



GET BETTER TOGETHER



INSPIRE ✂ **MOTIVATE** ✂ **ACHIEVE**

ABOUT



Gaming isn't a passive sport, and no one knows that better than Nick "NICKMERCS" Kolcheff. His passion for competition, athleticism, and fitness has guided his acclaimed gaming career toward amassing a community of 15 million fans and 2 billion views. That community, the MFAM [Merces + Family] has bonded over a pursuit of progress and has rallied around a battle cry to always "GBT" or, Get Better Together.

"GBT" sparked a global movement, inspiring millions of gamers to reimagine their lives through the pursuit of physical and mental well-being.

Nick led the charge by pioneering the 'gym stream' format, live-broadcasting his workout regiment, sharing fitness trials with fans, inspiring countless weight loss challenges, and fueling an encouraging, supportive, and interactive environment between fans. Weekly, hundreds of MFAM fans share progress photos, committed to getting better, and vowed to do it together.

GBT has evolved into a standalone brand, forging unprecedented partnerships with major companies like Under Armour, Beats by Dre, NFL, and UFC. Today, Nick, the GBT cause, and the MFAM remain committed to their original vision of forging gamers into competitors and share a common outlook on their potential - it's limitless.

DISCLAIMER

Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding the information provided in this eBook.

Methods described in this 30-day training program may be proven to be unsafe. Any action you take with the information in this eBook is at your own risk.

In no event shall Nickmercs / Get Better Together be liable for any special, indirect, consequential, or incidental damages or any other damages or injuries that may occur.

If you have a medical emergency, please call your doctor or 911 immediately.

PROGRAM Q&A

WILL I BE DOING THE SAME WORKOUTS FOR 30 DAYS?

Yes! It's a 5-day split with 2 rest days each week. We recommend trying to challenge yourself by progressively increasing the weights for each exercise weekly.

IS THERE A MEAL PLAN INCLUDED?

There is no specific meal plan, but you will find some nutrition guidelines to follow below.

CAN I EAT OUT WHILE ON THE CHALLENGE?

Eating at home is recommended for the most part but you can still eat out and make healthier decisions. Most restaurants offer some sort of protein [chicken/meat/fish] and veggie option. You can also ask for the food not to be cooked with oil.

PROGRAM Q&A

WHAT IF I DON'T KNOW WHAT SOME OF THE EXERCISES ARE?

Google is your friend! All exercises in this program are beginner friendly and a quick search on google will bring up a video for reference.

ARE SUPPLEMENTS NECESSARY?

Not at all! You can reach your goals without supplements.

However, if you feel you need extra help, **the following supplements can aid you:**

Protein shakes - if you struggle to eat enough protein in the day, adding a shake can be beneficial to ensure you're not lacking in protein.

Fat burners - if your goal is to lose weight, any over-the-counter fat burner can help with suppressing appetite and burning extra calories during workouts. But remember, it's not a magic pill and only works if you do.

Pre workouts/energy drinks - if you need a little extra boost of energy to get you through a workout these can help.

NUTRITION GUIDELINES

While everyone's goals are different, here are some general guidelines that will benefit anyone that's doing this program.

HEALTHY PROTEINS TO ADD TO YOUR MEALS:

Chicken breast, lean ground turkey, lean ground beef, egg whites/eggs, salmon, white fish, shrimp, tuna, lean steak, tofu, protein powder.

HEALTHY CARBOHYDRATES:

Rice, sweet/any potatoes, oats, rice cakes, whole grain bread, chickpeas, beans, whole wheat pasta.

HEALTHY FATS:

Nuts, pumpkin seeds, chia seeds, flax seeds, avocado, coconut/olive/avocado oil, peanut/almond/nut butter.

NUTRIENT-DENSE VEGETABLES:

Spinach, broccoli, garlic, Brussel sprouts, kale, green peas, asparagus, cabbage, parsley.

NUTRITION GUIDELINES

- Focus on adding protein to each meal.
This could look like eggs and egg whites for breakfast with toast or oatmeal on the side.
- Any meat/chicken/fish/tofu for lunch and dinner with veggies and rice/potatoes/tortilla on the side.
- Snacks can include nonfat Greek yogurt, low fat string cheese/cottage cheese, nuts, etc.
- If your goal is to lose weight, lower your portions of carbs and fats and keep protein high.
- If your goal is to gain weight/muscle increase your portions of carbs and fats while also keeping the protein high.
- Make sure to hydrate throughout the day.
- Cut out sugary drinks and limit diet drinks.
- Fruits are great nutrient dense and anti-inflammatory foods to add in your daily diet but just be sure to not eat too much if your goal is to lose weight as they are higher in natural sugars.



HEALTHY PROTEINS

Chicken breast, lean ground turkey, lean ground beef, egg whites, salmon, lean steak, tuna, protein powder [whey or vegan] tofu, cod fish, and shrimp.

HEALTHY CARBS

Brown rice, sweet potatoes, oats, rice cakes, ezekiel bread, quinoa, buckwheat, chickpeas, kidney beans.

HEALTHY FATS

Almonds, coconuts, peanuts, pine nuts, walnuts, flax seeds, chia seeds avocados, olive oil, coconut oil, pistachios.

NUTRIENT DENSE VEGGIES

Spinach, carrots, broccoli, garlic, brussel sprouts, kale, green peas, asparagus, cabbage, parsley, collards.

ANTI-INFLAMMATORY FOODS

Blueberries, raspberries, blackberries, strawberries, salmon, sardines, broccoli, avocados, green tea, peppers, mushrooms, grapes, turmeric, dark chocolate, tomatoes, cherries.

FOODS TO LIMIT

Processed/refined foods, soda, candy, sugary cereals, sugary drinks & white flour.

NUTRIENT DENSE FRUITS

Blueberries, strawberries, oranges, raspberries, bananas, lemons, grapefruit, blackberries.

HYDRATION FOODS

Watermelon, cucumbers, pineapple, lettuce, tomatoes, grapefruit, & blueberries.



THE WORKOUTS

DAY 1 - PULL DAY

WARM UP: 2x20 arm circles, band pull through, band rows

SET 1

LAT PULLDOWN & DUMBBELL CURLS



3x 20, 15, 15*



3x 20, 15, 15*

**Increase weight any time reps go down throughout the program.*

SET 2

SEATED ROW MACHINE & CABLE ROPE CURLS



3x 20, 15, 15



3x 20, 15, 15

SET 3

FACE PULLS & CABLE BENT OVER ROWS



3x 20, 15, 15



3x 20, 15, 15

SET 4

CABLE SINGLE ARM LOW ROW & CURLS



3x 15 [each arm]



3x 15 [each arm]

Finish with 20 mins cardio on treadmill - 8-12 incline, 3/3.5 speed

DAY 2 - LEG DAY (QUAD FOCUSED)

WARM UP: 2x20 walking lunges, leg swings, standing kick bangs

SET 1

KETTLEBELL SUMO & GOBLET SQUATS



3x 20, 15, 12



3x 20, 15, 12

SET 2

BULGARIAN SPLIT SQUAT & DB STATIONARY LUNGES



3x 15 [each leg]



3x 15 [each leg]

These can be done with or without weights depending on difficulty level.

SET 3

LEG PRESS & JUMP SQUATS



3x 20, 15, 15



3x 20, 15, 15

SET 4

LEG EXTENSIONS & HIP ADDUCTOR MACHINE



3x 20, 15, 15



3x 20, 15, 15

SET 5

WALKING LUNGES & WALL SITS



3x 20



3x 30 sec.

DAY 3 - PUSH DAY

WARM UP: 2x20 arm circles, band shoulder press, band pull throughs.

SET 1

DB INCLINE PRESS & DB LATERAL RAISE



3x 20, 15, 15



3x 20, 15, 15

SET 2

DB SHOULDER PRESS & DB CHEST FLY



3x 20, 15, 15



3x 20, 15, 15

SET 3

DB OVERHEAD EXTENSION & FRONT RAISE



3x 20



3x 20

SET 4

CABLE TRICEP PUSHDOWN & DB AROUND THE WORLDS



3x 15



3x 15

SET 5

PECK DECK (CHEST FLY MACHINE) & PUSH-UPS



3x 15



3x 15

👉 **Finish with 20 mins cardio on treadmill - 8-12 incline, 3/3.5 speed** 👈

DAY 4 - ABS & HIIT

WARM UP: 2x20 arm circles, leg swings, jumping jacks.

SET 1

PLANK & KB SWINGS



3x 30 sec.



3x 30 sec.

SET 2

MOUNTAIN CLIMBERS, RUSSIAN TWISTS, CRUNCHES



3x 30 sec.



3x 30 sec.



3x 30 sec.

SET 3

LAYING LEG LIFTS & BURPEES



3x 15



3x 15

SET 4

BICYCLE CRUNCHES, JUMPING JACKS, SHOULDER TRAPS



3x 30 sec.



3x 30 sec.



3x 30 sec.

Finish with 30 mins cardio on treadmill - 8-12 incline, 3/3.5 speed

DAY 5 - LEG DAY [HAMSTRING FOCUSED]

WARM UP: 2x20 leg swings, glute kickbacks, fire hydrant

SET 1

HIP THRUST & SINGLE LEG DEADLIFT



3x 20, 15, 15



3x 15 [each leg]

SET 2

LEG PRESS & BARBELL DEADLIFT



3x 20, 15, 15



3x 20, 15, 15

SET 3

SEATED HAMSTRING CURL & KB/DB SUMO SQUAT



3x 20



3x 20

SET 4

SIDE TO SIDE LUNGES & STANDING CALF RAISE



3x 20



3x 20

SET 5

STATIONARY LUNGES & SEATED CALF RAISE



3x 20



3x 20



GET BETTER TOGETHER

Be sure to tag us so that we can follow along and share your fitness journey **#MFAMGBT**.

Remember, there's no right or wrong way to achieve your goals. The key is to have an absolute blast while sharing your story.

'LET'S GET BETTER TOGETHER'



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