

OUR JOURNEY IS OUR EXPERTISE YOUR JOURNEY IS OUR EXPERTISE YOUR JOURNEY IS OUR EXPERTISE

WELCOME TO **THE ELITES**



THE ELITES

PROGRAM INDEX

Program Part	Page	—

CLIENT DETAILS

ID	Name	Age	Weight	Height	Goal

Special Notes

This section related to the client's special notes

Macros on your meals

Carb	Fat	Protein	Total Calories

SUPPLEMENTS PLAN

Supplements	Dosage	Special Instructions

NUTRITION PLAN

Meal One:

•

Meal Two:

•

Meal Thress:

•

Meal Four:

•

Meal Five:

•

Meal Six:

•

WORKOUT PROGRAM

Day	Workout	–
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		

DAY 1

Workout	Sets	Reps	Video	Alternative
Chest Press	4	12	See Video	See Alternative 1 See Alternative 2
Chest Press	4	12	See Video	See Alternative 1 See Alternative 2
Chest Press	4	12	See Video	See Alternative 1 See Alternative 2
Chest Press	4	12	See Video	See Alternative 1 See Alternative 2

STEROIDS PROTOCOL

Week / Type	Test	Test	Test	Test	Test	Test
Week One						
Week Two						
Week Three						
Week Four						

PEPTIDE PROTOCOL

Week / Type	Test	Test	Test	Test	Test	Test
Week One						
Week Two						
Week Three						
Week Four						

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THE FLUTES

