



Top Level Strong in 42
42 Day Program
For Lean Muscle & Fat Loss

TopLevelStrong: ROAD MAP

Day 1

Food:

TopLevelStrong Week 1 Nutrition Plan

Supplements:

2 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 2

Food:

TopLevelStrong Week 1 Nutrition Plan

Supplements:

2 Fish Oil Caps with every meal
BCAAs Post Workout
Greens Powder

Training:

It is a shame for a
[woman]
to grow old without ever seeing

the **STRENGTH & BEAUTY**
of which **[her]** body is capable

Day 3

Food:

TopLevelStrong Week 1 Nutrition Plan

Supplements:

2 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 4

Food:

TopLevelStrong Week 1 Nutrition Plan

Supplements:

2 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 5

Food:

TopLevelStrong Week 1 Nutrition Plan

Supplements:

2 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

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Day 6

Food:

TopLevelStrong Week 1 Nutrition Plan

Supplements:

2 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Accept your past without regrets
Handle your present with
confidence and
Face your future without fear

Day 7

Food:

TopLevelStrong Week 1 Nutrition Plan

Supplements:

2 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

You don't get it by

Staring

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You don't get it by

Wishing

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You don't get it by

Drooling

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You don't get it by

Hoping

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You don't get it

Easy

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You get it by

Getting off your ass

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Working for it

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Every second

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Of every day

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For the rest of your life

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Day 8

Food:

TopLevelStrong Week 2 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 9

Food:

TopLevelStrong Week 2 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 10

Food:

TopLevelStrong Week 2 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 11

Food:

TopLevelStrong Week 2 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

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Day 12

Food:

TopLevelStrong Week 2 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:



Day 13

Food:

TopLevelStrong Week 2 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 14

Food:

TopLevelStrong Week 2 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

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Day 15

Food:

TopLevelStrong Week 3 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

The only place where
success comes
before work is in the dictionary

Day 16

Food:

TopLevelStrong Week 3 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 17

Food:

TopLevelStrong Week 3 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

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Day 18

Food:

TopLevelStrong Week 3 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:



Day 19

Food:

TopLevelStrong Week 3 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 20

Food:

TopLevelStrong Week 3 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

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Day 21

Food:

TopLevelStrong Week 3 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day by day, inch by inch, each rep, every workout, each failure, the more you push, the further you run, doin' it when you don't feel like it gets you closer to your goal.

Stay in it.

Day 22

Food:

TopLevelStrong Week 4 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 23

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Food:

TopLevelStrong Week 4 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

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Day 24

Food:

TopLevelStrong Week 4 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:



Day 25

Food:

TopLevelStrong Week 4 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 26

Food:

TopLevelStrong Week 4 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

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Day 27

Food:

TopLevelStrong Week 4 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

One day you will wake up and there wont be any more time to do the things you've always wanted. Do it now.

Paulo Coelho

Day 28

Food:

TopLevelStrong Week 4 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 29

Food:

TopLevelStrong Week 5 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

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Day 30

Food:

TopLevelStrong Week 5 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

NO

**NEGATIVE SELF
TALK, EXCUSES,
OR GIVING UP
ALLOWED HERE.**

Day 31

Food:

TopLevelStrong Week 5 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 32

Food:

TopLevelStrong Week 5 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

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Day 33

Food:

TopLevelStrong Week 5 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

If it is important to you, you
will find a way.

If not you'll find an excuse.

Day 34

Food:

TopLevelStrong Week 5 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 35

Food:

TopLevelStrong Week 5 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

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Day 36

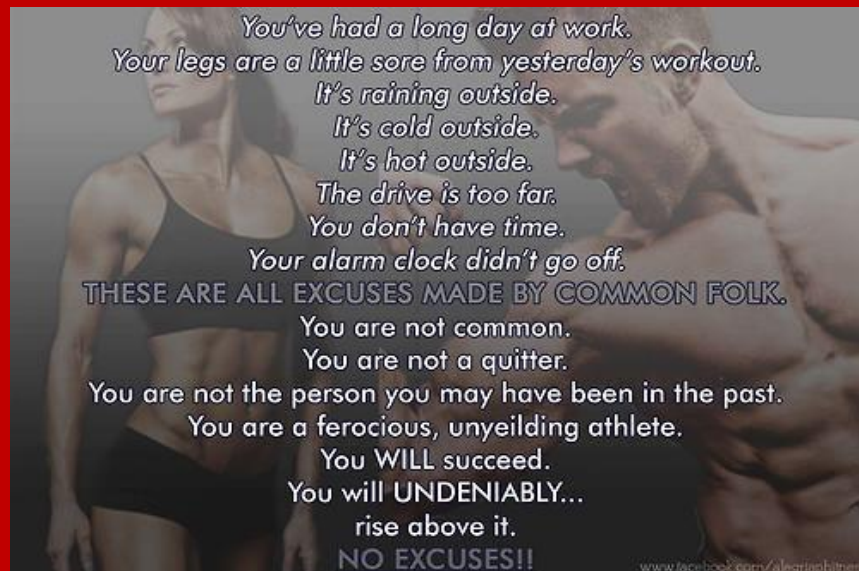
Food:

TopLevelStrong Week 6 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:



Day 37

Food:

TopLevelStrong Week 6 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 38

Food:

TopLevelStrong Week 6 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

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Day 39

Food:

TopLevelStrong Week 6 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Failure will never over take
me if my determination to
succeed is strong enough.

Day 40

Food:

TopLevelStrong Week 6 Nutrition Plan

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

Day 41

Food:

TopLevelStrong Week 6 Nutrition Plan
With limited water consumption

Supplements:

4 Fish Oil Caps with every meal
BCAAs Post Workout

Training:

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Day 42

**Celebrate
your
Victories!**

On the Day of Victory,
You won't be tired