



JAMES GRAGE'S
60 DAYS TO
FIT

**STRENGTH & MUSCLE BUILDING
PROGRAM**


TRAINING

NUTRITION

PROGRESS BOOSTING TIPS

YOUR TRANSFORMATION BEGINS NOW!

Sponsored by: 

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

60 DAYS TO FIT

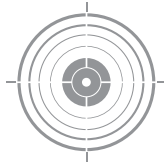
60 DAY FITNESS PLAN

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.



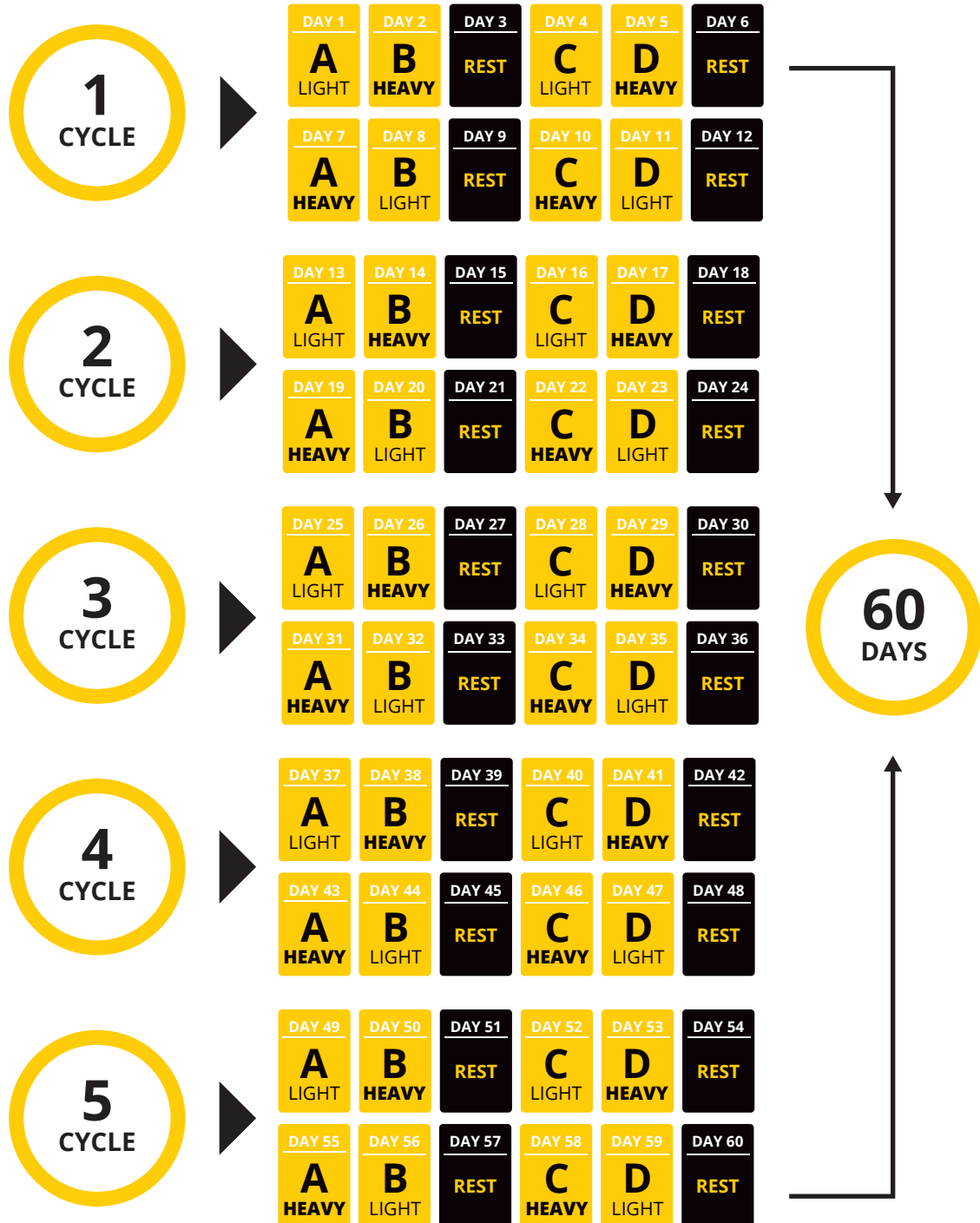
- **Pre-Workout:** A performance booster when you're feeling tired or unmotivated. This supplement is designed to give you energy, focus, and endurance.

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.

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



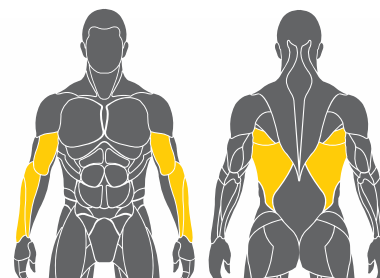
SHOULDERS / TRAPS

| LIGHT DAY | | | | | | |
|------------------------------------|------|-------|---|----|----|----|
| EXERCISE | SETS | REPS | | | | |
| | | CYCLE | | | | |
| | | 1 | 2 | 3 | 4 | 5 |
| Dumbbell Lateral Raise | 3 | 8 | 9 | 10 | 11 | 12 |
| <i>SUPERSET WITH</i> | | | | | | |
| Single-arm Dumbbell Overhead Press | 3 | 8 | 9 | 10 | 11 | 12 |
| Dumbbell Rear-delt Flye | 3 | 8 | 9 | 10 | 11 | 12 |
| <i>SUPERSET WITH</i> | | | | | | |
| 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 |
| <i>SUPERSET WITH</i> | | | | | | |
| 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

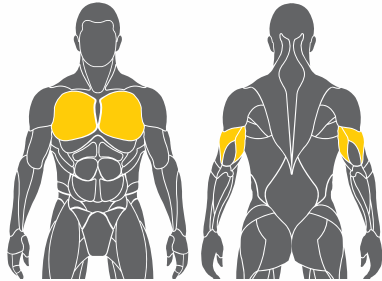
| LIGHT DAY | | | | | | |
|-------------------------------|------|------------|---|----|----|----|
| EXERCISE | SETS | REPS | | | | |
| | | CYCLE | | | | |
| | | 1 | 2 | 3 | 4 | 5 |
| Pullup | 3 | To Failure | | | | |
| Standing Single-arm Cable Row | 3 | 8 | 9 | 10 | 11 | 12 |
| <i>SUPERSET WITH</i> | | | | | | |
| Single-arm Dumbbell Row | 3 | 8 | 9 | 10 | 11 | 12 |
| Straight-arm Pushdown | 3 | 8 | 9 | 10 | 11 | 12 |
| <i>SUPERSET WITH</i> | | | | | | |
| 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.

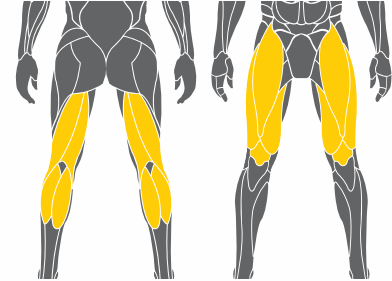
EXERCISE BREAKDOWN

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 |
| <i>SUPERSET WITH</i> Bench Press | 3 | 8 | 9 | 10 | 11 | 12 |
| Incline Dumbbell Flye | 3 | 8 | 9 | 10 | 11 | 12 |
| <i>SUPERSET WITH</i> 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 |
| <i>SUPERSET WITH</i> 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 |
| <i>SUPERSET WITH</i> Leg Press | 3 | 8 | 9 | 10 | 11 | 12 |
| Leg Curl | 3 | 8 | 9 | 10 | 11 | 12 |
| <i>SUPERSET WITH</i> Walking Lunge | 3 | 8 | 9 | 10 | 11 | 12 |
| Deadlift | 3 | 8 | 9 | 10 | 11 | 12 |
| Standing Calf Raise | 3 | 8 | 9 | 10 | 11 | 12 |
| <i>SUPERSET WITH</i> 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

1.5g PROTEIN X PER POUND BODY WEIGHT = DAILY AMOUNT

2g CARB X PER POUND BODY WEIGHT = DAILY AMOUNT

0.5g FAT X 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

