

NEW YEAR'S HEALTH GOAL CALENDARS - SIX WEEKS TO GET RIPPED

MYPROTEIN
FUEL YOUR AMBITION

WEEK 01

Monday
Back/shoulder/abs

1. Wide grip lat pulldowns <input type="checkbox"/>	2. Narrow grip pull ups <input type="checkbox"/>
3. Seated dumbbell shoulder press <input type="checkbox"/>	4. Bent over dumbbell rows <input type="checkbox"/>
5. Standing dumbbell Lateral raises <input type="checkbox"/>	6. Cable crunches <input type="checkbox"/>

Complete five sets of six to eight reps

Tuesday
Chest/triceps

1. Flat bench press <input type="checkbox"/>	2. Incline dumbbell bench press <input type="checkbox"/>
3. Incline dumbbell flys <input type="checkbox"/>	4. Dips (leaning forward) <input type="checkbox"/>
5. Narrow grip bench press. <input type="checkbox"/>	6. Standing triceps pushdowns on cables <input type="checkbox"/>

Complete five sets of six to eight reps

Wednesday
Back/shoulder/abs

1. Wide grip lat pulldowns <input type="checkbox"/>	2. Narrow grip pull ups <input type="checkbox"/>
3. Seated dumbbell shoulder press <input type="checkbox"/>	4. Bent over dumbbell rows <input type="checkbox"/>
5. Standing dumbbell Lateral raises <input type="checkbox"/>	6. Cable crunches <input type="checkbox"/>

Complete five sets of six to eight reps

Thursday
Legs/abs

1. Squats <input type="checkbox"/>	2. Leg press <input type="checkbox"/>
3. Seated leg extensions <input type="checkbox"/>	4. Seated calf raises <input type="checkbox"/>
5. Crunches on decline bench <input type="checkbox"/>	6. Cable crunches/ seated machine crunches <input type="checkbox"/>

Complete five sets of six to eight reps

Friday
Back/biceps

1. Standing barbell curls <input type="checkbox"/>	2. Standing dumbbell curls <input type="checkbox"/>
3. Deadlifts <input type="checkbox"/>	4. Lat pull downs <input type="checkbox"/>
5. Seated dumbbell curls <input type="checkbox"/>	

Complete five sets of six to eight reps

Saturday
Chest/triceps

1. Flat bench press <input type="checkbox"/>	2. Incline dumbbell bench press <input type="checkbox"/>
3. Incline dumbbell flys <input type="checkbox"/>	4. Dips (leaning forward) <input type="checkbox"/>
5. Narrow grip bench press. <input type="checkbox"/>	6. Standing triceps pushdowns on cables <input type="checkbox"/>

Complete five sets of six to eight reps

Sunday
Rest & review

Week 1 tip:
Not all protein is the same. Try whey shakes after working out and casein shakes in the evening for effective protein synthesis. Keep prots high on rest days to enhance your recovery.

WEEK 02

Monday
Chest/triceps

1. Flat bench press <input type="checkbox"/>	2. Narrow grip pull ups <input type="checkbox"/>
3. Incline dumbbell flys <input type="checkbox"/>	4. Bent over dumbbell rows <input type="checkbox"/>
5. Narrow grip bench press. <input type="checkbox"/>	6. Cable crunches <input type="checkbox"/>

Complete five sets of six to eight reps

Tuesday
Back/shoulder/abs

1. Wide grip lat pulldowns <input type="checkbox"/>	2. Narrow grip pull ups <input type="checkbox"/>
3. Seated dumbbell shoulder press <input type="checkbox"/>	4. Bent over dumbbell rows <input type="checkbox"/>
5. Standing dumbbell Lateral raises <input type="checkbox"/>	6. Cable crunches <input type="checkbox"/>

Complete five sets of six to eight reps

Wednesday
Chest/triceps

1. Flat bench press <input type="checkbox"/>	2. Narrow grip pull ups <input type="checkbox"/>
3. Incline dumbbell flys <input type="checkbox"/>	4. Bent over dumbbell rows <input type="checkbox"/>
5. Narrow grip bench press. <input type="checkbox"/>	6. Cable crunches <input type="checkbox"/>

Complete five sets of six to eight reps

Thursday
Back/biceps

1. Standing barbell curls <input type="checkbox"/>	2. Standing dumbbell curls <input type="checkbox"/>
3. Deadlifts <input type="checkbox"/>	4. Lat pull downs <input type="checkbox"/>
5. Seated dumbbell curls <input type="checkbox"/>	

Complete five sets of six to eight reps

Friday
Legs/abs

1. Squats <input type="checkbox"/>	2. Leg press <input type="checkbox"/>
3. Seated leg extensions <input type="checkbox"/>	4. Seated calf raises <input type="checkbox"/>
5. Crunches on decline bench <input type="checkbox"/>	6. Cable crunches/ seated machine crunches <input type="checkbox"/>

Complete five sets of six to eight reps

Saturday
Chest/triceps

1. Flat bench press <input type="checkbox"/>	2. Incline dumbbell bench press <input type="checkbox"/>
3. Incline dumbbell flys <input type="checkbox"/>	4. Dips (leaning forward) <input type="checkbox"/>
5. Narrow grip bench press. <input type="checkbox"/>	6. Standing triceps pushdowns on cables <input type="checkbox"/>

Complete five sets of six to eight reps

Sunday
Rest & review

Week 2 tip:
Rest days don't make you lazy. It's essential to give your muscles time to recover, otherwise fatigue will reduce training efficiency. Use the time also to perfect your form for when you're back in the gym.

WEEK 03

Monday
Back/shoulder/abs

1. Wide grip lat pulldowns <input type="checkbox"/>	2. Narrow grip pull ups <input type="checkbox"/>
3. Seated dumbbell shoulder press <input type="checkbox"/>	4. Bent over dumbbell rows <input type="checkbox"/>
5. Standing dumbbell Lateral raises <input type="checkbox"/>	6. Cable crunches <input type="checkbox"/>

Complete five sets of six to eight reps

Tuesday
Chest/triceps:

1. Flat bench press <input type="checkbox"/>	2. Narrow grip pull ups <input type="checkbox"/>
3. Incline dumbbell flys <input type="checkbox"/>	4. Bent over dumbbell rows <input type="checkbox"/>
5. Narrow grip bench press. <input type="checkbox"/>	6. Cable crunches <input type="checkbox"/>

Complete five sets of six to eight reps

Wednesday
Back/shoulder/abs

1. Wide grip lat pulldowns <input type="checkbox"/>	2. Narrow grip pull ups <input type="checkbox"/>
3. Seated dumbbell shoulder press <input type="checkbox"/>	4. Bent over dumbbell rows <input type="checkbox"/>
5. Standing dumbbell Lateral raises <input type="checkbox"/>	6. Cable crunches <input type="checkbox"/>

Complete five sets of six to eight reps

Thursday
Legs/abs

1. Squats <input type="checkbox"/>	2. Leg press <input type="checkbox"/>
3. Seated leg extensions <input type="checkbox"/>	4. Seated calf raises <input type="checkbox"/>
5. Crunches on decline bench <input type="checkbox"/>	6. Cable crunches/ seated machine crunches <input type="checkbox"/>

Complete five sets of six to eight reps

Friday
Back/biceps

1. Standing barbell curls <input type="checkbox"/>	2. Standing dumbbell curls <input type="checkbox"/>
3. Deadlifts <input type="checkbox"/>	4. Lat pull downs <input type="checkbox"/>
5. Seated dumbbell curls <input type="checkbox"/>	

Complete five sets of six to eight reps

Saturday
Back/shoulder/abs

1. Wide grip lat pulldowns <input type="checkbox"/>	2. Narrow grip pull ups <input type="checkbox"/>
3. Seated dumbbell shoulder press <input type="checkbox"/>	4. Bent over dumbbell rows <input type="checkbox"/>
5. Standing dumbbell Lateral raises <input type="checkbox"/>	6. Cable crunches <input type="checkbox"/>

Complete five sets of six to eight reps

Sunday
Rest & review

Week 3 tip:
Getting ripped is tough. Week three is when many people lose focus so review your motivation and keep at it #BreaktheWall

MEAL INSPIRATION

Breakfast:
Greek Yogurt, Raspberries, Granola, Eggs

Lunch:
steak & lettuce burger

Dinner:
Shrimp, spinach salad & brown rice

Energy Boosters

Protein smoothie

Post workout shake

Protein-packed nuts

Breakfast:
Omelette with veggies & whole wheat bread

Lunch:
Whole wheat bagel with turkey & avocado

Dinner:
Steak, baked potato and mixed greens

Energy Boosters

Protein shake & natural peanut butter

Post workout Protein shake & banana

Cottage cheese, berries & nuts

Breakfast:
3 eggs, 3 eggs white, oatmeal & peanut butter

Lunch:
Whole wheat bagel with Tuna & mozzarella

Dinner:
Fish, brown rice & green veggies

Energy Boosters

Oatmeal-blend protein shake

Post workout: protein & peanut butter shake

Greek yogurt, flaxseeds & berries

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FUEL YOUR AMBITION

WEEK 04

Monday

Chest/triceps

- | | | | |
|-----------------------------|--------------------------|---|--------------------------|
| 1. Flat bench press | <input type="checkbox"/> | 2. Incline dumbbell bench press | <input type="checkbox"/> |
| 3. Incline dumbbell flys | <input type="checkbox"/> | 4. Dips (leaning forward) | <input type="checkbox"/> |
| 5. Narrow grip bench press. | <input type="checkbox"/> | 6. Standing triceps pushdowns on cables | <input type="checkbox"/> |

Complete five sets of six to eight reps

Tuesday

Back/Biceps

- | | | | |
|---------------------------|--------------------------|----------------------------|--------------------------|
| 1. Standing barbell curls | <input type="checkbox"/> | 2. Standing dumbbell curls | <input type="checkbox"/> |
| 3. Deadlifts | <input type="checkbox"/> | 4. Deadlifts | <input type="checkbox"/> |
| 5. Seated dumbbell curls | <input type="checkbox"/> | | |

Complete five sets of six to eight reps

Wednesday

Chest/triceps

- | | | | |
|-----------------------------|--------------------------|---|--------------------------|
| 1. Flat bench press | <input type="checkbox"/> | 2. Incline dumbbell bench press | <input type="checkbox"/> |
| 3. Incline dumbbell flys | <input type="checkbox"/> | 4. Dips (leaning forward) | <input type="checkbox"/> |
| 5. Narrow grip bench press. | <input type="checkbox"/> | 6. Standing triceps pushdowns on cables | <input type="checkbox"/> |

Complete five sets of six to eight reps

Thursday

Back/shoulder/abs

- | | | | |
|-------------------------------------|--------------------------|----------------------------|--------------------------|
| 1. Wide grip lat pulldowns | <input type="checkbox"/> | 2. Narrow grip pull ups | <input type="checkbox"/> |
| 3. Seated dumbbell shoulder press | <input type="checkbox"/> | 4. Bent over dumbbell rows | <input type="checkbox"/> |
| 5. Standing dumbbell Lateral raises | <input type="checkbox"/> | 6. Cable crunches | <input type="checkbox"/> |

Complete five sets of six to eight reps

Friday

Legs/abs

- | | | | |
|------------------------------|--------------------------|--|--------------------------|
| 1. Squats | <input type="checkbox"/> | 2. Leg press | <input type="checkbox"/> |
| 3. Seated leg extensions | <input type="checkbox"/> | 4. Seated calf raises | <input type="checkbox"/> |
| 5. Crunches on decline bench | <input type="checkbox"/> | 6. Cable crunches/ seated machine crunches | <input type="checkbox"/> |

Complete five sets of six to eight reps

Saturday

Chest/triceps

- | | | | |
|-----------------------------|--------------------------|---|--------------------------|
| 1. Flat bench press | <input type="checkbox"/> | 2. Incline dumbbell bench press | <input type="checkbox"/> |
| 3. Incline dumbbell flys | <input type="checkbox"/> | 4. Dips (leaning forward) | <input type="checkbox"/> |
| 5. Narrow grip bench press. | <input type="checkbox"/> | 6. Standing triceps pushdowns on cables | <input type="checkbox"/> |

Complete five sets of six to eight reps

Sunday

Rest & review

Week 4 tip:

Rest days don't have to mean being inactive. Try developing a foam rolling routine to ease muscle soreness ahead of your next gym visit.

WEEK 05

Monday

Legs/abs

- | | | | |
|------------------------------|--------------------------|--|--------------------------|
| 1. Squats | <input type="checkbox"/> | 2. Leg press | <input type="checkbox"/> |
| 3. Seated leg extensions | <input type="checkbox"/> | 4. Seated calf raises | <input type="checkbox"/> |
| 5. Crunches on decline bench | <input type="checkbox"/> | 6. Cable crunches/ seated machine crunches | <input type="checkbox"/> |

Complete five sets of six to eight reps

Tuesday

Chest/triceps

- | | | | |
|-----------------------------|--------------------------|---|--------------------------|
| 1. Flat bench press | <input type="checkbox"/> | 2. Incline dumbbell bench press | <input type="checkbox"/> |
| 3. Incline dumbbell flys | <input type="checkbox"/> | 4. Dips (leaning forward) | <input type="checkbox"/> |
| 5. Narrow grip bench press. | <input type="checkbox"/> | 6. Standing triceps pushdowns on cables | <input type="checkbox"/> |

Complete five sets of six to eight reps

Wednesday

Back/biceps

- | | | | |
|---------------------------|--------------------------|----------------------------|--------------------------|
| 1. Standing barbell curls | <input type="checkbox"/> | 2. Standing dumbbell curls | <input type="checkbox"/> |
| 3. Deadlifts | <input type="checkbox"/> | 4. Deadlifts | <input type="checkbox"/> |
| 5. Seated dumbbell curls | <input type="checkbox"/> | | |

Complete five sets of six to eight reps

Thursday

Legs/abs

- | | | | |
|------------------------------|--------------------------|--|--------------------------|
| 1. Squats | <input type="checkbox"/> | 2. Leg press | <input type="checkbox"/> |
| 3. Seated leg extensions | <input type="checkbox"/> | 4. Seated calf raises | <input type="checkbox"/> |
| 5. Crunches on decline bench | <input type="checkbox"/> | 6. Cable crunches/ seated machine crunches | <input type="checkbox"/> |

Complete five sets of six to eight reps

Friday

Back/shoulder/abs

- | | | | |
|-------------------------------------|--------------------------|----------------------------|--------------------------|
| 1. Wide grip lat pulldowns | <input type="checkbox"/> | 2. Narrow grip pull ups | <input type="checkbox"/> |
| 3. Seated dumbbell shoulder press | <input type="checkbox"/> | 4. Bent over dumbbell rows | <input type="checkbox"/> |
| 5. Standing dumbbell Lateral raises | <input type="checkbox"/> | 6. Cable crunches | <input type="checkbox"/> |

Complete five sets of six to eight reps

Saturday

Chest/triceps

- | | | | |
|-----------------------------|--------------------------|---|--------------------------|
| 1. Flat bench press | <input type="checkbox"/> | 2. Incline dumbbell bench press | <input type="checkbox"/> |
| 3. Incline dumbbell flys | <input type="checkbox"/> | 4. Dips (leaning forward) | <input type="checkbox"/> |
| 5. Narrow grip bench press. | <input type="checkbox"/> | 6. Standing triceps pushdowns on cables | <input type="checkbox"/> |

Complete five sets of six to eight reps

Sunday

Rest & review

Week 5 tip:

Why take a rest day? Your growth hormones are highest when you sleep so the muscle growth that you are working for will come when you rest.

WEEK 06

Monday

Chest/triceps

- | | | | |
|-----------------------------|--------------------------|---|--------------------------|
| 1. Flat bench press | <input type="checkbox"/> | 2. Incline dumbbell bench press | <input type="checkbox"/> |
| 3. Incline dumbbell flys | <input type="checkbox"/> | 4. Dips (leaning forward) | <input type="checkbox"/> |
| 5. Narrow grip bench press. | <input type="checkbox"/> | 6. Standing triceps pushdowns on cables | <input type="checkbox"/> |

Complete five sets of six to eight reps

Tuesday

Back/shoulder/abs

- | | | | |
|-------------------------------------|--------------------------|----------------------------|--------------------------|
| 1. Wide grip lat pulldowns | <input type="checkbox"/> | 2. Narrow grip pull ups | <input type="checkbox"/> |
| 3. Seated dumbbell shoulder press | <input type="checkbox"/> | 4. Bent over dumbbell rows | <input type="checkbox"/> |
| 5. Standing dumbbell Lateral raises | <input type="checkbox"/> | 6. Cable crunches | <input type="checkbox"/> |

Complete five sets of six to eight reps

Wednesday

Legs/abs

- | | | | |
|------------------------------|--------------------------|--|--------------------------|
| 1. Squats | <input type="checkbox"/> | 2. Leg press | <input type="checkbox"/> |
| 3. Seated leg extensions | <input type="checkbox"/> | 4. Seated calf raises | <input type="checkbox"/> |
| 5. Crunches on decline bench | <input type="checkbox"/> | 6. Cable crunches/ seated machine crunches | <input type="checkbox"/> |

Complete five sets of six to eight reps

Thursday

Back/biceps

- | | | | |
|---------------------------|--------------------------|----------------------------|--------------------------|
| 1. Standing barbell curls | <input type="checkbox"/> | 2. Standing dumbbell curls | <input type="checkbox"/> |
| 3. Deadlifts | <input type="checkbox"/> | 4. Deadlifts | <input type="checkbox"/> |
| 5. Seated dumbbell curls | <input type="checkbox"/> | | |

Complete five sets of six to eight reps

Friday

Legs/abs

- | | | | |
|------------------------------|--------------------------|--|--------------------------|
| 1. Squats | <input type="checkbox"/> | 2. Leg press | <input type="checkbox"/> |
| 3. Seated leg extensions | <input type="checkbox"/> | 4. Seated calf raises | <input type="checkbox"/> |
| 5. Crunches on decline bench | <input type="checkbox"/> | 6. Cable crunches/ seated machine crunches | <input type="checkbox"/> |

Complete five sets of six to eight reps

Saturday

Chest/triceps

- | | | | |
|-----------------------------|--------------------------|---|--------------------------|
| 1. Flat bench press | <input type="checkbox"/> | 2. Incline dumbbell bench press | <input type="checkbox"/> |
| 3. Incline dumbbell flys | <input type="checkbox"/> | 4. Dips (leaning forward) | <input type="checkbox"/> |
| 5. Narrow grip bench press. | <input type="checkbox"/> | 6. Standing triceps pushdowns on cables | <input type="checkbox"/> |

Complete five sets of six to eight reps

Sunday

Rest & review

Week 6 tip:

Take the day to review your process, nutrition and goals. Getting ripped takes time and commitment so stick with it and hit those goals.

MEAL INSPIRATION



Breakfast:

Granola with whole milk & banana



Lunch:

Turkey & bean chili burritos



Dinner:

Tuna steaks, with sweet potatoes & quinoa

Energy Boosters

Handful of almonds

Post workout protein shake & dark chocolate

High protein yogurt



Breakfast:

Poached egg with salmon & avocado



Lunch:

Chicken breast, salsa, brown rice & peppers



Dinner:

Chilli con carne with rolls of bread

Energy Boosters

Apple with peanut butter

Post workout protein shake & banana

Greek yogurt & nuts



Breakfast:

6 egg omelette (3 egg white) with spinach



Lunch:

Salmon, sweet potatoes & sesame seeds



Dinner:

Tuna, Pasta & Bolognese sauce

Energy Boosters

Flapjack

Post workout protein shake & nuts

Cottage cheese & berries