



## The NUTRISHOP Women's Clean & Lean 30-Day Challenge

With a focus on detox, lean muscle and stretching, this month-long plan is designed to have you feeling lean, healthy and refreshed.

- With four days a week of weight training (two lower-body, two upper-body) and a recharge day focused on stretching, core strength & mobility, the overall goal is to stoke the body's fat-burning furnace with supersets and compound movements.
- Keep rest periods to no longer than 60 seconds between sets; if a superset is listed, take no rest between exercises within the superset, and rest only after the superset is complete.
- If you are unfamiliar with a listed exercise, view a video demonstration:  
[nutrishopcd.com/2015/11/clean-lean](http://nutrishopcd.com/2015/11/clean-lean)

**Cardio:** After your resistance workouts, perform 15 minutes of High-Intensity Interval Training on an elliptical or bike. Do at least 3 cardio sessions a week, but doing all 5 days or more will yield faster results. Use the 45-15 method: Do 45 seconds at a normal pace, not too fast, followed by 15 seconds of all-out effort (100-percent speed). Then ramp it back down and repeat for a total of 15 intervals.

**Rest & Intensity:** Focus on keeping the heart rate high for fat loss with supersets and trisets that recruit multiple muscle groups. Reps will be between 15-20, but no more - if you can perform 30 reps in any set, you need to go heavier until 20 reps is difficult to achieve.

### DAY 1 & 4, LOWER BODY

1. 4 Supersets
  - **Quads/Glutes:** Deep Barbell Squats x 15-20. If you cannot perform 15 reps with only the bar, do body-weight squats.
  - **Hamstrings/Lower Back:** Stiff-Legged Deadlifts x 15-20. If you cannot perform 15 reps with only a bar, use dumbbells.
2. 4 Supersets
  - **Quads:** Seated Leg Press x 15. If machine is taken, perform 15 alternating dumbbell forward lunges, per leg.
  - **Hamstrings:** Lying Leg Curls x 15. If machine is taken, perform 15 lying medicine ball or Swiss ball hamstring curls.
3. 3 Supersets
  - 20 consecutive Jump Squats, as fast as you can - if possible, use stopwatch and track how long each set takes to complete.
  - 15 reverse lunges, per leg.
4. 3 Supersets
  - **Calves:** 20 seated weighted calf raises, toes in
  - **Calves:** 20 seated weighted calf raises, toes out

*The 30-Day Clean & Lean Challenge is a personal challenge for each individual and there are no suggested or guaranteed results. The information above is not intended as a substitute for individual, professional advice or medical advice in diagnosing, treating or curing a health issue or disease. Please consult your doctor, health care provider, or other health care professional including a certified nutritionist before beginning a new diet, exercise or supplement regimen, especially if you have a pre-existing medical condition.*



## DAY 2 & 5, UPPER BODY

1. 4 Supersets
  - **Chest:** Machine Bench Press x 15-20. If no machine is available, perform 15-20 push-ups (do modified push-ups - knees on ground - if you cannot do 15 push-ups).
  - **Back:** Seated Cable Row x 15. If no machine is available, perform bent-over dumbbell rows.
2. 4 Supersets
  - **Chest:** Incline Bench Machine x 15. If no machine is available, perform 15-20 incline dumbbell presses.
  - **Back:** Lat Pulldowns x 15-20. Alternately, you can use the assisted pull-up machine or, if working out with a partner, have them “spot” you on regular pull-ups.
3. 3 Supersets
  - **Chest:** Alternating 1-Arm Bench Press x 15 per arm. You can use the Cybex machine or dumbbells if no machine is available.
  - **Back:** 1-Arm Dumbbell Rows x 15 per arm.
4. 4 Tri-Sets
  - **Shoulders:** Smith Machine seated military press x 15
  - **Triceps:** Cable Pushdowns x 20
  - **Biceps:** Cable Curls x 15

## DAY 3 CORE & STRETCH (OPTIONAL)

1. 4 Supersets
  - Foam roller hamstring stretches x 15 per leg
  - Foam roller calf stretches x 15 per leg
2. 4 Tri-Sets
  - Planks x 30-60 seconds
  - Brettzel stretches x 10 seconds per side
  - Foam roller thoracic spine release x 10
3. 4 Supersets
  - Lying leg raises - both legs x 10 seconds, 1 inch off ground
  - Lying leg raises - alternate one leg up, other leg 1 inch off ground, x 10 seconds each

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