PROGRAM:
CUT

OBJECTIVE:
SHRED, TONE & DEFINE

DURATION:
21 DAYS

CREATED BY:
ASHLEY CONRAD

WARNING: THE TRAINING AND NUTRITION PROGRAMS DESCRIBED HERE ARE NOT INTENDED TO BE USED AS SUBSTITUTES FOR ANY EXERCISE PLAN OR DIETARY REGIMEN THAT MAY HAVE BEEN PRESCRIBED BY YOUR PHYSICIAN. CLUTCH STRONGLY RECOMMENDS THAT YOU CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY TRAINING AND NUTRITION PROGRAM, AND THAT YOU PERFORM EXERCISES UNDER THE SUPERVISION OF A CERTIFIED FITNESS TRAINER OR CONDITIONING COACH.
PROGRAM:
CUT

DISCIPLINE:
NUTRITION

CREATED BY
ASHLEY CONRAD

www.bodybuilding.com/clutchcut
SCULPT MUSCLE DEFINITION:
FORMULATED TO IMPROVE MUSCLE DEFINITION, ACCELERATE MUSCLE RECOVERY, AND BUILD LEAN MUSCLE.

DOSAGE/TIMING:
4 CAPSULES. TAKE 30 MINUTES BEFORE WORKING OUT, ON AN EMPTY STOMACH AND BEFORE BED.

THERMO FAT-BURNER:
FORMULATED TO SHED STUBBORN FAT, BOOST METABOLISM, AND HELP IMPROVE MUSCLE DEFINITION.

DOSAGE/TIMING:
2 SOFTGELS, 30 MINUTES BEFORE A MEAL, 3X DAILY.

THERMO RENEGADE DRINK MIXX:
FORMULATED TO BURN MORE CALORIES PER WORKOUT AND ACCELERATE MUSCLE GROWTH.

DOSAGE/TIMING:
MIX ONE SCOOP IN 8 OZ. COLD H2O, 30 MINUTES BEFORE EVERY WORKOUT.

SCULPT LEAN PHYSIQUE PROTEIN POWDER:
FORMULATED TO FUEL LEAN MUSCLE AND RECOVERY. ALSO DESIGNED TO PROMOTE OPTIMAL FAT-BURNING.

DOSAGE/TIMING:
3 SCOOPS. USE AFTER EVERY WORKOUT TO MAKE A SCULPT PROTEIN SHAKE. DRINK WITHIN 30 MINUTES OF EXERCISE.

CHEATER GUILT-FREE BAKING MIX:
FORMULATED TO FUEL LEAN MUSCLE AND METABOLISM. HELPS CURB APPETITE AND CRAVINGS FOR CARBOHYDRATES AND SWEETS.

DOSAGE/TIMING:
2-3 SCOOPS. USE EVERY MORNING TO MAKE CHEATER PROTEIN PANCAKES OR WAFFLES.
NUTRITION OVERVIEW

MEAL TIMING:
EAT BREAKFAST WITHIN 30 MINUTES OF WAKING. EVERY MEAL THEREAFTER SHOULD BE EATEN 2-3 HOURS APART.

MEAL GUIDELINES:
- NO SOY
- NO GLUTEN
- NO RED-MEAT
- NO MILK OR YOGURT
- NO ARTIFICIAL INGREDIENTS

MEAL OPTIONS:
BREAKFAST + SNACKS: PLEASE ADHERE EXACTLY TO HOW MEALS APPEAR IN THE NUTRITION PLAN.
LUNCH + DINNER: CHOOSE FROM FOOD LIST AND FOLLOW SERVING SIZES LISTED IN THE NUTRITION PROGRAM.

WATER:
DRINK 100 OZ. OF FILTERED WATER PER DAY. CONSUME AT LEAST 1 SQUEEZED LEMON IN WATER DAILY TO HELP BOOST METABOLISM, CLEANSE TOXINS, AND ELIMINATE WATER RETENTION.

WHAT TO EAT BEFORE THE WORKOUT:
WORKOUTS SHOULD BE PERFORMED ON AN EMPTY STOMACH. YOUR LAST MEAL SHOULD BE EATEN NO CLOSER THAN 1 HOUR BEFORE WORKING OUT.

PRE-WORKOUT SUPPLEMENT STACK:
4 CAPSULES SCULPT MUSCLE DEFINITION + 1 SCOOP THERMO RENEGADE DRINK MIXX MIXED IN 8 OZ. COLD H2O.

WHAT TO EAT POST-WORKOUT:
8 OZ. COCONUT WATER + SCULPT PROTEIN SHAKE
(RECIPE IS ON THE NUTRITION PROGRAM PAGE)

DAILY MACRONUTRIENTS:
- 1 GRAM OF PROTEIN PER POUND OF BODYWEIGHT
- 1 GRAM OF CARBOHYDRATES PER POUND OF BODYWEIGHT
- 0.5 GRAMS OF HEALTHY FATS PER POUND OF BODYWEIGHT

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MEAL 1: CHEATER PROTEIN PANCAKES
3 SCOOPS CLUTCH CHEATER GUILT-FREE BAKING MIX
1/3 CUP QUICK-COOK OATS OR QUINOA FLAKES
3 STEVIA PACKETS OR SCOOPS (IF USING KAL BRAND)
6-8 OZ UNSWEETENED VANILLA ALMOND MILK
1 TBSP CHIA SEED OR GROUND FLAXSEED
1 EGG WHITE
MIX INGREDIENTS UNTIL BLENDED THOROUGHLY.
SEE PACKAGE FOR COOKING INSTRUCTIONS.
TOP PANCAKES WITH 1 TBSP VIRGIN COCONUT OIL.

MEAL 2, POST-WORKOUT: SCULPT PROTEIN SHAKE
3 SCOOPS SCULPT LEAN PHYSIQUE PROTEIN POWDER
1 TBSP NATURAL PEANUT OR ALMOND BUTTER
1/2 CUP FROZEN BERRIES OR 1/3 BANANA
6-8 OZ UNSWEETENED ALMOND MILK
1 CUP OF ICE
BLEND ALL INGREDIENTS AND ENJOY!

MEAL 3: CHOOSE FROM FOOD LIST
2 CUPS VEGETABLES (KALE)
6 OZ LEAN PROTEIN (CHICKEN)
½ CUP CARBOHYDRATES (QUINOA)
2 TBSP HEALTHY FATS (AVOCADO)
NUTRITION FACTS: CALORIES: 445 / FAT: 11.5 G / CARBS: 37.4 G / PROTEIN: 48.8 G

MEAL 4: CHOOSE FROM FOOD LIST
2 CUPS VEGETABLES (KALE)
6 OZ LEAN PROTEIN (CHICKEN)
½ CUP CARBOHYDRATES (QUINOA)
2 TBSP HEALTHY FATS (AVOCADO)
NUTRITION FACTS: CALORIES: 445 / FAT: 11.5 G / CARBS: 37.4 G / PROTEIN: 48.8 G

MEAL 5:
1 WHOLE ORGANIC APPLE +
1 SMALL HANDFUL OF RAW ALMONDS
OR 1 TBSP OF NATURAL PEANUT BUTTER
NUTRITION FACTS: CALORIES: 198 / FAT: 8 G / CARBS: 28 G / PROTEIN: 4 G

MEAL 6: CHOOSE FROM FOOD LIST
2 CUPS VEGETABLES (KALE)
6 OZ LEAN PROTEIN (CHICKEN)
2 TBSP HEALTHY FATS (AVOCADO)
NUTRITION FACTS: CALORIES: 334 / FAT: 8.5 G / CARBS: 18 G / PROTEIN: 44 G

MEAL 7: OPTIONAL
CASEIN SHAKE

DAILY TOTALS:
CALORIES: 2,175 / FAT: 72 G / CARBS: 177.5 G / PROTEIN: 198 G

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**MEAL 1:** CHEATER PROTEIN PANCAKES
3 SCOOPS CLUTCH CHEATER GUILT-FREE BAKING MIX
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TOP PANCAKES WITH 1 TBSP VIRGIN COCONUT OIL.


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1 TBSP NATURAL PEANUT OR ALMOND BUTTER
1/2 CUP FROZEN BERRIES OR 1/3 BANANA
6-8 OZ UNSWEETENED ALMOND MILK
1 CUP OF ICE

BLEND ALL INGREDIENTS AND ENJOY!

NUTRITION FACTS: CALORIES: 264 / FAT: 10.2 G / CARBS: 19 G / PROTEIN: 25.2 G

**MEAL 3:** CHOOSE FROM FOOD LIST
2 CUPS VEGETABLES (KALE)
3.5 OZ LEAN PROTEIN (CHICKEN)
2 TBSP HEALTHY FATS (AVOCADO)

NUTRITION FACTS: CALORIES: 223 / FAT: 9 G / CARBS: 11 G / PROTEIN: 26 G

**MEAL 4:** CHOOSE FROM FOOD LIST
2 CUPS VEGETABLES (KALE)
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2 TBSP HEALTHY FATS (AVOCADO)

NUTRITION FACTS: CALORIES: 223 / FAT: 9 G / CARBS: 11 G / PROTEIN: 26 G

**MEAL 5:**
½ ORGANIC APPLE
1 SMALL HANDFUL OF RAW ALMONDS
OR 1 TBSP OF NATURAL PEANUT BUTTER

NUTRITION FACTS: CALORIES: 130 / FAT: 8 G / CARBS: 8 G / PROTEIN: 4 G

**MEAL 6:** CHOOSE FROM FOOD LIST
2 CUPS VEGETABLES (KALE)
3.5 OZ LEAN PROTEIN (CHICKEN)
2 TBSP HEALTHY FATS (AVOCADO)


**MEAL 7:** OPTIONAL
CASEIN SHAKE

DAILY TOTALS:
CALORIES: 1,765 / FAT: 70 G / CARBS: 142 G / PROTEIN: 143 G

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FORGET LAME DIET PLANS. THE CLUTCH FOOD LIST WAS DESIGNED FOR THE REBEL IN YOU. WITH NOBODY TELLING YOU WHAT TO EAT, YOU GET TO DECIDE FOR YOURSELF. BY PAIRING THE INGREDIENTS BELOW WITH THE APPROPRIATE PORTION SIZE, IT’S CLUTCH TO BE #FREE.

CARBOHYDRATES:
- QUINOA
- CARROTS
- ORGANIC YAMS
- QUICK COOK OATS
- ORGANIC BROWN RICE
- ORGANIC SWEET POTATO

GUIDELINES: GLUTEN-FREE

LEAN PROTEIN:
- ORGANIC EGGS
- ORGANIC TURKEY BREAST
- ORGANIC CHICKEN BREAST
- WILD-CAUGHT TUNA
- WILD-CAUGHT TILAPIA
- WILD-CAUGHT SALMON
- WILD-CAUGHT SEABASS
- WILD-CAUGHT MAHI MAHI
- WILD-CAUGHT WHITE FISH

GUIDELINES: NO RED-MEAT, NO PORK, NO DELI MEATS

Egg serving size (Men): 2 whole, 5 whites
Egg serving size (Women): 1 whole, 4 whites

HEALTHY FATS:
- CHIA SEED
- FLAXSEED
- 1/4 AVOCADO
- VIRGIN COCONUT OIL
- VIRGIN PUMPKIN OIL
- RAW ALMOND BUTTER
- CANOLA OIL COOKING SPRAY
- ALL-NATURAL PEANUT BUTTER
- PREMIUM EXTRA VIRGIN OLIVE OIL

GUIDELINES: NO NON-ORGANIC "DIRTY DOZEN" VEGETABLES

VEGETABLES:
- KALE
- OKRA
- CABBAGE
- CARROTS
- ZUCCHINI
- ASPARAGUS
- ORGANIC CELERY
- COLLARD GREENS
- ORGANIC SPINACH
- ORGANIC ARUGULA
- ORGANIC BROCCOLI
- ORGANIC BELL PEPPERS
- ORGANIC MIXED GREENS

GUIDELINES: NO NON-ORGANIC "DIRTY DOZEN" VEGETABLES

SEASONING & SPICES:
- DILL
- CURRY
- GINGER
- NUTMEG
- JALAPENO
- CINNAMON
- CORIANDER
- WHOLE LEMON
- CAYENNE PEPPER
- TOMATOES (1/2 CUP)
- AGAVE (LIMIT 1 TBSP.)
- GROUND BLACK PEPPER
- CANOLA OIL COOKING SPRAY
- STEVIA (KAL IS PREFERRED BRAND)
- VANILLA EXTRACT (ALCOHOL FREE)
- SEA SALT (1500-2300MG PER DAY = 3/4-1 TSP.)

GUIDELINES: UNLIMITED SERVING SIZE ON ALL SEASONING EXCEPT AGAVE + SALT

WATER:
- DRINK 100 OZ FILTERED H2O PER DAY.
- 8 OZ UNFLAVORED COCONUT WATER TO BE CONSUMED ONLY AFTER WORKOUTS.

OTHER BEVERAGES:
- COFFEE LIMIT 2 CUPS PER DAY
- UNSWEETENED HERBAL UNLIMITED
- 8 OZ. UNSWEETENED ALMOND MILK
- CAFFEINE-FREE GREEN TEA UNLIMITED TEA BAGS

GUIDELINES: NO SODA, FRUIT JUICE, SPORTS DRINKS, ENERGY DRINKS, ALCOHOL. IF IT’S NOT ON THIS LIST, DON’T DRINK IT.

FORGET LAME DIET PLANS. THE CLUTCH FOOD LIST WAS DESIGNED FOR THE REBEL IN YOU. WITH NOBODY TELLING YOU WHAT TO EAT, YOU GET TO DECIDE FOR YOURSELF. BY PAIRING THE INGREDIENTS BELOW WITH THE APPROPRIATE PORTION SIZE, IT’S CLUTCH TO BE #FREE.

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GUIDELINES: NO SODA, FRUIT JUICE, SPORTS DRINKS, ENERGY DRINKS, ALCOHOL. IF IT’S NOT ON THIS LIST, DON’T DRINK IT.
DINING OUT HAPPENS. AT CLUTCH, OUR JOB IS TO MAKE SURE YOU'RE PREPARED NO MATTER WHAT THE MENU THROWS AT YOU. SIMPLY FOLLOW THE GUIDE BELOW WHEN ORDERING YOUR MEAL, STICK TO THE FOODS ON THE FOOD PLAN, AND YOU'LL BE GOOD TO GO. KEEPING YOU ON TRACK NO MATTER WHERE YOU ARE, THAT'S CLUTCH.

THE PROBLEM: RESTAURANTS LOAD MEATS WITH HIDDEN BUTTER, OIL, AND SALT, MAKING EVEN SEEMINGLY “HEALTHY” CHOICES A TOTAL CALORIE-BOMB.

THE CLUTCH SOLUTION: ORDER MEAT GRILLED, BAKED, OR STEAMED. ORDER ALL SAUCES TO BE PUT ON THE SIDE. ORDER “NO BUTTER” AND “VERY LIGHT” OIL, IF ANY IS USED.

THE PROBLEM: THAT DAMN BREAD BASKET. ESPECIALLY WHEN YOU SHOW UP HUNGRY, SAYING NO CAN BE NEARLY IMPOSSIBLE.

THE CLUTCH SOLUTION: TELL THE SERVER YOU DON’T NEED ANY BREAD. TAKE A PRE-DINNER SALAD INSTEAD. ORDER WITH WITH OLIVE OIL AND VINEGAR DRESSING, AND YOU’RE GOOD TO GO.

THE PROBLEM: EVER NOTICE THAT YOUR VEGETABLES “GLISTEN” WHEN YOU ORDER THEM IN RESTAURANTS? THAT’S BECAUSE THEY’RE SATURATED IN BUTTER AND OIL. AGAIN, A “HEALTHY” CHOICE GONE BAD.

THE CLUTCH SOLUTION: ORDER VEGETABLES TO BE GRILLED OR STEAMED WITH NO BUTTER, OIL, OR SALT.

THE PROBLEM: RESTAURANTS LOAD SALADS WITH INGREDIENTS THAT ARE HIGH IN FAT AND CALORIES.

THE CLUTCH SOLUTION: ORDER YOUR SALAD WITH ZERO: CROUTONS, TORTILLA STRIPS, DRIED OR FRESH FRUIT, RANCH OR THOUSAND ISLAND DRESSING.

*ASK IF THEY HAVE A “LOW SUGAR” VINAIGRETTE OPTION. IF NOT, REQUEST OLIVE OIL AND BALSAMIC VINEGAR.

*REQUEST THAT THEY PUT ALL CARBS ON THE SIDE (I.E. BEANS, RICE, CORN). WHEN CARBS ARE MIXED INTO A SALAD, YOU CAN’T SEE HOW MUCH IS BEING USED, MAKING IT EASY OVEREAT.

www.bodybuilding.com/clutchcut
PROGRAM: CUT

DISCIPLINE: TRAINING

CREATED BY ASHLEY CONRAD
WHAT TO WEAR:
FULL SWEATS. THIS WILL HELP ELIMINATE TOXINS THAT SLOW METABOLISM AND CAUSE WATER RETENTION, JUST ONE MORE WAY TO ACCELERATE FAT-BURNING.

WHEN TO WORKOUT:
The optimal time to work out during Clutch Cut is in the morning, 1-1.5 hours after breakfast. See Nutrition Overview for more info.

WHERE TO WORKOUT:
With Clutch Cut, you may work out at a gym, outdoors, or at home.

AT HOME EQUIPMENT REQUIREMENTS:
1. Medicine Ball (Medium Weight)
2. Medium-heavy set of dumbbells
3. Light set of dumbbells
4. Enough room to run for 30 minutes

GYM EQUIPMENT REQUIREMENTS:
1. Medicine Ball (Medium Weight)
2. Set of dumbbells (Medium-heavy weight)
3. Set of dumbbells (Light weight)
4. Barbell (Medium weight)
5. Pull-up or lat-pulldown cable machine
6. Bike, Stairclimber or Treadmill

WORKOUT SCHEDULE

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHRED LIFT</td>
<td>SHRED CARDIO</td>
<td>REST</td>
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PROGRAM:
CUT

WORKOUT:
SHRED CARDIO

SCHEDULE
TUESDAY/ FRIDAY

CREATED BY
ASHLEY CONRAD
| Program: LEAN | Workout: SHRED | Week: 1 |

### WARM-UP:
- WALK AT AN INCLINE, JOG OR BIKE

### Time:
- 5 minutes

### AC Trainer Tip:
- No matter how “hot it is” in the gym, you should have sweats on during the workout to rid the body of toxins and help speed up metabolism.

### STRETCH SERIES:
- SEATED FLOOR HAMSTRING STRETCH
- QUAD STRETCH
- GROIN AND BACK STRETCH
- DYNAMIC CHEST STRETCH
- SHOULDER STRETCH
- SEATED GLUTE STRETCH
- TRICEPS STRETCH
- WINDMILLS

### AC Rx:
- Complete each stretch 2x

### Sets x Time:
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds

### AC Trainer Tip:
- Everyone knows that stretching helps prevent injury but did you know that it also helps build strength? That’s right. Increased range of motion during exercise allows for better power output per rep. Better power per rep means bigger strength gains.

### H.I.I.T. Training:
- RECOVERY SPEED (LEVEL 5) ex. walk
- INTERMEDIATE (LEVEL 7) ex. jog
- SPRINT (LEVEL 10)

### AC Rx:
- Perform as a circuit 10x

### Time:
- 1x 60 seconds
- 1x 30 seconds
- 1x 60 seconds

### AC Trainer Tip:
- Sprints may be performed on a treadmill, stairclimber, bike, or by running outdoors. Levels are based on a scale of 1-10. 10= Sprint. 1= Barely moving. If you want to get results, stay 100% true to the levels and make each sprint count.

### COOL-DOWN:
- WALK AT AN INCLINE, JOG OR BIKE

### Time:
- 5 mins.

### AC Trainer Tip:
- Cooling-down after exercise is essential for proper muscle recovery and has been shown to be beneficial for hormones responsible for metabolism and lean muscle.

### STRETCH SERIES:
- SEATED FLOOR HAMSTRING STRETCH
- QUAD STRETCH
- GROIN AND BACK STRETCH
- DYNAMIC CHEST STRETCH
- SHOULDER STRETCH
- SEATED GLUTE STRETCH
- TRICEPS STRETCH
- WINDMILLS

### AC Rx:
- Complete each stretch 2x

### Sets x Time:
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds

### AC Trainer Tip:
- Stretching after working out is everything! Not only does it help accelerate recovery, but stretching has also been shown to lower stress hormone levels, making it easier to burn-fat. Take this time to relax and breathe.

### Core:
- JACK-KNIFE SIT-UP
- 90-DEGREE CRUNCH
- WEIGHTED BICYCLE
- 90-DEGREE TOE TAPS
- ELBOW WALK
- ARMY CRAWL
- EXERCISE BALL CRUNCH
- ISOLATED CRUNCH

### AC Rx:
- Perform as a circuit 3-6x

### Sets x Reps:
- 1 set to failure
- 1 set to failure
- 1 set to failure
- 1 set to failure
- 1 set to failure
- 1 set to failure
- 1 set to failure

### AC Trainer Tip:
- For videos and tips on form and movement, visit [http://www.bodybuilding.com/fun/lights-camera-abs-8-ways-to-celebrity-8-pack.html](http://www.bodybuilding.com/fun/lights-camera-abs-8-ways-to-celebrity-8-pack.html)
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<td><strong>AC TRAINER TIP:</strong> NO MATTER HOW “HOT IT IS” IN THE GYM, YOU SHOULD HAVE SWEATS ON DURING THE WORKOUT TO RID THE BODY OF TOXINS AND HELP SPEED UP METABOLISM.</td>
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<td><strong>AC TRAINER TIP:</strong> EVERYONE KNOWS THAT STRETCHING HELPS PREVENTS INJURY BUT DID YOU KNOW THAT IT ALSO HELPS BUILD STRENGTH?  THAT’S RIGHT. INCREASED RANGE OF MOTION DURING EXERCISE ALLOWS FOR BETTER POWER OUTPUT PER REP.  BETTER POWER PER REP MEANS BIGGER STRENGTH GAINS.</td>
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</tr>
<tr>
<td>ex. jog</td>
<td>2 x 30 seconds</td>
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<tr>
<td>SPRINT (LEVEL 10)</td>
<td>2 x 30 seconds</td>
</tr>
<tr>
<td>FAT-BURNING ACCELERATOR:</td>
<td><strong>AC Trainer Tip:</strong> SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS.  LEVELS ARE BASED ON A SCALE OF 1-10.  10= SPRINT.  1= BARELY MOVING.  IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT.</td>
</tr>
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<td>STEADY PACE (LEVEL 7)</td>
<td><strong>AC Rx:</strong> COMPLETE EACH STRETCH 2X</td>
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<td>ex. jog, incline walk</td>
<td>2 x 30 seconds</td>
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<td>COOL-DOWN:</td>
<td><strong>AC TRAINER TIP:</strong> COOLING-DOWN AFTER EXERCISE IS ESSENTIAL FOR PROPER MUSCLE RECOVERY AND HAS BEEN SHOWN TO BE BENEFICIAL FOR HORMONES RESPONSIBLE FOR METABOLISM AND LEAN MUSCLE.</td>
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<td><strong>AC TRAINER TIP:</strong> FOR VIDEOS AND TIPS ON FORM AND MOVEMENT, VISIT <a href="HTTP://WWW.BODYBUILDING.COM/FUN/LIGHTS-CAMERA-ABS-8-WAYS-TO-CELEBRITY-8-PACK.HTML">HTTP://WWW.BODYBUILDING.COM/FUN/LIGHTS-CAMERA-ABS-8-WAYS-TO-CELEBRITY-8-PACK.HTML</a></td>
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<tr>
<td>SEATED FLOOR HAMSTRING STRETCH</td>
<td>2 x 30 seconds</td>
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<td><strong>AC Rx:</strong> PERFORM AS A CIRCUIT 3-6X</td>
</tr>
<tr>
<td>JACK-KNIFE SIT-UP</td>
<td>1 set to failure</td>
</tr>
<tr>
<td>90-DEGREE CRUNCH</td>
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<tr>
<td>WEIGHTED BICYCLE</td>
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<tr>
<td>90-DEGREE TOE TAPS</td>
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</tr>
<tr>
<td>ELBOW WALK</td>
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</tr>
<tr>
<td>ARMY CRAWL</td>
<td>1 set to failure</td>
</tr>
<tr>
<td>EXERCISE BALL CRUNCH</td>
<td>1 set to failure</td>
</tr>
<tr>
<td>ISOLATED CRUNCH</td>
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<td>Time: 5 minutes</td>
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<tr>
<td>----------</td>
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</tr>
<tr>
<td>LEAN</td>
<td>SHRED</td>
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</table>

**WARM-UP:**
- WALK AT AN INCLINE, JOG OR BIKE

**TIME:** 5 minutes

**AC TRAINER TIP:** NO MATTER HOW “HOT IT IS” IN THE GYM, YOU SHOULD HAVE SWEATS ON DURING THE WORKOUT TO RIDE THE BODY OF TOXINS AND HELP SPEED UP METABOLISM.

**STRETCH SERIES:**
- SEATED FLOOR HAMSTRING STRETCH
- QUAD STRETCH
- GROIN AND BACK STRETCH
- DYNAMIC CHEST STRETCH
- SHOULDER STRETCH
- SEATED GLUTE STRETCH
- TRICEPS STRETCH
- WINDMILLS

**AC Rx:** COMPLETE EACH STRETCH 2X

**SETS X TIME:**
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds

**AC TRAINER TIP:** EVERYONE KNOWS THAT STRETCHING HELPS PREVENTS INJURY BUT DID YOU KNOW THAT IT ALSO HELPS BUILD STRENGTH? THAT’S RIGHT. INCREASED RANGE OF MOTION DURING EXERCISE ALLOWS FOR BETTER POWER OUTPUT PER REP. BETTER POWER PER REP MEANS BIGGER STRENGTH GAINS.

**H.I.I.T. TRAINING:**
- RECOVERY SPEED (LEVEL 5) ex. walk
- SPRINT (LEVEL 10)

**AC Rx:** PERFORM AS A CIRCUIT 15X

**FAT-BURNING ACCELERATOR:**
- STEADY PACE (LEVEL 7) ex. jog, incline walk

**SETS X TIME:**
- 1 x 30 seconds
- 1 x 45 seconds
- 1 x 15 minutes

**AC TRAINER TIP:** SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS. LEVELS ARE BASED ON A SCALE OF 1-10. 10= SPRINT. 1= BARELY MOVING. IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT.

**COOL-DOWN:**
- WALK AT AN INCLINE, JOG OR BIKE

**TIME:** 5 mins.

**AC TRAINER TIP:** COOLING-DOWN AFTER EXERCISE IS ESSENTIAL FOR PROPER MUSCLE RECOVERY AND HAS BEEN SHOWN TO BE BENEFICIAL FOR HORMONES RESPONSIBLE FOR METABOLISM AND LEAN MUSCLE.

**STRETCH SERIES:**
- SEATED FLOOR HAMSTRING STRETCH
- QUAD STRETCH
- GROIN AND BACK STRETCH
- DYNAMIC CHEST STRETCH
- SHOULDER STRETCH
- SEATED GLUTE STRETCH
- TRICEPS STRETCH
- WINDMILLS

**AC Rx:** COMPLETE EACH STRETCH 2X

**SETS X TIME:**
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds

**AC TRAINER TIP:** STRETCHING AFTER WORKING OUT IS EVERYTHING! NOT ONLY DOES IT HELP ACCELERATE RECOVERY, BUT STRETCHING HAS ALSO BEEN SHOWN TO LOWER STRESS HORMONE LEVELS, MAKING IT EASIER TO BURN-FAT. TAKE THIS TIME TO RELAX AND BREATHE.

**CORE:**
- JACK-KNIFE SIT-UP
- 90-DEGREE CRUNCH
- WEIGHTED BICYCLE
- 90-DEGREE TOE TAPS
- ELBOW WALK
- ARMY CRAWL
- EXERCISE BALL CRUNCH
- ISOLATED CRUNCH

**AC Rx:** PERFORM AS A CIRCUIT 3-6X

**SETS X REPS:**
- 1 set to failure
- 1 set to failure
- 1 set to failure
- 1 set to failure
- 1 set to failure
- 1 set to failure
- 1 set to failure

**AC TRAINER TIP:** FOR VIDEOS AND TIPS ON FORM AND MOVEMENT, VISIT HTTP://WWW.BODYBUILDING.COM/FUN/LIGHTS-CAMERA-ABS-8-WAYS-TO-CELEBRITY-8-PACK.HTML

www.bodybuilding.com/clutchcut
PROGRAM:
CUT

WORKOUT:
SHRED LIFT

SCHEDULE:
MONDAY / THURSDAY / SATURDAY

CREATED BY
ASHLEY CONRAD

www.bodybuilding.com/clutchcut
## WARM-UP:
- Walk at an incline, jog or bike

### TIME:
- 5 minutes

### AC TRAINER TIP:
- No matter how “hot it is” in the gym, you should have sweats on during the workout to rid the body of toxins and help speed up metabolism.

## STRETCH SERIES:
- Seated floor hamstring stretch
- Quad stretch
- Groin and back stretch
- Dynamic chest stretch
- Shoulder stretch
- Seated glute stretch
- Triceps stretch
- Windmills

### AC Rx:
- Complete each stretch 2x

### SETS X TIME:
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds
- 2 x 30 seconds

### AC TRAINER TIP:
- Perhaps the most overlooked part of working out, stretching is everything. Not only does it help prepare muscles for battle and prevent injury, but it also increases range of motion, giving you more power per rep and over time, bigger strength gains. Use stretching as a time to focus your mind on the workout ahead and commit to giving 100%. Remember, the body is at the command of the mind. Control the mind and you will control your body. #JEDI

## SPRINT WORKOUT:
- Recovery speed (Level 5) ex. walk
- Intermediate (Level 7) ex. jog
- Sprint (Level 10)

### AC Rx:
- Perform as a circuit 4x

### SETS X TIME:
- 1 x 30 seconds
- 1 x 30 seconds
- 1 x 30 seconds

### AC TRAINER TIP:
- Sprints may be performed on a treadmill, stairclimber, bike, or by running outdoors. Levels are based on a scale of 1-10. 10 = Sprint. 1 = Barely moving. If you want to get results, stay 100% true to the levels and make each sprint count. #GOGETIT

## STRENGTH:
- Clean & press
- Overhead medicine ball throws
- Reverse or walking lunges
- Push-ups
  - Advanced: plyometric push-ups
- Dips
- Running in place w/maximal exertion
- Bodyweight squats
- Lat pull-down or pull-ups
- Skip if not at gym
- Medicine ball jumping jacks
- Incline push-ups
- Advanced: incline plyometric push-ups
- DB bicep curl
- DB shoulder lateral raise
- 1 arm DB row or close-grasp cable row

### AC Rx:
- Perform as a circuit 3-6x

### SETS X REPS X REST:
- 1 x 12-15 x 30 seconds
- 1 x 12-15 x 30 seconds
- 1 x 12-15 x 30 seconds
- 1 x 12-15 x 30 seconds
- 1 x 12-15 x 30 seconds
- 1 x 12-15 x 30 seconds
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- 1 x 12-15 x 30 seconds

### AC TRAINER TIP:
- These exercises are to be performed at maximal exertion. By the last rep, you should be gasping for air. If this is not the case, decrease rest between exercises and speed up the tempo of each exercise.
<table>
<thead>
<tr>
<th>COOL-DOWN:</th>
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<th>AC TRAINER TIP:</th>
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<tbody>
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<td>WALK AT AN INCLINE, JOG OR BIKE</td>
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*AC Rx: COMPLETE EACH STRETCH 2X*
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**AC Rx**: COMPLETE EACH STRETCH 2X

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<th>SPRINT WORKOUT:</th>
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<tr>
<td>RECOVERY SPEED (LEVEL 5) ex. walk</td>
<td>1 x 30 seconds</td>
<td>SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS. LEVELS ARE BASED ON A SCALE OF 1-10. 10= SPRINT. 1= BARELY MOVING. IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT. #GOGETIT</td>
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<tr>
<td>INTERMEDIATE (LEVEL 7) ex. jog</td>
<td>1 x 30 seconds</td>
<td></td>
</tr>
<tr>
<td>SPRINT (LEVEL 10)</td>
<td>1 x 30 seconds</td>
<td></td>
</tr>
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</table>

**AC Rx**: PERFORM AS A CIRCUIT 4X

<table>
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<tr>
<th>STRENGTH:</th>
<th>SETS X REPS X REST</th>
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<tbody>
<tr>
<td>CLEAN &amp; PRESS</td>
<td>1 x 12-15 x 30 seconds</td>
<td>THESE EXERCISES ARE TO BE PERFORMED AT MAXIMAL EXERTION. BY THE LAST REP, YOU SHOULD BE GASPING FOR AIR. IF THIS IS NOT THE CASE, DECREASE REST BETWEEN EXERCISES AND SPEED UP THE TEMPO OF EACH EXERCISE.</td>
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<td>OVERHEAD MEDICINE BALL THROWS</td>
<td>1 x 12-15 x 30 seconds</td>
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<td>REVERSE OR WALKING LUNGES</td>
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<td>PUSH-UPS</td>
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<td>ADVANCED: PLYOMETRIC PUSH-UPS</td>
<td>1 x 12-15 x 30 seconds</td>
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<td>DIPS</td>
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<tr>
<td>RUNNING IN PLACE W/MAXIMAL EXERTION</td>
<td>1 x 12-15 x 30 seconds</td>
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<td>BODYWEIGHT SQUATS</td>
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<td>LAT PULL-DOWN OR PULL-UPS</td>
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<tr>
<td>SKIP IF NOT AT GYM</td>
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<td>MEDICINE BALL JUMPING JACKS</td>
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<td>INCLINE PUSH-UPS</td>
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<td>ADVANCED: INCLINE PLYOMETRIC PUSH-UPS</td>
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<td>DB BICEP CURL</td>
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<td>DB SHOULDER LATERAL RAISE</td>
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<td>1 ARM DB ROW OR CLOSE-GRIP CABLE ROW</td>
<td>1 x 12-15 x 30 seconds</td>
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**AC Rx**: PERFORM AS A CIRCUIT 3-6X

www.bodybuilding.com/clutchcut
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| STRETCH SERIES: | SETS X TIME | AC TRAINER TIP: |
| SEATED FLOOR HAMSTRING STRETCH | 2 x 30 seconds | PERHAPS THE MOST OVERLOOKED PART OF WORKING OUT, STRETCHING IS EVERYTHING. NOT ONLY DOES IT HELP PREPARE MUSCLES FOR BATTLE AND PREVENT INJURY, BUT IT ALSO INCREASES RANGE OF MOTION, GIVING YOU MORE POWER PER REP AND OVER TIME, BIGGER STRENGTH GAINS. USE STRETCHING AS A TIME TO FOCUS YOUR MIND ON THE WORKOUT AHEAD AND COMMIT TO GIVING 100%. REMEMBER, THE BODY IS AT THE COMMAND OF THE MIND. CONTROL THE MIND AND YOU WILL CONTROL YOUR BODY. #JEDI |
| QUAD STRETCH | 2 x 30 seconds |
| GROIN AND BACK STRETCH | 2 x 30 seconds |
| DYNAMIC CHEST STRETCH | 2 x 30 seconds |
| SHOULDER STRETCH | 2 x 30 seconds |
| SEATED GLUTE STRETCH | 2 x 30 seconds |
| TRICEPS STRETCH | 2 x 30 seconds |
| WINDMILLS | 2 x 30 seconds |

**AC Rx:** COMPLETE EACH STRETCH 2X

| SPRINT WORKOUT: | SETS X TIME | AC TRAINER TIP: |
| RECOVERY SPEED (LEVEL 5) *ex. walk* | 1 x 30 seconds | SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS. LEVELS ARE BASED ON A SCALE OF 1-10. 10= SPRINT. 1= BARELY MOVING. IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT. #GOGETIT |
| INTERMEDIATE (LEVEL 7) *ex. jog* | 1 x 30 seconds |
| SPRINT (LEVEL 10) | 1 x 30 seconds |

**AC Rx:** PERFORM AS A CIRCUIT 4X

| STRENGTH: | SETS X REPS X REST | AC TRAINER TIP: |
| CLEAN & PRESS | 1 x 12-15 x 30 seconds | THESE EXERCISES ARE TO BE PERFORMED AT MAXIMAL EXERTION. BY THE LAST REP, YOU SHOULD BE GASPING FOR AIR. IF THIS IS NOT THE CASE, DECREASE REST BETWEEN EXERCISES AND SPEED UP THE TEMPO OF EACH EXERCISE. |
| OVERHEAD MEDICINE BALL THROWS | 1 x 12-15 x 30 seconds |
| REVERSE OR WALKING LUNGES | 1 x 12-15 x 30 seconds |
| PUSH-UPS | 1 x 12-15 x 30 seconds |
| **ADVANCED: ** PLYOMETRIC PUSH-UPS | 1 x 12-15 x 30 seconds |
| DIPS | 1 x 12-15 x 30 seconds |
| RUNNING IN PLACE W/MAXIMAL EXERTION | 1 x 12-15 x 30 seconds |
| BODYWEIGHT SQUATS | 1 x 12-15 x 30 seconds |
| LAT PULL-DOWN OR PULL-UPS | 1 x 12-15 x 30 seconds |
| **SKIP IF NOT AT GYM** | 1 x 12-15 x 30 seconds |
| MEDICINE BALL JUMPING JACKS | 1 x 12-15 x 30 seconds |
| INCLINE PUSH-UPS | 1 x 12-15 x 30 seconds |
| **ADVANCED: ** INCLINE PLYOMETRIC PUSH-UPS | 1 x 12-15 x 30 seconds |
| DB BICEP CURL | 1 x 12-15 x 30 seconds |
| DB SHOULDER LATERAL RAISE | 1 x 12-15 x 30 seconds |
| 1 ARM DB ROW OR CLOSE-GRIP CABLE ROW | 1 x 12-15 x 30 seconds |

**AC Rx:** PERFORM AS A CIRCUIT 3-6X

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www.bodybuilding.com/clutchcut
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<tr>
<td>DYNAMIC CHEST STRETCH</td>
<td>2 x 30 seconds</td>
<td></td>
</tr>
<tr>
<td>SHOULDER STRETCH</td>
<td>2 x 30 seconds</td>
<td></td>
</tr>
<tr>
<td>SEATED GLUTE STRETCH</td>
<td>2 x 30 seconds</td>
<td></td>
</tr>
<tr>
<td>TRICEPS STRETCH</td>
<td>2 x 30 seconds</td>
<td></td>
</tr>
<tr>
<td>WINDMILLS</td>
<td>2 x 30 seconds</td>
<td></td>
</tr>
<tr>
<td>AC Rx: COMPLETE EACH STRETCH 2X</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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