

# WORKOUT & NUTRITION GUIDE

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**60 DAYS WORKOUT PLAN**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Chest Back Cardio	Arms ABs	Shoulders Traps Cardio	Legs ABs	RESET	Chest Back Cardio	Arms ABs
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Shoulders Traps Cardio	Legs ABs	RESET	Chest Back Cardio	Arms ABs	Shoulders Trap Cardio	Legs Cardio
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
RESET	Chest Back Cardio	Arms ABs	Shoulder Traps Cardio	Legs ABs	RESET	Chest Back Cardio
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Arms Abs	Shoulders Traps Cardio	Legs Abs	RESET	Chest Back Cardio	Arms Abs	Shoulders Traps Cardio
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
Legs Abs	RESET	Chest Back Cardio	Arms Abs	Shoulders Trap Cardio	Legs Abs	RESET
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
Chest Back Cardio	Arms Abs	Shoulders Traps Cardio	Legs Abs	RESET	Chest Back Cardio	Arms Abs
DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
Shoulders Traps Cardio	Legs Abs	RESET	Chest Back Cardio	Arms Abs	Shoulders Traps Cardio	Legs Abs
DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
RESET	Chest Back Cardio	Arms Abs	Shoulders Traps Cardio	Legs Abs	RESET	Chest Back Cardio
DAY 57	DAY 58	DAY 59	DAY 60			
Arms Abs	Shoulders Traps Cardio	Legs Abs	RESET			



## WORKOUT OVERVIEW

CHEST AND BACK			
	Exercises	Reps/Set	Set
Super Set	1a. DB Press 1b. DB Rows	8-10-12-15	4
Super Set	2a. DB Incline Press 2b. Wide Grip Lat Pull-down	8-10-12-15	4
Super Set	3a. DB Decline Crossover 3b. Rope Rows	8-10-12-15	4
Drop Set	4. DB Pullover (10+10+10)	10	1
CARDIO			
20 min	Treadmill Running <ul style="list-style-type: none"> <li>• 5 min jogging</li> <li>• 15 min running</li> </ul>	5 min 15 min	6kmph 12kmph

**NOTE:** There is no rest in the middle of the super set and drop set, complete 2 practices back to back. Rest 1-2mins after super set.

# PROGRAM DESCRIPTION

With this schedule, on your chest and back days, you'll perform one pulling exercise took after by one pushing exercise, in a consecutive superset like form. Be that as it may, dissimilar to customary supersets – where you don't rest at all between working sets – you'll be taking short rests of close to 1 minute between each working super-set.

In spite of the fact that the chest is comprised of one single mass of muscle, it ought to be prepared like it was broken into 3 sections. The upper, centre and lower bits of the chest are invigorated best from changing the point in which you execute the activity.

The upper chest is best fortified from practices done on a 30-45% grade seat. For instance slant barbell and dumbbell seat press or slope dumbbell flies are awesome upper chest works out.







## WORKOUT OVERVIEW

### ARMS (BICEPS & TRICEPS)

	Exercises	Reps/Set	Set
Super Set	1a. DB Curl (or Barbell) 1b. DB Skull Crusher (or Barbell)	8-10-12-15	4
Super Set	2a. Rope Curl 2b. Single Hand Triceps Press down	8-10-12-15	4
Super Set	3a. High Angle Cable Curl 3b. DB Overhead Extension	8-10-12-15	4
Drop Set	4a. Biceps Cable Curl (Elbow Pointing Back) 4b. DB Kickback	8-10-12-15	4

### ABS

Giant Set	1a. Hanging Leg Raise 1b. Side Twist (On Medicine Ball)	15 15/side	3 3
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	<b>1c. Laying V Crunches</b>	<b>15</b>	<b>3</b>
<b>Giant Set</b>	<b>2a. Stability Ball Crunch</b>	<b>15</b>	<b>3</b>
	<b>2b. Cable Oblique Crunch</b>	<b>15/side</b>	<b>3</b>
	<b>2c. Planks on Stability Ball</b>	<b>19-120 Sec</b>	<b>3</b>

**NOTE:** There is no rest in the middle of the super set and drop set, complete 2 practices back to back. Rest 1-2mins after super set.

## **PROGRAM DESCRIPTION**

This is a killer exercise to whip your biceps and triceps so you can go into tank-top season weapons bursting! ... In case you're searching for an exercise to add some size to your biceps and triceps, attempt this superset design. ... Superset: Barbell Preacher Curl with Seated Dumbbell Curl.

You can do every one of the three activities in each triset in closeness. That way, you'll have less rest while you change starting with one development then onto the next. You'll complete a whole biceps triset, rest 90 seconds, and after that move to the triceps triset. You'll substitute between these two trisets 2-3 times.

This exercise will take you no longer than 25 minutes, yet you will feel it long after you complete the last rep. In this way, taste your pre-exercise of decision, warm up, and rationally set yourself up for the crazy draw you're going to involvement.





**WORKOUT#3**

**SHOULDERS**



# WORKOUT OVERVIEW

## SHOULDERS & TRAPS

	Exercises	Reps/Set	Set
Super Set	1a. DB Press 1b. DB Seated Shrugs	8-10-12-15	4
Super Set	2a. DB Front Raise 2b. DB Front Shrugs (or kettle bell)	8-10-12-15	4
Regular Set	3. DB Arm Circle	8-10-12-15	4
Super Set	4a. Barbell Upright Rows 4b. Cable Read Delt Fly (Mid Low Angle)	8-10-12-15	4

## CARDIO

20min	Treadmill Running 5 min Jogging 15 min Running	5 min 15 min	6 kmph 12 kmph
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**NOTE:** There is no rest in the middle of the super set and drop set, complete 2 practices back to back. Rest 1-2mins after super set.

# PROGRAM DESCRIPTION

Among the 9.5 million clients of Body Space, there are likely 9.5 million diverse shoulder exercises. Singularity can be something to be thankful for, yet certain standards improve a few schedules than others, particularly for particular objectives. So instead of present you with 9.5 million approaches to prepare your delts—which would make this article somewhat tedious to peruse—I've whittled it down to seven extremely incredible ones, each with a one of a kind preparing objective.

Give careful consideration to how practice decision and request, weight/rep targets, volume, and propelled preparing standards can be controlled to tweak a routine for a particular objective. On the off chance that you discover one you like, attempt it for 4 two months, at that point backpedal to your general exercise or attempt another from the rundown.



**WORKOUT#4**

# **LEGS**



# WORKOUT OVERVIEW

LEGS (QUADS/HAMS/CALVES)			
	Exercises	Reps/set	Set
Warm-up	Brisk Walk on Treadmill	10mins	----
Super Set	1a. DB Squat (or Barbell) 1b. DB Deadlift (or Barbell)	8-10-12-15	4
Super Set	2a. Leg Extension 2b. Hamstring Extension	8-10-12-15	4
Super Set	3a. Barbell Front Squat 3b. DB Sumo Squat	8-10-12-15	4
Regular Set	4. Barbell Calf Raise (or Standing machine calf raise)	8-10-12-15	4
ABS			
Giant Set	1a. Hanging Leg Raise	15	3
	1b. Side Twist (On Medicine Ball)	15/side	3
	1c. Laying V Crunches	15	3
Giant Set	2a. Stability Ball Crunch	15	3
	2b. Cable Oblique Crunch	15/side	3
	2c. Planks on Stability Ball	90-120sec	3

**NOTE:** There is no rest in the middle of the super set and drop set, complete 2 practices back to back. Rest 1-2mins after super set.

## PROGRAM DESCRIPTION

Starting your exercise with the most difficult activities and heaviest burdens, hitting the thighs from an assortment of edges, keeping the volume (number of aggregate sets and reps) high, and preparing to muscle disappointment.

Adjusting your foot situation on the leg press enables you to enlist leg musculature in marginally unique ways. Putting your feet up higher on the sled moves a portion of the accentuation from the quads to the hams and gluts in light of the fact that a more noteworthy level of hip flexion/augmentation is occurring.



MEAL PLAN

**NUTRITION**

COMPLETE MEAL PLAN BASED ON

**EVENING WORKOUT**



TIME	WORKOUT DAYS	NON-WORKOUT DAYS
WAKING UP	<b>DETOX JUICE</b> (Twice a week)	
<b>MEAL 1</b>  <b>BREAKFAST</b> <b>8-9AM</b>	<b>SUPER OATS</b> -1/2sp Whey -1/2 cup Oats -1/2 Banana -1sp Chia Seeds -2g Cinnamon -4 Boiled Egg Whites -1 Multivitamins	<b>SUPER OATS</b> -1sp Whey -1 cup Oats -1/2 Banana -2g Cinnamon -1 Multivitamins
MACRO'S	<b>CAL- 322 PRO-28G CARB-30G FAT-10G</b>	<b>CAL- 379 PRO-28G CARB-60G FAT-3G</b>

<b>MEAL 2 SNACK 11-12PM</b>	<b>OMELETE</b> -6 Egg Whites -1 Orange or Pear Or Apple	<b>BREAD OMELETE</b> -5 Egg Whites -3 Slice Wheat Bread
<b>MACRO'S</b>	<b>CAL- 240 PRO-24G CARB-16G FAT-0G</b>	<b>CAL- 323 PRO-24G CARB-50G FAT-3G</b>
<b>MEAL 3 LUNCH 2-3PM</b>	<b>CHICKEN SALAD</b> -100g Grilled or boiled Chicken -1cup Cucumber -1c Green Leaves or Lettuce or Cabbage -1 large Carrot -3sp Tomato -1 Whole Egg -20g Walnut -1sp Vinegar -Avocado & Broccoli (option) -Non Fat Ranch (optional) -1g CLA Supplement	<b>CHEESE</b> -80g CHEESE -2 Roti - ½ Cucumber -1g CLA Supplement
<b>MACRO'S</b>	<b>CAL- 326 PRO-25G CARB-25G FAT-14G</b>	<b>CAL- 390 PRO-20G CARB-55G FAT-10G</b>
<b>MEAL 4 SNACK 4-5PM</b>	<b>BANANA PROTEIN</b> -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Whey (or 2sp Protinex)	<b>COOKIES &amp; NUTS</b> -1cup Dry Roasted Nuts -2 Oats Cookies (Britannia) -3 Egg Whites or ( ½sp Whey in Water)

## NEXT LEVEL NUTRITION PLAN

<b>MACRO'S</b>	<b>CAL- 315 PRO-30G CARB-30G FAT-15G</b>	<b>CAL- 353 PRO-22G CARB-55G FAT-5G</b>
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<b>PRE W/O 6PM</b>	<b>PRE W/O SUPPLEMENT</b> -1scoop Amino Energy -200ml Cold Water <b>OR</b> <b>PRE W/O WITHOUT SUPPLEMENT</b>	<b>NO WORKOUT</b>
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	-½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk	
<b>DURING W/O</b> <b>6:30-7:30</b>	<b>DURING W/O SUPPLEMENT (or No Supplement just water)</b> -1scoop Xtend -750ml Cold Water (Mix it a cold water bottle and sip it throughout the workout)	<b>NO WORKOUT</b>
<b>POST W/O</b> <b>7:30PM</b>	<b>POST W/O SUPPLEMENT</b> -1-2scoop Pro-star Whey Protein -240ml cold water <b>OR</b> <b>1sp(200ml) Gatorade OR POST W/O WITHOUT SUPPLEMENT</b> -6 Boiled Egg Whites -240ml Non-fat milk	<b>NO WORKOUT</b>
<b>MACRO'S</b>	<b>CAL- 136 PRO-34G CARB-0G FAT-0G</b>	
<b>MEAL 5</b> <b>DINNER</b> <b>8:30-9PM</b>	<b>VEGGIE BOWL with Chicken</b> - ½cup Brown Rice - 80g Chicken Breast (or boiled) - ½ Chick Peas -½ Green Bell Pepper - ½cup Cauliflower -3sp Green Onion(or Red Onion) -3sp Tomato - ½ Lemon - ½ Coconut Oil -1sp Ketchup -Salt/Pepper/Garlic Power -1g Fish Oil Supplement	<b>SCRAMBLED EGGS &amp; RICE</b> -5 Egg Whites -1cup Brown Rice (Make Scrambled Eggs then add cooked brown rice, little bit salt and pepper) -1g Fish Oil Supplement
<b>MACRO'S</b>	<b>CAL- 355 PRO-30G CARB-25G FAT-15G</b>	<b>CAL- 327 PRO-25G CARB-50G FAT-3G</b>
<b>MEAL 6</b> <b>BEFORE BED</b> <b>11PM</b>	<b>CASEIN MILK PROTEIN</b> -2/3sp Casein or Whey or Protienx -240mlAlmond Milk (coconut or non-fat milk) -2sp Ground Flaxseeds -Pinch Cinnamon	<b>CASEIN MILK PROTEIN</b> -2/3sp Casein or Whey or Protinex -240ml Low fat Milk -1sclice Bread with 1sp Peanut Butter - 1g CLA Supplement

	- 1g CLA Supplement	
MACRO'S	CAL- 355 PRO-24G CARB-7G FAT-15G	CAL- 310 PRO-25G CARB-30G FAT-10G
TOTAL	CAL-1930 P-203 C-122 F-70	CAL-2082 P-144 C-300 F-34



COMPLETE MEAL PLAN BASED ON

**MORNING WORKOUT**



TIME	WORKOUT DAYS	NON-WORKOUT DAYS
<b>WAKING UP</b> <b>6:30 AM</b>	<b>DETOX JUICE</b> (Twice a week)	
<b>PRE W/O</b> <b>7:00AM</b>	<b>PRE W/O SUPPLEMENT -1scoop Amino Energy</b> <b>-200ml Cold Water</b> <b>OR</b> <b>PRE W/O WITHOUT SUPPLEMENT</b> <b>-½tbs Coffee (Nescafe) -240ml Hot Water + 1sp milk</b>	<b>NO WORKOUT</b>
<b>DURING W/O</b> <b>7:30-9:00</b>	<b>DURING W/O SUPPLEMENT (or No Supplement just water)</b> <b>-1scoop Xtend</b> <b>-750ml Cold Water (Mix it a cold water bottle and sip it throughout the workout)</b>	<b>NO WORKOUT</b>

POST W/O 9:00AM	POST W/O SUPPLEMENT -1-2scoop Prostar Whey Protein -240ml cold water or 1sp(200ml) Gatorade OR POST W/O WITHOUT SUPPLEMENT -6 Boiled Egg Whites -240ml Non-fat milk	<b>NO WORKOUT</b>
MACRO'S	<b>CAL- 136 PRO-34G CARB-0G FAT-0G</b>	

<b>MEAL 1</b>  BREAKFAST 10:00 AM	<b>SUPER OATS</b> -1/2sp Whey -1/2 cup Oats -1/2 Banana -1sp Chia Seeds -2g Cinnamon -4 Boiled Egg Whites -1 Multivitamins	<b>SUPER OATS</b> -1sp Whey -1 cup Oats -1/2 Banana -2g Cinnamon -1 Multivitamins
MACRO'S	CAL- 322 PRO-28G CARB-30G FAT-10G	CAL- 379 PRO-28G CARB-60G FAT-3G
<b>MEAL 2</b>  SNACK 12-1PM	<b>OMELETE</b> -6 Egg Whites -1 Orange or Pear Or Apple	<b>BREAD OMELETE</b> -5 Egg Whites -3 Slice Wheat Bread
MACRO'S	CAL- 240 PRO-24G CARB-16G FAT-0G	CAL- 323 PRO-24G CARB-50G FAT-3G
<b>MEAL 3</b>	<b>CHICKEN SALAD</b> -100g Grilled or boiled Chicken -1cup Cucumber	<b>STUFFED CHEESE</b> -80g CHEESE -2 BREAD

## NEXT LEVEL NUTRITION PLAN

<b>LUNCH</b> 3-4PM	-1c Green Leaves or Lettuce or Cabbage -1 large Carrot -3sp Tomato -1 Whole Egg -20g Walnut -1sp Vinegar -Avocado & Broccoli (option)	- ½ Cucumber -1g CLA Supplement
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	-Non Fat Ranch (optional) -1g CLA Supplement	
MACRO'S	CAL- 326 PRO-25G CARB-25G FAT-14G	CAL- 390 PRO-20G CARB-55G FAT-10G
MEAL 4  SNACK 5-6PM	BANANA PROTEIN -1 Banana -1sp Peanut Butter -1sp Peanuts -1sp Whey (or 2sp Protinex)	OATS COOKIES & NIUTS -1cup Dry Roasted Nuts -4 Oats Cookies (Britania) -3 Egg Whites or ( ½sp Whey in Water)
MACRO'S	CAL- 315 PRO-30G CARB-30G FAT-15G	CAL- 353 PRO-22G CARB-55G FAT-5G
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MACRO'S	CAL- 355 PRO-30G CARB-25G FAT-15G	CAL- 327 PRO-25G CARB-50G FAT-3G
MEAL 6  BEFORE BED 10-11PM	CASEIN MILK PROTEIN -2/3sp Casein or Whey or Protienx -240mlAlmond Milk (coconut or non-fat milk) -2sp Ground Flaxseeds -Pinch Cinnamon - 1g CLA Supplement	CASEIN MILK PROTEIN -2/3sp Casein or Whey or Protinex -240ml Low fat Milk -1slice Bread with 1sp Peanut Butter - 1g CLA Supplement
MACRO'S	CAL- 355 PRO-24G CARB-7G FAT-15G	CAL- 310 PRO-25G CARB-30G FAT-10G
<b>TOTAL</b>	<b>CAL-1930 P-203 C-122 F-70</b>	<b>CAL-2082 P-144 C-300 F-34</b>

## TAKE AWAY TIPS:

- Drink 10-12 glass of water (3-4 litres)
- UPDATE your MEAL time as per your wake-up and rest cycle
- Utilize cooking splash rather than oil
- Cook dinners toward the beginning of the day in the event that you will work
- Keep protein bar with you in case you avoid the supper
- Rest 8hours least

If you'd like more information on workout and nutrition online then we'd suggest heading to [bigandripped.com/](http://bigandripped.com/)

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Thanks for taking the time to read our guide!