



# HOW TO USE YOUR SHJ STARTER PACK

[SuperheroJacked.com](http://SuperheroJacked.com)

**Welcome my fellow SuperHumans!**

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# STEP ONE: DON'T BE LIKE DEADPOOL



**For those of you who DID NOT BOOKMARK YOUR SHJ STARTER PACK PAGE here's the link again:**

<http://superherojacked.com/sh-jacked-start-kit-ebooks/>

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Okay. So now we're going to go through a bit of how you should be utilizing your SHJ Starter Pack. You got a lot going on, and I want to go through it all.

Firstly, it's extremely important to be utilizing the right workout routine. You may have opted in for one PDF, and eventually decide it's not for you: and that's just fine. Actually, sometimes that's extremely important.

# STEP TWO: CHOOSING THE RIGHT WORKOUT ROUTINE

- ◆ Analyze your goals and what you want to accomplish.
- ◆ Analyze your strengths and weaknesses, and decide what type of training you'd like to utilize
- ◆ Go through the different routines you were considering and decide which one is the best mix of Steps One and Two.



# STEP THREE: FIND SUSTAINABLE NUTRITION AND DIETARY GUIDELINES



- ◆ Read through all the articles given to you
- ◆ Analyze your options
- ◆ Evaluate which of the options (the more the merrier...I use one of all 5 stages of the Nutrition Pillars) will be the most sustainable for you.

**STEP FOUR:**  
**READ THROUGH THE ARTICLES ON THE IMPORTANCE OF SLEEP, MOTIVATION,  
AND PROPER SUPPLEMENTATION.**



- ◆ Read through all the articles.
- ◆ Evaluate ways you can incorporate them.
- ◆ Make the changes needed.

**BOOM! THAT'S IT.**

**GET STARTED AND START TRANSFORMING!**

**SUPERHERO  
JACKED**