ slight angle on bench”** **12-10-08**
* **Incline fly’s** **12-12-10**
* **Pullovers** “heavy“ **12-12**
* **Cable cross overs “standing or seated” 10** reps upper and **10** reps lower chest emphasize upper chest **20-20-20** **“very little rest”**

**Glutes:**

* **Butt blaster machine** or ankle strap **20-20-20-20** **SUPERSET** with sumo squats with dumbbell between legs “ go down to 90 degrees and emphasize squeeze at the top by thrusting hips forward **15-15-15-15**
* **Seated hamstring** **curl** **20-15-15** reps one leg isolation curls
* **Hyper extension bench** I want you to target the glutes “ knees pointed slightly outwards with a slight bend in the knee, extend down until you feel your hamstrings and glutes are tight, come back up and squeeze your glutes for a second **20-20-20**
* **Smith squats sumo stance** go down to 90 degrees and emphasize squeeze at the top by bringing hips forward and squeezing. Go super slow and concentrate 25-15-15

**Cardio:**

* 20 mins cardio pulse rate 135-140

**Chest/Glutes**

**VERSION 2**

 **“Warm Up With Rotators”**

**Chest:**

* **Pec-deck** **15-12-10-08**
* **Incline hammer press or machine press** **15-12-10**
* **Flat dumbbell press “ slight angle on bench”** **12-10-08**
* **Incline fly’s** **12-12-10**
* **Pullovers** “heavy“ **12-12**
* **Cable cross overs “standing or seated” 10** reps upper and **10** reps lower chest emphasize upper chest **20-20-20** **“very little rest”**

**Glutes:**

* **Butt blaster machine** or ankle strap **20-20-20-20** **SUPERSET** with sumo squats with dumbbell between legs “ go down to 90 degrees and emphasize squeeze at the top by thrusting hips forward **15-15-15-15**
* **Seated hamstring** **curl** **20-15-15** reps one leg isolation curls
* **Hyper extension bench** I want you to target the glutes “ knees pointed slightly outwards with a slight bend in the knee, extend down until you feel your hamstrings and glutes are tight, come back up and squeeze your glutes for a second **20-20-20**
* **Walking lunges 50 yards** with light weight 3 sets.

**Cardio:**

* 20 mins cardio pulse rate 135-140

**Deltoids /Calves**

**VERSION 1**

**“Warm Up With Rotators”**

**Delts:**

* **Standing side laterals dumbbell 15-12-10-08**
* **Seated dumbbell press** **12-12-10**
* **Front Barbell raises:** Shoulder width grip**,** arms slightly bent **pausing at the top** of the movement **15-12-10** **SUPERSET** with cable **Rope High Pulls** keeping elbows up and pulling to chin level & pausing, feeling it in your rear deltoids **15-15-15**
* **Hammer strength seated press** sitting face forward to hit front delts **10-10**
* **Standing bent over dumbbell** rear delt laterals **15-12-10** “heavy”
* **Seated rear delt machine** facing forward **15-15**
* **Standing rear low cable raises** behind your back low cable raises **15-15**

**Calves:**

* **Standing calve raises** **15-15-15-15**
* **Leg press calve presses** **20-20-20-20**
* **Seated calves** **15-15-15-15**

**Deltoids /Calves**

**VERSION 2**

**“Warm Up With Rotators”**

**Delts:**

* **Machine side laterals** **15-12-10-08**
* **Shoulder press hammer machine** **12-12-10**
* **Front plate raises:** Shoulder width grip**,** arms slightly bent **pausing at the top** of the movement **15-12-10** **SUPERSET** with cable **Rope High Pulls** keeping elbows up and pulling to chin level & pausing, feeling it in your rear deltoids **15-15-15**
* **Hammer strength seated press** sitting face forward to hit front delts **10-10**
* **Standing bent over dumbbell** rear delt laterals **15-12-10** “heavy”
* **Seated rear delt machine** facing forward **15-15**
* **Standing rear low cable raises** behind your back low cable raises **15-15**

**Calves:**

* **Standing calve raises** **15-15-15-15**
* **Leg press calve presses** **20-20-20-20**
* **Seated calves** **15-15-15-15**

**Lower Back**

* **Seated cable pull down** with triangle bar “pull below chest to diaphragm and you can lean back as you do it to target lower back **15-12-10-08**
* S**tanding rows at a 45degree angle** with Shrug Bar **15-12-10-08** squeeze lower back.

IF YOU DON’T HAVE THIS BAR: Use a regular Olympic bar or Hammer Deadlift machine.

* **T-bar row** keep your body at 45 degree angle and concentrate pause at the top of the movement and squeeze lower back **15-12-10**
* **Seated one arm cable rows rectangular handle** Keep your chest up and squeeze lower back and pause **12-10-10** “palm up at the back of the movement “
* **One-arm dumbbell rows** leaning on an incline bench at a 45-degree angle **15-12** “regular motion pull dumbbell by your side and engage lower back”
* **Partial Dead lifts on rack** lower bar to middle of quads and back up and squeeze lower back “slow” **20-15** “heavy”
* **Hypers** **20-20** holding a 25 lb. weight “ slow and squeeze”

**Cardio:**

* 20 mins cardio pulse rate 135-140

**Cardio**

* 60 mins on empty stomach. Pulse rate 135-140
* Take BCAA and Glutamine after cardio
* L-Carnitine before cardio

**Arms/Glutes/ Abs / Calves**

**VERSION 1**

**Arms:**

* **One arm isolation machine bicep curl** “ warm up” **15-15-15**
* **Seated or standing bicep dumbbell curls alternate 12-12-10**  heavy
* **Rope pull down triceps 20-20-15-15** squeeze and bring to a 90 degree angle
* **Triceps cable push down** with bent bar **15-12-10** heavy
* **Bicep preacher bench** with E-Z curl bar or machine curl **15-12-10**
* **skull crushers** on a decline bench with E-Z bar **15-12-12**
* **Low cable rope hammer curl** **15-12-10** thumbs up
* **Tricep dips on machine** keep chest up **15-12-10**

**Glutes:**

* **Lying down hamstring curls** **20-15-15-12** heavy
* **Butt blaster** with machine or strap around ankle attached to cable machine **20-20-20**
* **Lying down one legged butt lifts** one leg on a bench **20-20-20** **SUPERSET** with two leg butt lifts **20-20-20** with 20 seconds rest between. Weight can be placed on abs once you get stronger.
* **Leg Press High foot position** one leg Isolation press, push with your heel and squeeze glutes **20-20-20**
* **Reverse Hack squat e**mphasize the top portion of the movement squeezing your glutes **15-15-15**
* **Sumo squats** holding a dumbbell horizontally in the middle of your body, feet wide apart and pointing outward. Don’t go too deep, concentrate more on upper part of the motion squeezing your glutes **20-20-20**

**Abs:**

* **Hanging abdominal raises 20-20-20**
* **Crunch’s on a core ball 30-30-30**

**Calves:**

* **Donkey** if you have it /or seated **20-20-20**
* **Standing calve** **raises** 20-**20-20-20**

**Arms/Glutes/ Abs / Calves**

**VERSION 2**

**Arms:**

* **One arm isolation machine bicep curl** “ warm up” **15-15-15**
* **Seated or standing bicep dumbbell curls alternate 12-12-10**  heavy
* **Rope pull down triceps 20-20-15-15** squeeze and bring to a 90 degree angle
* **Triceps cable push down** with bent bar **15-12-10** heavy
* **Bicep preacher bench** with E-Z curl bar or machine curl **15-12-10**
* **skull crushers** on a decline bench with E-Z bar **15-12-12**
* **Low cable rope hammer curl** **15-12-10** thumbs up
* **Free weight dips** assisted if needed & keep chest up **15-12-10**

**Glutes:**

* **Lying down hamstring curls** **20-15-15-12** heavy
* **Butt blaster** with machine or strap around ankle attached to cable machine **20-20-20**
* **Lying down one legged butt lifts** one leg on a bench **20-20-20** **SUPERSET** with two leg butt lifts **20-20-20** with 20 seconds rest between. Weight can be placed on abs once you get stronger.
* **Leg Press High foot position** one leg Isolation press, push with your heel and squeeze glutes **20-20-20**
* **Reverse Hack squat e**mphasize the top portion of the movement squeezing your glutes **15-15-15**
* **Sumo squats** holding a dumbbell horizontally in the middle of your body, feet wide apart and pointing outward. Don’t go too deep, concentrate more on upper part of the motion squeezing your glutes **20-20-20**

**Abs:**

* **Hanging abdominal raises 20-20-20**
* **Crunch’s on a core ball 30-30-30**

**Calves:**

* **Donkey** if you have it /or seated **20-20-20**
* **Standing calve** **raises** 20-**20-20-20**