

# THE RAHM EFFECT

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The 30-Day Nutraceutical Program

CREATED BY DR. CHRISTINA RAHM



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1 Medical Disclaimer-The information provided is for educational purposes only. It is not intended as medical advice or a substitute for the medical advice of a physician or other qualified health care professionals. This information is not to be used for self-diagnosis. Always consult your doctor for medical advice or information about diagnosis and treatment. Statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure, or prevent any disease. ROOT is a company founded on improving people’s understanding of how toxins and chemicals can harm your health. Instead of focusing on symptoms, ROOT targets the underlying root cause with natural wellness.

2 **Warning:** Please consult a medical professional before starting any diet or exercise program. Keep out of reach of children. Do not exceed recommended serving. Improper use of this product will not improve results and is not advised. Discontinue use and consult a healthcare practitioner if you experience any unusual symptoms.  
 \*\*Please listen to your body as you take this product. Some may need to start with half the recommended serving and work up to 2 capsules a day and drink plenty of water.

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# THE RAHM EFFECT

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Welcome to the Rahm Effect, a 30-day wellness program that incorporates various practices with the assistance of nutraceuticals to support people with creating greatness in their lives. Our program aims to provide a clear checklist of practices to incorporate into your everyday life. By following our program, you will end the month with a stronger body in a physical, mental, and health sense. Our goal is to provide you with habits that you can carry with you into the future. Your exploration into the Rahm Effect, will provide you with a template to begin the life you've always dreamed of living!

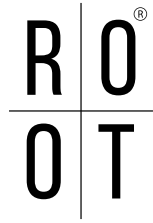
This program will provide you with an outline template of meals, exercise, and practices to follow. We will provide example meals, products, and exercises that we found helpful while completing this program. Feel free to adjust these or substitute where you feel best, but please make sure to keep to the general category to receive the best results possible. We also provide a time schedule to help keep everything on track. This is also adjustable depending on your day-to-day schedule, so the times can change as long as the general framework is followed.

We will now begin the day-to-day layout of the program. We are happy to have you join this journey with us!



## IMPORTANT NOTES

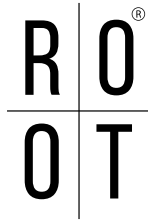
- Check the hyperlinks in the tables for some of our suggestions on products
- You can also find our suggestion for exercises and practices on the table at the end. It has various suggestions for exercises with varying levels of expertise.
- We suggest starting this at the start of a month or the start of a week for ease of tracking



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# SCHEDULE

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# FOUNDATION DAY

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DAY 1

TIME	ACTIVITY	DETAILS
7:00 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:30 AM	Breakfast	Mixed berry bowl with granola <ul style="list-style-type: none"><li>• Try added supplements such as <a href="#">Relive Greens</a><sup>1</sup> and Collagen (<a href="#">GMBMY</a><sup>1</sup>)</li></ul>
8:00 AM	Morning Meditation	5-10 minutes of breathing exercises
10:30 AM	Snack	Carrot and cucumber sticks with hummus and handful of nuts
12:30 PM	Lunch	Chicken and rice bowl with assorted baked veggies <ul style="list-style-type: none"><li>• Add toppings you enjoy</li></ul>
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"><li>• We suggest using Crush for your smoothie choice</li></ul>
5:30 PM	Workout	Light cardio session
7:00 PM	Dinner	Lean Protein meat with vegetables Suggested: Baked fish with steamed vegetables and Grape Seed Extract supplement
9:00 PM	Evening Meditation	Morning check-in journaling to assess current state of being after 1 <sup>st</sup> day
10:00 PM	Sleep	Aim for 7-8 hours of sleep




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# BUILDING CONSISTENCY

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DAY 2

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt<sup>1,2</sup></a> )
7:00 AM	Breakfast	Oatmeal topped with mixed berries, chia seeds
8:30 AM	Morning Meditation	Short walk to start the day and connect with nature
10:00 AM	Snack	Greek yogurt with sliced almonds
12:00 PM	Lunch	Quinoa, black bean bowl, and veggies with Juniper Berry supplement <ul style="list-style-type: none"> <li>• Add a protein of your choice if you want</li> </ul>
3:00 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Full body workout <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules<sup>1</sup></a> for before your workout and our <a href="#">Restore sachets<sup>1</sup></a> for post workout recovery</li> </ul>
7:00 PM	Dinner	Baked salmon with asparagus and couscous
9:00 PM	Evening Meditation	Guided meditation for relaxation and stress reduction
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep

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# INTRODUCING VARIETY

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DAY 3

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt<sup>1,2</sup></a> )
7:00 AM	Breakfast	Whole grain toast with avocado
8:30 AM	Morning Meditation	Yoga session for flexibility and mental clarity
10:00 AM	Snack	Assorted nuts and dried fruit
12:00 PM	Lunch	Chicken and rice bowl with assorted baked veggies <ul style="list-style-type: none"> <li>• Add toppings you enjoy</li> </ul>
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Cardiovascular exercise - jogging or cycling
7:30 PM	Dinner	Grilled salmon with a side of broccoli
9:00 PM	Evening Meditation	Progressive muscle relaxation techniques
10:30 PM	Sleep	Tip: Maintain consistent sleep schedule




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# FOCUSED STRENGTH TRAINING

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DAY 4

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Scrambled eggs with spinach and feta
8:30 AM	Morning Meditation	5-10 minutes of breathing exercises
10:00 AM	Snack	Banana with almond butter
12:00 PM	Lunch	Quinoa, black bean bowl, and veggies with Juniper Berry supplement <ul style="list-style-type: none"> <li>• Add a protein of your choice if you want</li> </ul>
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Full body workout <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:30 PM	Dinner	Grilled turkey breast with sweet potato wedges
9:00 PM	Evening Meditation	Progressive muscle relaxation techniques
10:30 PM	Sleep	Maintain consistent sleep schedule



# BUILDING ENDURANCE

DAY 5

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt<sup>1,2</sup></a> )
7:00 AM	Breakfast	Mixed berry bowl with granola <ul style="list-style-type: none"> <li>• Try added supplements such as <a href="#">Relive Greens<sup>1</sup></a> and <a href="#">Collagen (GMBMY<sup>1</sup>)</a></li> </ul>
8:00 AM	Morning Meditation	Mindful walking for increased focus and mental clarity
10:00 AM	Snack	Cottage cheese with L-Phenylalanine supplement
12:00 PM	Lunch	Chicken and rice bowl with assorted baked veggies <ul style="list-style-type: none"> <li>• Add toppings you enjoy</li> </ul>
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using <a href="#">Crush</a> for your smoothie choice</li> </ul>
5:30 PM	Workout	Yoga session focusing on stretching
7:00 PM	Dinner	Quinoa-stuffed bell peppers with Milk Thistle Seed supplement
9:00 PM	Evening Meditation	Guided meditation for relaxation and stress reduction
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep




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# FOCUSED STRENGTH TRAINING

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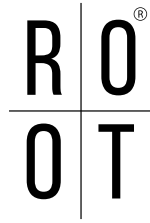
DAY 6

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt<sup>1;2</sup></a> )
7:00 AM	Breakfast	Protein-packed omelet with spinach
8:30 AM	Morning Meditation	Yoga session for balance and mindfulness
10:00 AM	Snack	Apple slices with almond butter
12:00 PM	Lunch	Quinoa, black bean bowl, and veggies with Juniper Berry supplement <ul style="list-style-type: none"> <li>• Add a protein of your choice if you want</li> </ul>
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Rest, take today to reflect on the progress so far
7:00 PM	Dinner	Grilled turkey breast with sweet potato wedges
9:00 PM	Evening Meditation	Progressive muscle relaxation techniques
10:30 PM	Sleep	Maintain consistent sleep schedule

# NUTRIENT-RICH DAY

DAY 7

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Mixed berry bowl with granola <ul style="list-style-type: none"> <li>• Try added supplements such as <a href="#">Relive Greens</a><sup>1</sup> and Collagen (<a href="#">GMBMY</a><sup>1</sup>)</li> </ul>
9:00 AM	Morning Meditation	5-10 minutes of Breathing exercise
10:30 AM	Snack	Greek yogurt parfait with sliced almonds
12:30 PM	Lunch	Chicken breast with assorted vegetables as a side
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Full body workout, focus on major muscle groups of the upper body <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:00 PM	Dinner	Stir-fried tofu with mixed vegetables
9:00 PM	Evening Meditation	Guided meditation for relaxation and stress reduction
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep




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# ANTIOXIDANT BOOST

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DAY 8

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Acai bowl with mixed berries <ul style="list-style-type: none"> <li>• Try added supplements such as <a href="#">Relive Greens</a><sup>1</sup> and Collagen (<a href="#">GMBMY</a><sup>1</sup>)</li> </ul>
8:30 AM	Morning Meditation	Yoga session focused on mindfulness and deep breathing
10:00 AM	Snack	Citrus fruit salad with a sprinkle of greens
12:00 PM	Lunch	Spinach and kale salad with grilled shrimp, topped with Juniper Berry supplement
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Full body workout, focus on major muscle groups of the lower body <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:30 PM	Dinner	Grilled shrimp with quinoa and steamed vegetables
9:00 PM	Evening Meditation	Progressive muscle relaxation for post-workout recovery
10:30 PM	Sleep	Maintain consistent sleep schedule

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# MINDFUL MOVEMENT & NUTRITION

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DAY 9

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt<sup>1;2</sup></a> )
7:00 AM	Breakfast	Oatmeal topped with mixed berries and chia seeds
8:00 AM	Morning Meditation	Mindful walking or jogging in nature for increased awareness
10:00 AM	Snack	Whole-grain rice cakes with almond butter
12:00 PM	Lunch	Grilled vegetable and quinoa-stuffed bell peppers with Juniper Berry supplement <ul style="list-style-type: none"> <li>• Add protein of your choice if you want</li> </ul>
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Cardiovascular session focusing on jogging or running
7:00 PM	Dinner	Baked chicken breast with sweet potato mash
9:00 PM	Evening Meditation	Guided meditation to promote a calm and centered mind
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep



# BALANCING MIND & BODY

DAY 10

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Smashed avocado on whole-grain toast with smoked salmon
8:00 AM	Morning Meditation	Mindful stretching and deep breathing exercises for relaxation
11:00 AM	Snack	Mixed berries and nuts
1:00 PM	Lunch	Spinach and kale salad with grilled shrimp, topped with Juniper Berry supplement
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Intense strength training - focus on upper body <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:00 PM	Dinner	Grilled tofu stir-fry with brown rice
9:00 PM	Evening Meditation	Guided meditation focusing on gratitude and positive affirmations
10:30 PM	Sleep	Maintain consistent sleep schedule

# STRENGTH & RECOVERY

DAY 11

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Mixed berry bowl with granola <ul style="list-style-type: none"> <li>• Try added supplements such as <a href="#">Relive Greens</a><sup>1</sup> and Collagen (<a href="#">GMBMY</a><sup>1</sup>)</li> </ul>
8:30 AM	Morning Meditation	Morning check-in journaling to assess current state of being
10:00 AM	Snack	Greek yogurt with a sprinkle of chia seeds
12:00 PM	Lunch	Grilled vegetable and quinoa-stuffed bell peppers with Juniper Berry supplement <ul style="list-style-type: none"> <li>• Add protein of your choice if you want</li> </ul>
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Intense strength training - focus on lower body <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:30 PM	Dinner	Baked salmon with quinoa and steamed broccoli
9:00 PM	Evening Meditation	Progressive muscle relaxation for post-workout recovery
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep




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# ENERGIZING ROUTINE

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DAY 12

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt<sup>1;2</sup></a> )
7:00 AM	Breakfast	Whole-grain toast with avocado, smoked salmon
8:00 AM	Morning Meditation	Mindful walking or jogging for increased energy and focus
11:00 AM	Snack	Banana with almond butter
1:00 PM	Lunch	Spinach and kale salad with grilled shrimp, topped with Juniper Berry supplement
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Yoga session
7:00 PM	Dinner	Grilled chicken breast with sweet potato wedges
9:00 PM	Evening Meditation	Guided meditation for relaxation and stress reduction
10:30 PM	Sleep	Maintain consistent sleep schedule



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# NUTRIENT-RICH VARIETY

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DAY 13

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt<sup>1;2</sup></a> )
7:00 AM	Breakfast	Vegetable omelet with feta cheese, whole-grain toast, TetraSOD supplement, and a side of mixed berries
8:30 AM	Morning Meditation	Yoga session for flexibility and mindfulness
10:00 AM	Snack	A mix of sliced cucumber, cherry tomatoes, and hummus
12:00 PM	Lunch	Grilled vegetable and quinoa-stuffed bell peppers with Juniper Berry supplement <ul style="list-style-type: none"> <li>• Add protein of your choice if you want</li> </ul>
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Rest day, focus on how you have progressed so far
7:00 PM	Dinner	Stir-fried tofu with a variety of colorful vegetables, and brown rice
9:00 PM	Evening Meditation	Guided meditation for relaxation and stress reduction
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep




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# HOLISTIC WELL-BEING

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DAY 14

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Mixed berry bowl with granola <ul style="list-style-type: none"> <li>• Try added supplements such as <a href="#">Relive Greens</a><sup>1</sup> and Collagen (<a href="#">GMBMY</a><sup>1</sup>)</li> </ul>
8:00 AM	Morning Meditation	Morning check-in journaling to assess current state of being
11:00 AM	Snack	Whole-grain crackers with hummus
1:00 PM	Lunch	Filet of organic salmon with couscous
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Intense strength training - focus on upper body <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:00 PM	Dinner	Grilled chicken breast with a side of sweet potato wedges
9:00 PM	Evening Meditation	Guided meditation for relaxation and gratitude
10:30 PM	Sleep	Maintain consistent sleep schedule

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# NUTRACEUTICAL VARIETY DAY

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DAY 15

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt<sup>1;2</sup></a> )
7:00 AM	Breakfast	Overnight oats with mixed berries, Milk Thistle Seed supplement, and a sprinkle of chia seeds
8:30 AM	Morning Meditation	Mindful stretching and deep breathing exercises for relaxation
10:00 AM	Snack	Cottage cheese with sliced almonds and L-Phenylalanine supplement
12:00 PM	Lunch	Chicken or tofu stir fry with mixed veggies
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Intense strength training - focus on lower body <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules<sup>1</sup></a> for before your workout and our <a href="#">Restore sachets<sup>1</sup></a> for post workout recovery</li> </ul>
7:00 PM	Dinner	Baked salmon with quinoa, Grape Seed Extract supplement, and roasted vegetables
9:00 PM	Evening Meditation	Guided meditation for relaxation and stress reduction
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep




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# FOCUS ON MILK THISTLE SEED

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DAY 16

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Overnight oats with mixed berries, Milk Thistle Seed supplement, and a sprinkle of chia seeds
9:00 AM	Morning Meditation	Mindful walking for increased focus and mental clarity
11:00 AM	Snack	Greek yogurt with honey and a handful of walnuts
1:00 PM	Lunch	Grilled chicken wrap with vegetables and a Milk Thistle Seed supplement
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Cardiovascular session. Do timed intervals (HIIT) <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:00 PM	Dinner	Quinoa-stuffed bell peppers with a side salad and Milk Thistle Seed
9:00 PM	Evening Meditation	Guided meditation for relaxation and stress reduction
10:30 PM	Sleep	Maintain consistent sleep schedule

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# EMPHASIZING SEEDS AND BERRIES

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DAY 17

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1,2</sup> )
7:00 AM	Breakfast	Mixed berry bowl with granola <ul style="list-style-type: none"> <li>• Try added supplements such as <a href="#">Relive Greens</a><sup>1</sup> and Collagen (<a href="#">GMBMY</a><sup>1</sup>)</li> </ul>
8:30 AM	Morning Meditation	Yoga session for flexibility and mindfulness
10:00 AM	Snack	Handful of grapes with cottage cheese
12:00 PM	Lunch	Chicken or tofu stir fry with mixed veggies
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Upper body specific workout, focus on your accessory movements <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:00 PM	Dinner	Baked chicken breast with sweet potato wedges
9:00 PM	Evening Meditation	Progressive muscle relaxation techniques
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep




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# JUNIPER BERRY WELLNESS DAY

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DAY 18

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1,2</sup> )
7:00 AM	Breakfast	Berry and banana smoothie with a scoop of protein powder, Juniper Berry supplement, and a handful of nuts <ul style="list-style-type: none"> <li>• Try added supplements such as <a href="#">Relive Greens</a><sup>1</sup> and Collagen (<a href="#">GMBMY</a><sup>1</sup>)</li> </ul>
8:00 AM	Morning Meditation	Morning check-in journaling to assess current state of being
11:00 AM	Snack	Sliced cucumber and cherry tomatoes with hummus
1:00 PM	Lunch	Grilled chicken wrap with vegetables and a Milk Thistle Seed supplement
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Lower body specific workout <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:00 PM	Dinner	Quinoa-stuffed bell peppers with a side of roasted vegetables, and Juniper Berry
9:00 PM	Evening Meditation	Guided meditation focusing on inner peace and tranquility
10:30 PM	Sleep	Maintain consistent sleep schedule

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# L-GLUTATHIONE BOOST DAY

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DAY 19

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt<sup>1;2</sup></a> )
7:00 AM	Breakfast	Oatmeal with mixed berries, L-Glutathione supplement, and a sprinkle of chia seeds
8:30 AM	Morning Meditation	Mindful walking for increased energy and mental clarity
10:00 AM	Snack	Sliced apple with almond butter and a TetraSOD supplement
12:00 PM	Lunch	Chicken or tofu stir fry with mixed veggies
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Yoga session for relaxation and flexibility
7:00 PM	Dinner	Stir-fried tofu with brown rice
9:00 PM	Evening Meditation	Guided meditation for deep relaxation and stress reduction
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep




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# POWER OF MINDFUL REST

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DAY 20

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Green smoothie with spinach, banana <ul style="list-style-type: none"> <li>• Try added supplements such as <a href="#">Relive Greens</a><sup>1</sup> and Collagen (<a href="#">GMBMY</a><sup>1</sup>)</li> </ul>
8:00 AM	Morning Meditation	Mindful stretching and deep breathing exercises for mental clarity
11:00 AM	Snack	Greek yogurt parfait with mixed berries
1:00 PM	Lunch	Grilled chicken wrap with vegetables and a Milk Thistle Seed supplement
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Rest day, focus on your progression so far
7:00 PM	Dinner	Baked fish with sweet potato wedges
9:00 PM	Evening Meditation	Guided meditation focusing on gratitude and tranquility
10:30 PM	Sleep	Maintain consistent sleep schedule



# COMPLETE NUTRIENT REPLENISHMENT

DAY 21

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Smoothie with mixed berries, spinach <ul style="list-style-type: none"> <li>• Try added supplements such as <a href="#">Relive Greens</a><sup>1</sup> and Collagen (<a href="#">GMBMY</a><sup>1</sup>)</li> </ul>
8:30 AM	Morning Meditation	Morning check-in journaling to assess current state of being
10:00 AM	Snack	Greek yogurt with honey and a handful of walnuts, plus TetraSOD Phytoplankton supplement
12:00 PM	Lunch	Grilled chicken salad with mixed greens and quinoa
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Full-body strength training <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:00 PM	Dinner	Stir-fried tofu with a variety of colorful vegetables and brown rice
9:00 PM	Evening Meditation	Guided meditation for relaxation and stress reduction
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep




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# HOLISTIC BALANCE WITH HMB

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DAY 22

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Omelet with veggies and whole-grain toast
8:00 AM	Morning Meditation	Mindful stretching and deep breathing exercises for mental clarity
11:00 AM	Snack	Cottage cheese with sliced almonds
1:00 PM	Lunch	Grilled salmon with quinoa and mixed vegetables
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Cardiovascular exercise - running or cycling
7:00 PM	Dinner	Stir-fried tofu with brown rice, a variety of vegetables
9:00 PM	Evening Meditation	Guided meditation focusing on gratitude and tranquility
10:30 PM	Sleep	Maintain a consistent sleep schedule

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# MINDFUL NOURISHMENT WITH L-LYSINE

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DAY 23

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Greek yogurt parfait with mixed berries and a sprinkle of chia seeds <ul style="list-style-type: none"> <li>• Try added supplements such as <a href="#">Relive Greens</a><sup>1</sup> and Collagen (<a href="#">GMBMY</a><sup>1</sup>)</li> </ul>
8:30 AM	Morning Meditation	Yoga session for flexibility and mindfulness
10:00 AM	Snack	Sliced cucumber and cherry tomatoes with hummus and TetraSOD Phytoplankton supplement
12:00 PM	Lunch	Chickpea salad with assorted chopped vegetables and shrimp
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Full-body strength training <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:00 PM	Dinner	Baked fish with sweet potato wedges and a side of mixed vegetables
9:00 PM	Evening Meditation	Guided meditation for relaxation and stress reduction
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep




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# THE POWER OF L-METHIONINE

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DAY 24

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt<sup>1;2</sup></a> )
7:00 AM	Breakfast	Scrambled eggs with spinach, and whole-grain toast
8:00 AM	Morning Meditation	Mindful walking in nature for increased awareness and connection
11:00 AM	Snack	Greek yogurt with honey
1:00 PM	Lunch	Grilled salmon with quinoa and mixed vegetables
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Rest day, focus on your progression so far
7:00 PM	Dinner	Grilled chicken breast with a side of sweet potato wedges
9:00 PM	Evening Meditation	Guided meditation for relaxation and gratitude
10:30 PM	Sleep	Maintain a consistent sleep schedule

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# THE ESSENCE OF L-THREONINE

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DAY 25

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Mixed berry bowl with granola <ul style="list-style-type: none"> <li>• Try added supplements such as <a href="#">Relive Greens</a><sup>1</sup> and Collagen (<a href="#">GMBMY</a><sup>1</sup>)</li> </ul>
8:30 AM	Morning Meditation	Mindful stretching and deep breathing exercises for mental clarity
10:00 AM	Snack	Cottage cheese with almonds
12:00 PM	Lunch	Chickpea salad with assorted chopped vegetables and shrimp
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Lower-body strength training <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:00 PM	Dinner	Chicken and brown rice with a broccoli side
9:00 PM	Evening Meditation	Guided meditation for deep relaxation and stress reduction
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep




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# ELEVATE WITH L-TYROSINE

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DAY 26

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Oatmeal with sliced bananas and a sprinkle of chia seeds
8:00 AM	Morning Meditation	Morning check-in journaling to assess current state of being
11:00 AM	Snack	Greek yogurt parfait with mixed berries
1:00 PM	Lunch	Grilled salmon with quinoa and mixed vegetables
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Upper-body strength training <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:00 PM	Dinner	Baked fish with sweet potato wedges
9:00 PM	Evening Meditation	Guided meditation focusing on gratitude and tranquility
10:30 PM	Sleep	Maintain a consistent sleep schedule

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# UNWIND WITH MEDITATING AND YOGA

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DAY 27

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt<sup>1,2</sup></a> )
7:00 AM	Breakfast	Scrambled eggs with spinach, whole-grain toast
8:30 AM	Morning Meditation	Mindful walking for increased energy and mental clarity
10:00 AM	Snack	Cottage cheese with almonds
12:00 PM	Lunch	Chickpea salad with assorted chopped vegetables and shrimp
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Yoga session focusing on stretching full body
7:00 PM	Dinner	Protein or protein substitute with carbs and vegetables Suggested: <ul style="list-style-type: none"> <li>• Stir-fried tofu with brown rice and a variety of vegetables</li> </ul>
9:00 PM	Evening Meditation	Guided meditation for deep relaxation and stress reduction
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep



# EMBRACE THE PEPTIDES

DAY 28

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Mixed berry bowl with granola <ul style="list-style-type: none"> <li>• Try added supplements such as <a href="#">Relive Greens</a><sup>1</sup> and Collagen (<a href="#">GMBMY</a><sup>1</sup>)</li> </ul>
8:00 AM	Morning Meditation	Mindful stretching and deep breathing exercises for mental clarity
11:00 AM	Snack	Greek yogurt parfait with mixed berries
1:00 PM	Lunch	Grilled chicken wrap with vegetables
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Full-body strength training <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:00 PM	Dinner	Baked fish with sweet potato wedges
9:00 PM	Evening Meditation	Guided meditation focusing on gratitude and tranquility
10:30 PM	Sleep	Maintain a consistent sleep schedule






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# REVITALIZE WITH SEEDS

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DAY 29

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt</a> <sup>1;2</sup> )
7:00 AM	Breakfast	Oatmeal with mixed berries and a sprinkle of chia seeds
8:30 AM	Morning Meditation	Yoga session for relaxation and mental clarity
10:00 AM	Snack	Sliced apple with almond butter
12:00 PM	Lunch	Quinoa salad with mixed greens and chickens.
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using <a href="#">Crush</a> for your smoothie choice</li> </ul>
5:30 PM	Workout	Full-body strength training <ul style="list-style-type: none"> <li>• Try our <a href="#">Zero-In capsules</a><sup>1</sup> for before your workout and our <a href="#">Restore sachets</a><sup>1</sup> for post workout recovery</li> </ul>
7:00 PM	Dinner	Stir-fried tofu with brown rice and a variety of vegetables
9:00 PM	Evening Meditation	Guided meditation for deep relaxation and stress reduction
10:30 PM	Sleep	Ensure 7-8 hours of quality sleep




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# CULMINATION

## THE RAHM EFFECT CELEBRATION

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DAY 30

TIME	ACTIVITY	DETAILS
6:30 AM	Wake Up	Drink a glass of water with a metabolic support supplement ( <a href="#">Sculpt<sup>1;2</sup></a> )
7:00 AM	Breakfast	Scrambled eggs with spinach, and whole-grain toast
8:00 AM	Morning Meditation	Mindful walking for increased energy and mental clarity
11:00 AM	Snack	Greek yogurt parfait with mixed berries
1:00 PM	Lunch	Grilled chicken wrap with vegetables
3:30 PM	Afternoon Snack	Peptide rich smoothie <ul style="list-style-type: none"> <li>• We suggest using Crush for your smoothie choice</li> </ul>
5:30 PM	Workout	Cardiovascular exercise - running or cycling
7:00 PM	Dinner	Baked fish with sweet potato wedges, a variety of vegetables
9:00 PM	Evening Meditation	Guided meditation focusing on gratitude and tranquility
10:30 PM	Celebration	Reflect on the 30-day journey, celebrate achievements, and plan for continued well-being




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## CONCLUSION

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The Rahm Effect is a 30-day Nutraceutical Program that offers a holistic strategy to enhance overall well-being by combining targeted supplementation with lifestyle adjustments. Every day of the organized 30-day program focuses on the intake of a diverse range of vitamins, minerals, amino acids, antioxidants, and other substances that have been scientifically established to provide anti-aging, disease-preventing, and performance-enhancing benefits (Lokhande & Pathak, 2021). Nutraceutical compounds, such as branched-chain amino acids and grape seed plant extracts, offer distinct advantages individually but complement each other to enhance their benefits synergistically (Mohiuddin, 2019).

For instance, combining protein sources rich in leucine with grape seed extract stimulates protein synthesis, increasing muscle growth by activating the mTOR pathway. It also improves blood flow and muscle energy capacity by utilizing the antioxidant and prebiotic properties of proanthocyanidins (Giampapa, 2022). TetraSOD derived from algae exhibits diverse benefits, offering antioxidant and anti-inflammatory protection against oxidative stress during severe exercise and enhancing immunological defense during periods of rest and recuperation (Lephart, 2021). Over time, this biochemical optimization accumulation results in noticeable and quantifiable improvements in various aspects such as body composition, sexual performance, cardiovascular endurance, skin quality, inflammatory disorders, and more (Bhat et al., 2022).

The Rahm Effect combines the strategic consumption of

certain supplements with lifestyle factors that enhance overall well-being. Evidence-based lifestyle interventions, from mindfulness activities like yoga and meditation to diet and fitness best practices, give better context and the ability to leverage nutraceutical investments (Giampapa, 2022; Knaggs & Lephart, 2023). For example, consuming amino acids at the right times before, during, and after workouts supports muscle performance and recovery mechanisms activated by well-structured exercise sessions. These sessions include eccentric contractions, heavy strength work to create mechanical tension, triggering muscular damage for adaptation, and cardiovascular conditioning (Mohiuddin, 2019).

Program participants are provided with guidance on improving their sleep quality, managing stress, and taking care of themselves to overcome unhealthy habits that negatively affect their health. A majority of Americans have widespread problems such as anxiety and insomnia that hinder their biohacking endeavors unless they establish routines that promote parasympathetic relaxation (Taliaferro et al., 2023). To improve regenerative rest patterns necessary for nutraceutical effectiveness and holistic wellness, minimizing coffee intake, turning off gadgets before bedtime, practicing diaphragmatic breathing, keeping the bedroom temperature cool, and supplementing with magnesium (Tumsutti, 2020).

By following daily meal plans that prioritize whole-food feeding, individuals can benefit from protective components not commonly found in isolated supplements (Giampapa,



2022; Tumsutti, 2020). Salmon, blueberries, and leafy green vegetables include phytonutrients that help regulate oxidative stress, inflammation, and mitochondrial function, which are important for cell vitality and lifespan (Knaggs & Lephart, 2023; Sahiner et al., 2022). For example, the polyphenols in extra virgin olive oil raise nitric oxide and glutathione levels, while omega-3 fatty acids found in fatty fish like salmon trigger anti-inflammatory cytokine production and membrane fluidity important for cellular signaling (Shende & Mallick, 2020).

The Rahm Effect enhances enjoyment and compliance by providing tasty recipes and practical meal times for each menu. For example, consuming a protein smoothie as the first meal of the day ensures a sufficient supply of amino acids to the muscles after overnight fasting, preventing muscle breakdown. On the other hand, having a snack 2-3 hours before intense exercise prevents muscle cramps and provides the necessary energy source during physical exertion (Bhat et al., 2022). Nutrient intake timing after a workout is crucial for muscle repair and growth mechanisms (Taliaferro et al., 2023). Consistently distributing meals and macronutrients throughout the day helps to sustain a feeling of fullness while preventing sudden increases in blood sugar levels caused by excessive carbohydrate consumption, which is prevalent in the typical American diet.

The 30-day nutraceutical model has a cumulative effect that leads to significant improvements in biomarkers related to the breakdown of fat stores, increased gains in lean muscle mass to boost metabolism, improved health of blood vessels and heart function, reduced overall inflammation, enhanced sensitivity to insulin for better use of cellular fuel, increased levels of antioxidants like glutathione to fight against harmful free radicals, and optimized signaling pathways for hormones and neurotransmitters that affect mood, attention, libido, motivation, and cognitive abilities (Lephart, 2021;

Bhat et al., 2022). These various biochemical optimizations result in measurable enhancements in body composition, including decreasing body fat percentage while increasing lean mass. They also lead to elevated energy levels that support intense training, improved sexual performance, enhanced skin quality and appearance due to increased collagen production, strengthened immune defense against contagious diseases, and notably improved mental clarity that contributes to career advancement through enhanced executive functions (Lokhande & Pathak, 2021).

The various improvements in several factors drive program graduates to make further positive adjustments in their lifestyle, as the biochemical and physiological advantages strengthen their beliefs in their ability to overcome areas of suboptimal well-being (Mohiuddin, 2019). Participants who are dealing with obesity, for example, experience a significant reduction in clothing size as the program advances. This progress serves as a source of incentive to enhance the quality and consistency of their diet and find pleasure in sustained physical exercise. The initial resistance to exercise transforms into a strong desire to continue with strength training as individuals recognize the noticeable improvement in muscle definition. The experience of enhancing one's quality of life through specific nutraceutical treatments serves as a long-lasting source of motivation to improve overall well-being consistently.

To effectively guide transitioning persons beyond the initial 30-day initiative, it is crucial to provide intentional instruction and assistance on maintaining long-term momentum (Giampapa, 2022). Lifestyle habits develop gradually but tend to endure persistently (Lokhande & Pathak, 2021). One must exercise patience and self-compassion when unavoidable mistakes happen to eliminate deeply ingrained ways of thinking, unconscious actions, and external triggers

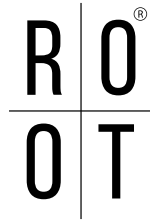
that support unhealthy lifestyle habits (Knaggs & Lephart, 2023). The essence of this journey revolves around consistently enhancing one’s consciousness of beneficial and detrimental decisions (Mohiuddin, 2019). Keeping a journal surrounding food intake, daily movement, sleep hygiene, stress management, and supplement compliance aids consciousness-raising to mould ongoing decisions favourably (Lephart, 2021).

Regular evaluations conducted through laboratory experiments and diagnostic tests provide insights into both beneficial and detrimental physiological changes, which can inform modifications to the program’s structure (Bhat et al., 2022). The efficacy and safety of specific nutraceutical constituents at certain doses can be determined by analyzing blood panels that evaluate organ function, inflammatory status, hormone ratios, and micronutrient levels (Sahiner et al., 2022). For instance, regularly conducting thorough assessments of liver enzymes, kidney function markers such as creatinine, and indicators of muscle breakdown like creatine kinase can provide valuable information for determining appropriate supplement cycling strategies. This approach minimizes adverse effects and optimizes desired performance outcomes (Shende & Mallick, 2020).

Diagnostics such as body composition scans, vital assessments, and even neurological and cardiovascular function testing reveal developing vulnerabilities that must be addressed (Taliaferro et al., 2023). Heart rate variability evaluations offer measurable information on the balance between sympathetic and parasympathetic nervous system activity, which can be used to improve strategies for managing stress and objectively evaluate the impact of nutraceuticals to enhance mitochondrial energy production. Monitoring variations in body fat percentage and lean mass gains over several months might reveal any decline in

adherence or inadequate reaction to ingredients, which may require specific adjustments to the program when reaching plateaus. Gaining proficiency in translating biochemical and biometric data allows for effective customization and adjustment of dietary treatments in conjunction with lifestyle habits (Tumsutti, 2020).

Incorporating nutraceuticals into one’s lifestyle necessitates the same level of awareness and personal responsibility as making positive changes in behaviors related to wellness, such as engaging in regular exercise, practicing stress-relieving rituals, increasing fruit and vegetable consumption, or prioritizing quality sleep (Lokhande & Pathak, 2021). It is important to approach supplement claims made by profit-driven firms with scientific skepticism and regularly reassess the risk and value of any product concerning one’s physiology. This helps make informed decisions about continuous use (Knaggs & Lephart, 2023). A nutraceutical program, such as The Rahm Effect, provides significant benefits ranging from improved cognitive function to illness prevention. However, these benefits diminish in effectiveness if one does not adopt lasting behaviours to maintain the transformation (Mohiuddin, 2019). Regular detoxification through the use of supplements and monitoring progress helps prevent stagnation by highlighting the ongoing need for lifestyle improvements.

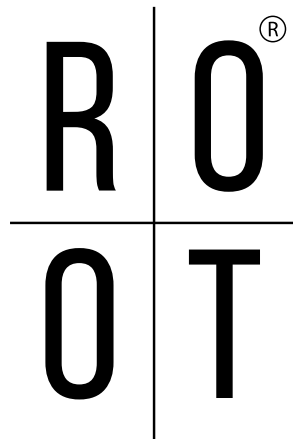


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# WORKOUT EXAMPLES

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	BEGINNER	INTERMEDIATE	ADVANCED
<b>Chest</b>	<ul style="list-style-type: none"> <li>• Pushups</li> <li>• Bosu ball push ups</li> <li>• Medicine ball pushups</li> </ul>	<ul style="list-style-type: none"> <li>• DB flat bench press</li> <li>• DB incline press</li> <li>• Machine chest flyers</li> <li>• Decline DB chest press</li> </ul>	<ul style="list-style-type: none"> <li>• Barbell Flat bench</li> <li>• Barbell incline bench</li> <li>• Seated plate pushes</li> <li>• Cable rows low to high</li> <li>• Cable rows high to low</li> </ul>
<b>Shoulder</b>	<ul style="list-style-type: none"> <li>• Band rear delt pulls</li> <li>• Band lateral raises</li> <li>• Band front raises</li> </ul>	<ul style="list-style-type: none"> <li>• Seated shoulder press</li> <li>• DB lateral raises</li> <li>• Standing DB front raises</li> <li>• Rear delt machine flies</li> </ul>	<ul style="list-style-type: none"> <li>• Standing OHP</li> <li>• Cable lateral raises</li> <li>• Cable rope front raises</li> <li>• Leaning over Reverse DB flies</li> </ul>
<b>Tricep</b>	<ul style="list-style-type: none"> <li>• Straight arm plank hold</li> <li>• Bench assisted dips</li> </ul>	<ul style="list-style-type: none"> <li>• Cable tricep pressdown</li> <li>• Single arm cable tricep extensions</li> <li>• Close grip pushups</li> </ul>	<ul style="list-style-type: none"> <li>• Cable overhead tricep extension</li> <li>• Close grip bench</li> <li>• DB tricep kickbacks</li> <li>• Weighted dips</li> </ul>
<b>Back/ Bicep</b>	<ul style="list-style-type: none"> <li>• Band assisted pullups</li> <li>• Seated cable or banded rows</li> <li>• Seated bicep curls</li> </ul>	<ul style="list-style-type: none"> <li>• Cable wide grip lat pulldowns</li> <li>• Close grip pulldowns</li> <li>• DB Rows</li> <li>• Barbell Rows</li> <li>• Standing alternating curls</li> </ul>	<ul style="list-style-type: none"> <li>• Bodyweight pullups</li> <li>• Barbell bent over rows</li> <li>• Natural position deadlifts</li> <li>• Zottman curls</li> </ul>
<b>Legs</b>	<ul style="list-style-type: none"> <li>• Bodyweight squats</li> <li>• Bodyweight lunges</li> <li>• Elevated calf raises</li> <li>• Laying side leg raises</li> </ul>	<ul style="list-style-type: none"> <li>• DB goblet squats</li> <li>• DB lunges</li> <li>• Leg extension</li> <li>• SLDLs</li> <li>• Bodyweight step-ups</li> </ul>	<ul style="list-style-type: none"> <li>• Barbell squats</li> <li>• Barbell lunges</li> <li>• Weighted step-ups</li> <li>• Bulgarian split-squats</li> </ul>
<b>Abs</b>	<ul style="list-style-type: none"> <li>• Leg raises</li> <li>• Heel touches</li> <li>• Seated twists</li> </ul>	<ul style="list-style-type: none"> <li>• Medicine ball seated twists</li> <li>• Bicycle kicks</li> <li>• Mountain climbers</li> </ul>	<ul style="list-style-type: none"> <li>• Cable crunches</li> <li>• Hanging toes to bar</li> <li>• Standing DB oblique crunches</li> </ul>



1 Medical Disclaimer-The information provided is for educational purposes only. It is not intended as medical advice or a substitute for the medical advice of a physician or other qualified health care professionals. This information is not to be used for self-diagnosis. Always consult your doctor for medical advice or information about diagnosis and treatment. Statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure, or prevent any disease. ROOT is a company founded on improving people's understanding of how toxins and chemicals can harm your health. Instead of focusing on symptoms, ROOT targets the underlying root cause with natural wellness.

2 **Warning:** Please consult a medical professional before starting any diet or exercise program. Keep out of reach of children. Do not exceed recommended serving. Improper use of this product will not improve results and is not advised. Discontinue use and consult a healthcare practitioner if you experience any unusual symptoms.  
\*\*Please listen to your body as you take this product. Some may need to start with half the recommended serving and work up to 2 capsules a day and drink plenty of water.