



The NUTRISHOP Men'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, strong, healthy and refreshed.

- A 3-day split of weight training and a recharge day focused on stretching, core strength & mobility, the 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:
nutrishopcda.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. Before each workout, perform a 5-10 minute warm-up (jump rope for 3 mins, 10 push-ups, 60 seconds of jumping jacks).

DAY 1 - UPPER BODY PUSH

1. 3 Trisets
 - **Chest:** Flat Barbell Bench x 15
 - **Shoulders:** Lateral Dumbbell Flys x 20
 - **Triceps:** Cable V-bar Pushdowns x 20
2. 3 Trisets
 - **Chest:** Incline Dumbbell Flys x 20
 - **Shoulders:** Rear Delt Flys x 15
 - **Triceps:** Close-Grip Bench Press x 20
3. 3 Trisets
 - **Chest:** Plyometric push-ups x 15 or to failure (clap your hands during ascent if you can)
 - **Shoulders:** Single-arm Kettlebell Press x 15 each (use dumbbells if no kettlebell is available)
 - **Triceps:** Diamond push-ups x 15 or to failure

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 - LOWER BODY

1. 3 Trisets
 - **Compound Lift:** Barbell Front Squat x 15 (check your weight - this will be challenging to go heavy)
 - **Hamstrings:** Lying Leg Curls x 15 (do medicine ball hamstring curls if machine unavailable)
 - **Quads:** Seated Leg Press x 15
2. 3 Trisets
 - **Compound Lift:** Standard Deadlift x 15 (again, watch your weight - should be light enough to allow proper form for each rep)
 - **Quads:** In-place alternating forward lunges x 15 per leg
 - **Hamstrings:** One-legged dumbbell Romanian deadlift x 15 per leg
3. 3 Trisets
 - **Calves:** 50 body-weight standing calf raises on a step or stair
 - **Calves:** 25 seated calf raises (heavy, toes in)
 - **Calves:** 25 seated calf raises (heavy, toes out)

DAY 3 - UPPER BODY PULL

1. 4 Supersets
 - **Back:** Lat Pulldowns x 15-20 (wide-grip pull-ups or assisted wide-grip pull-ups are optional if machine is unavailable)
 - **Biceps:** Preacher Curls x 15 full range of motion reps, then 5 partial reps (top portion of curl only)
2. 4 Supersets
 - **Back:** Seated Cable Rows x 15-20 (perform bent-over barbell rows if machine is unavailable)
 - **Biceps:** Incline Dumbbell Curls x 15 per arm
3. 4 Supersets
 - **Back:** Hanging Rows x 15 (use Smith machine with bar locked in)
 - **Biceps:** Cable Curl 21s - 7 full curl reps, 7 bottom portion only, 7 top portion only

DAY 4 - CORE/STRETCHING

4. 4 Supersets
 - Foam roller hamstring stretches x 15 per leg
 - Foam roller calf stretches x 15 per leg
5. 4 Tri-Sets
 - Planks x 30-60 seconds
 - Bretzel stretches x 10 seconds per side
 - Foam roller thoracic spine release x 10
6. 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

DAY 5 - REST DAY

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