

PROGRAM:

**CUT**

OBJECTIVE:

**SHRED, TONE & DEFINE**

DURATION:

**21 DAYS**

CREATED BY:

**ASHLEY CONRAD**

*WARNING: THE TRAINING AND NUTRITION PROGRAMS DESCRIBED HERE ARE NOT INTENDED TO BE USED AS SUBSTITUTES FOR ANY EXERCISE PLAN OR DIETARY REGIMEN THAT MAY HAVE BEEN PRESCRIBED BY YOUR PHYSICIAN. CLUTCH STRONGLY RECOMMENDS THAT YOU CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY TRAINING AND NUTRITION PROGRAM, AND THAT YOU PERFORM EXERCISES UNDER THE SUPERVISION OF A CERTIFIED FITNESS TRAINER OR CONDITIONING COACH.*

**clutch.**

CREATED BY CELEBRITY TRAINER ASHLEY CONRAD

CELEBRITY TRAINER    ADIDAS GLOBAL BOXING TRAINER    FORMER USC BASKETBALL PLAYER    FITNESS RENEGADE



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PROGRAM:

**CUT**

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DISCIPLINE:

**NUTRITION**

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CREATED BY

**ASHLEY CONRAD**

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## SUPPLEMENT GUIDE

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**CHEATER GUILT-FREE BAKING MIX:**  
FORMULATED TO FUEL LEAN MUSCLE AND METABOLISM. HELPS CURB APPETITE AND CRAVINGS FOR CARBOHYDRATES AND SWEETS.

**DOSAGE/TIMING:**  
2-3 SCOOPS. USE EVERY MORNING TO MAKE CHEATER PROTEIN PANCAKES OR WAFFLES.



**SCULPT LEAN PHYSIQUE PROTEIN POWDER:**  
FORMULATED TO FUEL LEAN MUSCLE AND RECOVERY. ALSO DESIGNED TO PROMOTE OPTIMAL FAT-BURNING.

**DOSAGE/TIMING:**  
3 SCOOPS. USE AFTER EVERY WORKOUT TO MAKE A SCULPT PROTEIN SHAKE. DRINK WITHIN 30 MINUTES OF EXERCISE.



**SCULPT MUSCLE DEFINITION:**  
FORMULATED TO IMPROVE MUSCLE DEFINITION, ACCELERATE MUSCLE RECOVERY, AND BUILD LEAN MUSCLE.

**DOSAGE/TIMING:**  
4 CAPSULES. TAKE 30 MINUTES BEFORE WORKING OUT, ON AN EMPTY STOMACH AND BEFORE BED.



**THERMO FAT-BURNER:**  
FORMULATED TO SHED STUBBORN FAT, BOOST METABOLISM, AND HELP IMPROVE MUSCLE DEFINITION.

**DOSAGE/TIMING:**  
2 SOFTGELS, 30 MINUTES BEFORE A MEAL, 3X DAILY.



**THERMO RENEGADE DRINK MIXX:**  
FORMULATED TO BURN MORE CALORIES PER WORKOUT AND ACCELERATE MUSCLE GROWTH.

**DOSAGE/TIMING:**  
MIX ONE SCOOP IN 8 OZ. COLD H2O, 30 MINUTES BEFORE EVERY WORKOUT.



**MEAL TIMING:**  
EAT BREAKFAST WITHIN  
30 MINUTES OF WAKING. EVERY  
MEAL THEREAFTER SHOULD  
BE EATEN 2-3 HOURS APART.



**MEAL GUIDELINES:**  
NO SOY  
NO GLUTEN  
NO RED-MEAT  
NO MILK OR YOGURT  
NO ARTIFICIAL INGREDIENTS



**MEAL OPTIONS:**  
BREAKFAST+ SNACKS: PLEASE ADHERE  
EXACTLY TO HOW MEALS APPEAR IN THE  
NUTRITION PLAN.  
LUNCH + DINNER: CHOOSE FROM FOOD LIST  
AND FOLLOW SERVING SIZES LISTED IN THE  
NUTRITION PROGRAM.



**WATER:**  
DRINK 100 OZ. OF FILTERED WATER  
PER DAY. CONSUME AT LEAST 1 SQUEEZED  
LEMON IN WATER DAILY TO HELP BOOST  
METABOLISM, CLEANSE TOXINS, AND ELIMINATE  
WATER RETENTION.



**WHAT TO EAT BEFORE THE WORKOUT:**  
WORKOUTS SHOULD BE  
PERFORMED ON AN EMPTY STOMACH.  
YOUR LAST MEAL SHOULD BE EATEN  
NO CLOSER THAN 1 HOUR BEFORE  
WORKING OUT.



**PRE-WORKOUT SUPPLEMENT STACK:**  
4 CAPSULES SCULPT MUSCLE DEFINITION +  
1 SCOOP THERMO RENEGADE DRINK MIXX  
MIXED IN 8 OZ. COLD H2O.



**WHAT TO EAT POST-WORKOUT:**  
8 OZ. COCONUT WATER +  
SCULPT PROTEIN SHAKE

*(RECIPE IS ON THE NUTRITION PROGRAM PAGE)*

**DAILY MACRONUTRIENTS:**  
**1 GRAM OF PROTEIN** PER POUND OF BODYWEIGHT  
**1 GRAM OF CARBOHYDRATES** PER POUND OF BODYWEIGHT  
**0.5 GRAMS OF HEALTHY FATS** PER POUND OF BODYWEIGHT



**MEAL 1: CHEATER PROTEIN PANCAKES**

3 SCOOPS CLUTCH CHEATER GUILT-FREE BAKING MIX  
1/3 CUP QUICK-COOK OATS OR QUINOA FLAKES  
3 STEVIA PACKETS OR SCOOPS (IF USING KAL BRAND)  
6-8 OZ UNSWEETENED VANILLA ALMOND MILK  
1 TBSP CHIA SEED OR GROUND FLAXSEED  
1 EGG WHITE

**MIX INGREDIENTS UNTIL BLENDED THOROUGHLY.**  
SEE PACKAGE FOR COOKING INSTRUCTIONS.  
TOP PANCAKES WITH 1 TBSP VIRGIN COCONUT OIL.

**NUTRITION FACTS: CALORIES: 423 / FAT: 22 G / CARBS: 28 G / PROTEIN: 28 G**



**MEAL 2, POST-WORKOUT: SCULPT PROTEIN SHAKE**

3 SCOOPS SCULPT LEAN PHYSIQUE PROTEIN POWDER  
1 TBSP NATURAL PEANUT OR ALMOND BUTTER  
1/2 CUP FROZEN BERRIES OR 1/3 BANANA  
6-8 OZ UNSWEETENED ALMOND MILK  
1 CUP OF ICE

**BLEND ALL INGREDIENTS AND ENJOY!**

**NUTRITION FACTS: CALORIES: 330 / FAT: 10.5 G / CARBS: 29 G / PROTEIN: 25 G**



**MEAL 3: CHOOSE FROM FOOD LIST**

2 CUPS VEGETABLES (KALE)  
6 OZ LEAN PROTEIN (CHICKEN)  
1/2 CUP CARBOHYDRATES (QUINOA)  
2 TBSP HEALTHY FATS (AVOCADO)

**NUTRITION FACTS: CALORIES: 445 / FAT: 11.5 G / CARBS: 37.4 G / PROTEIN: 48.8 G**



**MEAL 4: CHOOSE FROM FOOD LIST**

2 CUPS VEGETABLES (KALE)  
6 OZ LEAN PROTEIN (CHICKEN)  
1/2 CUP CARBOHYDRATES (QUINOA)  
2 TBSP HEALTHY FATS (AVOCADO)

**NUTRITION FACTS: CALORIES: 445 / FAT: 11.5 G / CARBS: 37.4 G / PROTEIN: 48.8 G**



**MEAL 5:**

1 WHOLE ORGANIC APPLE +  
1 SMALL HANDFUL OF RAW ALMONDS  
OR 1 TBSP OF NATURAL PEANUT BUTTER

**NUTRITION FACTS: CALORIES: 198 / FAT: 8 G / CARBS: 28 G / PROTEIN: 4 G**



**MEAL 6: CHOOSE FROM FOOD LIST**

2 CUPS VEGETABLES (KALE)  
6 OZ LEAN PROTEIN (CHICKEN)  
2 TBSP HEALTHY FATS (AVOCADO)

**NUTRITION FACTS: CALORIES: 334 / FAT: 8.5 G / CARBS: 18 G / PROTEIN: 44 G**



**MEAL 7: OPTIONAL**

CASEIN SHAKE

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**DAILY TOTALS:**

**CALORIES: 2,175 / FAT: 72 G / CARBS: 177.5 G / PROTEIN: 198 G**



**MEAL 1: CHEATER PROTEIN PANCAKES**

- 3 SCOOPS CLUTCH CHEATER GUILT-FREE BAKING MIX
- 2-3 SCOOPS QUICK-COOK OATS OR QUINOA FLAKES
- 3 STEVIA PACKETS OR SCOOPS (IF USING KAL BRAND)
- 6-8 OZ UNSWEETENED VANILLA ALMOND MILK
- 1 TBSP CHIA SEED OR GROUND FLAXSEED
- 1 EGG WHITE

**MIX INGREDIENTS UNTIL BLENDED THOROUGHLY.**  
SEE PACKAGE FOR COOKING INSTRUCTIONS.  
TOP PANCAKES WITH 1 TBSP VIRGIN COCONUT OIL.

**NUTRITION FACTS: CALORIES: 423 / FAT: 22 G / CARBS: 28 G / PROTEIN: 28 G**



**MEAL 2, POST-WORKOUT: SCULPT PROTEIN SHAKE**

- 3 SCOOPS SCULPT LEAN PHYSIQUE PROTEIN POWDER
- 1 TBSP NATURAL PEANUT OR ALMOND BUTTER
- 1/2 CUP FROZEN BERRIES OR 1/3 BANANA
- 6-8 OZ UNSWEETENED ALMOND MILK
- 1 CUP OF ICE

**BLEND ALL INGREDIENTS AND ENJOY!**

**NUTRITION FACTS: CALORIES: 264 / FAT: 10.2 G / CARBS: 19 G / PROTEIN: 25.2 G**



**MEAL 3: CHOOSE FROM FOOD LIST**

- 2 CUPS VEGETABLES (KALE)
- 3.5 OZ LEAN PROTEIN (CHICKEN)
- 2 TBSP HEALTHY FATS (AVOCADO)

**NUTRITION FACTS: CALORIES: 223 / FAT: 9 G / CARBS: 11 G / PROTEIN: 26 G**



**MEAL 4: CHOOSE FROM FOOD LIST**

- 2 CUPS VEGETABLES (KALE)
- 3.5 OZ LEAN PROTEIN (CHICKEN)
- 2 TBSP HEALTHY FATS (AVOCADO)

**NUTRITION FACTS: CALORIES: 223 / FAT: 9 G / CARBS: 11 G / PROTEIN: 26 G**



**MEAL 5:**

- 1/2 ORGANIC APPLE
- 1 SMALL HANDFUL OF RAW ALMONDS
- OR 1 TBSP OF NATURAL PEANUT BUTTER

**NUTRITION FACTS: CALORIES: 130 / FAT: 8 G / CARBS: 8 G / PROTEIN: 4 G**



**MEAL 6: CHOOSE FROM FOOD LIST**

- 2 CUPS VEGETABLES (KALE)
- 3.5 OZ LEAN PROTEIN (CHICKEN)
- 2 TBSP HEALTHY FATS (AVOCADO)

**NUTRITION FACTS: CALORIES: 265 / FAT: 9.6 G / CARBS: 18 G / PROTEIN: 28.4 G**

**MEAL 7: OPTIONAL**

CASEIN SHAKE



**DAILY TOTALS:**

**CALORIES: 1,765 / FAT: 70 G / CARBS: 142 G / PROTEIN: 143 G**

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## LUNCH & DINNER FOOD LIST

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**FORGET LAME DIET PLANS.** THE CLUTCH FOOD LIST WAS DESIGNED FOR THE REBEL IN YOU. WITH NOBODY TELLING YOU WHAT TO EAT, YOU GET TO DECIDE FOR YOURSELF. BY PAIRING THE INGREDIENTS BELOW WITH THE APPROPRIATE PORTION SIZE, IT'S CLUTCH TO BE #FREE.

### CARBOHYDRATES:



QUINOA  
CARROTS  
ORGANIC YAMS  
QUICK COOK OATS  
ORGANIC BROWN RICE  
ORGANIC SWEET POTATO

**GUIDELINES:** GLUTEN-FREE

### LEAN PROTEIN:



ORGANIC EGGS  
ORGANIC TURKEY BREAST  
ORGANIC CHICKEN BREAST  
WILD-CAUGHT TUNA  
WILD-CAUGHT TILAPIA  
WILD-CAUGHT SALMON  
WILD-CAUGHT SEABASS  
WILD-CAUGHT MAHI MAHI  
WILD-CAUGHT WHITE FISH

**GUIDELINES:** NO RED-MEAT, NO PORK, NO DELI MEATS

**EGG SERVING SIZE (MEN):** 2 WHOLE, 5 WHITES

**WOMEN EGG SERVING SIZE (WOMEN):** 1 WHOLE, 4 WHITES

### VEGETABLES:



KALE  
OKRA  
CABBAGE  
CARROTS  
ZUCCHINI  
ASPARAGUS  
ORGANIC CELERY  
COLLARD GREENS  
ORGANIC SPINACH  
ORGANIC ARUGULA  
ORGANIC BROCCOLI  
ORGANIC BELL PEPPERS  
ORGANIC MIXED GREENS

**GUIDELINES:** NO NON-ORGANIC "DIRTY DOZEN" VEGETABLES



### HEALTHY FATS:

CHIA SEED  
FLAXSEED  
1/4 AVOCADO  
VIRGIN COCONUT OIL  
VIRGIN PUMPKIN OIL  
RAW ALMOND BUTTER  
CANOLA OIL COOKING SPRAY  
ALL-NATURAL PEANUT BUTTER  
PREMIUM EXTRA VIRGIN OLIVE OIL  
NUTS: UNSALTED RAW CASHEWS,  
WALNUTS, ALMONDS

**GUIDELINES:** MAKE SURE ALL YOUR OILS ARE VIRGIN.

### SEASONING & SPICES:



DILL  
CURRY  
GINGER  
NUTMEG  
JALAPENO  
CINNAMON  
CORIANDER  
WHOLE LEMON  
CAYENNE PEPPER  
TOMATOES (1/2 CUP)  
AGAVE (LIMIT 1 TBSP.)  
GROUND BLACK PEPPER  
CANOLA OIL COOKING SPRAY  
STEVIA (KAL IS PREFERRED BRAND)  
VANILLA EXTRACT (ALCOHOL FREE)  
SEA SALT (1500-2300MG PER DAY= 3/4-1 TSP.)

**GUIDELINES:** UNLIMITED SERVING SIZE ON ALL SEASONING EXCEPT AGAVE + SALT

### WATER:



DRINK 100 OZ FILTERED H2O PER DAY.  
8 OZ UNFLAVORED COCONUT WATER  
TO BE CONSUMED ONLY AFTER WORKOUTS.

### OTHER BEVERAGES:

COFFEE LIMIT 2 CUPS PER DAY  
UNSWEETENED HERBAL UNLIMITED  
8 OZ. UNSWEETENED ALMOND MILK  
CAFFEINE-FREE GREEN TEA UNLIMITED TEA BAGS

**GUIDELINES:** NO SODA, FRUIT JUICE, SPORTS DRINKS, ENERGY DRINKS, ALCOHOL. IF IT'S NOT ON THIS LIST, DON'T DRINK IT.



**DINING OUT HAPPENS.** AT CLUTCH, OUR JOB IS TO MAKE SURE YOU'RE PREPARED NO MATTER WHAT THE MENU THROWS AT YOU. SIMPLY FOLLOW THE GUIDE BELOW WHEN ORDERING YOUR MEAL, STICK TO THE FOODS ON THE FOOD PLAN, AND YOU'LL BE GOOD TO GO. KEEPING YOU ON TRACK NO MATTER WHERE YOU ARE, **THAT'S CLUTCH.**



**THE PROBLEM:**  
RESTAURANTS LOAD MEATS WITH HIDDEN BUTTER, OIL, AND SALT, MAKING EVEN SEEMINGLY "HEALTHY" CHOICES A TOTAL CALORIE-BOMB.

**THE CLUTCH SOLUTION:**  
ORDER MEAT GRILLED, BAKED, OR STEAMED.  
ORDER ALL SAUCES TO BE PUT ON THE SIDE.  
ORDER "NO BUTTER" AND "VERY LIGHT" OIL, IF ANY IS USED.



**THE PROBLEM:**  
THAT DAMN BREAD BASKET. ESPECIALLY WHEN YOU SHOW UP HUNGRY, SAYING NO CAN BE NEARLY IMPOSSIBLE.

**THE CLUTCH SOLUTION:**  
TELL THE SERVER YOU DON'T NEED ANY BREAD. TAKE A PRE-DINNER SALAD INSTEAD. ORDER WITH WITH OLIVE OIL AND VINEGAR DRESSING, AND YOU'RE GOOD TO GO.



**THE PROBLEM:**  
EVER NOTICE THAT YOUR VEGETABLES "GLISTEN" WHEN YOU ORDER THEM IN RESTAURANTS? THAT'S BECAUSE THEY'RE SATURATED IN BUTTER AND OIL. AGAIN, A "HEALTHY" CHOICE GONE BAD.

**THE CLUTCH SOLUTION:**  
ORDER VEGETABLES TO BE GRILLED OR STEAMED WITH NO BUTTER, OIL, OR SALT.



**THE PROBLEM:**  
RESTAURANTS LOAD SALADS WITH INGREDIENTS THAT ARE HIGH IN FAT AND CALORIES.

**THE CLUTCH SOLUTION:**  
ORDER YOUR SALAD WITH ZERO:  
CROUTONS,  
TORTILLA STRIPS,  
DRIED OR FRESH FRUIT,  
RANCH OR THOUSAND ISLAND DRESSING.

\*ASK IF THEY HAVE A "LOW SUGAR" VINAIGRETTE OPTION. IF NOT, REQUEST OLIVE OIL AND BALSAMIC VINEGAR.

\*REQUEST THAT THEY PUT ALL CARBS ON THE SIDE (I.E. BEANS, RICE, CORN). WHEN CARBS ARE MIXED INTO A SALAD, YOU CAN'T SEE HOW MUCH IS BEING USED, MAKING IT EASY OVEREAT.

PROGRAM:

**CUT**

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DISCIPLINE:

**TRAINING**

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CREATED BY

**ASHLEY CONRAD**

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## WORKOUT OVERVIEW

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### WHAT TO WEAR:

FULL SWEATS. THIS WILL HELP ELIMINATE TOXINS THAT SLOW METABOLISM AND CAUSE WATER RETENTION. JUST ONE MORE WAY TO ACCELERATE FAT-BURNING.



### WHEN TO WORKOUT:

THE OPTIMAL TIME TO WORK OUT DURING CLUTCH CUT IS IN THE MORNING, 1-1.5 HOURS AFTER BREAKFAST. SEE NUTRITION OVERVIEW FOR MORE INFO



### WHERE TO WORKOUT:

WITH CLUTCH CUT, YOU MAY WORK OUT AT A GYM, OUTDOORS, OR AT HOME.



### AT HOME EQUIPMENT REQUIREMENTS:

1 MEDICINE BALL (MEDIUM WEIGHT)  
1 MEDIUM-HEAVY SET OF DUMBBELLS  
1 LIGHT SET OF DUMBBELLS  
ENOUGH ROOM TO RUN FOR 30 MINUTES



### GYM EQUIPMENT REQUIREMENTS:

1 MEDICINE BALL (MEDIUM WEIGHT)  
1 SET OF DUMBBELLS (MEDIUM-HEAVY WEIGHT)  
1 SET OF DUMBBELLS (LIGHT WEIGHT)  
1 BARBELL (MEDIUM WEIGHT)  
1 PULL-UP OR LAT-PULLDOWN CABLE MACHINE  
BIKE, STAIRCLIMBER OR TREADMILL

## WORKOUT SCHEDULE

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**MON**

SHRED  
LIFT

**TUES**

SHRED  
CARDIO

**WED**

REST

**THURS**

SHRED  
LIFT

**FRI**

SHRED  
CARDIO

**SAT**

SHRED  
LIFT

**SUNDAY**

REST

PROGRAM:

**CUT**

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WORKOUT:

**SHRED CARDIO**

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SCHEDULE

**TUESDAY/ FRIDAY**

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CREATED BY

**ASHLEY CONRAD**

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PROGRAM: LEAN      WORKOUT: SHRED CARDIO      WEEK: 1

<b>WARM-UP:</b> WALK AT AN INCLINE, JOG OR BIKE	<b>TIME:</b> 5 minutes	<b>AC TRAINER TIP:</b> NO MATTER HOW "HOT IT IS" IN THE GYM, YOU SHOULD HAVE SWEATS ON DURING THE WORKOUT TO RID THE BODY OF TOXINS AND HELP SPEED UP METABOLISM.
<b>STRETCH SERIES:</b> SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <b>AC Rx:</b> COMPLETE EACH STRETCH 2X	<b>SETS X TIME:</b> 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds	<b>AC TRAINER TIP:</b> EVERYONE KNOWS THAT STRETCHING HELPS PREVENTS INJURY BUT DID YOU KNOW THAT IT ALSO HELPS BUILD STRENGTH? THAT'S RIGHT; INCREASED RANGE OF MOTION DURING EXERCISE ALLOWS FOR BETTER POWER OUTPUT PER REP. BETTER POWER PER REP MEANS BIGGER STRENGTH GAINS.
<b>H.I.I.T. TRAINING:</b> RECOVERY SPEED (LEVEL 5) <i>ex. walk</i> INTERMEDIATE (LEVEL 7) <i>ex. jog</i> SPRINT (LEVEL 10) <b>AC Rx:</b> PERFORM AS A CIRCUIT 10X	<b>SETS X TIME:</b> 1 x 60 seconds 1 x 30 seconds 1 x 60 seconds	<b>AC TRAINER TIP:</b> SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS. LEVELS ARE BASED ON A SCALE OF 1-10. 10= SPRINT. 1= BARELY MOVING. IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT.
<b>COOL-DOWN:</b> WALK AT AN INCLINE, JOG OR BIKE	<b>TIME:</b> 5 mins.	<b>AC TRAINER TIP:</b> COOLING-DOWN AFTER EXERCISE IS ESSENTIAL FOR PROPER MUSCLE RECOVERY AND HAS BEEN SHOWN TO BE BENEFICIAL FOR HORMONES RESPONSIBLE FOR METABOLISM AND LEAN MUSCLE.
<b>STRETCH SERIES:</b> SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <b>AC Rx:</b> COMPLETE EACH STRETCH 2X	<b>SETS X TIME:</b> 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds	<b>AC TRAINER TIP:</b> STRETCHING AFTER WORKING OUT IS EVERYTHING! NOT ONLY DOES IT HELP ACCELERATE RECOVERY, BUT STRETCHING HAS ALSO BEEN SHOWN TO LOWER STRESS HORMONE LEVELS, MAKING IT EASIER TO BURN-FAT. TAKE THIS TIME TO RELAX AND BREATHE.
<b>CORE:</b> JACK-KNIFE SIT-UP 90-DEGREE CRUNCH WEIGHTED BICYCLE 90-DEGREE TOE TAPS ELBOW WALK ARMY CRAWL EXERCISE BALL CRUNCH ISOLATED CRUNCH <b>AC Rx:</b> PERFORM AS A CIRCUIT 3-6X	<b>SETS X REPS:</b> 1 set to failure 1 set to failure 1 set to failure 1 set to failure 1 set to failure 1 set to failure 1 set to failure 1 set to failure	<b>AC TRAINER TIP:</b> FOR VIDEOS AND TIPS ON FORM AND MOVEMENT, VISIT <a href="http://www.bodybuilding.com/fun/lights-camera-abs-8-ways-to-celebrity-8-pack.html">HTTP://WWW.BODYBUILDING.COM/FUN/LIGHTS-CAMERA-ABS-8-WAYS-TO-CELEBRITY-8-PACK.HTML</a>



PROGRAM: LEAN      WORKOUT: SHRED      WEEK: 2  
 CARDIO

<b>WARM-UP:</b> WALK AT AN INCLINE, JOG OR BIKE	<b>TIME:</b> 5 minutes	<b>AC TRAINER TIP:</b> NO MATTER HOW "HOT IT IS" IN THE GYM, YOU SHOULD HAVE SWEATS ON DURING THE WORKOUT TO RID THE BODY OF TOXINS AND HELP SPEED UP METABOLISM.
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<b>H.I.I.T. TRAINING:</b> RECOVERY SPEED (LEVEL 5) <i>ex. walk</i> INTERMEDIATE (LEVEL 7) <i>ex. jog</i> SPRINT (LEVEL 10) <b>AC Rx:</b> PERFORM AS A CIRCUIT 10X  <b>FAT-BURNING ACCELERATOR:</b> STEADY PACE (LEVEL 7) <i>ex. jog, incline walk</i>	<b>SETS X TIME:</b> 1 x 20 seconds 1 x 30 seconds 1 x 40 seconds   1 x 15 minutes	<b>AC TRAINER TIP:</b> SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS. LEVELS ARE BASED ON A SCALE OF 1-10. 10= SPRINT. 1= BARELY MOVING. IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT.
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PROGRAM: LEAN      WORKOUT: SHRED CARDIO      WEEK: 3

<b>WARM-UP:</b> WALK AT AN INCLINE, JOG OR BIKE	<b>TIME:</b> 5 minutes	<b>AC TRAINER TIP:</b> NO MATTER HOW "HOT IT IS" IN THE GYM, YOU SHOULD HAVE SWEATS ON DURING THE WORKOUT TO RID THE BODY OF TOXINS AND HELP SPEED UP METABOLISM.
<b>STRETCH SERIES:</b> SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <b>AC Rx:</b> COMPLETE EACH STRETCH 2X	<b>SETS X TIME:</b> 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds	<b>AC TRAINER TIP:</b> EVERYONE KNOWS THAT STRETCHING HELPS PREVENTS INJURY BUT DID YOU KNOW THAT IT ALSO HELPS BUILD STRENGTH? THAT'S RIGHT; INCREASED RANGE OF MOTION DURING EXERCISE ALLOWS FOR BETTER POWER OUTPUT PER REP. BETTER POWER PER REP MEANS BIGGER STRENGTH GAINS.
<b>H.I.I.T. TRAINING:</b> RECOVERY SPEED (LEVEL 5) <i>ex. walk</i> SPRINT (LEVEL 10) <b>AC Rx:</b> PERFORM AS A CIRCUIT 15X  <b>FAT-BURNING ACCELERATOR:</b> STEADY PACE (LEVEL 7) <i>ex. jog, incline walk</i>	<b>SETS X TIME:</b> 1 x 30 seconds 1 x 45 seconds  1 x 15 minutes	<b>AC TRAINER TIP:</b> SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS. LEVELS ARE BASED ON A SCALE OF 1-10. 10= SPRINT. 1= BARELY MOVING. IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT.
<b>COOL-DOWN:</b> WALK AT AN INCLINE, JOG OR BIKE	<b>TIME:</b> 5 mins.	<b>AC TRAINER TIP:</b> COOLING-DOWN AFTER EXERCISE IS ESSENTIAL FOR PROPER MUSCLE RECOVERY AND HAS BEEN SHOWN TO BE BENEFICIAL FOR HORMONES RESPONSIBLE FOR METABOLISM AND LEAN MUSCLE.
<b>STRETCH SERIES:</b> SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <b>AC Rx:</b> COMPLETE EACH STRETCH 2X	<b>SETS X TIME:</b> 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds	<b>AC TRAINER TIP:</b> STRETCHING AFTER WORKING OUT IS EVERYTHING! NOT ONLY DOES IT HELP ACCELERATE RECOVERY, BUT STRETCHING HAS ALSO BEEN SHOWN TO LOWER STRESS HORMONE LEVELS, MAKING IT EASIER TO BURN-FAT. TAKE THIS TIME TO RELAX AND BREATHE.
<b>CORE:</b> JACK-KNIFE SIT-UP 90-DEGREE CRUNCH WEIGHTED BICYCLE 90-DEGREE TOE TAPS ELBOW WALK ARMY CRAWL EXERCISE BALL CRUNCH ISOLATED CRUNCH <b>AC Rx:</b> PERFORM AS A CIRCUIT 3-6X	<b>SETS X REPS:</b> 1 set to failure 1 set to failure 1 set to failure 1 set to failure 1 set to failure 1 set to failure 1 set to failure 1 set to failure	<b>AC TRAINER TIP:</b> FOR VIDEOS AND TIPS ON FORM AND MOVEMENT, VISIT <a href="http://www.bodybuilding.com/fun/lights-camera-abs-8-ways-to-celebrity-8-pack.html">HTTP://WWW.BODYBUILDING.COM/FUN/LIGHTS-CAMERA-ABS-8-WAYS-TO-CELEBRITY-8-PACK.HTML</a>

PROGRAM:

**CUT**

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WORKOUT:

**SHRED LIFT**

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SCHEDULE:

**MONDAY / THURSDAY / SATURDAY**

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CREATED BY

**ASHLEY CONRAD**

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PROGRAM: LEAN      WORKOUT: SHRED LIFT      WEEK: 1

<b>WARM-UP:</b> WALK AT AN INCLINE, JOG OR BIKE	<b>TIME:</b> 5 minutes	<b>AC TRAINER TIP:</b> NO MATTER HOW "HOT IT IS" IN THE GYM, YOU SHOULD HAVE SWEATS ON DURING THE WORKOUT TO RID THE BODY OF TOXINS AND HELP SPEED UP METABOLISM.
<b>STRETCH SERIES:</b> SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <b>AC Rx:</b> COMPLETE EACH STRETCH 2X	<b>SETS X TIME</b> 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds	<b>AC TRAINER TIP:</b> PERHAPS THE MOST OVERLOOKED PART OF WORKING OUT, STRETCHING IS EVERYTHING. NOT ONLY DOES IT HELP PREPARE MUSCLES FOR BATTLE AND PREVENT INJURY, BUT IT ALSO INCREASES RANGE OF MOTION, GIVING YOU MORE POWER PER REP AND OVER TIME, BIGGER STRENGTH GAINS. USE STRETCHING AS A TIME TO FOCUS YOUR MIND ON THE WORKOUT AHEAD AND COMMIT TO GIVING 100%. REMEMBER, THE BODY IS AT THE COMMAND OF THE MIND. CONTROL THE MIND AND YOU WILL CONTROL YOUR BODY. #JEDI
<b>SPRINT WORKOUT:</b> RECOVERY SPEED (LEVEL 5) <i>ex. walk</i> INTERMEDIATE (LEVEL 7) <i>ex. jog</i> SPRINT (LEVEL 10) <b>AC Rx:</b> PERFORM AS A CIRCUIT 4X	<b>SETS X TIME</b> 1 x 30 seconds 1 x 30 seconds 1 x 30 seconds	<b>AC TRAINER TIP:</b> SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS. LEVELS ARE BASED ON A SCALE OF 1-10. 10= SPRINT. 1= BARELY MOVING. IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT. #GOGETIT
<b>STRENGTH:</b> CLEAN & PRESS OVERHEAD MEDICINE BALL THROWS REVERSE OR WALKING LUNGES PUSH-UPS <i>ADVANCED: PLYOMETRIC PUSH-UPS</i> DIPS RUNNING IN PLACE W/MAXIMAL EXERTION BODYWEIGHT SQUATS LAT PULL-DOWN OR PULL-UPS <i>SKIP IF NOT AT GYM</i> MEDICINE BALL JUMPING JACKS INCLINE PUSH-UPS <i>ADVANCED: INCLINE PLYOMETRIC PUSH-UPS</i> DB BICEP CURL DB SHOULDER LATERAL RAISE 1 ARM DB ROW OR CLOSE-GRIP CABLE ROW <b>AC Rx:</b> PERFORM AS A CIRCUIT 3-6X	<b>SETS X REPS X REST</b> 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds  1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds  1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds  1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds	<b>AC TRAINER TIP:</b> THESE EXERCISES ARE TO BE PERFORMED AT MAXIMAL EXERTION. BY THE LAST REP, YOU SHOULD BE GASPING FOR AIR. IF THIS IS NOT THE CASE, DECREASE REST BETWEEN EXERCISES AND SPEED UP THE TEMPO OF EACH EXERCISE.

<p><b>COOL-DOWN:</b> WALK AT AN INCLINE, JOG OR BIKE</p>	<p><b>TIME:</b> 5 minutes</p>	<p><b>AC TRAINER TIP:</b> COOLING-DOWN AFTER EXERCISE IS ESSENTIAL FOR PROPER MUSCLE RECOVERY. DON'T SKIP IT!</p>
<p><b>STRETCH SERIES:</b> SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <b>AC Rx:</b> COMPLETE EACH STRETCH 2X</p>	<p><b>SETS X TIME</b> 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds</p>	<p><b>AC TRAINER TIP:</b> STRETCHING AFTER WORKING OUT IS EVERYTHING! NOT ONLY DOES IT HELP ACCELERATE RECOVERY, BUT STRETCHING HAS ALSO BEEN SHOWN TO LOWER STRESS HORMONE LEVELS, MAKING IT EASIER TO BURN-FAT. TAKE THIS TIME TO RELAX AND BREATHE.</p>





PROGRAM: LEAN      WORKOUT: SHRED LIFT      WEEK: 2

<b>WARM-UP:</b> WALK AT AN INCLINE, JOG OR BIKE	<b>TIME:</b> 5 minutes	<b>AC TRAINER TIP:</b> NO MATTER HOW "HOT IT IS" IN THE GYM, YOU SHOULD HAVE SWEATS ON DURING THE WORKOUT TO RID THE BODY OF TOXINS AND HELP SPEED UP METABOLISM.
<b>STRETCH SERIES:</b> SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <b>AC Rx:</b> COMPLETE EACH STRETCH 2X	<b>SETS X TIME</b> 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds	<b>AC TRAINER TIP:</b> PERHAPS THE MOST OVERLOOKED PART OF WORKING OUT, STRETCHING IS EVERYTHING. NOT ONLY DOES IT HELP PREPARE MUSCLES FOR BATTLE AND PREVENT INJURY, BUT IT ALSO INCREASES RANGE OF MOTION, GIVING YOU MORE POWER PER REP AND OVER TIME, BIGGER STRENGTH GAINS. USE STRETCHING AS A TIME TO FOCUS YOUR MIND ON THE WORKOUT AHEAD AND COMMIT TO GIVING 100%. REMEMBER, THE BODY IS AT THE COMMAND OF THE MIND. CONTROL THE MIND AND YOU WILL CONTROL YOUR BODY. #JEDI
<b>SPRINT WORKOUT:</b> RECOVERY SPEED (LEVEL 5) <i>ex. walk</i> INTERMEDIATE (LEVEL 7) <i>ex. jog</i> SPRINT (LEVEL 10) <b>AC Rx:</b> PERFORM AS A CIRCUIT 4X	<b>SETS X TIME</b> 1 x 30 seconds 1 x 30 seconds 1 x 30 seconds	<b>AC TRAINER TIP:</b> SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS. LEVELS ARE BASED ON A SCALE OF 1-10. 10= SPRINT. 1= BARELY MOVING. IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT. #GOGETIT
<b>STRENGTH:</b> CLEAN & PRESS OVERHEAD MEDICINE BALL THROWS REVERSE OR WALKING LUNGES PUSH-UPS <i>ADVANCED: PLYOMETRIC PUSH-UPS</i> DIPS RUNNING IN PLACE W/MAXIMAL EXERTION BODYWEIGHT SQUATS LAT PULL-DOWN OR PULL-UPS <i>SKIP IF NOT AT GYM</i> MEDICINE BALL JUMPING JACKS INCLINE PUSH-UPS <i>ADVANCED: INCLINE PLYOMETRIC PUSH-UPS</i> DB BICEP CURL DB SHOULDER LATERAL RAISE 1 ARM DB ROW OR CLOSE-GRIP CABLE ROW <b>AC Rx:</b> PERFORM AS A CIRCUIT 3-6X	<b>SETS X REPS X REST</b> 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds  1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds  1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds  1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds	<b>AC TRAINER TIP:</b> THESE EXERCISES ARE TO BE PERFORMED AT MAXIMAL EXERTION. BY THE LAST REP, YOU SHOULD BE GASPING FOR AIR. IF THIS IS NOT THE CASE, DECREASE REST BETWEEN EXERCISES AND SPEED UP THE TEMPO OF EACH EXERCISE.

<p><b>COOL-DOWN:</b> WALK AT AN INCLINE, JOG OR BIKE</p>	<p><b>TIME:</b> 5 minutes</p>	<p><b>AC TRAINER TIP:</b> COOLING-DOWN AFTER EXERCISE IS ESSENTIAL FOR PROPER MUSCLE RECOVERY. DON'T SKIP IT!</p>
<p><b>STRETCH SERIES:</b> SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <b>AC Rx:</b> COMPLETE EACH STRETCH 2X</p>	<p><b>SETS X TIME</b> 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds</p>	<p><b>AC TRAINER TIP:</b> STRETCHING AFTER WORKING OUT IS EVERYTHING! NOT ONLY DOES IT HELP ACCELERATE RECOVERY, BUT STRETCHING HAS ALSO BEEN SHOWN TO LOWER STRESS HORMONE LEVELS, MAKING IT EASIER TO BURN-FAT. TAKE THIS TIME TO RELAX AND BREATHE.</p>





PROGRAM: LEAN      WORKOUT: SHRED LIFT      WEEK: 3

<p><b>WARM-UP:</b> WALK AT AN INCLINE, JOG OR BIKE</p>	<p><b>TIME:</b> 5 minutes</p>	<p><b>AC TRAINER TIP:</b> NO MATTER HOW "HOT IT IS" IN THE GYM, YOU SHOULD HAVE SWEATS ON DURING THE WORKOUT TO RID THE BODY OF TOXINS AND HELP SPEED UP METABOLISM.</p>
<p><b>STRETCH SERIES:</b> SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <b>AC Rx:</b> COMPLETE EACH STRETCH 2X</p>	<p><b>SETS X TIME</b> 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds</p>	<p><b>AC TRAINER TIP:</b> PERHAPS THE MOST OVERLOOKED PART OF WORKING OUT, STRETCHING IS EVERYTHING. NOT ONLY DOES IT HELP PREPARE MUSCLES FOR BATTLE AND PREVENT INJURY, BUT IT ALSO INCREASES RANGE OF MOTION, GIVING YOU MORE POWER PER REP AND OVER TIME, BIGGER STRENGTH GAINS. USE STRETCHING AS A TIME TO FOCUS YOUR MIND ON THE WORKOUT AHEAD AND COMMIT TO GIVING 100%. REMEMBER, THE BODY IS AT THE COMMAND OF THE MIND. CONTROL THE MIND AND YOU WILL CONTROL YOUR BODY. #JEDI</p>
<p><b>SPRINT WORKOUT:</b> RECOVERY SPEED (LEVEL 5) <i>ex. walk</i> INTERMEDIATE (LEVEL 7) <i>ex. jog</i> SPRINT (LEVEL 10) <b>AC Rx:</b> PERFORM AS A CIRCUIT 4X</p>	<p><b>SETS X TIME</b> 1 x 30 seconds 1 x 30 seconds 1 x 30 seconds</p>	<p><b>AC TRAINER TIP:</b> SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS. LEVELS ARE BASED ON A SCALE OF 1-10. 10= SPRINT. 1= BARELY MOVING. IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT. #GOGETIT</p>
<p><b>STRENGTH:</b> CLEAN &amp; PRESS OVERHEAD MEDICINE BALL THROWS REVERSE OR WALKING LUNGES PUSH-UPS <i>ADVANCED: PLYOMETRIC PUSH-UPS</i> DIPS RUNNING IN PLACE W/MAXIMAL EXERTION BODYWEIGHT SQUATS LAT PULL-DOWN OR PULL-UPS <i>SKIP IF NOT AT GYM</i> MEDICINE BALL JUMPING JACKS INCLINE PUSH-UPS <i>ADVANCED: INCLINE PLYOMETRIC PUSH-UPS</i> DB BICEP CURL DB SHOULDER LATERAL RAISE 1 ARM DB ROW OR CLOSE-GRIP CABLE ROW <b>AC Rx:</b> PERFORM AS A CIRCUIT 3-6X</p>	<p><b>SETS X REPS X REST</b> 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds  1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds  1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds  1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds</p>	<p><b>AC TRAINER TIP:</b> THESE EXERCISES ARE TO BE PERFORMED AT MAXIMAL EXERTION. BY THE LAST REP, YOU SHOULD BE GASPING FOR AIR. IF THIS IS NOT THE CASE, DECREASE REST BETWEEN EXERCISES AND SPEED UP THE TEMPO OF EACH EXERCISE.</p>

<p><b>COOL-DOWN:</b> WALK AT AN INCLINE, JOG OR BIKE</p>	<p><b>TIME:</b> 5 minutes</p>	<p><b>AC TRAINER TIP:</b> COOLING-DOWN AFTER EXERCISE IS ESSENTIAL FOR PROPER MUSCLE RECOVERY. DON'T SKIP IT!</p>
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