



The Fitness Platform

The ESP 365 is an Extreme.Mobile.Daily.Fitness program that allows users to conveniently reach extreme fitness levels. Access 80+ new extreme exercises every month and 100 meals, with 4 new meals every day, anywhere you have an internet connection.

The Science

The ESP 365 is based on the exercise science of Progressive Variation. Progressive Variation is an effective and convenient approach to fitness. Instead of sticking with the same workout program for several weeks, the ESP 365 changes intensity, volume, rest time, and exercises from one daily extreme workout to another. By stimulating your muscles and neuro-muscular system in different ways, we shock the body not allowing it to adapt, which leads to consistent and rapid lean muscle growth. www.esp365.com

Ken Pytluk

There are only a few people in the world of fitness that come close to having the same resume as Ken. Ken has worked with UFC Fighters, US Olympians, Professional Athletes, Military Special Forces, Fire Fighters, Police Personnel, Extreme Athletes and everyday fitness enthusiasts. He has become the expert in designing extreme fitness programs, backed by exercise science, that provide extraordinary results.

- Degrees in Exercise & Sports Science and Biology
- Over 20 yrs of training extreme athletes
- UFC Strength/Conditioning Coach
- Olympic Strength/Conditioning Coach
- 8th degree Black Belt Vadha Kempo
- NASM Performance Enhancement Specialist

Exercise Format

- 20 – 30 minute intense interval training
- Workout 5-7 days per week
- Daily Meals with Ingredients and Instructions
- Weekly Grocery List
- Weekly Meal Calendar

Extreme 5 Week Fitness Platform by ESP 365

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|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| Week 1 | | | |
| Workout 1 Meal Plan 1 | Workout 2 Meal Plan 1 | Workout 5 Meal Plan 1 | Workout 6 Meal Plan 1 |
| Workout 3 Meal Plan 1 | Workout 4 Meal Plan 1 | Workout 7 Meal Plan 1 | |
| Week 2 | | | |
| Workout 1 Meal Plan 2 | Workout 2 Meal Plan 2 | Workout 5 Meal Plan 2 | Workout 6 Meal Plan 2 |
| Workout 3 Meal Plan 2 | Workout 4 Meal Plan 2 | Workout 7 Meal Plan 2 | |
| Week 3 | | | |
| Workout 1 Meal Plan 3 | Workout 2 Meal Plan 3 | Workout 5 Meal Plan 3 | Workout 6 Meal Plan 3 |
| Workout 3 Meal Plan 3 | Workout 4 Meal Plan 3 | Workout 7 Meal Plan 3 | |
| Week 4 | | | |
| Workout 1 Meal Plan 4 | Workout 2 Meal Plan 4 | Workout 5 Meal Plan 4 | Workout 6 Meal Plan 4 |
| Workout 3 Meal Plan 4 | Workout 4 Meal Plan 4 | Workout 7 Meal Plan 4 | |
| Week 5 | | | |
| Workout 1 Meal Plan 5 | Workout 2 Meal Plan 5 | Workout 5 Meal Plan 5 | Workout 6 Meal Plan 5 |
| Workout 3 Meal Plan 5 | Workout 4 Meal Plan 5 | | |