



**Nutritional Frontiers**

*breaking through nutritional boundaries*

WELLNESS

# POWER SOLUTIONS

801 lbs  
**BENCH  
PRESS!**



## ACTIVITY

Exercise	Reps	Weight	Reps	Weight	Reps	Weight

## NUTRACEUTICALS

	Pre	During	Post
<b>Power Training Stack</b>			
Best Whey			
Super Kreatine			
Power Fuel			
Pro Oranges			
<b>Shredded Training Stack</b>			
Frontier Multi			
Omega 3D			
BerryTone II			
EstroCleanse II			

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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3191 Washington Pike, Bridgeville, PA 15017

412.922.2566

[www.nutritionalfrontiers.com](http://www.nutritionalfrontiers.com)

Featuring World Powerlifting Record Holder  
**Jamie Harris**

# POWER STACK

*“Power, Strength, and Size”*  
30 Day Program



## Best Whey Protein

Mix one scoop (31.6g) Before or After your workout in 6-8 oz of spring or filtered water.



## Super Kreatine

Mix one scoop (10 g) in 6-8 oz of spring or filtered water prior to your work out.



## Power Fuel

Mix 1 scoop (10 g) in 6-8 oz of spring or filtered water after your workout.



## Pro Oranges

Mix 1 rounded scoop (10 g) in 6-8 ounces of spring or filtered water, before and after you're workout.

# LEAN STACK

*“Lean, Fat Loss, and Tone”*  
30 Day Program



## Frontier Multi

Take 4 vegetarian capsules with food per day.



## Omega 3D II (Capsules or Liquid)

Take 2 capsules or 1 teaspoon with food, 1-3 times daily.



## BerryTone II

Take 2 capsules twice a day before meals or a workout.



## EstroCleanse III

Take 3 capsules per day with food.

# PEAK TRAINING PROGRAM

## POWER STACK

## LEAN STACK

“The best way to build optimal strength and mass is to increase the load of resistance you handle in the course of a workout.....The resistance is determined in what you can handle for between 6-8 reps per set. Keeping this rule of thumb will keep you safe from injury and will build quality muscle mass and strength....Remember, rest and recovery along with optimum nutrition is essential for growth... 3 days a week is optimal for this type of workout” - **Jamie Harris** -

### Day 1: Chest, Back, Triceps

- Barbell Bench Press 4x6 70% of your one rep max
- Triceps Push Downs 4x8
- Lat Pulldowns 4x10

### Day 2: Shoulders, Biceps

- Standing Barbell Press 4x6
- Side Dumbbell Laterals 4x10
- Barbell Curls 4x8

### Day 3: Legs

- Squats 4x6 70% of your one rep max
- Deadlifts 4x6 70% of your one rep max

Lean and mean...that's what we are working for here. The idea of this workout is higher reps, lower weights and minimal rest periods between sets...You should only take a 45 sec break between sets. This will keep your heart rate up and keep you burning more calories thru out the workout... I would also train more frequently 5-6 days per week and add an extra day of cardiovascular training to the mix. I would also do a half hour of cardio before you start your workout... Elliptical, Recumbent, Treadmill... Your choice... just to get the heart rate going. Post workout, 10 minutes abdominal work. - **Jamie Harris** -

### Day 1

- Stretch for 20 mins
- Barbell Squats 4x12
- Deadlifts 4x12
- Kettlebell Swings 2x

### Day 2

- Stretch for 20 min
- Dumbbell Bench Press 4x12
- Triceps Pushdowns 4x12
- Dumbbell Incline Press 4x12
- Overhead Triceps extensions 4x12

### Day 3

- Stretch for 20 min
- Dumbbell Shoulder Press 4x12
- Lat Pulldowns 4x12
- Dumbbell Shrugs 4x12

If you are interested in a Customized Power Stack or Lean Stack program designed specifically for you, please contact us at [info@nutritionalfrontiers.com](mailto:info@nutritionalfrontiers.com). Be sure to leave us your name, number, and a description of what some of your workout goals are.

## FOOD

Everyday	Moderation	Rare or Never	Never
<ul style="list-style-type: none"> <li>• Raw fruits</li> <li>• Raw vegetables</li> <li>• Lightly steamed, stir-fried, or roasted veggies</li> <li>• 100% whole grains (wheat less frequently)</li> <li>• Oatmeal</li> <li>• Legumes</li> <li>• Olive oil</li> <li>• 6-8 glasses of pure water</li> <li>• Unroasted nuts and seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Clean meats (organic, wild game-no hormones or antibiotics)</li> <li>• Wild fish, shellfish</li> <li>• Unprocessed fruit and veggie juices</li> <li>• Organic &amp; free range eggs</li> <li>• Coconut oil, high oleic unrefined safflower oil</li> <li>• Peanuts (raw)</li> </ul>	<ul style="list-style-type: none"> <li>• Pasteurized dairy</li> <li>• Pizza</li> <li>• Alcohol</li> <li>• Coffee</li> <li>• Canned foods</li> <li>• Sweets, cane sugar</li> </ul>	<ul style="list-style-type: none"> <li>• Hydrogenated and partially hydrogenated fats &amp; oils (margarine, fried foods, commercial peanut butter, etc.)</li> <li>• Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.)</li> <li>• Soda</li> <li>• White bread</li> <li>• Fast food</li> <li>• High fructose corn syrup</li> </ul>