

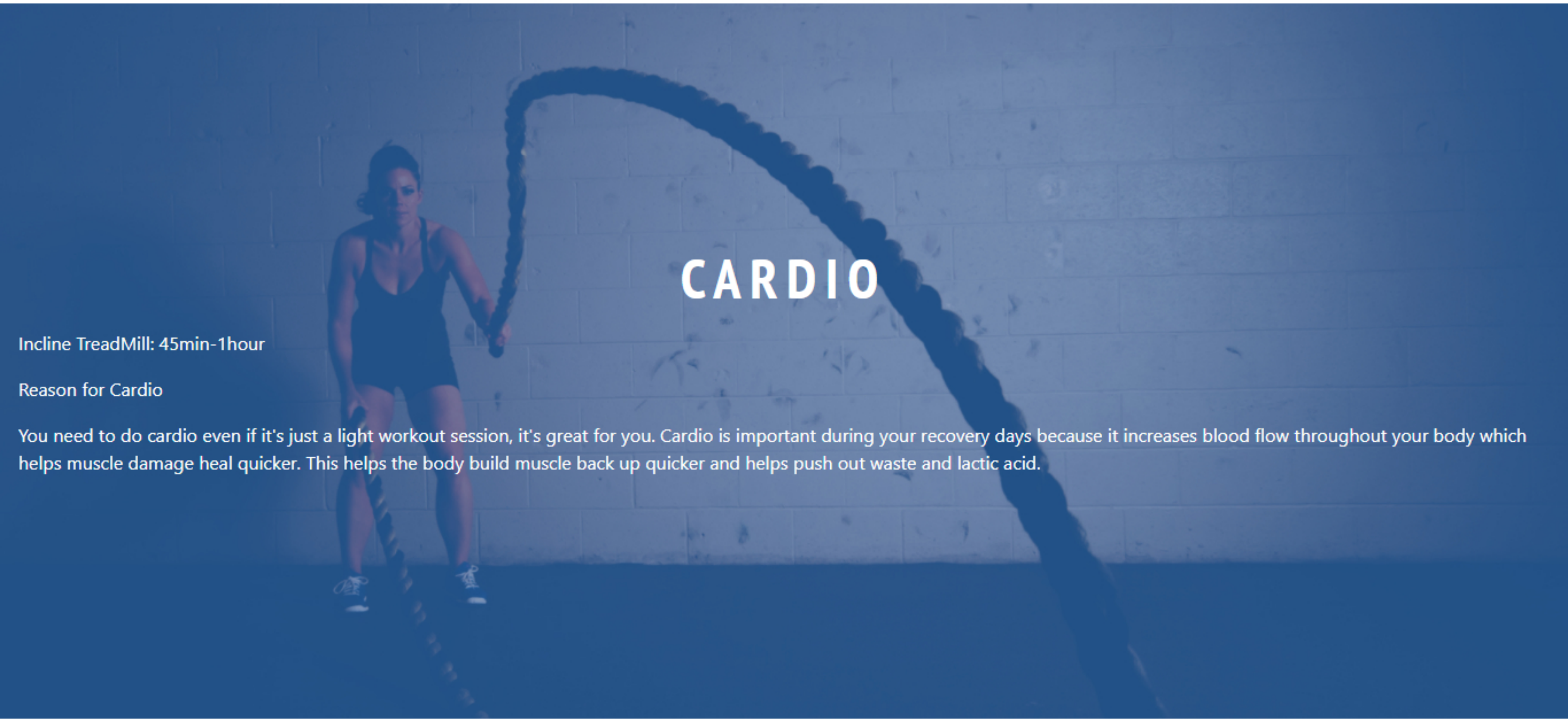


Day 4

Recovery Day

Your schedule

- 1. Cardio
- 2. Eat
- 3. Vision



CARDIO

Incline TreadMill: 45min-1hour

Reason for Cardio

You need to do cardio even if it's just a light workout session, it's great for you. Cardio is important during your recovery days because it increases blood flow throughout your body which helps muscle damage heal quicker. This helps the body build muscle back up quicker and helps push out waste and lactic acid.

Below is an example of a meal plan. Each Client varies. Each client's body vaies. For custom food plans contact brugmethod@gmail.com to fit your needs. Thank you.

Sustenance

Meal One (8:00 - 9:00)

3 - Whole Eggs

2 - Turkey Bacon

½ cup- Rice

Meal Two (12:00)

6oz- Ground Beef

1 cup-Green Bean

½ cup- Rice

Snack
Chocolate Rice Cakes

Meal Three (16:00-17:00)

4 - oz - Chicken Breast

1 cup - Green Bean

½ cup - Rice

Carbohydrates provide 4 calories per gram, protein provides 4 calories per gram, and fat provides 9 calories per gram.