

KRIS GETHIN'S 12 WEEK HARDCORE DAILY VIDEO TRAINER

DAILY MEAL PLAN

BREAKFAST

- Egg Whites
- Oats
- Coffee

MEAL 2

- Lean Steak
- Brown Rice

MID-MORNING

- Chicken
- Sweet Potato
- Broccoli

LUNCH

- Fish
- Brown Rice
- Broccoli

MID-AFTERNOON

- Chicken
- Sweet Potato
- Broccoli

PRE-WORKOUT

- Tilapia
- Brown Rice
- Coffee

POST-WORKOUT

- Protein Shake with Glutamine, Creatine, and Vitargo

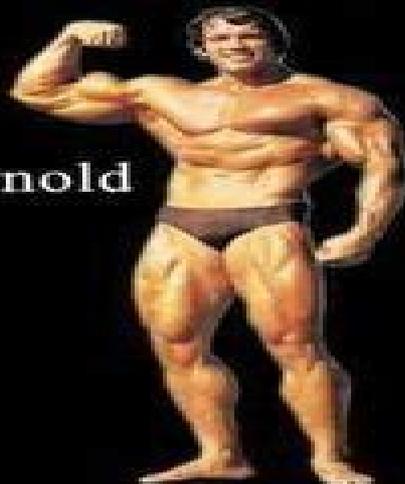
DINNER

- Lean Steak
- Broccoli

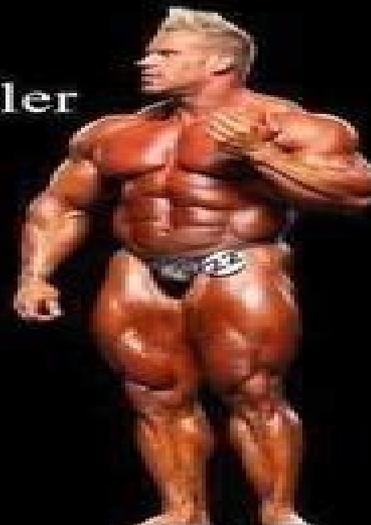
NIGHTTIME SNACK

- Meal Replacement Shake - *Kris recommends CNP ProPeptide*

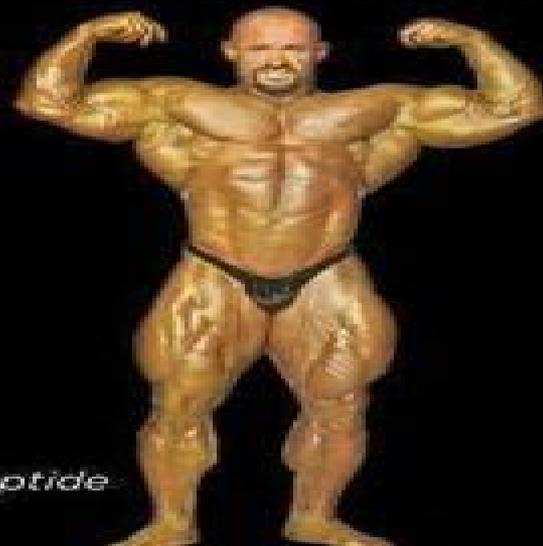
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Jay Cutler



Branch Warren



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Flex Magazine



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Bodybuilding Peter J. Fitschen, Cliff Wilson, 2019-03-18 The popularity of bodybuilding is at an all time high and the sport is continuing to grow But seasoned competitors and beginners often have questions about how to look their best on show day Written by expert bodybuilding coaches Peter Fitschen and Cliff Wilson *Bodybuilding The Complete Contest Preparation Handbook* will guide you through every step of the process to select a competition prepare for the contest and make the transition to the off season With no other book like it on the market *Bodybuilding* offers you scientifically supported and experience based guidelines to help you have your best show ever *Bodybuilding* takes the guesswork out of preparing for a contest and answers common questions such as these How do I choose the competition and division that are right for me What mandatory poses do I need to learn for my competition What is the best workout to do during contest prep What should I do if I start to spill over during peak week How long is too long to maintain stage lean levels of body fat The authors have created an easily accessible handbook that guides you step by step The chapters begin with a background of the sport followed by a discussion of the competitive division options for both men and women The next chapters will help you through the process of obtaining a stage ready physique with an evidence based approach that combines scientific literature with practical experience These chapters discuss important topics such as nutrition training and preparation timing The next chapters address posing peak week tanning and a number of other topics that will help you bring your most polished physique to the stage More than 60 full color photos show body types for each division and each mandatory pose offering a visual guide to the proper positions for each pose You will also find information on how to handle the transition to the off season With unparalleled detail *Bodybuilding* is your go to guide for bodybuilding success *Huge Flex*

Magazine,2013-06-01 Taking a healthy graduated approach this fitness guide provides a safe plan used by competitive bodybuilders Starting from square one the book tackles the challenges and rewards of the lifestyle of a bodybuilder as well as the tools to succeed and includes detailed information on everything that will come up in the process from potential hazards distinctions to be made for body type and a helpful guide of what to expect in the first four weeks From the respected bodybuilding magazine this book is the ideal resource for any level of fitness and an interest in building a muscular physique like the champions [The Gold's Gym Book of Bodybuilding](#) Ken Sprague,Bill Reynolds,1983 This book includes more than 150 profiles of the sport s greatest bodybuilders both past and present who have trained at Gold s each featuring a workout routine or training tip [Joe Weider's Ultimate Bodybuilding](#) Joe Weider,1999 **The Gold's Gym Guide to Getting Started in Bodybuilding** Ed Housewright,2004-08 Publisher Description **Bodybuilding, the Weider Approach** Joe Weider,1981 From the man who trained Schwarzenegger and Ferrigno comes an easy to follow manual on bodybuilding *Bodybuilding for Beginners* Bill Reynolds,1983 This book gives aspiring bodybuilders of both sexes the principles involved in using weight training and healthy nutritional practices to reshape the body All training techniques are fully illustrated with photographs *Competitive Bodybuilding* Joe Weider,Bill Reynolds,1984 *Ironman's Ultimate Guide to Bodybuilding Nutrition* Ironman Magazine,2000-02-01 This authoritative resource contains the best information on the specific supplements workouts and dietary programs used by champion bodybuilders Back cover **Robert Kennedy's Musclemag International Encyclopedia of Bodybuilding** Gerard Thorne,Phil Embleton,1997 **The Weider Body Book** Betty Weider,Joe Weider,1984 Bodybuilding for women Jim Kepner **Bodybuilding 101** Robert Wolff,1999 From the pages of Muscle Fitness magazine comes Bodybuilding 101 a complete motivational how to guide based on Robert Wolff s immensely popular column in the world renowned fitness magazine Covering everything from nutrition basics common training mistakes and powerful mental strategies to specialized training for your body type and the 22 best machine exercises Bodybuilding 101 appeals to men and women of all ages from beginner to advanced fitness enthusiast anyone who desires a stronger firmer and shapelier body but does not have the know how to achieve it In order to help explain exercises step by step Bodybuilding 101 contains more than 200 photos by the best physique and exercise photographers in the industry Robert Wolff is a true fitness and motivation authority who has helped thousands reach their absolute best Let him show you the way to achieve incredible lifetime lasting results in the quickest way possible Robert Wolff Ph D lectures throughout the world on fitness motivation and high level success principles He has worked with such fitness legends as Arnold Schwarzenegger Lee Haney Steve Reeves Lou Ferrigno Rachel McLish and Cory Everson and has been published in Shape Men s Fitness and Flex Of all the writers who have written for my magazines one of the best who s changed the lives of people through bodybuilding and motivation is Robert Wolff He has the uncanny ability for discovering the subtleties that turn a good exercise into a great one and for cutting through the hype to explain it to the average man and woman in easy

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