

Dr. Todd Miller

AdvoCare Sports Advisory Board

As promised to many of you, this is the workout / diet / supplement routine that I follow. There are a million different ways to reach a goal, so please understand that is what I do, and not necessarily what I would recommend for everyone. Also, I would do something like this for about 3-4 months, and then completely change the Exercise, Frequency, and Intensity, so this is really only a snapshot of my yearly plan.

**Exercises: 2 chest, 2 shoulder, 2 back, 2-3 leg, 1 abdominal
Frequency: M, W, F**

Intensity: 4 sets of 10 reps to failure on all sets (including abdominal)

Cardio: 1-2 days per week for 60 minutes, preferably some type of interval training. I do high intensity interval spinning, as does Heather. I personally believe that cardio is the least important component of the program, so don't feel bad if you get rid of it altogether.

Notes: Exercise should be multijoint movements whenever possible (e.g., a bench press is better than a chest fly). I did 2 sets per exercise while Heather does 1. I can't stress enough the importance of recording your reps and weights. Yes, this means you have to carry around a notebook or something. If you don't do this, I promise you your results will not be maximized. Always attempt to beat or at least match your loads and reps from the last workout. This is the only way to guarantee progress.

When you exceed your 10 rep goal, increase the load- 5 lbs for upper body exercises, 10 pounds for lower body exercises.

Change all of your exercises every 4-8 weeks. You will notice a plateau in strength, and at that time, change the exercises.

Notes on Diet:

For the sake of simplicity, I consume 1 gram of protein per pound of bodyweight, and try to keep my caloric intake around 2500-2600. However, I don't count any vegetables or fruit toward my caloric intake (too much trouble), but I eat a lot of them. Avoid processed and high glycemic index carbs. This does not mean you're on a low carb diet. You can calculate your caloric need by using the Harris Benedict Equation, found here: <http://www.bmi-calculator.net/bmr-calculator/harris-benedict-equation/>

You can also track your food intake (if you want to) using www.fatsecret.com This is an easy way to track protein and calories. Download the phone app so you can scan barcodes and search popular restaurant menus.

Supplement regimen:

Wake up and drink a Spark, take MNS yellow pack and 5 catalyst

30 minutes later have a Meal Replacement Shake and 2 MNS white packs

Preworkout: Muscle Fuel and Muscle Strength (also make sure you've eaten some protein within the hour prior to working out)

Postworkout: Post Workout Recovery (Immediately)

Pre lunch: MNS yellow pack

Mid afternoon: Spark & 5 Catalyst

Hour before dinner: Slim

I'll also throw some other things in there from time to time (muscle gain, mass impact), but the list above is the stuff I won't go without.

<http://www.bmi-calculator.net/bmr-calculator/harris-benedict-equation/>