



**GYMGUIDE**

## **60 Day Fit Program**

**TRAINING**

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**NUTRITION**

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**PROGRESS BOOSTING TIPS**

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**YOUR TRANSFORMATION BEGINS NOW!**

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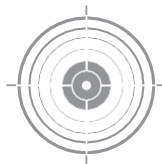
# 60 DAY FITNESS PLAN

**60 Days to Fit** is a program designed to help you build muscle and gain strength through a complete 5 cycle training curriculum, nutrition plan, and bonus tips to help boost your progress. This program is everything you need to get you the results you are looking for in just 60 days time. So, what are you waiting for?



## GETTING STARTED: PROGRESS BOOSTING TIPS

→ **Refocus your mentality going into the program.**



- Remind yourself why you are starting this.
- Ask yourself: How badly do you want to see results?
- Learn to embrace the burn. When you feel you can't push yourself any further, dig deep!

→ **Add supplements to your training and nutrition.**  
(Not required for success in this program but can accelerate results.)



- **BCAAs:** Aid in recovery and building lean muscle.



- **Protein:** Convenient option for supplementing your diet. Body can use the whey protein nutrients faster than whole food options. Ideal for post-workout nutrition.



- **Creatine:** Taking pre or post workout can help you gain strength and size.
- **Glutamine:** Another great option for muscle recovery if your budget allows but also found naturally in foods like chicken, fish, eggs, and dairy.
- **Pre-Workout:** A performance booster when you're feeling tired or unmotivated. This supplement is designed to give you energy, focus, and endurance.

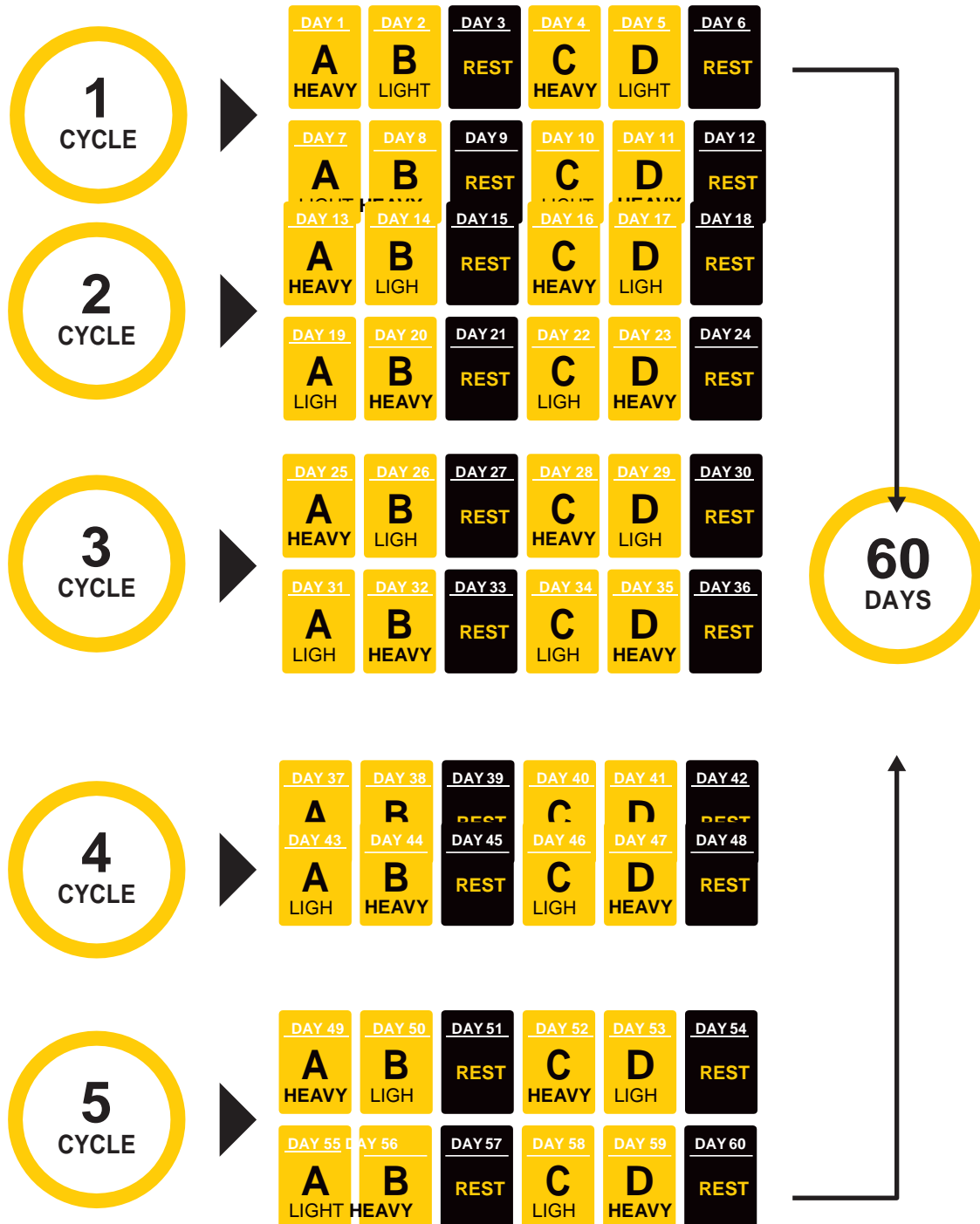
**PLEASE NOTE:** All readers are advised to consult their physician before beginning any exercise and nutrition program. BPI and the contributors do not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this program.

[www.gymguidefitness.com/](http://www.gymguidefitness.com/)

# TRAINING CALENDAR

Each 12 day cycle consists of 8 workouts and 4 rest days. Within each cycle, you will have 1 light workout and 1 heavy workout for each bodypart, totaling 2 workouts per bodypart, per cycle.

**A** SHOULDERS/TRAPS   **B** BACK/BICEPS/FOREARMS   **C** CHEST / TRICEPS   **D** LEGS



**Note:** On REST DAYS, ACTIVE REST is recommended. This can include anything from foam rolling, walking, hiking, yoga, biking, or any other low impact activity of your preference.



KEEP THIS CALENDAR WITH YOU AND CHECK OFF EACH DAY AS YOU COMPLETE THE PROGRAM TO KEEP TRACK OF YOUR PROGRESS.

# EXERCISE BREAKDOWN

## A



### SHOULDERS/TRAPS

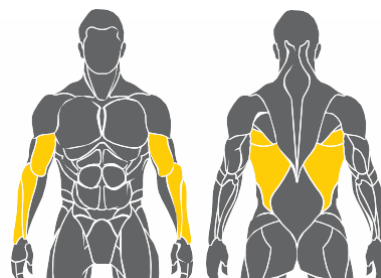
LIGHT DAY						
EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Dumbbell Lateral Raise	3	8	9	10	11	12
<b>SUPERSET WITH</b>						
Single-arm Dumbbell Overhead Press	3	8	9	10	11	12
Dumbbell Rear-delt Flye	3	8	9	10	11	12
<b>SUPERSET WITH</b>						
Rope High Pull	3	8	9	10	11	12
Scott Press	3	8	9	10	11	12
Cable Shrug	3	8	9	10	11	12
<b>SUPERSET WITH</b>						
Dumbbell Upright Row	3	8	9	10	11	12

HEAVY DAY						
EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Barbell Clean and Press	3	4	5	6	7	8
Dumbbell Lateral Raise	3	4	5	6	7	8
Dumbbell Rear-delt Flye	3	4	5	6	7	8
Dumbbell Shrug	3	4	5	6	7	8

**LIGHT DAYS:** Perform all reps at a tempo of 2 seconds on the concentric portion and 3 seconds on the eccentric (negative); rest 1 minute between sets, but don't rest between exercises within a superset.

## B



### BACK/BICEPS/FOREARMS

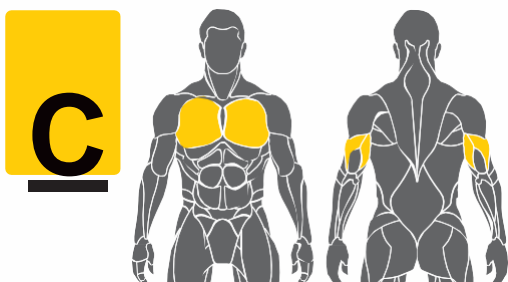
LIGHT DAY						
EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Pullup	3	To Failure				
Standing Single-arm Cable Row	3	8	9	10	11	12
<b>SUPERSET WITH</b>						
Single-arm Dumbbell Row	3	8	9	10	11	12
Straight-arm Pushdown	3	8	9	10	11	12
<b>SUPERSET WITH</b>						
Low Cable Pull	3	8	9	10	11	12
Straight-bar Curl	3	8	9	10	11	12
Dumbbell Spider Curl	3	8	9	10	11	12
Reverse Curl	3	8	9	10	11	12

HEAVY DAY						
EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Pullup	2	To Failure				
Lat Pulldown	5	4	5	6	7	8
Barbell Bentover Row	3	4	5	6	7	8
Seated Dumbbell Curl	3	4	5	6	7	8
Standing Straight-bar Cable Curl	3	4	5	6	7	8

**HEAVY DAYS:** Perform all reps explosively on the concentric and with a controlled eccentric; rest 3-4 minutes between sets, but don't rest between exercises within a superset.

# EXERCISE BREAKDOWN



## CHEST/TRICEPS

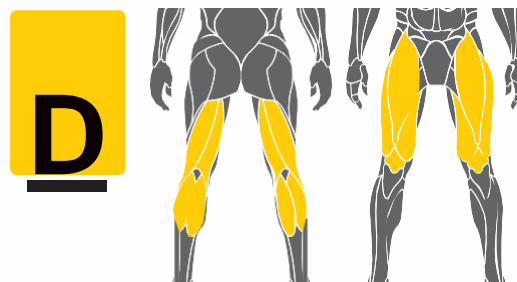
### LIGHT DAY

EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Pushup	2	8	9	10	11	12
Cable Crossover	3	8	9	10	11	12
<b>SUPERSET WITH</b>						
Bench Press	3	8	9	10	11	12
Incline Dumbbell Flye	3	8	9	10	11	12
<b>SUPERSET WITH</b>						
Incline Dumbbell Press	3	8	9	10	11	12
Incline French Press	3	8	9	10	11	12
Rope Pushdown	3	8	9	10	11	12
<b>SUPERSET WITH</b>						
Dumbbell Overhead Extension	3	8	9	10	11	12
Dumbbell Kickback	3	8	9	10	11	12

### HEAVY DAY

EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Pushup	2	4	5	6	7	8
Flat Dumbbell Press	5	4	5	6	7	8
Dumbbell Incline Press	5	4	5	6	7	8
Close-grip Bench Press	5	4	5	6	7	8
Incline French Press	5	4	5	6	7	8

**LIGHT DAYS:** Perform all reps at a tempo of 2 seconds on the concentric portion and 3 seconds on the eccentric (negative); rest 1 minute between sets, but don't rest between exercises within a superset.



## LEGS

### LIGHT DAY

EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Leg Extension	3	8	9	10	11	12
<b>SUPERSET WITH</b>						
Leg Press	3	8	9	10	11	12
Leg Curl	3	8	9	10	11	12
<b>SUPERSET WITH</b>						
Walking Lunge	3	8	9	10	11	12
Deadlift	3	8	9	10	11	12
Standing Calf Raise	3	8	9	10	11	12
<b>SUPERSET WITH</b>						
Seated Calf Raise	3	8	9	10	11	12

### HEAVY DAY

EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Squat	5	4	5	6	7	8
Deadlift	5	4	5	6	7	8
Standing Calf Raise	5	4	5	6	7	8
Seated Calf Raise	5	4	5	6	7	8

**HEAVY DAYS:** Perform all reps explosively on the concentric and with a controlled eccentric; rest 3-4 minutes between sets, but don't rest between exercises within a superset.

## EXAMPLE MEAL PLAN

Results not only come from a consistent training regimen but also a consistently balanced diet. In 60 Days to Fit, there's no counting calories or quick fixes. You are getting a solid, manageable plan rich in the macro-nutrients (proteins, fats, and carbohydrates) that your body needs to maximize muscle gains and mini- mize fat storage.

Ex. Time: 6:30 AM



4 Whole Eggs 1/2  
Cup Oatmeal  
1 Cup Blueberries

Proteins	Fats	Carbs	Calories
35	26	79	664

Ex. Time: 9:00 AM



1 1/2 Scoops Whey HD™  
1 Medium Banana  
8 oz Gatorade

Proteins	Fats	Carbs	Calories
38.5	3	39.5	350

Ex. Time: 12:00 PM



4 1/2 oz Chicken  
8 oz Potato (cooked) 3  
oz Avocado

Proteins	Fats	Carbs	Calories
45.5	18	69	620.5

Ex. Time: 3:00 PM



16 oz Yogurt  
1/2 Cup Pineapple Chunks 1  
oz Almonds

Proteins	Fats	Carbs	Calories
34	15	62	519

Ex. Time: 6:00 PM



1 Scoop Whey HD™  
1 Medium Apple

Proteins	Fats	Carbs	Calories
37.5	3	34.5	305

Ex. Time: 9:00 PM



4 1/2 oz Turkey Breast (ground)  
1 Cup Rice - Brown  
1 Cup Broccoli  
1 Tablespoon Flax Oil

Proteins	Fats	Carbs	Calories
34	15	62	519

Ex. Time: 11:00 PM



1 1/2 Scoop Whey HD  
1 Tablespoon Peanut Butter

Proteins	Fats	Carbs	Calories
41.5	11	7.5	300

### TOTAL DAILY INTAKE

Proteins	Fats	Carbs	Calories
275	94	343.5	3286.5

### MACRO INTAKE CALCULATOR


 $\times$ 

 $=$ 

  
 1.5g PROTEIN PER POUND BODY WEIGHT DAILY AMOUNT


 $\times$ 

 $=$ 

  
 2g CARB PER POUND BODY WEIGHT DAILY AMOUNT


 $\times$ 

 $=$ 

  
 0.5g FAT PER POUND BODY WEIGHT DAILY AMOUNT

#### Fat Formula:

0.5g fat X Per Pound bodyweight = Daily Amount

#### Protein Formula:

1.5g protein X per pound bodyweight = Daily Amount

#### Carb Formula:

2g carb X Per Pound Bodyweight = Daily Amount

#### Nutrition Tip:

The amount of water you intake each day is just as important as the weights you are lifting and the food you are consuming.

Stay hydrated with no less than half a gallon to a full gallon of water per day to boost digestion, maintain fluids within the body, and stay energized.

#### Meat Replacements

Lean Steak  
Lean Pork  
Fish  
Turkey  
Bison

#### Vegetables Replacements

Asparagus  
Green beans  
Spinach  
Cauliflower  
Eggplant Romain  
Salad

#### Carb Replacements

Ezekiel bread  
Whole-wheat bread  
Pita bread  
Quinoa  
Sweet Potato  
Whole Wheat Pasta





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# SHOPPING LIST

To ensure you are set up for success in this program, we've provided a grocery list giving you specifics on what you should buy to help fuel your body, gain muscle, and stay on track. Additionally, the supplements recommended to accelerate your results are also itemized right here for you. **No excuses, just results!**

## FOOD LIST

### Proteins

- Boneless, Skinless Chicken Breast
- Tuna (water packed)
- Fish (salmon, seabass, halibut)
- Shrimp
- Extra Lean Ground Beef
- Protein Powder
- Egg Whites or Eggs
- Ribeye Steaks or Roast
- Top Round Steaks or Roast (aka Stew Meat, London Broil, Stir Fry)
- Beef Tenderloin (aka Filet, Filet Mignon)
- Top Loin (NY Strip Steak)
- Eye of Round (Cube Meat, Stew Meat, Bottom Round, 96% Lean Ground Round)
- Ground turkey, Turkey Breast Slices or cutlets (fresh meat, not deli cuts)

### Complex Carbs

- Oatmeal (Old Fashioned or Quick Oats)
- Sweet Potatoes (Yams)
- Beans (pinto, black, kidney)
- Brown Rice
- Multigrain Cereal
- Whole wheat Pasta

### Fibrous Carbs

- Lettuce (Green Leaf, Red, Leaf, Romaine)
- Broccoli
- Asparagus
- String Beans
- Spinach
- Bell Peppers
- Brussels Sprouts
- Cauliflower
- Celery

### Healthy Fats

- Peanut Butter
- Olive Oil or Safflower Oil
- Nuts (peanuts, almonds)
- Flaxseed Oil
- Avocado

### Dairy & Eggs

- Low-fat cottage cheese
- Eggs
- Low or Non-Fat Milk
- Greek Yogurt

### Other Produce & Fruits

- Cucumber
- Green or Red Pepper
- Onions
- Garlic
- Tomatoes
- Zucchini
- bananas, apples, grapefruit, peaches, strawberries, blueberries, raspberries
- Lemons or Limes

### Condiments & Misc.

- Balsamic Vinegar
- Chili powder
- Mrs. Dash
- Steak Sauce
- Sugar Free Maple Syrup
- Chili Paste
- Mustard
- Extracts (vanilla, almond, etc)
- Sea Salt