



BOOTCAMP

TUESDAY
8 PM

Upper Body
HIIT

THURSDAY
8 PM

Lower Body
HIIT

SATURDAY
11 AM

Full Body
HIIT



MACRONUTRIENTS

Macro	Why is it Important?	Where can it be found?
Protein	<ul style="list-style-type: none">Broken down into amino acids which are used to build muscle and other proteins that help your body function.When you work out, your body is hungry for protein. If you are not eating enough protein, you may notice slower progress and/or workout plateaus.	<ul style="list-style-type: none">egg whiteschicken (breasts, ground)turkey (not deli meat)salmon, tuna, tilapia (fresh or canned)vealpeanut/almond buttercottage cheese
Carbohydrate (Carbs)	<ul style="list-style-type: none">Broken down into glucose, which supplies energy to the cells.Since the body can fuel itself with other nutrients (i.e., fat) carbs are non-essential (not required for survival).Low carb intake will help achieve weight loss faster.	<ul style="list-style-type: none">rice (white, jasmine, rice)cream of ricewhole grain pastaoatmealezekiel breadlow-carb wrapsweet potato
Fat	<ul style="list-style-type: none">Broken down into fatty acids to make cell linings and hormones, making it an essential nutrient for overall health.With insufficient levels of fat, you can stunt your ability to build muscle.	<ul style="list-style-type: none">nutspeanut butteravacadowhole eggsextra virgin olive oilcoconut oilchia seeds

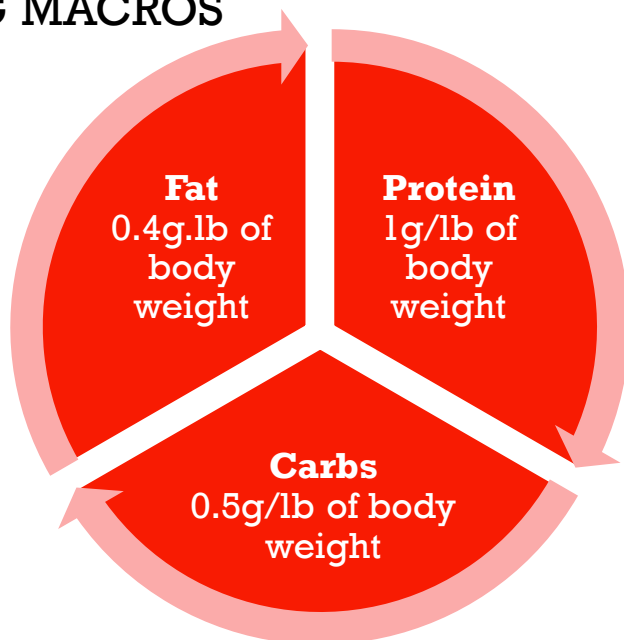
CALCULATING MACROS

Hi, I'm AJ. I weigh 150 lbs. Here's my macro count....

Protein: 150g

Carbs: 75g

Fat: 60g





DIET CHALLENGE

NO SODA OR JUICE
NO FAST FOOD
NO CANDY
NO COOKIES
NO CAKE
NO ICE CREAM
NO FRIED FOOD
NO ANIMAL BASED MILK

Healthy Snack Ideas

- greek yogurt
- berries (1 cup)
- dried fruit
- unsalted fresh nuts
- sunflower seeds
- kale chips
- edamame
- pork rinds
- low calorie protein bar
- rice cake