

★ ★ ★ **BRIAN CANNONE'S** ★ ★ ★

STAGE READY

NUTRITION AND TRAINING



MUSCLE BONUS

THE **MUSCLE** **INSIDER** **TIPS**

DAILY MEAL PLANS AND WORKOUT ROUTINES

THE INFORMATION PRESENTED IS NOT INTENDED FOR THE TREATMENT OR PREVENTION OF DISEASE, NOR A SUBSTITUTE FOR MEDICAL TREATMENT, NOR AS AN ALTERNATIVE TO MEDICAL ADVICE. THIS PUBLICATION IS PRESENTED FOR INFORMATION PURPOSES. TO INCREASE THE PUBLIC KNOWLEDGE OF DEVELOPMENTS IN THE FIELD OF SUPPLEMENTS. THE PROGRAM OUTLINED HEREIN SHOULD NOT BE ADOPTED WITHOUT A CONSULTATION WITH YOUR HEALTH PROFESSIONAL.

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NOTE

FROM

BRIAN

THE MUSCLE INSIDER TIPS

Hi my name is Brian Cannone. I have been involved in the health and fitness industry for over 20 years...

From personal trainer and nutritionist... to running 2 of the largest health clubs in Connecticut, I've seen and done everything in a health club.

I've competed in the following bodybuilding contests the AAU Milford County, AAU Mr. Connecticut, NPC East Coast Iron Classic, guest posed at ANBC Constitution State, and Musclemania World Championship and head judged many Major National Contests. I've produced over 17 bodybuilding and fitness shows... Including my own Fitness Atlantic which has become one of the largest shows in the country. Believe me, from being in the contests and behind the scenes I've seen everything you can imagine... Supplements, training, dieting, you name it I've seen it or I've tried it...



THE MUSCLE INSIDER TIPS

Over the years I've picked up thousands of tips and tricks which can hyper speed anyone from beginner to contest ready... but I've always had a gag order on these secrets... until now!

You see, some of the world's top all-natural bodybuilding and fitness models compete in the contests I promote. They come from all over because of the professional way I run my contests and the exposure they get.

Over the years I've had the pleasure to talk to the thousands of bodybuilders, fitness women, and bikini models who enter my show each year. I've heard every frustration and problem you can imagine.

What's bugged me the most: There was little I could do to help them with their problems. It wasn't because I didn't want to. (I wanted to badly!) And it wasn't because I didn't know the answers. I had personally trained hundreds of bodybuilders and fitness models. And I've competed myself. It's this extensive background had allowed me to develop one of the biggest bags of tricks in the industry. But I couldn't share it with anyone.

As promoter of the contest I couldn't be seen as playing favorites and training the contestants. It wouldn't be fair. But with my burning desire to help everyone who wants to compete I finally found the solution... The ONE BIG difference between the men and women who get results and the ones who don't... is one critical trait...

The winners of my drug free competitions are the ones who are constantly experimenting with their bodies... to see what gives them the quickest and most dramatic results to their physiques imaginable.

Over the years I've built up a "hardcore" network of bodybuilding, fitness, and bikini models that number in the thousands...

I've built up one of the biggest Drug-Free Bodybuilding, Fitness and Model Rolodexes which has become a mountain of tips, tricks, and short cuts to getting muscular and shredded in the fastest time possible.

Since I'm the producer of one of the largest shows I talk to my network on a daily basis...



THE MUSCLE INSIDER TIPS

I give them advice... listen to what they're testing out right now... and hearing the amazing discoveries they're unearthing in their training, nutrition, and supplement programs. The best part is you can be a part of this movement... you can jump in and benefit from what they're discovering right now.

Nothing like you see from the websites and magazines. They might report about these breakthroughs years from now... but by then it'll be old news. How can I say this? Simply, because they are farther down the line...

You'll hear about some great breakthrough in training written up in Muscle and Fitness... but by that time it's old hat where we're at...

The network I am involved in has already tried it, tweaked it, and gotten it down to the essence of what works or not and is already benefiting from it. As a result of my insider advantages I'm at the epicenter of bodybuilding intelligence. When you step on stage you need to know what it takes to really compete and place.

Here's some recent stuff I've learned from my insider's network!

To Your Success,
Brian Cannone



MENU

JOURNAL

DAILY MENU JOURNAL



EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

DAILY MENU JOURNAL

LEAN MUSCLE PLAN

FOOD	PROTEIN	CARBS	FAT	CALORIES
9 EGG WHITES	30	4	0	135
1 CUP OATMEAL COOKED	6	25	2	146
1 BANANA	1	27	1	116
TOTALS FOR MEAL: 1	37	56	3	398
5GM. CREATINE MONOHYDRATE	0	0	0	0
2 SCOOPS WHEY PROTEIN	50	6	2	248
TOTALS FOR MEAL: 2	50	6	2	248
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 ½ CUP SWEET POTATO	3	48	1	209
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 3	67	53	5	524
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP BROWN RICE COOKED	5	51	1	236
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 4	69	56	5	551
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
¾ CUP BROWN RICE COOKED	4	38	1	177
1 CUP BROCCOLI	3	5	0	32
2 CUPS ROMAINE LETTUCE	2	3	0	20
1 TOMATO	1	5	0	28
1 TBS. OIL, FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 5	70	51	19	661
2 SCOOPS WHEY PROTEIN	50	6	2	248
TOTALS FOR MEAL: 6	50	6	2	398
DAILY TOTALS	343	227	37	2,630

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DAILY MENU JOURNAL

MUSCLE MASS PLAN

FOOD	PROTEIN	CARBS	FAT	CALORIES
12 EGG WHITES	40	5	0	180
1 EGG EGG. WHOLE	6	1	6	77
1½ CUP OATMEAL COOKED	9	38	4	220
1 BANANA	1	27	1	116
TOTALS FOR MEAL: 1	56	70	11	593
2 SCOOPS WHEY PROTEIN	50	6	2	248
2 CUPS MILK. SKIM	17	24	1	169
5GM. CREATINE MONOHYDRATE	0	0	0	0
TOTALS FOR MEAL: 2	67	30	3	417
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2½ CUP SWEET POTATO	5	80	1	348
1 CUP BROCCOLI	3	5	0	32
1 TBS. OIL. FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 3	69	85	19	785
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2 CUP BROWN RICE COOKED	10	103	2	472
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 4	74	107	6	787
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1½ CUP BROWN RICE COOKED	7	77	2	354
1 CUP BROCCOLI	3	5	0	32
2 CUPS ROMAINE LETTUCE	2	3	0	20
1 TOMATO	1	5	0	28
2 TBS. VINEGAR	0	2	0	7
1 TBS. OIL. FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 5	74	91	20	846
2 SCOOPS WHEY PROTEIN	50	6	2	248
2 CUPS MILK. SKIM	17	24	1	169
1 TBS. PEANUT BUTTER	4	3	8	101
TOTALS FOR MEAL: 6	71	33	11	518
DAILY TOTALS	410	415	71	3,946

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

DAILY MENU JOURNAL

MUSCLE MASS PLAN

FOOD	PROTEIN	CARBS	FAT	CALORIES
12 EGG WHITES	40	5	0	180
1 EGG EGG, WHOLE	6	1	6	77
1½ CUP OATMEAL COOKED	9	38	4	220
1 BANANA	1	27	1	116
TOTALS FOR MEAL: 1	56	70	10	593
2 SCOOPS WHEY PROTEIN	50	6	2	248
2 CUPS MILK, SKIM	17	24	1	169
5GM. CREATINE MONOHYDRATE	0	0	0	0
TOTALS FOR MEAL: 2	67	30	3	417
9 OZ. TURKEY, LIGHT MEAT	59	0	20	415
2 ½ CUP SWEET POTATO	5	80	1	348
1 CUP BROCCOLI	3	5	0	32
1 TBS. OIL, FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 3	67	53	5	524
9 OZ. FISH, COD	45	0	2	194
2 CUP BROWN RICE COOKED	10	103	2	472
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 4	58	107	4	698
6 OZ. SIRLOIN STEAK	31	0	34	433
1 ½ CUP BROWN RICE COOKED	7	77	2	354
1 CUP BROCCOLI	3	5	0	32
2 CUPS ROMAINE LETTUCE	2	3	0	20
1 TOMATO	1	5	0	28
2 TBS. VINEGAR	0	2	0	7
1 TBS. OIL, FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 5	44	91	51	995
2 SCOOPS WHEY PROTEIN	50	6	2	248
2 CUPS MILK, SKIM	17	24	1	169
1 TBS. PEANUT BUTTER	4	3	8	101
TOTALS FOR MEAL: 6	71	33	11	518
DAILY TOTALS	361	415	114	4,136

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

BRIAN CANNONE'S

MENU

JOURNAL

FOR A MEN'S SHOW



THIS IS A CONTEST DIET JOURNAL USED BY MYSELF AND OTHER ATHLETES - THE CALORIES MAY HAVE TO BE ADJUSTED DEPENDING ON THE ATHLETE'S BASAL METABOLIC RATE AND CALORIE EXPENDITURE.

MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - THIRTEEN WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
12 EGG WHITES	40	5	0	180
1 CUP OATMEAL COOKED	6	25	2	146
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 1	49	35	2	358
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP BROWN RICE COOKED	5	51	1	236
1 CUP GREEN BEANS	2	8	0	40
1 TBS. OIL, FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 2	68	59	19	681
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 ½ CUP SWEET POTATO	3	48	1	209
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 3	67	53	5	524
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 ½ CUP SWEET POTATO	3	48	1	209
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 4	66	56	5	532
1 CAN TUNA IN WATER	49	0	1	203
1 CUP BROWN RICE COOKED	5	51	1	236
¾ CUP PEAS, GREEN	6	16	0	91
TOTALS FOR MEAL: 5	60	67	2	529
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2 CUPS ROMAINE LETTUCE	2	3	0	20
1 TBS. VINEGAR	0	1	0	4
1 TBS. OIL, FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 6	63	4	18	429
DAILY TOTALS	372	273	54	3,053

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - TWELVE WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
12 EGG WHITES	40	5	0	180
1 CUP OATMEAL COOKED	6	25	2	146
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 1	49	35	2	358
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP SWEET POTATO	2	32	0	139
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 2	66	37	4	454
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP SWEET POTATO	2	32	0	139
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 3	65	40	4	462
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP SWEET POTATO	2	32	0	139
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 4	66	37	4	454
1 CAN TUNA IN WATER	49	0	1	203
1 CUP BROWN RICE COOKED	5	51	1	236
1 CUP GREEN BEANS	2	8	0	40
1 TBS. OIL, FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 5	56	59	16	600
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2 CUPS ROMAINE LETTUCE	2	3	0	20
1 TBS. OIL, FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 6	63	3	18	425
DAILY TOTALS	364	209	52	2,753

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

6-WEEKS - 5 DAYS CARDIO - 30 MINUTES

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MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - ELEVEN WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
9 EGG WHITES	30	4	0	135
1 CUP OATMEAL COOKED	6	25	2	146
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 1	39	33	3	313
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1-6OZ. POTATO W/SKIN	4	33	0	149
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 2	67	41	5	471
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1-6OZ. POTATO W/SKIN	4	33	0	149
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 3	67	41	5	471
1 CAN TUNA IN WATER	49	0	1	203
½ CUP BROWN RICE COOKED	2	26	1	118
1 CUP PEAS, GREEN	8	21	1	120
TOTALS FOR MEAL: 4	59	47	3	441
9 OZ. TURKEY, LIGHT MEAT	59	0	20	412
1 CUP SWEET POTATO	2	32	1	139
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 5	63	40	20	591
9 OZ. TURKEY, LIGHT MEAT	59	0	20	412
2 CUPS ROMAINE LETTUCE	2	3	0	20
3 TBS. VINEGAR	0	3	0	11
TOTALS FOR MEAL: 6	60	6	20	443
DAILY TOTALS	355	207	54	2,731

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MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - TEN WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
12 EGG WHITES	40	5	0	180
1 CUP OATMEAL COOKED	6	25	2	146
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 1	49	35	3	358
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
½ POTATO W/SKIN	2	16	0	75
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 2	66	21	4	390
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
½ POTATO W/SKIN	2	16	0	75
2 CUPS ROMAINE LETTUCE	2	3	0	20
TOTALS FOR MEAL: 3	65	19	4	378
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1-6OZ. POTATO W/SKIN	4	33	0	149
1 CUP PEAS, GREEN	8	21	1	120
TOTALS FOR MEAL: 4	73	54	5	552
9 OZ. TURKEY, LIGHT MEAT	59	0	20	415
1 CUP SWEET POTATO	2	32	1	139
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 5	63	40	20	591
9 OZ. TURKEY, LIGHT MEAT	59	0	20	412
2 CUPS ROMAINE LETTUCE	2	3	0	20
TOTALS FOR MEAL: 6	60	3	20	432
DAILY TOTALS	375	171	58	2,701

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MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - NINE WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
9 EGG WHITES	30	4	0	135
2 CUP OATMEAL COOKED	12	50	5	293
TOTALS FOR MEAL: 1	42	54	5	428
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP SWEET POTATO	2	32	1	139
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 2	51	76	4	536
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2-6OZ. POTATO W/SKIN	8	68	0	307
TOTALS FOR MEAL: 3	49	66	3	491
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1-6OZ. POTATO W/SKIN	4	33	0	151
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 4	47	41	3	379
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1-6OZ. POTATO W/SKIN	4	33	0	151
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 5	67	41	4	474
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2 CUPS ROMAINE LETTUCE	2	3	0	20
2 CUPS CUCUMBER	1	6	0	31
1 TOMATO	1	5	0	28
1 TBS. BALSAMIC VINEGAR	0	1	0	4
TOTALS FOR MEAL: 6	65	15	4	366
DAILY TOTALS	321	293	24	2,673

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MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - EIGHT WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
12 EGG WHITES	40	5	0	180
1 CUP OATMEAL COOKED	6	25	2	146
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 1	49	35	3	358
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
½ POTATO W/SKIN	2	16	0	75
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 2	65	24	4	398
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
½ POTATO W/SKIN	2	16	0	75
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 3	65	24	4	398
1 CAN TUNA IN WATER	49	0	1	203
1-6OZ. POTATO W/SKIN	4	33	0	149
1 CUP PEAS, GREEN	8	21	1	120
TOTALS FOR MEAL: 4	61	54	2	472
9 OZ. TURKEY, LIGHT MEAT	59	0	20	415
1 CUP SWEET POTATO	2	32	1	139
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 5	63	40	20	591
9 OZ. TURKEY, LIGHT MEAT	59	0	20	412
2 CUPS ROMAINE LETTUCE	2	3	0	20
3 TBS. VINEGAR	0	3	0	11
TOTALS FOR MEAL: 6	60	6	20	443
DAILY TOTALS	362	182	53	2,659

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MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - SEVEN WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
12 EGG WHITES	40	5	0	180
1 CUP OATMEAL COOKED	6	25	2	146
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 1	49	35	2	358
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP SWEET POTATO	2	32	1	139
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 2	66	37	5	454
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP SWEET POTATO	2	32	1	139
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 3	65	40	5	462
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP SWEET POTATO	2	32	1	139
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 4	66	37	5	454
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP SWEET POTATO	2	32	1	139
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 5	65	40	5	462
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2 CUPS ROMAINE LETTUCE	2	3	0	20
1 TBS. OIL, FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 6	63	3	18	425
DAILY TOTALS	373	190	41	2,615

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MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - SIX WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
9 EGG WHITES	30	4	0	135
2 CUP OATMEAL COOKED	12	50	5	293
TOTALS FOR MEAL: 1	42	54	5	428
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2-6OZ. POTATOES W/SKIN	8	68	0	307
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 2	51	76	3	536
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2-6OZ. POTATOES W/SKIN	8	68	0	307
TOTALS FOR MEAL: 3	49	66	3	491
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1-6OZ. POTATO W/SKIN	4	33	0	151
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 4	47	41	3	379
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1-6OZ. POTATO W/SKIN	4	33	0	151
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 5	67	41	4	474
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2 CUPS ROMAINE LETTUCE	2	3	0	20
TOTALS FOR MEAL: 6	63	3	4	303
DAILY TOTALS	319	281	24	2,610

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - FIVE WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
½ CUP YAMS	2	24	0	108
TOTALS FOR MEAL: 1	43	24	3	297
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP YAMS	5	48	0	216
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 2	48	56	3	444
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP YAMS	5	48	0	216
TOTALS FOR MEAL: 3	46	48	3	404
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP YAMS	5	48	0	216
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 4	48	56	3	444
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP YAMS	5	48	0	216
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 5	68	56	5	538
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2 CUPS ROMAINE LETTUCE	2	3	0	20
TOTALS FOR MEAL: 6	63	3	5	303
DAILY TOTALS	314	243	22	2,430

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - FOUR WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP YAMS	5	48	0	216
TOTALS FOR MEAL: 1	46	48	3	404
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP YAMS	5	48	0	216
TOTALS FOR MEAL: 2	46	48	3	404
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP YAMS	5	48	0	216
TOTALS FOR MEAL: 3	46	48	3	404
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP YAMS	5	48	0	216
TOTALS FOR MEAL: 4	46	48	3	404
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP YAMS	5	48	0	216
TOTALS FOR MEAL: 5	46	48	3	404
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
½ CUP YAMS	2	24	0	108
TOTALS FOR MEAL: 6	43	24	3	297
DAILY TOTALS	271	265	20	2,319

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - THREE WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
½ CUP YAMS	2	24	0	108
TOTALS FOR MEAL: 1	43	24	3	297
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP YAMS	5	48	0	216
TOTALS FOR MEAL: 2	66	48	4	499
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP YAMS	5	48	0	216
TOTALS FOR MEAL: 3	66	48	4	499
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 4	63	8	4	323
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2 CUP GREEN BEANS	4	16	0	79
TOTALS FOR MEAL: 5	65	16	4	362
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2 CUPS ROMAINE LETTUCE	2	3	0	20
TOTALS FOR MEAL: 6	43	3	3	209
DAILY TOTALS	345	147	24	2,188

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

6 DAYS CARDIO - 30 MINUTES

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - TWO WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
½ CUP YAMS	2	24	0	108
TOTALS FOR MEAL: 1	43	24	3	297
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP YAMS	5	48	0	216
TOTALS FOR MEAL: 2	46	48	3	404
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP YAMS	5	48	0	216
TOTALS FOR MEAL: 3	46	48	3	404
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
½ CUP YAMS	2	24	0	108
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 4	45	32	3	336
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2 CUP GREEN BEANS	4	16	0	79
TOTALS FOR MEAL: 5	65	16	4	362
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2 CUPS ROMAINE LETTUCE	2	3	0	20
TOTALS FOR MEAL: 6	63	3	4	303
DAILY TOTALS	307	171	22	2,107

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - ONE WEEK OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
½ CUP YAMS	2	24	0	108
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 1	45	32	3	336
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP YAMS	5	48	0	216
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 2	48	56	3	444
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP YAMS	5	48	0	216
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 3	48	56	3	444
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 4	43	8	3	228
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2 CUPS ROMAINE LETTUCE	2	3	0	20
TOTALS FOR MEAL: 5	43	3	3	209
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2 CUPS ROMAINE LETTUCE	2	3	0	20
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 6	45	10	3	248
DAILY TOTALS	270	165	19	1,909

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - SUN, MON, TUES, WEDS

FOOD	PROTEIN	CARBS	FAT	CALORIES
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2.07 CUP SWEET POTATO	4	66	1	289
TOTALS FOR MEAL: 1	45	66	4	477
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2.07 CUP SWEET POTATO	4	66	1	289
TOTALS FOR MEAL: 2	45	66	4	477
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2.09 CUP SWEET POTATO	4	67	1	291
TOTALS FOR MEAL: 3	45	67	4	480
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2.09 CUP SWEET POTATO	4	67	1	291
TOTALS FOR MEAL: 4	45	67	4	480
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2.09 CUP SWEET POTATO	4	67	1	291
TOTALS FOR MEAL: 5	45	67	4	480
2 CUP WHITE RICE COOKED	7	80	1	355
TOTALS FOR MEAL: 6	7	80	1	355
DAILY TOTALS	231	413	19	2,749

ITEMS	TUES.	WEDS.	THUR.	FRI.
DISTILLED WATER	½ GAL.	1 GAL.	1 GAL.	½ GAL.
LIQUID K - EVERY 3 HOURS	1 TSP.	1 TSP.	1 TBS.	1 TBS.
WORKOUT	YES	YES	NO	NO

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

MENU JOURNAL FOR A SHOW - MEN

MUSCLE PLAN FOR A SHOW - THU, FRI, SAT

FOOD	PROTEIN	CARBS	FAT	CALORIES
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2 CUP WHITE RICE COOKED	7	80	1	355
TOTALS FOR MEAL: 1	48	80	4	577
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2.03 CUP SWEET POTATO	4	65	1	282
TOTALS FOR MEAL: 2	45	66	4	471
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2.03 CUP SWEET POTATO	4	65	1	282
TOTALS FOR MEAL: 3	65	65	5	566
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2.03 CUP SWEET POTATO	4	65	1	282
TOTALS FOR MEAL: 4	65	65	5	566
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2 CUP WHITE RICE COOKED	7	80	1	355
TOTALS FOR MEAL: 5	48	80	4	544
2 CUP WHITE RICE COOKED	7	80	1	355
TOTALS FOR MEAL: 6	7	80	1	355
DAILY TOTALS	277	436	22	3,046

ITEMS	TUES.	WEDS.	THUR.	FRI.
DISTILLED WATER	½ GAL.	1 GAL.	1 GAL.	½ GAL.
LIQUID K - EVERY 3 HOURS	1 TSP.	1 TSP.	1 TBS.	1 TBS.

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

MENU JOURNAL FOR A SHOW - MEN

DAY OF THE SHOW

FOOD	PROTEIN	CARBS	FAT	CALORIES
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
2 CUP WHITE RICE COOKED	7	80	1	355
TOTALS FOR MEAL: 1	27	80	2	450
1 CUP WHITE RICE COOKED	3	40	0	178
4 CUP SWEET POTATO	8	130	2	565
TOTALS FOR MEAL: 2	11	170	2	742
1 CUP WHITE RICE COOKED	3	40	0	178
4 CUP SWEET POTATO	8	130	2	565
TOTALS FOR MEAL: 3	11	170	2	742
1 CUP WHITE RICE COOKED	3	40	0	178
4 CUP SWEET POTATO	8	130	2	565
TOTALS FOR MEAL: 4	11	170	2	742
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
2 CUP WHITE RICE COOKED	7	80	1	355
TOTALS FOR MEAL: 5	27	80	2	450
2 CUP WHITE RICE COOKED	7	80	1	355
TOTALS FOR MEAL: 6	7	80	1	355
DAILY TOTALS	95	751	11	3,482

ITEMS	TUES.	WEDS.	THUR.	FRI.
DISTILLED WATER	½ GAL.	1 GAL.	1 GAL.	½ GAL.
LIQUID K - EVERY 3 HOURS	1 TSP.	1 TSP.	1 TBS.	1 TBS.
TWINLAB GYCEATOL FUEL - 7AM				2 TBS.
TWINLAB GYCEATOL FUEL - 9AM				2 TBS.
APRICOT NECTAR				11AM

NOTE: LIQUID K is potassium. Twinlab no longer makes it so try this -

<http://www.bodybuilding.com/store/country/cmp.html>

GLYCEROL FUEL a vegetable carbohydrate - Twinlab used to make these both when I took them - I believe they no longer make them - people may substitute something else for these products by researching or writing into bodybuilding.com and asking for their recommendations on these supplements. Try this -

<http://www.bodybuilding.com/store/clabs/grow.html>

They also had a product called **TARAXATONE** which was a diuretic and athletes took - they still make it.

<http://www.bodybuilding.com/store/cytoenix/taraxatone.html>

MENU JOURNAL

FOR A FEMALE SHOW



THIS IS A CONTEST DIET JOURNAL USED BY MYSELF AND OTHER ATHLETES - THE CALORIES MAY HAVE TO BE ADJUSTED DEPENDING ON THE ATHLETE'S BASAL METABOLIC RATE AND CALORIE EXPENDITURE.

MENU JOURNAL FOR A SHOW - FEMALE

2 WEEK MEAL PLAN - NINE-EIGHT WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
6 EGG WHITES	20	2	0	90
1 CUP OATMEAL COOKED	6	25	2	146
TOTALS FOR MEAL: 1	26	28	2	237
6 EGG WHITES	20	2	0	90
2 CUP SQUASH, BUTTERNUT	3	11	1	60
TOTALS FOR MEAL: 2	23	13	1	150
3 OZ. CHICKEN BREAST NO SKIN	31	0	2	142
¾ CUP SWEET POTATO	2	24	0	105
1½ CUPS CELERY	1	7	0	33
TOTALS FOR MEAL: 3	34	8	2	184
4½ OZ. CHICKEN BREAST NO SKIN	31	0	2	142
½ CUP BROWN RICE COOKED	2	26	1	118
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 4	36	31	3	291
1 CAN TUNA IN WATER	49	0	1	203
½ CUP BROWN RICE COOKED	2	26	1	118
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 5	54	31	2	352
3 OZ. CHICKEN BREAST NO SKIN OR TUNA	20	0	1	94
¾ CUP SWEET POTATO	2	24	0	105
1 CUP BROCCOLI OR LETTUCE	3	5	0	32
1 TBS. OIL, FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 6	24	29	16	352
DAILY TOTALS	150	131	23	1,324

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

STAY ON THIS MEAL PLAN FOR 2-WEEKS - 6 DAYS CARDIO - 35 MINUTES

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

MENU JOURNAL FOR A SHOW - FEMALE

3 WEEK MEAL PLAN - SEVEN-FIVE WEEKS OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
6 EGG WHITES	20	2	0	90
½ CUP OATMEAL COOKED	3	13	1	73
TOTALS FOR MEAL: 1	23	15	1	163
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
½ CUP SWEET POTATO	1	16	0	70
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 2	24	21	1	196
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
½ CUP SWEET POTATO	1	16	0	70
1½ CUPS CELERY	1	7	0	33
TOTALS FOR MEAL: 3	23	23	2	197
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
½ CUP SWEET POTATO	1	16	0	70
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 4	24	21	1	196
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
1 CUP BROCCOLI	3	5	0	32
1½ CUPS CELERY	1	7	0	33
TOTALS FOR MEAL: 5	24	11	1	159
DAILY TOTALS	118	90	9	911

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

STAY ON THIS MEAL PLAN FOR 3-WEEKS - 6 DAYS CARDIO - 35 MINUTES

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

MENU JOURNAL FOR A SHOW - FEMALE

4 WEEK MEAL PLAN - FOUR-ONE WEEK OUT

FOOD	PROTEIN	CARBS	FAT	CALORIES
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
½ CUP SWEET POTATO	1	16	0	70
TOTALS FOR MEAL: 1	23	15	1	163
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
½ CUP SWEET POTATO	1	16	0	70
TOTALS FOR MEAL: 2	24	21	1	196
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
½ CUP SWEET POTATO	1	16	0	70
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 3	24	21	1	196
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
½ CUP SWEET POTATO	1	16	0	70
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 4	24	21	1	196
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 5	23	5	1	126
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
1 CUPS ROMAINE LETTUCE	1	1	0	10
2 TBS. VINEGAR	0	2	0	7
TOTALS FOR MEAL: 6	21	3	1	111
DAILY TOTALS	135	81	10	958

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

STAY ON THIS MEAL PLAN FOR 4-WEEKS

6 DAYS CARDIO - WEEK 1 & 2 - 35 MINUTES, WEEK 3 - 45 MINUTES, WEEK 4 - 60 MINUTES

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

MENU JOURNAL FOR A SHOW - FEMALE

WEEK OF THE SHOW - SUN - WED

FOOD	PROTEIN	CARBS	FAT	CALORIES
9 EGG WHITES	30	4	0	135
TOTALS FOR MEAL: 1	30	4	0	135
9 EGG WHITES	30	4	0	135
TOTALS FOR MEAL: 2	30	4	0	135
1 CAN TUNA IN WATER	49	0	1	203
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 3	51	5	1	234
1 CAN TUNA IN WATER	49	0	1	203
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 4	51	5	1	234
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 5	23	5	1	126
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
1 CUPS ROMAINE LETTUCE	1	1	0	10
2 TBS. VINEGAR	0	2	0	7
TOTALS FOR MEAL: 6	21	3	1	111
DAILY TOTALS	207	24	6	976

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

LIGHT CARDIO 30-20 MINUTES

ITEMS	SUN.	MON.	TUES.	WED.
DISTILLED WATER	1½-2 GAL.	1½-2 GAL.	1½-2 GAL.	1½-2 GAL.
WORKOUT	YES	YES	YES	YES
WORKOUT - HIGH REPS 15	YES	YES	YES	YES

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

MENU JOURNAL FOR A SHOW - FEMALE

WEEK OF THE SHOW - THURS - SAT

FOOD	PROTEIN	CARBS	FAT	CALORIES
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
1 CUP WHITE RICE COOKED	3	40	0	178
TOTALS FOR MEAL: 1	23	40	1	272
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
½ CUP WHITE RICE COOKED	2	20	0	89
TOTALS FOR MEAL: 2	22	20	1	183
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
½ CUP WHITE RICE COOKED	2	20	0	89
TOTALS FOR MEAL: 3	22	20	1	183
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
½ CUP WHITE RICE COOKED	2	20	0	89
TOTALS FOR MEAL: 4	22	20	1	183
3 OZ. CHICKEN BREAST NO SKIN	20	0	1	94
1 CUP WHITE RICE COOKED	3	40	0	178
TOTALS FOR MEAL: 5	23	40	1	272
DAILY TOTALS	207	24	6	976

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

LIGHT CARDIO 30-20 MINUTES

ITEMS	THUR	FRI.	SAT.
DISTILLED WATER	1½-2 GAL.	1½-2 GAL.	1½-2 GAL.
WORKOUT	YES	NO	NO
WORKOUT - HIGH REPS 15	YES	NO	NO

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

CONTEST PUMP WORKOUT BEFORE GETTING ON STAGE

PUMP-UP ROUTINE BACKSTAGE

BODY PART	EXERCISE	SETS
CHEST	DUMBBELL BENCH PRESS (PUSH-UPS)	3
	DUMBBELL FLYS	3
BACK	DUMBBELL ROLLS (ELASTIC BANDS)	3
BICEPS	DUMBBELL CURL	3
	STRAIGHT BARBELL CURL	3
SHOULDERS	REAR LATERAL	3
	FRONT LATERAL	3
	SIDE LATERAL	3
	SEATED ROW	3
POSING	LEGS	
POSING	ABS	
POSING	TRICEPS	



BRIAN CANNONE'S

MENU

JOURNAL

OFF SEASON - HEALTHY FOOD



DAILY MENU JOURNAL

OFF SEASON MEAL PLAN

FOOD	PROTEIN	CARBS	FAT	CALORIES
9 EGG WHITES	30	4	0	135
1 CUP OATMEAL COOKED	6	25	2	146
1 BANANA	1	27	1	116
TOTALS FOR MEAL: 1	37	56	3	398
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP YAMS	5	48	0	216
1 APPLE	0	21	0	89
TOTALS FOR MEAL: 2	69	69	5	588
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP YAMS	5	48	0	216
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 3	68	56	5	538
1 CAN TUNA IN WATER	49	0	1	203
1 CUP BROWN RICE COOKED	5	51	1	236
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 4	56	59	2	478
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1 CUP BROWN RICE COOKED	5	51	1	236
1 CUP BROCCOLI	3	5	0	32
TOTALS FOR MEAL: 5	69	56	6	551
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2 CUPS ROMAINE LETTUCE	2	3	0	20
2 TBS. VINEGAR	0	2	0	7
1 TBS. OIL, FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 6	63	4	19	432
DAILY TOTALS	359	300	39	2,986

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

DAILY MENU JOURNAL

OFF SEASON MEAL PLAN

FOOD	PROTEIN	CARBS	FAT	CALORIES
9 EGG WHITES	30	4	0	135
1½ CUP OATMEAL COOKED	9	38	4	220
1 APPLE	0	21	0	89
TOTALS FOR MEAL: 1	39	62	4	444
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1-6OZ. POTATO W/SKIN	4	33	0	151
1 CUP GREEN BEANS	2	8	0	40
1 ORANGE	1	15	2	81
TOTALS FOR MEAL: 2	69	59	6	566
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1-6OZ. POTATO W/SKIN	4	33	0	151
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 3	67	41	5	474
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1-6OZ. POTATO W/SKIN	4	33	0	151
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 4	67	41	5	474
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1-6OZ. POTATO W/SKIN	4	33	0	151
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 5	67	41	5	474
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
1-6OZ. POTATO W/SKIN	4	33	0	151
2 CUPS ROMAINE LETTUCE	2	3	0	20
3 TBS. ITALIAN DRESSING	0	5	21	211
TOTALS FOR MEAL: 6	67	40	26	665
DAILY TOTALS	377	285	50	3,096

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

DAILY MENU JOURNAL

OFF SEASON MEAL PLAN

FOOD	PROTEIN	CARBS	FAT	CALORIES
9 EGG WHITES	30	4	0	135
2 CUP OATMEAL COOKED	12	50	5	293
TOTALS FOR MEAL: 1	42	54	5	428
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2-6OZ. POTATOES W/SKIN	8	68	0	307
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 2	51	76	3	536
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2-6OZ. POTATOES W/SKIN	8	68	0	307
TOTALS FOR MEAL: 3	49	66	3	491
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
1-6OZ. POTATO W/SKIN	4	33	0	151
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 4	47	41	3	379
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2-6OZ. POTATOES W/SKIN	8	68	0	307
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 5	51	76	3	536
6 OZ. CHICKEN BREAST NO SKIN	41	0	3	189
2-6OZ. POTATOES W/SKIN	8	68	0	307
2 CUPS ROMAINE LETTUCE	2	3	0	20
TOTALS FOR MEAL: 6	51	69	4	510
DAILY TOTALS	290	380	21	2,874

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

DAILY MENU JOURNAL

OFF SEASON MEAL PLAN

FOOD	PROTEIN	CARBS	FAT	CALORIES
9 EGG WHITES	30	4	0	135
1½ CUP OATMEAL COOKED	9	38	4	220
1 APPLE	0	21	0	89
TOTALS FOR MEAL: 1	39	62	4	444
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2-6OZ. POTATOES W/SKIN	8	68	0	307
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 2	71	76	4	630
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2-6OZ. POTATOES W/SKIN	8	68	0	307
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 3	71	76	4	630
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2-6OZ. POTATOES W/SKIN	8	68	0	307
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 4	71	76	4	630
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2-6OZ. POTATOES W/SKIN	8	68	0	307
1 CUP GREEN BEANS	2	8	0	40
TOTALS FOR MEAL: 5	71	76	4	630
9 OZ. CHICKEN BREAST NO SKIN	61	0	4	283
2 CUPS ROMAINE LETTUCE	2	3	0	20
1 TBS. VINEGAR	0	1	0	4
1 TBS. OIL, FLAXSEED	0	0	14	122
TOTALS FOR MEAL: 6	63	4	18	429
DAILY TOTALS	386	370	38	3,545

EAT YOUR MEALS 3 HOURS APART - NO LESS THAN TWO AND NO MORE THAN FOUR HOURS APART AND ONE GALLON OF WATER A DAY!

ABOUT YOUR DIETARY METHOD

To reduce body-fat while improving the deficiency of your processing systems, your caloric intake need be no less than 1,000 calories below the total number of calories your burn daily. Your caloric intake can be predicted by the Optimal Results system. An appropriate ratio of Protein, Carbohydrate, and Fat based foods would be approximately 30% PRO, 50% CHO, and 20% FAT.

WORKOUT ROUTINES

STRENGTH TRAINING



WORKOUT ROUTINES

STRENGTH TRAINING - LEVEL 6

DAY ONE

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
CHEST	BARBELL FLAT BENCH PRESS	3	6-8	45 SEC.
	BARBELL INCLINE BENCH PRESS	3	6-8	60 SEC.
	STANDING CABLE CROSSOVERS	3	10-12	15 SEC.
TRICEPS	TRICEP CABLE PUSHDOWN	3	8-10	45 SEC.
	TRICEP CLOSE GRIP BENCH PRESS	3	6-8	45 SEC.
	TRICEP ROPE PUSHDOWN	3	10-12	45 SEC.
ABDOMINALS	LYING AB CRUNCHES	3	25-30	15 SEC.
	HANGING LEG RAISES	3	20	15 SEC.
CARDIO	EFX WALKER	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
COOL DOWN	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		

DAY TWO

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
OTHER	STIFF LEG DEADLIFTS	3	8-10	60 SEC.
LEGS	LYING LEG CURLS	4	10-12	45 SEC.
	BARBELL SQUATS	4	6-8	60 SEC.
	HACK SQUATS	3	8-10	45 SEC.
	45 DEGREE LEG PRESS	3	6-8	60 SEC.
	SEATED CALF RAISES	3	12	60 SEC.
	STANDING CALF RAISES	3	12	60 SEC.
CARDIO	TREADMILL-WALKING	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		

DAY THREE - REST

DAY FOUR

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
BACK	BACK EXTENSION MACHINE	2	12-15	30 SEC.
	DUMBBELL ROWING	3	8-10	60 SEC.
	UNDERHAND GRIP PULL-DOWN	3	8-10	60 SEC.

WORKOUT ROUTINES

DAY FOUR (CONTINUED)

	FRONT PULL-DOWN	3	6-8	60 SEC.
	UNDERHAND PULL-UP	3	6-8	30 SEC.
OTHER	FOREARM CURLS - SUPINATED	3	12-15	30 SEC.
	FOREARM CURLS - PRONATED	3	12-15	30 SEC.
CARDIO	TREADMILL-WALKING HR ZONE: 101-126 BPM. TIME: 30 MINUTES			

DAY FIVE

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE HR ZONE: 101-126 BPM. TIME: 5 MINUTES			
SHOULDERS	SHOULDER SHRUGS	3	6-8	60 SEC.
	REAR LATERAL RAISES	3	8-10	30 SEC.
	BARBELL SHOULDER PRESS	4	6-8	60 SEC.
	FRONT BARBELL RAISE	3	8-10	60 SEC.
	SIDE LATERAL MACHINE	4	12	60 SEC.
BICEPS	STANDING BARBELL CURL	3	6-8	60 SEC.
	BICEP CURL MACHINE	3	8-10	60 SEC.
	CABLE PREACHER CURLS	3	10	60 SEC.
CARDIO	TREADMILL-WALKING HR ZONE: 101-126 BPM. TIME: 30 MINUTES			

DAY SIX

BODY PART	EXERCISE	SETS	REPS	REST
CARDIO	EFX WALKER HR ZONE: 151-177 BPM. TIME: 30 MINUTES			

DAY SEVEN - REST

ABOUT YOUR TRAINING METHOD

The Strength Training program is a 3 phase plan. It utilizes Muscular Strength methods with Progressive Resistance techniques. This combination of methods and techniques has proven to be highly effective in developing strength. In addition moderate cardiorespiratory exercise is incorporated because strength is partly dependent upon oxygen delivery. This phase "Level 5" provides for an increase to the Resistance program, but no increase to cardiorespiratory programs.



WORKOUT ROUTINES

STRENGTH TRAINING - LEVEL 5 (OPTION 1)

DAY ONE

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
CHEST	BARBELL FLAT BENCH PRESS	3	6-8	45 SEC.
	BARBELL INCLINE PRESS	3	6-8	60 SEC.
	PUSH-UPS	3	12	15 SEC.
TRICEPS	TRICEP CABLE PUSHDOWN	3	8-10	45 SEC.
	TRICEP CLOSE GRIP BENCH PRESS	3	6-8	45 SEC.
ABDOMINALS	LYING AB CRUNCHES	3	25-30	15 SEC.
CARDIO	EFX WALKER	HR ZONE: 101-126 BPM. TIME: 30 MINUTES		
COOL DOWN	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		

DAY TWO

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
OTHER	STIFF LEG DEADLIFTS	3	8-10	60 SEC.
LEGS	LYING LEG CURLS	4	10-12	45 SEC.
	BARBELL SQUATS	4	6-8	60 SEC.
	HACK SQUATS	3	8-10	45 SEC.
	45 DEGREE LEG PRESS	3	6-8	60 SEC.
CARDIO	EFX WALKER	HR ZONE: 101-126 BPM. TIME: 30 MINUTES		

DAY THREE - REST

DAY FOUR

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	TREADMILL-WALKING	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
BACK	HYPER EXTENSIONS	2	12-15	30 SEC.
	MACHINE ROWS	3	8-10	60 SEC.
	DUMBBELL ROWING	3	8-10	60 SEC.
	FRONT PULL-DOWN	3	6-8	60 SEC.
	UNDERHAND PULL-UP	3	6-8	30 SEC.
OTHER	FOREARM CURLS - SUPINATED	3	12-15	30 SEC.
	FOREARM CURLS - PRONATED	3	12-15	30 SEC.

WORKOUT ROUTINES

DAY FOUR (CONTINUED)

CARDIO TREADMILL-WALKING HR ZONE: 101-126 BPM. TIME: 30 MINUTES

DAY FIVE

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
SHOULDERS	SHOULDER SHRUGS	3	6-8	60 SEC.
	REAR LATERAL RAISES	3	8-10	30 SEC.
	BARBELL SHOULDER PRESS	4	6-8	60 SEC.
	FRONT BARBELL RAISE	3	8-10	60 SEC.
BICEPS	STANDING BARBELL CURL	3	6-8	60 SEC.
	BICEP CURL MACHINE	3	8-10	60 SEC.
CARDIO	TREADMILL-WALKING	HR ZONE: 151-177 BPM. TIME: 30 MINUTES		

DAY SIX

BODY PART	EXERCISE	SETS	REPS	REST
CARDIO	EFX WALKER	HR ZONE: 151-177 BPM. TIME: 30 MINUTES		

DAY SEVEN - REST

ABOUT YOUR TRAINING METHOD

The Strength Training program is a 3 phase plan. It utilizes Muscular Strength methods with Progressive Resistance techniques. This combination of methods and techniques has proven to be highly effective in developing strength. In addition moderate cardiorespiratory exercise is incorporated because strength is partly dependent upon oxygen delivery. This phase "Level 5" provides for an increase to the Resistance program, but no increase to cardiorespiratory programs.

To help you progress in your gym efforts, use the Workout Log at the end of the book.



DAILY MENU JOURNAL

STRENGTH TRAINING - LEVEL 5 (OPTION 2)

DAY ONE

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
CHEST	BARBELL FLAT BENCH PRESS	3	6-8	45 SEC.
	BARBELL INCLINE PRESS	3	6-8	60 SEC.
	PUSH-UPS	3	10-12	15 SEC.
TRICEPS	TRICEP CABLE PUSHDOWN	3	8-10	45 SEC.
	TRICEP CLOSE GRIP BENCH PRESS	3	6-8	45 SEC.
ABDOMINALS	LYING AB CRUNCHES	3	25-30	15 SEC.
CARDIO	BICYCLE	HR ZONE: 151-177 BPM. TIME: 20 MINUTES		
COOL DOWN	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		

DAY TWO

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
OTHER	STIFF LEG DEADLIFTS	3	8-10	60 SEC.
LEGS	LYING LEG CURLS	4	10-12	45 SEC.
	BARBELL SQUATS	4	6-8	60 SEC.
	HACK SQUATS	3	8-10	45 SEC.
	45 DEGREE LEG PRESS	3	6-8	60 SEC.

DAY THREE - REST

DAY FOUR

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	TREADMILL-WALKING	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
BACK	HYPER EXTENSIONS	2	12-15	30 SEC.
	MACHINE ROWS	3	8-10	60 SEC.
	DUMBBELL ROWING	3	8-10	60 SEC.
	FRONT PULL-DOWN	3	6-8	60 SEC.
	UNDERHAND PULL-UP	3	6-8	30 SEC.
OTHER	FOREARM CURLS - SUPINATED	3	12-15	30 SEC.
	FOREARM CURLS - PRONATED	3	12-15	30 SEC.
CARDIO	TREADMILL-JOGGING	HR ZONE: 126-151 BPM. TIME: 20 MINUTES		

DAILY MENU JOURNAL

DAY FIVE

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
SHOULDERS	SHOULDER SHRUGS	3	6-8	60 SEC.
	REAR LATERAL RAISES	3	8-10	30 SEC.
	BARBELL SHOULDER PRESS	4	6-8	60 SEC.
	FRONT BARBELL RAISE	3	8-10	60 SEC.
BICEPS	STANDING BARBELL CURL	3	6-8	60 SEC.
	BICEP CURL MACHINE	3	8-10	60 SEC.
CARDIO	TREADMILL-WALKING	HR ZONE: 151-177 BPM. TIME: 30 MINUTES		

DAY SIX

BODY PART	EXERCISE	SETS	REPS	REST
CARDIO	EFX WALKER	HR ZONE: 151-177 BPM. TIME: 30 MINUTES		

DAY SEVEN - REST

ABOUT YOUR TRAINING METHOD



The Strength Training program is a 3 phase plan. It utilizes Muscular Strength methods with Progressive Resistance techniques. This combination of methods and techniques has proven to be highly effective in developing strength. In addition moderate cardiorespiratory exercise is incorporated because strength is partly dependent upon oxygen delivery. This phase "Level 5" provides for an increase to the Resistance program, but no increase to cardiorespiratory programs.

WORKOUT ROUTINES

STRENGTH TRAINING - LEVEL 4

DAY ONE

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
CHEST	BARBELL FLAT BENCH PRESS	4	6-8	45 SEC.
	DUMBBELL INCLINE PRESS	3	6-8	60 SEC.
	PECK-DECK	3	8-10	30 SEC.
TRICEPS	TRICEP ROPE PUSHDOWN	3	8-10	45 SEC.
	TRICEP CABLE PUSHDOWN	3	8-10	45 SEC.
ABDOMINALS	LYING AB CRUNCHES	3	12-15	15 SEC.
CARDIO	BICYCLE	HR ZONE: 151-177 BPM. TIME: 20 MINUTES		
COOL DOWN	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		

DAY TWO

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
LEGS	BARBELL SQUATS	4	6-8	60 SEC.
	45 DEGREE LEG PRESS	3	6-8	60 SEC.
	HACK SQUATS	3	8-10	45 SEC.
	LYING LEG CURLS	4	10-12	45 SEC.
OTHER	STIFF LEG DEADLIFTS	3	8-10	60 SEC.

DAY THREE - REST

DAY FOUR

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	TREADMILL-WALKING	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
BACK	UNDERHAND PULL-UP	3	6-8	30 SEC.
	FRONT PULL-DOWN	3	6-8	60 SEC.
	DUMBBELL ROWING	3	8-10	60 SEC.
	MACHINE ROWS	3	8-10	60 SEC.
	HYPERTENSION EXTENSIONS	2	12-15	30 SEC.
OTHER	FOREARM CURLS	4	12-15	30 SEC.
CARDIO	TREADMILL-JOGGING	HR ZONE: 126-151 BPM. TIME: 20 MINUTES		

WORKOUT ROUTINES

DAY FIVE

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
SHOULDERS	BARBELL SHOULDER PRESS	4	6-8	60 SEC.
	FRONT BARBELL RAISE	3	8-10	60 SEC.
	REAR LATERAL RAISES	3	8-10	30 SEC.
	SHOULDER SHRUGS	3	6-8	60 SEC.
BICEPS	STANDING BARBELL CURL	3	8-10	60 SEC.
	BICEP CURL MACHINE	3	8-10	60 SEC.
CARDIO	TREADMILL-WALKING	HR ZONE: 151-177 BPM. TIME: 30 MINUTES		

DAY SIX

BODY PART	EXERCISE	SETS	REPS	REST
CARDIO	EFX WALKER	HR ZONE: 151-177 BPM. TIME: 30 MINUTES		

DAY SEVEN - REST

ABOUT YOUR TRAINING METHOD

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WORKOUT ROUTINES

STRENGTH TRAINING - LEVEL 3

DAY ONE

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
CHEST	BARBELL FLAT BENCH PRESS	3	6-8	60 SEC.
	DUMBBELL INCLINE PRESS	3	6-8	60 SEC.
	PECK-DECK	2	8-10	30 SEC.
TRICEPS	TRICEP ROPE PUSHDOWN	3	8-10	45 SEC.
	TRICEP CABLE PUSHDOWN	2	8-10	45 SEC.
ABDOMINALS	LYING AB CRUNCHES	3	25-30	15 SEC.
CARDIO	BICYCLE	HR ZONE: 151-177 BPM. TIME: 20 MINUTES		
COOL DOWN	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		

DAY TWO

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
LEGS	BARBELL SQUATS	4	6-8	90 SEC.
	45 DEGREE LEG PRESS	3	6-8	60 SEC.
	HACK SQUATS	2	8-10	45 SEC.
	LYING LEG CURLS	3	10-12	45 SEC.
OTHER	STIFF LEG DEADLIFTS	3	8-10	60 SEC.

DAY THREE - REST

DAY FOUR

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	TREADMILL-WALKING	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
BACK	CHIN-UPS WIDE GRIP	2	6-8	30 SEC.
	FRONT PULL-DOWN	3	6-8	60 SEC.
	ROWING	3	8-10	60 SEC.
	MACHINE ROWS	3	8-10	60 SEC.
	HYPER EXTENSIONS	2	12-15	30 SEC.
OTHER	FOREARM CURLS	3	12-15	30 SEC.
CARDIO	TREADMILL-JOGGING	HR ZONE: 126-151 BPM. TIME: 20 MINUTES		

WORKOUT ROUTINES

DAY FIVE

BODY PART	EXERCISE	SETS	REPS	REST
WARM-UP	BICYCLE	HR ZONE: 101-126 BPM. TIME: 5 MINUTES		
SHOULDERS	BARBELL SHOULDER PRESS	4	6-8	60 SEC.
	FRONT BARBELL RAISE	2	8-10	60 SEC.
	REAR LATERAL RAISES	3	8-10	30 SEC.
	SHOULDER SHRUGS	3	6-8	60 SEC.
BICEPS	STANDING BARBELL CURL	3	8-10	60 SEC.
	BICEP CURL MACHINE	2	8-10	60 SEC.
CARDIO	TREADMILL-WALKING	HR ZONE: 126-151 BPM. TIME: 30 MINUTES		

DAY SIX- REST
DAY SEVEN - REST

ABOUT YOUR TRAINING METHOD



The Strength Training program is a 3 phase plan. It utilizes Muscular Strength methods with Progressive Resistance techniques. This combination of methods and techniques has proven to be highly effective in developing strength. In addition moderate cardiorespiratory exercise is incorporated because strength is partly dependent upon oxygen delivery. This phase "Level 5" provides for an increase to the Resistance program, but no increase to cardiorespiratory programs.

**YOUR WORKOUT
LOG IS ON THE
NEXT PAGE.**

WORKOUT LOG

WEEK OF _____

BEGINNING
BODYWEIGHT _____

ENDING
BODYWEIGHT _____

CARDIO LOG

DAY	TYPE	HEART RATE	TIME	DAY	TYPE	HEART RATE	TIME
1)	<i>BIKE</i>	<i>125</i>	<i>30</i>	4)			
1)				5)			
2)				6)			
3)				7)			

WORKOUTS

DAY	EXERCISE	SETS 1	SETS 2	SETS 3	SETS 4	SETS 5
<i>Sample</i> 1)	<i>Incline dumbbell press</i>	Wt./Rep 50/15	Wt./Rep 60/10	Wt./Rep 70/8	Wt./Rep 75/6	Wt./Rep 75/6
DAY OF THE WEEK CHEST	1)					
	2)					
	3)					
	4)					
DAY OF THE WEEK SHOULDERS	1)					
	2)					
	3)					
	4)					
DAY OF THE WEEK BACK	1)					
	2)					
	3)					
	4)					
DAY OF THE WEEK ARMS	1)					
	2)					
	3)					
	4)					
	5)					
	6)					
DAY OF THE WEEK LEGS	1)					
	2)					
	3)					
	4)					
	5)					
DAY OF THE WEEK ABS	1)					
	2)					
	3)					

Make photocopies of the chart and retain in a notebook to chart your progress.