

6-WEEK PRE-CONTEST TRAINING & DIET PROGRAM

-Week 1 Workouts-

WEEK 1 WORKOUTS & CARDIO

	GYM WORKOUT	HOME WORKOUT	CARDIO
MONDAY	DB Walking lunges 3x30 Leg press 3x15 Hack squat 3x15 Leg curls 3x15 BB deadlifts 3x15	DB Alternating forward lunges 3x30 Pistol squats 3x15 Balance ball wall squats 3x15 Balance ball hamstring curls 3x15 DB deadlifts 3x15	25 Minute HIIT Option #1 Run/Jog outdoors 2:1 Option #2 Run/Jog indoors 2:1 Option #3 Elliptical Intervals 2:1 Option #4 Spin Bike Intervals 2:1
TUESDAY	Lat pull downs 3x15 Lateral shoulder raise machine 3x12 Dip machine 3x12 Preacher curls 3x12 DB Incline chest flyes or machine 3x12 Chest press machine 3x12	Band pull downs 3x15 DB lateral raises 3x12 Dips off couch or chair 3x12 DB or band bicep curls 3x12 DB chest flyes on balance ball 3x12 Wide grip push-ups (negatives) 3x12	30 Minute HIIT Circuit x 5 sets Jumping jacks 1 min Butt kicks 1 min High knees 1 min Squat thrusts 1 min Mountain climbers
WEDNESDAY	Ab crunch machine 3x15 Rope crunches 3x15 Hyper-extension side crunch 3x15 Roman chair leg lifts 3x15	Balance ball crunches 3x15 Band crunches 3x15 Balance ball side crunches 3x12 Leg lifts (on your back) 3x15	45-60 Minutes HIIT Option #1 Run/Jog outdoors 2:1 Option #2 Run/Jog indoors 2:1 Option #3 Stairmaster Intervals 2:1 Option #4 Stepper Intervals 2:1

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-Week 1 Meal Plan-

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Meal 1 - Oats, eggs, berries						
0.5	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
2	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
1	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
0.333	cup	Oatmeal - quick, measure uncooked	4.40	18.58	2.00	98.90
Totals:			18.63	30.99	9.54	274.23
AM Snack - Meal 2 - Shake w/plain water, can be pre-workout						
1.5	scoop	Ultimate Muscle Protein	31.50	4.50	4.50	195.00
Totals:			31.50	4.50	4.50	195.00
Lunch - Meal 3 - Steak/salmon, veggies, gluten free pasta, or 4oz other starch						
4	ounce(s)	Green beans - string, boiled & drained	2.10	8.90	0.30	40.00
4	ounce(s)	Salmon baked, broiled	35.20	0.00	6.80	212.00
0.5	1 cup	Pasta, com, cooked	1.84	19.54	0.51	88.20
Totals:			39.14	28.44	7.61	340.20
PM Snack - Meal 4 - Rice cakes with nut butter OR (2) slices of Banana Bread w/1TBS of PB or Almond butter						
2	table spoon	Peanut Butter - all natural smooth style	8.00	6.00	16.00	210.00
3	each	Rice cake - plain, Quaker	2.40	21.30	0.90	105.00
Totals:			10.40	27.30	16.90	315.00
Dinner - Meal 5 - Baked chicken, green veggie, squash						
1	1 cup	Asparagus, frozen, cooked, boiled, drained, with salt	5.31	3.46	0.76	32.40
1	1 thigh, bone removed	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	15.54	0.00	9.60	153.14
1	1 cup, cubes	Squash, winter, butternut, cooked, baked, with salt	1.85	21.50	0.18	82.00
Totals:			22.69	24.96	10.54	267.54
			122.37	116.18	49.09	1391.97

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