

FITNESS PROGRAM

BEGINNER

Pre-Workout

- Pro Oranges - *Energy and Endurance*

Post- Workout

- Super Shake or Best Whey - *Repair and Growth*

INTERMEDIATE

Pre-Workout

- Pro Oranges - *Energy and Endurance*

Post- Workout

- Power Fuel - *Power, Energy, Repair*
- Super Shake or Best Whey - *Repair and Growth*

ADVANCED

Pre-Workout

- Pro Oranges - *Energy and Endurance*
- Super Kreatine - *Strength, Power and Endurance*

Post- Workout

- Frontier BCAA's - *Muscle Repair*
- Power Fuel - *Power, Energy, Repair*
- Super Shake or Best Whey - *Repair and Growth*

PHASE I BEGINNER

- **Cardio:**
0-15 minutes
(Cardio- walk, run, swim, aerobic class, hiking, biking, boxing, cardio equipment)
- **Stretching:**
5-10 minutes after
- **Resistance Training:**
Full body workout 2-3 times per week.

PHASE II INTERMEDIATE

- **Cardio:**
15-30 minutes
(Cardio- walk, run, swim, aerobic class, hiking, biking, boxing, cardio equipment)
- **Stretching:**
10 before and after
- **Resistance Training:**
Divide body into 2 parts, upper body/ lower body or torso/limbs 3-4 days per week rotating the workouts.

PHASE III ADVANCED

- **Cardio:**
30-60 minutes plus, depending on training cycle.
- **Stretching:**
10+ minutes after, massage, chiropractic and muscle therapy weekly.
- **Resistance Training:**
4-6 days per week. Divide body parts into 4 or more workouts and workout each 1 time per week.

THE FOOD



EVERYDAY

Raw fruits, Raw vegetables Lightly steamed (stir-fried, or roasted veggies), 100% whole grains (wheat less frequently), Oatmeal, Legumes, Olive oil, 6-8 glasses of pure water, Unroasted nuts and seeds



MODERATION

Clean meats (organic, wild game- no hormones or antibiotics), Wild fish, shellfish, Unprocessed fruit and veggie juices, Organic & free range eggs, Coconut oil, high oleic unrefined safflower oil, Peanuts (raw)



RARE OCCASIONS

Pasteurized dairy, Pizza, Alcohol, Coffee, Canned foods, Sweets, Cane sugar



NEVER

Hydrogenated and partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.), Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.), Soda, White bread, Fast food, High fructose corn syrup, Seeds