YOUR TRANSFORMATION BEGINS NOW!

STRENGTH & MUSCLE BUILDING PROGRAM

TRAINING

NUTRITION

PROGRESS BOOSTING TIPS

Sponsored by: bpi SPORTS

Video Trainer Available at: www.muscleandfitness.com/60days
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?

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.
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  SHOULDER / TRAPS  B  BACK / BICEPS / FOREARMS  C  CHEST / TRICEPS  D  LEGS

1 CYCLE

DAY 1  A HEAVY
DAY 2  B LIGHT
DAY 3  REST
DAY 4  C HEAVY
DAY 5  D LIGHT
DAY 6  REST

DAY 7  A LIGHT
DAY 8  B HEAVY
DAY 9  REST
DAY 10  C LIGHT
DAY 11  D HEAVY
DAY 12  REST

2 CYCLE

DAY 13  A HEAVY
DAY 14  B LIGHT
DAY 15  REST
DAY 16  C HEAVY
DAY 17  D LIGHT
DAY 18  REST

DAY 19  A LIGHT
DAY 20  B HEAVY
DAY 21  REST
DAY 22  C LIGHT
DAY 23  D HEAVY
DAY 24  REST

3 CYCLE

DAY 25  A HEAVY
DAY 26  B LIGHT
DAY 27  REST
DAY 28  C HEAVY
DAY 29  D LIGHT
DAY 30  REST

DAY 31  A LIGHT
DAY 32  B HEAVY
DAY 33  REST
DAY 34  C LIGHT
DAY 35  D HEAVY
DAY 36  REST

4 CYCLE

DAY 37  A HEAVY
DAY 38  B LIGHT
DAY 39  REST
DAY 40  C HEAVY
DAY 41  D LIGHT
DAY 42  REST

DAY 43  A LIGHT
DAY 44  B HEAVY
DAY 45  REST
DAY 46  C LIGHT
DAY 47  D HEAVY
DAY 48  REST

5 CYCLE

DAY 49  A HEAVY
DAY 50  B LIGHT
DAY 51  REST
DAY 52  C HEAVY
DAY 53  D LIGHT
DAY 54  REST

DAY 55  A LIGHT
DAY 56  B HEAVY
DAY 57  REST
DAY 58  C LIGHT
DAY 59  D HEAVY
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.

www.muscleandfitness.com/60days
## EXERCISE BREAKDOWN

### SHOULDERS / TRAPS

**LIGHT DAY**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dumbbell Lateral Raise</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Single-arm Dumbbell</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Overhead Press</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Dumbbell Rear-delt Flye</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Rope High Pull</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Scott Press</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Cable Shrug</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Dumbbell Upright Row</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
</tbody>
</table>

**HEAVY DAY**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Clean and Press</td>
<td>3</td>
<td>4 5 6 7 8</td>
</tr>
<tr>
<td>Dumbbell Lateral Raise</td>
<td>3</td>
<td>4 5 6 7 8</td>
</tr>
<tr>
<td>Dumbbell Rear-delt Flye</td>
<td>3</td>
<td>4 5 6 7 8</td>
</tr>
<tr>
<td>Dumbbell Shrug</td>
<td>3</td>
<td>4 5 6 7 8</td>
</tr>
</tbody>
</table>

### BACK / BICEPS / FOREARMS

**LIGHT DAY**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pullup</td>
<td>3</td>
<td>To Failure</td>
</tr>
<tr>
<td>Standing Single-arm Dumbbell Row</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Standing Single-arm Cable Row</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Straight-arm Pushdown</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Low Cable Pull</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Straight-bar Curl</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Dumbbell Curl</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Reverse Curl</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
</tbody>
</table>

**HEAVY DAY**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pullup</td>
<td>2</td>
<td>To Failure</td>
</tr>
<tr>
<td>Lat Pulldown</td>
<td>5</td>
<td>4 5 6 7 8</td>
</tr>
<tr>
<td>Barbell Bentover Row</td>
<td>3</td>
<td>4 5 6 7 8</td>
</tr>
<tr>
<td>Seated Dumbbell Curl</td>
<td>3</td>
<td>4 5 6 7 8</td>
</tr>
<tr>
<td>Standing Straight-bar Cable Curl</td>
<td>3</td>
<td>4 5 6 7 8</td>
</tr>
</tbody>
</table>

**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.

**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.
### CHEST / TRICEPS

#### LIGHT DAY

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pushup</td>
<td>2</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Cable Crossover</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>SUPERSET WITH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Incline</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Dumbbell Flye</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>SUPERSET WITH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Incline</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Dumbbell Press</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Incline</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>French Press</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Rope Pushdown</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>DSBELL WITH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dumbbell Overhead Extension</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Dumbbell Kickback</td>
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#### HEAVY DAY

<table>
<thead>
<tr>
<th>Exercise</th>
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<th>Reps</th>
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</thead>
<tbody>
<tr>
<td>Pushup</td>
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<tr>
<td>Flat</td>
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<tr>
<td>Dumbbell Press</td>
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</tr>
<tr>
<td>Dumbbell Incline Press</td>
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</tr>
<tr>
<td>Close-grip Bench Press</td>
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<tr>
<td>Incline French Press</td>
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</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Exercise</th>
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<tbody>
<tr>
<td>Leg Extension</td>
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<tr>
<td>Leg Press</td>
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<td>8 9 10 11 12</td>
</tr>
<tr>
<td>SUPERSET WITH</td>
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<td></td>
</tr>
<tr>
<td>Leg Curl</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>SUPERSET WITH</td>
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<td></td>
</tr>
<tr>
<td>Walking Lunge</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Deadlift</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
<tr>
<td>Standing Calf Raise</td>
<td>3</td>
<td>8 9 10 11 12</td>
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<tr>
<td>SUPERSET WITH</td>
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</tr>
<tr>
<td>Seated Calf Raise</td>
<td>3</td>
<td>8 9 10 11 12</td>
</tr>
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#### HEAVY DAY

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
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</thead>
<tbody>
<tr>
<td>Squat</td>
<td>5</td>
<td>4 5 6 7 8</td>
</tr>
<tr>
<td>Deadlift</td>
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<td>4 5 6 7 8</td>
</tr>
<tr>
<td>Standing Calf Raise</td>
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<td>4 5 6 7 8</td>
</tr>
<tr>
<td>Seated Calf Raise</td>
<td>5</td>
<td>4 5 6 7 8</td>
</tr>
</tbody>
</table>

**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

**MEAL 1**
4 Whole Eggs
1/2 Cup Oatmeal
1 Cup Blueberries

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Fats</th>
<th>Carbs</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>35</td>
<td>26</td>
<td>79</td>
<td>664</td>
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</tbody>
</table>

Ex. Time: 9:00 AM

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

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Fats</th>
<th>Carbs</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>38.5</td>
<td>3</td>
<td>39.5</td>
<td>350</td>
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</tbody>
</table>

Ex. Time: 12:00 PM

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

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Fats</th>
<th>Carbs</th>
<th>Calories</th>
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</thead>
<tbody>
<tr>
<td>45.5</td>
<td>18</td>
<td>69</td>
<td>520.5</td>
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</tbody>
</table>

Ex. Time: 3:00 PM

**MEAL 4**
16 oz Yogurt
1/2 Cup Pineapple Chunks
1 oz Almonds

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Fats</th>
<th>Carbs</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>54</td>
<td>15</td>
<td>62</td>
<td>516</td>
</tr>
</tbody>
</table>

Ex. Time: 6:00 PM

**MEAL 5**
1 Scoop Whey HD™
1 Medium Apple

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Fats</th>
<th>Carbs</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>37.5</td>
<td>3</td>
<td>34.5</td>
<td>305</td>
</tr>
</tbody>
</table>

Ex. Time: 9:00 PM

**MEAL 6**
4 1/2 oz Turkey Breast (ground)
1 Cup Rice - Brown
1 Cup Broccoli
1 Tablespoon Flax Oil

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Fats</th>
<th>Carbs</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>34</td>
<td>15</td>
<td>62</td>
<td>519</td>
</tr>
</tbody>
</table>

Ex. Time: 11:00 PM

**MEAL 7**
1 1/2 Scoop Whey HD
1 Tablespoon Peanut Butter

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Fats</th>
<th>Carbs</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>418</td>
<td>11</td>
<td>92</td>
<td>330</td>
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</tbody>
</table>

**TOTAL DAILY INTAKE**

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Fats</th>
<th>Carbs</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>275</td>
<td>94</td>
<td>343.5</td>
<td>3286.5</td>
</tr>
</tbody>
</table>

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

www.muscleandfitness.com/60days
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

### SUPPLEMENT LIST

#### AMINOS

#### PRE-WORKOUTS

#### PROTEIN POWDERS

[www.muscleandfitness.com/60days](http://www.muscleandfitness.com/60days)