THE CORE
DIET+WORKOUT GUIDE

A 12 WEEK DIET AND TRAINING GUIDE DESIGNED TO HELP
MAINTAIN A LEAN, TONED PHYSIQUE FOR BOTH MEN & WOMEN

TEAM MUSCLEPHARM®
CHADY DUNMORE
WBFF FITNESS ICON

PHASE 1 OF 3
4 WEEK PLAN
THE CORE DIET AND TRAINING GUIDE WAS DESIGNED TO HELP YOU MAINTAIN THAT LEAN, TONED PHYSIQUE THE PROVEN WAY.

This diet and workout program were created to help you keep your physique toned and defined. The MusclePharm products were picked because they are tuned perfectly with the goals of the Core program.

CORE BEGINS WITH THE 4 WEEK START PHASE. ONCE THAT IS ACCOMPLISHED, CORE MOVES INTO PHASE 2.

THE CORE PROGRAM WORKS. FOLLOW IT AND SEE.

As you begin using this program, please remember to stick to the basics as they are spelled out. For instance, the eating times in the following pages are to be used as examples only. While the times listed aren’t critical, obeying the amount of time BETWEEN meals is very important.

Let’s say you work nights. No problem. Just adjust each time so you’re consuming the foods and supplements at their optimum times. If you wake at 9 a.m. instead of 5:30 a.m., then that is when your Core Diet schedule starts.

CORE IS NO DIFFERENT THAN ANY OTHER DIET: IF YOU DON’T FOLLOW IT, IT WON’T WORK.

We built this diet around MusclePharm products because we believe in their superiority. MusclePharm products like Shred Matrix™, Armor-V™ and MuscleGel™ are your best bet. MuscleGel—On-The-Go Protein—is perfect for the Core program because it is an easy-to-absorb source of nutrients. Armor-V is a multivitamin that is designed to be in tune with those who believe in the fitness lifestyle.

A WEIGHT LOSS SECRET: DON’T NEGLECT YOUR LEGS.

Working out your legs twice a week optimizes metabolic response. The diet and training schedule we lay out here is designed to promote rapid toning of your physique. The products recommended here also contain herbs that suppress urges for food and sugar, keeping you focused.

WELCOME TO THE CORE PROGRAM. YOU’VE EARNED THAT BODY. NOW KEEP IT.

WARNING: The training and nutrition programs described here are not intended to be used a substitute for any exercise plan or dietary regimen that may have been prescribed by your physician. MusclePharm strongly recommends that you consult with your physician before beginning any training and nutrition program and perform exercises under the supervision of a certified fitness trainer or conditioning coach.

PRODUCTS IN THIS GUIDE

MUSCLEGE®
MuscleGel™ provides 22 grams of high-power protein in a single serving. New MuscleGel™ provides more protein than 6 egg whites, a whole chicken breast, or a single serving of most powders.

CREATINE
Creatine increases Creatine status by enhancing uptake and bioavailability. Clinically-proven Cinnulin heightens absorption, so our five pure and diverse Creatine complexes delivering a range of benefits will launch directly into muscles. MP Creatine increases explosive energy, ATP energy and overall power. For added stamina, strength and lean muscle growth, feed your body the total Creatine package.

BCAA 3:1:2
BCAA 3:1:2 offers a unique patent pending ratio—3 Leucine, 1 Isoleucine, 2 Valine—that is specifically tuned to deliver the ideal amounts of these three amino acids during all phases of muscle development and maintenance. Through this formulation, amino acids are released both before and after a workout. MP BCAA minimizes both muscle damage and weight loss, while increasing lean body mass.

ARMOR-V
Armor-V™ is the most comprehensive multi-nutrient complex available. It’s unique blend of organics, herbsals and natural ingredients were specifically formulated to feed your body with everything nature intended - and then some. Armor-V™ is the end of boring vitamins, loaded with pure vegetable and fruit derivatives, rich in anti-oxidants and system optimizers establishing the foundation for strength and performance athletes.
**THE CORE DIET: 12 WEEK PLAN**

**PHASE 1: WEEKS 1 - 4**

**MORNING**

**TIME:** Wake up 1/2 hour before breakfast

**EXAMPLE TIME:** 6:30 AM

**MP SUPPLEMENT / COMPLETE MULTI-VITAMIN**

**ARMOR-V™**

Take 6 capsules

8-12 oz. of water

**FOOD**

1 Whole Egg

2 Egg Whites

1 Piece of Fruit

OR

1-2 Servings of Cottage Cheese

1 Piece of Fruit

**PRE-WORKOUT**

**CREATINE**

3 Scoops

15-30 minutes before workout

**POST-WORKOUT**

**BCAA 3:1:2™**

6 Capsules

Immediately after workout

**TIME:** Mid-morning snack

**EXAMPLE TIME:** 10:00 AM

**MP SUPPLEMENT / PROTEIN**

**MUSCLEGEL®**

1 Packet

8-12 oz. of water

**FOOD**

1 Serving of Almonds

OR

1 Apple

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Learn more about diet and nutrition at musclepharm.com
THE CORE DIET: 12 WEEK PLAN

PHASE 1: WEEKS 1 - 4
LUNCH TO EVENING

**TIME:** LUNCH
**EXAMPLE TIME:** 1:00 PM
**MP SUPPLEMENT**
NONE
**FOOD**
TURKEY SANDWICH ON EZEKIEL BREAD W/ CHEESE
1 PIECE OF FRUIT
OR
CHICKEN SALAD W/ CUCUMBERS, TOMATOES & BALSAMIC DRESSING

**TIME:** AFTERNOON SNACK
**EXAMPLE TIME:** 4:00 PM
**MP SUPPLEMENT / PROTEIN**
MUSCLEGEL®
1 PACKET
8-12 OZ. OF WATER
**FOOD**
1 SERVING OF ALMONDS

**TIME:** DINNER
**EXAMPLE TIME:** 7:00 PM
**MP SUPPLEMENT / PROTEIN**
MUSCLEGEL®
1 PACKET
8-12 OZ. OF WATER
**FOOD**
8 OZ. OF LEAN MEAT
2 SERVINGS OF VEGETABLES
1 CUP OF BROWN RICE
1 SERVING OF POPCORN FOR A SNACK
# THE CORE WORKOUT: 12 WEEK PLAN

## PHASE 1: WEEKS 1 - 4

**WORKOUT 3 DAYS PER WEEK**

### MONDAY

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS X REPS</th>
<th>TRAINING TIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>BODY WEIGHT SQUATS</td>
<td>1 X 20</td>
<td></td>
</tr>
<tr>
<td>PUSH-UPS</td>
<td>1 X 20</td>
<td>ON KNEES OR NORMAL STYLE</td>
</tr>
<tr>
<td>CRUNCHES</td>
<td>1 X 30</td>
<td></td>
</tr>
<tr>
<td>DUMBBELL CURLS</td>
<td>1 X 20</td>
<td>5,8 OR 10 LB. WEIGHTS</td>
</tr>
<tr>
<td>DUMBBELL LATERAL RAISES</td>
<td>1 X 20</td>
<td>5,8 OR 10 LB. WEIGHTS</td>
</tr>
<tr>
<td>DUMBBELL ONE ARM ROWS</td>
<td>1 X 20</td>
<td>5,8 OR 10 LB. WEIGHTS</td>
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**TRAINING TIP**

- **FULL BODY**: 3 SETS FOR A FULL WORKOUT.
- **CARDIO**: WALK/RUN/BIKE: WALK, RUN AND BIKE EACH FOR 30 MINUTES. ALTERNATE 2 MINUTES FAST & 2 MINUTES SLOW.

### TUESDAY

**REST**

### WEDNESDAY

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>BODY WEIGHT SQUATS</td>
<td>1 x 20, 1 x 30, 1 x 40</td>
<td>2 MINUTES REST BETWEEN SETS</td>
</tr>
<tr>
<td>PUSH-UPS</td>
<td>1 x 20, 1 x 30, 1 x 40</td>
<td>2 MINUTES REST BETWEEN SETS</td>
</tr>
<tr>
<td>CRUNCHES</td>
<td>1 x 30, 1 x 40, 1 x 50</td>
<td>LEGS UP ON BALL OR COUCH</td>
</tr>
<tr>
<td>DUMBBELL CURLS</td>
<td>1 x 50</td>
<td>DO NOT STOP UNTIL YOU FINISH 50</td>
</tr>
<tr>
<td>DUMBBELL LATERAL RAISES</td>
<td>1 x 50</td>
<td></td>
</tr>
<tr>
<td>DUMBBELL MILITARY PRESS</td>
<td>1 x 50</td>
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**TRAINING TIP**

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- **CARDIO**: WALK/RUN/BIKE: WALK, RUN AND BIKE EACH FOR 30 MINUTES. ALTERNATE 1 MINUTES FAST & 1 MINUTES SLOW.
THE CORE WORKOUT: 12 WEEK PLAN

PHASE 1: WEEKS 1 - 4
WORKOUT 3 DAYS PER WEEK

THURSDAY
REST

FRIDAY

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<tbody>
<tr>
<td>BODY WEIGHT SQUATS</td>
<td>1 x 50 - 100</td>
<td></td>
</tr>
<tr>
<td>DUMBBELL LATERAL RAISES</td>
<td>1 x 50 - 100</td>
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THESE EXERCISES COUNT AS ONE CIRCUIT. COMPLETE 3 SETS FOR A FULL WORKOUT.

CARDIO

WALK/RUN/BIKE:
WALK OR RUN 20 MINUTES, BIKE FOR 20 MINUTES.
DOWNLOAD THE NEXT PHASE!

PHASES 2-3
AVAILABLE FOR DOWNLOAD

THE START IS JUST THE BEGINNING. NOW THAT YOU’RE FAMILIAR WITH PHASE 1, HEAD TO MUSCLEPHARM.COM TO START LEARNING ABOUT PHASES 2 AND 3 OF THIS PROGRAM.

DOWNLOAD PHASE 2 AND 3 AT: BODYBUILDING.COM/MILITARY

MUSCLEPHARM®
DIET + TRAINING SERIES

MUSCLEPHARM.COM