



IRON GYM

60 JAMES GRAGE'S **DAYS TO FIT**

STRENGTH & MUSCLE BUILDING PROGRAM

TRAINING

NUTRITION

PROGRESS BOOSTING TIPS

YOUR TRANSFORMATION BEGINS NOW!



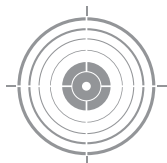
60 DAY FITNESS PLAN

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.

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

1
CYCLE

DAY 1 A LIGHT	DAY 2 B HEAVY	DAY 3 REST	DAY 4 C LIGHT	DAY 5 D HEAVY	DAY 6 REST
DAY 7 A HEAVY	DAY 8 B LIGHT	DAY 9 REST	DAY 10 C HEAVY	DAY 11 D LIGHT	DAY 12 REST

2
CYCLE

DAY 13 A LIGHT	DAY 14 B HEAVY	DAY 15 REST	DAY 16 C LIGHT	DAY 17 D HEAVY	DAY 18 REST
DAY 19 A HEAVY	DAY 20 B LIGHT	DAY 21 REST	DAY 22 C HEAVY	DAY 23 D LIGHT	DAY 24 REST

3
CYCLE

DAY 25 A LIGHT	DAY 26 B HEAVY	DAY 27 REST	DAY 28 C LIGHT	DAY 29 D HEAVY	DAY 30 REST
DAY 31 A HEAVY	DAY 32 B LIGHT	DAY 33 REST	DAY 34 C HEAVY	DAY 35 D LIGHT	DAY 36 REST

4
CYCLE

DAY 37 A LIGHT	DAY 38 B HEAVY	DAY 39 REST	DAY 40 C LIGHT	DAY 41 D HEAVY	DAY 42 REST
DAY 43 A HEAVY	DAY 44 B LIGHT	DAY 45 REST	DAY 46 C HEAVY	DAY 47 D LIGHT	DAY 48 REST

5
CYCLE

DAY 49 A LIGHT	DAY 50 B HEAVY	DAY 51 REST	DAY 52 C LIGHT	DAY 53 D HEAVY	DAY 54 REST
DAY 55 A HEAVY	DAY 56 B LIGHT	DAY 57 REST	DAY 58 C HEAVY	DAY 59 D LIGHT	DAY 60 REST

60
DAYS

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

60 DAYS TO FIT

A



SHOULDERS / TRAPS

LIGHT DAY

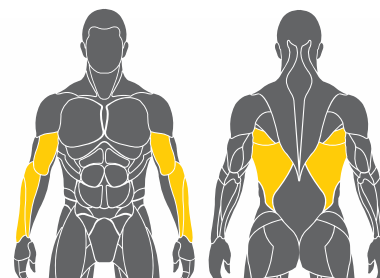
EXERCISE	SETS	REPS				
		CYCLE				
Dumbbell Lateral Raise	3	8	9	10	11	12
SUPERSET WITH						
Single-arm Dumbbell Overhead Press	3	8	9	10	11	12
Dumbbell Rear-delt Flye	3	8	9	10	11	12
SUPERSET WITH						
Rope High Pull	3	8	9	10	11	12
Scott Press	3	8	9	10	11	12
Cable Shrug	3	8	9	10	11	12
SUPERSET WITH						
Dumbbell Upright Row	3	8	9	10	11	12

HEAVY DAY

EXERCISE	SETS	REPS				
		CYCLE				
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				
Pullup	3	To Failure				
Standing Single-arm Cable Row	3	8	9	10	11	12
SUPERSET WITH						
Single-arm Dumbbell Row	3	8	9	10	11	12
Straight-arm Pushdown	3	8	9	10	11	12
SUPERSET WITH						
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

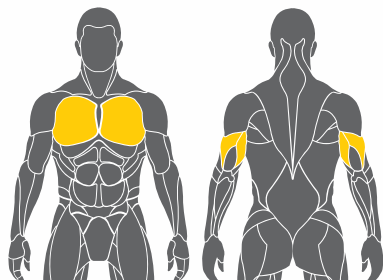
HEAVY DAY

EXERCISE	SETS	REPS				
		CYCLE				
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.

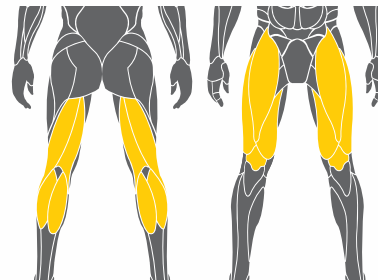
EXERCISE BREAKDOWN

C



CHEST / TRICEPS

D



LEGS

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
SUPERSET WITH						
Bench Press	3	8	9	10	11	12
Incline Dumbbell Flye	3	8	9	10	11	12
SUPERSET WITH						
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
SUPERSET WITH						
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.

LIGHT DAY

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

X =
 1.5g PROTEIN PER POUND BODY WEIGHT DAILY AMOUNT

X =
 2g CARB PER POUND BODY WEIGHT DAILY AMOUNT

X =
 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

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% LeandGround 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

SUPPLEMENT LIST

→ AMINOS



→ PRE-WORKOUTS



→ PROTEIN POWDERS

