

JUST A SPOILED KID FROM CALABASAS...

Who am I?

My name's Dylan Conrad, I'm the owner of DC Fitness, but more importantly I'm the last person that should be shredded.

Growing up in spoon fed Calabasas, I was mentally weak, entitled, spoiled, and the least self-aware human you'd ever met.

So how did I go from the above to:

- ✓ 3:30AM Wake ups EVERY DAY (follow me on Instagram @coachdylanconrad and you'll see proof every morning on my Instagram Stories)
- ✓ 7x/week HARD training
- ✓ Growing 2 successful businesses
- ✓ 15 years coaching experience
- ✓ Bachelor of science Kinesiology
- ✓ Managing a team of 8
- ✓ Girl dad, proud husband, and dog dad
- ✓ Walking around year round sub 12% body fat

THRU THIS PROGRAM.

What I'm about to give you hasn't just worked for me.

It's worked for thousands of people across the globe.

So why did I create this 30 day program and give it to you FREE?

I was put on this earth to help people. I've done every program, had tons of coaching, and I know WITH 10000% CONVICTION I RUN THE BEST PROGRAM OUT THERE.

Second, I created this as a "lead magnet" (I'm very transparent about my business practices), SO MYSELF AND MY TEAM CAN EVENTUALLY COACH YOU.

Third, I know this is training and nutrition, BUT WHAT SEPERATES YOU FROM SEEING RESULTS AND NOT IS THE DISCIPLINE. DOING THE HARD STUFF WHEN IT ACTUALLY GETS HARD. GETTING PUSHED WAYYYYYY OUTSIDE YOUR COMFORT ZONE. AND THAT'S WHAT MY COACHING PROGRAM IS FOR.

Our results are so massive WE GUARANTEE OUR RESULTS.

Sign up for that program here: dcfitness.la/results-guaranteed

I know if you execute this program to the T, without one cheat meal, every portion dialed in with surgical precision, not 1 skipped workout, and you pushing at least a 7/10 (10 is you're dying) on your nutrition and training, YOU WILL SEE INSANELY SHREDDED. I'm talking super amounts of body fat loss. LETS GO!

Enjoy, and happy shredding
-DC

30 DAY SHRED PROGRAM

The shredding hierarchy, in order of importance:

1. MINDSET
2. RECOVERY
3. NUTRITION
4. TRAINING

I'm going to cover each aspect to GET YOU DIALED THE FUCK IN on your results

30 DAY SHRED MINDSET

THIS IS THE MOST IMPORTANT PART YOU WILL READ. MORE IMPORTANT THAN THE DIET, TRAINING, ALL THAT...

There's a reason this program is HARD A.F.

Because anyone can execute a training and nutrition program when things are easy. Works light, no relationships or family maybe, you're sleeping well, no travel, no meals out with friends.

But when shit gets hard...when life becomes a shitshow which it inevitably does...THAT'S THE ONLY TIME YOUR EXECUTION MATTERS.

SUSTAINABILITY IS DOING THE HARD SHIT WHEN IT GETS HARD.

Making this program hard will make you mentally tougher and more disciplined so you can CRUSH IT WHEN IT GETS HARD.

The only thing that will separate you from seeing results is PUTTING YOUR FOOT ON THE MOTHERFUCKING GAS WHEN SHIT HITS THE FAN.

Lack of sleep?

Relationship or family issues?

Working 16 hour days?

Tons of travel and work meals out?

GOOD!

You are a MFing sniper waiting for the hard shit to happen.

When it's easy, make this program as uncomfortable as possible.

Hitting the meal plan easily?

GOOD - go to some meals out with friends or go to a bar AND DON'T BOOZE. CHALLENGE YOURSELF.

Workouts too easy? GOOD - push the weights, intensity, form, and reps HARD AS POSSIBLE. Remember the mind will only allow the body to perform 40% of it's maximum effort.

Getting 8 hours of sleep? GOOD! Challenge yourself to go to sleep earlier and get up at 3:30am (Make sure to take a pic and time stamp and tag me on Instagram @coachdylanconrad!!!)

Cupcake ass coaches want to make shit easy for you.

Oh you don't like this exercise? Let's just do this instead.

Oh you don't like eating healthy food? Let's add in cheat meals.

FUCK THAT.

You need to harden your mindset.

Embrace the suck.

YOU SHOULD NOT LIKE THIS IF YOU'RE PUSHING HARD ENOUGH.

BUT YOU WILL LOVE THE RESULTS AND THE PERSON YOU BECOME IN THE PROCESS.

It's about doing this NOT FOR YOU.

Doing this to better yourself so you can inspire others and BE OF SERVICE TO OTHERS.

So we can make the world a better place by vibrating from a positive mindset that training and nutrition gives us.

RECOVERY

So many dudes want to hop on testosterone replacement therapy (TRT) AND ARE NOT READY BECAUSE THEIR RECOVERY IS SHIT.

So many women want to blame their thyroid and hormones BUT THEY EAT LIKE SHIT AND LIFESTYLE IS HORRID.

Even if you're training balls to the walls, eating perfectly, if your body isn't recovering you're not going to see results (and if you do they won't be great).

If you're not recovering, the physiological processes responsible for your metabolism, muscle growth, and hormone optimization, WILL NOT HAPPEN.

- 👉 Sleep 7+ hours
- 👉 Drink at least a gallon of water
- 👉 NO ALCOHOL
- 👉 Eat ONLY the foods on this list (very anti-inflammatory)
- 👉 Walk at least 5,000 steps per day
- 👉 Get some sun for 10 minutes per day
- 👉 Meditate
- 👉 Do breath work
- 👉 Stretch

Sleep, water, and ZERO BOOZE are the most critical.

If you sleep less than 7 hours a night (which often times happens to me) make sure you nap during the day and make up for it the next night. DON'T SKIP YOUR WORKOUT OR EAT LIKE SHIT AS A RESULT.

NUTRITION

Nutrition will be responsible for 80% of your results.

The meal plans are for men/women with weight:

100-150lbs = [DOWNLOAD HERE](#)

150-200lbs = [DOWNLOAD HERE](#)

200+ = [DOWNLOAD HERE](#)

Rules:

⚠️ You must log everything with surgical precision in the free app "My Fitness Pal"

⚠ Everything that goes in your mouth, first goes on a food scale (buy one on Amazon the cheaper the better), weighed in grams (do the conversion from ounces and cups), and logged in My Fitness Pal in grams

⚠ If it's not on the meal plan DO NOT TOUCH IT

⚠ Eat the portions on the list. No more, no less. SURGICAL PRECISION. Too full? Start eating earlier and eat every 2-3 hours. Too hungry? You're supposed to be

YOU WILL BE HUNGRY. YOU WILL BE IN A CALORIE DEFICIT. THAT'S HOW YOU LOSE BODY FAT.

SUPPLEMENTS:

I get 40% off from Prestige Labs and give it to you (you're welcome). Make sure to go on subscribe and save and save 10% more. For this program Burn AM, Burn PM, Pre-workout, and Intra, will be your best stack.

[40% OFF LINK CLICK ME](#)

TRAINING

You will be lifting 4x/week and doing cardio for 45 minutes 4x/week as well.

You can stack the cardio one day, but I WANT YOU WORKING OUT EVERY SINGLE DAY.

If you don't know an exercise, search it on YouTube. Strength is a skill, and it takes persistence and patience and repetition to master it.

Best forms of cardio:

1. Elliptical
2. Bike
3. Stair mill
4. Treadmill or running

If you are a woman, and don't want to build any muscle, only do 2 days of the workout (upper and lower). Do 7 days of cardio instead of 4.

Rules on the weight lifting:

⚠ If you don't need at least 60 seconds rest you didn't go hard enough during your set

⚠ Pay close attention to tempos!!!

⚠ Last set always take to failure (i.e. choose a weight you can do for 10 reps and do as many as possible)

⚠ RECORD YOUR WEIGHTS!!! Every week your goal is to beat your weight from the prior week. On the failure set increase reps and/or weight. Preferably both if you can.

YOU SHOULD BE BURNING ON THE FAILURE SETS. If you ain't burnin, you ain't earnin'.

REMEMBER THE 40% RULE.

DOWNLOAD THE WORKOUTS HERE:

Day 1 - [Back/Bi's/Shoulders](#)

Day 2 - [Chest/Tri's](#)

Day 3 - [Legs](#)

Day 4 - [Shoulders/Back](#)

THAT'S IT!

Enroll in my RESULTS GUARANTEED PROGRAM HERE: dcfitness.la/results-guaranteed

20 pounds to lose? 50? 150+?

Body fat goal? Shredded like Brad Pitt? Toned like Jessica Biel?

WE GUARANTEE YOUR RESULTS.

Click the link, watch the video to find out how, and schedule your free 15min consultation.