

UP-DX.COM

WANT TO LEARN OUR FITNESS JOURNEY?



DISCLAIMER

DON'T LISTEN OR DO ANYTHING WE SAY UNTIL YOU CONSULT WITH A DOCTOR OR PHYSICAL TRAINER FIRST.

@ UPDXNUTRITION



UP-DX.COM

MENS STRENGTH

STRENGTH IS DONE IN THE GYM & HARD WORK, HOWEVER TAKING THESE SUPPLEMENTS CAN HELP SUPPLEMENT YOUR SUCCESS

TRY THESE THINGS OUT AND LET US KNOW WHAT YOU THINK

THESE ARE WHAT I TOOK AND TAKE TO SEE THE BEST RESULTS WHEN WORKING OUT A LOT AND TRYING TO FOCUS ALL THE TIME, SUPPLEMENTS CAN HELP YOU STAY MOTIVATED, REPAIR, AND SEE RESULTS.

TYPICAL DIETS AND WORK SCHEDULE ARE HARD TO GET ORGANIC SUPERFOODS THAT HELP FIGHT FREE RADICALS IN OUR BODY. COLLAGEN IS GREAT, BUT GRASS FED COLLAGEN IS EVEN BETTER. WE STOP PRODUCING IT NATURALLY, SO WE SHOULD ALL BE TAKING IT AS SUPPLEMENT AT SOME POINT. IT ALSO HELPS YOU LOOK YOUNG.

STRENGTH WORKOUTS (3-6 DAYS A WEEK)

IF YOU ONLY HAVE 3-4 DAYS, DO THE PUSH, PULL, LEGS WORKOUTS. OTHERWISE, CHOOSE A MUSCLE GROUP.



WHEY PROTEIN |
CHOCOLATE | 28 Servings
\$43.00



BCAA SHOCK | 45 Servings
\$46.00



NITRIC SHOCK PRE-
WORKOUT
\$51.00



CREATINE MONOHYDRATE |
60 Servings
\$36.00

UP-DX.COM

MENS STRENGTH



PUSH, PULL, LEGS

- PUSH DAY : CHEST, TRICEPS

4 SETS OF 6 REPS : FLAT BENCH, INCLINE DB, TRI-EXTENSIONS, TRI-KICKBACKS, CABLE OR PEC-DECK MACHINE, END WITH PUSH UPS

- PULL DAY : BACK, BICEPS

4 SETS OF 6 REPS : WIDE GRIP ROWS, NARROW GRIP ROWS, PULL DOWNS, ONE ARMED ROWS DB, DB CURLS, BARBELL CURLS, PULL UPS

- LEGS DAY : LEGS, SHOULDERS

4 SETS OF 7 REPS : SQUATS, DEADLIFT, LUNGES (EACH LEG),

SUPPLEMENT BREAKDOWN

HOW WE ENCOURAGE TO TAKE THESE SUPPLEMENTS (GO SEE YOUR DOCTOR FIRST BEFORE TAKING ANY OF OUR ADVICE)

IS :

- TAKE THE PROTEIN IN THE MORNING, AFTER WORKING OUT, AND AT NIGHT.

- DRINK THE BCAA'S THROUGHOUT THE DAY

- TAKE THE PRE-WORKOUT BEFORE YOU WORKOUT TO GET FOCUSED

- TAKE CREATINE TWICE A DAY OR JUST ONCE IN THE EVENING



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MENS STRENGTH

CLASSIC WORKOUT

**DON'T HAVE TO RECREATE THE WHEEL
PYRAMID SETS : 8 X 6 X 4 X 2
TYPICALLY 4-5 OF THESE WORKOUTS A DAY WORKS
GREAT.**

**CHEST DAY : FLAT BENCH, INCLINE BENCH, DECLINE
BENCH**

**CABLE CROSS, NARROW GRIP, WIDE GRIP,
COMPOUND FOR POWER SLOW TWITCH, ISOLATED FOR
FAST TWITCH, DUMBBELL HELPS WITH SYMMETRY.**

**BACK DAY : LAT PULL DOWNS, SEATED ROWS, NARROW
GRIP ROWS, WIDE GRIP ROWS, ONE ARM ROWS, BENT
OVER ROWS, DEADLIFTS?**

**LEG DAY : SQUATS, DEADLIFTS, LUNGES, LEG CURLS, LEG
EXTENSIONS, SUMO DEADLIFTS, HACK SQUATS, CALF
RAISES**

**BICEPS : ARNOLD CURLS, PREACHER CURLS, INSIDE GRIP
CURLS, OUTSIDE GRIP CURLS, DUMBBELL CURLS.**

**TRICEPS : SKULL CRUSHERS, DUMBBELL OVER HEAD,
TRICEP KICKBACKS, DIPS, CABLE PRESS DOWNS.**

**SHOULDERS : MILITARY PRESS, FRONT RAISES, LATERAL
RAISES.**

FOREARMS, CALVES, ABS

UP-DX.COM



WOMENS STRENGTH

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TRY THESE THINGS OUT AND LET US KNOW WHAT YOU THINK

THESE PRODUCTS ARE OUR MOST SOLD PRODUCTS TO WOMEN WHO WANT TO GAIN MUSCLE

WHEN WORKING OUT A LOT AND TRYING TO FOCUS ALL THE TIME, SUPPLEMENTS CAN HELP YOU STAY MOTIVATED, REPAIR, AND SEE RESULTS.

TYPICAL DIETS AND WORK SCHEDULE ARE HARD TO GET ORGANIC SUPERFOODS THAT HELP FIGHT FREE RADICALS IN OUR BODY. COLLAGEN IS GREAT, BUT GRASS FED COLLAGEN IS EVEN BETTER. WE STOP PRODUCING IT NATURALLY, SO WE SHOULD ALL BE TAKING IT AS SUPPLEMENT AT SOME POINT. IT ALSO HELPS YOU LOOK YOUNG.

STRENGTH WORKOUTS (3-6 DAYS A WEEK)

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GRASS FED COLLAGEN | 35
Servings
\$54.00

WHEY PROTEIN |
CHOCOLATE | 28 Servings
\$43.00

BCAA SHOCK | 45 Servings
\$46.00

FEMALE ENHANCEMENT
\$30.00

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WOMENS STRENGTH

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SUPPLEMENT BREAKDOWN

HOW WE ENCOURAGE TO TAKE THESE SUPPLEMENTS (GO SEE YOUR DOCTOR FIRST BEFORE TAKING ANY OF OUR ADVICE)

IS :

- TAKE THE COLLAGEN IN THE MORNING WITH A HOT LIQUID AND FLAVOR.. WE PREFER PUTTING IT IN COFFEE OR TEA.

- TAKE THE WHEY PROTEIN IN THE MORNING AND AFTER A WORKOUT

- DRINK THE BCAA'S AS A PRE-WORKOUT OR JUST THROUGHOUT THE DAY

- TAKE THE FEMALE ENHANCEMENT PILL AFTER BREAKFAST

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WOMENS STRENGTH

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RAISES.**

FOREARMS, CALVES, ABS

ALSO ON UP-DX.COM

BEAUTY PACKAGE



BEAUTY IS IMPORTANT AND LOOKING LIKE YOU GIVE A DAMN ABOUT YOURSELF IS ATTRACTIVE NOT ONLY TO OTHER PEOPLE, BUT MAINLY YOURSELF!

TRY THESE THINGS OUT AND LET US KNOW WHAT YOU THINK

THESE BEAUTY PRODUCTS ARE FOR MEN AND WOMEN AND SHOULD BE USED DAILY

VITAMIN C SERUM IS SAFE FOR MOST SKIN TYPES. VITAMIN C HAS AN EXCELLENT SAFETY PROFILE AS YOU APPLY THE TINCTURE TO YOUR SKIN TO ENCOURAGE ...

- IT'S HYDRATING. ...
- IT'S BRIGHTENING. ...
- IT HELPS REDUCE REDNESS AND EVEN OUT YOUR SKIN TONE. ...
- IT HELPS FADE HYPERPIGMENTATION. ...
- IT REDUCES THE APPEARANCE OF UNDER-EYE CIRCLES. ...
- IT PROMOTES COLLAGEN PRODUCTION. ...
- IT MAY HELP PREVENT SKIN SAGGING.

HAIR GUMMIES ARE GREAT FOR STRENGTH, LENGTH, AND MANAGEMENT OF HAIR ENCOURAGED AND FOCUSED VITAMINS.

COLLAGEN ACCOUNTS FOR 30% OF YOUR BODY'S PROTEIN. IT PROVIDES STRUCTURE, SUPPORT OR STRENGTH TO YOUR SKIN, MUSCLES, BONES AND CONNECTIVE TISSUES. SCIENTIFIC RESEARCH IS LACKING FOR MOST COLLAGEN SUPPLEMENTS, BUT A WELL-BALANCED DIET GIVES YOUR BODY THE RAW INGREDIENTS IT NEEDS TO HELP IT MAKE COLLAGEN NATURALLY. WE USE THE BEST GRASS FED COLLAGEN THAT WE CAN FIND.

HAIR OIL IS GREAT FOR HYDRATING THE HAIR.



VITAMIN C SERUM

\$22.00



HAIR GUMMIES | 30 Servings

\$23.00



GRASS FED COLLAGEN | 35

Servings

\$54.00



HAIR OIL (Eucalyptus Mint)

\$26.00



ALSO ON UP-DX.COM

HEALTH PACKAGE

BEING HEALTHY IS A BROAD STATEMENT, BUT THESE FOUR PRODUCTS HELP OUR WESTERN DIETS AND BUSY SCHEDULES

TRY THESE THINGS OUT AND LET US KNOW WHAT YOU THINK

MAINTAINING MUSCLE AND HAVING THE MINDSET DAILY IS CRUCIAL TO OVERALL HEALTH

GUT HEALTH IS EXTREMELY IMPORTANT FOR OVERALL HEALTH. WE TRY TO HELP SUPPLEMENT YOUR DIET WITH THESE PRODUCTS.

TYPICAL DIETS AND WORK SCHEDULE ARE HARD TO GET ORGANIC SUPERFOODS THAT HELP FIGHT FREE RADICALS IN OUR BODY. COLLAGEN IS GREAT, BUT GRASS FED COLLAGEN IS EVEN BETTER. WE STOP PRODUCING IT NATURALLY, SO WE SHOULD ALL BE TAKING IT AS SUPPLEMENT AT SOME POINT. IT ALSO HELPS YOU LOOK YOUNG.

MAINTENANCE WORKOUTS
(BARE MINIMUM EVERYDAY)

1-3 OF THESE DAILY IS IMPORTANT TO DO FOR YOUR MENTAL MOTIVATION & YOUR PHYSICAL HEALTH

- PUSH UPS 25-200, DOESN'T HAVE TO BE CONSTANT
- PULL UPS 10-100, DOESN'T HAVE TO BE CONSTANT
- AIR SQUATS 25-200, DOESN'T HAVE TO BE CONSTANT



ORGANIC SUPERFOOD | 30
Servings - WATERMELON

\$44.00



GRASS FED COLLAGEN | 35
Servings

\$54.00



PROBIOTIC 40 BILLION
\$29.00



ORGANIC TURMERIC | 60
Servings

\$29.00

BODY TYPES & 3 DIETS

These 3 Diets have helped us

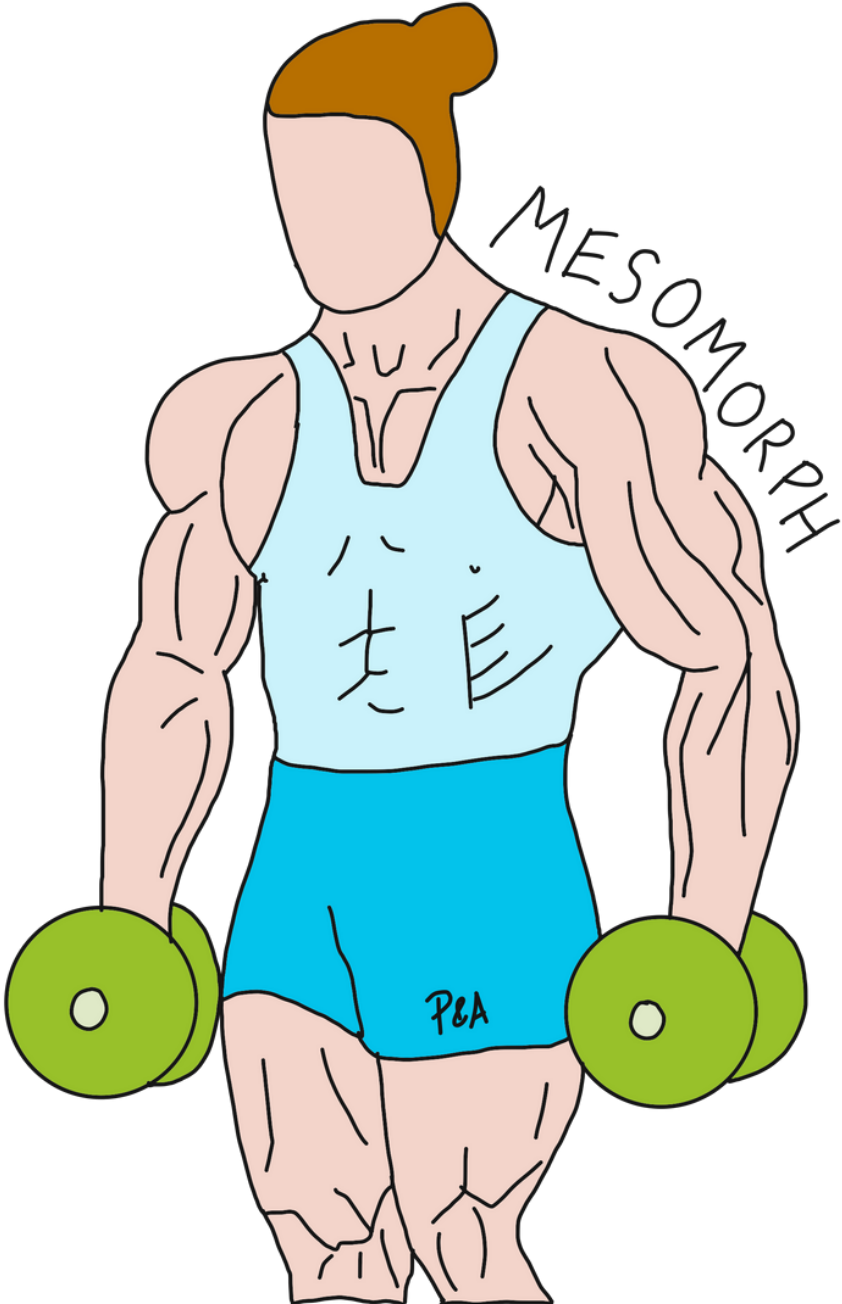
1. MACRO NUTRITION

2. KETO DIET

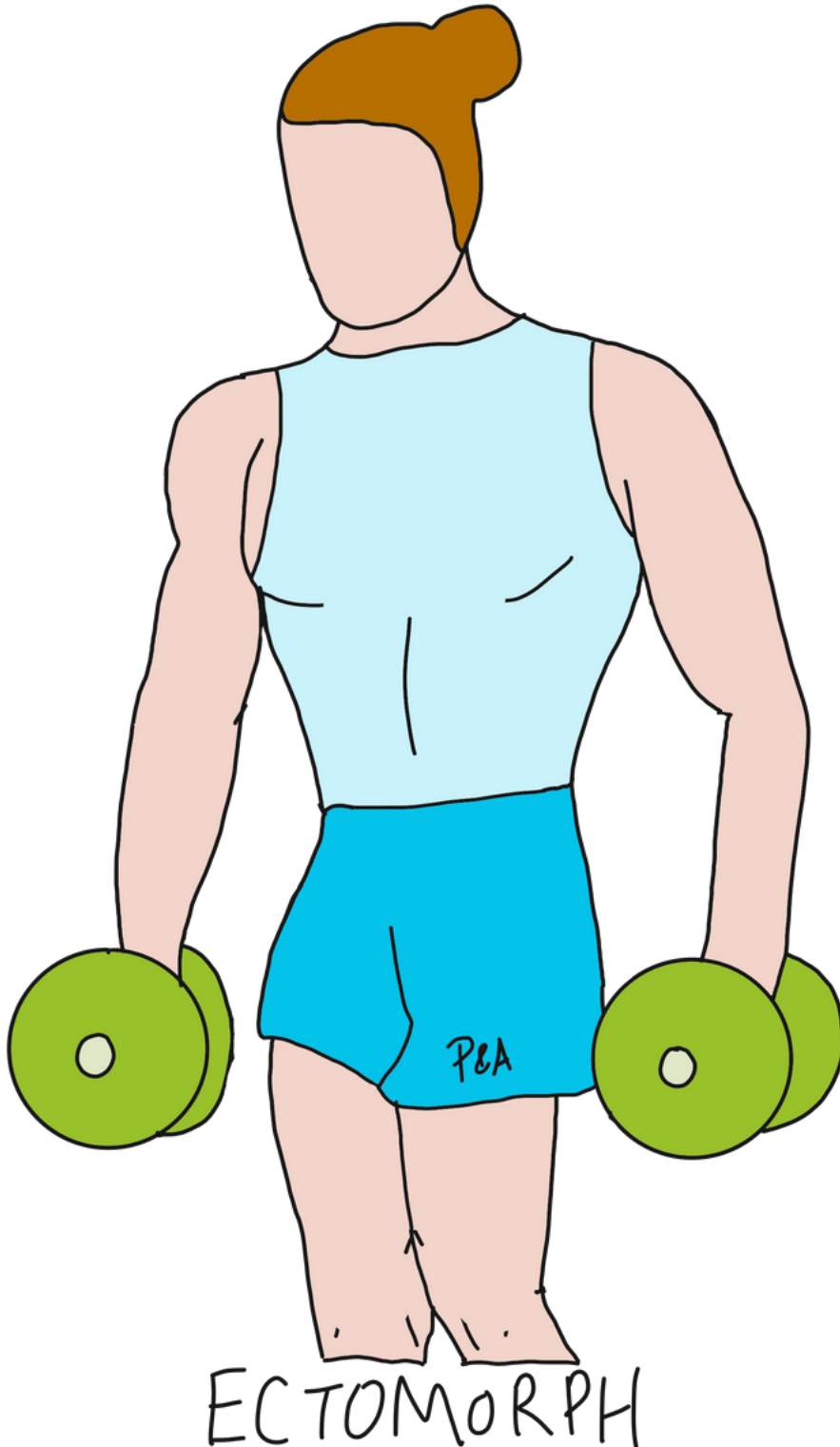
3. ELIMINATION, WHOLE FOOD

IMPORTANT : Learn your body type and goals you want to achieve first. Be realistic and don't stress about dieting. It shouldn't be that hard if you have good quality nutrition and have a great mindset to perform daily, even when you don't want to.

Body Type
"MESOMORPH"
Genetically Jacked



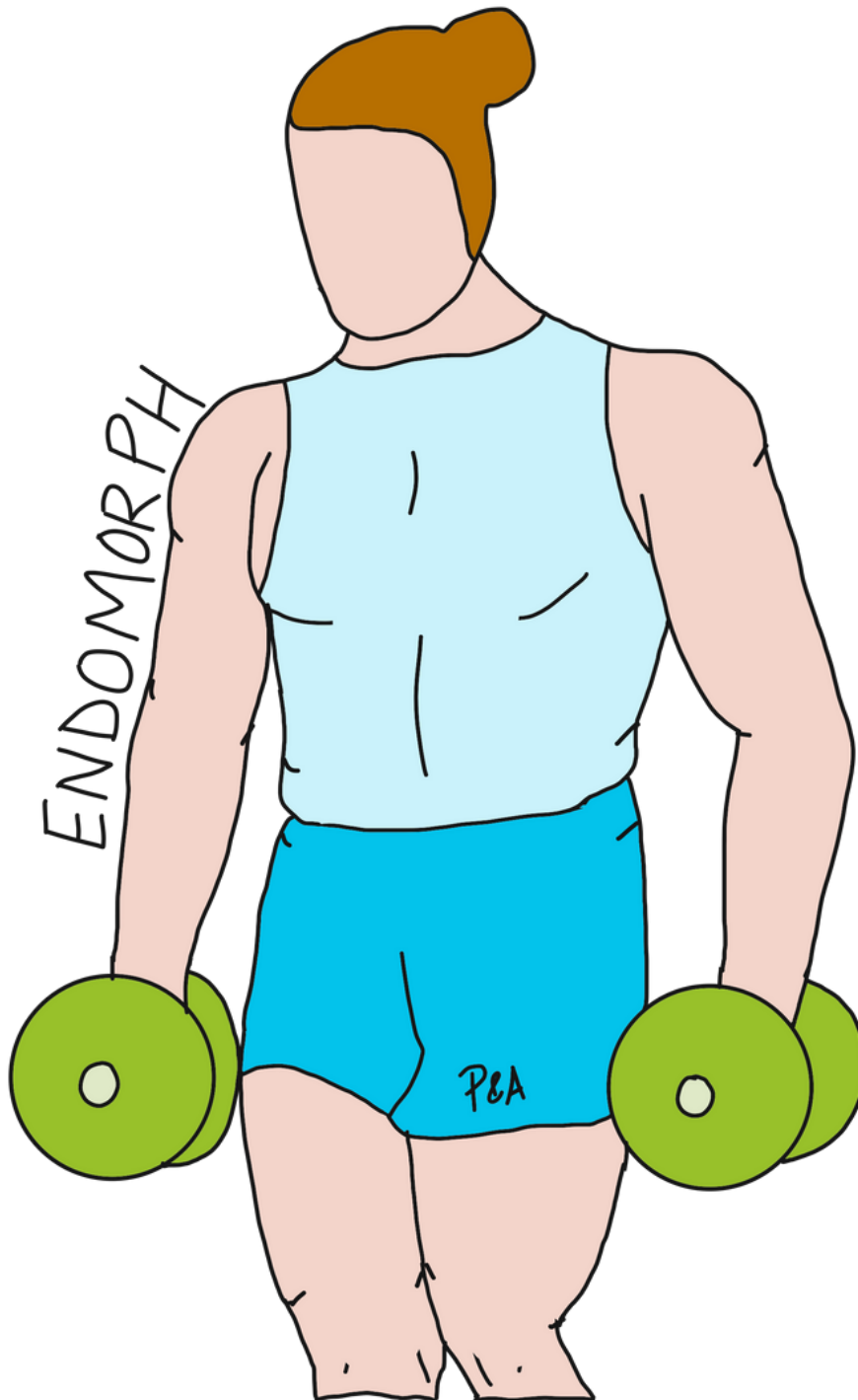
Body Type
"ECTOMORPH"
Genetically Skinny



Body Type

"ENDOMORPH"

Genetically Fat / Getting Older



Diet

"MACRO NUTRITION"

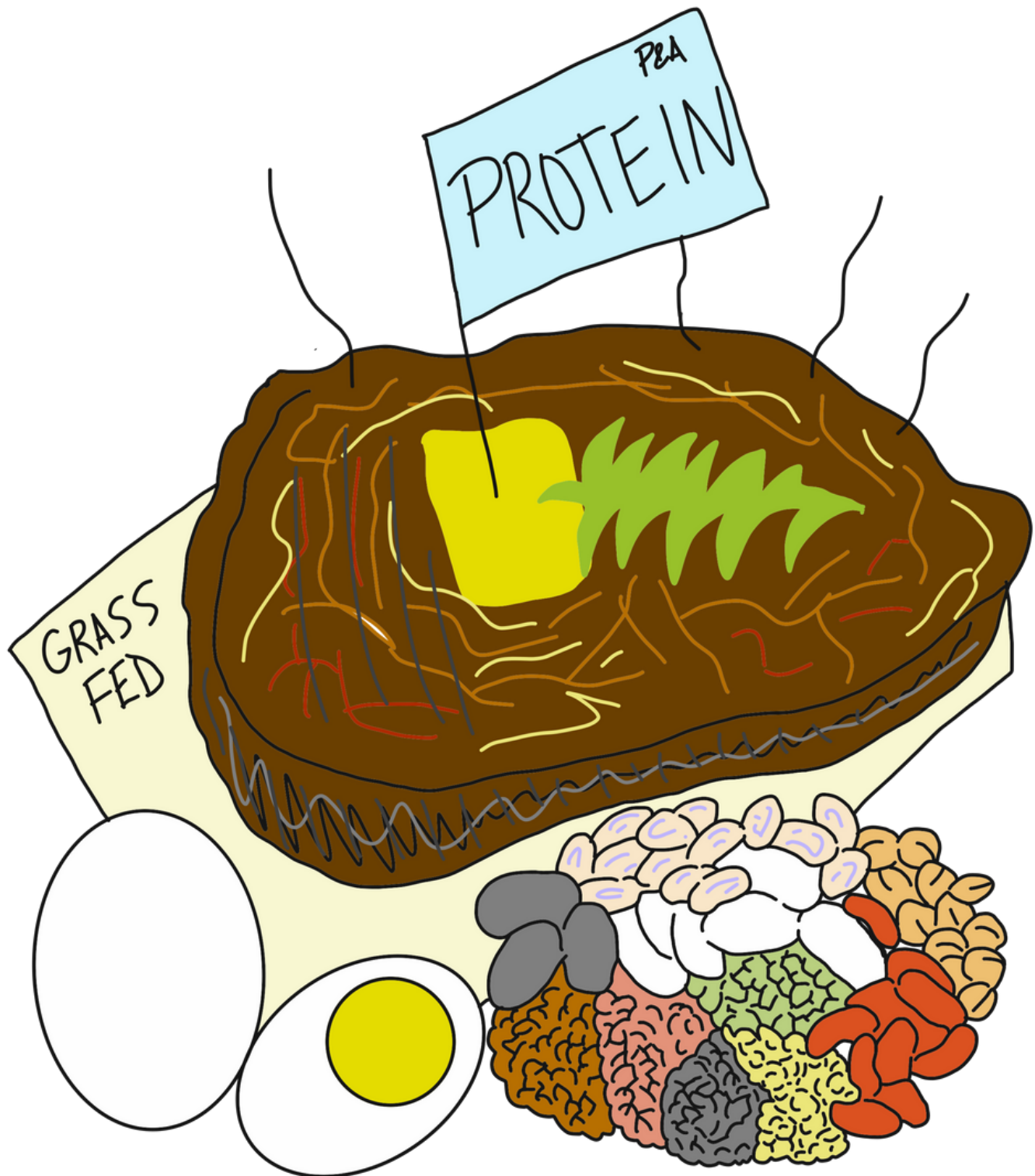
Tracking your Carbs, Fats & Sugars



Diet

"KETO"

Avoid Carbs & Sugar, Eat Protein & Fat



Diet

"ELIMINATION"

- Just eating whole foods, organic, avoiding shit foods & over consumption.



13 WORKOUTS

13 Workouts to Learn

CHEST

1. **Compound Chest Workouts**

2. **Upper Chest Workouts**

3. **Lower Chest Workouts**

4. **Side Chest Workouts**

BACK

5. **Upper Back Workouts**

6. **Compound Back Workouts**

7. **Lower Back Workouts**

LEGS

8. **Quad Workouts**

9. **Hamstring Workouts**

10. **Glute Workouts**

11. **Calf & Forearm workouts (Daily)**

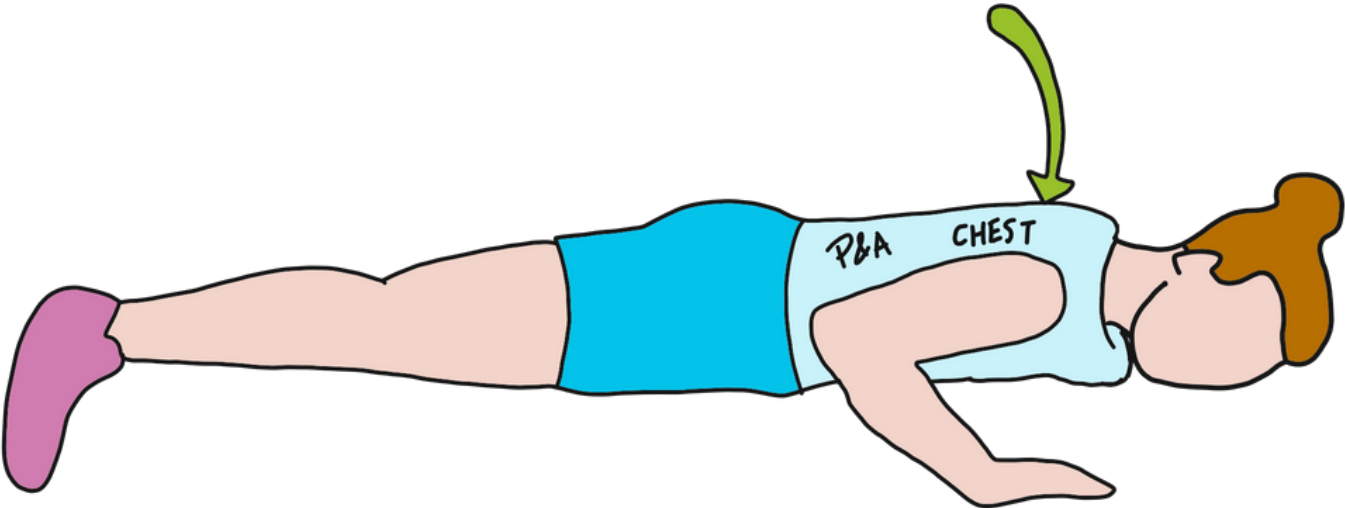
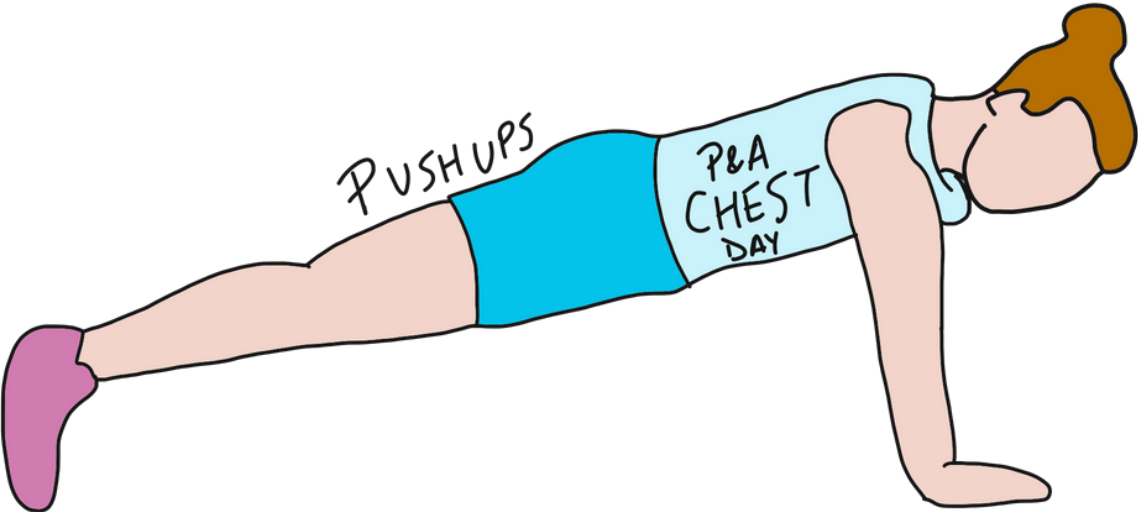
12. **Arm Workouts (Biceps, Triceps, Shoulders)**

13. **Yoga**

IMPORTANT : Learn how to perform form first to all workouts you attempt first so you don't hurt yourself. Know how much weight you can do or try without hurting yourself. Diet first, Workout Second. 2-6 x WK

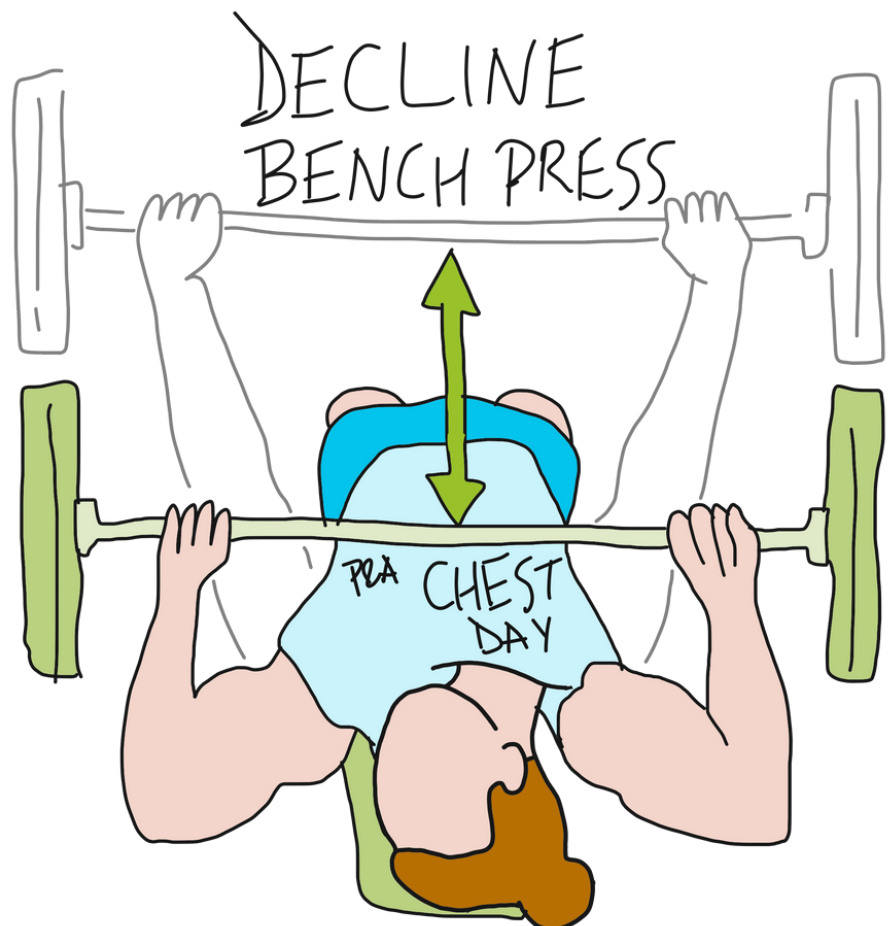
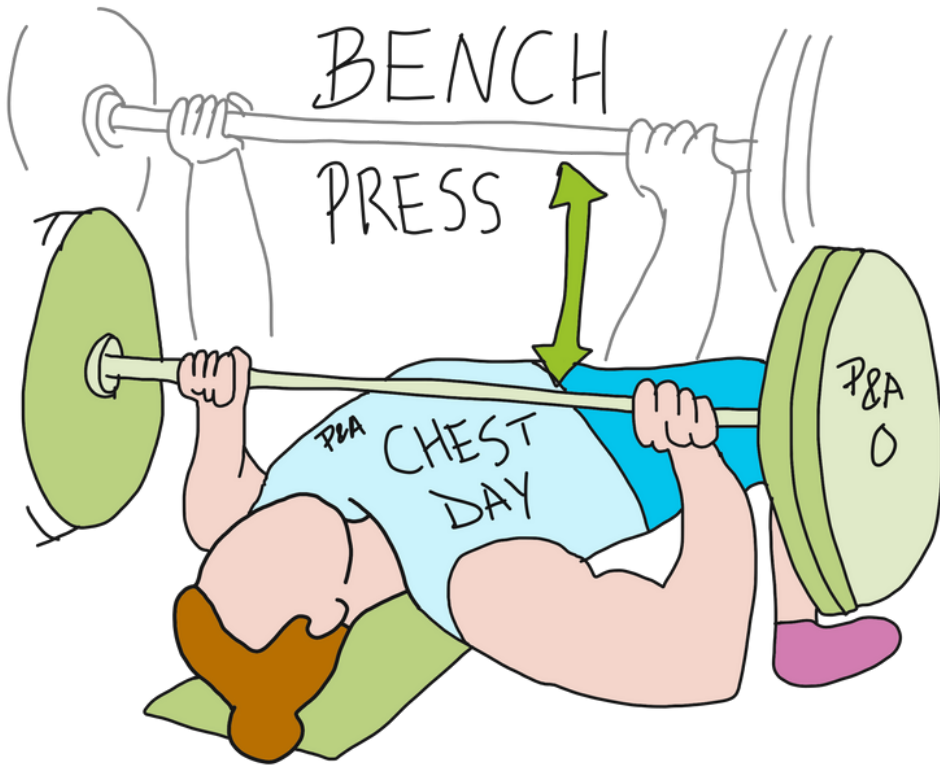
Chest

"BODY WEIGHT - CHEST"



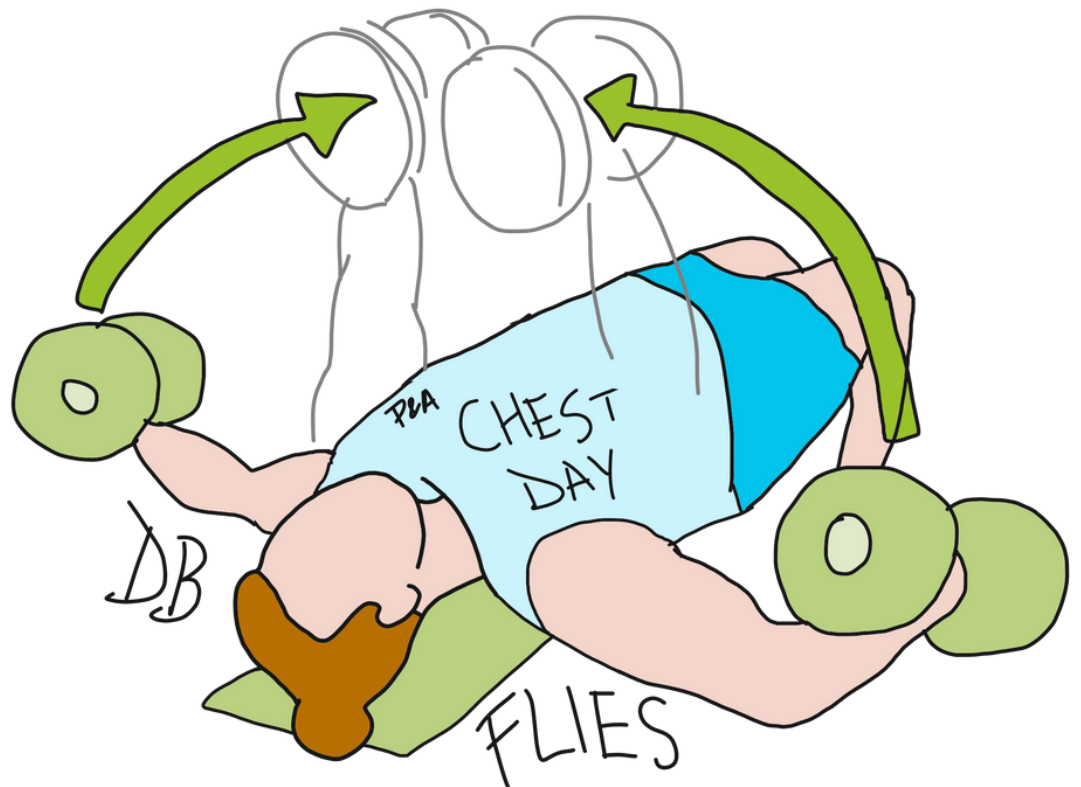
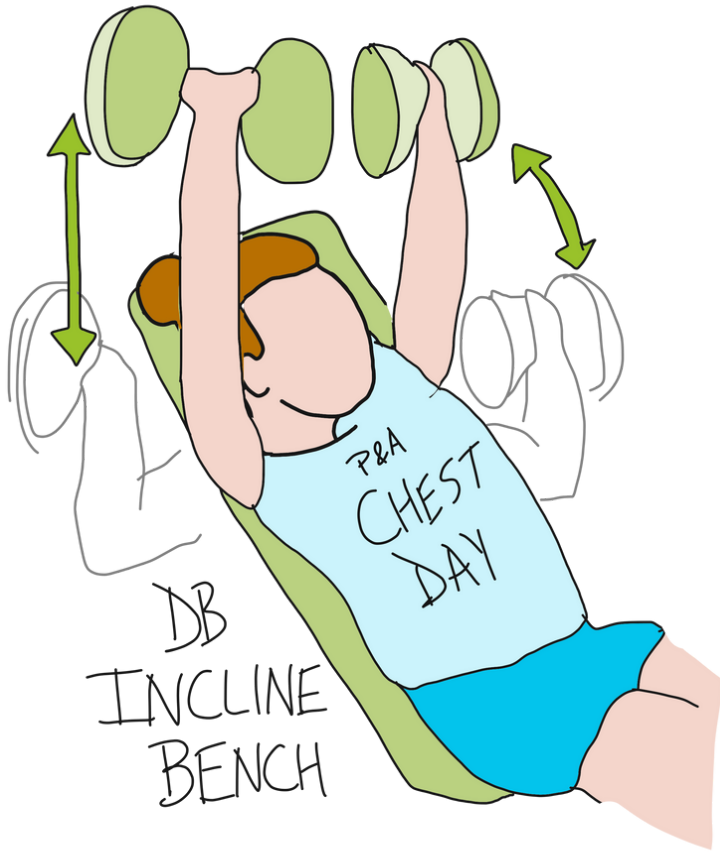
Chest

"COMPOUND CHEST"



Chest

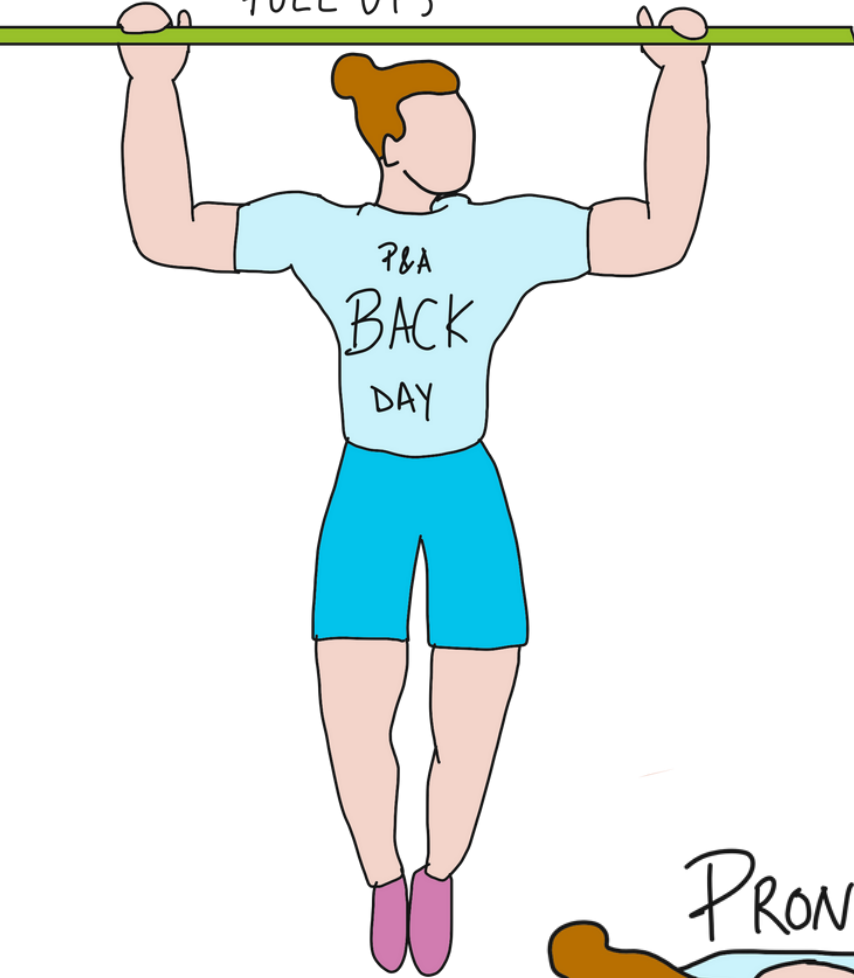
"DUMBBELL (DB) CHEST"



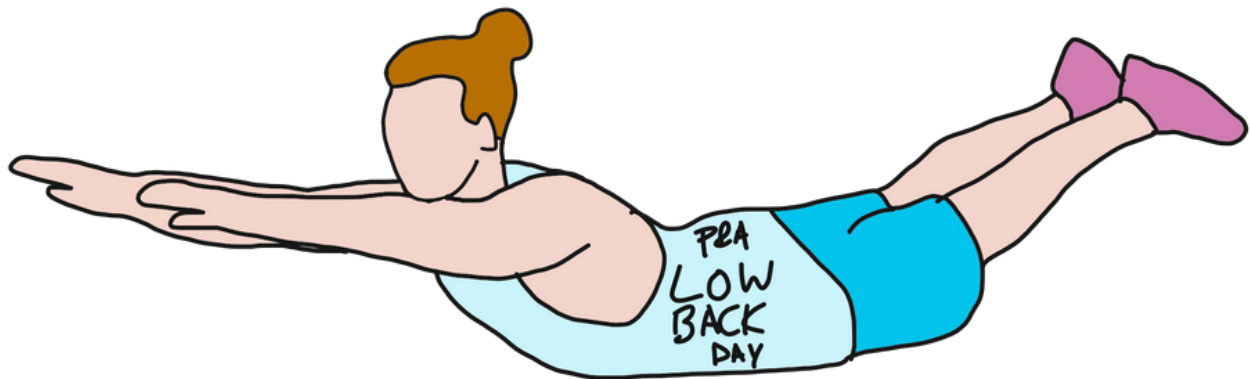
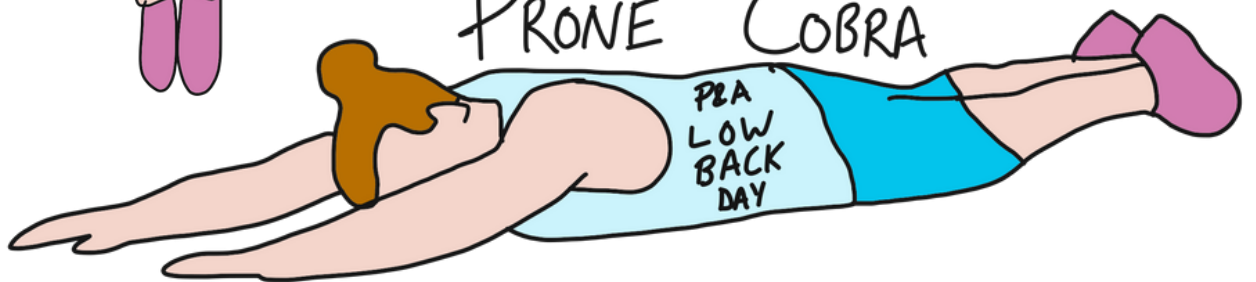
Back

"BODY WEIGHT - BACK"

PULL UPS

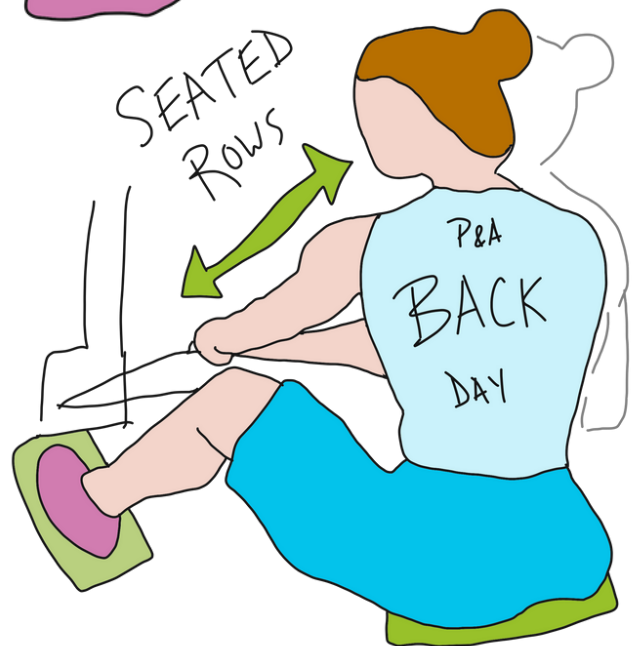
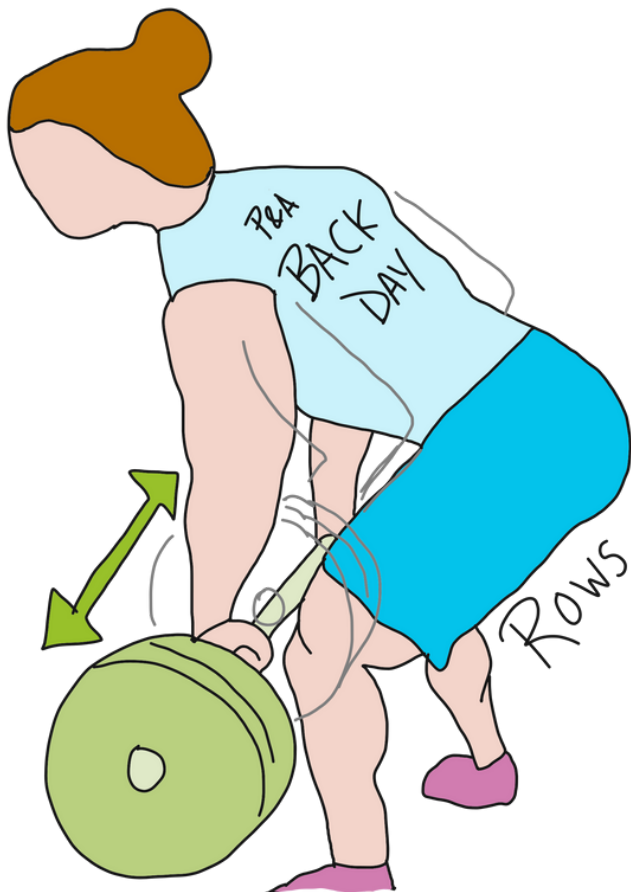
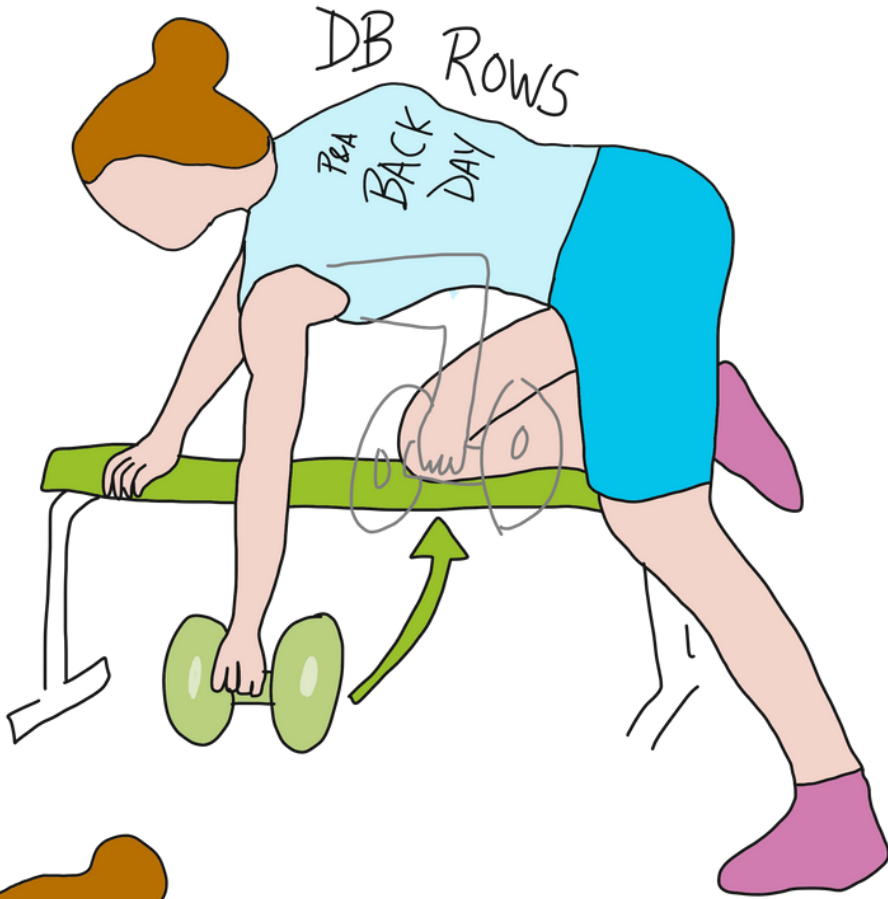


PRONE COBRA



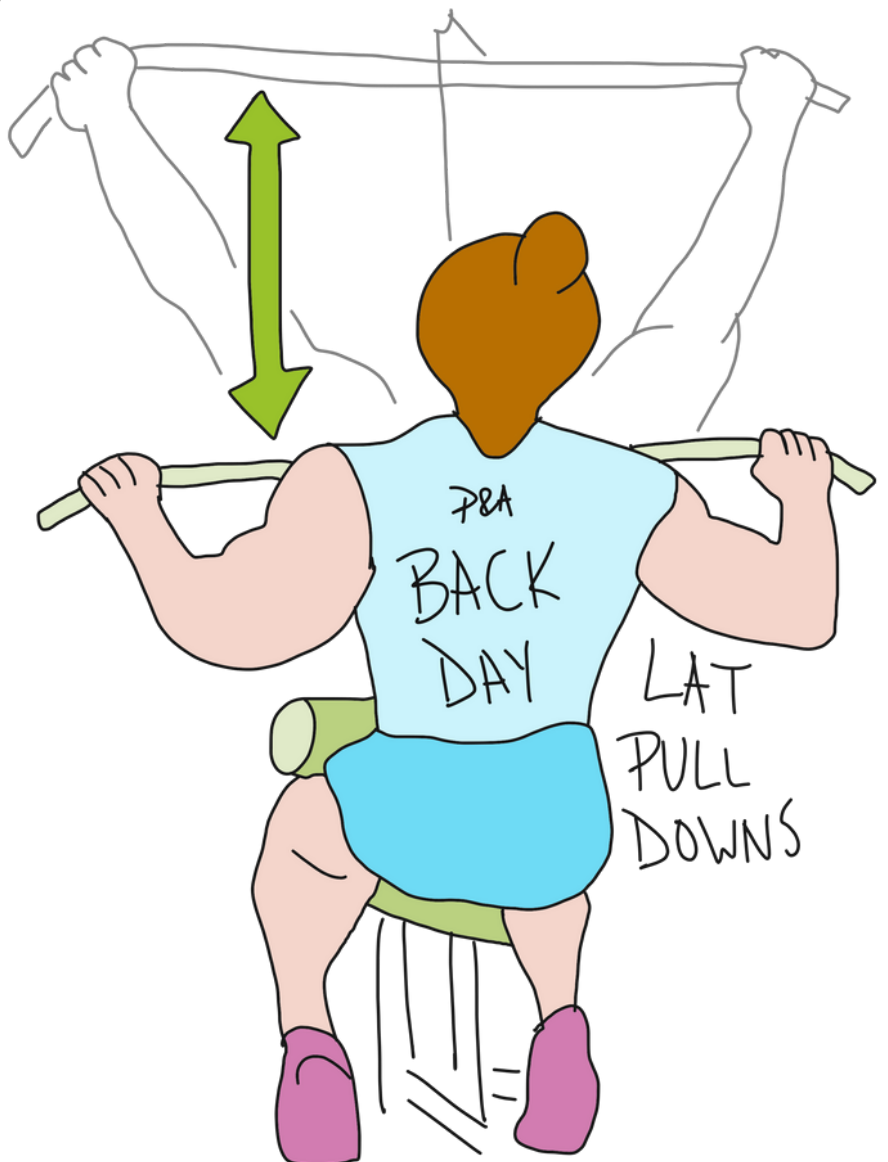
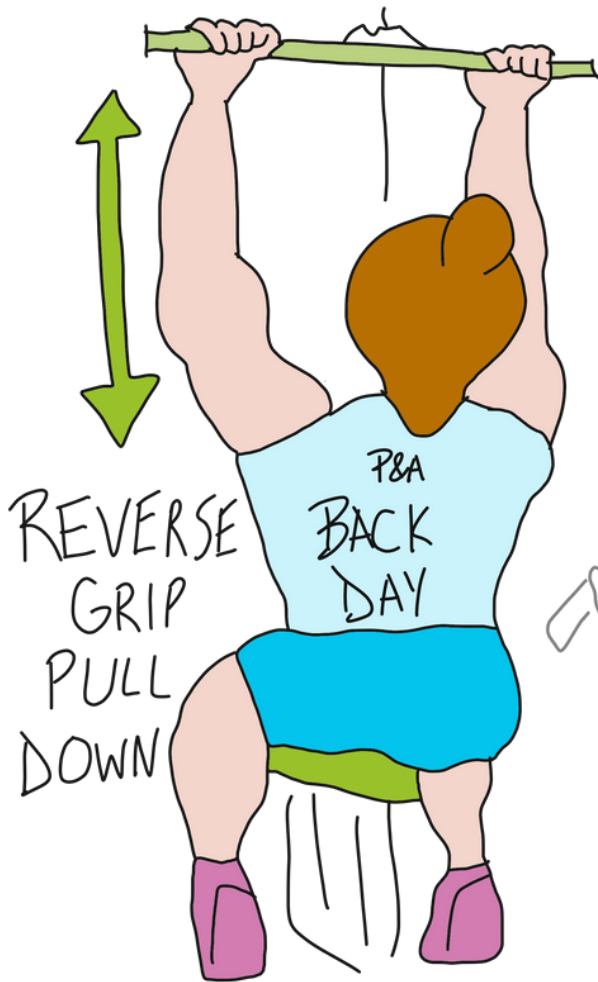
Back

"COMPOUND BACK"



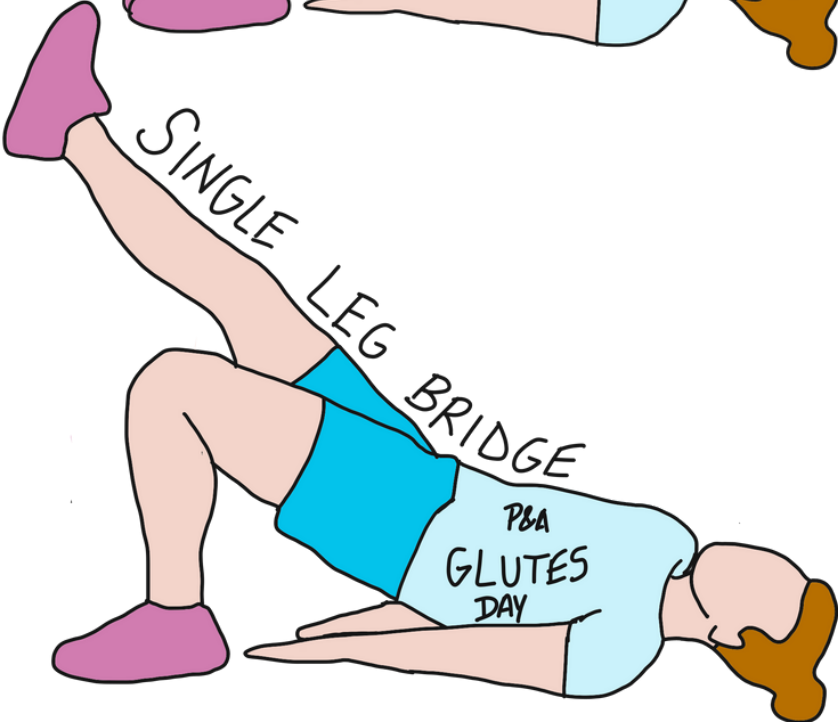
Back

"SECONDARY BACK"



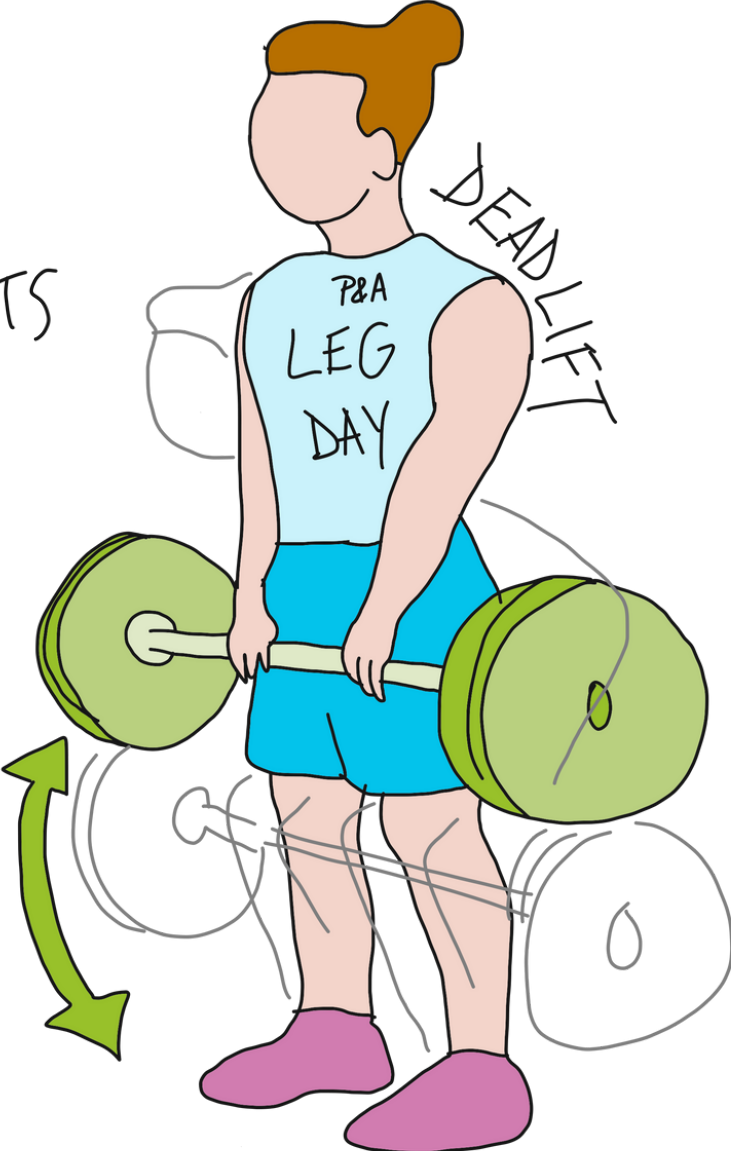
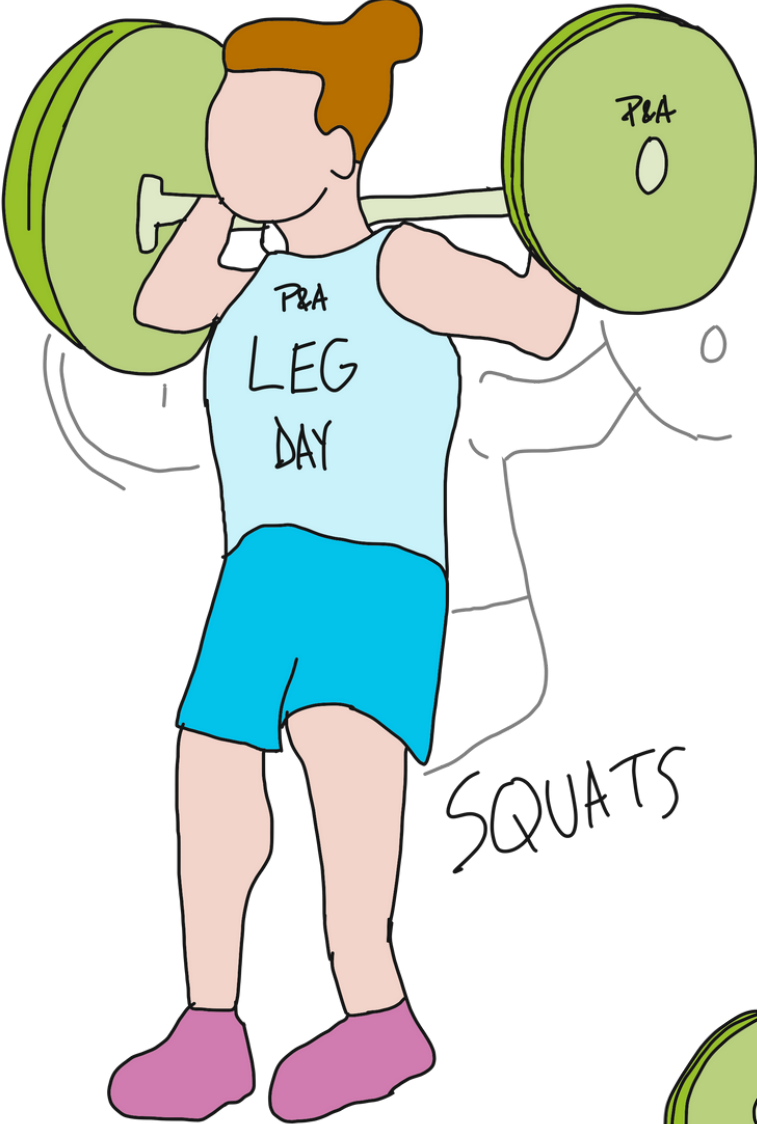
Legs

"BODY WEIGHT - LEGS"



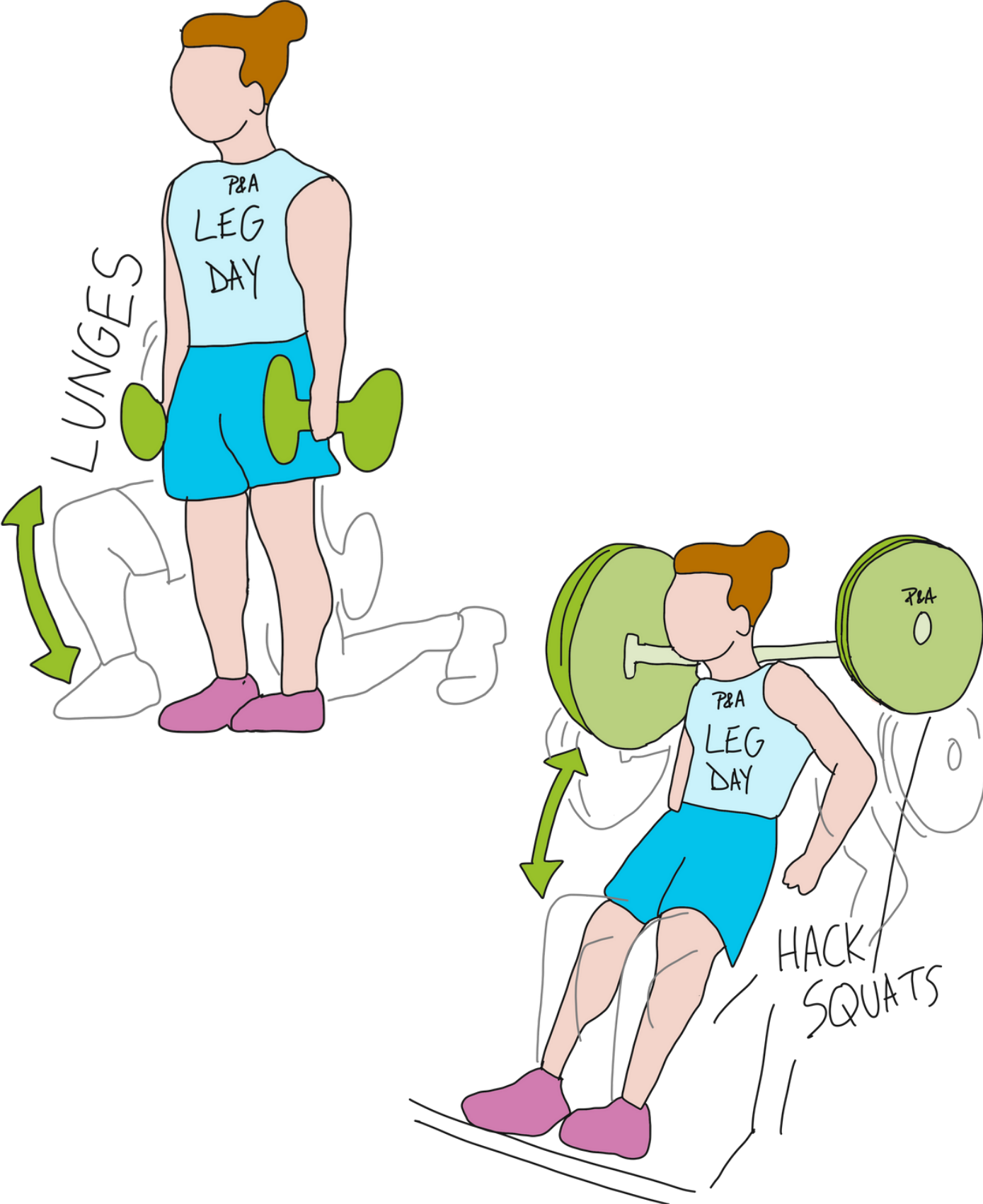
Legs

"COMPOUND LEGS"



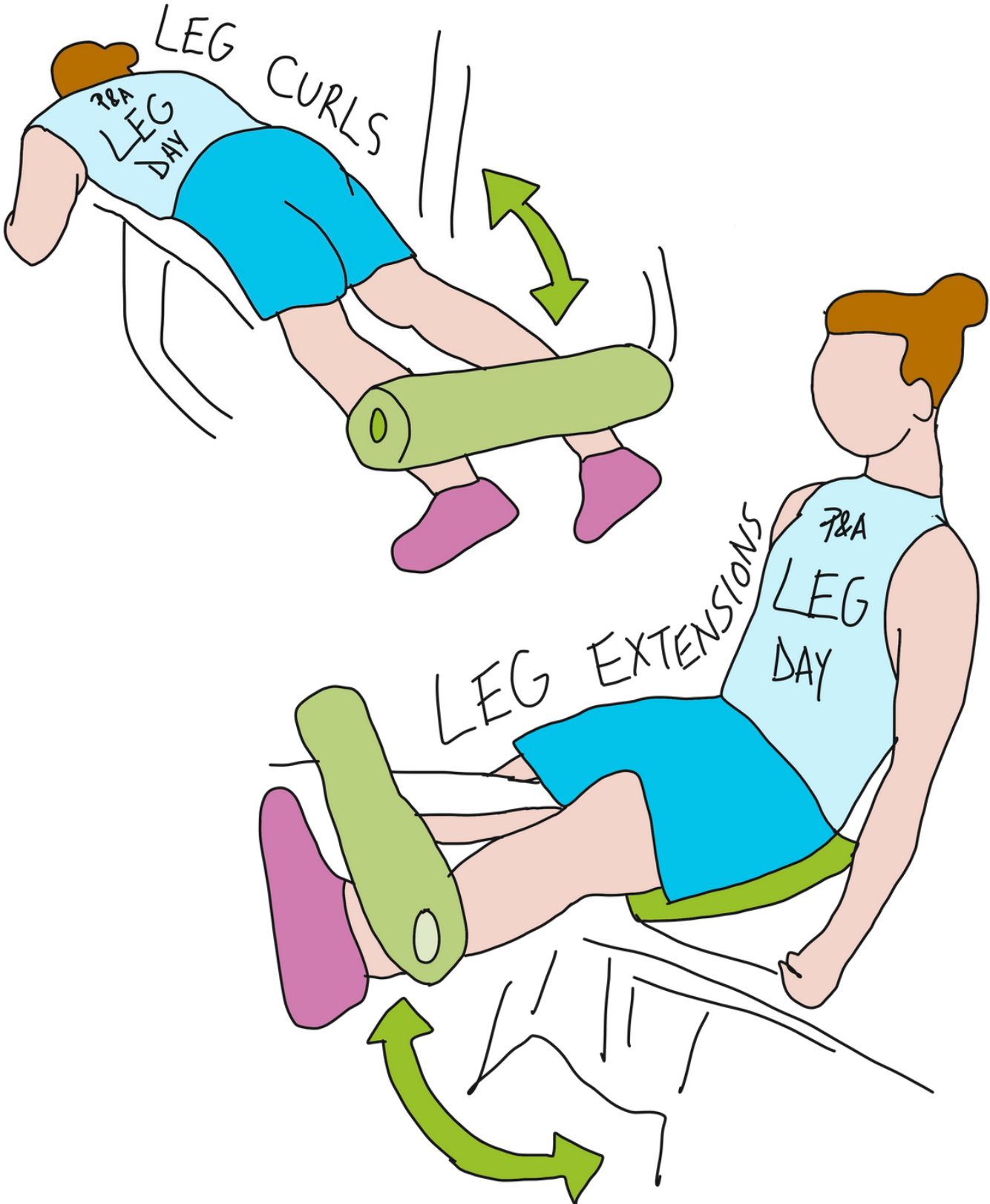
Legs

"SECONDARY LEGS"



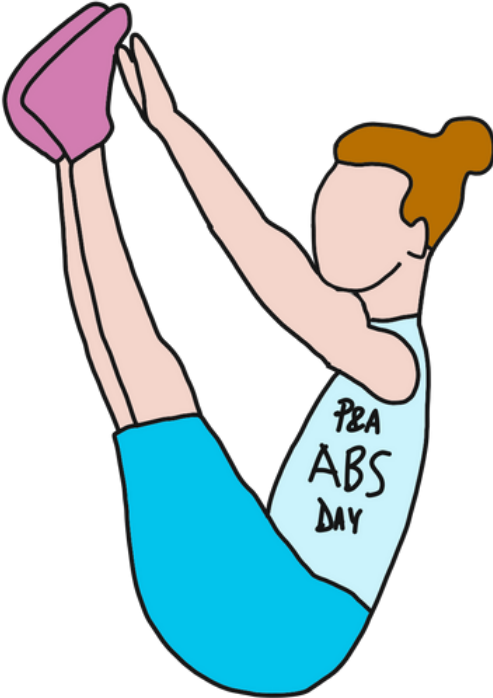
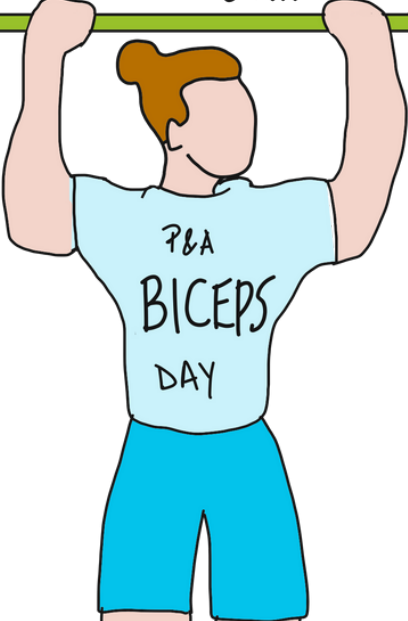
Legs

"SECONDARY LEGS"

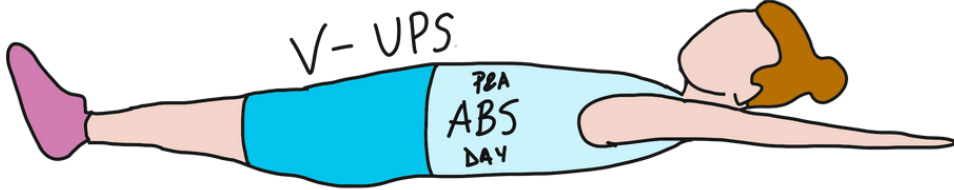


Arms & Other "BODY WEIGHT"

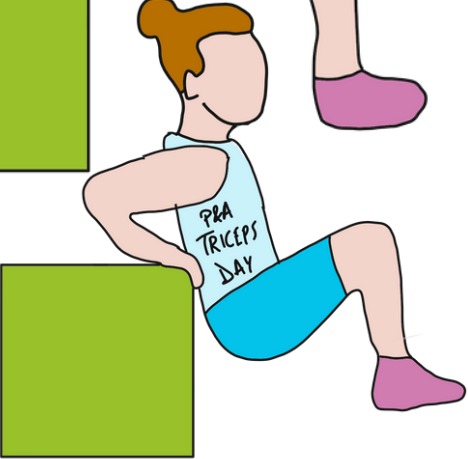
NARROW GRIP CHIN UPS



V-UPS



DIPS

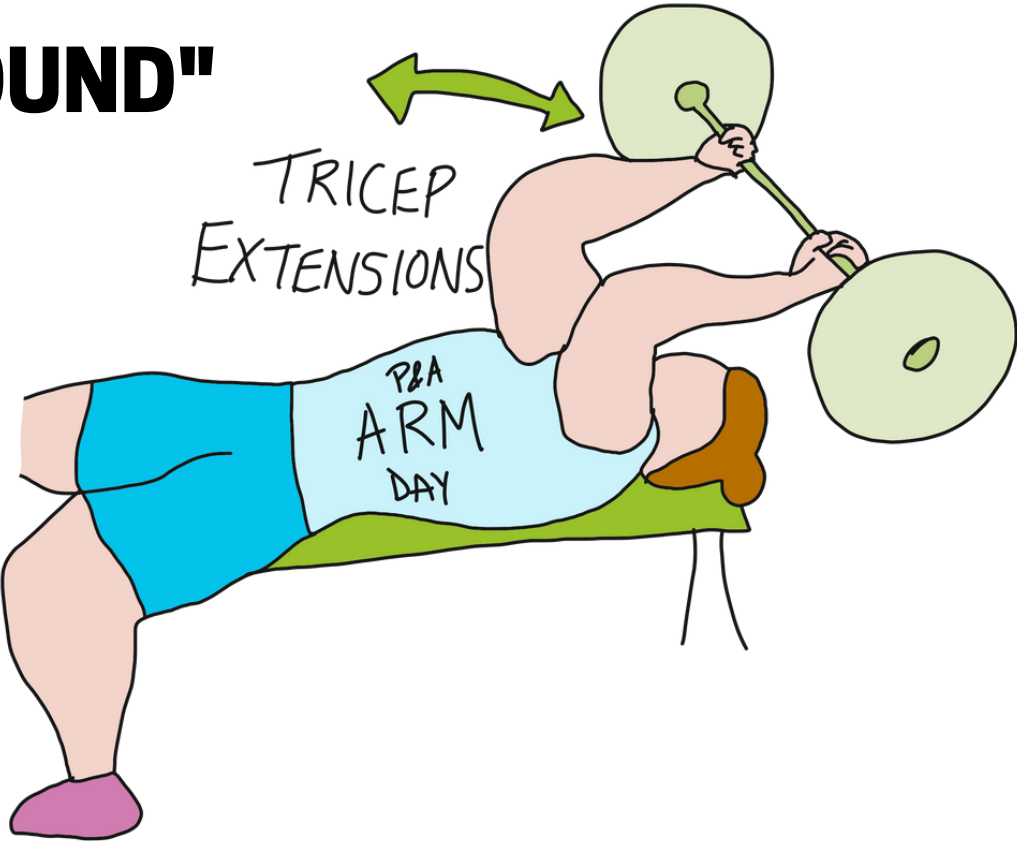


P&A SHOULDER DAY

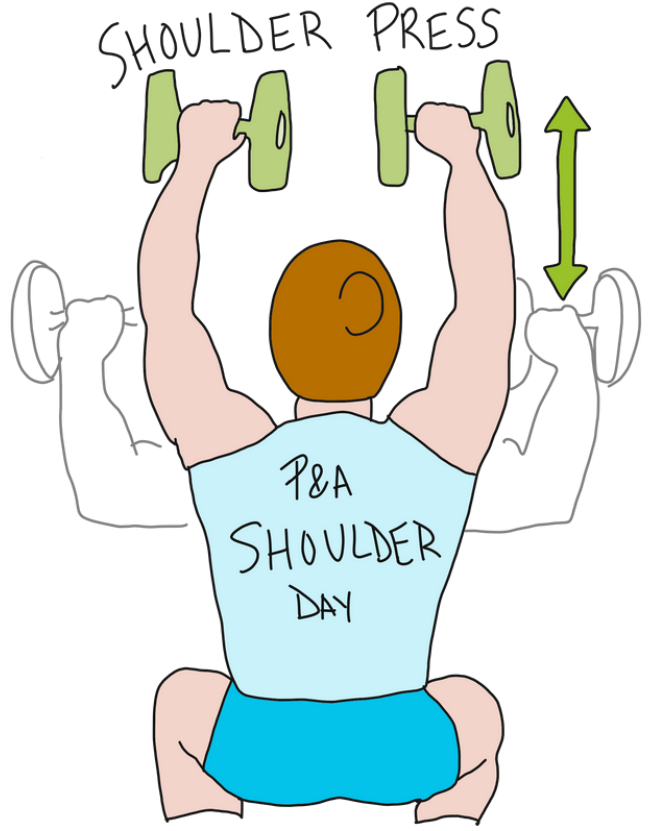
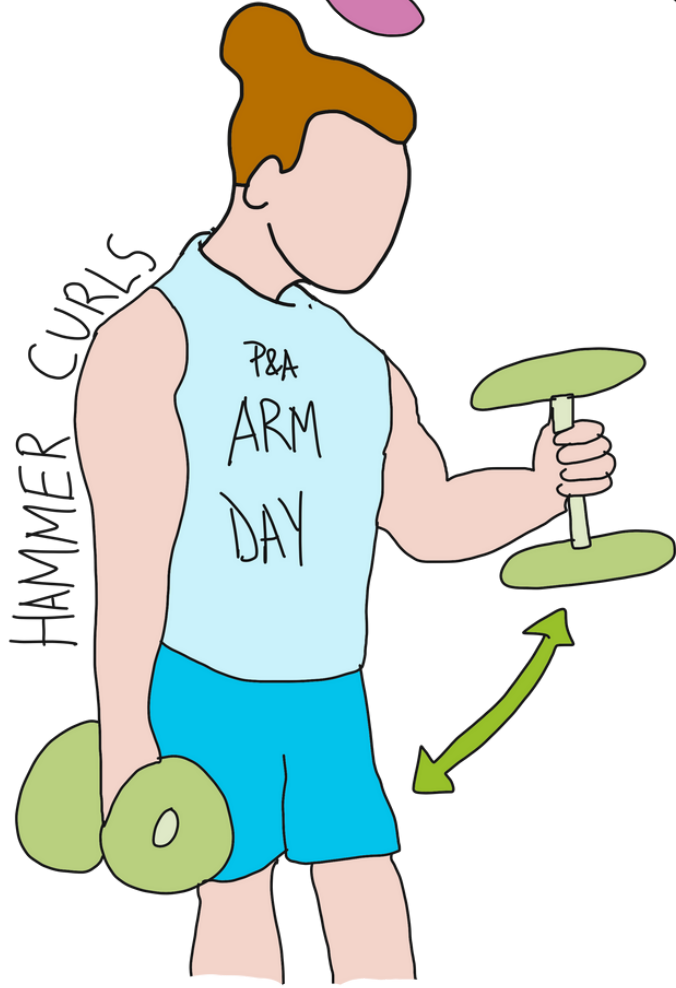
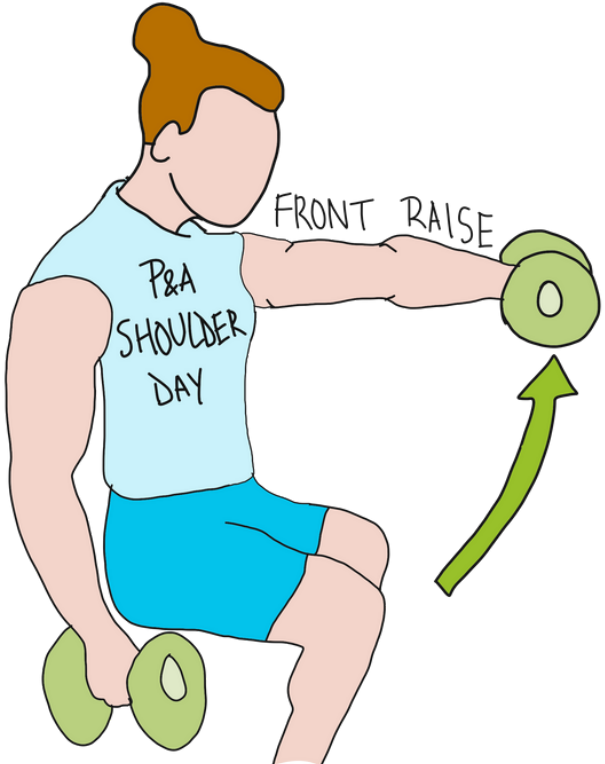
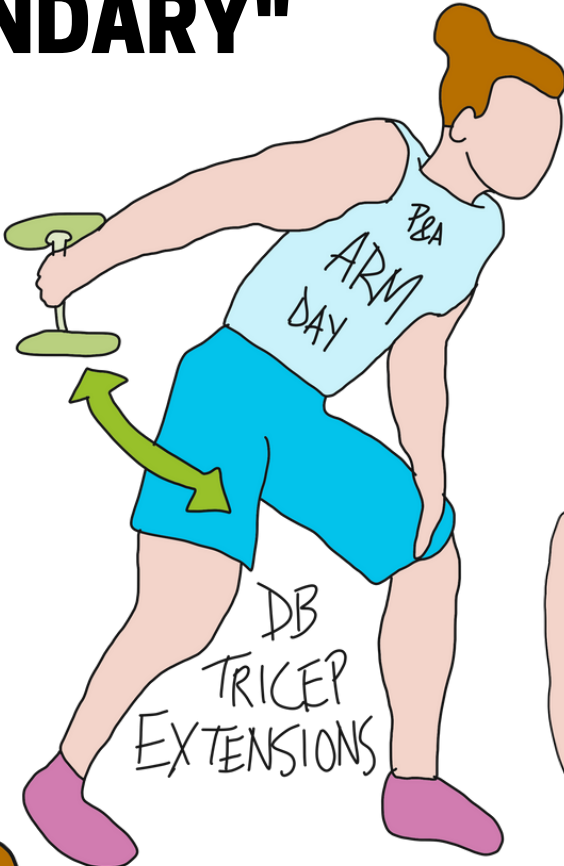
PIKE PRESS



Arms & Other "COMPOUND"



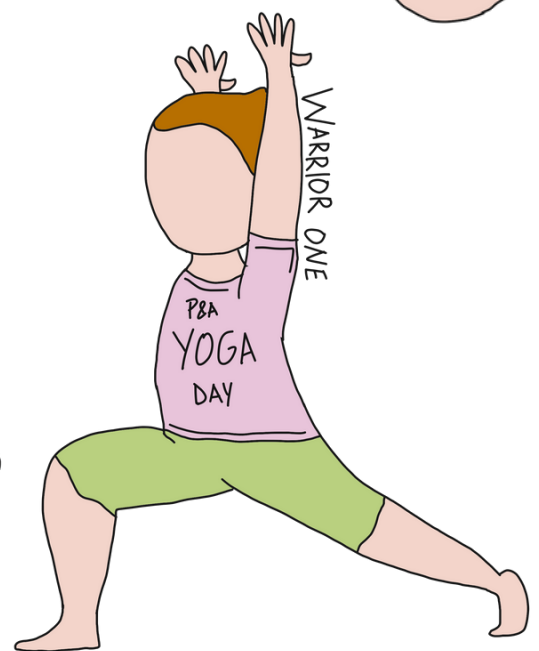
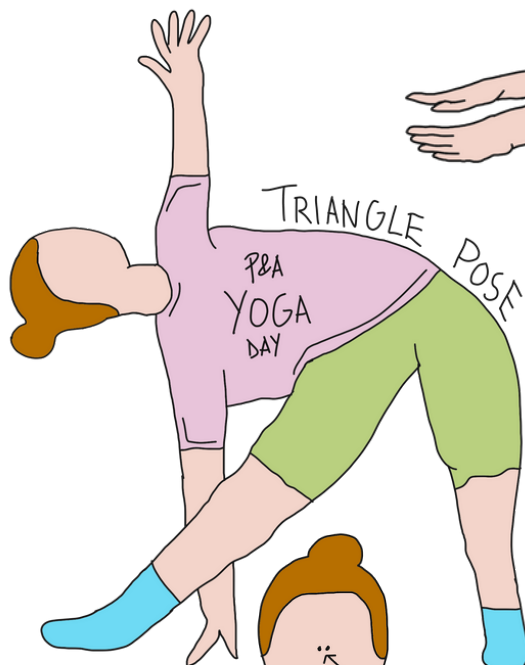
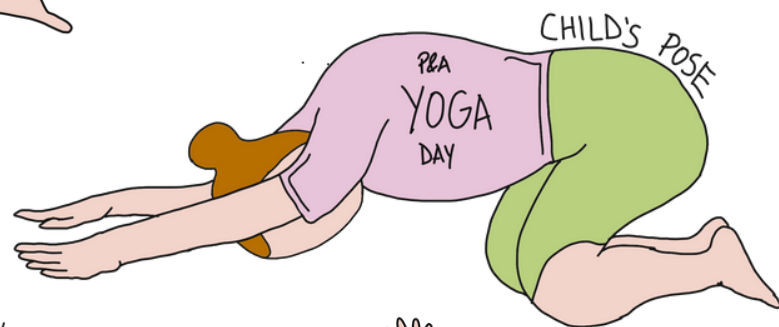
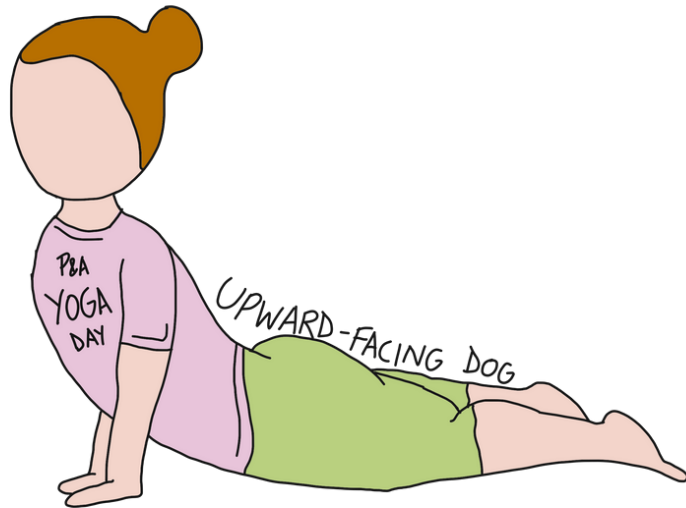
Arms & Other "SECONDARY"

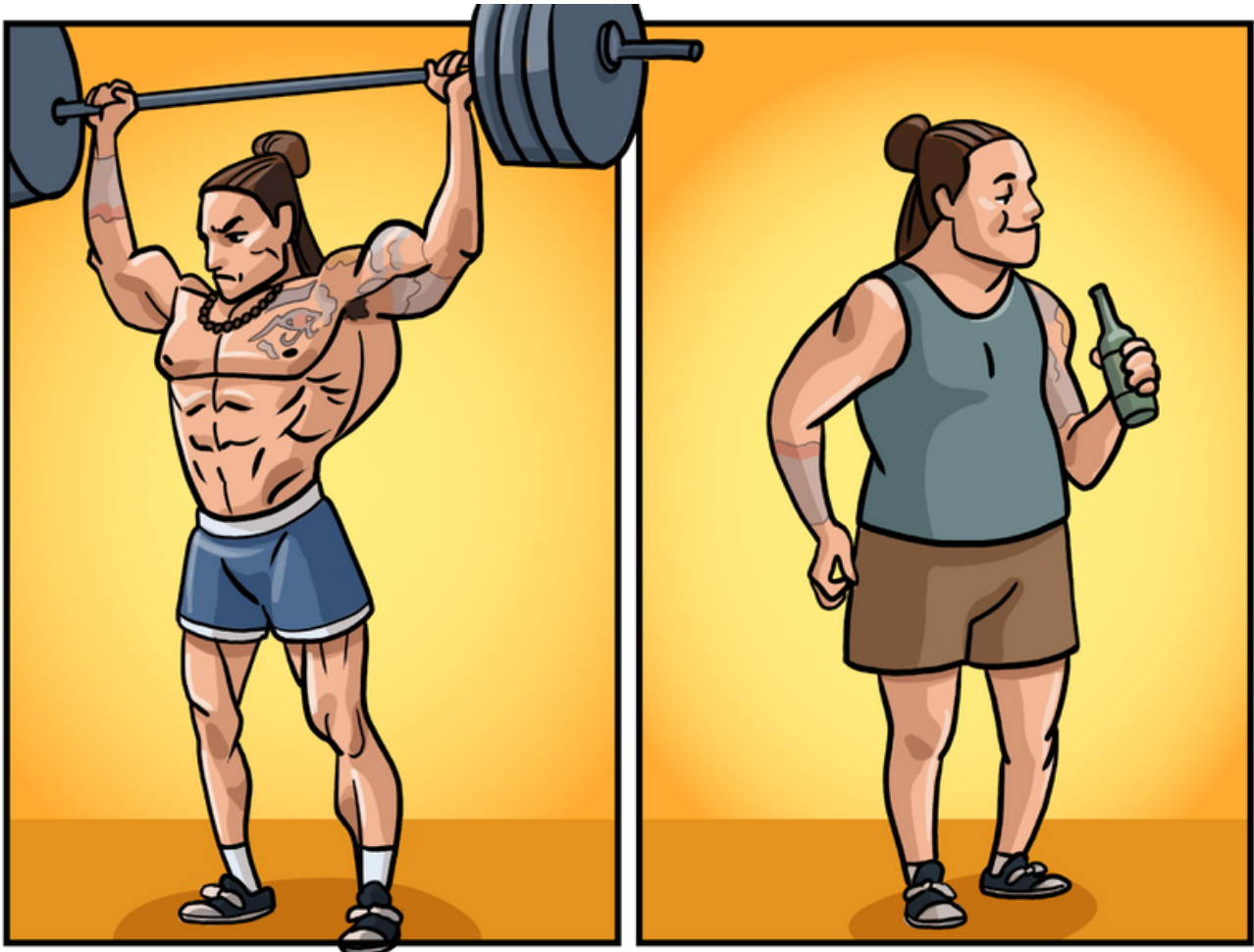


Yoga

"IMPORTANT FLEXIBILITY"

- 30Min - 90Min (Before, After, and/or "Off Days")





Always try to look your best!

- **When you give a damn about yourself, people will give a damn about you and want to be around you.**
- **Be interesting and enjoy brands. Wearing or supporting a brand is joining a community, not just another marketing company. That being said, wear things that spark conversation.**
- **Help others and know that you are interesting to somebody. Don't let the corporate standards / society expectations drain your creative and bring you down.**
- **Remember, the more you can't be controlled, the more power you have.**