



#BPITEAMAESTHETICS
You chose your side. Now fight for your team!

**60 DAY
WAR**



You chose your side. Now fight for your team! Train to represent your camp and remember; this is an all out hashtag war! **The more you hashtag #BPITEAMAESTHETICS the better the chance your team has of winning.** The top 10 members of the winning team will get a BPI care package, and the top ranked member of each team will be flown in to train at BPI HQ as the ultimate medal of honor.



TEAMAESTHETICS

ARMS RACE TRAINING PROGRAM

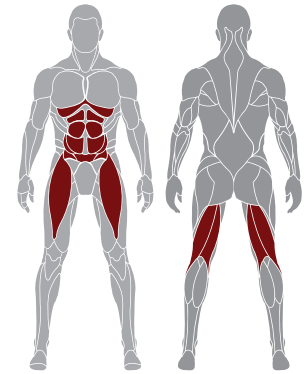
This training program is all about creating an aesthetic physique through careful isolation of each muscle group. You'll spend 60 days battling it out with the weights through sweat, blood, and adrenaline to transform your boot camp body into a lean, muscular weapon. We'll be paying close attention to contracting the muscle through a full range of motion, from the most lengthened to the most shortened position in any given exercise. We'll use a controlled tempo to remove any momentum from our movements to increase time under tension (TUT) and get the most out of each rep. This style of training can be very painful due to the build-up of lactic acid in the muscle, but that's how you know it's working. Fight through it. It'll be worth it.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Quads/ Hamstrings/ abs	Shoulder/ Calves	Rest	Back	Chest	Arms	Rest

The #BPITEAMAESTHETICS program is a classic 5-day split, covering each muscle group once per week. The rep and set range is moderate, allowing you to use moderate weight for improved isolation and mind-muscle connection. If you can't feel the muscle contract and control the weight, you need to reduce the load. Be sure to choose a weight, however, that is very challenging for you. Notice that every set does not go to failure. This will allow you to use heavier weights overall, which will increase your overall training volume, or total pounds moved. If you fatigue yourself too quickly with extended sets, the weight you are capable of handling will diminish and you won't be able to push yourself as hard throughout the entire hour of training.

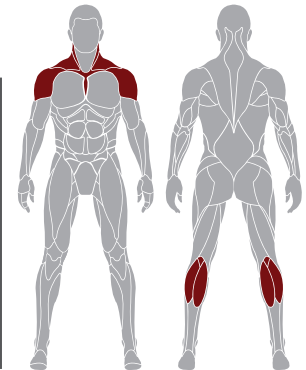
► **MONDAY**
QUADS/HAMSTRINGS/ABS

EXERCISE	SETS	REPS	NOTES
Leg Curls	4	15	1 reps short of failure
Leg Extension	4	15	1 reps short of failure
Romanian/Stiff Leg Deadlift	4	15	1 reps short of failure
Squat	4	10	2 reps short of failure
Decline Crunch	2	20	
Hanging Leg Raise	2	15	



► **TUESDAY**
SHOULDERS/CALVES

EXERCISE	SETS	REPS	NOTES
DB Lateral Raises	4	12	Pause at the top. 2 reps short of failure
Barbell Seated Press	3	10	2 reps short of failure
DB Bent-Over Reverse Flys	4	15	Pause at the top. To failure.
Leg-Press Calf Raise	4	12	Pause at the top. To failure.
Seated Calf Raise	4	15	Pause at the top. To failure.

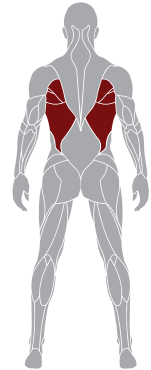


► **WEDNESDAY**
REST DAY

Rest and recover. Stay on your diet. You may choose to have an active rest day and do some light cardiovascular exercise.

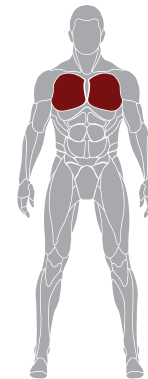
▶ THURSDAY BACK

EXERCISE	SETS	REPS	NOTES
Single Arm Cable Row	4	12	1-second isometric contraction. 1 rep short of failure.
Lat Pulldown	4	12	To failure
Barbell Row	3	10	To failure
Single Arm Wide Row	4	12	2 reps short of failure



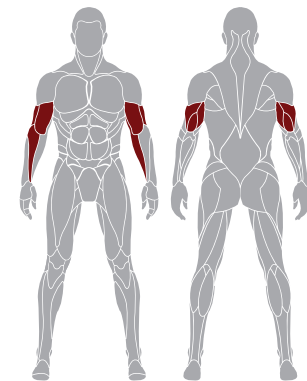
▶ FRIDAY CHEST

EXERCISE	SETS	REPS	NOTES
DB Incline Press	4	12	2 reps short of failure
DB Flat Hammer Press	3	10	1 rep short of failure
DB Flys	4	15	1 rep short of failure
Low Cable Flys	4	15	To failure



▶ SATURDAY ARMS

EXERCISE	SETS	REPS	NOTES
DB Extensions	4	12	1 rep short of failure
Incline DB Curls	4	10	1 rep short of failure
Cable Curls	4	10	To failure
DB Kickbacks	4	15	To failure
Tricep Push Down	4	10	To failure
Incline Spider Curls	4	10	To failure



▶ SUNDAY REST DAY

Rest and recover. Stay on your diet. You may choose to have an active rest day and do some light cardiovascular exercise.

NUTRITION PROGRAM

Results not only come from a consistent training regimen but also a consistently balanced diet. In 60 Day War, 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.

EXAMPLE MEAL PLAN: for a 220 lb man

<div style="border: 2px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 5px;"> MEAL 1 </div>	<p>Ex. Time: 6:30 AM</p> <p>4 Whole Eggs ½ Cup Oatmeal 1 Cup Blueberries 1 Scoop Best BCAA Shredded™</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <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> </tr> </tbody> </table>	Proteins	Fats	Carbs	Calories	35	26	79	664
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HOW TO CALCULATE YOUR MACROS

	X		=	_____
1.5G PROTEIN		PER POUND BODYWEIGHT		DAILY AMOUNT

	X		=	_____
2G CARB		PER POUND BODYWEIGHT		DAILY AMOUNT

	X		=	_____
0.5G FAT		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

Fat Formula:
 0.5g Fat 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.

TOTAL DAILY INTAKE			
Proteins	Fats	Carbs	Calories
264	91	352	3277

for a 220 lb man



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!

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

PRE/INTRA/POST WORKOUT NUTRITION

Nutrition is a 24-hour job, but the time before, during, and post-workout is the most crucial. Preparing your body for a brutal workout, and giving it the tools it needs to begin the recovery process can mean the difference between a successful training cycle and a failed attempt and making improvements. It is imperative that you prep accordingly, and supplements are the way to go, so that your stomach isn't full of food as you step into the gym. Here are some general guidelines and tips for optimizing your peri-workout nutrition:

- Eat a small meal 45 minutes to an hour before you train.
- Consume the bulk of your carbohydrates before and after your workout.
- Your post-training nutrition should be fat free, but high in carbs and amino acids.
- Once you've digested your pre-workout meal, you can prep your pre, intra, and post liquid nutrition.

PRE-TRAINING

Our nutrition recommendations at BPI are meant for you to stay focused, alert, and to have enough energy to beat your previous best effort, every time you step into the gym. This means that you'll have to be consistent, but you'll also make consistent progress. Never stop pushing yourself and you'll never stop evolving. Before you train, you want to create an environment that is conducive to anabolism and energy production.

- 1 scoop **1.M.R™** pre-workout is a great choice to wake you up and give you the stamina to endure the next hour.
- **Best Creatine Defined™** is an amazing product that will help your body manufacture energy through the ATP-PC system, which is the energy system responsible for short bursts of energy – the kind that is involved in lifting weights. We recommend between 4-10 grams pre-workout.

INTRA-TRAINING

While you lift, your muscles are being damaged, and your body is under a lot of metabolic and central nervous stress. While this is necessary for growth, it is best to be proactive about your recovery. Fast digesting carbs and amino acids are the most effective way to get ahead of your recovery.

- 1+ scoop(s) of **Best BCAA™**.
- A sports drink like Gatorade, for electrolytes and fast acting carbohydrates

POST TRAINING

If you have had proper intra-training nutrition, you've given your body a safety net. You don't need to panic and eat a steak within 5 minutes of your last rep, but having some carbs and protein to hold you over until you can sit down to a full meal will help your recovery significantly. Try to eat within 45 minutes of your last rep, and worst case scenario, within 2 hours. The sooner the better.

- Finish off your BCAAs drink if you haven't already.
- Have 25-50 grams (1-2 scoops) of **Whey HD™** protein, depending on your lean body mass and diet.

