

## Fight Club Workout

Weighing in at only 150-155 pounds and with only 5-6% body fat, Pitt maintained this physique by focusing on one muscle group per day, allowing for full recovery and maximizing his muscle growth potential over an extended period of time, similar to a bodybuilder's periodization schedule.

Saving the cardio till the end of the week, Pitt would work at the maximum target heart rate with an intense session to burn off any unwanted fat, without sacrificing muscle.

**Workout Schedule:** Most of these exercises were performed at 3 sets of 15-25 reps, weight is in pounds.

### The Workout Plan:

#### Monday – Chest

75 push-ups  
Bench press – 165, 195, 225 (25, 15, 8 reps)  
Nautilus press – 80, 100, 130  
Incline press – 80, 100, 130  
Pec deck machine – 60, 70, 80

#### Tuesday – Back

25 pull-ups  
Seated rows – 75, 80, 85  
Lat pulldowns – 135, 150, 165  
T-bar rows – 80, 95, 110

#### Wednesday – Shoulders

Arnold press – 55  
Laterals – 30  
Front raises – 25

#### Thursday – Biceps & Triceps

Preacher curls machine – 60, 80, 95  
EZ curls cable – 50, 65, 80  
Hammer curls – 30, 45, 55  
Pushdowns – 70, 85, 100

#### Friday – Cardio

Treadmill 60 minutes – 80-90% MHR

#### Saturday – Cardio

Treadmill 60 minutes 80-90% MHR

#### Sunday – Rest

**Nutrition Plan:** Sticking to a high protein diet with six smaller meals spread out through the day, Pitt stuck to a clean diet supplemented with whey protein powder and protein bars.

## The Nutrition Plan:

### Breakfast

Eggs – 6 whites, 7 yolks  
75 g oatmeal with raisins

Depending on his schedule, Pitt would substitute the eggs for a protein shake.

### Mid-morning snack

Tuna on wholewheat

### Lunch

2 chicken breasts  
75-100 g brown rice or pasta and green veggies

### Afternoon Snack (pre-workout)

Protein bar  
Whey protein isolate shake  
Banana

### Post-workout Snack

Whey protein shake  
Banana

### Dinner

Grilled fish or chicken  
Brown rice or pasta  
Veggies and salad

### Evening Snack

Whey protein isolate shake  
Or low fat cottage cheese (slow release protein)

## Supplements:

Here are some supplements we would recommend to take this workout to the next level!

- **Pre-Workout** – 1 Scoop HVOL
- **Intra-Workout** – 1 Scoop AMINOCORE
- **Post-Workout** – 1 Scoop CVOL + 1 Scoop ISOFLEX