



SWOLE AFTER WORK

**HOW TO BUILD MUSCLE, LOSE FAT, AND STAY CONSISTENT
WHEN YOU ACTUALLY HAVE A JOB**

A real-life fitness guide for busy, tired, hard-working people who need a plan that fits their life.

30-DAY REAL-LIFE FITNESS SYSTEM

Training • Meals • Reset Rules

By Swole Brother #1

DISCLAIMER

This guide is for educational and informational purposes only. It is not medical advice, and it is not a replacement for working with a doctor, registered dietitian, physical therapist, or qualified health professional.

Before starting any new workout, nutrition plan, or weight-loss plan, talk with your healthcare provider, especially if you have a medical condition, injury, take medication, or have not trained in a long time.

Fitness is not one-size-fits-all. Use common sense. Train with proper form. Start lighter than your ego wants. Stop if something feels sharp, painful, or unsafe.

The workouts and meal examples in this guide are practical tools. Your results depend on your effort, consistency, nutrition, recovery, and individual starting point.

The goal is not perfection. The goal is to build a plan you can actually repeat.

QUICK RULE

Train smart. Eat simple. Adjust when needed. Get back on track fast.



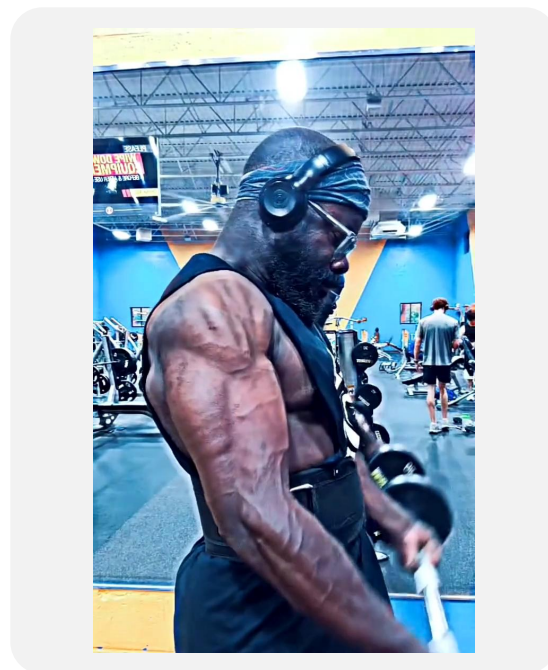
WHO THIS GUIDE IS FOR

This guide is for the person who actually has a job.

The person who wakes up early, works long hours, sits in traffic, gets home tired, and still wants to build a body they can be proud of.

This is for the person who says:

- I don't have time.
- I'm too tired after work.
- My job already wears me out.
- I can't train five days a week.
- I don't want to meal prep all Sunday.
- I do good for a few days, then life gets in the way.



If that sounds like you, this guide was built for you.

This is not a perfect influencer plan. This is not a six-meal-a-day bodybuilding fantasy. This is not a cute little motivation speech telling you to just want it bad enough.

Real life does not care how motivated you are. Bills still come. Work still starts early. Traffic still eats your time. Your body still gets tired.

If your fitness plan does not fit that reality, you will quit it.

You do not need a perfect plan. You need a plan that survives your actual life.

MY REAL SCHEDULE

I am not giving you this guide from some easy schedule where I wake up at 9 AM, drink a green juice, answer emails, and train whenever I feel like it.

I am an electrician. My real schedule is part of the reason this guide exists.

WORK

6 AM - 5 PM, Monday - Thursday

WAKE-UP

4:50 AM

SLEEP

About 5 hours

DRIVE

1 hour each way

GYM DAYS

Monday, Tuesday, Thursday, Friday

BEST TRAINING TIME

5:30 PM after work

HARDEST DAY

Legs

MOST SKIPPED

Legs

I am not pretending I never get tired. When I am tired from work, sometimes I skip the gym. When I am short on time, sometimes I skip cooking. When my body feels beat up, I change the workout volume. When I am too tired to cook, sometimes I eat fast food.

That is real life. The difference is this: one missed workout does not become a missed month. One fast-food meal does not become a weekend disaster. I get back on track fast.

SWOLE BROTHER NOTE

Work hard. Train smart. Eat simple. Adjust when needed. Get back on track fast.



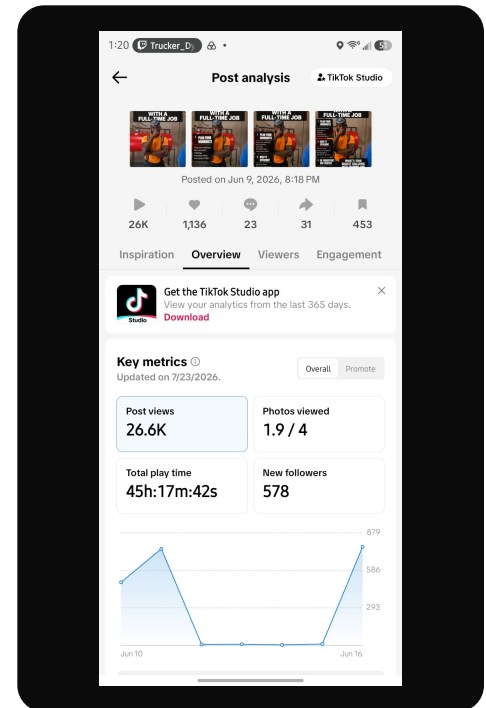
WHY NORMAL ADVICE FAILS

Most fitness advice sounds good until you actually have to live it.

Train five or six days a week. Meal prep all your food on Sunday. Get eight hours of sleep. Cook every meal at home. Track every gram. Never miss a workout.

That advice might work for somebody with a perfect schedule. But what about the person working 10 to 12 hours? What about the person waking up before sunrise? What about the person driving an hour to work and an hour back? What about the person working outside in the heat?

That person does not need more guilt. That person needs a better system.



FRAGILE PLAN

Only works when everything goes right.

STRONG PLAN

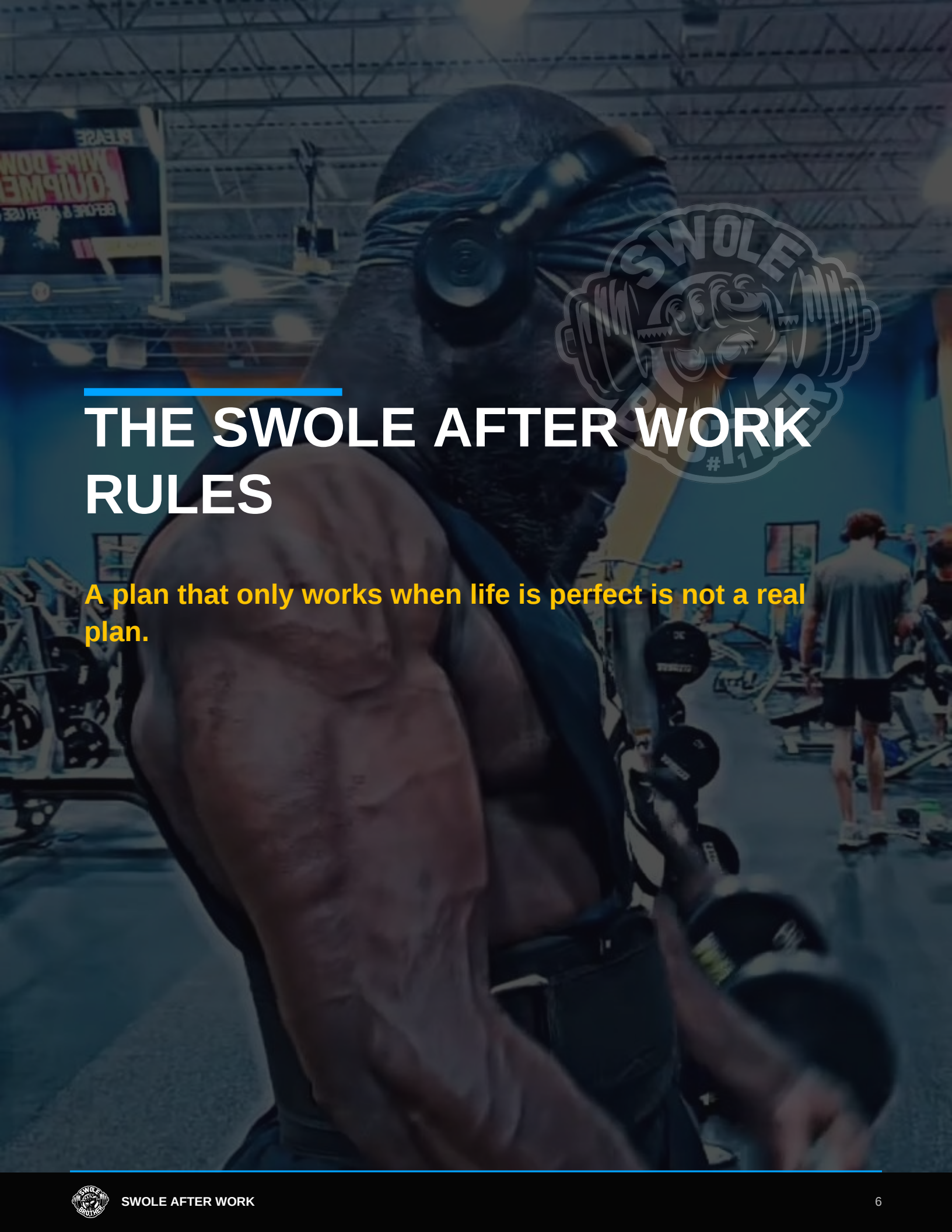
Still works when life gets messy.

REAL GOAL

Do the right things often enough to get results.

This guide is not about becoming a fitness robot. It is about becoming the kind of person who can stay consistent even when life is not convenient. That is how working people win.





THE SWOLE AFTER WORK RULES

A plan that only works when life is perfect is not a real plan.



THE RULES

1. FIT YOUR LIFE

A plan that only works when you are rested, motivated, off work, and stress-free is a fantasy.

2. NEVER MISS TWICE

Missing one workout is life. Disappearing for a month is the real problem.

3. PROTEIN FIRST

When life gets busy, start with protein. It anchors the meal.

4. SHORT WORKOUTS COUNT

A 30-minute workout beats sitting in the car talking yourself out of training.

5. SIMPLE MEALS BEAT PERFECT MEALS

Boring meals that work beat perfect meals you never make.

6. ADJUST VOLUME BEFORE YOU QUIT

When you are beat up, trim the workout down instead of skipping the whole thing.

7. GET BACK ON TRACK FAST

The people who win are not perfect. They reset faster.



THE 3-LEVEL TRAINING SYSTEM

Most workout plans fail working people because they only give you one option. But not every day is the same.

Some days you feel strong. Some days work beats you up. Some days you barely make it to the gym. This system gives you options so you can stay consistent without pretending every day is perfect.

LEVEL 1

Bare Minimum Plan

Tired days, long shifts, low sleep, bad traffic, or almost-skipped days. Get in, hit the important work, leave.

LEVEL 2

Working Person Plan

The main plan for most people most of the time. Hard enough to work, realistic enough to repeat.

LEVEL 3

Swole Brother Full Version

The harder version. More volume, more intensity, more recovery needed. Earn it.

REALITY CHECK

Do not let your ego pick the plan your schedule cannot recover from.



LEVEL 1: BARE MINIMUM

For tired days, long shifts, low sleep, and the days where you almost skipped. Pick 3 to 4 exercises. Do 2 to 3 hard sets. Use machines when possible. Get out in about 30 minutes.

Workout	Exercises	Sets
Back + Bi	Lat pulldown; seated row; chest-supported row; curl variation	2-3 each
Chest + Tri	Machine bench; incline press; machine fly; tricep pushdown	2-3 each
Shoulders	Lateral raise; rear delt; face pull; shrug	2-3 each
Legs	Hack squat; leg extension; seated leg curl; calf raise	2-3 each

SWOLE BROTHER NOTE

This is not soft. This is smart. The bare minimum workout is for the person who refuses to quit just because the day was not perfect.



LEVEL 2: WORKING PERSON

This is where most people should live. Not bare minimum. Not full savage mode. Just enough volume to grow while respecting your job, sleep, time, and recovery.

Workout	Exercises	Sets
Back + Bi	Lat pulldown; seated row; straight-arm pulldown; chest-supported row; barbell curl;	2-4 each
Chest + Tri	Machine bench; incline press; fly; overhead extension; pushdown	3-4 each
Shoulders	Lateral raise; rear delt; face pull; dumbbell shrug; barbell shrug	2-4 each
Legs	Hack squat; single-leg extension; seated leg curl; calf raise	3-5 each

QUICK RULE

Most progress comes from stacking solid workouts. Not every workout needs to be legendary.



LEVEL 3: FULL VERSION

This is the harder version. More volume. More intensity. More recovery needed. Use it when you are ready - not because your pride told you to.

Back + Biceps	Sets/Reps
Wide-grip lat pulldown	4-5 x 6-13
Seated row	3 x 7-12
Straight-arm pulldown	3 x 9-12
Chest-supported row	3 x 6-12
DB incline curl	2 x 8-12
Barbell curl	3 x 8-12
Hammer curl	3 x 10
Cable curl	3 x 10

Chest + Triceps	Sets/Reps
Machine bench press	5 x 6-12
Incline chest press	3 x 6-8
Machine fly	3 x 8
Single-arm cable ext.	2 x 15
Rope overhead ext.	3 x 15
V-bar pushdown	5 x 8-15

Shoulders	Sets/Reps
Machine lateral raise	5 x 6-15
Machine rear delt	4 x 12
Rope face pull	4 x 15
DB shoulder shrug	3 x 10-15
Barbell shrug	4 x 12-15

Legs	Sets/Reps
Hack squat	7 x 6-12
Single-leg extension	3 x 12
Seated leg curl	4 x 15
Calf raise	4 x 15-20

REALITY CHECK

More is not better if more makes you quit. Earn this version and recover from it.



THE 4-DAY WEEKLY SCHEDULE

Four quality workouts are enough to build muscle and make progress. The key is progressive overload, solid effort, and recovery - not collecting gym days.

Day	Training
Monday	Back + Biceps
Tuesday	Chest + Triceps
Wednesday	Rest / Work / Life
Thursday	Shoulders
Friday	Legs
Saturday	Optional cardio, steps, catch-up, or rest
Sunday	Groceries, simple food prep, reset

WHY FOUR DAYS WORKS

Four focused sessions beat six rushed sessions you cannot recover from. Track your reps or weight, train hard with clean form, and let recovery do its job.

OPTIONAL UPPER / LOWER VERSION

Day	Training
Monday	Upper A - chest, back, shoulders, arms
Tuesday	Lower A - quads, hamstrings, calves
Thursday	Upper B - back, chest, shoulders, arms
Friday	Lower B - quads, hamstrings, calves

MISSED-DAY RULE

Miss a day? Slide the schedule forward and keep the order. Do not double up because you feel guilty. Continue.

THE 3-DAY WORKING PERSON VERSION

Not everybody can train four days every week. Three good workouts you actually finish beat five workouts you keep missing.

Day	Focus	Exercises
Day 1	Pull	Pulldown; seated row; chest-supported row; rear delt/face pull; curl; hammer curl
Day 2	Push	Machine bench; incline press; fly; lateral raise; pushdown; overhead extension
Day 3	Legs + Shoulders	Hack squat; leg extension; leg curl; calf raise; rear delt; shrug

SWOLE BROTHER NOTE

This is not a weak plan. It is a realistic plan for busy weeks. Use the days you have and make them count.



THE WORKOUT THAT SAVES YOUR PROGRESS

If life gets crazy, do not skip the whole week. Use this 30-minute emergency workout instead. It is not designed to impress anybody. It is designed to keep you from disappearing.

30-MINUTE RULE

Pick 3 to 4 exercises. Do 2 to 3 hard sets each. Use machines or cables when possible. Keep rest tight without rushing your form. Get the work done and leave.

Workout	Emergency exercises
Back + Bi	Pulldown; seated row; chest-supported row; curl
Chest + Tri	Machine bench; incline press; fly; pushdown
Shoulders	Lateral raise; rear delt; face pull; shrug
Legs	Hack squat; leg extension; leg curl; calf raise

HOW TO RUN IT

- Warm up for 5 minutes and start the first working set.
- Stop each set with 1 to 2 clean reps left when you are exhausted.
- Skip random pump work, finishers, and extra exercises.
- Write down what you did so the session still counts as progress.

SWOLE BROTHER NOTE

A short workout is not a failed workout. It is proof that your system still works when the day does not.

HOW TO TRAIN WHEN YOU ARE TIRED

Being tired is real, especially when you work a physical job. You may have been on your feet all day, working outside, climbing ladders, carrying tools, or dealing with people for 10 hours. Then you still have traffic.

Tired does not always mean skip. Sometimes tired means adjust.

MENTALLY TIRED

Go to the gym anyway. Start the first exercise. Do not decide in the parking lot.

PHYSICALLY BEAT UP

Lower the volume. Use machines. Avoid sketchy movements. Keep clean reps.

SHORT ON SLEEP

Train, but do not be stupid. Avoid ego lifting. Cut one or two exercises if needed.

ALREADY SORE

Train a different body part if possible. Soreness is not always a badge of honor.

TIRED-DAY RULE

If you can get to the gym, start. If after 10 minutes you still feel terrible, switch to the bare minimum version.



INJURY PREVENTION FOR WORKING PEOPLE

Your job already puts stress on your joints, back, hands, shoulders, and legs. Training should build you up - not make you useless at work the next morning.

WARM UP 5-10 MINUTES

Raise your body temperature, move the joints you will train, and do lighter ramp-up sets before heavy work.

LEAVE 1-2 REPS IN RESERVE

Most working sets do not need to be all-out failure. Clean hard reps build muscle without turning every session into a recovery emergency.

TECHNIQUE BEFORE WEIGHT

Add load only when you can control it. If your form changes just to finish the rep, the weight is too heavy.

MODIFY PAIN - DO NOT IGNORE IT

Sharp pain is not toughness. Change the exercise, range of motion, load, or machine. Get medical help when pain persists.

ADJUST VOLUME FIRST

Keep the main movement, cut extra sets and finishers, use stable machines, and stop before your form gets ugly.

REALITY CHECK

The goal is not to prove how tough you are today. The goal is to stay healthy enough to train again and keep earning tomorrow.

THE LEG DAY PROBLEM

Leg day is the easiest workout to skip, especially when you work a real job.

If you are on your feet all day, climbing, walking, driving, bending, carrying tools, or working outside in the heat, your legs are already tired before you touch a hack squat.

I know because legs are my hardest day too. Legs are also the workout I am most likely to skip.

The rule is simple: do not make leg day perfect. Make it repeatable.



Version	Leg Day Plan
Bare Minimum	Hack squat 3 sets; extension 2; curl 2; calf raise 2
Working Person	Hack squat 4-5; extension 3; curl 3; calf raise 3
Full Version	Hack squat 7; extension 3; curl 4; calf raise 4

REALITY CHECK

A smaller leg workout done consistently beats a brutal leg workout you only do once every three weeks.

MISSED WORKOUT RESET RULES

You are going to miss workouts. That is not negative. That is reality.

The problem is not missing one workout. The problem is acting like one missed workout ruined everything.

DO NOT START THE WEEK OVER

If you miss a workout, continue with the next workout in order.

NEVER MISS TWICE IF YOU CAN HELP IT

One missed workout is life. Two starts becoming a pattern.

USE THE BARE MINIMUM VERSION

Do not cram two full workouts into one session because you feel guilty.

DO NOT PUNISH YOURSELF

No starvation. No extra cardio punishment. Just get back to work.

KEEP THE ORDER

Back + Bi, Chest + Tri, Shoulders, Legs. The body does not know it is Monday.

RESET MINDSET

Miss the workout. Feel annoyed for five minutes. Then make the next right move.





THE SWOLE AFTER WORK MEAL SYSTEM

Simple food. High protein. Low decision-making.



MEAL SYSTEM RULES

Most people do not need a fancy diet. They need fewer decisions. When you work long hours and train after work, your food plan has to be simple enough to survive your schedule.

PROTEIN FIRST

Every main meal should have a protein source: chicken, turkey, eggs, egg whites, Greek yogurt, whey, fish, lean beef, or rotisserie chicken.

PICK SIMPLE CARBS

Rice, sweet potatoes, bagels, oats, bananas, fruit, and potatoes are fuel. The issue is not carbs. The issue is having no plan.

KEEP VEGETABLES EASY

Frozen vegetables, broccoli, green beans, salad kits, and microwave bags count.

HAVE BACKUP MEALS

A meal plan with no backup is weak. Have food for tired nights, road days, and no-cook days.

REPEAT WHAT WORKS

Variety is nice. Consistency is necessary. Repeat meals you can actually stick to.





ROTISSERIE RESCUE PLATE

BEST FOR

- Dinner after work
- No-cook protein
- Grocery-store backup
- Travel or hotel meals

INGREDIENTS

- 6 oz rotisserie chicken
- 1 medium sweet potato
- 1 cup broccoli

ESTIMATED MACROS

- 475-575 calories
- 45-55g protein
- 40-55g carbs
- 10-20g fat

WHY IT WORKS

The chicken is already cooked. That removes the biggest excuse. The sweet potato gives you a solid carb source, and the broccoli gives you volume and fiber. Use this when you get off work tired and know cooking is not happening.

SWOLE BROTHER NOTE

When you are too tired to cook, buy the protein already cooked. That is not lazy. That is strategy.





WORK TRUCK DOG FOOD BOWL

BEST FOR

- Work lunch
- Meal prep
- Eating in the truck
- Long workdays

INGREDIENTS

- 6 oz ground turkey
- 3/4 cup rice
- 3/4 cup broccoli

ESTIMATED MACROS

- 425-525 calories
- 35-45g protein
- 35-50g carbs
- 10-18g fat

WHY IT WORKS

This meal is not here to win a cooking contest. It is here to keep you full, hit your protein, and stop you from eating random junk during the workday. Ground turkey is easy to batch cook, rice is cheap, and broccoli adds volume.

SWOLE BROTHER NOTE

It does not need to look pretty. It needs to work. Eat it, get back to work, and keep moving.



SWOLE SHAKE



BEST FOR

- Post-workout
- Quick breakfast
- Busy mornings
- Low-appetite days
- Bulking or maintenance

INGREDIENTS

- 1 cup chocolate Lactaid milk
- 1 scoop whey protein
- 1 banana
- 1/3 cup oats
- 1 tbsp peanut butter
- 1 tbsp honey

ESTIMATED MACROS

- 650-750 calories
- 35-45g protein
- 85-105g carbs
- 12-20g fat

WHY IT WORKS

This is fast fuel. You get protein, carbs, calories, and something easy to drink when you do not feel like cooking or chewing another meal. It works well for people trying to build muscle, maintain weight, or recover after training.

SWOLE BROTHER NOTE

Sometimes drinking your calories is the difference between saying you are trying to grow and actually giving your body enough food to grow.





EGGS AND KILLER BAGEL

BEST FOR

- Breakfast
- Pre-workout meal
- Morning shift fuel
- High-protein start

INGREDIENTS

- 2 whole eggs
- 6 egg whites
- 1/3 cup cheese
- 1 Dave's Killer Bagel
- 1 tbsp honey or spread

ESTIMATED MACROS

- 625-750 calories
- 45-55g protein
- 55-75g carbs
- 18-28g fat

WHY IT WORKS

The eggs and egg whites bring the protein. The bagel gives you carbs for work, training, and energy. The cheese adds flavor so the meal does not feel like punishment. Simple and repeatable.

SWOLE BROTHER NOTE

Protein, carbs, get moving. That is simple grown-man breakfast.



FAST MEAL PREP + BACKUP MEALS

You do not need to spend all Sunday cooking. Prep one protein, one carb, and keep two no-cook backups ready. That is enough to make the next few days easier.

15-MINUTE PREP FORMULA

Category	Easy choices
Protein	Rotisserie chicken, ground turkey, pre-cooked chicken, eggs
Carb	Microwave rice, bagels, oats, potatoes, fruit
Vegetable	Steamable broccoli, frozen vegetables, salad kit
Backup	Greek yogurt, whey shake, deli turkey, tuna packs

GRAB-AND-GO COMBOS

- Rotisserie chicken + microwave rice + steamable broccoli
- Greek yogurt + fruit + oats
- Protein shake + banana + bagel
- Deli turkey wrap + fruit
- Overnight oats + whey protein
- Pre-cooked chicken + salad kit

SIMPLE WEEKLY SETUP

Cook one batch of turkey or chicken. Make 3 to 4 servings of rice or potatoes. Keep frozen vegetables and two emergency proteins in the house. Repeat meals that work instead of chasing variety every day.

SWOLE BROTHER NOTE

When you are too tired to cook, having food already ready is not laziness. It is strategy.

FAST FOOD DAMAGE CONTROL

Sometimes fast food is going to happen. That does not mean the day is ruined. It means you need to make a better bad decision.

PROTEIN FIRST

Build the meal around chicken, burger patties, eggs, turkey, or lean meat when possible.

CONTROL THE SIDES

Pick one: fries, sweet drink, dessert, or extra sauce. Not all four.

DROP LIQUID CALORIES

Use water, diet soda, unsweet tea, or zero-calorie drinks when possible.

DO NOT TURN IT INTO A WEEKEND

One meal is not the issue. Friday night becoming Saturday and Sunday is the issue.

GET BACK TO NORMAL NEXT MEAL

Do not starve or punish yourself. Just go back to the plan.

BETTER CHOICES

- Grilled chicken sandwich
- Burger without fries
- Chicken bowl
- Egg breakfast sandwich
- Sub with lean protein

WORSE CHOICES

- Large combo meals
- Milkshakes
- Loaded fries
- Dessert + soda + fries
- Random tired-food decisions



EATING ON THE ROAD

If you work, travel, drive a lot, or eat in your vehicle, your food plan has to survive the road. A perfect kitchen plan does not help when you are sitting in a truck, running between jobs, or working out of town.

PORTABLE PROTEIN

Protein shakes, Greek yogurt, tuna packs, deli turkey, boiled eggs, rotisserie chicken, beef jerky.

SIMPLE CARBS

Bananas, bagels, oats, rice cakes, microwave rice, fruit, wraps, potatoes.

COOLER BAG

A small cooler bag can save your whole plan. Do not rely on gas stations to make every food decision.

GAS STATION PLAN

Look for Greek yogurt, protein shakes, jerky, bananas, boiled eggs, water, zero-calorie drinks.



SWOLE BROTHER NOTE

If your life happens on the road, your fitness plan better work on the road. Stop building plans that only work in a perfect kitchen.

SIMPLE GROCERY LIST

You do not need a cart full of fancy food. You need repeatable basics that make it easier to hit protein, stay full, and avoid random trash when life gets busy.

PROTEIN

- Rotisserie chicken
- Ground turkey
- Chicken breast
- Eggs
- Egg whites
- Greek yogurt
- Whey protein
- Deli turkey
- Tuna packs
- Lean beef
- Cottage cheese

CARBS

- Rice
- Sweet potatoes
- Dave's Killer Bagels
- Oats
- Bananas
- Microwave rice
- Wraps
- Potatoes
- Fruit
- Rice cakes

VEGETABLES

- Broccoli
- Frozen vegetables
- Green beans
- Salad kits
- Steamable bags
- Baby carrots
- Spinach

EXTRAS

- Chocolate Lactaid milk
- Peanut butter
- Honey
- Light cheese
- Zero-calorie drinks
- Seasonings
- Low-calorie sauces
- Meal prep containers
- Cooler bag

BASIC PLAN

Pick 2-3 proteins, 2 carbs, 2 vegetables, 1 easy breakfast, and 1 emergency food option. That is enough to start.



YOUR FIRST 7-DAY ACTION PLAN

Do not try to change your whole life in one week. This first week is about proving you can start.

DAY 1

Pick your training level: Bare Minimum, Working Person, or Full Version.

DAY 2

Plan 3 or 4 training days. Do not just say you will go when you can.

DAY 3

Pick two repeatable meals from this guide.

DAY 4

Buy backup food before you need it.

DAY 5

Do one short workout if the week is already messy.

DAY 6

Check your weekend before it erases your week.

DAY 7

Reset. What worked? What failed? What needs to be easier next week?

WANT A PLAN BUILT AROUND YOUR REAL LIFE?

Get personalized training, nutrition guidance, weekly check-ins, and accountability through the SAP 8-Week Coaching Program.

[APPLY FOR SAP COACHING](#)

QUICK RULE

Do not change everything every three days. Give the system time to work.



WEEKLY RESET CHECKLIST

Use this once a week. The goal is to start the week with fewer decisions.

TRAINING

- ☐ Pick workout days
- ☐ Know which workout comes first
- ☐ Plan leg day
- ☐ Plan around overtime
- ☐ Have a missed-day backup
- ☐ Choose Level 1, 2, or 3

FOOD

- ☐ Protein ready
- ☐ Vegetables ready
- ☐ Food for work ready
- ☐ Carbs ready
- ☐ Backup meals ready
- ☐ Road food/cooler ready

RECOVERY + MINDSET

- ☐ Check actual sleep
- ☐ Lower volume if needed
- ☐ Stretch or walk if needed
- ☐ Notice beat-up joints
- ☐ Avoid ego lifting
- ☐ Plan the next right move

RESET RULE

Do not use this checklist to beat yourself up. Use it to make the next week easier.



FINAL WORD

You do not need fitness to take over your whole life. You need fitness to fit inside your real life. That is the difference.

Most people quit because they build plans for the version of themselves that has perfect energy, perfect time, perfect sleep, perfect food, and perfect motivation. That version does not show up every day.

The real version of you has work, bills, traffic, fatigue, stress, family, overtime, bad sleep, missed meals, and long days.

That is the version that needs the plan.

If you only train when life is convenient, you will always be starting over. If you only eat right when your schedule is easy, you will always be stuck.

Do the short workout. Eat the simple meal. Buy the cooked protein. Lower volume when needed. Get back on track fast.

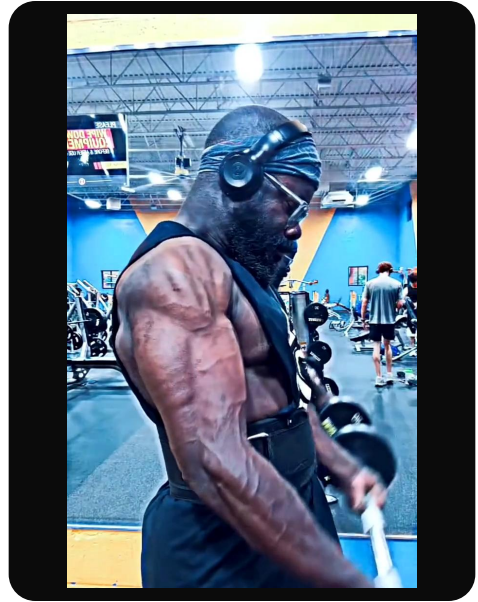
That is how working people win.

Not by doing everything perfect one time. By doing enough, often enough, for long enough.

You have a job. You have responsibilities. You have real life in the way.

Good.

Build the body anyway.





FIND ME EVERYWHERE

SWOLE BROTHER #1

Real fitness for people with real jobs.

Training. Meals. Discipline. Accountability.

THE SAP 8-WEEK COACHING PROGRAM

READY FOR A PLAN BUILT SPECIFICALLY FOR YOU?

Personalized training and nutrition guidance built around your goals, work schedule, experience, and real life.

Personalized plan | Weekly check-ins | Accountability | Adjustments

APPLY FOR SAP COACHING

Tap the button or scan the QR code
forms.gle/h1gawZZ1qK4hfdTcA



WHAT TO DO NOW

- ✓ Pick your training level.
- ✓ Pick your workout days.
- ✓ Pick two repeatable meals.
- ✓ Buy backup food.
- ✓ Run the system for four weeks.

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