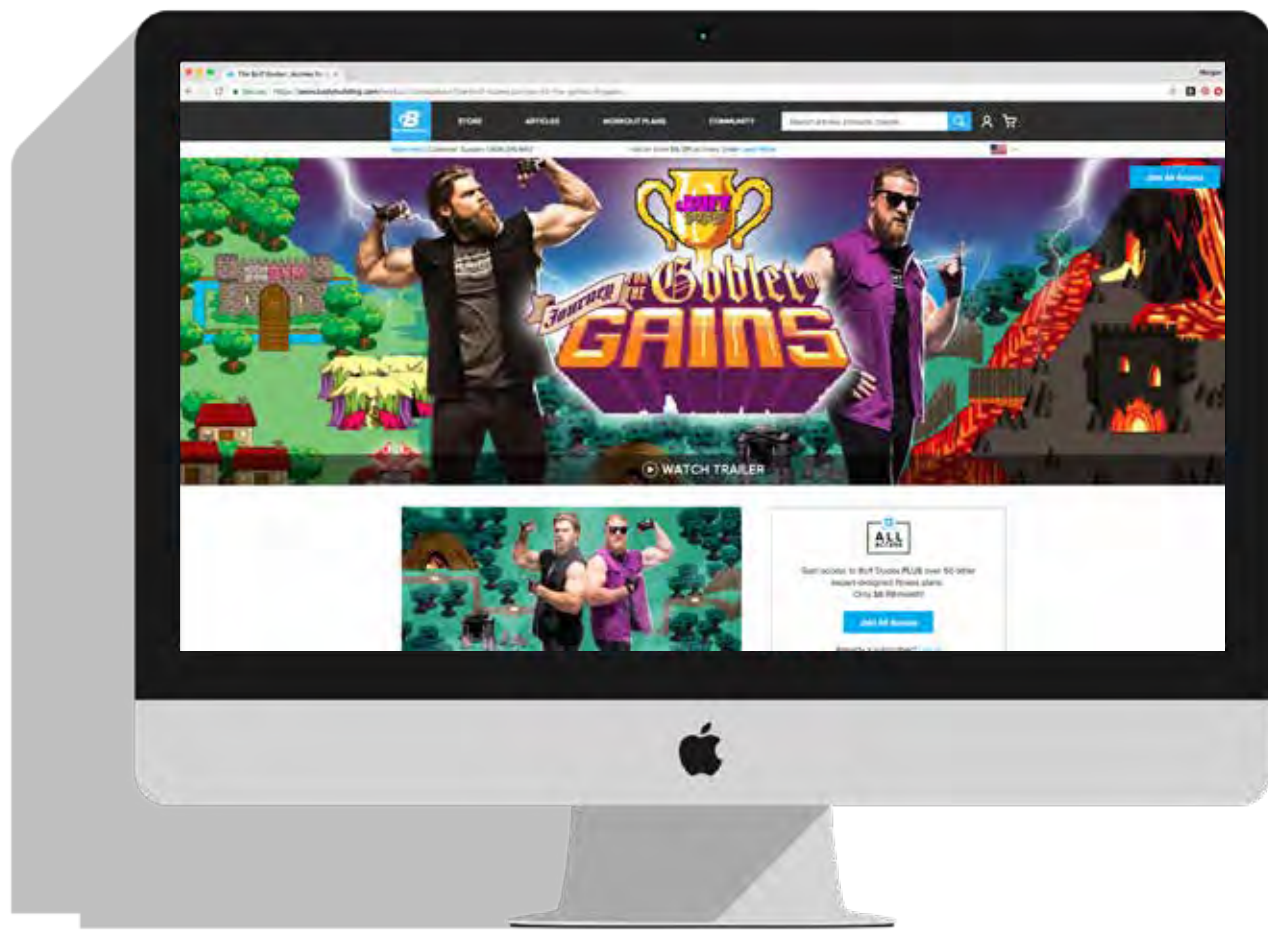


**MORGAN SPECHT**

Graphic & Web Designer

---

**IN-HOUSE DESIGN PORTFOLIO**



### Food List and Sample Day of Eating

Here are the essentials for you to thrive on this plan. Do these, and you can't go wrong.

- Eat at least three protein-rich meals per day, plus 1-2 protein-rich snacks. Also eat vegetables. Lots of them.
- Eat fast-digesting carbs before and after your workout, but limit them elsewhere in the day.
- Snacks are the perfect time for things like yogurt (protein plus yogurt), protein ice cream, and other protein-rich treats.
- Don't eat garbage over the course of the nine weeks. Come on, deep down you know what garbage is. Eat quality food, and lots of it.

If you're the type who likes a list, build your nutrition plan from these foods:

**LEAN PROTEINS**

- **Eggs:** Whole and whites
- **Seafood:** Salmon, cod, tuna, tilapia, shrimp, scallops, mussels
- **Chicken and turkey breast,** legs, thighs
- **Turkey bacon**
- **Lean beef cuts:** Sirloin, tenderloin, filet mignon, flank steak
- **Pork:** Tenderloin or Canadian bacon
- **Wild game**
- **Dairy:** Milk, Greek yogurt, cheese
- **Soy:** Tofu, seitan
- **Protein powders:** Whey and casein

BODYBUILDING.COM www.bodybuilding.com/gobletofgains

BODYBUILDING.COM www.bodybuilding.com/gobletofgains

Follow this 9-week program to earn your gains

*Just every quest is about rescuing some princess. Some are about seeking out the most precious treasure known to man or woman: sweet, sweet muscle gains.*

*You're about to go on the most important voyage of your lifting life. Across nine weeks and nine levels, you'll transform your body, crush your goals, and develop an arsenal of tips and techniques that will keep you growing for years.*

**Journey For The Goblet Of Gains**



Track your progress toward the Goblet of Gains

**The Buff Dudes**  
26/63 Days Tracked

**Body Weight**  
220lbs

**Next Workout**  
Lower Body

**Weight**

Daily videos with instructional videos and tips

**Day 1**

**WORLD 1**

Welcome to the Buff Dudes' 9-Week Journey to the Goblet of Gains. For the next three weeks, you'll be training full-body three times a week, with 3-4 sessions of steady-state cardio to go along with your lifting. If that doesn't sound like a lot, then maybe you haven't been spending enough time with the mighty Golden Five.

Progress across three distinct "worlds" of training, nutrition, and supplement advice

**World 2**

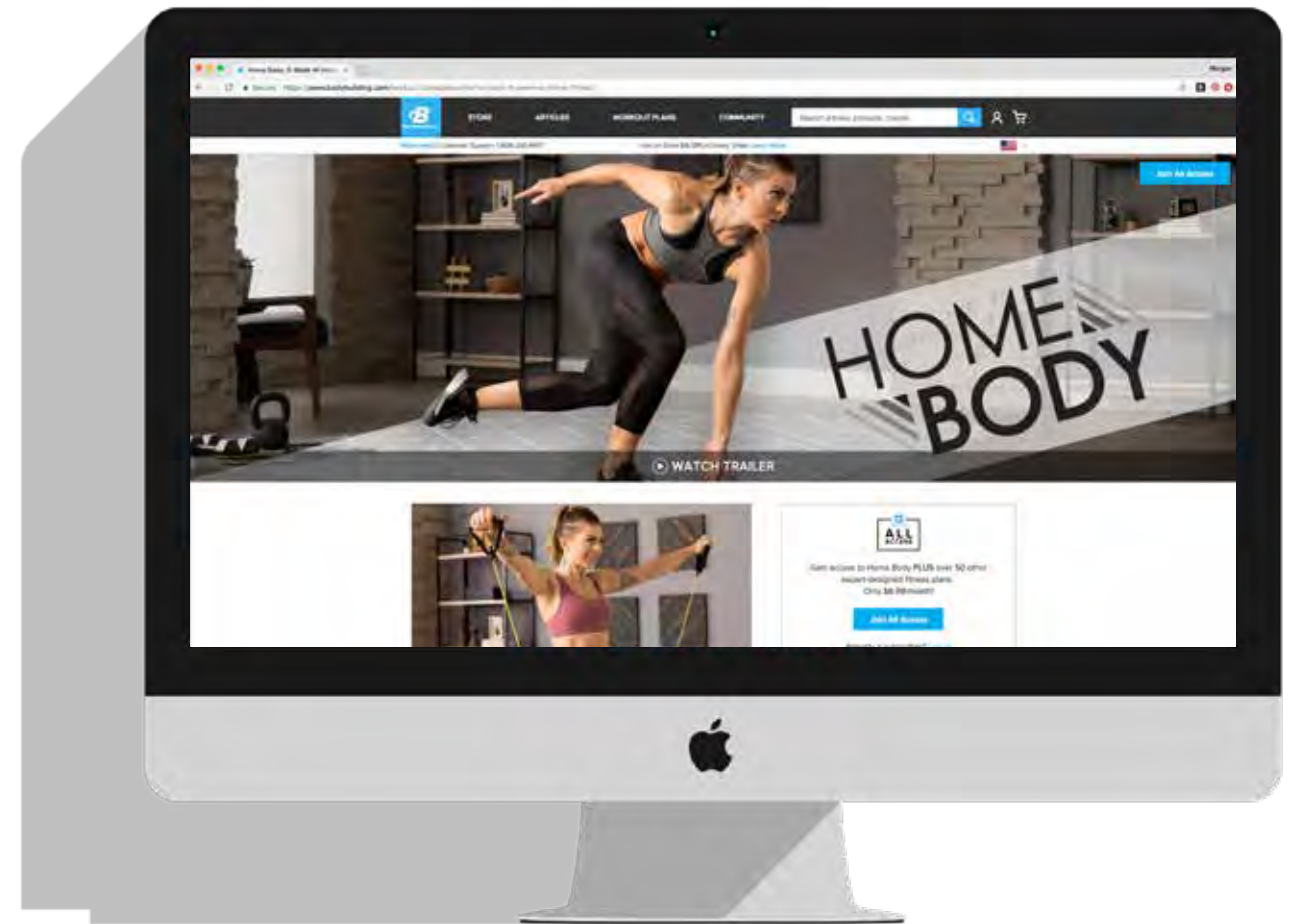
As your journey continues, you enter a strange and disturbing part of the forest. No more happy little trees and sunshine here! Instead, you see yawning black caves, graveyards, and gnarled branches blocking out the light. You're tired from the struggles you've already faced, but you must press on.

**Level 2-1: Supp Essentials**

Ready to start The Buff Dudes Journey for the Goblet of Gains? Subscribe to All Access

Sign up now to get The Buff Dudes Journey for the Goblet of Gains and 50+ more fitness plans for one low price

# HOME BODY



## SAMPLE DAILY MEAL PLAN

BREAKFAST	LUNCH	DINNER
Almond Banana Toast Calories: 233 P: 7g F: 10g	Edamame Soba Noodles Calories: 401 C: 56g P: 17g F: 12g	Cacao Pork With Beans, Corn, and Avocado Calories: 419 C: 38g P: 37g F: 11g
Berry Chia Smoothie Bowl Calories: 258 P: 16g F: 8g	Curried Squash and Kamut Salad Calories: 537 C: 97g P: 71g F: 31g	Turkey Meatballs Over Lentils Calories: 537 C: 93g P: 46g F: 21g
Baked Quinoa Calories: 200 P: 10g F: 7g	Tuna Avocado Salad Calories: 255 C: 7g P: 16g F: 18g	Squash "Steak" White Bean Puree Calories: 476 C: 38g P: 10g F: 31g
Kale and Chickpea Scramble Calories: 172 P: 7g F: 6g	Carrot and Lentil Salad Calories: 410 C: 49g P: 19g F: 6g	Seared Halibut Sweet Potato Gratin Calories: 653 C: 38g P: 81g F: 21g
Raspberry Oatmeal Calories: 432 P: 12g F: 25g	Fit Falafel with Cottage Cheese Tzatziki Calories: 264 C: 42g P: 18g F: 31g	Braised Shallot Chicken With Brussels Calories: 426 C: 25g P: 66g F: 21g
Pancakes With Fig Puree Calories: 591 P: 16g F: 17g	Green Smoothie Bowl Calories: 671 C: 97g P: 10g F: 27g	Spiced Chickpea Over Potatoes Calories: 671 C: 50g P: 17g F: 21g
DAY 7 Breakfast Tacos With Chili Lime Jackfruit Calories: 453 C: 67g P: 15g F: 14g	Mushroom Lentil "Meatballs" Over Smoked Eggplant Calories: 416 C: 27g P: 9g F: 30g	Lamb Chops With Fennel and Broccoli Calories: 802 C: 19g P: 66g F: 51g



### ALMOND BANANA TOAST

**MACROS PER SERVING**  
RECIPE YIELDS: 2 SERVINGS

**CALORIES**  
233

**CARBS**  
28G

**PROTEIN**  
7G

**FAT**  
10G

**INGREDIENTS**

- 2 slices whole-grain bread
- 2 tbsp almond butter
- 1 banana

**DIRECTIONS**

- Toast bread.
- Spread almond butter on toast and top with sliced bananas.

**NOTES**

### POACHED EGG QUINOA



**INGREDIENTS**

- 1/4 cup chopped chives
- Salt to taste
- 2 eggs

**DIRECTIONS**

- Prep and drain the quinoa and add to two cups of boiling water. Cook until the water is absorbed, and quinoa is tender, about 20 minutes.
- Move from heat. While the quinoa is still warm, stir in the spinach, pears, and chives. Season to taste with salt.
- In a shallow saucepan bring a pot of water to a boil. Add just a splash of vinegar, and reduce the heat to a rolling simmer.
- Crack each egg into its own separate bowl. Gently drop the eggs into the water, and adjust the temperature of the pot so that it simmers, and does not come to a full boil. Cook the eggs for 2 minutes, and remove with a slotted spoon.
- Divide the quinoa mixture in half and serve each with poached egg on top.

**NOTES**

**PROTEIN**  
10G

**FAT**  
7G

### BRAISED SHALLOT CHICKEN WITH BRUSSELS



**MACROS PER SERVING**  
RECIPE YIELDS: 2 SERVINGS

**CALORIES**  
426

**CARBS**  
25G

**PROTEIN**  
66G

**FAT**  
21G

**INGREDIENTS**

- 4 shallots
- 2.5-oz. chicken breasts
- 1/2-pound Brussels sprouts
- 1/4 cup sherry vinegar
- 1/4 vegetable stock
- Olive oil to taste
- Salt to taste

**DIRECTIONS**

- Slice the shallots into reasonably thick, 1/2-inch slices, and gently sauté on low heat with a bit of olive oil.
- Once the shallots begin to soften, add the sherry vinegar and vegetable stock. Continue to cook on very low heat.
- Cut the Brussels sprouts in half, and steam for approximately 5 minutes.
- Season the chicken breasts well with salt. Heat a little bit of olive oil in a skillet. Add the chicken and cook for about 5-6 minutes per side.
- When the chicken is nearly done, add the braised shallots to the pan and cook through.
- Season the Brussels sprouts, and spoon the shallots over the chicken.

**NOTES**

### RASPBERRY CHIA PUDDING



**MACROS PER SERVING**  
RECIPE YIELDS: 2 SERVINGS

**CALORIES**  
163

**CARBS**  
23G

**PROTEIN**  
4G

**FAT**  
6G

**INGREDIENTS**

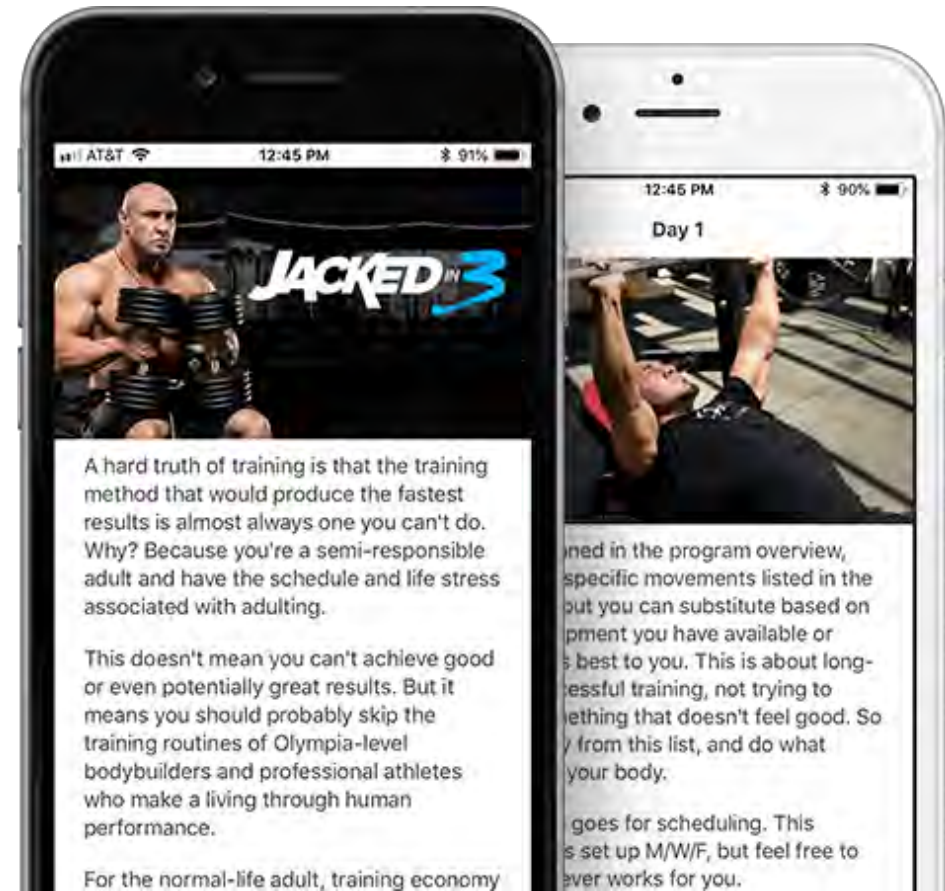
- 1 cup almond milk
- 1 cup fresh raspberries
- 3 tbsp chia seeds
- 1 tbsp agave

**DIRECTIONS**

- Blend all ingredients, then let sit for four hours or overnight.
- Divide between two bowls and top with more raspberries to serve.

**NOTES**

# BODYBUILDING.COM TRAINING PROGRAM & APP



Follow this 4-week program to build muscle and strength



Track your progress as you get Jacked in 3

Daily videos with instructional videos and tips

Nutrition guidelines and advice

Ready to start Jacked in 3? Subscribe to All Access

Sign up now to get Jacked in 3 and 50+ more fitness plans for one low price



**YOUR GUIDE TO THE ULTIMATE CHEST**

If you're attacking the same goal, the same way, year-round, you're limiting your potential. This year, take a four-season approach to training and enjoy it more than ever before!

\*Always keep the correct form in mind. The correct form is the key to the success of your workout. Always consult your doctor before starting any new exercise program. © 2014 Cellucor. All rights reserved.

**YOUR GUIDE TO THE ULTIMATE CHEST**

This season, embrace a four-season approach. Fit the biggest gains into your year-round training and enjoy it more than ever before!



**CRAIG CAPURSO'S ULTIMATE ABS WORKOUT**

Pushing a heavy weight can cause stress on your joints, so it's important to use proper form. Craig Capurso shows you how to perform this workout safely and effectively.



**THE NO-FUSS BUILD YOUR OWN ULTIMATE ABS WORKOUT**

Find a routine that works for you. The No-Fuss Build Your Own Ultimate Abs Workout is a simple, effective routine that can be done anywhere.



**5 KICK-ASS SUPPLEMENTS FOR A SUMMER SIX-PACK**

Make a month's worth of gains in your physique with these five supplements. They're the best of the best for your summer six-pack.



**THE ONE-MONTH SIX-PACK PROGRAM**

Get the most out of your summer six-pack program with this one-month guide. It's the ultimate guide to building a six-pack in just one month.

**SUPPLEMENT YOUR SUCCESS**

Start your year ready for action with supplements to make your workouts more effective. Fuel up, then take off!



- C4 ULTIMATE** - Advanced Pre-Workout for Maximum Energy and Focus
- C4 RIPPED** - Post-Workout Recovery Performance Enhancer
- C4 EXTREME ENERGY** - Post-Workout Recovery Performance Enhancer
- C4 ORIGINAL** - Post-Workout Recovery Performance Enhancer

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**THE ULTIMATE GUIDE TO WEIGHT LOSS**

This season, embrace a four-season approach. Fit the biggest gains into your year-round training and enjoy it more than ever before!



**5 KEYS TO LOSING FAT WHILE STILL KICKING ASS**

Want to lose fat while still kicking ass? Here are five keys to success. They're simple, effective, and easy to follow.



**TRANSFORM YOUR PANTRY WITH THESE HEALTHY STAPLES**

Transform your pantry with these healthy staples. They're the best of the best for your health and fitness.



**THE HOLLYWOOD TRANSFORMATION SECRETS THEY NEVER TOLD YOU**

Discover the secrets behind the Hollywood transformation. It's not just about exercise, it's about nutrition and lifestyle.



**USE MUSCLE TO DEFEAT YOUR PROBLEM AREAS**

Use muscle to defeat your problem areas. It's the best way to build a strong, healthy body.

Download the bonus PDF

[DOWNLOAD THE BONUS PDF](#)

**SUPPLEMENT YOUR SUCCESS**

Start your year ready for action with supplements to make your workouts more effective. Fuel up, then take off!



- SUPER HD** - Advanced Pre-Workout for Maximum Energy and Focus
- C4 RIPPED** - Post-Workout Recovery Performance Enhancer
- CLA** - Post-Workout Recovery Performance Enhancer

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**YOUR GUIDE TO THE ULTIMATE CHEST**

This season, embrace a four-season approach. Fit the biggest gains into your year-round training and enjoy it more than ever before!



**STRONG LEGS BIG LEGS BUILD LOWER BODY MASS THAT'LL WORK FOR YOU**

Building a strong lower body can help you build a strong, healthy body. It's the best way to achieve your fitness goals.



**RON BOSS EVER LINES LOWER BODY POWER WORKOUT**

Find a routine that works for you. The Ron Boss Ever Lines Lower Body Power Workout is a simple, effective routine that can be done anywhere.



**ONE MONTH TO BIGGER BADDER LEGS**

Get the most out of your summer six-pack program with this one-month guide. It's the ultimate guide to building bigger, badder legs in just one month.



**THE ULTIMATE GUIDE TO LEG DAY NUTRITION**

Get the most out of your leg day with this ultimate guide to nutrition. It's the best way to fuel your workouts and achieve your goals.

Download the bonus PDF

[DOWNLOAD THE BONUS PDF](#)

**SUPPLEMENT YOUR SUCCESS**

Start your year ready for action with supplements to make your workouts more effective. Fuel up, then take off!



- C4 ULTIMATE** - Advanced Pre-Workout for Maximum Energy and Focus
- WHEY** - Post-Workout Recovery Performance Enhancer
- ALPHA AMINO** - Post-Workout Recovery Performance Enhancer
- P6** - Post-Workout Recovery Performance Enhancer

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**THE SIX PACK REDEFINED**

This season, embrace a four-season approach. Fit the biggest gains into your year-round training and enjoy it more than ever before!



**CRAIG CAPURSO'S ULTIMATE ABS WORKOUT**

Pushing a heavy weight can cause stress on your joints, so it's important to use proper form. Craig Capurso shows you how to perform this workout safely and effectively.



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**SUPPLEMENT YOUR SUCCESS**

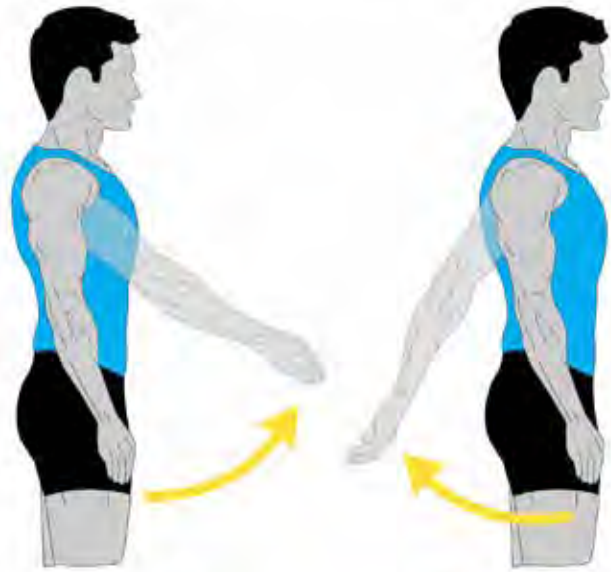
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- SUPER HD** - Advanced Pre-Workout for Maximum Energy and Focus
- C4 RIPPED** - Post-Workout Recovery Performance Enhancer
- CLA** - Post-Workout Recovery Performance Enhancer

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### Why Care About Shoulder Extension?



Shoulder Flexion

Shoulder Extension

- \* Being able get your arms overhead is only one half of true "shoulder mobility"
- \* Healthy extension ROM protects against injuries from benching, dips, and pull-ups
- \* Stretching your pecs isn't enough: you need extension strength, too!



www.bodybuilding.com/shoulderflexionandextension

### Proper Bench Press Movement Pattern



A

B

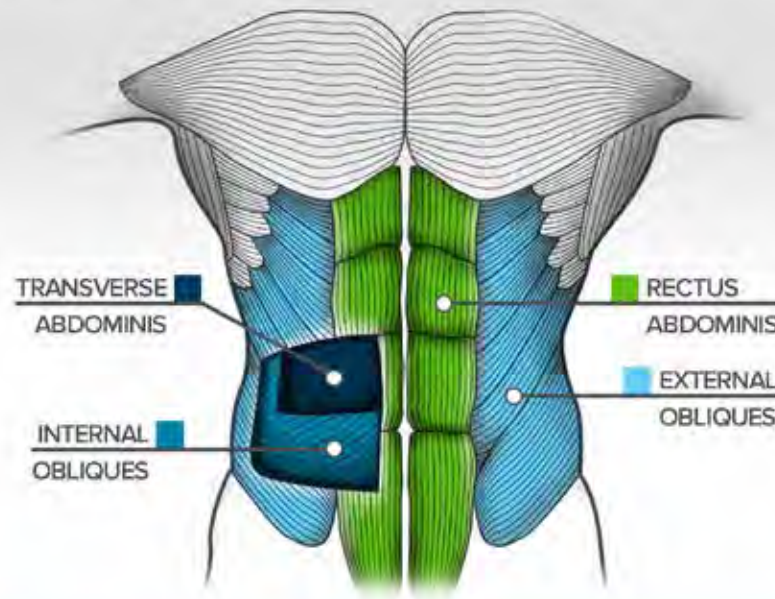
C

This graph compares the bar path of a novice lifter that bench pressed 245 pounds (A), champion powerlifter Mike Bridges, the owner of a 463-bench press, (B) and Bill "Kaz" Kazmaier bench pressing 605 pounds (C). The graph shows that the strongest lifter, Kaz, used a much more horizontal movement than the novice lifter.



www.bodybuilding.com/learn/exercise

### ANATOMY OF THE ABS



BODYBUILDING.COM

www.bodybuilding.com/avoidabexercise

### Stock Your Kitchen With These Keto-Friendly Foods



www.bodybuilding.com/ketokitchen

### Ketone Blood Levels

The darker your result, the more ketones your body is producing. Deep purple isn't absolutely necessary, though, and may even indicate that you're dehydrated.



www.bodybuilding.com/bloodketo

BODYBUILDING.COM  
MARKETING CAMPAIGN



BUY 1 GET 1 50% OFF  
SALE ENDS IN 00:00:00

Animal has been fueling the most hardcore lifters since before you were born, son!

- Animal Pak, 44 Packs**  
Universal Nutrition  
Supports Rigorous Training for All Competitive Strength and Power Athletes\*  
\$28.95 (0.327/serving)  
Free Shipping (on orders over \$49)  
9.1 1787 Reviews  
VIEW PRODUCT
- Animal Flex, 44 Packs**  
Universal Nutrition  
The Complete Joint Support Vitamin Stack!  
\$27.99 (0.14/serving)  
Free Shipping (on orders over \$49)  
9.3 548 Reviews  
VIEW PRODUCT
- Animal Cuts, 42 Packs**  
Universal Nutrition  
The Complete Vitamin Stack For Cutting Fat!  
\$35.59 (0.86/serving)  
Free Shipping (on orders over \$49)  
8.1 879 Reviews  
VIEW PRODUCT
- Animal Whey, 4 Lbs.**  
Universal Nutrition  
Formulated with Whey Protein Isolates to Supplement the Extreme Protein Requirements of Hardcore Lifters!  
\$46.95 (0.84/serving)  
Free Shipping (on orders over \$49)  
9.1 585 Reviews  
VIEW PRODUCT
- Animal Fury, 30 Servings**  
Universal Nutrition  
Potent, Powerful Pre-Workout Formula!  
\$29.99 (0.99/serving)  
Free Shipping (on orders over \$49)  
9 140 Reviews  
VIEW PRODUCT

MORE FROM UNIVERSAL

IRON INTELLIGENCE

ALL ACCESS FREE TRIAL + 5% OFF EVERY ORDER  
GO TO PLAN

A screenshot of the Universal Nutrition website. At the top, a black banner with yellow text says "BUY 1 GET 1 50% OFF SALE ENDS IN 00:00:00". Below this is a quote: "Animal has been fueling the most hardcore lifters since before you were born, son!". A list of five products is shown, each with a product image, name, description, price, shipping info, and review count. At the bottom, there is a section for "MORE FROM UNIVERSAL" featuring a banner for "IRON INTELLIGENCE" with the text "ALL ACCESS FREE TRIAL + 5% OFF EVERY ORDER" and a "GO TO PLAN" button.

LIMITED TIME OFFER!

**BUY 1 GET 1  
50% OFF**

CELLUCOR & SCIVATION FAN FAVES

[SHOP NOW](#)



LIMITED TIME OFFER!

**BUY 1 GET 1  
50% OFF**

CELLUCOR & SCIVATION  
FAN FAVES

[SHOP NOW](#)











BUY 1 GET 1  
**50% OFF**




WEEKEND SALE ENDS IN 00:00:00

This sale is too good to delay!  
Save on some of the most popular products on our site.

### Cellucor Best Sellers

	<b>2 For \$40</b> C4 Original, 30 Servings Cellucor An Advanced Pre-Workout Formulated for Anyone Seeking Increased Energy and Focus* <b>\$29.99</b> (50% off) Free Shipping  on orders over \$40	3.5 4,800 Reviews <a href="#">VIEW PRODUCT</a>
	<b>Buy 1 Get 1 FREE</b> COB Performance Whey, 5 Lbs. Cellucor Great Tasting Protein with Minimal Fat and Carbs and Added Digestive Enzymes* <b>\$59.99</b> (50% off) Free Shipping  on orders over \$40	4 2,170 Reviews <a href="#">VIEW PRODUCT</a>
	<b>2 For \$35</b> C4 RIPPED, 30 Servings Cellucor A Creatine-Free Pre-Workout with Ingredients Specific to Fat Loss* <b>\$39.99</b> (50% off) Free Shipping  on orders over \$40	3.9 206 Reviews <a href="#">VIEW PRODUCT</a>
	<b>3 For \$65</b> C4 Original, 60 Servings Cellucor An Advanced Pre-Workout Formulated for Anyone Seeking Increased Energy and Focus* <b>\$49.99</b> (50% off) Free Shipping  on orders over \$40	3.5 4,881 Reviews <a href="#">VIEW PRODUCT</a>

### Scivation Best Sellers

	<b>3 For \$65</b> Xtend, 30 Servings Scivation Intra-Workout Powder with 7g of BCAAs to Build Muscle, Burn Fat, and Aid Recovery During Workouts* <b>\$27.99</b> (50% off) Free Shipping  on orders over \$40	3.1 2,567 Reviews <a href="#">VIEW PRODUCT</a>
	<b>3 For \$65</b> Xtend, 90 Servings Scivation	3.1 2,567 Reviews <a href="#">VIEW PRODUCT</a>



ONE DAY SALE

**BUY 1  
GET 1 FREE**

EVL BCAA Energy, 30 Svg

Beat the Heat with Tons of Refreshing Flavors

[Shop Now](#)



ONE DAY SALE

**BUY 1 GET 1  
FREE**

EVL BCAA Energy, 30 Svg

Beat the Heat with Tons  
of Refreshing Flavors



BODYBUILDING.COM  
MARKETING CAMPAIGN

**FLASH SALE**  
TODAY ONLY!

**BUY 1 GET 1 FREE**

ANIMAL PAK POWDER & SNAK BARS

GET IT NOW  
WHILE SUPPLIES LAST

THE TRUE ORIGINAL PAK  
ORANGE FLAVOR

SNAK BARS  
PEANUT BUTTER HONEY PEANUT

Detailed description: This is a promotional banner for a 'Flash Sale'. On the left, a grayscale image of a muscular man in a tank top is visible. The background is dark with yellow geometric lines. The text is centered and uses a mix of white and yellow. On the right, there is a large image of a black tub of 'Animal Pak' powder and several 'Snak Bars' in their packaging. The tub is labeled 'THE TRUE ORIGINAL PAK' and 'ORANGE FLAVOR'. The bars are labeled 'SNAK BARS' and 'PEANUT BUTTER HONEY PEANUT'.

**FLASH SALE**  
TODAY ONLY!

**BUY 1 GET 1 FREE**

ANIMAL PAK POWDER & SNAK BARS

GET IT NOW  
WHILE SUPPLIES LAST

THE TRUE ORIGINAL PAK  
ORANGE FLAVOR

SNAK BARS  
PEANUT BUTTER HONEY PEANUT

Detailed description: This is an identical promotional banner to the one above, but the background image of the muscular man is replaced by a dark, textured background with yellow geometric lines. The text and product images remain the same.

ENDS SUNDAY

# 20% OFF

NEW KAGED MUSCLE PRODUCTS  
MICROPURE WHEY PROTEIN ISOLATE & FERODROX

SHOP NOW

NEW!

KAGED MUSCLE

MICROPURE WHEY PROTEIN ISOLATE

WITH PROTEOLASIS® ENZYME TECHNOLOGY

25g 5.5g 11.7g <1g

FERODROX

RESTORATION SUPPORT BASE

- HIGH WHEY ISOLATE
- HIGH QUALITY
- GLUTEN FREE
- FLAVOR BLENDED

ENDS SUNDAY

# 20% OFF

NEW KAGED MUSCLE PRODUCTS  
MICROPURE WHEY PROTEIN ISOLATE & FERODROX

KAGED MUSCLE

MICROPURE WHEY PROTEIN ISOLATE

WITH PROTEOLASIS® ENZYME TECHNOLOGY

25g 5.5g 11.7g <1g

FERODROX

RESTORATION SUPPORT BASE

- HIGH WHEY ISOLATE
- HIGH QUALITY
- GLUTEN FREE
- FLAVOR BLENDED

**25% OFF**  
**ALL MUSCLEPHARM**  
— INCLUDING THE #1 PROTEIN BAR —

[SHOP NOW](#)

This banner features a grayscale image of a man in a crouching position with a volleyball. To the right, there is a collection of MusclePharm products: a tub of Wreckage, a tub of Combat 100% Whey, and a box of Combat protein bars. The background is white with green accents on the left and right sides.

**25% OFF**  
**ALL MUSCLEPHARM**  
— INCLUDING THE #1 PROTEIN BAR —

This banner is a smaller version of the one above, featuring the same grayscale man with a volleyball and the MusclePharm product collection. The background is white with a green vertical bar on the right side.

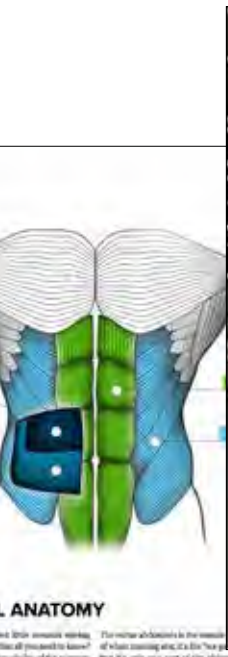


You may have noticed there's a point of parallel for back and front...   
 **200-POUND PERSON**   
 SAMPLE #1: HIGHER CARB, LOWER FAT   

Macronutrient	Grams	Calories
Protein	200	800
Carbohydrates	254	1,016
Fat	66	595
<b>Total</b>		<b>2,401</b>

Macronutrient	Grams	Calories
Protein	200	800
Carbohydrates	200	800
Fat	89	801
<b>Total</b>		<b>2,401</b>



**FOCUS ON TODAY'S WORKOUT, AND GET THAT WIN TODAY**

**L ANATOMY**  
The rectus abdominis is the main muscle of the torso...   
 **THE BASIC FRAMEWORK**  
Your commitment to this program is key...   
 **RATES, AND HOW MUCH**  
Your eating and exercise schedule...   
 **Simple vs. Complex Carbs**  
When eating, arranging through...   
 **THE BASIC FRAMEWORK**  
Your commitment to this program is key...   
 **RATES, AND HOW MUCH**  
Your eating and exercise schedule...   
 **Simple vs. Complex Carbs**  
When eating, arranging through...

**125-POUND PERSON**   
 SAMPLE #1: HIGHER CARB, LOWER FAT   

Macronutrient	Grams	Calories
Protein	125	500
Carbohydrates	135	540
Fat	51	459
<b>Total</b>		<b>1,499</b>

Macronutrient	Grams	Calories
Protein	125	500
Carbohydrates	185	740
Fat	29	260
<b>Total</b>		<b>1,504</b>



**THE BASIC FRAMEWORK**  
Your commitment to this program is key...   
 **RATES, AND HOW MUCH**  
Your eating and exercise schedule...   
 **Simple vs. Complex Carbs**  
When eating, arranging through...   
 **THE BASIC FRAMEWORK**  
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**RATES, AND HOW MUCH**  
Your eating and exercise schedule...   
 **Simple vs. Complex Carbs**  
When eating, arranging through...   
 **THE BASIC FRAMEWORK**  
Your commitment to this program is key...   
 **RATES, AND HOW MUCH**  
Your eating and exercise schedule...   
 **Simple vs. Complex Carbs**  
When eating, arranging through...



## EXTREME LEAN TRAINING AND NUTRITION GUIDE

No matter if you're a man or woman, a diehard gym veteran or a relative newcomer, you deserve to have your hard work pay off in results you can see and feel. This is the program to help you burn fat and reveal your greatest physique. If you're looking for real results, start here!

Stick with this workout program for 4-6 weeks, doing your best to follow it as closely as possible and to eat in a way that lines up with the nutrition plan.

DAY	MEN	WOMEN
1	Chest and Shoulders	Legs and Glutes
2	Conditioning Circuit	Conditioning Circuit
3	Back	Chest and Back
4	Conditioning Circuit	Conditioning Circuit
5	Arms	Arms and Shoulders
6	Legs	Legs
7	Rest	Rest

**Programming Terms You'll Need to Know**

**Superset:** A superset is a sequence of two movements performed back-to-back. In this program, most supersets will either hit antagonist muscle groups or the same muscle group from different angles.

**Sample antagonist superset:**  
Bent-over dumbbell row 10-12 reps  
Machine chest press 12-15 reps

**Sample same-group/different-angle superset:**  
Bent-over dumbbell row 10-12 reps  
Wide-grip lat pull-down 12-15

The goal is to rest as little as possible between the two movements. In this case, it's a good idea to grab a set of dumbbells and set them by the pull-down machine so you don't have to go hunting for equipment when you should be working.

**Triset:** A triset is a sequence of three movements performed back-to-back-to-back with as little rest as possible between.

**Sample triset. Perform 3-4 sets:**  
Seated side dumbbell lateral raise 10-12 rep  
Seated Arnold press 12-15 reps  
Seated rear delt raise 10-20 reps

**Circuit:** A circuit is more than three movements performed in a sequence with as little rest as possible between them. In this program, you'll perform as many as six movements in a row. As with trisets, if you find that equipment availability is an issue, look for easy substitutions, such as kettlebells for dumbbells, or vice versa. If you can perform nearly all of the movements in a circuit with a single pair of weights, that means more time working, less time resting, and more total calories burned!

## MEN'S TRAINING PROGRAM

### MEN'S DIET PLAN

This nutrition plan is built around the idea of carb-cycling, or limiting carbs for several days, and then having a periodic refeed day.

**Carb-Cycling Schedule:**  
3 days low-carb  
1 day moderate-carb

But this isn't the type of super-low-carb dieting that'll leave you feeling defeated and depleted during your workouts—or all day long. On the contrary, you'll still be getting enough of every macronutrient and micronutrient to feel great, perform great, and hold on to muscle mass.

The sample meal plan tells you what to eat and when. Customize it based on your size, fitness goals, tastes, and workout schedule. Feel free to make minor substitutions based on what you like to eat.

Here are the most important takeaways:

- Start the day with protein and healthy fats, such as egg yolks and nuts. Any carbs at your first meal during a low-carb day should be a vegetable such as kale or mushrooms.
- An omelet with both whole eggs and egg whites gives you the best of both worlds: all the protein you need, plus enough healthy fats to feel great and support your health.
- A piece of grilled fish, a salad, and some nuts is about the most perfect meal there is when you're looking to lean out. Learn to make it, and learn to like it.
- Sometimes, the simplest preparations are the best. Steamed broccoli, for instance. If you need more flavor, add spices like hot pepper, black pepper, and a pinch of salt after cooking.
- Two words: turkey bacon.
- Forget the "no carbs in the evening" approach. You'll have yours with dinner, which will help you finish the day feeling satiated.
- Getting adequate protein is equally important. If not more so, when you're dieting. So don't fear that cottage pudding at night—it might just be your favorite meal of the day.
- It can be hard to remember at first, but take your first serving of a fat burner on an empty stomach 60 minutes before breakfast, if you're going to do any additional cardio, this is the perfect time to do it.



## WOMEN'S TRAINING PROGRAM

Stick with this program for 4-6 weeks, doing your best to follow it as closely as possible and eating in a way that lines up with the nutrition plan. Definitely rest when you need it based on equipment availability. This is a program designed to make you feel great, perform great, and hold on to muscle mass. If you can perform nearly all of the movements in a circuit with a single pair of weights, that means more time working, less time resting, and more total calories burned!

**WOMEN'S TRAINING PROGRAM**

**WOMEN'S DIET PLAN**

**WOMEN'S TRAINING PROGRAM**

**WOMEN'S DIET PLAN**

**WOMEN'S TRAINING PROGRAM**

**WOMEN'S DIET PLAN**

## WOMEN'S TRAINING PROGRAM

### SAMPLE: LOW-CARB DAY

- BREAKFAST**  
Fat burner, 1 serving (60 mins before breakfast)  
Whey isolate, 1 serving
- Omelette**  
1/2 cup egg whites  
1 egg  
2 cups spinach, red peppers, mushrooms  
1 tbsp coconut oil  
1/2 grapefruit
- LUNCH**  
Fat burner, 1 serving (60 mins before lunch)  
Salmon sobor  
4 oz. grilled salmon  
2 cups mixed greens salad  
1/2 avocado  
10-12 almonds or walnuts  
1 tsp extra-virgin olive oil with balsamic vinegar
- SNACK**  
Protein cookie
- PRE-WORKOUT SUPPLEMENTS**  
Pre-workout, 1 serving
- TRAIN**  
BCAAs, 1 serving
- POST-WORKOUT SUPPLEMENTS**  
Whey protein, 1 serving  
Creatine, 1 serving (optional)
- DINNER**  
4 oz. lean grilled beef or chicken  
4 oz. sweet potato (baked)  
1 cup steamed broccoli
- SNACK**  
Protein Pudding (Mix in blender)  
1 scoop casein  
4-8 oz. unsweetened almond or coconut milk  
1 tsp natural almond butter  
2 tsp ground chia seeds

### SAMPLE: HIGH-CARB DAY

- BREAKFAST**  
Fat burner, 1 serving (60 mins before breakfast)  
Protein Pancakes  
1 scoop whey protein  
1/2 cup egg whites  
1/4 cup cottage cheese  
1/2 cup quark oats  
1 tsp coconut oil  
1/2 cup berries
- LUNCH**  
Skin-Fry With Rice  
4 oz. grilled lean beef  
1/2 cup basmati rice or quinoa (cooked)  
1 cup steamed broccoli with bean sprouts  
1 tbsp teriyaki or similar sauce
- SNACK**  
Protein cookie
- PRE-WORKOUT SUPPLEMENTS**  
Pre-workout, 1 serving
- TRAIN**  
BCAAs, 1 serving
- POST-WORKOUT SUPPLEMENTS**  
Whey protein, 1 serving  
Creatine, 1 serving (optional)
- DINNER**  
4 oz. baked white fish or grilled chicken  
4 oz. red potato (baked)  
1 cup mixed veggies  
1 cup fruit salad
- SNACK**  
1/2 slice Ezekiel/spouted grains toast  
1 tsp natural almond butter

**FINISHER - GLUTES**

EXERCISE	REPS	ADDITIONAL NOTES
Cable or machine glute kick-back	15-20	Rest as little as possible. Perform explosive concentrics, and hold the peak contraction for a second with each rep.



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PERFORMIX IRIIDIUM

25g  
70g  
2.0 LBS

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TRANSCEND YOUR LIMITS

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ALBERTSONS  
TRUCK WRAP



# ALBERTSONS WINE BOTTLE NECK LABEL



### Tasting Notes

- Crisp/Fresh
- Soft/Mellow
- Bold
- Fruity
- Rich
- Sweet
- Dry
- Spicy
- Earthy

EXCLUSIVE BRAND

*Josh*

FONTE CELLARON  
*Merlot*

## STEWARD *Select* PAIRINGS



ALBERTSONS EXCLUSIVE

## STEWARD *Select* PAIRINGS

- Light Body
- Med Body
- Heavy Body
- Dark Fruits
- Light Fruits
- Oak
- Sweet
- Dry
- Rich
- Spicy
- Earthy

# ALBERTSONS IN-STORE CAMPAIGN

Send a personalized letter from Santa to your loved one!  
Our Gift To You!



Dear Johnny,  
You have been a great boy this year!

Love,  
Santa

**It's Quick, Easy & Free!**

1. Go to [albertsons.com/santa](http://albertsons.com/santa)
2. Fill in the simple form.
3. Print out your own personalized letter from Santa and envelope postmarked from the North Pole.
4. Don't forget to download your special discounted offers!



**Albertsons**  
Coca-Cola

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Let us be your pharmacy and get up to **\$75** in Safeway gift cards!



Get a \$25 gift card when you transfer or fill a new prescription



+



Get a \$50 gift card when you fill 5 additional prescriptions and fill your Prescription Stamp Card

A special welcome back to Haggen customers

Live Healthy. Be You.™

\*Some restrictions apply. Ask pharmacist for details.

Let us be your grocery store and get up to **\$10 off** the purchase of \$50 or more



Bring this card in and save on groceries and prescriptions TODAY!

RETURN ADDRESS AREA

PERMIT # GOES HERE

**CLEARSPACE**  
WHITE AREA - NO PRINTING ALLOWED

Let us be your grocery store and get up to **\$10 off** the purchase of \$50 or more

upon valid 5/6 thru 11/11/15

**FPO**

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Let us be your pharmacy and get up to **\$75** in Albertsons gift cards!



Get a \$25 gift card when you transfer or fill a new prescription



+




Get a \$50 gift card when you fill 5 additional prescriptions and fill your Prescription Stamp Card

A special welcome back to Haggen customers

Live Healthy. Be You.™

\*Some restrictions apply. Ask pharmacist for details.

Let us be your grocery store and get up to **\$10 off** the purchase of \$50 or more



Bring this card in and save on Groceries and Prescriptions TODAY!

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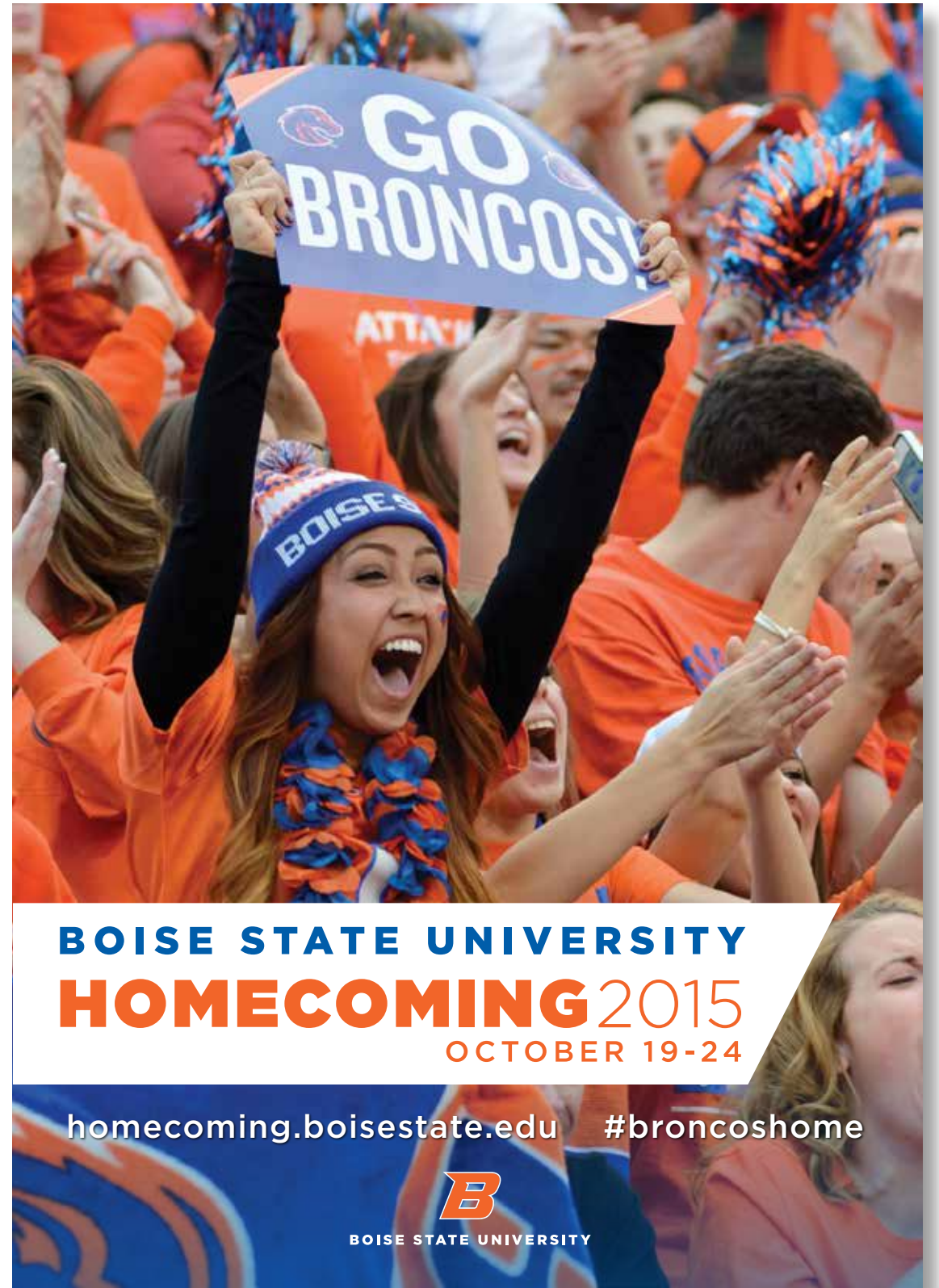
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BUS SHELTER POSTER



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OCTOBER 19-24

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# BOISE STATE UNIVERSITY SPIRIT SQUAD CALENDAR



	TUESDAY	WEDNESDAY	THURSDAY
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