



#BPTEAMPOWER

You chose your side. Now fight for your team!

**BOULAY
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 #BPITEAMPOWER 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.



TACTICAL TRAINING PROGRAM

This training program is all about calculated brute strength. You'll spend 60 days in the trenches of the conjugate method, a training approach invented by the famous Louis Simmons of Westside Barbell. It's an upper/lower training split with both Dynamic Effort and Max Effort days. If you're new to this training style, it's important that you make your workout intense as possible, even on your lighter speed days. Your focus is perfect form, efficiency of movement, and optimal recovery.

DYNAMIC EFFORT

On DYNAMIC EFFORT days, you'll be moving a sub-maximal load at the highest speed possible while maintaining perfect form. One upper and one lower body training session per week will be dedicated to lifting with speed. Things to remember on DYNAMIC EFFORT DAYS:

- *Perform each rep explosively, but under control.*
- *Take 60 seconds of rest between each set.*
- *Make sure that your form does not break down. If it does, reduce the load.*

Dynamic effort days have a number of benefits for your training cycle that contribute to massive strength gains. It will increase your rate of force development so that when you're under a heavy load on your max effort days, it will be easier for you to reverse the direction of a heavy load. It will ingrain neural patterns that will ultimately allow you to activate the right muscle fibers at the right time, more efficiently.

MAX EFFORT

On MAX EFFORT DAYS, you'll be moving near maximal loads while maintaining perfect form. These days are designed with a high number of sets in a low rep range. One upper and one lower body training session per week will be dedicated to lifting heavy. These days will truly test you both physically and mentally. Focus on body awareness, understanding of your body's mechanics, and your pain and effort threshold. Do battle with the weights. Things to remember on MAX EFFORT DAYS:

- *If your form is breaking down, back off in 5% increments until you can perform the lift safely.*
- *The weights will move slowly, but think about moving them as fast as possible.*
- *Be sure to warm up and ensure that you are working on any mobility problems you might have. This will ensure more efficient, safer lifts.*



STRENGTH + PERFORMANCE PROGRAM



▶ **MONDAY** *LOWER BODY / MAX EFFORT*

| EXERCISE | SETS | REPS | NOTES |
|-------------|------|------|---|
| Squat | 5 | 5 | Work up to heavy 5. 8/10 perceived difficulty. |
| Front Squat | 4 | 5 | Work up to medium 5. 7/10 perceived difficulty. |
| Deadlift | 3 | 5 | Work up to medium 5. 7/10 perceived difficulty. |

▶ **TUESDAY** *UPPER BODY / DYNAMIC EFFORT*

| EXERCISE | SETS | REPS | NOTES |
|----------------------------|------|-------|--|
| Speed Bench Press | 8 | 3 | 6/10 perceived difficulty. 90 seconds rest between sets. |
| Plyo Push-ups | 4 | AMRAP | As many reps as possible with good form. |
| Standing BB Overhead Press | 4 | 10 | |
| Cable Tricep Extension | 4 | AMRAP | As many reps as possible with good form. |

▶ **WEDNESDAY** *REST DAY*

Today is your one true rest day of the week. Make sure that you're staying on top of your diet. Just because you aren't training today doesn't mean that you should eat less or forget about your diet all together. Take today to stretch, foam roll, and have any muscle adhesions released through massage. Make sure to stay hydrated; we're going back to war tomorrow.

▶ **THURSDAY** *LOWER BODY / DYNAMIC EFFORT*

| EXERCISE | SETS | REPS | NOTES |
|-----------------------|------|------|--|
| Speed Squat | 8 | 3 | 6/10 perceived difficulty. 90 seconds rest between sets. |
| Depth Box Jump | 8 | 10 | Be explosive! |
| Stiff Legged Deadlift | 3 | 10 | |
| T-Bar Row | 4 | 10 | |



▶ **FRIDAY**

UPPER BODY / MAX EFFORT

| EXERCISE | SETS | REPS | NOTES |
|----------------------------|------|------|---|
| Bench Press | 5 | 5 | Working up to a heavy 5. 8/10 perceived difficulty. |
| Standing DB Overhead Press | 4 | 10 | |
| Cable Flys | 4 | 10 | |
| DB Skull Crushers | 4 | 10 | |

▶ **SATURDAY**

ACTIVE REST + CONDITIONING

| EXERCISE | NOTES |
|-------------------|---|
| DB Farmer's Carry | 10 minutes, as little rest as possible. |
| BB Step up | Stack two 45 lb plates. 10 minutes, as little rest as possible. |

▶ **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: 1px solid black; border-radius: 50%; width: 30px; height: 30px; 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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| <div style="border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">MEAL 2</div> | <p>Ex. Time: 9:00 AM</p> <p>1½ Scoops Whey HD™ 1 Medium Banana ½ Cup Oatmeal</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>38</td> <td>3</td> <td>39</td> <td>350</td> </tr> </tbody> </table> | Proteins | Fats | Carbs | Calories | 38 | 3 | 39 | 350 |
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| <div style="border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">MEAL 3</div> | <p>Ex. Time: 12:00 PM</p> <p>4 ½ oz Chicken 8 oz Potato (cooked) 3 oz Avocado 1 Scoop Best BCAA™ w/Energy</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>45</td> <td>18</td> <td>69</td> <td>620</td> </tr> </tbody> </table> | Proteins | Fats | Carbs | Calories | 45 | 18 | 69 | 620 |
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| <div style="border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">MEAL 4</div> | <p>Ex. Time: 3:00 PM</p> <p>16 oz Yogurt ½ Cup Pineapple Chunks 1 oz Almonds</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>34</td> <td>15</td> <td>62</td> <td>519</td> </tr> </tbody> </table> | Proteins | Fats | Carbs | Calories | 34 | 15 | 62 | 519 |
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| <div style="border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">MEAL 5</div> | <p>Ex. Time: 6:00 PM</p> <p>1½ Scoops Whey HD™ 1 Medium Apple</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>37</td> <td>3</td> <td>34</td> <td>305</td> </tr> </tbody> </table> | Proteins | Fats | Carbs | Calories | 37 | 3 | 34 | 305 |
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| <div style="border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">MEAL 6</div> | <p>Ex. Time: 9:00 PM</p> <p>4½ oz Turkey Breast (ground) 1 Cup Rice - Brown 1 Cup Broccoli 1 Tablespoon Flax Oil</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>34</td> <td>15</td> <td>62</td> <td>519</td> </tr> </tbody> </table> | Proteins | Fats | Carbs | Calories | 34 | 15 | 62 | 519 |
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| <div style="border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">MEAL 7</div> | <p>Ex. Time: 11:00 PM</p> <p>1½ Scoop Whey HD™ 1 Tablespoon Peanut Butter</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>41</td> <td>11</td> <td>7</td> <td>300</td> </tr> </tbody> </table> | Proteins | Fats | Carbs | Calories | 41 | 11 | 7 | 300 |
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| 41 | 11 | 7 | 300 | | | | | | |

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.

