

# MuscleTech \$50K Transformation Workout/Rehab Calendar - Month One

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
<b>A M</b>	<b>6:30 Interval Cardio</b>  Multivitamin Joint Stack (Full) Postworkout NTHC*	<b>6:30 Abs</b> <b>7:00 Cardio, Stepper</b>  Multivitamin Joint Stack (Full) Postworkout NTHC*	<b>6:30 Interval Cardio</b>  Multivitamin Joint Stack (Full) Postworkout NTHC*	<b>6:30 Abs</b> <b>7:00 Cardio, Stepper</b>  Multivitamin Joint Stack (Full) Postworkout NTHC*	<b>6:30 Interval Cardio</b>  Multivitamin Joint Stack (Full) Postworkout NTHC*	<b>Abs and Cardio</b> Saturday OR Sunday  Multivitamin Joint Stack (Full) Postworkout Protein
	<b>Diet Plan</b> 6x 450-500 cal meals > 200g of protien 12-20 cups of water	<b>Diet Plan</b> 6x 450-500 cal meals > 200g of protien 12-20 cups of water	<b>Diet Plan</b> 6x 450-500 cal meals > 200g of protien 12-20 cups of water	<b>Diet Plan</b> 6x 450-500 cal meals > 200g of protien 12-20 cups of water	<b>Diet Plan</b> 6x 450-500 cal meals > 200g of protien 12-20 cups of water	<b>Diet Open</b> Saturday OR Sunday  12-20 cups of water
<b>P M</b>	Preworkout NTHC*  <b>8:00 Rubberbands</b> 3-4 Supersets Chest: Chest Press Chest: Chest Flys Back: Wide Rows Back: Lat. Pulldowns Back: Upright Rows Back: Lateral Raises Back: Front Raises Arms: Bicep Curls Arms: Tricep Kicks  Joint Stack (Partial) Postworkout NTHC*	Preworkout NTHC*  <b>8:00 Shoulder Rehab</b> <i>as prescribed</i>      Joint Stack (Partial) Postworkout NTHC*	Preworkout NTHC*  <b>8:00 Dumbbells</b> <i>Circuit/Concentration</i> Bicep Curls Concentration Curls Hammer Curls Ticep Kickbacks Ticep Extensions Lying French Press Wrist Curls Grip Press  Joint Stack (Partial) Postworkout NTHC*	Preworkout NTHC*  <b>8:00 Shoulder Rehab</b> <i>as prescribed</i>      Joint Stack (Partial) Postworkout NTHC*	Preworkout NTHC*  <b>8:00 Rubberbands</b> 3-4 Supersets Chest: Chest Press Chest: Chest Flys Back: Wide Rows Back: Lat. Pulldowns Back: Upright Rows Back: Lateral Raises Back: Front Raises Arms: Bicep Curls Arms: Tricep Kicks  Joint Stack (Partial) Postworkout NTHC*	No lifting
	9:00 Free Tree / Study Time / Chores / Etc.					

\* NTHC = Nitro-Tech Hardcore