

DAY 1

MON

Afternoon
Workout

Full Body

Warm-Up Cardio

1. 10-Minute jog RPE 3/10

Working Set

- Increase weight gradually by 20% each set so that you reach failure in the designated rep range.
- Strip sets mean you go to failure until you can't complete another rep on each set. You then drop the weight. There is no rest between sets in a strip set and you should complete 4 sets (x4).

2. Bodyweight Squats 30 Reps
3. Pushups 25 Reps
If less than 5, do them from your knees.
4. Machine Chest Press Warmup 15 Reps x3
5. Machine Chest Press Strip Set 12 Reps x4
Rest 1 minute
6. Machine Back Row Warmup 15 Reps x3
7. Machine Back Row Strip Set 12 Reps x4
Rest 1 minute
8. Machine Shoulder O/H Press Warmup 15 Reps x3
9. Machine Shoulder O/H Press Strip Set 12 Reps x4
Rest 1 minute
10. Machine Leg Press Warmup 15 Reps x3
11. Machine Leg Press Strip Set 12 Reps x4
Rest 1 minute
12. Machine Crunch Warmup 20 Reps x3
13. Machine Crunch Strip Set 12 Reps x 4
Rest 4 minutes

Cooldown Set

14. Run at 5/10 of your RPE for 10 minutes
15. Quads, Hamstrings, Chest, Shoulders, and Back

Mp45 Workout Nutrition

Jason Scotts

Mp45 Workout Nutrition:

Mademoiselle ,1995-04

Strength Training Diet & Nutrition : 7 Key Things To Create The Right Strength

Training Diet Plan For You Jason Scotts,2013-05-17 Whether you're trying to enhance your performance as an athlete or just attempting to lose weight including some form of strength training into your exercise regime is crucial. However, it's also important you make sure you're following the right sort of strength training diet and nutrition plan to really reap the benefits. If you aren't eating the right kinds of foods then you won't actually make the most of each strength training session you undertake. However, if you aren't sure about what you should be eating and drinking then creating the right sort of plan can be difficult. There are a few things you need to consider when putting together your eating plan.

Fitness Nutrition

(fitness nutrition weight muscle food guide your loss health fitness books) Charlie Mason ,2021-02-21 The benefits of this book include 10 workouts that cover every part of your body and warm ups necessary for each day. Protein packed recipes to help you look your best. And lessons on how to incorporate food into your everyday life. This book will help you to lose weight by following a workout for three days in a row then resting. Do completely different muscles every workout and incorporate lots of cardio into your plan. The recipes included are so simple and quick to follow. All of them take less than 10 minutes to prepare. Perfect for people on the go. Included in this book are breakfast, lunch, and dinner options. When you exercise every day you have more energy, vigor, and your metabolism will skyrocket. All of these workouts are geared toward building muscle and take less than 45 minutes. Warm up and cool down included. These workouts that can be done at home with little to no equipment and are perfect for busy people. This book is designed for everyone at any stage in their fitness journey. Never has it been easier to learn how to lose weight and build muscle. Do not fall for the fads that tell you can lose 50 pounds in a week if you take a pill or if you drink a specially formulated drink. Losing weight and getting fit takes work and discipline. If you follow this book you will see the difference within a few days. All it takes is eating right and burning more calories than you consume to lose weight. To bulk up you need to consume protein, get rest, weight train with the addition of a little cardio, and eat more protein. Remember, fitness is only 20% exercise and 80% diet. Controlling what you consume is more important than the exercise so be vigilant and follow this book.

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Comprehensive Performance Nutrition Justin Harris,2013 Comprehensive Performance Nutrition is an easy reference question and answer book that is

sure to become a desktop favorite [The Ultimate Guide to Post-Workout Nutrition: Workout recovery made easy](#) Fitness Massive,2022-12-05 What you eat after a workout is just as important as what you eat before a workout Find out the best post workout foods to refuel and recover your body When it comes to exercise what you do before and after your workout is just as important as the workout itself Many people make the mistake of thinking that all they need to do is exercise and then they can eat whatever they want But if you really want to see results you need to focus on both your pre workout nutrition and your post workout nutrition What you eat after a workout is crucial for recovery Your muscles are depleted of glycogen the storage form of carbohydrate after a tough workout so it's important to refuel with carbohydrates and protein as soon as possible Protein is essential for muscle repair and growth while carbs help replenish energy stores in the body [Sports Nutrition Handbook](#) Justyna Mizera,Krzysztof Mizera,2019-05-08 Sports Nutrition Handbook unpacks the need to know concepts of sports nutrition into everyday language making fueling and daily diet easily understandable to athletes across a wide range of sports Athletes will find the hows and whys of sports nutrition offered in plain language no science required Sports Nutrition Handbook is clear easy to use as a reference and includes the details if you want to explore more deeply Sports Nutrition Handbook unpacks the need to know concepts of sports nutrition into everyday language making fueling and daily diet easily understandable to athletes across a wide range of sports Athletes will find the hows and whys of sports nutrition offered in plain language no science required Sports Nutrition Handbook is clear easy to use as a reference and includes the details if you want to explore more deeply Sports Nutrition Handbook answers frequently asked questions in a straightforward and simple way How do HIIT workouts promote weight loss Does it help or harm to eat carbs before bedtime Why do early morning workouts feel so different than workouts after breakfast Why do marathoners often hit the wall Answers to all your sports nutrition questions are easy to find simple to grasp and actionable for your next workout or race

[Fitness Nutrition](#) Charlie Mason,2018-08-03 SPECIAL BONUS INSIDE THE BOOK The benefits of this book include 10 workouts that cover every part of your body and warm ups necessary for each day Protein packed recipes to help you look your best And lessons on how to incorporate food into your everyday life This book will help you to lose weight by following a workout for three days in a row then resting Do completely different muscles every workout and incorporate lots of cardio into your plan The recipes included are so simple and quick to follow All of them take less than 10 minutes to prepare Perfect for people on the go Included in this book are breakfast lunch and dinner options When you exercise every day you have more energy vigor and your metabolism will skyrocket All of these workouts are geared toward building muscle and take less than 45 minutes warm up and cool down included these workouts that can be done at home with little to no equipment and are perfect for busy people This book is designed for everyone at any stage in their fitness journey Never has it been easier to learn how to lose weight and build muscle Do not fall for the fads that tell you can lose 50 pounds in a week if you take a pill or if you drink a specially formulated drink Losing weight and getting fit takes work and discipline If you follow this book you

will see the difference within a few days All it takes is eating right and burning more calories than you consume to lose weight To bulk up you need to consume protein get rest weight train with the addition of a little cardio and eat more protein Remember fitness is only 20% exercise and 80% diet Controlling what you consume is more important than the exercise so be vigilant and follow this book Tags fitness nutrition weight muscle food guide your loss health fitness books fitness mindset fitness journal fitness instructors handbook fitness for women fitness nutrition fitness books for men fitness diary muscle energy techniques muscle building books muscle book fitness guide gym workout gym motivation book gym workout book gym workout plans fitness junkie fitness confidential fitness for life yoga fitness for men fitness nutrition the ultimate fitness guide fitness nutrition coach gym bodybuilding healthy food pilates optimum nutrition weight loss tips exercise weight loss lose weight workout diet plans personal trainer total fitness weight loss diet supplement healthy eating how to lose weight fitness first gym equipment diet how to lose weight fast *Bodybuilding* Nicholas Bjorn, 2019-08-23 HAVE YOU BEEN DREAMING SO LONG ABOUT HAVING TONED AND WELL DEFINED MUSCLES DO YOU HAVE NO IDEA OF HOW YOU CAN START ACHIEVING THE BODY OF YOUR DREAMS The good news is that this book can show you how Bulking up and maintaining a toned physique cannot be easily accomplished without the right plan and discipline Most of all a definitive guide can go a long way in walking you through the steps you need to take to achieve your bodybuilding goals You may already have a firm idea of the exercise regimen you need to follow but do you know what food you need to eat and what meals you need to prepare to get closer to your ideal body Don t worry if you don t have any idea because this book has you covered Although coming up with a bodybuilding exercise regimen can be difficult I know that preparing a meal plan can be just as daunting This is why this book makes everything easier for you by providing everything you need to know

Strength Training Nutrition 101 Marc Mclean, 2017-04-30 There are more diets out there than you ve had hot dinners There are countless crappy supplements promising the world There s all sorts of advice being thrown at us about calories macronutrients micronutrients blah blah blah Wouldn t you rather just cut out the bull and learn a straightforward way of eating that ll help you gain lean muscle keep your bodyfat levels low and maintain good health A simplified strategy on what to eat when what to avoid to get the best results from your strength training program Something that s easy to follow and maintain and doesn t ban all your favourite foods while still actually delivering results This is it Strength Training Nutrition 101 Build Muscle Burn Fat Easily A Healthy Way Of Eating You Can Actually Maintain is a sensible do able manageable nutrition guide for men and women who lift weights or others who generally want to improve their diet and overall health I m Marc McLean an online personal training and nutrition coach and Strength Training Nutrition 101 is my masterplan for maximising your exercise efforts It uncomplicates the complicated and makes clean eating easy Are you confused about what to eat and when because we re bombarded with so much advice from every angle Don t eat meat Carbs are the devil Eat a garden full of greens for breakfast This is just some of the advice we get from experts in a really noisy health and fitness

industry. We're hit with advice on what we should be eating, how much we should be eating, and what we should be avoiding like an STI. This book is not about choosing one diet over another. It's about getting all the important stuff right and building a solid nutritional foundation and then building upon this with strategies for sculpting a lean, athletic, awesome physique. It's also not about depriving you of food you love and eating chicken and broccoli 8 days per week. The bottom line is that sticking with good nutrition should not be hard work. It should be easy to follow, manageable, and never actually feel like a diet. Since I took up weight training as a ridiculously frail and pale 16-year-old back in 1998, I've experimented with countless ways of eating for energy, performance, muscle gain, keeping my bodyfat levels low, and most importantly, optimal health. I've studied various nutritional courses, read countless books and articles, and used myself as a human guinea pig over the past 18 years in the quest for the best approach for all the goals I mentioned above. In Strength Training Nutrition 101, I share with you how to simplify the way you eat and my nutritional strategies that support my weekly weight training regime for maintaining muscle, staying lean, and in great health. Here's a sneak peek at the book contents: Simplifying Diet, Nutrition For More Muscle, Less Fat, The 7 Golden Rules of Clean Eating, The Poison In Our Diets, Making The Right Food Choices, Calories Do We Really Need All That Protein, Pre-Workout Nutrition, Post-Workout Nutrition, Supplements The Good, The Bad, The Useless, SPECIAL BONUS FOR READERS. My supplements guide report is also available free to every reader. This gives details of the all-natural supplements I use to help boost my performance in the gym, enhance recovery, develop muscle, stay lean, help me sleep like a baby, and maintain optimal health overall.

[Fitness Nutrition 101: What You Really Need to Know](#) Nguyễn Đồng, 2025-07-03

A clear practical guide to eating for fat loss, muscle gain, and better performance without the confusion. Whether you're just getting started with fitness or looking to take your results to the next level, Fitness Nutrition 101 breaks down the essentials of calories, macronutrients, meal timing, and supplements in a way that's easy to understand and apply. You'll learn how to fuel your body based on your specific goals, create sustainable habits, and build a flexible nutrition plan that fits your real life, not just a perfect schedule. No crash diets, No complicated math. Just smart strategies that work.

Nutrition for Sport,

Exercise, and Health Marie A. Spano, Laura J. Kruskall, D. Travis Thomas, 2023-11-08. Nutrition for Sport, Exercise, and Health, Second Edition, blends nutrition and exercise theory with practical applications to provide undergraduate students and professionals with a comprehensive introduction to the field.

The Ultimate Strength Training Nutrition Guide

Stephen Jones, 2019-01-09. The Ultimate Strength Training Nutrition Guide That Will Take You To The Next Level. Today, only get this Amazon bestseller for just 2.99. Regularly priced at 10.99. Read on your PC, Mac, smart phone, tablet, or Kindle device. You're about to discover how to start your morning with a routine similar to the morning routines of some of the most successful people on earth. This book promises to train you and give you an insight into why most successful people are successful based on what they do after waking up in the morning. So sit back and enjoy a fun, educating, and motivational time with this book to improve your life and set you on the right path to success in life. Here Is A Preview Of What You'll

Learn some really useful nutrients the types of nutrients your body needs and at what time why hydration is very important before during and after workout nutrients from some certain foods you must stay away from the right quantity of nutrients to consume for your type of workout the right quality of nutrients to consume to achieve your goals while training the most important nutrients your body needs during workout types of food to consume before during and after workout Much much more Download your copy today Take action today and download this book for a limited time discount of only 2 99

Shredded Secrets Rex Bonds, 2020-06-16 So you ve spent months or even years training your body to its peak condition But can you keep it up or even get fitter Here is the truth Would you like to know how to get to that mystical next level in your fitness Are you afraid that with age your body will start losing its strength and stamina Do you want to know how to almost effortlessly keep your fitness Seems like the answers to those questions might be too good to be true And yet they are not Your age shouldn t mean that you have to give in and accept what comes You are the master of your health strength and vitality so why not get on board with some trade secrets to help you stay as fit as you want Or maybe you re just beginning your journey after years of neglecting your body A little flab appeared here or there Your pants just don t fit like they used to Again no need to just lie down and accept your fate over a pint of ice cream The solutions you can discover are easier than you imagine Once you get to know the basics of proper nutrition and discover how your body deals with all you put in it you will be able to take full control of it and you won t even notice when it happened Age is just a number when it comes to fitness It is not the age that makes the difference but the lifestyle Just like with bones our muscles can lose density After 50 it will affect most of us but in reality inactive people over just 30 years of age lose as much as 3 5% of muscle mass each year Yet there is a simple and effective way to prevent it and enjoy a strong healthy body for years to come In *Shredded Secrets* you will discover The diet and fitness myths you believed for too long demystified and the truth about gaining muscle What nutrition mistakes you may be making and how to stop 5 crucial nutrition sources your body needs The scientific secret of strength and age revealed What are the most important supplements to take to stay healthy and strong Why the right timing is crucial even on rest days Natural ways to promote muscle growth without spending a fortune on personal trainers or magical pills How knowing simple science can aid in your quest for fitness And much more Our bodies are slowly turning against us They will naturally try to lose muscle making us weaker and slower But there are easy ways to combat that We don t have to succumb to the relentless ticking of the biological clock In fact we can even turn it back One of the greatest examples is Charles Eugster who picked up bodybuilding in his 80s set several world records and one more than 100 fitness awards The award winning athlete says that bodybuilding reverses the aging process Sure making changes in your exercise and nutrition habits can be daunting But you will soon discover how simple it is in a few easy steps you can be on your way to the shredded success of your dreams After 40 even 50 your body can perform just as well or better than it did in your 20s Don t let time take a bite out of your strength just click Add to cart and enjoy full fitness vitality and health [Fuel Before](#)

You Train: The Pre-Workout Nutrition Playbook Unknown,101-01-01

Strength Training Diet and Nutrition Jason

Scotts,2013-02-15 Whether you're trying to enhance your performance as an athlete or just attempting to lose weight including some form of strength training into your exercise regime is crucial. However it's also important you make sure you're following the right sort of strength training diet and nutrition plan to really reap the benefits. If you aren't eating the right kinds of foods then you won't actually make the most of each strength training session you undertake. However if you aren't sure about what you should be eating and drinking then creating the right sort of plan can be difficult. There are a few things you need to consider when putting together your eating plan.

Sports Nutrition Maria Garrets, Sports nutrition is an essential component of any athlete's training program playing a pivotal role in maximizing performance, promoting recovery and enhancing overall health. Whether you are an elite competitor or a weekend warrior the food you consume directly impacts how well your body responds to the physical and mental demands of sport. In this chapter we will explore the relationship between nutrition and athletic performance, the importance of macronutrients and micronutrients and why hydration is critical for sustaining high levels of physical activity. The Role of Nutrition in Athletic Performance Nutrition is the foundation upon which athletic performance is built. While training programs are essential for developing strength, speed and endurance the nutrients consumed on a daily basis dictate how well the body can adapt to and recover from exercise. Proper nutrition provides the energy needed to perform at peak levels during training sessions and competitions while also supporting muscle repair, reducing the risk of injury and maintaining optimal immune function. Athletes have unique nutritional needs compared to the general population. The intensity and frequency of their physical activity require more energy and specific nutrients to fuel their muscles and sustain high performance. Inadequate nutrition can lead to fatigue, decreased strength, impaired concentration and even injury. On the other hand well balanced meals that account for an athlete's individual requirements can lead to enhanced performance, better recovery and prolonged career longevity.

Nutrition also impacts mental performance which is often overlooked in discussions of sports training. Cognitive function such as focus, decision making and reaction time can be influenced by the type and timing of food consumed. Athletes in sports that require quick thinking such as basketball, soccer or tennis benefit from a diet that supports not only their physical needs but also their brain's ability to process information rapidly.

Fitness Nutrition and Bodybuilding Nicholas Bjorn,2018-05-12 DO YOU WANT TO KNOW HOW YOU CAN LOSE WEIGHT AND BUILD MUSCLE FAST STARTING RIGHT NOW THIS BOOK WILL LET YOU IN ON THE SECRET Everyone knows how important it is to maintain a healthy physique. Often achieving the ideal body requires you to lose weight and build lean muscle. But how do you do that? To become physically fit you need to have the knowledge necessary to get you on your way and the motivation required to keep you going. Don't you wish that you can get your hands on an ultimate fitness guide so that you could start understanding your body's needs, lose weight and stay motivated? Well I've got good news for you. This book will teach you how your body works.

and what it needs to lose those extra pounds so that you could achieve and maintain a fit and toned physique Here s what this book has in store for you Learn how your body uses calories and what role carbohydrates play in your weight Discover which foods contain good fats and lean protein that could benefit your body Determine what your meal frequency and caloric intake should be Know which exercises you should do to get that toned and sculpted look PLUS Alternative exercise options Delicious muscle building recipes Effective natural supplements You will never be able to get a fitness guide as comprehensive as this book anywhere else With the knowledge you will gain from this book you will be on your way to getting the amazing body that you want Act right now and do not delay Get the results you want immediately SCROLL UP AND DOWNLOAD YOUR COPY TODAY 2 BOOKS IN 1 HAVE YOU BEEN DREAMING SO LONG ABOUT HAVING TONED AND WELL DEFINED MUSCLES DO YOU HAVE NO IDEA OF HOW YOU CAN START ACHIEVING THE BODY OF YOUR DREAMS The good news is that this book can show you how Bulking up and maintaining a toned physique cannot be easily accomplished without the right plan and discipline Most of all a definitive guide can go a long way in walking you through the steps you need to take to achieve your bodybuilding goals You may already have a firm idea of the exercise regimen you need to follow but do you know what food you need to eat and what meals you need to prepare to get closer to your ideal body Don t worry if you don t have any idea because this book has you covered Although coming up with a bodybuilding exercise regimen can be difficult I know that preparing a meal plan can be just as daunting This is why this book makes everything easier for you by providing everything you need to know Here s what this book will teach you What bodybuilding is Why bodybuilding is good for you How you should set your bodybuilding goals What nutrients you need for bodybuilding What characteristics your meal plan should have PLUS You can read chapters that contain Great sample meal plans and recipes for any meal throughout the day including snacks What foods prevent you from achieving your goals The formula for true success And much much more Bodybuilding and meal planning are made a breeze through the tips and sample plans presented in this book You will never need another guide again Please note each book in this bundle is a 4th Edition copy For the full edition each book needs to be purchased individually **Macrobolic Nutrition** Gerard Dente, Kevin J. Hopkins, 2010-05 Many people want to attain the muscles and lean body of a bodybuilder but wonder how to do it right

[Fitness Nutrition & Bodybuilding: Fitness Nutrition: The Ultimate Fitness Guide & Bodybuilding: Meal Plans, Recipes and Bodybuilding Nutrition](#) Nicholas Bjorn, 2019-09 **FITNESS NUTRITION** The Ultimate Fitness Guide DO YOU WANT TO KNOW HOW YOU CAN LOSE WEIGHT AND BUILD MUSCLE FAST STARTING RIGHT NOW THIS BOOK WILL LET YOU IN ON THE SECRET Everyone knows how important it is to maintain a healthy physique But how do you do that To become physically fit you need to have the knowledge necessary to get you on your This book will teach you how your body works and what it needs to lose those extra pounds 2 BOOKS IN 1 BODYBUILDING Meal Plans Recipes and Bodybuilding Nutrition HAVE YOU BEEN DREAMING SO LONG ABOUT HAVING TONED AND WELL DEFINED MUSCLES DO YOU HAVE NO IDEA OF HOW

YOU CAN START ACHIEVING THE BODY OF YOUR DREAMS The good news is that this book can show you how Bulking up and maintaining a toned physique cannot be easily accomplished without the right plan and discipline A definitive guide can go a long way in walking you through the steps you need to take to achieve your bodybuilding goals

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