



## 60 DAY FITNESS PLAN

**60 Days to Fit** is a program designed to help you build muscle and gain strength through a complete 5 cycle training curriculum, nutrition plan, and bonus tips to help boost your progress. This program is everything you need to get you the results you are looking for in just 60 days time. So, what are you waiting for?



### GETTING STARTED: PROGRESS BOOSTING TIPS

→ Refocus your mentality going into the program.



- Remind yourself why you are starting this.
- Ask yourself: How badly do you want to see results?
- Learn to embrace the burn. When you feel you can't push yourself any further, dig deep!

→ Add supplements to your training and nutrition.  
(Not required for success in this program but can accelerate results.)



MUSCLE

- **BCAAs:** Aid in recovery and building lean muscle.
- **Protein:** Convenient option for supplementing your diet. Body can use the whey protein nutrients faster than whole food options. Ideal for post-workout nutrition.



STRENGTH

- **Creatine:** Taking pre or post workout can help you gain strength and size.
- **Glutamine:** Another great option for muscle recovery if your budget allows but also found naturally in foods like chicken, fish, eggs, and dairy.