

The Bio-Genetic Muscle Gain Program™

By
Bryan Kernan & Lee Hayward



How To Gain Up To 25 lbs. Of
Muscle In Only 12 Weeks!

A Plan Anyone Can Follow!

Notice

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of nutrition and exercise.

The program outlined herein should not be adopted without a consultation with your health professional.

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All questions and comments can be e-mailed to:
support@drugfreemuscle.com

Important - READ THIS FIRST!

Why I wrote this e-book?

I've been where you are right now!

You've got a burning desire to build a better body. I know this because you bought this book.

You want to get it but there's a lot of confusion out there. Every where you look "experts" can't seem to agree on anything. If someone could just give you a roadmap to make your journey easier.

Let me tell you a story...

When I started working out about 14 years ago I tried everything you can imagine. I was just getting into bodybuilding and didn't know anything about nutrition, weight training, or supplements. The first place I looked for this information was the bodybuilding magazines at the local bookstore. That was my first and biggest mistake!

I tried the routines, nutrition programs, and just about every supplement on the market outlined in the bodybuilding magazines in the hope that it would add muscle to my skinny body.

What I didn't realize at the time was the bodybuilding magazines are more interested in promoting their own interest than providing accurate information.

When I realized this I began to look for other sources of bodybuilding information. I wanted to find the secrets to getting huge! I read scientific studies, books from famous strength coaches, Russian strength experts, and everything I could get my hands on that revealed how to pack on more muscle weight.

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Out of all this I came up with a workable plan that will save you plenty of time, energy, and money. You don't have to waste any of it because I've already been through the mistakes for you.

That's why I wrote this book. I wanted to help aspiring bodybuilders like you to get the body they've always dreamed of.

If you want to make it and get the body you want this is exactly how to do it...no doubt about it!

A few assumptions about you:

1. You access to weights. Whether it's at a gym, in your house, or at work.
2. You know how to perform basic exercises with weights. None of the exercises in this program are complicated and can be learned by everyone. All of them are will be explained to you in detail and can also be taught to you by a personal trainer.
3. You have a burning desire to make changes in your body. What I will reveal to you in this program is not complicated. Anyone can follow it but it does take consistent planning and effort.

After you finish the program:

After you've completed the program you will need to continue training, eating and using the supplement strategies until you reach your desired goals.

A Letter From The Author

Dear Friend,

What if I told you there was a step-by-step system to gain all the muscle weight you ever wanted?

You would probably want to know the exact program so you could follow it to the letter.

That's what I reveal to you in this book. A system that works like clockwork.

But you must do one thing.

Let it work for you!

The biggest mistake I see with bodybuilders is not using the secrets that are proven to work. But I know that's not you. You're smarter than that.

I know this because you took the opportunity to own this book. And for doing that you will be richly rewarded with the muscle building secrets it contains.

To get the most muscle out of this system, resist the temptation to substitute exercises, foods, and supplements in the program. The reason this program is so powerful is because it combines these in just the right way.

It was designed to combine nutrition, training, and supplementation to give you a synergistic bodybuilding program.

What do I mean?

When you combine nutrition, training, and supplementation in a way that complements each other you get a greater muscle surge than if you just took one part of the program separately.

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If you are on a training, diet, or supplementation program, go ahead and finish those before you start this one. The true power of this program is when you combine all three parts together.

Something magical begins to happen in your body. It starts to transform itself instantly. People will start to make comments about your body changing so fast. I've seen it happen over and over again.

If you want, you can tell them your secret. If not, it will be between you and me.

So if you are ready. Let's get started!

Good Luck,
Bryan Kernan & Lee Hayward
Email: support@drugfreemuscle.com

Foreword

Can You Gain Up To 25 lbs. Of Muscle In Only 12 Weeks?

I am guessing that's what you are probably thinking right now, and I suppose it sounds unbelievable and outrageous. Still, you've got this e-book on your computer, and I hope that will turn out to be a good thing.

And, as impossible as it may seem, I've seen people do exactly that, and can share with you the system they used to get there.

However, I can't promise you will get the same results. I'd be a fool to do that- and why would you take any bodybuilding advice from a fool? I can't control how you apply the information I give you. Since I have no control over you, I'm not about to accept responsibility for your results.

All I can promise you, and what I will do, is tell you the absolute truth about my system and my discoveries and talk straight talk with you.

How Much Muscle Do You Want?

Would you like to gain 25 lbs.? 30 lbs.? or how about 35 lbs.?

Whatever your goals are you need to clearly define them so you know if you are on track to reach them.

Sometimes you will be gaining as much as 7 lbs. in one week. You will begin to notice changes in the mirror in as little as 3 days. I know. That's exactly what happened to me when I used just the nutrition part of this program. And I'm not a genetically gifted individual. I have always been on the thin side, so gaining muscle for me is not easy.

If I can do it, I know you can. The first thing you need to do before you get started is define exactly how much muscle you want to gain and why.

Define "Why" You Want To Gain Muscle And Completely Transform Your Body

Psychologists have discovered that the reason for doing something rates much stronger than how you get to the job done.

If you have a strong enough reason why you want to gain weight and transform your body then you will find a way to get the body you want. Ask yourself- Why do you want to gain muscle?

Do you want more confidence, more attention from the opposite sex, to intimidate your enemies that have been bothering you, or just to look better without a shirt on?

All of these and any one that is personal to you can be used as very powerful motivators to reach your goals.

In my case I just didn't like being weak and thin. I wanted a physique that looked powerful and exuded confidence.

In order to get to your desired bodyweight you need to constantly remind yourself where you are headed. This will help you recognize the things it takes to reach your goal.

Here's An Example

For example, if your goal is to gain 25 lbs. of muscle over the next 8 weeks and you currently weighed 155 lbs. you would take a 3 x 5 index card and write the following.

**8 weeks from now I will weigh 180 lbs. with the
same percentage of body fat that I have now**

Look at this card through out the day to remind yourself many times through out the day what your goal is and why it is important to you.

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It will also help you focus better on what you need to do to gain 25 lbs. in 8 weeks.

Right away this goal tells you, you need to be gaining a little over 3 lbs. of muscle per week.

Those 3 lbs. are going to come from your nutrition, training, and supplements. I will reveal how you can easily add 3 lbs. a week. Once you have written down your goal; it's time to find a way to reach them. In the following sections I will go into detail how to eat, train, and use supplements so you can easily reach the goals you set.

If you are ready let's get started!

Chapter One

How I Stumbled Onto This System By Accident?

I first got involved in bodybuilding about 13 years ago. The main reason I started because frankly I just hated being skinny. I couldn't stand the fact that my clothes always looked baggy on me even when I had the smallest size on.

I knew I wanted to get bigger. I just didn't know how. So I did what the majority of people do when they first get into bodybuilding. I started reading the bodybuilding magazines at the bookstore, hoping to find the answers I was looking for.

You've probably done something similar.

My First Mistake

Now since I was new to the sport, I believed this was the best information out there that would help me to build the muscular body I wanted.

Everything in there I took as gospel. Whatever the magazines said I tried. I ended up trying just about everything.

Any new supplements, training program, or nutrition program I gave it a shot. I didn't just half ass it either. I followed the instructions to the letter. The results I got my first few years were non existent. If you would have seen me before I started training and three years later you couldn't tell the difference.

Imagine how frustrated I felt, not seeing results for three years. I didn't know what to do.

I told myself I was going to give it one last shot and if it didn't work I was going to quit for good.

The Breakthrough

So I went over to my local GNC and bought the biggest weight gaining powder they had.

As you know, weight gainers were big in the 80's. But this was in the 90's when I tried it. Creatine and HMB were both out on the market.

I had tried these with only moderate results. It's kind of funny now that I look back how a weight gainer ended up keeping me in bodybuilding and helping me evolve this system. But it all makes perfect sense now that I know how important nutrition is.

I bought the weight gainer and went home and just wrote on a little piece of paper that no matter what, I would consume 4,000 calories a day with the help of the weight gainer.

I did this for two weeks and put on over 12 lbs. Just like that. I couldn't believe it! Sure one-fourth of it was fat but I was finally gaining muscle and it proved to me that I could pack muscle on my body and it wasn't a genetic thing any longer.

The Turning Point

This was the turning point in the development of my system.

For those two weeks I had been eating everything. I really wasn't strict at all with my diet. I was eating twice a day at McDonalds and Burger King in addition to 3 shakes a day of the weight gainer.

I knew I could get better results if I began eating a more bodybuilding type of diet.

But I didn't know what the best type was. I mean it seems every expert is recommending something different and it's downright confusing.

They miss the main point about muscle growth. The total calories are where the muscle growth comes from.

Even if you just started loading up on junk food you are going to be gaining muscle. The very worst thing that would happen is you would gain half muscle and half fat.

You can get a better ratio than that with this system. The main point I am trying to illustrate to you is that overall calorie intake is the most important part of your diet.

Don't Be Confused By The Experts

Ratios like 40-30-30 and 33-33-33. Don't be confused by all this. It takes your focus off of the main goal of positive calorie consumption, which is the main requirement for muscle growth.

Once I discovered this important principle the next thing I needed to figure out was what are the best calories for muscle growth. I came up with a formula, which takes into account a person's body fat and total body weight. This means the nutrition part of your program will be customized to your body type. (I'll go into this in more detail in part one of the system)

Once I had gotten my nutrition working for me, I started to turn my attention to my weight training and supplementation. I wanted to get maximum muscle from all three areas of bodybuilding.

I knew from experience, the training programs found in the magazines were a waste of time. After all, most of them were from bodybuilders using truckloads of steroids and growth hormone.

I Turned To Other Sources Of Information

I turned to secret resources used by top athletes. One of the biggest secrets about building muscle (not known to too many people) is athletes have long been ahead of the bodybuilding community in enhancing performance and building muscle.

There is a very good reason for this. The millions of dollars these athletes generate and pride each nation takes to be the best provide way more motivation to discover muscle building secrets than a bodybuilder who only makes about \$100,000 a year.

They conduct their own studies to find the best answers to muscle growth and recovery. So they know what works long before bodybuilders do.

I've borrowed heavily from these studies and came up with some training principles that will make you grow like crazy.

The third part of my system is the supplement portion.

Supplements can be very powerful muscle builders when they are created properly. The problem is a lot of companies just throw something together.

During my research to find the ultimate supplement stack I stumbled onto one that stood head and shoulders above the rest in terms of its muscle building power. I will reveal this supplement stack in part 3.

Read on to begin Part 1.

Chapter Two

Part 1: How to Customize Your Diet To Your Specific Body Type

Your nutrition is the most important part of this bodybuilding program. It is more important than training and supplements. The reason this is so is because your nutrition drives the results of the other two.

If you don't have a good supply of proteins, carbohydrates, and fats your body can't recover from training or use the materials in needs to build muscle with your supplements.

The nutrition part of my system is outlined in detail in a step-by-step fashion. It follows some basic principles I've learned through trial and error over the last 10 years. If you follow them you will see how easy it is to switch from being a hardgainer to an easygainer instantly.

Here are the basic guidelines of the nutrition program for gaining weight fast:

1. Find out how much body fat and lean muscle mass you have on your body right now
2. Determine how many calories you need to take in order to grow from week to week
3. What percentage of calories should come from protein
4. What are the best sources of protein
5. What percentage of calories should come from carbohydrates
6. What are the best sources of carbohydrates

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7. What percentage of calories should come from fats
8. What are the best sources of fats
9. How should you divide your meals up
10. What's the easiest way to consume a lot of calories
11. What to do if you don't have a strong appetite

I'm going to walk you step-by-step through each of these so when you are finished you will know exactly how much you should be eating and when you should be eating.

The main problem with most diets is they are not customized to the individuals body type.

This one will be customized to yours.

What's The First Thing You Must Do Before Starting Any Bodybuilding Nutrition Program?

The very first step you need to do is:

Find out how much body fat and lean muscle you have on your body right now.

It's very easy to find out how much lean muscle you have on your body. You just need to get a skin caliper, which measures your body fat percentage. A good one is called Accu-measure and can be found online at:

US and International Customers:

<http://totfit.safeshopper.com/20/cat20.htm>

Canadian Customers:

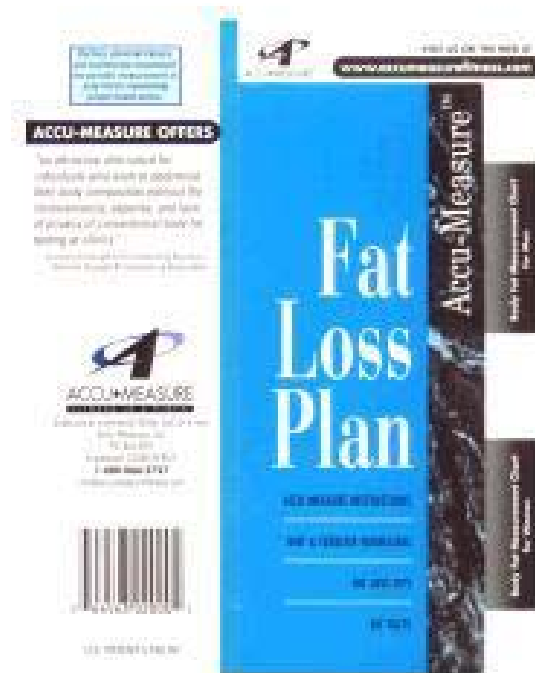
<http://musclebod.safeshopper.com/2/1.htm>

With every caliper comes a little booklet on how to take the measurements from your body to find out how much body fat you have. Here is a picture of what one looks like:



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And here is a picture of the instruction booklet it comes with:



So, let's say you weigh 150 lbs. and when you measure yourself with the Accu-measure you find out you have about 10 % body fat.

This means that 15 lbs. of the 150 lbs. on your body is fat and 135 lbs. is lean muscle.

I was able to get this by multiplying 150 lbs. times the 10 %, which is 15 lbs.

$$150 \text{ lbs.} \times .10 = 15 \text{ lbs. of body fat}$$

I then subtracted the 15 lbs. from the total bodyweight of 150 lbs. to get 135 lbs. of lean muscle.

$$\mathbf{150\ lbs.\ -\ 15\ lbs.\ of\ body\ fat\ =\ 135\ lbs.\ of\ lean\ muscle}$$

In this example this person has 135 lbs. of lean muscle and 15 lbs. of fat.

Once you have your lean muscle mass and body fat percentage you can go to the next step which is to find out how many calories you will need to eat on a daily basis in order to maximize muscle mass.

Lean Muscle Mass And Body Fat Worksheet

Total Bodyweight _____

Body Fat Percentage _____

Calculations

1. $\frac{\text{Total Bodyweight}}{\text{Total Bodyweight}} \times \frac{\text{Body fat Percentage}}{\text{Body fat Percentage}} = \frac{\text{Pounds of Body Fat}}{\text{Pounds of Body Fat}}$
2. $\frac{\text{Total Bodyweight}}{\text{Total Bodyweight}} - \frac{\text{Pounds of Body Fat}}{\text{Pounds of Body Fat}} = \frac{\text{Total Lean Body Mass}}{\text{Total Lean Body Mass}}$

Total Lean Mass _____

Pounds of Body Fat _____

Determining Your Daily Calorie Intake For Maximum Muscle In Minimum Time

When determining your calorie intake you need to be aware of some of the pitfalls most people fall into.

On the one hand you could over estimate your calorie needs and end up gaining too much fat with your muscle.

At the opposite end, you could under estimate your calorie needs and end up not gaining a lot of lean muscle mass.

Taking into account each of these pitfalls we are going to take the optimal approach which is to eat just enough calories to gain lean muscle mass without gaining fat at the same time.

Now the formula I've developed for you works very well. In fact you will notice within the first 7 days if you are following the diet right.

You may find you are putting on weight to fast.

This is where a daily journal comes in. I recommend you strictly keep track of everything that goes in your mouth, especially at the beginning, because it will allow you to adjust your calories if you find yourself gaining too much weight.

I've included a Daily Journal Sheet at the end of this section so you can keep an accurate account of your daily food intake.

I'm going to share with you my nutrition formula I used during my program. When I used this formula for calorie intake I had gained 7 lbs. of muscle in only 7 days!

After that week it was then I knew what could be done with the body through proper nutrition.

The Bio-Genetic Nutrition Formula

The formula has three parts:

- A. Finding your resting metabolic rate
- B. Finding your daily activity level using the activity index
- C. Adjusting your calories for muscle growth

A. Find out your resting metabolic rate

Your resting metabolic rate is the calories needed to keep your body functioning. This does not include your daily activity of moving around such as walking, working, etc...

To find your resting metabolic rate begin by subtracting your fat mass from your total mass to find your lean body mass. (You should have done this in the very first section on finding your body fat percentage and lean mass with the skin caliper)

For example if you weighed 150 lbs. At 10% body fat you would do the following:

$$150 \text{ lbs.} \times .10 = 15 \text{ lbs. of fat mass}$$

$$150 \text{ lbs.} - 15 \text{ lbs.} = 135 \text{ lbs. of lean muscle}$$

Now once you have your lean muscle rate plug it into this formula for your resting metabolic rate.

$$\text{Resting metabolic rate} = \text{Lean muscle mass} \times 10 + 500$$

$$135 \text{ lbs.} \times 10 + 500 = 1850 \text{ calories}$$

Your next step is to find out your calorie intake taking into account your daily activities.

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The daily activity part of the nutrition formula takes into account the calories burned during an average day.

Here is a chart based on how active an average day for you is:

Activity Index
Sedentary = 1.2
Moderate = 1.4
Active = 1.6

For example, if you lie down or sit all day with minimal movement then you fall into the sedentary category.

Some light walking around and moderate activity would put you into the Moderate category.

If you work in a labor type field or move around a lot this means you are burning a good bit of calories you would be considered active.

Once you categorize yourself take the total calories from the previous step and multiply it times the activity factor.

Continuing with the previous 150 lb. example, let's say this person is moderate in his or her daily activities. Simply plug the calories from your resting metabolic rate in the following calculation.

$$1850 \text{ calories} \times 1.4 \text{ activity factor} = 2590 \text{ calories}$$

This is the daily maintenance calorie intake for this person to stay the same weight.

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Now as you know, you need a positive calorie intake to gain muscle. But you don't want to put on fat while you are doing it. So adding 1000 calories will put you in the optimal range of gaining muscle without all the fat.

Here is the next step illustrating the additional 1000 calories for muscle growth.

$$2590 + 1000 = 3590 \text{ total daily calories}$$

The above example is for a male. If you are calculating the total calories for a female, follow the same steps as above, but only add 500 calories for muscle growth.

I have included a step-by-step worksheet at the end of this section, which will walk you through the Bio-Genetic Nutrition Formula I have just described to you.

Now that you know how many calories you will be taking in on a daily basis you need to figure out what is going to make up those calories.

The next step is looking at the proteins, carbohydrates, and fats. Find out which ones are the best for muscle growth in the following sections.

How Much of your Calories Should Come from Protein

Protein is the most important part of a bodybuilder's diet. It is the center of your nutrition program, which is why you are going to be figuring out your protein needs first.

The building blocks of muscle is protein.

Training increases the demand of protein your body needs in order to build muscle.

The normal recommendation by most "experts" for a bodybuilder is 1 gram of protein per pound of bodyweight. They get this number from various studies they did on average individuals.

The problem with this number is it is too low for skinny guys. They burn most of the protein up before it even reaches the muscle.

If you consumed just 1 gram of protein per pound of bodyweight a day you probably wouldn't even notice any change in your body.

But some studies have revealed when you increase your protein intake to as much as 2 grams of protein per pound of body weight a lot of the protein will end up building more muscle.

The results were amazing and proved with out a doubt how important protein plays in building muscle.

Another reason high protein intake is beneficial is excess protein calories are less likely to be stored as body fat compared to carbohydrates and fats.

Based on the available research I would recommend no less than **1.5 grams of protein per pound of bodyweight** when trying to gain weight.

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I know you might think this is a bit excessive but it is better to overfeed on protein than underfeed when training for muscle growth. This keeps your nitrogen balances high and fat storage to a minimum.

It also will play a big part in providing the raw materials for your supplement stack you will be using with this program.

As a side note I would like to address a myth that has been perpetuated by the scientific community for years on high protein intake.

I'm sure you've probably heard someone say that high protein is damaging on the kidneys. This myth originated from studies on patients who had renal failure and damaged kidneys already.

To put it more clearly: **There is no data or scientific studies that suggest high protein intake does any damage to the kidneys.**

With that said let's get started calculating your protein needs.

Keeping up with the previous example from the calorie section here's how you would figure your protein intake.

You would take your total body weight and multiply it by the 1.5 requirement of protein for muscle growth.

$$\mathbf{150 \text{ lbs. of total bodyweight} \times 1.5 = 225 \text{ grams of protein}}$$

And since each gram of protein contains 4 calories:

$$\mathbf{225 \text{ grams of protein} \times 4 \text{ calories per gram} = 900 \text{ calories}}$$

900 calories of protein would fill part of the 3590 calories.

This would leave 2690 calories left for carbohydrates and fats in the diet, which we will go into next.

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Now there are a lot of different protein supplements on the market, which can leave you a little, confused about which ones are the best.

Whey-based protein powders in particular are virtually a "must-have" element of any serious bodybuilding nutrition program. Because of its outstanding bio-availability and its absorption, a basic whey protein powder is still one of the best and most effective physique-enhancing supplements on the market.

But with so many quality proteins available--and so much money being spent on overstated advertisements--deciding which basic protein powder makes the most sense for you in terms of both ingredients and cost can often be a frustrating chore.

To help you make the most intelligent decision, here's a quick comparison of some of the highest quality and most popular brands on the market:

Comparing Ingredients

Brand	Protein:	Carbs:	Fat	Calories
Designer Protein	17.5g	2.8g	1.2g	92
Methoxy-Pro	23g	4g	1.5g	130
100% Whey Protein	22g	1.5g	1g	100
Nitro-Tech	20g	3g	1.5g	110
Muscle Drive HP	24g	3g	2g	130

Comparing Cost

Brand	Size	Cost	Servings	Cost Per Serving
Designer Protein	2lbs	\$28.99	40	\$0.72
Methoxy-Pro	2lbs	\$29.99	26	\$1.15
100% Whey Protein	5lbs	\$29.95	80	\$0.37
Nitro-Tech	2lbs	\$34.99	32	\$1.09
Muscle Drive HP	2lbs	\$38.99	28	\$1.39

*Prices based on <http://totfit.safeshopper.com>

While each individual is likely to have a favorite in terms of flavor and taste, Optimum Nutrition 100% Whey is clearly the best buy of the bunch.

What Are The Best Proteins For Muscle Growth?

I have included a list of proteins you should center your diet around.
I have included some good value whey protein powders on the next page.

Proteins Foods For Gaining Muscle Fast

Lean steaks
Lean Pork
Cornish Hen
Fish (any)
Shellfish
Lean Roasts
Poultry (any)
Quail
Tuna
Eggs
Protein Powders
Protein Bars

On the following pages I have provided links to the protein supplements I recommend based on quality and value.

Optimum Nutrition 100% Whey



Available at:

<http://totfit.safeshopper.com/81/570.htm> (US and International)

<http://musclebod.safeshopper.com/33/88.htm> (Canadian)

Nutrition Facts:

- Serving Size (g) 29.4
- Servings Per Can 80
- Calories 120
- Fat Calories 25
- Total Fat (g) 3
- Sat. Fat (g) 1.5
- Cholesterol (mg) 55
- Sodium (mg) 70
- Potassium (mg) 210
- Total Carbs (g) 4
- Dietary Fiber (g) 1
- Sugars (g) 1
- Proteins (g) 21
- Calcium (mg) 200

Ingredients:

QuadPlex Protein Blend (Ultrafiltered Whey Protein Concentrate, Cross Flow Microfiltration Whey Protein Isolate, Ion Exchange Whey Protein Isolate [all three sources contain concentrations of b-lactoglobulin, a-lactalbumin, bovine serum albumen, immunoglobulins, glycomacropeptides, lactoferrin, lactoperoxidase, other closely related protein molecules and glutamine peptides], Low Molecular Weight and Partially Hydrolyzed Whey Peptides), Cocoa, Artificial Flavor, Acesulfame Potassium.

EAS MyoPro Whey

(used to be called Simply Protein)



Available at:

<http://totfit.safeshopper.com/41/289.htm> (US and International)

<http://musclebod.safeshopper.com/15/75.htm> (Canadian)

Nutrition Facts:

- Serving Size (g) 28.35
- Servings Per 80
- Calories 115
- Fat Calories 20
- Total Fat (g) 2
- Sat. Fat (g) 1
- Cholesterol (mg) 45
- Sodium (mg) 60
- Potassium (mg) 200
- Total Carbs (g) 4
- Dietary Fiber (g) 1
- Sugars (g) 3
- Proteins (g) 20

Ingredients:

Whey protein concentrate and whey protein isolate, natural and artificial flavors, Acesulfame, potassium, and Stevia.

ProLab Pure Whey



Available at:

<http://totfit.safeshopper.com/92/671.htm> (US and International)

<http://musclebod.safeshopper.com/38/159.htm> (Canadian)

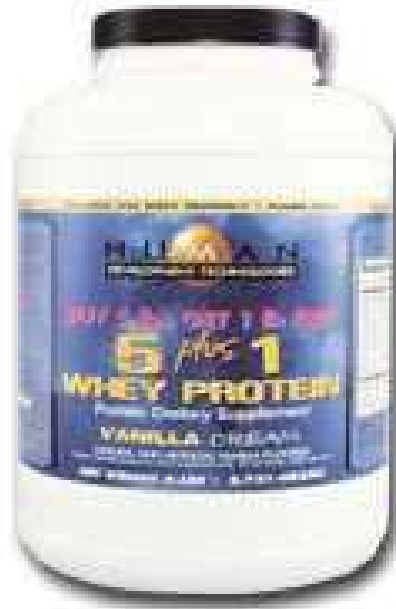
Nutrition Facts:

- Serving Size (g) 32
- Servings Per Can 71
- Calories 130
- Fat Calories 20
- Total Fat (g) 2
- Sat. Fat (g) 1
- Cholesterol (mg) 45
- Sodium (mg) 60
- Total Carbs (g) 6
- Dietary Fiber (g) .5
- Sugars (g) 3
- Proteins (g) 22

Ingredients:

Protein Blend [whey protein concentrate, whey protein isolate (includes all protein fractions), glutamine peptides], taurine, maltodextrin, natural & artificial flavors, lecithin, acesulfame potassium, stevia.

HDT 5 Plus 1 Whey



Available at:

<http://totfit.safeshopper.com/48/812.htm> (US and International)

www.MuscleBod.net (Canadian)

Nutrition Facts:

- Serving Size (scoop) 1
- Servings Per Can 77
- Calories 132
- Fat Calories 18
- Total Fat (g) 200mg
- Sat. Fat (g) 1.65
- Cholesterol (mg) 38
- Sodium (mg) 65
- Potassium (mg) 118
- Total Carbs (g) 10
- Dietary Fiber (g) 0
- Sugars (g) 3
- Proteins (g) 21

Ingredients:

Complete Amino Acid Profile (see label for complete list). Whey protein concentrate, maltodextrin, fructose, Dutch process cocoa, natural and artificial flavors, acesulfame potassium, stevia rebaudiana.

How Many Of Your Calories Should Come From Fats?

First of all at the basic level there are two kinds of fats you need to be concerned with: saturated and unsaturated.

Saturated fats are the ones everyone thinks of when they think of fats in general. Mainly the bad ones like in butter and anything else that tastes good.

These are also the ones associated with heart disease and other cardiovascular diseases.

The unsaturated fats mainly come from plants and are essential for our survival.

A doctor by the name of Udo Erasmus has spent his lifetime studying fats and is the foremost authority so if you want to learn the details of fats you might want to take a look at his book *Fats that Heal Fats that Kill*. It's over 450 pages of powerful stuff on what fats can do.

If you are not into that and just want to know which ones to take for fat loss and muscle gain I'll make it easy for you and tell you right here.

Recently fats have been getting a lot of attention. It used to be thought that all fats were bad. Now thanks to pioneers like Udo Erasmus we know some fats are not only good for you but also essential to life.

From a bodybuilders point of view fats have been shown in research studied to raise testosterone levels and also keep insulin levels stable. As you know it's the spikes in insulin levels that can cause fat depositing and also prevent fat burning.

The two essential fatty acids you need are omega-3 and omega-6's. Both of these are missing when you go on a low fat diet.

The best source for this is a blend called Udo's Choice Blend. This is the blend he has come up with in the exact ratios you need.

The Bio-Genetic Muscle Gain Program™

In some instances your lean muscle mass can jump dramatically just by adding this healthy fat to your diet.

For building muscle fat should be approx. 20% of your total calorie intake.

Using the previous example of 3590 calories as the total daily intake here's how you would calculate your fat needs:

$$3590 \text{ calories} \times 0.2 = 718 \text{ calories from healthy fats}$$

And since 9 calories are in each fat gram you would divide the 718 calories by 9. (These numbers are based on the example we are using)

$$718 \text{ calories} / 9 \text{ grams of fat per calorie} = 80 \text{ grams of fat a day}$$

A list of acceptable fats you can use in this program is on the following chart.

Fats For Muscle Gain

A tablespoon of Udo's choice contains about 15 grams of fat so in this example 2 - 3 tablespoons would be good and get the rest from food sources in your meats.

Other healthy fat sources are:

extra virgin olive oil
fish capsules
flaxseed oil

These are mostly omega-3's which is generally absent from the American diet.

Udo's Choice Blend Of Fats



Udo's Choice Ultimate Oil Blend is a special blend of carefully chosen, natural, unrefined oils. It contains oils from fresh, certified organic flax, sesame and sunflower seeds, as well as oils from wheat germ, rice germ and oat germ. Natural, unrefined Udo's Choice contains an ideal balance of the essential fatty acids (EFAs) omega 3 (alpha-linolenic) and omega 6 (linoleic). These EFAs are so called because they are essential to life itself. They cannot be created by the body and must be obtained through diet.

Western diets are lacking in omega 3. To compensate for this, many consumers have turned to unrefined flax oil, high in omega 3. But, having the right balance between omega 3 and omega 6 is equally important. Too much of one will cause a deficiency of the other. Over the long term flax oil alone can lead to a shortage of omega 6. Udo's choice was developed to address the need for a single oil that provides both EFAs in the correct amounts. The 2:1 ratio of 3s to 6s in Udo's Choice Ultimate Oil Blend goes beyond anything previously available.

Udo's Choice Ultimate Oil is available at:

<http://totfit.safeshopper.com/191/cat191.htm> (U.S. and International)

<http://musclebod.safeshopper.com/19/57.htm> (Canada)

Carbohydrates and your diet

Now that we have calculated your fats and protein the only thing left are carbohydrates.

Before we do that I need to explain to you the 2 different types of carbohydrates. Each carbohydrate has a measurement on the glycemic index.

The glycemic index measures the amount of insulin secretion a specific carbohydrate releases.

A carbohydrate can be classified as high glycemic or low glycemic. The higher the glycemic index the more insulin that carbohydrate releases.

Why is it important to know the difference?

Because when you eat high glycemic carbohydrates a lot of negative things happen. The worst thing that happens is the insulin released from the high glycemic carbohydrate will start to stimulate fat cells.

It will also prevent fat from being burned when insulin levels are high. This can get in the way of your efforts during weight training and the effects of your supplements.

Because of this most of your carbohydrates will be low glycemic.

After calculating the protein and fat needs of the example we have been using we have 1972 calories left. And at 4 calories per gram of carbohydrate that leaves 493 grams coming from carbohydrates.

Here's what the calculation would look like:

**1972 calories left after fats and protein / 4 calories per gram of carb =
493 grams of carbohydrates**

On the following pages I have included a large list of carbohydrates that are approved on The Bio-Genetic Program. You have a lot to choose from.

Carbohydrates For Muscle Gain

Fruits

Apple Applesauce
unsweetened Apricot
Banana green
Blackberries
Blueberries
Boysenberry
Casaba melon
Cantaloupe
Cherries
Figs
Grapefruit
Honeydew melon
Kiwi
Lemon
Lime
Mandarin oranges
Nectarine
Orange
Peach
Pear
Persimmon
Plum
Raspberries
Strawberries
Tangerines
Juices
Unsweetened apple
grape
orange
peach and pear

Carbohydrates For Muscle Gain (cont.)

Vegetables

Artichoke
Asparagus
Avocado
Brussel sprouts
Green beans
Lima beans (not canned)
Bean sprouts
Black eyed peas
Broccoli
Cabbage
Cauliflower
Celery
Collard greens
Eggplant
Lettuce
Mushroom
Mustard greens
Okra
Onions
Pea pod
Peppers
Pickles
Radishes
Sauerkraut
Scallions
Spinach
Squash
Sweet potatoes
Tomato
Turnip greens
Zucchini

Carbohydrates For Muscle Gain (cont.)

Beans

Black beans
Butter beans
Chick pea
Lentils
Kidney beans
Navy beans
Peanuts Pinto Soybeans

Breads

Rye
Whole grain
Pita bread
Sponge cake
Graham crackers
Whole wheat pita
Whole wheat tortillas

Pasta

If pasta is boiled for 5 minutes the glycemic response is lower than if boiled for 15 minutes.

Rice

White rice cooked for 10-25 minutes plus has a high glycemic response.

Bran rice is better than other rices

Carbohydrates For Muscle Gain (cont.)

Dairy

Dannon lite fruit yogurt
Yogurt nonfat,sugar free Sherbert
Skim milk & Whole milk
Sour cream
Cottage cheese
Cheese
Cream cheese
Parmesan cheese

Snacks

Sponge cake
Graham crackers
Fig newtons
Nutrasweet jellos
Nutrasweet puddings

Miscellaneous

Sugar free gum
Soy sauce
Spices
Catsup (normally high glycemic but eaten with protein like a hamburger is ok)
Mustard
Salsa

Drinks

Club soda
Tonic water
Coffee
Tea (not instant)
Seltzer
Lemonade (w/ nutrasweet)
Hot chocolate (sugar free)

Carbohydrates For Muscle Gain (cont.)

Soup

Campbell's Healthy Request soups: Chicken Noodle,
Minestrone, Tomato Nile Spice: Couscous Vegetable,
Chicken Soup with Almonds, Couscous Lentil Curry
Progresso:Vegetable
Manhattan clam chowder
Chili
Shrimp gumbo
Seafood gumbo
Jambalaya Onion soup
Lentil soup Fish soups Italian minestrone Black bean

Chinese Food

Chinese food has one of the lowest glycemic
response take out or restaurant food.

Dim sum, steamed, seafood Crab meat soup
Asparagus soup
Hot and sour soup
Shark fin soup
Watercress soup
Moo goo gai pan
Chinese noodles
Chicken with broccoli
Chicken with Chinese vegetables
Eggplant
Lo mein BBQ pork appetizer
Stir fried green beans
Shrimp with vegetables
Chicken in foil
Fish and seafood dishes

Sugars

Fructose
Nutrasweet
Equal
Aspartame
Sweet N' Low
Sugar Twin

Meal Frequency And Its Effects On Muscle Gain

Meal frequency is the amount of meals you consume over a day at specific intervals. The optimal strategy is to eat small more frequent meals, as many as you can in a day.

The best results come when you consume 6-7 meals a day spread out every two hours.

For example, if you are consuming a total of 3590 calories during the day you would do this:

$$\mathbf{3590 \text{ calories} / 6 \text{ meals} = 748 \text{ calories per meal}}$$

Meal frequency keeps your metabolism running at high speeds to ensure the nutrients are being used for your muscles and minimum fat being stored.

What a lot of people don't know is this is the one secret behind all of the successful transformations of a famous "contest". They all used different supplements but everyone of them started eating at least 5-6 frequent meals a day.

It also continuously supplies your body with amino acids and other nutrients.

Some general tips on consuming so many calories:

- It's easier to drink calories than eat them. When you make a weight gain shake based on your daily calorie intake try to make at least 3 of your meals from them so you can still eat the other ones fairly easy.
- Buy some milk thistle, which you can get pretty cheap at Wal-Mart or a drug store. It contains an ingredient called selenium, which can dramatically increase your appetite.
- Spread your meals apart. For example, have breakfast at 6 a.m. and begin spreading the rest of your meals over the day.

What To Do Now?

1. Buy your Accu-measure bodyfat tester and find out your body fat percentage and lean body mass.
2. Fill in the worksheet in the Bonus Fast Start Guide to get your total calories, protein, carbs, and fat requirements.
3. Workout out your weight gain shakes according to your numbers, which will make up 3-4 of your meals.
4. Subtract the remaining calories and divide by 2-3 to find out how many calories each of your real meals will have.
5. Get the book *“The Complete Book of Food Counts”*. You can get this at www.amazon.com for about \$8. This book contains over 900 pages of nutritional info (i.e. protein, carb, fat, and calories) for almost any food.
6. Use the food counts book to map out a daily food plan for your muscle building diet.

The Bio-Genetic Muscle Gain Fast Start Guide

Finding out your targeted daily nutritional goals

Step 1: Find out your body fat percentage with an Accu-measure skin caliper. You should have already done this step with the worksheet at the end of the finding out your body fat section. You will need those figures to plug in these formulas.

$$\text{Step 2: } \frac{\text{Total Bodyweight}}{\text{Total Bodyweight}} \times \frac{\text{Body Fat (Decimal)}}{\text{Body Fat (Decimal)}} = \frac{\text{Total Fat Mass}}{\text{Total Fat Mass}}$$

Example:

150 lbs. (Total Bodyweight) X 0.10 (10% body fat converted to decimal form) = 15 lbs. of total fat mass

$$\text{Step 3: } \frac{\text{Total Bodyweight}}{\text{Total Bodyweight}} - \frac{\text{Total Fat Mass}}{\text{Total Fat Mass}} = \frac{\text{Lean Body Mass}}{\text{Lean Body Mass}}$$

Example:

150 lbs. (Total Bodyweight) - 15 lbs. (Total fat mass) = 135 lbs. (Lean Body Mass)

$$\text{Step 4: } \frac{\text{Lean Body Mass}}{\text{Lean Body Mass}} \times 10 + 500 = \frac{\text{Resting Metabolic Rate}}{\text{Resting Metabolic Rate}}$$

Example:

135 lbs. (Lean Body Mass) x 10 + 500 = 1850 calories (Resting Metabolic Rate)

Step 5: $\frac{\text{Resting Metabolic Rate}}{\text{Resting Metabolic Rate}} \times \frac{\text{Activity Factor}}{\text{Activity Factor}} = \frac{\text{Total Calories To Stay Same Weight}}{\text{Total Calories To Stay Same Weight}}$

Activity Index
Sedentary = 1.2
Moderate = 1.4
Active = 1.6

Example:

1850 calories (Resting Metabolic Rate) x 1.4 (Activity Factor) = 2590 (Total Calories Required to Stay the Same Weight)

Step 6: $\frac{\text{Total Calories To Stay Same Weight}}{\text{Total Calories To Stay Same Weight}} + 1000 = \frac{\text{Targeted Daily Calorie Intake}}{\text{Targeted Daily Calorie Intake}}$

Example:

2590 calories (Total Calories Required to Stay the Same Weight) + 1000 = 3590 calories (Targeted Daily Calorie Intake)

Finding out your protein requirements

$$\text{Step 1: } \frac{\text{Total Body Mass}}{\text{Total Body Mass}} \times 1.5 \text{ grams/lb.} = \frac{\text{Total Protein Grams Per Day}}{\text{Total Protein Grams Per Day}}$$

Example:

150 lbs. (Total Body Mass) x 1.5 grams/lb. = 225 grams of protein per day

$$\text{Step 2: } \frac{\text{Total Protein Grams/Day}}{\text{Total Protein Grams/Day}} \times 4 \text{ Cal/Gram of Protein} = \frac{\text{Total Protein Calories}}{\text{Total Protein Calories}}$$

Example:

225 grams of protein per day x 4 calories per gram of protein = 900 calories from protein

Finding out your fat requirements

$$\text{Step 1: } \frac{\text{Targeted Daily Calorie Intake}}{\text{Total Fat Calories}} \times 0.2$$

Example:

$$3590 \text{ calories} \times 0.2 = 718 \text{ Total Fat calories}$$

$$\text{Step 2: } \frac{\text{Total Fat Calories}}{9 \text{ calories per fat gram}} = \text{Total Grams Of Fat}$$

Example:

$$718 \text{ Total Fat Calories} / 9 = 80 \text{ grams of fat}$$

Finding out your carbohydrate requirements

$$\text{Step 1: } \frac{\text{Targeted Daily Intake}}{\text{Total Protein Calories}} - \frac{\text{Total Protein Calories}}{\text{Total Protein Calories}} - \frac{\text{Total Fat Calories}}{\text{Total Fat Calories}} = \frac{\text{Total Carb Calories}}{\text{Total Carb Calories}}$$

Example:

3590 Targeted daily calories - 900 calories from protein - 718 calories from fat = 1972 calories from carbohydrates

$$\text{Step 2: } \frac{\text{Total Carb Calories}}{\text{Total Carb Calories}} / 4 \text{ calories per gram} = \frac{\text{Total Grams Of Carbs}}{\text{Total Grams Of Carbs}}$$

Example:

1972 calories from carbs / 4 calories per gram = 493 grams of carbs

Total Amount of Carbs, Fats, Protein, and Calories for the Day

(Get Totals From Each Section And Place Here
So You Know What To Eat Each Day)

Total Calories of each

Targeted Daily Calorie Intake _____

Total Protein Calories for the Day _____

Total Carbohydrate Calories for the Day _____

Total Fat Calories for the Day _____

Total Grams of Each _____

Total Grams of Protein _____

Total Grams of Fat _____

Total Grams of Carbohydrates _____

Total Calories per Meal
(Targeted Calories / 6 meals per day) _____

The Bio-Genetic Muscle Gain Shake Recipe

Because of the high amount of calories required for Bio-Genetic Diet you are going to need to supplement normal meals with a high protein shake.

This helps you do two things: Get in the required amount of protein without having to eat the equivalent of a few steaks a day and it's very convenient since a shake will count toward your overall meal count of 6 a day.

This way you only have to worry about fixing the normal three meals a day that you are currently eating right now.

To make your shake formula you are going to use protein powder, skim milk, and Udo's Choice Oil.

To continue with the example a sample shake is outlined on the next page. You would use this for 3-4 of your meals.

Nutritional Shake	Carbohydrates	Protein	Fat	Calories
2 cups of skim milk	26	16	0	180
1 cup of low fat Yogurt	50	9	3	250
2 scoops of protein powder	4	44	4	220
1/2 tablespoon of Udo's Choice Oil	0	0	12.5	112
Totals	80	69	19.5	762

This shake contains the following totals:

Protein: 69 grams
Carbohydrates: 80 grams
Fat: 19.5 grams

Total Calories: 762 calories

If taken 3 times a day as part of your 6 meals you would already have the following totals for the 3 shakes toward your daily calorie intake:

Protein: 207 grams
Carbohydrates: 240 grams
Fat: 58.5 grams

Total Calories: 2286 calories

After you have done that all you need to focus on is preparing only 3 meals with the remainder of protein, fats, and carbs left after your 3 shakes.

Bio-Genetic Tracker

In order to hit your daily target calories to gain weight you are going to need to track your calorie intake with a journal. I have provided one on the next page you can use to fill in as you eat each meal.

Remember focus on one meal at a time. It's the next meal that will bring you one step closer to your desired weight.

Print out 30 pages and put them in a binder so you can have a track record of how you are doing.

Daily Journal

Targeted Daily Calorie Intake _____

Targeted Daily Protein Intake _____

Targeted Daily Carb Intake _____

Targeted Daily Fat Intake _____

<u>Meals</u>	<u>Proteins</u>	<u>Carbohydrates</u>	<u>Fats</u>	<u>Calories</u>
Daily Totals:				

Chapter Three

Part 2: Training Secrets Of The Bio-Genetic Muscle Gain Program™

Training is one of the most anabolic parts of this system. Now that you have your nutrition in order you can be rest assured you will grow from training session to training session.

You have to be smarter with your training than the genetically gifted bodybuilder who uses steroids.

The training routines in the magazines are not a good model to follow. If you followed them you would end up over training your body and your muscle growth would come to a screeching halt.

There is a smarter way. Using the secrets I uncovered from scientific studies, you can make sure every workout you perform in the gym will produce muscle.

Let's begin with a few basic terms you might already be familiar with, but just in case you are not I am going to go over them briefly.

Basic Weight Training Definitions

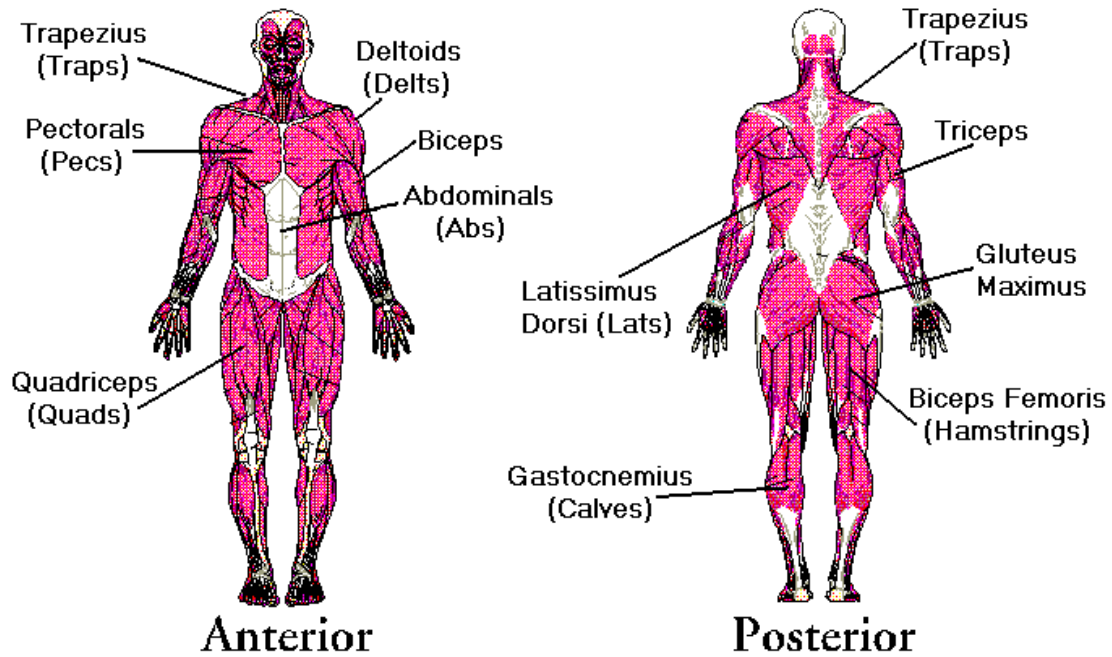
1. Repetition (Rep): A single performance of an exercise. For example, when you take the bar off the rack on a bench press, touch your chest with it, and press it up, you have completed 1 rep.
2. One-Rep Max (1RM): The most weight you can lift once with perfect form.

3. **Set**: A series reps. Most of the time they are given in ranges like 8-12. This means you would perform between 8 and 12 reps of a particular exercise.
4. **Tempo**: The lifting speed of one rep. If you are using a 4-1-2 tempo for the bench press you would lower the weight in 4 seconds, pause for 1 second on your chest and take 2 seconds to press the weight up.
5. **Superset**: A combination of sets of different exercises. An example of a superset would be the following: Doing one set of 8 reps on the bench press and immediately moving to perform 8 reps of the deadlift.
6. **Compound movements**: Exercises which involve the use of more than one muscle. When you bench press you are using your chest muscles and arm muscle together to lift the weight.
7. **Isolation movements**: Exercises that focus on one specific muscle. When you do preacher curls you are mainly using just your bicep muscles.

These definitions will help you understand how to use The Bio-Genetic Training Program for maximum results.

You also need to know some basics about which muscles you will be training. I have added some simple illustrations on the following pages to help you out.

An Overview Of The Muscles You Will Be Training



Training Guidelines To Follow

Now that you know the muscles you will be working it's time to look at the best way to train them for maximum muscle growth in minimum time.

Based on numerous scientific studies here are some guidelines for your Bio-Genetic Training Program:

- Use compound movements instead of isolation movements
- Use a variety of rep ranges
- Focus your workouts around the squat and deadlift.
- Keep rest periods between 1-3 minutes
- Don't workout more than 4 days a week
- Use variety in your workouts
- Keep workouts under 45 minutes
- Superset exercises to get more work in

These guidelines will ensure you fully recover from each workout because after all its when you are resting from your workout that your muscles grow.

Let's begin with the first principle.

Use Compound Movements Instead Of Isolation Movements

Compound movements are those exercises, which involve the use of more than one muscle. Isolation movements focus on one specific muscle.

An example of a compound movement is the bench press. When performing the bench press you are using not only your chest muscles, but your triceps and front deltoids as well.

An isolation movement just for the chest would be dumbbell flies where you are only using the chest muscles throughout the entire exercise.

As you can see this isn't nearly as stimulating on total muscle mass as the compound movement. And since you are striving for efficiency you need to stick mainly with compound movements.

The Bio-Genetic Muscle Gain Program™

It's ok to incorporate some isolation movements for variety but this is not where most of your muscle gains will be coming from.

A list of some of the most important compound movements you can use for muscle gain are below:

Compound Movements

Chest:

Bench press

Thighs, Glutes, and Lower Back:

Deadlift

Thighs and Glutes:

Squat

Back:

Bent-over row

Chin-ups

Biceps:

Barbell curls

Triceps:

Tricep extensions

Calves:

Standing calf raises

Hamstrings:

Stiff-legged deadlifts

These are the exercises you will be basing your training on.

Some examples of isolation exercises are:

Isolation Movements

Chest:

Dumbbell flyes

Triceps:

Tricep pushdowns

Biceps:

Preacher curls

Quads:

Leg extensions

Hamstrings:

Leg curls

Calves:

Seated calf raises

Back:

Pulldowns

Note: You will notice I have left off training shoulders in the list of exercises and your training program. This isn't an oversight. Your shoulders will get enough stimulation from your chest and back work. This will also allow your other muscles to recover quicker.

Use A Variety Of Rep Ranges

The number of reps you do in a set is one of the most important variables in your training program. It determines the amount of weight you are lifting which affects the type of muscle fibers you will be targeting.

The different rep schemes for training goals are as follows:

<u>Rep Ranges</u>
Aerobic capacity- 15 - 25 reps
Hypertrophy- 6 -12 reps
Strength Gains- 1 - 5 reps

Aerobic capacity - Increases the heart rate and gives you an aerobic type effect when used with short rest periods. Best used when trying to get cut up.

Hypertrophy - The hypertrophy range is where the muscle gains come from.

Strength - This rep range is used for strength increase mainly. You won't gain as much muscle in this phase as the hypertrophy but it will help you lift more weight in the hypertrophy phase, which causes muscle growth.

Focus your workouts around the squat and deadlift

Squats and deadlifts are the most effective exercises you can do to put on muscle. They both involve the use of a lot of your muscles and are so powerful they can drive the growth of your other muscles.

For example, if you started squatting your chest will get bigger as a result. No one is sure of the mechanism involved but I think it has to do with the overall hormonal effect squats have.

You see when you perform a set of squats and deadlifts your entire body is being stressed which triggers the release of testosterone and growth hormone.

Both of the exercises also require a tremendous amount of effort from your nervous system. And the more this is activated the more your body will grow.

Squats and deadlifts have long been the secret of powerlifters for packing on muscle mass very quickly.

For example, one of the best powerlifting gyms in the country attributes 30-40 lbs. of muscle added to each beginner in the first year to these exercises. That's how powerful they are!

You should always have one or the other in your training program to get the maximum results.

Keep rest periods between 1 and 1 1/2 minutes

Rest periods determine how much stress the muscle will be under and also how quickly your muscle fibers will fatigue in a specific time period. Your focus is on weight gain so you will want to use a rest period that promotes muscle growth.

The optimal range is between 1 and 1 ½ minutes between sets. This causes your body to release growth hormone, which is required for muscle growth.

Because of the short rest times your muscles do not have time to fully recover before you go to the next set. By the time you have finished all the exercises your muscles should be fully stimulated for muscle growth.

Don't workout more than 4 days a week

Your body needs to recover fully from each workout. In order to do this you don't need to workout more than 4 days a week. If you are a beginner 3 days a week would be better for the first 6 months until you can switch to a higher volume of weight training.

I know you see some guys training 5-6 days a week. In fact this is what most of the bodybuilding magazines recommend. The problem is the guys using these 5 and 6 day routines are using steroids so they recover very quickly. Your recovery ability isn't anywhere near theirs so you'll have to train smarter.

Keep workouts under 45 minutes

This guideline goes along with the previous one and ensures you fully recover from each workout. There is no need for 2-hour weight training sessions. This stresses your body way beyond its ability to recover and grow muscle.

Studies have shown that after 45 minutes your hormone levels drop dramatically and you enter a catabolic state which is the opposite of what you want to do.

Note: the entire workout including warm up should be done within 1 hour.

Use superset exercises to get more work in

Supersets are when you perform a set of a different exercise right after you finish the first one.

For example, you perform one set of bench press and right when you rack the bar you move immediately to the chip up bar and start performing chinups.

These are beneficial in several ways:

- It allows you to get more work in while keeping workout time under 45 minutes
- Still allows adequate recovery for each body part
- Stimulates growth hormone and testosterone

With these principles in mind I've designed for you a 12-week program.

A Simple Trick To Block Cortisol Production And Maximize Muscle Gains

During your workouts sip a carbohydrate drink such as Gatorade between sets. This will help to increase insulin levels in your body and when insulin is elevated cortisol production is minimized. This will prevent your body from breaking down valuable muscle tissue to be used for energy.

The steady supply of carbohydrates during your workouts will also increase your strength and energy levels. You will feel stronger for a longer period of time because you are keeping your blood sugar levels stable. This will also reduce hunger pangs that sometimes occur about half way through your workouts.

You can get cans of Gatorade powder in most grocery stores. This is the cheapest way to buy Gatorade. Simply mix 2 scoops of powder with 1 liter of water. You can also add a teaspoonful of glutamine to this drink as well to help minimize muscle breakdown and maximize muscle gains.

The Bio-Genetic Muscle Gain Workout

Phase 1 Preparation For Adaptation

Duration: 2 weeks

Frequency: 3 workouts per week (i.e. Monday, Wednesday, and Friday)

Exercises: Bench Press, Seated Row, Deadlifts, Standing Calf Raise, Dumbbell curls, Tricep Extensions and Incline Sit Ups.

***Note:** Exercise pictures have been provided at the end of each phase section.*

Sets: 3

Rest Time Between Sets: 1 minute

Reps: 15-25

Tempo: 3-0-1

Superset: A1 and A2 exercises should be performed one right after the other. For example, once you finish doing one set of the bench press immediately move over to the seated row without rest and do one set. Rest 1 minute and start the next set with the bench press. Do this for the B1 and B2 exercises and the C1 and C2 exercises.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Off	Workout	Off	Workout	Off	Off

Phase 1 Workout Routine

Do 3 sets for each exercise

Exercise	Weight	Reps
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell Curls C2- Tricep Extensions		
D1- Incline Sit Ups		

Phase 1 Exercise Guide

Bench Press:



Seated Row:



Deadlift:



Standing Calf Raise:



Dumbbell curls:



Tricep Extensions:



Incline Sit Ups:



Phase 2

Muscle Growth Acceleration

Duration: 5 weeks

Frequency: 4 workouts per week (i.e. Monday, Tuesday, Thursday, and Friday)

Exercises: Dumbbell Bench Press, Bent-over Row, Decline Bench Press, Chin-ups, Squats, Seated Calf Raise, Dumbbell curls, Tricep Extensions, Tricep pushdowns, Stiff-legged deadlifts, Leg extensions, Leg curls, Barbell Shrugs, and Cable Crunches

Note: exercise pictures have been provided at the end of each phase section.

Sets: 4

Rest: 1 1/2 minutes

Reps: 6-12

Tempo: 4-0-2

Superset: A1 and A2 exercises should be performed one right after the other. For example, once you finish doing one set of the bench press immediately move over to the seated row without rest and do one set. Rest 1 minute and start the next set with the bench press. Do this for the B1 and B2 exercises and the C1 and C2 exercises.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Workout	Off	Workout	Workout	Off	Off

Phase 2 Workout Routine

Do 4 sets for each exercise

Workout 1

Alternate between the 2 workout routines. For example, Monday do workout 1, Tuesday do workout 2, Thursday do workout 1, Friday do workout 2).

Exercise	Weight	Reps
A1- Dumbbell Bench Press A2- Bent Over Row		
B1- Decline Bench Press B2- Chin Ups		
C1- Barbell Curls C2- Tricep Extensions		
D1- Dumbbell Curls D2 - Tricep Push downs		

Phase 2 Workout Routine

Do 4 sets for each exercise

Workout 2

Alternate between the 2 workout routines. For example, Monday do workout 1, Tuesday do workout 2, Thursday do workout 1, Friday do workout 2).

Exercise	Weight	Reps
A1- Squats A2- Stiff Leg Deadlifts		
B1- Leg Extensions B2- Leg Curls		
C1- Cable Crunches C2- Barbell Shrugs		
D1- Seated Calf Raise		

Phase 2 Exercise Guide

Dumbbell Bench Press:



Bent-over Row:



Decline Bench Press:



Chin-ups:



Squats:



Seated Calf Raise:



Dumbbell curls:



Barbell curls:



Tricep Extensions:



Tricep pushdowns:



Stiff-legged deadlifts:



Leg extensions:



Leg curls:



Barbell Shrugs:



Cable Crunches:



Phase 3

Massive Testosterone Release

Duration: 5 weeks

Frequency: 4 workouts per week (i.e. Monday, Tuesday, Thursday, and Friday)

Exercises: Deadlifts, Barbell Bench Press, One-arm row, Squats, Standing Calf Raise, Lying Tricep Extensions, Leg curls, Barbell curls, and Abdominal Crunches

Note: exercise pictures have been provided at the end of each phase section.

Sets: 5

Rest: 3 minutes

Reps: 4-6

Tempo: 2-1-0

Superset: No supersets will be performed. You should perform 5 sets of each exercise before moving on to the next.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Workout	Off	Workout	Workout	Off	Off

Phase 3 Workout Routine

Do 5 sets for each exercise

Workout 1

Alternate between the 2 workout routines. For example, Monday do workout 1, Tuesday do workout 2, Thursday do workout 1, Friday do workout 2).

Exercise	Weight	Reps
A – Deadlifts		
B – Bench Press		
C – One Arm Row		
D – Barbell Curls		
E – Lying Tricep Extensions		

Phase 3 Workout Routine

Do 5 sets for each exercise

Workout 2

Alternate between the 2 workout routines. For example, Monday do workout 1, Tuesday do workout 2, Thursday do workout 1, Friday do workout 2).

Exercise	Weight	Reps
A – Squats		
B – Leg Curls		
C – Standing Calf Raises		
D – Incline Sit Ups		

Phase 3 Exercise Guide

Squats:



Barbell curls:



Lying Tricep Extensions:



Leg curls:



Incline Sit Ups:



Bench Press:



Deadlift:



Standing Calf Raise:



One-armed row:



Chapter Four

Part 3: The Bio-Genetic Supplement Program

When I was perfecting my unique bodybuilding system I knew it wouldn't be complete without a killer supplement stack to go along with it. I wanted something that would work instantly. Something I could feel working after only a few days. And I knew it wasn't going to come from one supplement.

So I began searching for the ultimate bodybuilding supplement stack. In my search I discovered a lot about how the bodybuilding supplement industry works.

Through some research I discovered there were supplements out there not known to the general public, which packed on more muscle than some of the best selling supplements you see in the magazines. I couldn't understand why until someone on the "inside" explained it to me.

Here's what he said:

"The major supplement companies are more interested in selling their product than making it better. If you see a supplement being advertised heavily in the magazine it doesn't mean it works. In fact, what the Supplement Company is doing is wasting their money on advertising, when they could be making a better supplement.

Out of all my research 2 supplements stood head and shoulders above the rest: Bio-test's Mag-10 and Ergopharm's 1-AD. The funny thing is these two companies are bitter rivals. I think this rivalry is an advantage to us because it pushes them to make better and better supplements.

With these two supplements they are really pushing the envelope closer and closer to steroids.

The Bio-Genetic Muscle Gain Program™

In fact, just one of the supplements by itself could add up to 20 lbs. of muscle to your frame in only 8 weeks. Combine it with the nutrition and training program in this book and you have without a doubt one of the most muscle producing programs in existence.

If you follow it to the letter I guarantee you will be accused of taking steroids by your family or friends.

Let's begin with the first supplement of this 12-week stack. It's called Mag-10 by Biotest.

Editors Note:

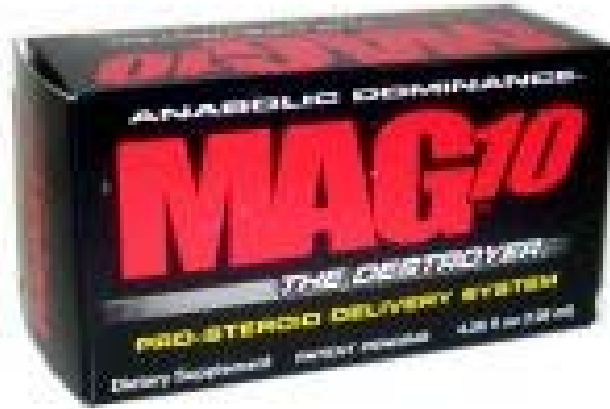
The FDA is in the process of banning prohormone supplements in the USA, which is unfortunate because when cycled properly prohormones are very safe and help with muscle growth and fat loss. By the time you read this some prohormone supplements may already be banned.

But regardless if you use the prohormone supplements or not you can still make impressive gains by following the diet, training, and supplementation portion of the program. The key to gaining size is making sure that you meet your calorie and protein requirements daily as outlined in the Bio Genetic program.

There have been lots of people follow the Bio-Genetic System without using any prohormone supplements and have still made excellent gains in both muscle size and strength.

Prohormones should only be used by males over the age of 21. Teenagers should not use any prohormone supplements because natural hormones are at their peak at this time.

BioTest MAG-10



Available at:

www.totfit.safeshopper.com

Product Description

In summary, MAG 10 is the first and only, legal pro-steroid delivery system that...

Produces real steroid-like gains through the combination of A1E and 4-AD-EC — the premier Class I and Class-II androgens.

Covers all the anabolic bases, achieving optimal muscle-mass gains, without estrogen or DHT side effects.

Is 100% efficient at converting into active, anabolic compounds.

Maintains an active life of more than 24 hours from one single dose.

Provides an advanced oral liquid delivery system, thereby increasing absorption efficiency over any other compound on the market (to the point of "no contest!").

Ingredients:

MAG 10 Formula: 4-androstenediol ethylcarbonate ethyl, 17 hydroxyandrost 1-ene-3-one ethyl carbonate ester. Other ingredients: purified water, glycerin, polysorbate, lecithin, natural flavor blend, methyl paraben, sodium benzoate, EDTA and vegetable gum.

Proof It Works Big Time!

"12.5 Pounds in 2 Weeks!"

I've been training over 30 years, and using one dose of MAG-10 per day for two weeks, I gained 12.5 pounds (202 to 214.5).

— Al Brown

"10 Pounds in 2 Weeks!"

In just a little over a week on MAG-10, I gained 10 pounds of LBM and my 1RM [bench] increased from 315 to 340. And after two weeks, I gained 15 pounds of lean mass.

— Sneaks

"14 Pounds in 12 Days!"

On the first cycle of MAG-10, I gained 14 lbs in 12 days with no body-fat increases. I work 11-12 hours a day as well, so I only worked out once a day (2 days on/1 day off) and I even ate less than optimally.

Now, let me share the results of the next 2 weeks while I took Tribex and M, two more outstanding products. To start, let me say that I retained 8 lbs while lowering body fat and getting a "drier" look.

This is amazing! In four weeks I was able to put on 8 solid pounds of muscle and lower my body fat by 3 percentage points. And I look good, not bloated, no acne, no discernable hair loss, no problems! My training was still as heavy as during the MAG-10 cycle, but I did a rep or two less to allow my entire body to recover and prepare for the next 2-week MAG-10 cycle, which I will start this evening.

This time around I will actually be going on a stricter diet. Less carbs (fluctuate between 200-250 grams/day) and more protein (between 300-350 gm/day) and no more than 65 gm/day of fat. I am hoping to gain another 7-10 lbs of solid beef and I'm pretty confident that I can do this. I think that as

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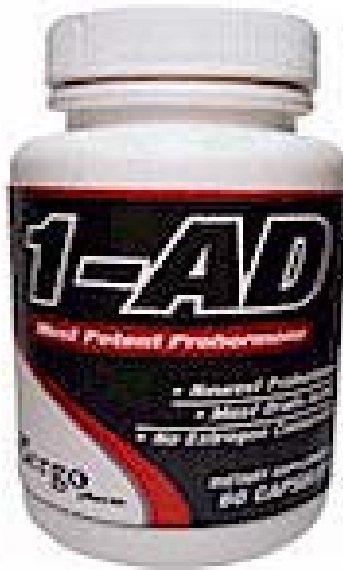
long as you train really hard and eat a decent diet, you will see incredible results with these products.

Many thanks to the great folks at *T-mag* again for cutting-edge products and info. I sure do appreciate it.

Keep working. You'll get there!

— Chip Bronson

ErgoPharm 1-AD



Available at:

www.totfit.safeshopper.com

Product Description

What 1-AD has to offer: High oral activity, conversion to a hormone 700% more potent than testosterone, absolutely NO aromatization to estrogens natural and safe! There can be no argument that this is the ultimate prohormone! This compound is truly unique amongst other prohormones in a variety of ways. Let's look specifically at 1-AD and what it does. You probably are familiar with the "Andro" prohormones, and the "Norandro" prohormones. The former convert to testosterone and the latter to 19-nortestosterone. 1-AD, however, does not fit into either of those categories. That is because 1-AD converts to a relatively unheard of hormone called 1-testosterone. 1-testosterone is what is known as a "double bond isomer" of testosterone. This means that your chances of getting gynecomastia (bitch tits) from 1-AD is essentially zero, and that water retention side effects are vastly reduced compared to other prohormones. The ultimate in Prohormones!

Ingredients:

1-androstene-3beta,17beta-diol...100mg. Other ingredients: micro crystalline cellulose.

How To Cycle These 2 Supplements Over The 12-Week Program

To get the most benefit from these supplements you are going to be using a 2 weeks on, 4 weeks off approach. This gives your body a chance to go through a drastic 2 week growth spurt with minimum side effects.

Here's what your cycle will look like:

<u>12 - Week Bio-Genetic Stack</u>	
Week 1	2 servings of 1-AD and 1 serving of Mag-10
Week 2	2 servings of 1-AD and 1 serving of Mag-10
Week 3	Off
Week 4	Off
Week 5	Off
Week 6	Off
Week 7	2 servings of 1-AD and 1 serving of Mag-10
Week 8	2 servings of 1-AD and 1 serving of Mag-10
Week 9	Off
Week 10	Off
Week 11	Off
Week 12	Off

Take 2 servings of 1-AD and 1 Serving of MAG-10 everyday during the 2 week on cycle. Take the supplements even on the days that you do not workout. You need to keep a steady supply of prohormones in your system at all times in order to maximize your gains.

4 Week Off Cycle

During the off weeks when you are not taking the 1-AD and MAG-10 you need to stimulate the body to increase its own natural testosterone levels.

One of the best natural testosterone boosters is BioTest Tribex.



In a volunteer study, using the ingredients found in Tribex, the test subjects free testosterone levels increased an average of 24% in only 4 weeks!

Tribex contains super potent Bulgarian Tribulus Terrestris extract and Avena Sativa.

Tribulus Terrestris has been used for years as a libido booster for males with sexual dysfunction, as well as to increase energy levels. The reason Tribulus is so effective is that it naturally increases the body's production of luteinizing hormone. LH is essential for many male reproductive functions as well as energy levels and testosterone production.

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Tribulus alone can be extremely effective if taken at the proper dose. Anyone taking any testosterone enhancer should definitely stack Tribulus to ensure their own production of testosterone does not begin to slow down or stop. This component is critical because a foreign testosterone (such as 1-AD) can temporarily slow the male's natural LH production, which may drop their own testosterone levels. Not to worry, cycling between prohormones and Tribex ensures the body will continue producing LH.

Avena Sativa works by freeing up bound testosterone that gets stuck to various compounds in the body. As we age, the bounding-up of testosterone gets worse. Bound testosterone is not as effective for muscle growth as free testosterone.

One of the first crossover double-blind studies performed on Avena Sativa showed a significant increase in sex drive in men. The men in the study reported greater firmness of erections and more pleasure during the act of sex. In a prior pilot study, many men reported more frequent orgasms and some even experienced multiple orgasms. Increased sex drive is a sure sign of elevated testosterone levels.

For best results take 3 caps of BioTest Tribex each morning and 3 caps in the afternoon. Take with food. Use in cycles (i.e. 4 weeks on, 2 weeks off, before repeating).

BioTest Tribex is available at:

<http://totfit.safeshopper.com/31/235.htm> (U.S. and International)

<http://musclebod.safeshopper.com/9/32.htm> (Canadian)

Conclusion

I hope you realize the power you now hold in your hands. The power to transform your body beyond belief. I have given you the tools you need. I am wishing you the best and invite your comments and questions sent to support@drugfreemuscle.com

Best Wishes,
Bryan Kernan & Lee Hayward

Bonus #1:

How I Gained Weight Fast With A "Fool Idea"

Imagine yourself going the whole day without eating. This would not be a very wise thing to do but you practically do this every night you go to bed. You starve yourself for eight hours while your body is burning up the muscle to use as energy.

To stop this from happening I'm going to share with you a little trick the old timers in bodybuilders used to do.

They would wake up in the middle of the night, about halfway through, and consume a protein rich shake. Now you can take this basic idea and expand on it to turn this into a muscle growth opportunity.

Let me explain.

Before you go to bed you can whip up a meal replacement or protein shake, (the protein shake in the nutrition section would work really well) to give your body a spike in growth hormone, testosterone, and IGF-1 levels.

The starvation mode for the first 4 hours will have your body screaming for more food; similar to after a workout. It would also be a good idea to take in more protein than usual for higher nitrogen retention for the rest of the night until you eat your next meal at breakfast time.

Now imagine what this little trick could do to your muscle gains. Right now you are probably staying the same amount of weight which means you are consuming your maintenance calorie intake. If you add this nighttime growth concoction you will be adding an extra 3500 calories a week if your protein shake is approximately 500 calories.

Most of these calories will be headed straight for your muscles because they are the ones in most demand for the nutrients.

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I urge you to give this a try for two weeks and see if you do not find yourself growing some extra muscle. Weigh yourself at the beginning and then check your progress at the end. I think you will be pleasantly surprised at the result.

This little trick is for the dedicated only. A lot of bodybuilders will not even attempt to try this for fear of having to put too much effort into their bodybuilding efforts. That is a shame. This little trick alone could change your bodybuilding progress forever.

Ok. It seems like we covered a lot of ground. I hope you enjoyed the book. I enjoy sharing this information with you because I believe everyone who wants to maximize their muscle will be interested in these formulas and the updates to come. Try them! They Work!

Bonus #2:

72 hour Weight Gain Secret (See results in the mirror in 72 hours with this secret supplement trick)

As you know, creatine is one of the most powerful supplements on the market, which gives noticeable results very quickly. Your muscles suck up water like a vacuum in a matter of days.

What very few bodybuilders know is you can get unbelievable results if you cycle creatine. There is a specific way to cycle it for maximum muscle in minimum time. Here it is:

Bio-Genetic Creatine Cycle:

Week 1: 0.16 g/lb. (grams of creatine per pound of bodyweight)

Weeks 2-5: 0.07 g/lb.

Week 6: Off

Week 7: 0.16 g/lb.

Week 8: 0.07 g/lb.

Weeks 9-12: Off

For Example:

A 150 pound bodybuilder would take 24 grams of creatine a day for weeks 1 and 7; and 11 grams a day for weeks 2, 3, 4, 5, and 8.

Bonus # 3:

When Natural Bodybuilders Need To Gain Weight Fast This Is What They Do

This secret weight gain trick is a new way to take an old supplement. Branched chain amino acids have been around for years. But they never gained popularity because of the little results they produced.

But recently studies revealed where the fault was. They were taking too little to get any results. But if you up the dosage your body responds very rapidly in weight and strength. Also you must take them while you train.

A good way to do this is to pop a few pills every time you go to the water fountain.

The amount you take is based on a formula, which takes into account your bodyweight.

You should take in 20% of your bodyweight in pounds.

For example, if you weighed 150 lbs. you would do the following:

$150 \times .20$ grams of BCAA's / lb. = 30 grams of branched chain amino acids while you train.

A good one to use is Muscle Mass from Beverley International.

BCAAs consumed during training raise both growth hormone and insulin at the same time, hence the increased anti-catabolism and anabolism

Bonus #4:

A Simple Food Trick Causes Unexplainable Rapid Weight Gain

Think about this. The average person who doesn't lift weights at all managed to put at least 100 lbs. of muscle on his frame from puberty. The "hormonal cocktail" of puberty is one of the most potent. Our goal is to mimic it by designing a compound to raise each one of these hormones at the same time. (no easy task)

In order to raise each one you are going to have to follow the directions to the letter. There are a lot of variables involved which help make this cocktail so potent. For example, if you took it right before you went to bed it wouldn't be nearly as effective. So remember the details of this shake are very important. I explain the reasoning as you go along.

The ingredients used in this mixture is as follows: **protein powder (Meal Replacement), a carbohydrate powder, glutamine powder, creatine, colostrum powder and grape juice (optional).**

Each of these ingredients affects the three different hormones in their own way. Combined together in the right ratios according to your own bodyweight can create a synergy of muscle building compounds. After a week on this "cocktail" you'll get some of the most unbelievable pumps during and after your workout than you ever thought imaginable.

This shake needs to be mixed before your workout and put in a cool place. It needs to be available to you immediately after your workout. I can't emphasize this enough. You need to be able to get to it within a few minutes after your workout.

The reason you need to consume it so quickly is for a couple of reasons. The first is that your body's rate of protein synthesis doubles following your workout. This is the perfect time to load your body up on protein. The second is immediately following exercise your body is in a catabolic state

because your cortisol levels are rising. And we know one of the keys to building muscle is keeping our cortisol levels down and testosterone levels up.

The carbohydrates in the after workout drink will create an insulin spike in your system. The grape juice helps do this too. If you don't like grape juice simply add more carbohydrate powder to make up the difference of 16 oz. When insulin in your body goes up it drives cortisol levels out. Science has already discovered the two operate indirectly with each other. When cortisol levels are lowered your testosterone to cortisol ratio is tilted in the favor of testosterone.

At the end of a workout your body is also depleted in glycogen stores. During your workout your body relies on some of these stores to give energy to your muscle in order to lift the weights. This puts your body into a state of glycogen depletion. When you consume carbohydrates your body will quickly absorb those carbohydrates in order to quickly replace them within the muscle. You can take advantage of this by "piggybacking" other critical supplements for muscle growth. By using the carbohydrates as a shuttle you can quickly put your body into an anabolic state after your workout.

While everyone else is going into a catabolic state you will be doing the exact opposite. Your growth will skyrocket as a result!

Research has proven that colostrum increases IGF-1 levels. With the carbohydrates acting as your shuttle you might as well take the opportunity to jack up your IGF-1 levels in your body.

The glutamine in the shake is for the raising of your growth hormone. Taking the same shuttle theory and applying it we can get a dramatic increase in all these hormones with the ingredients in the shake.

I hope you are beginning to see why I suggested you use powders for these particular supplements instead of pills. The absorption rate is much higher with the powders than with the pills especially when mixed into a liquid shake. Your goal is to get your body to digest this shake as fast as possible getting all these supplements into your system at lightning fast speed.

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Here are the ingredients for creating your shake according to your bodyweight (lean body mass):

16 oz. Grape Juice

0.3 grams of protein per pound of body mass

0.8 grams of carbohydrate per pound of body mass

0.05 grams of colostrum per pound of body mass

0.05 grams of creatine for every pound of body mass.

0.05 gram of glutamine per pound of bodyweight

An example of a "cocktail" for a 200 lb. with 10% bodyfat is as follows:

55 grams of protein

80 grams of carbohydrate powder

10 grams of glutamine

10 grams of colostrum

10 grams of creatine

16 oz. Of grape juice (approximately 80grams of carbohydrates)

Mix in blender or shaker cup and chill before you workout.

Bonus #5:

The Key Secret To Gaining Weight: I can't gain weight! What should I do?

By Tom Venuto

Motivational speaker and author Anthony Robbins once told the story of a man at a seminar who was extremely frustrated with his lack of results in marketing his company. The befuddled businessman said that he had tried everything but nothing worked. Here is the exchange that went on between the two of them:

Robbins: "You've tried EVERYTHING???"

Attendee: "Yes, I've tried absolutely everything!"

Robbins: "Tell me the last HUNDRED things you tried,"

Attendee: "I haven't tried a hundred things."

Robbins: "OK, then just tell me the last FIFTY things you tried."

Attendee: "I haven't tried fifty things."

Robbins: "Alright then tell me the last DOZEN things you tried."

Attendee: (getting somewhat embarrassed) "Well, I haven't tried a dozen things."

Robbins: "I thought you said you tried EVERYTHING! So tell me then, how many things have you tried?"

Attendee: (Shrinking back into his seat), "Two or three."

Obviously the man got the message loud and clear (Hopefully you did too).

Now ask yourself - and be honest - have you really tried EVERYTHING? How long have you been working at gaining weight? How persistent have you been? How many different training and diet strategies have you tried? How many calories are you eating? How many times have you increased your calories?

When I pose these questions to so-called "hard-gainers," 19 out of 20 of them admit that not only have they tried very few things, but they haven't even mastered the most basic fundamental of gaining weight: **YOU HAVE TO EAT LIKE A HORSE!**

Here's the secret in two words: **EAT MORE.** That's it! That's all there is to it! (Well, there ARE other factors like training and recovery, but food really is the master key to getting big).

Don't look for shortcuts, whether it's drugs, supplements or some "secret" training program - nothing else can possibly help you unless you've mastered the most basic fundamental: FOOD. Motivator Jim Rohn said, **"There are no new fundamentals. You have to be suspicious of someone who says 'I've got a new fundamental.' That's like someone inviting you to tour a factory where they are manufacturing antiques."**

The truth is, most people throw in the towel way too soon because eating enough to gain lean body weight is downright hard work.

T.C. Luoma, editor of Testosterone.net, gave the best (and funniest) advice on this subject that I have ever heard:

"I can't gain weight no matter what I do! I am so sick of hearing that ubiquitous woe; when a client comes to me with this familiar lament, I usually offer a detailed explanation concerning caloric intake along with a proper meal plan strategy while providing encouragement through positive reinforcement. But I fantasize about smacking him repeatedly over the top of the head while yelling EAT, EAT! JUST EAT MORE YOU MORON!!! Simply put, if you're a terminal hardgainer it will be necessary to "force feed" yourself throughout the day. As soon as you can eat without making yourself ill, eat some more."

One of the biggest bodybuilders, inch for inch, that I have ever seen is Dave "Jumbo" Palumbo. Dave is a top-level national NPC heavyweight. I saw Dave up close in person in the audience at the Night of the Champions in New York a couple years ago and my eyeballs nearly popped out of my head! Dave was so massive he didn't even look human - he looked more like some sort of cartoon superhero caricature (you know those "Musclehedz" cartoons?)

Some people are quick to point out that bodybuilders who get that big must be taking drugs - but they're missing the point. The point is that ALL massive bodybuilders have one thing in common, whether they are drug free or not: When asked in his column, The Truth According to Palumbo, "what is the secret to getting huge?" Palumbo wrote,

"The difference between the massive bodybuilder and the mediocre bodybuilder is that the massive one views eating as a JOB (not as a luxury).

Before you start groaning about how you can "never gain weight no matter what you do," run through this checklist and make sure you're really eating enough. Then, when you think you're eating enough - Go eat some more!

1. Eat at least 18-19 calories per pound of body weight. For example, if you weigh 180 lbs, you need at least 3420 calories to gain weight (180 lbs X 19 cal/lb. = 3420 calories). Remember, this is just a starting estimate. If you're not gaining weight, eat more!
2. Set your goal to gain a half a pound to one pound per week. If two weeks go by and you haven't gained any weight, increase your calories by about 10%. Continue to repeat this process until you start gaining weight.
3. Never let yourself get hungry. Ron Coleman (the NPC light heavyweight, not Ronnie Coleman the Mr. Olympia) once gave me some great advice at a seminar we were giving in Scranton Pennsylvania some years ago. He said that if you let yourself get hungry, it's too late - you're losing muscle - so never let yourself get hungry.
4. Be consistent in your eating habits: Are you eating 4000 calories one day and only 1900 the next? Success is a result of consistently applying the fundamentals every single day.
5. Eat 6 times a day and eat a meal every 2 1/2 to 3 hours - never, ever, ever miss a meal!
6. Don't eat a lot of junk food, but don't be too strict either (because you're afraid of losing your abs). You have to eat a lot to gain. Worry about getting ripped later.

7. Take Dave Palumbo's advice: Approach eating as a JOB, not a luxury.

Tom Venuto is a lifetime natural bodybuilder, freelance writer, success coach and author of the #1 best-selling e-book "Burn the Fat, Feed The Muscle" (BFFM): Fat Burning Secrets of the World's Best Bodybuilders and Fitness Models. Tom has written over 170 articles and has been featured in IRONMAN Magazine, Natural Bodybuilding, Muscular Development, Muscle-Zine, Olympian's News (in Italian), Exercise for Men and Men's Exercise. Tom's inspiring and informative articles on bodybuilding, weight loss and motivation are featured regularly on dozens of websites worldwide. For information on Tom's "Burn The Fat" e-book, visit:

http://www.ironworkout.com/burn_the_fat.html

Hard Gainers Bulk Up Eating Plan



By Lee Hayward

The key building muscle mass is to eat, eat, and eat some more. 99% of the guys who call themselves hard gainers are really just under eaters. A lot of guys will skip breakfast, have a small lunch or snack during the day, then pig out and stuff themselves at dinner and think that they are eating a lot.

You need to eat something every 2 hours during the day to build maximum muscle mass. Eating frequently will make eating lots of food much easier. I suggest that you get a watch with an alarm on it so you can set it for 2 hours after each meal. This will remind you to eat often during the day.

When you want to build maximum muscle mass you should aim to eat 1.5 grams of protein and 25 calories per pound of bodyweight each day. Don't just stick to low fat "diet foods". Eat everything! You need lots of calories and it will be too difficult to eat a high calorie diet with just low fat foods.

Protein drinks are a great way to get extra protein and calories in your diet. I suggest that you use the big 5 pound containers of whey protein powder (i.e.

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Optimum, EAS, ProLab, etc.) because these are the best value for your money. You can get these protein powders on sale at:
<http://www.leehayward.com/protein.htm>



When you mix up your protein shakes mix a couple tablespoonfuls of safflower oil in with each shake. Safflower oil is a healthy oil with a bland taste you won't even notice it in your protein drinks. You can get safflower oil in any supermarket. This will instantly add a couple hundred calories to each protein drink without increasing the volume of the drink. If you have 3 protein + oil drinks per day this will give you approx. 120 grams of protein and over 1000 calories.

You should mix up your protein drinks in advance. Get a few shaker cups such as the "Ultimate Shaker Bottle" at:
<http://totfit.safeshopper.com/20/927.htm> and mix up a few protein drinks at a time and keep them in the refrigerator. This way they are cold and ready to drink at anytime.



Protein / meal replacement bars are also a convenient source of protein and calories. These are great to take with you for lunches and snacks. You

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should have a couple high protein bars each day. You can get protein / meal replacement bars on sale at: <http://www.leeheyward.com/proteinbar.htm>



When bulking up you should aim to eat at least 50 grams of protein and 1000 calories each morning for breakfast. This will start your day off right for maximum muscle building. It really doesn't matter what you eat, just as long as you eat. If you are in a hurry you can have a big protein + oil drink, 2 slices of bread with peanut butter, and a piece of fruit. Or if you have the time you can cook up steak, eggs, hash browns, pancakes, etc. You can even go to McDonald's or another restaurant and load up for breakfast.

For lunch at work or school you can cook foods such as chicken, beef, turkey, rice, pasta, etc. ahead of time and put them in a Tupperware container to reheat in the microwave. Make sandwiches such as tuna, roast beef, turkey, etc. Mix a protein shake and take it with you in a thermos or shaker bottle. Take a protein / meal replacement bar. Take fruits and vegetables i.e. apples, bananas, carrots, etc.

When I was in college I used to take 4 peanut butter and jam sandwiches, 2 chicken breasts, and a big bottle of water to school with me each day. We had a 10 minute break in between each class so I would eat a sandwich or chicken breast in between each class. By the end of the day I had all of my sandwiches and chicken eaten.

For dinner you can eat basically any meat and potatoes type of meal. Get some cook books and learn to make some good mouth watering meals. The tastier you make your meals the easier it will be to eat the volume of food necessary to build maximum muscle mass.

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Also be sure to visit your local restaurants and the all you can eat buffets on a regular basis!

Good snacks to eat during day include dried fruit and nuts, cottage cheese, yoghurt, cereal and milk, fresh fruit, protein bars, and protein shakes, etc.

Another weight gain trick that you can use to help you build maximum size is to have a protein + oil drink in the middle of the night. During the night when your body goes without food for several hours is one of the most catabolic times. But you can overcome this by having a protein shake mixed up and keep it by your bed. Set your alarm to go off in the middle of the night so you can wake up and have your protein drink.

When you are bulking up you need to weigh yourself each week at the same time (i.e. first thing every Saturday morning after using the washroom). Each week your goal is to gain at least 1 pound of bodyweight. If you are consistently gaining at least 1 pound per week then keep doing what you are doing because it is working. If you are not gaining at least 1 pound per week then you need to increase your calories until you are gaining.

For information and tips on how to gain muscular bodyweight visit my website <http://www.LeeHayward.com>