"*People make a mistake who think my art has come easily to me. Nobody has devoted so much time and thought to composition as I. There is not a famous master whose music I have not studied over and over."*

--- Wolfgang Amadeus Mozart

WARNING

HOW TO GET YOUR ONE-ON-ONE KICK ASS PERSONAL TRAINING SESSION WITH ME

I wish I could supervise each of you on a personal level. Because this isn't possible, I have created a personal email address that only you can access. Here is the email address: Rob@weightgainsecrets.com

Please Read:

It is extremely important that you read this manual before sending me a question. With so many clients, it's time consuming to answer questions when that information is already available in the book.

Therefore, please read the manual thoroughly. After you finish reading, if you would like clarification on a topic or to discuss an individual problem then please contact me. I'll be happy to clarify anything you want. I am also willing to help you adjust the program to suit your lifestyle.

I personally answer all emails sent through this account, so if I do not reply to your messages it could mean two things:

1.) Your mail was recognized as spam. Prevent being categorized as spam by not sending attachments with your mail and by sending a small sized file no larger than 30K. If this happens, please resend your question through a different email system such as hotmail or yahoo.
2.) I am currently busy with other emails. Please give a 36-hour delay response, as I receive well over a 100 emails a day. Please be assured that I answer all of the questions I receive, but I do so on a first come first serve basis.

Please ensure that all email correspondence contains your invoice number in the subject line. Failure to attach your invoice number will mean a deletion of the message you sent.

I will do everything in my power to ensure your success. All I need from you is your will, passion and determination to apply the information you are about to discover.

Introduction To The Massive Growth System

If you are like most bodybuilders, you probably believe in some form of the phrase "Everything works, but nothing works for long." This, of course, is hogwash, but you probably believe it because there is nothing else that gives you consistent and persistent uninterrupted results. I know because I was once in your shoes.

"Everything works, but nothing works for long" is a motto magazines promote. The reason they do this is to confuse you. Confusion is the most important and profitable factor in the fitness industry. All those supplements being promoted depend on confusion to survive. You try product A, and it didn't produce the desired result, so you then try product B and the pattern continues. In essence, these magazines and so-called fitness gurus are giving you a million reasons to succeed. With every reason you have to succeed, however, they also give you a reason why you fail. You fail because of your genes, your job, your lifestyle. The excuses are endless!

However, have you ever thought about what you would do if you didn't have supplements and training programs on which to base your progress? What if there were no gyms, machines or muscle magazines to direct you? What would you do then? How would you fuel your desire to learn what makes muscles grow? Desperation and the inability to buy a solution are great tools for innovation. Necessity, many people say, is the father of invention. I learned that first hand.

In the early 1990s, I witnessed something that would forever change the way I view bodybuilding. What I learned was nothing unusual, but the results were extraordinary. Indeed, for the multitude of people who have used this system, their lives have changed completely. Their goals of building muscle went from being unattainable to being clear and achievable.

The first people to discover the world's greatest training secrets were Africans. Because they couldn't buy "excuses," they found their own training secrets, secrets that modern science has yet to duplicate. Using these secrets, people no longer hoped for results. They no longer needed to try many training programs in the hopes of getting it right because they'd finally found the answer.

What I am about to reveal was taken from African bodybuilders who have, pound for pound, the best bodies in the world. There are no other natural bodybuilders who can compare. (Drugs are unavailable in Africa, and those that are available are expensive). We have uncovered the science behind their methods and transformed it into an easy-to-use system that anyone can follow.
We now have a definitive plan to increase muscle mass. Simply follow our 18-week-program, and I promise you will become a changed man/woman. With this fail-proof system, your dream body is guaranteed.

Make no mistake about it, however. The next 18 weeks will be the most gruesome you will probably ever experience. You have to stay committed to the path in order to succeed. Plan ahead and stick to the plan, and you will succeed--99.9 percent guaranteed.

There are no plateaus to hit, no "hit and miss" approaches and no instinctive training-no excuses, no games or hopes or dreams–just a plan that works, if you follow it closely.

So, get ready! We're going to embark on this journey to your perfect body together!

Some Essential Principles You Need to Know
Homeostasis- resistance to change

The body threatened by the environment (i.e. lifting weights) prepares for action immediately. The body mobilizes reserves of energy and produces certain hormones such as adrenalin, which prepare it for conflict or fight. In bodybuilding adrenaline signals all the hormones, the DNA and other complex muscle machinery to build muscle to counteract the threat.

Homeostasis is one of the most extraordinary and essential properties of all living organisms and their complex open systems. A homeostatic system is an open system that maintains its structure and functions by means of a series of complex dynamic equilibriums, which are rigorously controlled by an interdependent regulation survival mechanism. Such a survival system reacts to any change that is applied to the organism, and it reacts through a series of modifications of equal size and opposite direction to that which created the disturbance. This essentially means that the survival system will respond faster in direct proportion to the severity of the threat. The end goal of these adaptive modifications is to maintain the internal balances that ensure the survival of the organism.

The human body, like all organisms, is homeostatic. It opposes change with every means at its disposal. If the

human body does not succeed in reestablishing its homeostatic equilibrium, it enters into another mode of survival. If it still fails to adapt to the stress, this mode can lead to the actual destruction of the organism. For example, in bodybuilding, if you train hard but don't allow time for recovery, your body will eventually shift to overtraining mode, then to chronic overtraining and then potentially to muscle atrophy and injury (organism destruction.) Homeostatic systems are very stable. Everything in their makeup contributes to the maintenance of homeostasis, and the body can adapt in the shortest period of time possible

For a complex system such as the body, to merely endure a stress is not enough. It must adapt itself to these disturbances and it must evolve. The body does this by getting larger and stronger, and in the case of weightlifting - muscle hypertrophy. If your body does not evolve and adapt to its environment, outside forces will quickly disorganize and destroy it.

Homeostasis is the biggest obstacle in the race to build big muscles. The body dislikes change of any sort, especially the building of big muscles. Homeostasis means that the body wants to be in a state where the least amount of energy is needed to function. However, when we body build, our bodies use catabolic hormones to destroy any muscle that may be built. There is a constant battle between anabolism and catabolism. Ironically, the best gains can be achieved just before overtraining sets in which means we have to take the body to higher and higher levels of stress and stimulation and then just before we reach overtraining, we pull back. This system does that for you, so you don't have to figure any of the logistics out for yourself.

ADAPTATION

Adaptation is the tool that fosters homeostasis in the body. Every organism in the world is built to survive. Love, sex and other emotions are also tools of survival, but in our case (building muscles), we are most interested in internal muscular adaptation. Building muscle mass is not something your body likes because it is very expensive to maintain (in terms of calorie expenditure.) Therefore, in an attempt to maintain homeostasis, the body adapts to an external stress by getting larger and stronger, so it can handle the stress should it occur again in the future.

Science has discovered that all living organisms, especially the human body, have three phases of adaptation in response to a threat on the body's homeostatic state. The first is **Alarm,** where the body experiences the stress being applied. Alarm is the immediate response to the applied stress. The level of stress applied here is key, because the body prefers homeostasis. A stress that is manageable does not cause serious concern. For instance, carrying a pencil is stress the body can ignore.

The second stage of stress is **adaptation.** Depending on the level of stress and the apparent threat to the body, the body will begin to do all it can to stop or counteract the stress. Again, if the stress is sufficient enough, immediate adaptation occurs, and the body builds muscle as a front to protect it from the stress should it arise again. Contrary to popular belief, adaptation is a short process and does not take weeks.

The final stage is **fatigue**. When the body can no longer adapt to stress, it uses the reverse tactic of getting smaller to stop the stress from being applied. Chronic overtraining is a symptom of fatigue's

The Massive Growth System

The application of these three phases, as they are applied to the Massive Growth System, can be seen on the graph below.

Chart 1

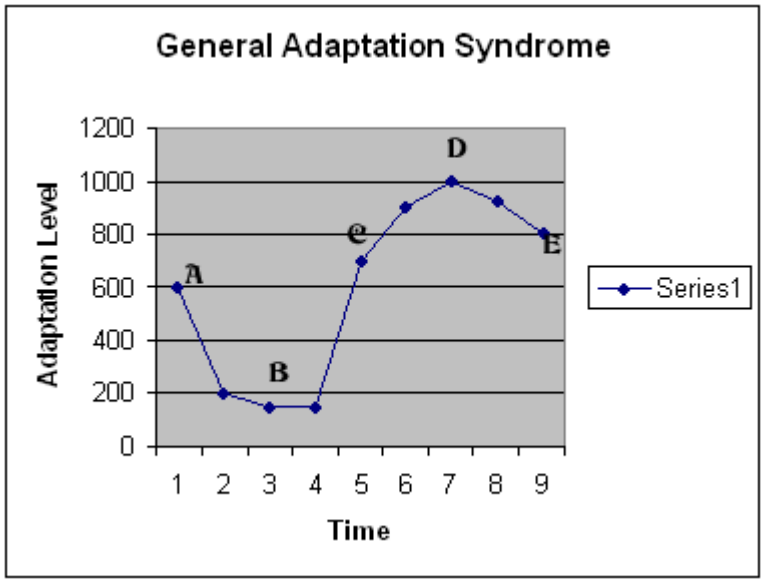


Chart 2

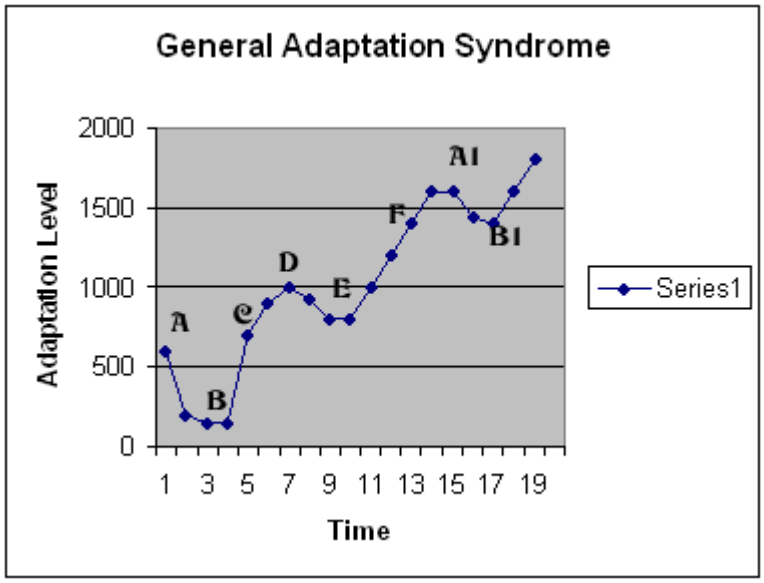


Chart 1 and 2

A is homeostasis, From A to B is the Shock and Alarm stage, C Is he adaptation counter shock stage, D is adaptation, E is Fatigue , F is Lag Time(Active Rest)- where growth stimulated from the workouts manifest themselves!

Chart 2

A1 is our new homeostasis stage. Note how A1 superimposes on the growth and adaptation achieved by A. Thus each cycle demands ever increasing demands on the body, as the body gets larger and stronger.

The curve shows how the "superimposing" adaptation affects work. Each cycle takes the body to a higher level, so more stress and more intensity needs to be applied to take the body to higher and higher levels of adaptation.

During week one of the program, the body receives a stress or overload that triggers the "Alarm Phase." During week two and three, the body is thrown into the "Adaptation Phase." In the adaptation stage, the body is on the brink of overtraining because the greatest amount of stress and stimuli is being applied. During week four we "use an active rest period followed by two days of rest to prevent the fatigue stage, and the cycle is then repeated." Because each cycle has carried the body to a new level of strength and size, the alarm stage is now set at a much higher level, allowing the adaptation process to superimpose on one another.

Active rest periods are inserted after taking the body to the verge of overtraining which allows for the "uploading effect to occur." This is a key phase of adaptation. Without giving the body active and actual rest from training, the body is sent to a stage of chronic overtraining, where fatigue takes place and, if prolonged, injury and muscle atrophy results.

Thus, the cycle we have just contrasted above takes into consideration the fact that volume and intensity that have to be manipulated for sustained muscle growth to occur!

Recovery is needed to allow tendons, muscle tissue and the Central Nervous System (CNS) to adapt to the stress, which allows for even greater increases in intensity and overload for future workouts. -This leads to an even greater period of adaptation and muscle growth.

Recovery is also needed to safeguard the two important stages of adaptation as far as muscle growth is concerned. The two stages are as follows:

1. The hypertrophy stage. During the hypertrophy stage, the muscle cell contents are taxed with various rep ranges for maximum muscle cell stimulation, adaptation and growth.
2. CNS adaptation. –We force the CNS to adapt in direct synchrony with muscle hypertrophy. CNS training also allows for the development of maximum strength which further translates into muscle hypertrophy

Uninterrupted and constant high volume and high intensity training without sufficient active rest and full recovery leads to chronic overtraining which ultimately leads to muscle atrophy. Because all components of a muscle cell recover at different rates, sufficient "active rest" needs to be allowed to facilitate complete muscle and CNS recovery

The Massive Growth Program is based on each of these facts. One of the most important things to remember is the period of overcompensation is short-lived. If a muscle does not receive a stimulus that is equal or greater to that which caused it to overcompensate in the first place, then it

returns to its normal state of homeostasis. A permanent stimulus is needed, one that is intermittent yet frequent enough to push the muscles to further over compensation. . This rules applies to both nutrition and training. If you don't keep hitting the muscles with greater stress, they will shrink. If you don't continuously consume larger amounts of calories, your digestive system will stagnate and growth will cease.

This is the essence of Permanence Training™ and Nutrition. We take the intensity out of workouts then fall back just before overtraining sets in. Training the muscles six times a day, six days a week with massive weight will create a threat environment where the body treats it as a permanent occurrence.

We must be careful not to hit chronic overtraining, as it is the place where the body forcefully achieves homeostasis. It is essential to remember that what we are doing is accelerating intensity to higher and higher levels until we get close to an overtrained state. Once we get close to that overtrained state, we lower sets and the intensity via out "active recovery" phase. Active recovery allows us to get plenty of rest between sets and by reducing sets. By following this structure, we never over train, and we make consistent gains.

The best place for growth is the zone that comes close to but does not hit overtraining. At this stage, the body has reached its threshold. It is very much like the grand prix or NASCAR racing. The drivers never accelerate at their peak top speed throughout the race. Instead, they accelerate then decelerate, which allows them to achieve steady progress. Think about it this way. If they were to hit the gas full force, they would most likely crash or die and never finish the race. This is the reason this principle is very closely tied in with "uploading time" or "lag time."

Muscles and muscle fibers recover at a different rate than other body parts. The recovery process is different for every muscle and part in your body. Thus, your current training routines are inefficient. Standard training programs train all muscle groups at a pace that the slowest recovery muscle group can recover. With the Massive Growth Program, each body part is allowed to grow at its "maximum physiological speed," therefore, allowing you to experience phenomenal growth not achieved with conventional programs.

THE ADAPTATION ELEMENTS OF THE BODY'S MUSCLE GROWTH SYSTEM

There are 12 adaptation forces or elements that need to be manipulated in order for uninterrupted growth to occur. When these factors are in sync, there is a synergistic effect where the sum of the parts is greater than the whole. Science has decoded these elements to be essential in the adaptation process.

ADAPTATION FACTOR 1

Holistic training. –With holistic training, we take into consideration the fact that all parts of a muscle cell occupy space, and, for maximum growth, each part has to be stressed. Stressing just one component of a muscle cell will lead to less than optimal results. The normal man develops his muscle mass levels to ten percent above normal inactive levels. With his uncalculated "trail and error" training schemes, the average bodybuilder is lucky to develop his muscles 30 percent above normal. However, holistic training ensures up to 90 percent above baseline levels. That's over 120 percent more effective than a conventional routine!

ADAPTATION FACTOR 2

Overload

Overload is the stimulus for muscle adaptation and growth **because** of the way it disrupts homeostasis in the body. It's simple: the bigger the disruption, the bigger the possible growth stimulation. The best form of overload is isotonic exercise where there is dynamic positive and negative movement in the exercise. Once homeostasis is disrupted, specific adaptation occurs, and the muscles are forced to grow larger to adapt to the stress should it occur again. The overload theory is actually based upon three principles of training:

1. **Unaccustomed stress**. There must be a specific and calculated amount of unaccustomed stress placed on a muscle for it to grow. Most importantly, it has to be an overload that is more than what was last applied to the muscles in a previous workout. This is progressive resistance. Your degree of improvement in gaining muscle mass is directly proportional to the amount of weight you carry. In other words, the bigger the weights you use in correct form, the bigger your muscles will become.

2. **Increase stress.** The stress you apply should increase progressively on a workout-by-workout basis. This is the theory of progressive training. The load applied must be steadily increased on each workout in order for growth to take place.

3. **The Drag Effect.** There is a drag effect, or a <u>delayed muscle growth response</u>**,** that needs to be factored into any training routine. In other words, the muscles you

gain from a workout usually take between four and 14 days to amass. Thus, there must be "drag time allowed" for growth to take place. Scientists call this the "uploading principle." At this stage, training volume has to be reduced drastically (from five to two), and intensity must be reduced by increasing rest time between sets. It is a proven fact that large increases in muscle mass and strength occur after an intense microcycle. However, this effect is often delayed by one to three weeks. We took this into consideration when we developed the routine that you'll read about in the following pages. We will take your body to its threshold with six training sessions a day, five to six days a week. We will then we have a period of active rest to allow growth to occur. This "drag effect" principle is key to uninterrupted muscle growth, but 99 percent of the bodybuilding population does not recognize its existence. Instead, they try different routines hoping for the best, without actually giving their bodies time to catch up!

To allow the muscle adaptation to catch up with your body, you need a period of active rest followed by two to three days away from the gym. You will gain as many as five pounds during this period of rest. However, it is important to remember that your calorie level needs to be maintained at least 1000 calories above BMR. The goal during this period is rest, rest and rest. Take a vacation if you can. – Stay in a hotel, alone or with a loved one, and do nothing but sight see. Perform activities that will only allow you to relax, and make sure to avoid sports or any high-energy activity during this rest period phase.

ADAPTATION FACTOR 3

Intensity

Intensity means applying maximum effort on all sets of an exercise.
Intensity can be increased by:

- ✓ Using NLP to get the right mind and muscle connection.
- ✓ Increasing weights used during a workout.
- ✓ Increasing the number of sets (this, of course, is bound by conditions.)
- ✓ Performing more reps with the same weight than the previous week.
- ✓ Giving it all you've got mentally.
- ✓ Lowering rest between sets.
- ✓ Lowering rest between reps.
- ✓ Going past the pain zone.
- ✓ Taking all sets to full positive failure (which is 100 percent intensity.)

You will soon find out how we cycle our intensity. Think of it as a dial. We crank the dial until we reach our body's threshold. Then, before any damage such as chronic overtraining or muscle atrophy occurs we suddenly reduce the intensity of our workouts. By reducing the intensity, we keep the body in a constant anabolic state. Many other programs will tell you to hit the anabolic state. These same programs have no idea how to have you pull back, and you'll soon fall into an overtrained state. As we've already seen, the problem with the overtrained state is that once you fall into it, you can't get out of it unless you take an extended layoff.

Therefore, he key is taking the intensity to the limit and pulling back just before we hit overtraining. It is very important to emphasize this again and again, so you don't overtrain and lose valuable training time in the future. The area just before chronic overtraining is knows as the super adaptation zone, where frequency and permanence of stress is high.

Intensity refers to the amount of effort exerted (work done) in a period of time. Intensity should not be confused with fatigue. Intensity cannot be quantified because it varies among individuals. However, there are a few guidelines you can use to determine your intensity level:

- To increase your strength, you'll want to do a repetition range of one to seven. Reps should be used with an overload that is equal to between 80 and90 percent of your maximum repetition.

- For increased muscle mass, you'll want a repetition range of eight to twelve, performed at an overload intensity of 70-80 percent of your maximum repetition.

- For muscle endurance and quality, a repetition range of 15 to30 should be used with an overload level of 45 to65 percent of your maximum repetition.

There are two kinds of intensities we can manipulate for effective results and each has a specific outcome (This is where the specificity principle comes into play again.

1. **Metabolic intensity.** –Metabolic intensity facilitates the growth and efficiency of metabolic pathways of the muscles by building better capabilities of handling lactic acid and also builds lean muscle tissue. You can achieve metabolic intensity in two ways. You can either train for a longer period of time with more exercises, or you can train for a shorter period but have more training sessions. The latter is preferred since it allows testosterone peaks to occur with each training session.

2. **Overload intensity**. The results of overload intensity are expansion of muscle mass due to an

increased overload. Repetition ranges are between eight and 12 for ideal muscle growth stimulation to occur.

Muscle tension only increases when the weights increase and that is why it is essential to have both types of training intensities present in the program. Muscle tension has more of a growth producing effect on muscle fibers than does muscle fatigue.

ADAPTATION FACTOR 4

Optimal Rep Ranges (ORR)

The amazing Optimal Rep Ranges (ORR) repetition technology gives you up to 50 percent more gains from every rep you perform.

The number of repetitions is important because all sets are taken to full positive failure. Repetition ranges affect the androgens our bodies produce as well as the type and components of muscle cells. They can be divided in four categories:

- 8 to 12 reps build muscle size and strength gain and are performed explosively.
- 4 to 8 reps build power. Reps in this range are performed explosively as well.
- 15-20 reps build muscle endurance. These are performed rhythmically.
- 40-50 reps done as partials with heavy weights stimulate the CNS and maximum and are at a slow continuous tension speed with no rest.

Strength and mass output. These rep ranges also affect hormones:

Explosive reps

With the explosive rep, the speed should be slow and controlled. You'll want the rep to be slow enough to eliminate momentum and to ensure proper form yet explosive enough to allow you to use maximum weights. Here's how (using the biceps curl) to perform it:

- Place the bar of the biceps curl on your thighs.
- Explode away from your thighs using enough force that excludes momentum.
- Lower the weight and return again to your thighs
- Explode up again, ensuring your form is straight, and there should be no momentum. Focus on exploding the weights upward like a rocket from a launch pad. Think of the rocket whenever you are performing fast reps. It will help give you a visual interpretation. This is an example of explosive training.

Firing as many motor fibers as possible is your goal, and to do this, you need to train explosively. This means you must accelerate the weights without breaking form or using momentum. This form of training, especially when done with heavy weights, recruits the highest amount of cell myofibrilization.

Rhythmic reps

With rhythmic reps, you'll use 60-75 percent of your IMR. Let's use the bicep curl as an example. You won't rest at the top or at the bottom of the movement. Instead, repetitions are performed with rhythm but not explosively. Movement is controlled and tension is continuous whereas with explosive

training, tension goes off at the beginning of the reps (just before launch) without momentum.

Continuous Reps.

Continuous reps are similar to rhythmic reps except they are performed at a much slower pace. As with the rhythmic repetitions, no bouncing or jerks are allowed. Repetitions should be continuous, and there should be no rest at the top or bottom of the movement.

HOW REPETITIONS AFFECT INDIVIDUAL MUSCLE CELLS

High rep training

Affects the mitochondria growth of a muscle cell. Mitochondria are the small organelles of a cell that produce ATP and take part in all oxidization processes in the cell. These increase in size with high repetition stress. These reps are also done with rhythm and slight explosion

Medium reps.

Medium reps are known as the strength builders that affect the myofibrils of the cells. The myofibrils will increase in size with the proper stimulation and will give you the density that sets you apart from 99 percent of all bodybuilders.

Partials and high reps

Strengthen the connective tissue, ligaments and tendons, which are directly tied to your basic and potential strength levels. Partial reps also directly affect the Central Nervous System. Building partial strength allows baseline strength levels to increase, which helps you to pack on more mass at a faster rate.

Let's take a look at the breakdown of rep speeds and what muscle component they affect.
Explosive training, which we just discussed, stimulates fast twitch fibers. Slow continuous tension, on the other hand, affects fiber type one.

- ✓ Slow twitch muscle fibers are known as type one. They are high fatigue resistance fibers that are affected by high reps.

- ✓ Fast twitch muscle fibers are known as type 11, and they, too, are high resistance fibers and are stimulated by medium range repetition done explosively.

- ✓ Fast twitch muscle fibers are known as type 11b.They are also high fatigue resistance and respond best to low reps and heavy weights performed explosively Fast Twitch fibers have the greatest ability to hypertrophy.

ADAPTATION FACTOR 5

RECOVERY

Recovery is your body's ability to repair and build muscle through a series of chemical reactions. Your body is constantly making changes on the chemical and biological level. However, as with all things, there is a limit to the amount of chemical reactions that can occur to facilitate growth. Once your requirements exceed this limit, you will hit a plateau and quickly slide into an overtrained state where muscle atrophy results. Therefore, logic dictates that we keep workouts short, intense and infrequent, allowing for maximum recovery to take place in the shortest period of time possible.

Confusion about muscle recovery is common. However, it would be a lot easier to understand if we refer back to adaptation factor one regarding homeostasis and survival. Remember, the body's only purpose is to survive, and recovery is an essential part of this "survival mechanism of the body." Its capabilities have been underrated by a large margin in that ***the body will recover only as fast as it deems is necessary to recover.*** In other words, if you give your body reasons to accelerate recovery, it will.

However, the only way to give your body ample reason to accelerate recovery is to threaten the survival mechanism by increasing intensity and overload to the body's threshold and then pulling back before permanent damage and chronic overtraining occurs.

Studies by prominent scientists show that after 72 hours of inactivity, a muscle begins to atrophy. Why? It's simple. "The body has no reason to maintain that muscle mass if there is no reoccurring threat to its existence." That is why it is essential to train a body part a minimum of twice a week. I often hear the cries about overtraining. Let's be honest. You will only overtrain if you are not well rested and if your calories are at less than optimal levels.

This brings us to the next adaptation factor: sleep and rest.

No matter what anyone else says, the fact still remains that you can gain five to ten pounds of muscle the moment you stop your "overtraining generating routines." Take a week off. Do absolutely no strenuous activities –no workouts, no sports. You just want to relax and sleep. Enjoy what life has to offer –go to the beach, take a stroll in the park, but you should not perform any sporting activities or any exercises at all.

The following are some sleep recommendations you'll want to follow closely:

- ✓ Get at least eight hours of sleep each night. If you are an adult, go to bed early, especially if you are an early riser.

- ✓ Teenagers and young adults need more sleep- approximately nine to ten hours will do just fine.

- ✓ Take 15-30 minute power naps during the day.

- ✓ Do not perform any sort of recreational activity that is considered a sport. This eats into the recovery ability reserves slowing down muscle growth

- ✓ Take a four to five day layoff every month or two.

- ✓ Be lazy. Don't run when you can walk. Don't walk when you can drive, etc.

Please understand that recuperation is very important to the mass building process. Nutrition serves to help build mass. Remember that without complete recovery, you will not get bigger or stronger.

ADAPTATION FACTOR 6

Maximum Metabolic Stimulation

The amount of calories needed for abnormal and quick muscle growth far exceeds the 300-500 calories a day needed in ordinary weight gain diets. The actual amount is a minimum of twice your Basal Metabolic Rate, which for most of us, is 2000-3000 calories above BMR. The "self-acclaimed experts" argue, however, that consuming that much food will lead to obesity, and they are right to some extent. First, the metabolism and the digestive system also have a built in

"survival mechanism." They, too, conserve energy and seek homeostasis.

Therefore, consuming 300-500 calories above BMR is only going to scratch the surface of the survival mechanism of the metabolism. In other words, you will **not grow big.**

We need to shock the system by giving it food and calories it does not expect. This then threatens the survival mechanism of the metabolism and the digestive system, causing it to adapt and become more efficient at burning food and fat.

Do not expect to change much if you are training hard, resting long and consuming a minor 500 calories above BMR.

When we eat such high calories, our body adapts by becoming more efficient at digesting food. In addition, the metabolism is revved like a hot rod waiting to blast into the night. The body is likely to rebel by depositing body fat and hosting gas, making us "feel full" and causing other digestive ailments.

This, however, will only occur for a one to two week period while the body adapts to the stress of "massive calories." After the two-week period, you will never feel full again. Instead, you will be hungry all the time.

It is important to note that overtraining is likely to set in if your calorie level is not at optimal levels. Most people experience this when they train hard and consume 500 calories above BMR. They are also generally disappointed with the results. When the body is well nourished, overtraining is not likely to set in. We will discuss this further in the coming pages.

Science also dictates that there are **"Windows of Opportunity."** There is a 45 minute window of opportunity

after your workout where the muscles are especially receptive to absorbing amino acids and glycogen, which are the raw materials needed for muscle recovery, repair and growth

ADAPTATION FACTOR 7

Central Nervous System (CNS) Training

Here's how it works. Maximum overload equals maximum adaptation/stimulation. CNS training is essential because you are only as strong as your foundation. The bigger the foundation, the bigger the weight you can use which ultimately results in bigger adaptation and growth. The ligaments, tendons and the CNS have to be trained and stimulated as well if we hope to gain abnormal muscle mass.

PARTIALS REVISITED-WHY IT IS A "MISSING LINK" IN THE GROWTH EQUATION

Research indicates that for a muscle to be stimulated and then to adapt, it needs to be fatigued. More precisely, it has to undergo what is termed Fatigue Induced Disruption of muscle cells. You have to apply growth-producing disruption, and this can be achieved effectively with only full range repetitions, not just partials. This is not to say that partials will not get you huge. In fact, I personally have had my best gains when I performed only partials for six months. You have to use logic and understand there is no possible way you **will not** gain mass hoisting 100 percent more than your IMR. Logic dictates that you will blow up in size, and results from the trenches prove this to be true.

Because of their mechanical nature, partials will recruit fewer units of motor per unit time. Therefore, fewer actual

muscle cells allow the muscle fibers to contract at a slower pace than they could have done.

This inevitably ensures that ATP SUPPLIES ARE NOT EXHAUSTED. The ATP exhaustion is essential for muscle growth stimulation because it is an important part of Fatigue Induced Disruption of the muscle cells. It is also the weakest range of motion where the most fibers are recruited.

Partials are essential, nevertheless, because according to the **Specific Adaptation** to Imposed Demands (**SAID**) theory, partials stimulate a specific portion of muscle cells and the central nervous system which leads to specific adaptations that would not have been otherwise experienced.

Partials are also essential because they affect the CNS and allow muscle hypertrophy to occur. The CNS is stimulated only if a muscle's full contractile potential is tasked. Thus, without the use of maximum weights and intensity, there will be no muscle stimulation and no extraordinary growth.

Using the SAID principle, we see that we need not only stimulate muscles with full range repetitions for full muscle growth to occur, but stress must be applied to all the components of a muscle cell, the central nervous system and the body's strength capacity.

Just as you would not build a house without a solid foundation, you would not want to stimulate growth in only half a cell's potential. That, of course, is why we use measures to stimulate all the muscle cells' components as well as the strength and CNS capacity of the body.

It's important to understand that the body has only one reason to adapt, and that is to "SURVIVE." Muscle growth is a tool for survival. It is an attempt by the body to prevent

the stress from occurring again. It is, in fact, "allowing the body to live another day."

Full repetitions recruit as many motor fibers as possible, subjecting muscle fibers to a condition that causes Fatigue Induced Disruption.

Why Partials and Full repetitions

In truth, muscles need to be fatigued of their glycogen supplies for metabolic and anabolic processes to be activated. Therefore, heavy weights and high reps are necessary, and full range repetitions are also needed to reach complete muscular failure.

Understand that the body sends a flood of blood to feed and clean out lactic acid build up from muscle cells, which, in turn, signals muscles to expand and grow to accommodate the stress in the future should it be presented again. This is why heavy weights are essential because the heavier the load, the greater the muscle disruption and the possible muscle growth. We use one set to send an overload signal and another set to deplete glycogen stores and send growth producing blood to the muscles to allow for fast muscle recovery and growth.

Furthermore, all research indicates that heavy weights are a must for fast muscle growth. Low reps do not allow necessary mind and muscle connection, and they do not fatigue a muscle. This, of course, translates to slow muscle growth, which is why heavy weights and high reps are used (via partials).

The pump should not be sought after as advocated in conventional workout programs.

We have told for years that the pump is the answer to muscle growth. However, this is simply not true. The pump

merely occurs when your body can't take the waste away from the muscles or when the rate of waste production is higher than waste removal, which causes the veins to swell.

ADAPTATION FACTOR 8

Frequency of Workouts and Permanence Training

During my visit to Africa, I found the Missing Link Principle. Coaches in Africa have been using this technique for generations. However, because Africa is too poor to participate in worldwide sports, and their athletes have been well hidden from the west, this principle remained unknown to the outside world. Scientists in Russia, Canada and the United States have all verified its effectiveness. Research points to the fact that science has discovered muscles will atrophy or get smaller after 72 hours if not trained. Why? It's simple. The body has no need to use muscle or to sustain muscle mass development if it is not needed. If the stress applied is not applied until a week or two later, the body determines that there is no threat and goes back to homeostasis. This is why it is so important to attack the muscles in the 24-72 hour range.

The body recovers at a truly remarkable pace and speed. It has to if it is to survive. Imagine being faced with a heavy overload of stress that is repeatedly being used on the muscle. It would be both irrational and unscientific to think that the body will take its time, while it is being beaten, to adapt.

The technique I discovered in Africa is simple. To achieve full muscular development, one has to subject the muscles to a PERMAMENT THREAT. I call this permanent threat the PRINCIPLE of permanence™. It states that the body will

adapt to an unaccustomed stress at an accelerated pace if the stress is permanent and reoccurring.

In other words, if you are able to carry a 600 pound cow on your back for an entire day, six days a week, you would have legs that would be mistaken for pillars. Why? Because the 600 pounds of weight are on the muscles for most of the day (permanence), and the body defines this "permanent weight" as part of its system. Therefore, it adapts immediately to the stress with bigger and stronger muscles in a very short period of time not generally seen with traditional routines. Remember the following quotation about homeostasis because it is very important:

> *For a complex system such as the body, to merely endure a stress is not enough; it must adapt itself to these disturbances and it must evolve, it does this by getting larger and stronger (in the case of lifting weights)-muscle hypertrophy-this is so because if it did not evolve and adapt to its environment outside forces will soon disorganize and destroy it.*

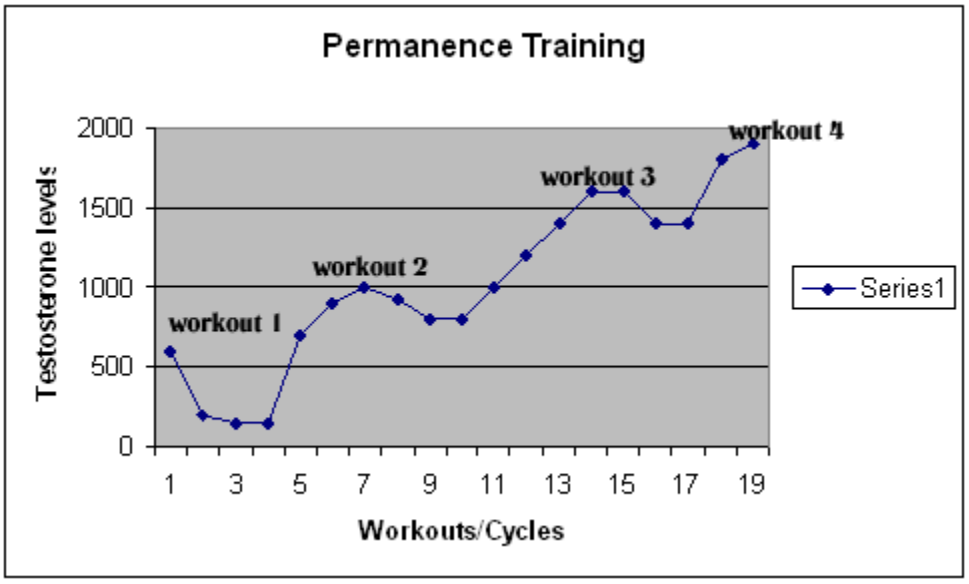
The body has to adapt to a situation that threatens its existence and hence the validity of permanence training.

Multiple daily workouts (permanence training) sends a signal to the brain telling it that the stress is here to stay, so it has to develop muscles to adapt to this permanent stress.

Scientists have also verified that permanence training is feasible because of its effect on testosterone. This is due to the fact that humans can experience 6-14 GH training induced peaks a day. Furthermore, when workouts are not too far apart, the testosterone piles on one above the other, leaving a huge superimposed chart that constantly rises. (See photo below.).

This leads us to training frequency and its effect on GH peaks. Science has decoded the fact that we can have 9-14

GH peaks during the day and these GH peaks can be stimulated by brief workouts performed six to 14 times a day. Workouts are short and don't exceed 45 minutes. This type of training provides elevated GH levels. Elevated testosterone level are akin to steroids. They allow for quick muscle protein syntheses, muscle recovery and growth and allow amino acids and glycogen to be absorbed incredibly quickly.



When we train six to 14 times a day with permanence training, we create a superimposed testosterone level, where the effects of elevated testosterone on one workout pile up on the other, allowing a super surge of elevated testosterone. Scientists have verified that 14 peaks are the maximum amount the body can produce, and the optimal amount is between six and ten. Any more than 14 workouts a day, and our hypothalamus signals the pituitary glands to secrete more cortisol to respond to too much training. This will ultimately break down muscle and allow homeostasis. All of this is taken care of in this manual, so there's no need to worry. All you have to do is follow the simple instructions.

Growth hormone is key to muscle growth. Indeed, steroids are much like 4.3 earthquakes on the Richter scale while GH is a massive 7.3 quake. You cannot possibly get enough GH, which is why the program discussed in this manual is so important. The workouts and the training program will trigger GH releases, but there are other ways to increase it even further naturally:

- Training intensely three to six times a day in short duration will increase GH. It is possible to have up to 14 GH peaks using this type of routine. When you train like this, you get GH peaks superimposed upon other GH peaks. A synergistic effect is created, and extraordinary gains are made.

- Train on an empty stomach or immediately following an eight hour fast. The best time to train is in the morning, on an empty stomach, since this follows an eight-hour fast during sleep. If you cannot train in the morning, make sure not to eat two to four hours before a workout.

- Always wear warm clothing when you train. In Africa the temperature averages 40 degrees Celsius. Athletes train in the gym where it can get quite hot. You'll get the same effect if you wear warm clothing. You want to wear warm clothing in order to stimulate the production of GH. After training, use a sauna if you can, but make sure to stay in no longer than 30 minutes, and also keep yourself hydrated.

- Take power naps.

- Get eight to ten hours of sleep each night. Both a good night's sleep and power naps will boost the GH response.

- Eat meals more frequently. Five to seven meals a day is ideal.

ADAPTATION FACTOR 9

Frequency Principle

Now, we come to the Frequency Principle. The Frequency Principle states that training workouts should be optimally spaced to allow muscle tissue growth to occur (via the uploading principle), to allow nutritional replenishment and to permit all biochemical resynthesis to take place. It also allows mental and physiological recovery, which permits constant high intensity.

Daily workouts can be detrimental if the same resistance and the same rep range and intensity are used unless alternate muscle groups are worked on. On the other hand, under-training occurs when more than 72 hours of rest passes without training. We use frequent and intermittent stress to avoid overtraining, as well as to alternate between body parts and change the rep ranges to allow fast adaptation. This all helps to prevent overtraining.

Training Volume

Training volume must be regulated. We use it to increase intensity, and then we decrease volume to prevent overtraining. This factor inevitably ties in with the principle of overtraining, which occurs with respect to strength and muscle mass development. It is a state of chronic fatigue leading to undesirable systematic and psychological changes in the body. The cure for overtraining involves a temporary cessation of training. Take two days off for recovery or change and alternate the body parts you work on.

Overtraining should be avoided at all costs. What you learn in this manual will ensure you **never** overtrain.

ADAPTATION FACTOR 10

Duration of workouts

Workouts should not exceed 45 minutes. The optimal time frame for a workout is 30 minutes. However, this may not be possible for a beginner because a beginner does not have the developed neuromuscular pathways that the intermediate and advanced bodybuilder has. This deficiency will disappear over time.

Make it a point to stay within the forty five-minute training zone. Science has proven that after 45 minutes, testosterone levels plummet, and this is detrimental to fast muscle growth. The body creates a catabolic environment after 45 minutes, and this is something we want to avoid no matter what.

ADAPTATION FACTOR 11

SPECIFICITY(SAID)

Scientists have repeatedly confirmed that all physiological outcomes and benefits of training are specific to the activity. In other words, the body responds according to the specific demands placed on it. You cannot perform low reps with heavy weights, and expect to stimulate the aerobic system.

Thus, you make use of the anaerobic energy system of the body whereas endurance training with reps in the 20-30-rep range affects the recruitment of only the slow

twitch fibers. Endurance training makes use of the aerobic energy system. Training for strength and size develops both the slow twitch and fast twitch fibers while increasing the ability of the muscle to apply strength.

Exercise selection also works with the specificity principles. It is imperative to use multi-joint exercises, like the bench press and squats, and avoid the isolation single joint exercises because these exercises affect stabilizer muscles. Referring to the principle of specificity, we also see it is essential to train the muscles in the same metabolic manner for which they were designed.

To summarize, the principle of specificity involves metabolic and training plans of attack. You must understand that the principle of specificity basically says you get what you pay for. If you use a specific rep range and exercise, you will get a specific outcome related to the muscle trained and the energy system used. Simple, isn't it?

The following example is a good way of remembering how specificity works. If you lifted a baby calf every day, as the cow grows, so will you. It doesn't matter that the cow will weigh 600 pounds in the end. All that matters is you are carrying the cow.(which is a form of specific overload) This specific exercise and overload leads to specific results: a massive body.

Metabolic specificity

There are two basic forms of metabolic specificity: the cardiovascular system and the energy systems. The energy systems are broken into three groups: ATP –PC –known scientifically as adenosinetriphosphate-phosphocreatine and the aerobic system. The aerobic system is used primarily for the transport of oxygen and lactic acid, which s created as the result of anaerobic glycols. For complete

development, each of these has to be developed, which is why they are incorporated into the system below.

You will find sets in which the rest between sets is less than five seconds and others that require minutes of rest. Here is a breakdown of metabolic specificity and how it affects us:

Rest Between sets Metabolic system used	
0-45 seconds of rest betweens sets	Aerobic
5-90 seconds of rest between sets (anaerobic system/Lactic acid)	ATP-PC
120-180 SECOUNDS of rest between sets (anaerobic system/Lactic acid)	ATP-PC

In reality, all three metabolic systems are used during a workout, but we can give the metabolic system a workout by sticking to the suggestions above. Any weight training program that allows minimal rest and high reps is working the aerobic system.

Metabolic specificity also applies to the repetitions used during a workout. Because of this specificity, one should not perform all types of rep ranges in one workout. For example, during the average routine, the trainee performs five sets of different rep ranges. This causes metabolic and muscle confusion, which is not beneficial to the goal of building lean muscle mass. Low reps with heavy weights affect the ATP-PC systems whereas high reps and low rest periods affect mostly the aerobic system, having said that lets move on to…

Digestive Specificity

Reach the upper limits of your genetic potential with these "metabolic shifting " eating tricks that force your body to pile on layer upon layer of dense rock hard muscle!

You read right! To get your body to grow, you have to force the metabolism to adapt to support the huge muscles you are building.

During our research, we discovered that just as with muscles, the metabolic systems and the digestive system require specific stimulus. Due to the high incidence of obesity in the United States, people are afraid to consume massive amounts of food. They believe that eating too much food will lead to obesity, and indeed it will, if you are following a routine taken from a muscle magazine, or if you are inactive.

However, there is one very important fact that is missing from all weight gain programs. "You can get only as big as your digestive system will allow." In other words, the weakest link in the "get massive equation" after training has been performed is nutrition. Because training is extraordinary and stimulates the deepest untapped muscle fibers of the body, it needs abundant calories to manifest itself for extraordinary growth.

Let's put it another way. You wouldn't expect a 15-foot giant to eat the same food that you would, right? Similarly, you can't expect to get big if you eat an average bodybuilder's diet.

The average bodybuilders diet stipulates you increase calories by 500 above BMR a week. Homeostasis of the digestive system ensures that the body will do its utmost to stay the same, so if you increase calories by 500 calories a week, expect very little results. The digestive system will not change if it does not have sufficient reason to.

In order to train the digestive system, you have to consume ample calories, in excess of twice BMR.

ADAPTATION FACTOR 12
ACTIVE REST

The active rest phase is essential because it allows a break in the intensity and volume applied to the muscles. However, it does not **allow homeostasis to kick in which the "uploading effect" normally takes place.** The general pattern that we are using is essentially using high intensity followed by low intensity followed by high intensity and so on.

By using different rep ranges in your actual training, you stress different aspects of a muscle cell and also allow recovery to take place in cell components not being stressed during your current workout.

DETERMINE YOUR FULL GENETIC POTENTIAL…HOW BIG CAN YOU REALISTICALLY GET?

It is absolutely essential to have a general idea of how large you can become. You want to have a goal, and you also need to determine when you've reached your maximum growth potential.

As you know, growth is not indefinite. After all, there is only so much weight you can gain on a natural level. After that level, no amount of food or training will allow you to exceed that limit. During this phase, you will accept your built body and begin to polish it with more cuts and hardness.

Body weight measurements are not the last word in training. The mirror and skin calipers are the ultimate judges of how good you look. The scale is mere a guide that tells you how far you should reach.

In 1967, Brown defined a system of one's body weight. Let's take a closer look at his theory. According to Brown, we

begin with a height of five feet. From there, we assume 100 pounds as our basic weight, and we add or subtract 10 pounds for every inch below or above five feet we actually are. For example, a man who is six-feet-two-inches can expect to weigh 240 pounds as his base weight. We then add 30-40 pounds to determine the maximum healthy body weight he can attain. For this particular example, the man can reach 280 pounds.

It is important to remember that this is only a guide because it does not take into consideration bone structure. A taller man will have to pack on more mass than a shorter man. However, the point remains that it does not matter your current size, shape or height. There is still plenty of room to slam pack quality muscle mass

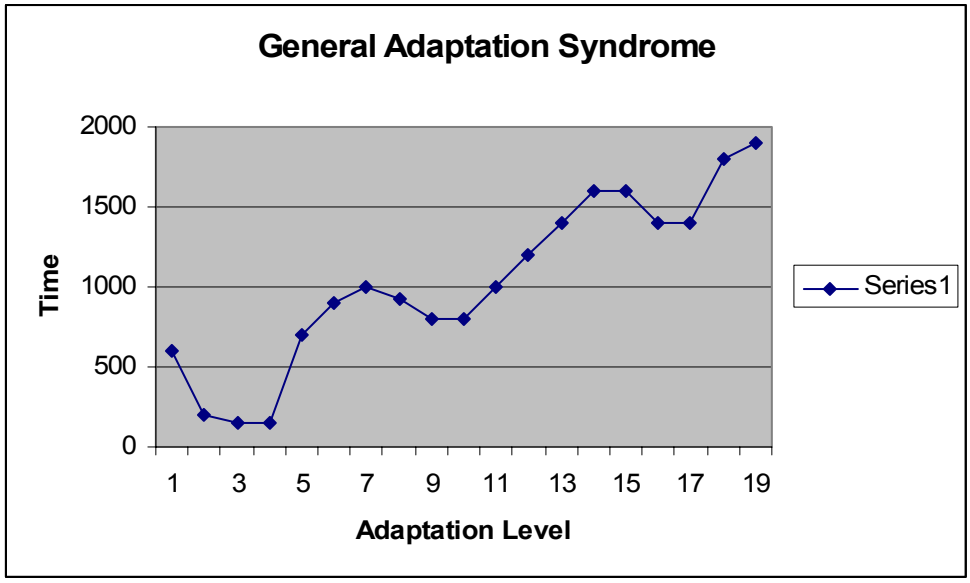
PERIODIZATION..WHAT IT IS AND HOW WE USE IT?

Periodization is key to your bodybuilding goals. It is a concept that usually involves the sporadic and calculated changes in training frequency, intensity/overload, volume and even nutrition throughout the days and weeks of a training routine. Most conventional routines make use of a variety of training routines where the trainee uses the next fad routine without regard for periodization.

Such continuous training at "peak" levels of intensity and volume produces chronic overtraining and leaves the trainee stuck in a training rut for years until sickness and/or injury results. However, by training in a high and low setting, we are progressively making gains without ever hitting a plateau or overtraining.

Periodization can also be called superimposed gains. In other words, the effects of one training session are picked up by another training session, and one superimposes on the other for maximum growth effect. In contrast, training with low intensities and/or low volumes leads to little improvement with frustration and non-dramatic growth.

Check out the graph below for further clarification.



Changes in a weight training program are key for constant progress. This doesn't mean we need to change exercises or use the "confusion principle." It means we must carefully and scientifically manipulate rep speed, rep range, rep cadence, sets and, occasionally, exercises. Random change will not work. You need precise and calculated changes that have to be determined with painstaking research and trial and error. The good thing is this is all done for you in this program. All you have to do is follow the program, and you will enjoy all the gains without the frustration of "trial and error."

This careful manipulation of intensity and volume allows the body to develop a favorable environment that allows for complete muscle and energy support system recovery. It also keeps your enthusiasm high which is necessary to generate the needed intensity for fast muscle growth.

Unlike a conventional routine, intensity is progressively increasing without pushing the body to an overtrained state. **WE PREVENT OVERTRAINING BY USING TRAINING CYCLES.**

Because we are constantly going higher and higher, we ease on the intensity to prevent overtraining. Conventional routines, however, stay constant or go down in intensity, at best. With the Massive Growth System progress only stops if you overtrain or when you have reached your full muscular genetic potential.

HOW TO SELECT THE BEST EXERCISES-

MUSCLE SYNERGY

To get maximum muscle mass, you also need to build the stabilizer muscles. There are specific exercises for this that involves basic multi-joint movements like the squat and the bench press. You will soon see that I do not recommend isolation exercises or single joint exercises until you have built sufficient mass.

Another reason for wanting to build the stabilizer muscles is because they create muscle and strength synergy. In other words, they give the body more power and strength than if the muscles were simply trained alone. For example, you don't have as much strength on the leg extension as you do on the leg press or squat. Why? It is the stabilizer muscles.

The stabilizer muscles also produce a firm foundation to prevent injury. You have less of a chance of getting injured if your stabilizer muscles are thick than you do if they aren't.

The following are the basic exercises that promote muscle synergy:

CHEST: Flat/incline/decline press or dips.

Thighs: leg press or squats

Traps: shrugs

Back: rhomboids reverse grip rows

Lats: reverse grip pull downs or chins

Shoulders: military press or behind the neck press

Biceps: preacher curls

Triceps: incline triceps extension or close grip bench press

Lower back: stiff-legged deadlights

Compound exercises

All the exercises advocated in this manual are compound exercises that use two or more muscles to move a weight. These are exercises that involve multiple joints. For example, the bench press requires both the shoulders and arms to lift the weight. Thus, the bench press becomes an effective exercise for not only the chest but for the triceps and shoulders as well, allowing you to build mass faster.

This is a very important reason why this program makes use of free weight exercises and a pulley machine. Machines are avoided because they negate the use of stabilizer muscles, and as we've already discussed stabilizer muscles are needed for complete strength and size.

Below we will review the routine we will be using for this program. You will notice that it is short but intense. Don't

judge the routine until you try it verbatim, because although this routine is short, it will be the hardest you have done yet.

HERE ARE EXERCISES I RECOMMEND FOR MAXIMUM BODY PART STIMULATION

Stick to a chosen exercise for a particular body part for a minimum of a four-week period before you switch exercises, This is done, so that you can properly gauge your strength levels increases.

- **Chest-** incline/ decline / flat barbell and dumbbells presses, dips back- reverse grip row, reverse grip pull down, reverse grip chin-up, t-bar row, one arm dumbbell rows.

- **Shoulders-** laterals, military press, behind the neck press.

- **Biceps-** preacher curls, dumbbell press, incline dumbbell press, concentration curls.

- **Legs**–hack squat, leg press, dumbbell squats.

- **Triceps**- French press, skull crushers, kick backs, press downs.

- **Forearms**-hammer curls, reverse wrist curls, standard writs curl.

- **Calves-** standing calve raises, seated calf raises, donkey calf raises, dumbbell calf raises.

- **Traps-** shrugs.

CAN I SUBSITUTE EXERCISES?

The preceding exercises deliver maximum muscle stimulation in the shortest period of time, thereby allowing muscle growth to occur.

If for any reason you cannot perform the exercises listed above, you can substitute them with similar exercises. Please note that all exercises listed above are compound exercises, therefore, you'll have to substitute them with other compound exercises rather than an isolation exercise. For instance, you may substitute the weighted dip for the bench press because they are both compound exercises, but you may not substitute it with an isolation exercise like flies or cable crossovers.

Here are a few substitutes from which to choose:

CHEST

Recommended	Substitute
Incline barbell press	Dumbbell presses
	Flat or decline dumbbell or barbell presses
	Weighted Dips

BACK

Reverse grip bent rows	reverse grip chin ups
	Reverse drip pull downs
	Heavy Dumbbell rows (one arm)
	T-bar row

WARM-UP

It is imperative that you always warm up before you begin a training session. However, you don't need to stretch to warm up. Stretching actually takes focus away from the real

goal and eats away at valuable recovery energy units that could be best used in serving the growth process. However, if you choose, you can stretch using full range movements during your warm-up prior to your actual workout. I like to use two warm-up sets before my first exercise and then one warm-up before my second exercise.

The first warm-up set is performed with lightweights. You must stretch and contract the muscle slowly and diligently. Avoid bouncing as this can lead to serious injury. Keep the stretch position for a count of three and the contracted position for a count of four. It should take you at least four seconds to move from a stretched position to a contracted position.

The second warm-up is performed using heavier weights to warn the muscles of the impending damage. You want to ensure they are heavy enough to tax the nervous system. After this, you can perform your one and only set.

TIP: PERFORM YOUR WARM-UPS AND REAL SETS IN THE STRICTEST FASHION. SLOW-CONTROLLED MOVEMENTS ARE BEST.

BEGINNER PROGRAM

The Beginner's routine

It is essential that all muscle, ligaments, tendons and connective tissue are primed for growth before jumping into the high intensity routine shown below. In fact, it is essential for everyone to use, even if you are an advanced bodybuilder.

Think of it as though you are developing a foundation. Remember that a building is only as strong as its foundation. Volume, intensity and tempo should be increased gradually. You should never jump into a more intense routine just because you think you are up to it. Your body has to be primed for the tough workouts. To ignore this simple principle is to encourage soreness and injury that could have easily been avoided.

The beginner's routine is for bodybuilders or for individuals who have never weight trained before. The beginner's program lays a strong foundation for the more intense and more vigorous routines to follow. It is essential for you to be in top shape before you begin the actual Massive Growth Program. Many of you might like to skip this section in the hopes of getting faster results. Don't! Our research has proven that the results of the Massive Growth System increase when bodybuilders first follow the beginner's workout.

During the beginner's routine, make sure you are consuming a minimum of 600 calories above your Basal Metabolic Rate. You DO NOT have to increase calories beyond that. The goal of the beginner's program is to build the neuromuscular pathways, increase muscular efficiency and to learn exercise form. You can also use this as a time to determine your IMR (Maximum Repetition).
The following four-day-a-week program will ensure you do full repetitions only. Forced reps and negatives should be avoided except to complete the last repetition of a set. (All

sets are taken to full positive failure, in other words, the point where completing a repetition in strict form becomes impossible no matter how hard you try. Use this program for four weeks before you move on to the actual program)

It is imperative that perfect form be used in all stages of your training. We cannot stress this enough. The object is to take all sets to full positive failure using the strictest of form. Nothing short of this is acceptable.

If you are a beginner, the same rules apply. You can spend as much time as you need to learn the mechanics of bodybuilding. Your goal is to learn how to properly perform each exercise. This is not hard, but it does take some time. Give yourself approximately three weeks to do this. I recommend that you have someone knowledgeable show you how to perform the exercises correctly. Make sure you look around at others in the gym to observe their training form.

Beware, however, and avoid looking at those who swing heavy weights around, who scream and who yell like wild animals. I recommend having lessons rather than self-learning the techniques in a book. After all, it is one thing to follow directions, and it is another to actually receive guidance with immediate feedback. This will cost you nothing at the gym. People are helpful and will gladly show you how to perform a movement.

Beginner's Routine
Four-Times-A-Week schedule

Here is how to read the charts below:

- (+) Failure means training to the point where completing a repetition in strict form becomes impossible no matter how hard you try
- (3) The parenthesis with a number in between indicates the number of sets to be performed on that body part. For example, shoulders (3) means three sets should be performed for shoulders
- Rep speed —Indicates the speed you should use while performing these exercises. There are three ways to perform a repetition in this manual:

  Explosive
  Controlled
  Rhythmic

  To understand how to perform these reps speeds, reread the "ADAPTATION FACTOR 4" section above.

- **Rest Period** –This indicates what the amount of rest between sets should be. You can use stopwatch to keep track. If you don't have a stopwatch, simply count. For example 150 seconds, means that you should rest 150 seconds between sets. Rest between body parts should never exceed two to three minutes.
- **Rep Type**—the number of recommended reps. This means your last positive rep should fall between 8-12. However, should it fall below or above, that is fine. Simply adjust the weight for the next set, and always take every set to full positive failure.

WEEK 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Hams(2) Chest(2) Calves(2) Triceps(2)	Traps(2) Back(2) Shoulder(2) Biceps(2) Forearms(2) Abs(2)		Quads(2) Hams(2) Chest(2) Calves(2) Triceps(2)	Traps(2) Back(2) Shoulder(2) Biceps(2) Forearms(2) Abs(2))	
Rest Period	150 Sec	150 Sec		150 Sec	150 Sec	
Rep Type	15-20	15-20		8-12	8-12	
Rep speed	Rhythmic	Rhythmic		Explosive	Explosive	
	(+) Failure	(+) Failure		(+) Failure	(+) Failure	

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Hams(3) Chest(3) Calves(3) Triceps(3)	Traps(3) Back(3) Shoulder(3) Biceps(3) Forearms(3) Abs(3)		Quads(3) Hams(3) Calves(3) Traps(3) Abs(3) Back(3)	Shoulder(3) Biceps(3) Triceps(3) Forearms(3) Chest(3)	
Rest Period	120 Sec	120 Sec		120 Sec	120 Sec	
Rep Type	15-20	15-20		8-12	8-12	
Rep speed	Rhythmic	Rhythmic		Explosive	Explosive	
	(+) Failure	(+) Failure		(+) Failure	(+) Failure	

WEEK 3 HIGH INTENSITY PEAK

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Hams(2) Chest(2) Calves(2) Triceps(2)	Traps(2) Back(2) Shoulder(2) Biceps(2) Forearms(2) Abs(2)		Quads(2) Hams(2) Chest(2) Calves(2) Triceps(2)	Traps(2) Back(2) Shoulder(2) Biceps(2) Forearms(2) Abs(2)	
Rest Period	60 Sec	60 Sec		60 Sec	60 Sec	
Rep Type	15-20	15-20		4-8	4-8	
Rep speed	Rhythmic	Rhythmic		Explosive	Explosive	
	(+) Failure	(+) Failure		(+) Failure	(+) Failure	

WEEK 4 LOW INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Hams(2) Chest(2) Calves(2) Triceps(2)	Traps(2) Back(2) Shoulder(2) Biceps(2) Forearms(2) Abs(2)		Quads(2) Hams(2) Chest(2) Calves(2) Triceps(2)	Traps(2) Back(2) Shoulder(2) Biceps(2) Forearms(2) Abs(2)	
Rest Period	180 Sec	180 Sec		180 Sec	180 Sec	
Rep Type	4-8	4-8		8-12	8-12	
Rep speed	Explosive	Explosive		Explosive	Explosive	
	(+) Failure	(+) Failure		(+) Failure	(+) Failure	

HOW TO INTERPRET THE WORKOUT ROUTINES BELOW

Below you will find an exact step-by step routine. Follow it exactly. In this program we will be using:

1. Partials to stimulate the CNS (Central Nervous System).
2. Increasing weights and decreasing rest between sets to increase intensity.
3. Holistic training to target all aspects of the muscle cells, allowing for maximum muscle growth stimulation and growth.

The following are some important points to remember about your workouts:

1. You must be consuming at least twice your BMR in combination with the zig zag diet. If you aren't, increase your calories until you are gaining at a rate of one to three pounds of muscle a week.

2. Your goal should be to increase weights each and every workout.

3. Consistency is key. Pick a schedule below that corresponds with your availability and schedule. Once you chose a workout, you should not miss any training sessions. If you feel your schedule will not allow you to stick to a six-day- a-week schedule, just pick the four-day or three-day-a-week schedule. Remember to stick to whatever schedule you choose.

THE ROUTINES
6 DAYS A WEEK
PHASE 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Hams(2) Calves(2) Traps(2) Abs(2)	Chest(4) Back(4)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2)	Quads(2) Hams(2) Calves(2) Traps(2) Abs(2)	Chest(4) Back(4)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2)
Rest Period	150 Sec	150 Sec	150 Sec	150 Sec	150 Sec	150 Sec
Rep Type	15-20	15-20	15-20	8-12	8-12	8-12
Rep speed	Rhythmic	Rhythmic	Rhythmic	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Hams(3) Calves(3) Traps(3) Abs(3)	Chest(5) Back(5)	Shoulder(3) Biceps(3) Triceps(3) Forearms(3)	Quads(3) Hams(3) Calves(3) Traps(3) Abs(3)	Chest(5) Back(5)	Shoulder(3) Biceps(3) Triceps(3) Forearms(3)
Rest Period	120 Sec	120 Sec	120 Sec	120 Sec	120 Sec	120 Sec
Rep Type	15-20	15-20	15-20	8-12	8-12	8-12
Rep speed	Rhythmic	Rhythmic	Rhythmic	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WEEK 3 HIGH INTENSITY PEAK

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4) Hams(4) Calves(4) Traps(4) Abs(4)	Chest(5) Back(5)	Shoulder(4) Biceps(4) Triceps(4) Forearms(4)	Quads(4) Hams(4) Calves(4) Traps(4) Abs(4)	Chest(5) Back(5)	Shoulder(4) Biceps(4) Triceps(4) Forearms(4)
Rest Period	60 Sec	60 Sec	60 Sec	60 Sec	60 Sec	60 Sec
Rep Type	15-20	15-20	15-20	4-8	4-8	4-8
Rep speed	Rhythmic	Rhythmic	Rhythmic	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WEEK 4 LOW INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Hams(2) Calves(2) Traps(2) Abs(2)	Chest(3) Back(3)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2)	Quads(2) Hams(2) Calves(2) Traps(2) Abs(2)	Chest(3) Back(3)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2)
Rest Period	150 Sec	150 Sec	150 Sec	150 Sec	150 Sec	150 Sec
Rep Type	30-50 CNS	30-50 CNS	30-50 CNS	8-12	8-12	8-12
Rep speed	Controlled	Controlled	Controlled	Explosive	Explosive	Explosive

Rest 48 hours or two days and move on to Routine B.

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(4) Back(4) Calves(4) Abs(4)	Legs(4) Biceps(4) Triceps(4) Shoulders(4)	Chest(4) Back(4) Calves(4) Abs(4)	Legs(4) Biceps(4) Triceps(4) Shoulders(4)	Chest(4) Back(4) Calves(4) Abs(4)	Legs(4) Biceps(4) Triceps(4) Shoulders(4)
Rest Period	120 Sec	120 Sec	120 Sec	120 Sec	120 Sec	120 Sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	15-20	15-20
Rep speed	Controlled	Controlled	Explosive	Explosive	Rhythmic	Rhythmic
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

ROUTINE B

WEEK 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(3) Back(3) Calves(3) Abs(3)	Legs(3) Biceps(3) Triceps(3) Shoulders(3)	Chest(3) Back(3) Calves(3) Abs(3)	Legs(3) Biceps(3) Triceps(3) Shoulders(3)	Chest(3) Back(3) Calves(3) Abs(3)	Legs(3) Biceps(3) Triceps(3) Shoulders(3)
Rest Period	180 Sec	180 Sec	180 Sec	180 Sec	180 Sec	180 Sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	15-20	15-20
Rep speed	Controlled	Controlled	Explosive	Explosive	Rhythmic	Rhythmic
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(5) Back(5) Calves(5) Abs(5)	Legs(5) Biceps(5) Triceps(5) Shoulders(5)	Chest(5) Back(5) Calves(5) Abs(5)	Legs(5) Biceps(5) Triceps(5) Shoulders(5)	Chest(5) Back(5) Calves(5) Abs(5)	Legs(5) Biceps(5) Triceps(5) Shoulders(5)
Rest Period	60 Sec	60 Sec	60 Sec	60 Sec	60 Sec	60 Sec

Rep Type	30-50 CNS	30-50 CNS	4-8	4-8	15-20	15-20
Rep speed	Controlled	Controlled	Explosive	Explosive	Rhythmic	Rhythmic
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WEEK 3

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(6) Back(6) Calves(6) Abs(6)	Legs(6) Biceps(6) Triceps(6) Shoulders(6)	Chest(6) Back(6) Calves(6) Abs(6)	Legs(6) Biceps(6) Triceps(6) Shoulders(6)	Chest(6) Back(6) Calves(6) Abs(6)	Legs(6) Biceps(6) Triceps(6) Shoulders(6)
Rest Period	45 Sec	45 Sec	45 Sec	45 Sec	45 Sec	45 Sec
Rep Type	15-20	15-20	8-12	8-12	4-8	4-8
Rep speed	Rhythmic	Rhythmic	Explosive	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WEEK 4 LOW INTENSITY PERIOD

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)
Rest Period	90 Sec	90 Sec	90 Sec	90 Sec	90 Sec	90 Sec
Rep Type	15-20	15-20	8-12	8-12	4-8	4-8
Rep speed	Rhythmic	Rhythmic	Explosive	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

Rest 72 hours and move on to routine C

ROUTINE C

WEEK 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2) Back(2) Shoulder(2) triceps(2) Calves(2) Legs (2)	Legs(2) Abs(2) Legs(2) Chest(2) Back(2) Biceps(2)	Chest(2) Back(2) Shoulder(2) triceps(2) Calves(2) Legs (2)	Legs(2) Abs(2) Legs(2) Chest(2) Back(2) Biceps(2)	Chest(2) Back(2) Shoulder(2) triceps(2) Calves(2) Legs (2)	Legs(2) Abs(2) Legs(2) Chest(2) Back(2) Biceps(2)
Rest Period	120 sec	120 sec	120 sec	120 sec	120 sec	120 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	4-8	4-8
Rep speed	Controlled	Controlled	Explosive	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(3) Back(3) Shoulder(3) triceps(3) Calves(3) Legs (3)	Legs(3) Abs(3) Legs(3) Chest(3) Back(3) Biceps(3)	Chest(3) Back(3) Shoulder(3) triceps(3) Calves(3) Legs (3)	Legs(3) Abs(3) Legs(3) Chest(3) Back(3) Biceps(3)	Chest(3) Back(3) Shoulder(3) triceps(3) Calves(3) Legs (3)	Legs(3) Abs(3) Legs(3) Chest(3) Back(3) Biceps(3)
Rest Period	60 sec	60 sec	60 sec	60 sec	60 sec	60 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	15-20	15-20
Rep speed	Controlled	Controlled	Explosive	Explosive	Rhythmic	Rhythmic
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WEEK 3

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(4) Back(4) Shoulder(4) triceps(4) Calves(4) Legs (4)	Legs(4) Abs(4) Legs(4) Chest(4) Back(4) Biceps(4)	Chest(4) Back(4) Shoulder(4) triceps(4) Calves(4) Legs (4)	Legs(4) Abs(4) Legs(4) Chest(4) Back(4) Biceps(4)	Chest(4) Back(4) Shoulder(4) triceps(4) Calves(4) Legs (4)	Legs(4) Abs(4) Legs(4) Chest(4) Back(4) Biceps(4)
Rest Period	60 sec	60 sec	60 sec	60 sec	60 sec	60 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	4-8	4-8
Rep speed	Controlled	Controlled	Explosive	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WEEK 4

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2) Back(2) Shoulder(2) triceps(2) Calves(2) Legs (2)	Legs(2) Abs(2) Legs(2) Chest(2) Back(2) Biceps(2)	Chest(2) Back(2) Shoulder(2) triceps(2) Calves(2) Legs (2)	Legs(5) Abs(5) Legs(2) Chest(2) Back(2) Biceps(2)	Chest(2) Back(2) Shoulder(2) triceps(2) Calves(2) Legs (2)	Legs(2) Abs(2) Legs(2) Chest(2) Back(2) Biceps(2)
Rest Period	120 sec	120 sec	120 sec	120 sec	120 sec	120 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	15-20	15-20
Rep speed	Controlled	Controlled	Explosive	Explosive	Rhythmic	Rhythmic
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

Rest 72 hours and move on to the Total Fatigue Workout

TOTAL FATIGUE ROUTINE
2 WORKOUTS A DAY
WORKOUT 1 AM.

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)
Rest Period	120 sec	120 sec	120 sec	120 sec	120 sec	120 sec
Rep Type	15-20	15-20	8-12	8-12	4-8	4-8
Rep speed	Rhythmic	Rhythmic	Explosive	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WORKOUT 2 PM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)
Rest Period	90 sec	90 sec	90 sec	90 sec	90 sec	90 sec
Rep Type	15-20	15-20	8-12	8-12	4-8	4-8
Rep speed	Rhythmic	Rhythmic	Explosive	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WEEK 2
3 WORKOUTS A DAY
WORKOUT 1 AM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(3) Back(3) Calves(3) Abs(3)	Legs(3) Biceps(3) Triceps(3) Shoulders(3)	Chest(3) Back(3) Calves(3) Abs(3)	Legs(3) Biceps(3) Triceps(3) Shoulders(3)	Chest(3) Back(3) Calves(3) Abs(3)	Legs(3) Biceps(3) Triceps(3) Shoulders(3
Rest Period	120 sec	120 sec	120 sec	120 sec	120 sec	120 sec
Rep Type	15-20	15-20	8-12	8-12	4-8	4-8
Rep speed	Rhythmic	Rhythmic	Explosive	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WORKOUT 2 AFTERNOON

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(4) Back(4) Calves(4) Abs(4)	Legs(4) Biceps(4) Triceps(4) Shoulders(4)	Chest(4) Back(4) Calves(4) Abs(4)	Legs(4) Biceps(4) Triceps(4) Shoulders(4)	Chest(4) Back(4) Calves(4) Abs(4)	Legs(4) Biceps(4) Triceps(4) Shoulders(4)
Rest Period	60 Sec	60 sec	60 Sec	60 sec	60 Sec	60 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	4-8	4-8
Rep speed	Controlled	Controlled	Explosive	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WORKOUT 3 PM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)
Rest Period	45 sec	45 sec	45 sec	45 sec	45 sec	45 sec
Rep Type	15-20	15-20	8-12	8-12	4-8	4-8
Rep speed	Rhythmic	Rhythmic	Explosive	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WEEK 3
6 WORKOUTS A DAY
WORKOUT 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)
Rest Period	180 Sec	180 sec	180 Sec	180 Sec	180 sec	180 Sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	4-8	4-8
Rep speed	Controlled	Controlled	Explosive	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WORKOUT 2 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(3) Back(3) Calves(3) Abs(3)	Legs(3) Biceps(3) Triceps(3) Shoulders(3)	Chest(3) Back(3) Calves(3) Abs(3)	Legs(3) Biceps(3) Triceps(3) Shoulders(3)	Chest(3) Back(3) Calves(3) Abs(3)	Legs(3) Biceps(3) Triceps(3) Shoulders(3)
Rest Period	120 Sec	120 sec	120 Sec	120 sec	120 Sec	120 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	15-20	15-20
Rep speed	Controlled	Controlled	Explosive	Explosive	Rhythmic	Rhythmic
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WORKOUT 3 AN HOUR OR TWO LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(4) Back(4) Calves(4) Abs(4)	Legs(4) Biceps(4) Triceps(4) Shoulders(4)	Chest(4) Back(4) Calves(4) Abs(4)	Legs(4) Biceps(4) Triceps(4) Shoulders(4)	Chest(4) Back(4) Calves(4) Abs(4)	Legs(4) Biceps(4) Triceps(4) Shoulders(4)
Rest Period	90 Sec	90 sec	90 Sec	90 sec	90 Sec	90 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	4-8	4-8
Rep speed	Controlled	Controlled	Explosive	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WORKOUT 4 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(5) Back(5) Calves(5) Abs(5)	Legs(5) Biceps(5) Triceps(5) Shoulders(5)	Chest(5) Back(5) Calves(5) Abs(5)	Legs(5) Biceps(5) Triceps(5) Shoulders(5)	Chest(5) Back(5) Calves(5) Abs(5)	Legs(5) Biceps(5) Triceps(5) Shoulders(5)
Rest Period	60 Sec	60 sec	60 Sec	60 sec	60 Sec	60 sec

Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	15-20	15-20
Rep speed	Controlled	Controlled	Explosive	Explosive	Rhythmic	Rhythmic
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WORKOUT 5

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)
Rest Period	45 Sec	45 sec	45 Sec	45 sec	45 Sec	45 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	4-8	4-8
Rep speed	Controlled	Controlled	Explosive	Explosive	Explosive	Explosive
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

WORKOUT 6

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)	Chest(2) Back(2) Calves(2) Abs(2)	Legs(2) Biceps(2) Triceps(2) Shoulders(2)
Rest Period	45 Sec	45 sec	45 Sec	45 sec	45 Sec	45 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	15-20	15-20
Rep speed	Controlled	Controlled	Explosive	Explosive	Rhythmic	Rhythmic
	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure	(+) Failure

4 times a week schedule

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Hams(2) Calves(2) Traps(2) Abs(2) Back(2)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2) Chest(2)		Quads(2) Hams(2) Calves(2) Traps(2) Abs(2) Back(2)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2) Chest (2)	
Rest Period	150 sec	150 sec		150 sec	150 sec	
Rep Type	15-20	15-20		8-12	8-12	
Rep speed	Rhythmic	Rhythmic		Explosive	Explosive	
	(+) Failure	(+) Failure		(+) Failure	(+) Failure	

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Hams(3) Calves(3) Traps(3) Abs(3) Back(3)	Shoulder(3) Biceps(3) Triceps(3) Forearms(3) Chest(3)		Quads(3) Hams(3) Calves(3) Traps(3) Abs(3) Back(3)	Shoulder(3) Biceps(3) Triceps(3) Forearms(3) Chest(3)	
Rest Period	90 sec	90 sec		90 sec	90 sec	
Rep Type	15-20	15-20		8-12	8-12	
Rep speed	Rhythmic	Rhythmic		Explosive	Explosive	
	(+) Failure	(+) Failure		(+) Failure	(+) Failure	

WEEK 3 HIGH INTENSITY PEAK

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4) Hams(4) Calves(4) Traps(4) Abs(4) Back(4)	Shoulder(4) Biceps(4) Triceps(4) Forearms(4) Chest(4)	Quads(4) Hams(4) Calves(4) Traps(4) Abs(4) Back(4)	Shoulder(4) Biceps(4) Triceps(4) Forearms(4) Chest(4)		
Rest Period	60 sec	60 sec	60 sec	60 sec		
Rep Type	15-20	15-20	15-20	4-8		
Rep speed	Rhythmic	Rhythmic	Rhythmic	Explosive		
	(+) Failure	(+) Failure	(+) Failure	(+) Failure		

WEEK 4 LOW INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Hams(2) Calves(2) Traps(2) Abs(2) Back(2)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2) Chest(2)		Quads(2) Hams(2) Calves(2) Traps(2) Abs(2) Back(2)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2) Chest(2)	
Rest Period	150 sec	150 sec		150 sec	150 sec	
Rep Type	30-50 CNS	30-50 CNS		8-12	8-12	
Rep speed	Controlled	Controlled		Explosive	Explosive	
	(+) Failure	(+) Failure		(+) Failure	(+) Failure	

Rest 48 hours or two days and move on to Routine B

ROUTINE B

WEEK 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Hams(2) Calves(2) Traps(2) Abs(2) Back(2)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2) Chest(2)		Quads(2) Hams(2) Calves(2) Traps(2) Abs(2) Back(2)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2) Chest(2)	
Rest Period	180 sec	180 sec		180 sec	180 sec	
Rep Type	30-50 CNS	30-50 CNS		8-12	15-20	
Rep speed	Controlled	Controlled		Rhythmic	Rhythmic	
	(+) Failure	(+) Failure		(+) Failure	(+) Failure	

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Hams(3) Calves(3) Traps(3) Abs(3) Back(3)	Shoulder(3) Biceps(3) Triceps(3) Forearms(3) Chest(3)		Shoulder(3) Biceps(3) Triceps(3) Forearms(3) Chest(3)	Quads(3) Hams(3) Calves(3) Traps(3) Abs(3) Back(3)	
Rest Period	120 sec	120 sec		120 sec	120 sec	
Rep Type	30-50 CNS	30-50 CNS		8-12	8-12	
Rep speed	Controlled	Controlled		Explosive	Explosive	
	(+) Failure	(+) Failure		(+) Failure	(+) Failure	

WEEK 3 MAXIMUM PEAK INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4) Hams(4) Calves(4) Traps(4) Abs(4) Back(4)	Quads(4) Hams(4) Calves(4) Traps(4) Abs(4) Back(4)	Shoulder(4) Biceps(4) Triceps(4) Forearms(4) Chest(4)	Shoulder(4) Biceps(4) Triceps(4) Forearms(4) Chest(4)		
Rest Period	60 sec	60 sec	60 sec	60 sec		
Rep Type	30-50 CNS	30-50 CNS	4-8	4-8		
Rep speed	Controlled	Controlled	Explosive	Explosive		
	(+) Failure	(+) Failure	(+) Failure	(+) Failure		

WEEK 4 LOW INTENSITY PERIOD

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4) Hams(4) Calves(4) Traps(4) Abs(4) Back(4)	Shoulder(4) Biceps(4) Triceps(4) Forearms(4) Chest(4)	Quads(4) Hams(4) Calves(4) Traps(4) Abs(4) Back(4)	Shoulder(4) Biceps(4) Triceps(4) Forearms(4) Chest(4)		
Rest Period	90 sec	90 sec	90 sec	90 sec		
Rep Type	15-20	15-20	8-12	8-12		
Rep speed	Rhythmic	Rhythmic	Explosive	Explosive		
	(+) Failure	(+) Failure	(+) Failure	(+) Failure		

Rest 48-72 hours and move on to routine C

ROUTINE C

WEEK 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)		
Rest Period	120 sec	120 sec	120 sec	120 sec		
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12		
Rep speed	Controlled	Controlled	Explosive	Explosive		
	(+) Failure	(+) Failure	(+) Failure	(+) Failure		

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)		Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	
Rest Period	60 sec	60 sec		60 sec	60 sec	
Rep Type	30-50 CNS	30-50 CNS		8-12	8-12	
Rep speed	Controlled	Controlled		Explosive	Explosive	
	(+) Failure	(+) Failure		(+) Failure	(+) Failure	

WEEK 3
HIGH INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4) Calves(4) Biceps(4) Triceps(4) Chest(4) Back(4) Shoulder(4)	Chest(4) Shoulders(4) Biceps(4) Triceps(4) Legs(4) Back(4) Calves(4)		Quads(4) Calves(4) Biceps(4) Triceps(4) Chest(4) Back(4) Shoulder(4)	Chest(4) Shoulders(4) Biceps(4) Triceps(4) Legs(4) Back(4) Calves(4)	
Rest Period	60 sec	60 sec		60 sec	60 sec	
Rep Type	30-50 CNS	30-50 CNS		4-8	4-8	
Rep speed	Controlled	Controlled		Explosive	Explosive	
	(+) Failure	(+) Failure		(+) Failure	(+) Failure	

WEEK 4
LOW INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)		
Rest Period	120 sec	120 sec	120 sec	120 sec		
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12		
Rep speed	Controlled	Controlled	Explosive	Explosive		
	(+) Failure	(+) Failure	(+) Failure	(+) Failure		

Rest 72 hours and move on to the Total Fatigue Routine

TOTAL FATIGUE ROUTINE
2 WORKOUTS A DAY

WORKOUT 1. AM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)			Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)
Rest Period	120 sec	120 sec			120 sec	120 sec
Rep Type	15-20	15-20			4-8	4-8
Rep speed	Rhythmic	Rhythmic			Explosive	Explosive
	(+) Failure	(+) Failure			(+) Failure	(+) Failure

WORKOUT 2 PM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)			Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)
Rest Period	90 sec	90 sec			90 sec	90 sec
Rep Type	15-20	15-20			4-8	4-8
Rep speed	Rhythmic	Rhythmic			Explosive	Explosive
	(+) Failure	(+) Failure			(+) Failure	(+) Failure

WEEK 2
3 WORKOUTS A DAY
WORKOUT 1 AM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)			Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)
Rest Period	120 sec	120 sec			120 sec	120 sec
Rep Type	15-20	15-20			4-8	4-8
Rep speed	Rhythmic	Rhythmic			Explosive	Explosive
	(+) Failure	(+) Failure			(+) Failure	(+) Failure

WORKOUT 2 AFTERNOON

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)			Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)
Rest Period	60 Sec	60 sec			60 Sec	60 sec
Rep Type	30-50 CNS	30-50 CNS			4-8	4-8
Rep speed	Controlled	Controlled			Explosive	Explosive
	(+) Failure	(+) Failure			(+) Failure	(+) Failure

WORKOUT 3 PM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)			Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)
Rest Period	45 sec	45 sec			45 sec	45 sec
Rep Type	15-20	15-20			4-8	4-8
Rep speed	Rhythmic	Rhythmic			Explosive	Explosive
	(+) Failure	(+) Failure			(+) Failure	(+) Failure

WEEK 3
6 WORKOUTS A DAY
WORKOUT 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)			Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)
Rest Period	180 Sec	180 sec			180 sec	180 Sec
Rep Type	30-50 CNS	30-50 CNS			4-8	4-8
Rep speed	Controlled	Controlled			Explosive	Explosive
	(+) Failure	(+) Failure			(+) Failure	(+) Failure

WORKOUT 2 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)			Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)
Rest Period	120 Sec	120 sec			120 Sec	120 sec
Rep Type	30-50 CNS	30-50 CNS			15-20	15-20
Rep speed	Controlled	Controlled			Rhythmic	Rhythmic
	(+) Failure	(+) Failure			(+) Failure	(+) Failure

WORKOUT 3 AN HOUR OR TWO LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)			Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)
Rest Period	90 Sec	90 sec			90 Sec	90 sec
Rep Type	30-50 CNS	30-50 CNS			4-8	4-8
Rep speed	Controlled	Controlled			Explosive	Explosive
	(+) Failure	(+) Failure			(+) Failure	(+) Failure

WORKOUT 4 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)			Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)
Rest Period	60 Sec	60 sec			60 Sec	60 sec
Rep Type	30-50 CNS	30-50 CNS			15-20	15-20
Rep speed	Controlled	Controlled			Rhythmic	Rhythmic
	(+) Failure	(+) Failure			(+) Failure	(+) Failure

WORKOUT 5

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)			Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)
Rest Period	45 Secs	45 secs			45 Secs	45 secs
Rep Type	30-50 CNS	30-50 CNS			4-8	4-8
Rep speed	Controlled	Controlled			Explosive	Explosive
	(+) Failure	(+) Failure			(+) Failure	(+) Failure

The Massive Growth System

WORKOUT 6

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)			Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)
Rest Period	45 Sec	45 sec			45 Sec	45 sec
Rep Type	30-50 CNS	30-50 CNS			15-20	15-20
Rep speed	Controlled	Controlled			Rhythmic	Rhythmic
	(+) Failure	(+) Failure			(+) Failure	(+) Failure

2 Times a week schedule

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Hams(3) Calves(3) Traps(3) Abs(3) Back(3)				Shoulder(3) Biceps(3) Triceps(3) Forearms(3) Chest (3)	
Rest Period	150 sec				150 sec	
Rep Type	15-20				8-12	
Rep speed	Rhythmic				Explosive	
	(+) Failure				(+) Failure	

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4) Hams(4) Calves(4) Traps(4) Abs(4) Back(4)				Shoulder(4) Biceps(4) Triceps(4) Forearms(4) Chest(4)	
Rest Period	90 sec				90 sec	
Rep Type	15-20				8-12	
Rep speed	Rhythmic				Explosive	
	(+) Failure				(+) Failure	

WEEK 3 HIGH INTENSITY PEAK

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(5) Hams(5) Calves(5) Traps(5) Abs(5) Back(5)			Shoulder(5) Biceps(5) Triceps(5) Forearms(5) Chest(5)		
Rest Period	60 sec			60 sec		
Rep Type	15-20			4-8		
Rep speed	Rhythmic			Explosive		
	(+) Failure			(+) Failure		

WEEK 4 LOW INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Hams(2) Calves(2) Traps(2) Abs(2) Back(2)				Shoulder(2) Biceps(2) Triceps(2) Forearms(2) Chest(2)	
Rest Period	150 sec				150 sec	
Rep Type	30-50 CNS				8-12	
Rep speed	Controlled				Explosive	
	(+) Failure				(+) Failure	

Rest 48 hours and move on to Routine B with no rest

ROUTINE B

WEEK 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Hams(3) Calves(3) Traps(3) Abs(3) Back(3)				Shoulder(3) Biceps(3) Triceps(3) Forearms(3) Chest(3)	
Rest Period	180 sec				180 sec	
Rep Type	30-50 CNS				15-20	
Rep speed	Controlled				Rhythmic	
	(+) Failure				(+) Failure	

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4) Hams(4) Calves(4) Traps(4) Abs(4) Back(4)				Shoulder(4) Biceps(4) Triceps(4) Forearms(4) Chest(4)	
Rest Period	120 sec				120 sec	
Rep Type	30-50 CNS				30-50 CNS	
Rep speed	Controlled				Controlled	
	(+) Failure				(+) Failure	

WEEK 3 MAXIMUM PEAK INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(5) Hams(5) Calves(5) Traps(5) Abs(5) Back(5)			Shoulder(5) Biceps(5) Triceps(5) Forearms(5) Chest(5)		
Rest Period	60 sec			60 sec		
Rep Type	30-50 CNS			4-8		
Rep speed	Controlled			Explosive		
	(+) Failure			(+) Failure		

WEEK 4 LOW INTENSITY PERIOD

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Hams(3) Calves(3) Traps(3) Abs(3) Back(3)		Shoulder(3) Biceps(3) Triceps(3) Forearms(3) Chest(3)			
Rest Period	90 sec		90 sec			
Rep Type	15-20		15-20			
Rep speed	Rhythmic		Rhythmic			
	(+) Failure		(+) Failure			

Move on to routine C without rest

ROUTINE C
WEEK 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)				Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)	
Rest Period	120 sec				120 sec	
Rep Type	30-50 CNS				30-50 CNS	
Rep speed	Controlled				Controlled	
	(+) Failure				(+) Failure	

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)				Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)	
Rest Period	60 sec				60 sec	
Rep Type	30-50 CNS				30-50 CNS	
Rep speed	Controlled				Controlled	
	(+) Failure				(+) Failure	

WEEK 3

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4) Calves(4) Biceps(4) Triceps(4) Chest(4) Back(4) Shoulder(4)			Chest(4) Shoulders(4) Biceps(4) Triceps(4) Legs(4) Back(4) Calves(4)		
Rest Period	60 sec			60 sec		
Rep Type	30-50 CNS			30-50 CNS		
Rep speed	Controlled			Controlled		
	(+) Failure			(+) Failure		

WEEK 4

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)			Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)		
Rest Period	120 sec			120 sec		
Rep Type	30-50 CNS			30-50 CNS		
Rep speed	Controlled			Controlled		
	(+) Failure			(+) Failure		

Rest 48-72 hours and move on to the total fatigue routine below

TOTAL FATIGUE ROUTINE
2 WORKOUTS A DAY
WORKOUT 1. AM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)				
Rest Period	120 sec	120 sec				
Rep Type	15-20	15-20				
Rep speed	Rhythmic	Rhythmic				
	(+) Failure	(+) Failure				

WORKOUT 2 PM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)			Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)		
Rest Period	90 sec			90 sec		
Rep Type	15-20			15-20		
Rep speed	Rhythmic			Rhythmic		
	(+) Failure			(+) Failure		

WEEK 2
3 WORKOUTS A DAY
WORKOUT 1 AM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)			Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)		
Rest Period	120 sec			120 sec		
Rep Type	15-20			15-20		
Rep speed	Rhythmic			Rhythmic		
	(+) Failure			(+) Failure		

WORKOUT 2 AFTERNOON

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)			Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)		
Rest Period	60 Sec			60 sec		
Rep Type	30-50 CNS			30-50 CNS		
Rep speed	Controlled			Controlled		
	(+) Failure			(+) Failure		

WORKOUT 3 PM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)			Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)		
Rest Period	45 sec			45 sec		
Rep Type	15-20			15-20		
Rep speed	Rhythmic			Rhythmic		
	(+) Failure			(+) Failure		

WEEK 3
6 WORKOUTS A DAY
WORKOUT 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)			Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)		
Rest Period	180 Sec			180 sec		
Rep Type	30-50 CNS			30-50 CNS		
Rep speed	Controlled			Controlled		
	(+) Failure			(+) Failure		

WORKOUT 2 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)			Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)		
Rest Period	120 Sec			120 sec		
Rep Type	30-50 CNS			30-50 CNS		
Rep speed	Controlled			Controlled		
	(+) Failure			(+) Failure		

WORKOUT 3 AN HOUR OR TWO LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)			Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)		
Rest Period	90 Sec			90 sec		
Rep Type	30-50 CNS			30-50 CNS		
Rep speed	Controlled			Controlled		
	(+) Failure			(+) Failure		

WORKOUT 4 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)			Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)		
Rest Period	60 Sec			60 sec		
Rep Type	30-50 CNS			30-50 CNS		
Rep speed	Controlled			Controlled		
	(+) Failure			(+) Failure		

WORKOUT 5

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)			Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)		
Rest Period	45 Sec			45 sec		
Rep Type	30-50 CNS			30-50 CNS		
Rep speed	Controlled			Controlled		
	(+) Failure			(+) Failure		

WORKOUT 6

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)			Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)		
Rest Period	45 Sec			45 sec		
Rep Type	30-50 CNS			30-50 CNS		
Rep speed	Controlled			Controlled		
	(+) Failure			(+) Failure		

* All body parts with an asterisk are performed as supersets, which will be explained below. The rest are performed till positive and negative failure only and should not be done as a superset.

Legs

Exercises to use: Squat and leg extension or Leg press and Leg extension

Here is how to perform a set using positive and negative failure. Select a weight that can give you 10-12 reps, and perform the reps as indicated. When you reach failure, have your partner assist you in moving up with the weights, and then you descend by yourself. You do this until you reach negative failure, which is simply the point where you cannot lower the weights by yourself. If you don't have a partner, simply train to positive failure. Repeat this four times.

Legs are performed in superset fashion. You want perform a set of leg extensions and immediately jump to a set of squats or a set of leg presses with minimal rest between supersets. Make sure to take only as much time as it takes for you to move from one machine to the other. Ideally, you should have all machines preset before you begin a set. Try to train at a time in your gym when it isn't very busy, if possible.

Weights will need to be adjusted to compensate for less rest between supersets, so don't expect to use the same weights as you normally do in a non-superset set. In fact, when the routine chart says three sets, it is actually six sets because you are combining leg extensions and leg presses.

Chest

Exercises used: Incline Bench Press and Incline Flies
Dips and incline presses
Incline press and cable crossover
Incline press and peck deck

For the chest, you use an exercise like the incline press. You want to perform your reps until positive failure. Once you reach positive failure, you will get assistance from your partner to perform negative reps. Your partner will help you lift the weights while you will lower them unassisted. Ensure that you take five seconds to reach negative failure. Then, jump immediately to chest flies and take that to both positive and negative failure.

You can use any substitute for chest, back and legs provided they follow the same progression. You will notice that we have a compound movement followed by an isolation movement. As long as you use that progression, everything will work fine.

Back:

Exercises used: Reverse grip chin with barbell pullovers

Reverse grip pull downs with barbell pullovers

T-bar row with pullovers

You perform a set of reverse grip chin to positive failure then you have your partner assist in lifting you up. Then, take four to five seconds to lower yourself, and repeat until you hit negative failure. Without stopping to rest, jump right into barbell pullovers, taking the set to both positive and negative failure.

Shoulders:

Exercises used: Behind the neck press with side lateral raises

Military press with side lateral raises

Dumbbell presses with bent over laterals

Behind the neck press with front raises

Perform the behind the neck press to positive failure then have your partner assist you in lifting the weights. Once you reach negative failure, lower the weights unassisted.

6 Times A Week Schedule

Week 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2)* Hams(2) Calves(2) Traps(2) Abs(2)	Chest(4)* Back(4)*	Shoulder(2)* Biceps(2) Triceps(2) Forearms(2)	Quads(2)* Hams(2) Calves(2) Traps(2) Abs(2)	Chest(4)* Back(4)*	Shoulder(2)* Biceps(2) Triceps(2) Forearms(2)
Rest Period	150 sec	150 sec	150 sec	150 sec	150 sec	150 sec
Rep Type	30-50	30-50	30-50	8-12	8-12	8-12
Rep speed	Rhythmic	Rhythmic	Rhythmic	Explosive	Explosive	Explosive
	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3)* Hams(3) Calves(3) Traps(3) Abs(3)	Chest(5)* Back(5)*	Shoulder(3)* Biceps(3) Triceps(3) Forearms(3)	Quads(3)* Hams(3) Calves(3) Traps(3) Abs(3)	Chest(5)* Back(5)*	Shoulder(3)* Biceps(3) Triceps(3) Forearms(3)
Rest Period	120 sec	120 sec	120 sec	120 sec	120 sec	120 sec
Rep Type	30-50	30-50	30-50	8-12	8-12	8-12
Rep speed	Rhythmic	Rhythmic	Rhythmic	Explosive	Explosive	Explosive
	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure

WEEK 3 HIGH INTENSITY PEAK

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4)* Hams(4) Calves(4) Traps(4) Abs(4)	Chest(5)* Back(5)*	Shoulder(4)* Biceps(4) Triceps(4) Forearms(4)	Quads(4)* Hams(4) Calves(4) Traps(4) Abs(4)	Chest(5)* Back(5)*	Shoulder(4)* Biceps(4) Triceps(4) Forearms(4)
Rest Period	60 sec	60 sec	60 sec	60 sec	60 sec	60 sec
Rep Type	15-20	15-20	15-20	4-8	4-8	4-8
Rep speed	Rhythmic	Rhythmic	Rhythmic	Explosive	Explosive	Explosive
	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure

WEEK 4 LOW INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2)* Hams(2) Calves(2) Traps(2) Abs(2)	Chest(3)* Back(3)*	Shoulder(2)* Biceps(2) Triceps(2) Forearms(2)	Quads(2)* Hams(2) Calves(2) Traps(2) Abs(2)	Chest(3)* Back(3)*	Shoulder(2)* Biceps(2) Triceps(2) Forearms(2)
Rest Period	150 sec	150 sec	150 sec	150 sec	150 sec	150 sec
Rep Type	30-50 CNS	30-50 CNS	30-50 CNS	8-12	8-12	8-12
Rep speed	Controlled	Controlled	Controlled	Explosive	Explosive	Explosive
	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure

Rest 48 hours, or two days, and move on to Routine B.

ROUTINE B

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*
Rest Period	120 sec	120 sec	120 sec	120 sec	120 sec	120 sec
Rep Type	30-50	30-50	8-12	8-12	4-8	4-8
Rep speed	Rhythmic	Rhythmic	Explosive	Explosive	Explosive	Explosive
	(+)and(-) Failure	(+)and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+)and (-) Failure	(+) and (-) Failure

WEEK 2
TOTAL FATIGUE ROUTINE
2 WORKOUTS A DAY
WORKOUT 1 AM.

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(4)* Back(4)* Calves(4) Abs(4)	Legs(4)* Biceps(4) Triceps(4) Shoulders(4)*	Chest(4)* Back(4)* Calves(4) Abs(4)	Legs(4)* Biceps(4) Triceps(4) Shoulders(4)*	Chest(4)* Back(4)* Calves(4) Abs(4)	Legs(4)* Biceps(4) Triceps(4) Shoulders(4)*
Rest Period	90 sec	90 sec	90 sec	90 sec	90 sec	90 sec
Rep Type	30-50	30-50	8-12	8-12	4-8	4-8
Rep speed	Rhythmic	Rhythmic	Explosive	Explosive	Explosive	Explosive
	(+)and(-) Failure	(+)and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+)and (-) Failure	(+) and (-) Failure

WORKOUT 2 PM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*
Rest Period	90 sec	90 sec	90 sec	90 sec	90 sec	90 sec
Rep Type	15-20	15-20	8-12	8-12	4-8	4-8
Rep speed	Rhythmic	Rhythmic	Explosive	Explosive	Explosive	Explosive
	(+)and(-) Failure	(+)and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+)and (-) Failure	(+) and (-) Failure

WEEK 3 LOW INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Hams(2) Calves(2) Traps(2) Abs(2)	Chest(3) Back(3)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2)	Quads(2) Hams(2) Calves(2) Traps(2) Abs(2)	Chest(3) Back(3)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2)
Rest Period	150 sec	150 sec	150 sec	150 sec	150 sec	150 sec
Rep Type	30-50 CNS	30-50 CNS	30-50 CNS	8-12	8-12	8-12
Rep speed	Controlled	Controlled	Controlled	Explosive	Explosive	Explosive
	(+)and(-) Failure	(+)and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+)and (-) Failure	(+) and (-) Failure

WEEK 4
6 WORKOUTS A DAY
WORKOUT 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*
Rest Period	180 Sec	180 sec	180 Sec	180 Sec	180 sec	180 Sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	4-8	4-8
Rep speed	Controlled	Controlled	Explosive	Explosive	Explosive	Explosive
	(+)and(-) Failure	(+)and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+)and (-) Failure	(+) and (-) Failure

WORKOUT 2 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*
Rest Period	120 Sec	120 sec	120 Sec	120 sec	120 Sec	120 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	15-20	15-20
Rep speed	Controlled	Controlled	Explosive	Explosive	Rhythmic	Rhythmic
	(+)and(-) Failure	(+)and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+)and (-) Failure	(+) and (-) Failure

WORKOUT 3 AN HOUR OR TWO LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*
Rest Period	90 Sec	90 sec	90 Sec	90 sec	90 Sec	90 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	4-8	4-8
Rep speed	Controlled	Controlled	Explosive	Explosive	Explosive	Explosive
	(+)and(-) Failure	(+)and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+)and (-) Failure	(+) and (-) Failure

WORKOUT 4 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*
Rest Period	60 Sec	60 sec	60 Sec	60 sec	60 Sec	60 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	30-50	30-50
Rep speed	Controlled	Controlled	Explosive	Explosive	Rhythmic	Rhythmic
	(+)and(-) Failure	(+)and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+)and (-) Failure	(+) and (-) Failure

WORKOUT 5

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*
Rest Period	45 Sec	45 sec	45 Sec	45 sec	45 Sec	45 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	4-8	4-8
Rep speed	Controlled	Controlled	Explosive	Explosive	Explosive	Explosive
	(+)and(-) Failure	(+)and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+)and (-) Failure	(+) and (-) Failure

WORKOUT 6

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*	Chest(2)* Back(2)* Calves(2) Abs(2)	Legs(2)* Biceps(2) Triceps(2) Shoulders(2)*
Rest Period	45 Sec	45 sec	45 Sec	45 sec	45 Sec	45 sec
Rep Type	30-50 CNS	30-50 CNS	8-12	8-12	15-20	15-20
Rep speed	Controlled	Controlled	Explosive	Explosive	Rhythmic	Rhythmic
	(+)and(-) Failure	(+)and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+)and (-) Failure	(+) and (-) Failure

Phase 2

4 Times A Week Schedule

Week 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3)* Hams(2) Calves(3) Traps(2) Abs(3)	Shoulder(3)* Biceps(3) Triceps(3) Forearms(2) Chest(3)* Back(3)*		Quads(3)* Hams(2) Calves(3) Traps(2) Abs(3)	Shoulder(3)* Biceps(3) Triceps(3) Forearms(2) Chest(3)* Back(3)*	
Rest Period	150 sec	150 sec		150 sec	150 sec	
Rep Type	30-50	30-50		8-12	8-12	
Rep speed	Rhythmic	Rhythmic		Explosive	Explosive	
Rep Mode	(+) and (-) Failure	(+) and (-) Failure		(+) and (-) Failure	(+) and (-) Failure	

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4)* Hams(3) Calves(5) Traps(2) Abs(5)	Shoulder(4)* Biceps(4) Triceps(4) Forearms(2) Chest(5)* Back(5)*		Quads(4)* Hams(3) Calves(5) Traps(2) Abs(5)	Shoulder(4)* Biceps(4) Triceps(4) Forearms(2) Chest(5)* Back(5)*	
Rest Period	90 sec	90 sec		90 sec	90 sec	
Rep Type	30-50	30-50		8-12	8-12	
Rep speed	Rhythmic	Rhythmic		Explosive	Explosive	
	(+) and (-) Failure	(+) and (-) Failure		(+) and (-) Failure	(+) and (-) Failure	

WEEK 3 HIGH INTENSITY PEAK

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(6)* Hams(3) Calves(2) Abs(3)	Shoulder(5)* Biceps(3) Triceps(3) Chest(5)* Back(5)*	Quads(6)* Hams(3) Calves(2) Abs(3)	Shoulder(5)* Biceps(3) Triceps(3) Chest(5)* Back(5)*		
Rest Period	60 sec	60 sec	60 sec	60 sec		
Rep Type	30-50	30-50	4-8	4-8		
Rep speed	Rhythmic	Rhythmic	Explosive	Explosive		
	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure	(+) and (-) Failure		

WEEK 3 LOW INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Hams(3) Calves(3) Traps(3) Abs(3) Back(3)	Shoulder(3) Biceps(3) Triceps(3) Forearms(3) Chest(3)		Quads(2) Hams(2) Calves(2) Traps(2) Abs(2) Back(2)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2) Chest(2)	
Rest Period	180 sec	180 sec		180 sec	180 sec	
Rep Type	30-50 CNS	30-50 CNS		8-12	8-12	
Rep speed	Controlled	Controlled		Explosive	Explosive	
	(+) and (-) Failure	(+) and (-) Failure		(+) and (-) Failure	(+) and (-) Failure	

Rest 72 hours or two days and move on to PHASE 3

Phase 3

WEEK 1
TOTAL FATIGUE ROUTINE
2 WORKOUTS A DAY
WORKOUT 1. AM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2)* Calves(2) Biceps(2) Triceps(2) Chest(2)* **Back(2)*** Shoulder(2)*	Chest(2)* Shoulders(2)* Biceps(2) Triceps(2) Quads(2)* Back(2)* Calves(2)			Chest(2)* Shoulders(2)* Biceps(2) Triceps(2) Legs(2) * Back(2)* Calves(2)	Quads(2)* Calves(2) Biceps(2) Triceps(2) Chest(2)* **Back(2)*** Shoulder(2)*
Rest Period	120 sec	120 sec			120 sec	120 sec
Rep Type	15-20	15-20			4-8	4-8
Rep speed	Rhythmic	Rhythmic			Explosive	Explosive
	(+) and (-) Failure	(+) and (-) Failure			(+) and (-) Failure	(+) and (-) Failure

WORKOUT 2 PM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2)* Calves(2) Biceps(2) Triceps(2) Chest(2)* **Back(2)*** Shoulder(2)*	Chest(2)* Shoulders(2)* Biceps(2) Triceps(2) Quads(2)* Back(2)* Calves(2)			Quads(2)* Calves(2) Biceps(2) Triceps(2) Chest(2)* **Back(2)*** Shoulder(2)*	Chest(2)* Shoulders(2)* Biceps(2) Triceps(2) Quads(2)* Back(2)* Calves(2)
Rest Period	90 sec	90 sec			90 sec	90 sec
Rep Type	15-20	15-20			4-8	4-8
Rep speed	Rhythmic	Rhythmic			Explosive	Explosive
	(+) and (-) Failure	(+) and (-) Failure			(+) and (-) Failure	(+) and (-) Failure

WEEK 2
3 WORKOUTS A DAY
WORKOUT 1 AM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2)* Calves(2) Biceps(2) Triceps(2) Chest(2)* **Back(2)*** Shoulder(2)*	Chest(2)* Shoulders(2)* Biceps(2) Triceps(2) Quads(2)* Back(2)* Calves(2)			Chest(2)* Shoulders(2)* Biceps(2) Triceps(2) Quads(2)* Back(2) Shoulder(2)*	Quads(2)* Calves(2) Biceps(2) Triceps(2) Chest(2)* **Back(2)*** Calves(2)*
Rest Period	120 sec	120 sec			120 sec	120 sec
Rep Type	15-20	15-20			4-8	4-8
Rep speed	Rhythmic	Rhythmic			Explosive	Explosive
	(+) and (-) Failure	(+) and (-) Failure			(+) and (-) Failure	(+) and (-) Failure

WORKOUT 2 AFTERNOON

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2)* Calves(2) Biceps(2) Triceps(2) Chest(2)* **Back(2)*** Shoulder(2)*	Chest(2)* Shoulders(2)* Biceps(2) Triceps(2) Quads(2)* Back(2)* Calves(2			Quads(2)* Calves(2) Biceps(2) Triceps(2) Chest(2)* **Back(2)*** Shoulder(2)*	Chest(2)* Shoulders(2)* Biceps(2) Triceps(2) Quads(2)* Back(2)* Calves(2
Rest Period	60 Sec	60 sec			60 Sec	60 sec
Rep Type	30-50 CNS	30-50 CNS			4-8	4-8
Rep speed	Controlled	Controlled			Explosive	Explosive
	(+) and (-) Failure	(+) and (-) Failure			(+) and (-) Failure	(+) and (-) Failure

WORKOUT 3 PM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)			Quads(2)* Calves(1) Biceps(1) Triceps(1) Chest(2)* **Back(2)*** Shoulder(2)*	Chest(2)* Shoulders(2)* Biceps(1) Triceps(1) Quads(2)* Back(2)* Calves(1)
Rest Period	45 sec	45 sec			45 sec	45 sec
Rep Type	15-20	15-20			4-8	4-8
Rep speed	Rhythmic	Rhythmic			Explosive	Explosive
	(+) and (-) Failure	(+) and (-) Failure			(+) and (-) Failure	(+) and (-) Failure

WEEK 3 LOW INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Hams(3) Calves(3) Traps(3) Abs(3) Back(3)	Shoulder(3) Biceps(3) Triceps(3) Forearms(3) Chest(3)		Quads(2) Hams(2) Calves(2) Traps(2) Abs(2) Back(2)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2) Chest(2)	
Rest Period	180 sec	180 sec		180 sec	180 sec	
Rep Type	30-50 CNS	30-50 CNS		8-12	8-12	
Rep speed	Controlled	Controlled		Explosive	Explosive	
	(+) and (-) Failure	(+) and (-) Failure		(+) and (-) Failure	(+) and (-) Failure	

Rest 48 hours or two days and move on to Routine B

WEEK 4
6 WORKOUTS A DAY
WORKOUT 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)			Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)
Rest Period	180 Sec	180 sec			180 sec	180 Sec
Rep Type	30-50 CNS	30-50 CNS			4-8	4-8
Rep speed	Controlled	Controlled			Explosive	Explosive
	(+) and (-) Failure	(+) and (-) Failure			(+) and (-) Failure	(+) and (-) Failure

WORKOUT 2 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)			Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)
Rest Period	120 Sec	120 sec			120 Sec	120 sec
Rep Type	30-50 CNS	30-50 CNS			15-20	15-20
Rep speed	Controlled	Controlled			Rhythmic	Rhythmic
	(+) and (-) Failure	(+) and (-) Failure			(+) and (-) Failure	(+) and (-) Failure

WORKOUT 3 AN HOUR OR TWO LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)			Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)
Rest Period	90 Sec	90 sec			90 Sec	90 sec
Rep Type	30-50 CNS	30-50 CNS			4-8	4-8
Rep speed	Controlled	Controlled			Explosive	Explosive
	(+) and (-) Failure	(+) and (-) Failure			(+) and (-) Failure	(+) and (-) Failure

WORKOUT 4 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)			Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)
Rest Period	60 Sec	60 sec			60 Sec	60 sec
Rep Type	30-50 CNS	30-50 CNS			15-20	15-20
Rep speed	Controlled	Controlled			Rhythmic	Rhythmic
	(+) and (-) Failure	(+) and (-) Failure			(+) and (-) Failure	(+) and (-) Failure

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WORKOUT 5

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)			Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)
Rest Period	45 Sec	45 sec			45 Sec	45 sec
Rep Type	30-50 CNS	30-50 CNS			4-8	4-8
Rep speed	Controlled	Controlled			Explosive	Explosive
	(+) and (-) Failure	(+) and (-) Failure			(+) and (-) Failure	(+) and (-) Failure

WORKOUT 6

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)			Quads(3)* Calves(2) Biceps(2) Triceps(2) Chest(3)* **Back(3)*** Shoulder(3)*	Chest(3)* Shoulders(3)* Biceps(2) Triceps(2) Quads(3)* Back(3)* Calves(2)
Rest Period	45 Sec	45 sec			45 Sec	45 sec
Rep Type	30-50 CNS	30-50 CNS			15-20	15-20
Rep speed	Controlled	Controlled			Rhythmic	Rhythmic
	(+) and (-) Failure	(+) and (-) Failure			(+) and (-) Failure	(+) and (-) Failure

WEEK 5 LOW INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Hams(3) Calves(3) Traps(3) Abs(3) Back(3)	Shoulder(3) Biceps(3) Triceps(3) Forearms(3) Chest(3)		Quads(2) Hams(2) Calves(2) Traps(2) Abs(2) Back(2)	Shoulder(2) Biceps(2) Triceps(2) Forearms(2) Chest(2)	
Rest Period	180 sec	180 sec		180 sec	180 sec	
Rep Type	30-50 CNS	30-50 CNS		8-12	8-12	
Rep speed	Controlled	Controlled		Explosive	Explosive	
	(+) and (-) Failure	(+) and (-) Failure		(+) and (-) Failure	(+) and (-) Failure	

2 Times a week schedule

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3)* Hams(3) Calves(3) Traps(3) Abs(3) Back(3)*				Shoulder(3)* Biceps(3) Triceps(3) Forearms(3) Chest (3)*	
Rest Period	150 sec				150 sec	
Rep Type	30-50				8-12	
Rep speed	Rhythmic				Explosive	
	(+) and (-) Failure	(+) and (-) Failure			(+) and (-) Failure	

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4)* Hams(4) Calves(4) Traps(4) Abs(4) Back(4)*				Shoulder(4)* Biceps(4) Triceps(4) Forearms(4) Chest(4)*	
Rest Period	90 sec				90 sec	
Rep Type	15-20				8-12	
Rep speed	Rhythmic				Explosive	
	(+) and (-) Failure				(+) and (-) Failure	

WEEK 3 HIGH INTENSITY PEAK

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(5)* Hams(5) Calves(5) Traps(5) Abs(5) Back(5)*			Shoulder(5)* Biceps(5) Triceps(5) Forearms(5) Chest(5)*		
Rest Period	60 Sec			60 Sec		
Rep Type	30-50			4-8		
Rep speed	Rhythmic			Explosive		
	(+) and (-) Failure			(+) and (-) Failure		

WEEK 4 LOW INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2)* Hams(2) Calves(2) Traps(2) Abs(2) Back(2)*				Shoulder(2)* Biceps(2) Triceps(2) Forearms(2) Chest(2)*	
Rest Period	150 Sec				150 Sec	
Rep Type	30-50 CNS				8-12	
Rep speed	Controlled				Explosive	
	(+) and (-) Failure				(+) and (-) Failure	

Move on to Routine B with no rest!

ROUTINE B

WEEK 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3)* Hams(3) Calves(3) Traps(3) Abs(3) Back(3)*				Shoulder(3)* Biceps(3) Triceps(3) Forearms(3) Chest(3)*	
Rest Period	180 Sec				180 Sec	
Rep Type	30-50 CNS				30-50	
Rep speed	Controlled				Rhythmic	
	(+) and (-) Failure				(+) and (-) Failure	

WEEK 2

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4)* Hams(4) Calves(4) Traps(4) Abs(4) Back(4)*				Shoulder(4)* Biceps(4) Triceps(4) Forearms(4) Chest(4)*	
Rest Period	120 Sec				120 Sec	
Rep Type	30-50 CNS				30-50 CNS	
Rep speed	Controlled				Controlled	
	(+) and (-) Failure				(+) and (-) Failure	

WEEK 3 MAXIMUM PEAK INTENSITY

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(5)* Hams(5) Calves(5) Traps(5) Abs(5) Back(5)	Shoulder(5) Biceps(5) Triceps(5) Forearms(5) Chest(5)				
Rest Period	60 Sec	60 Sec				
Rep Type	30-50 CNS	4-8				
Rep speed	Controlled	Explosive				
	(+) and (-) Failure	(+) and (-) Failure				

WEEK 4 LOW INTENSITY PERIOD

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Hams(3) Calves(3) Traps(3) Abs(3) Back(3)	Shoulder(3) Biceps(3) Triceps(3) Forearms(3) Chest(3)				
Rest Period	90 Sec	90 Sec				
Rep Type	15-20	15-20				
Rep speed	Rhythmic	Rhythmic				
	(+) and (-) Failure	(+) and (-) Failure				

Move on to routine C without rest

ROUTINE C
WEEK 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)				
Rest Period	120 Sec	120 Sec				
Rep Type	30-50 CNS	30-50 CNS				
Rep speed	Controlled	Controlled				
	(+) and (-) Failure	(+) and (-) Failure				

Rest 48-72 hours and then move to the Total Fatigue Workout Below.

WEEK 1
TOTAL FATIGUE ROUTINE
2 WORKOUTS A DAY
WORKOUT 1. AM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)				
Rest Period	120 Sec	120 Sec				
Rep Type	30-50	15-20				
Rep speed	Rhythmic	Rhythmic				
	(+) and (-) Failure	(+) and (-) Failure				

WORKOUT 2 PM

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)				
Rest Period	90 Sec	90 Sec				
Rep Type	30-50	15-20				
Rep speed	Rhythmic	Rhythmic				
	(+) and (-) Failure	(+) and (-) Failure				

WEEK 2
6 WORKOUTS A DAY
WORKOUT 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)				
Rest Period	180 Sec	180 Sec				
Rep Type	15-20	30-50 CNS				
Rep speed	Rhythmic	Controlled				
	(+) and (-) Failure	(+) and (-) Failure				

WORKOUT 2 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)				
Rest Period	120 Sec	120 Sec				
Rep Type	30-50 CNS	4-8				
Rep speed	Controlled	Explosive				
	(+) and (-) Failure	(+) and (-) Failure				

WORKOUT 3 AN HOUR OR TWO LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)				
Rest Period	90 Sec	90 Sec				
Rep Type	30-50	8-12				
Rep speed	Rhythmic	Explosive				
	(+) and (-) Failure	(+) and (-) Failure				

WORKOUT 4 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)				
Rest Period	60 Sec	60 Sec				
Rep Type	15-20	15-20				
Rep speed	Rhythmic	Rhythmic				
	(+) and (-) Failure	(+) and (-) Failure				

WORKOUT 5

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)				
Rest Period	45 Sec	45 Sec				
Rep Type	4-8	15-20				
Rep speed	Explosive	Rhythmic				
	(+) and (-) Failure	(+) and (-) Failure				

WORKOUT 6

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)				
Rest Period	45 Sec	45 Sec				
Rep Type	30-50 CNS	10-12				
Rep speed	Controlled	Explosive				
	(+) and (-) Failure	(+) and (-) Failure				

WEEK 4-OVERTRAINING
6 WORKOUTS A DAY
WORKOUT 1

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)				
Rest Period	180 Sec	180 Sec				
Rep Type	15-20	30-50 CNS				
Rep speed	Rhythmic	Controlled				
	(+) and (-) Failure	(+) and (-) Failure				

WORKOUT 2 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)				
Rest Period	120 Sec	120 Sec				
Rep Type	30-50 CNS	4-8				
Rep speed	Controlled	Explosive				
	(+) and (-) Failure	(+) and (-) Failure				

WORKOUT 3 AN HOUR OR TWO LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(4) Calves(4) Biceps(4) Triceps(4) Chest(4) Back(4) Shoulder(4)	Chest(4) Shoulders(4) Biceps(4) Triceps(4) Legs(4) Back(4) Calves(4)				
Rest Period	90 Sec	90 Sec				
Rep Type	30-50	8-12				
Rep speed	Rhythmic	Explosive				
	(+) and (-) Failure	(+) and (-) Failure				

WORKOUT 4 AN HOUR LATER

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)				
Rest Period	60 Sec	60 Sec				
Rep Type	15-20	15-20				
Rep speed	Rhythmic	Rhythmic				
	(+) and (-) Failure	(+) and (-) Failure				

WORKOUT 5

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(2) Calves(2) Biceps(2) Triceps(2) Chest(2) Back(2) Shoulder(2)	Chest(2) Shoulders(2) Biceps(2) Triceps(2) Legs(2) Back(2) Calves(2)				
Rest Period	45 Sec	45 Sec				
Rep Type	4-8	15-20				
Rep speed	Explosive	Rhythmic				
	(+) and (-) Failure	(+) and (-) Failure				

WORKOUT 6

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Exercise Selection	Quads(3) Calves(3) Biceps(3) Triceps(3) Chest(3) Back(3) Shoulder(3)	Chest(3) Shoulders(3) Biceps(3) Triceps(3) Legs(3) Back(3) Calves(3)				
Rest Period	45 Sec	45 Sec				
Rep Type	30-50 CNS	10-12				
Rep speed	Controlled	Explosive				
	(+) and (-) Failure	(+) and (-) Failure				

HOW TO DETERMINE YOUR MAXIMUM REPETITION AS USED IN THIS COURSE

Matt Brzycki devised the following formula and it is rather ingenious.

Pick a weight you think you can do nine repetitions with and no more. In other words, with the weight you choose, the ninth repetition should be impossible to perform to failure. Next, take that weight and divide it by the following 1.0278-.0278X.
Replace the "x" with the number of repetitions you performed.

For instance, let say you can perform 300 pounds for six repetitions then your 1 MR is 300/(1.0278-.0278(6)), 352 is your 1 MR. This equation is ONLY good if the number of repetitions is below 9 reps. Higher numbers will be inaccurate, nevertheless, it gives us something with which to work.

HOW TO DETERMINE YOUR REP RANGES

1. Heavy weights via CNS training (30-50 partial reps.) Use weights in the range of 50-150 percent weight above your 1 MR.
2. Heavy power reps (four to eight reps.) Use between 85-90 percent of your 1 MR.
3. Strength reps (8-12 reps) Use 70-80 percent of your 1MR.
4. Endurance reps (15-20 reps) – Use 50-65 percent of your 1MR.

All sets are always taken to full positive failure.

EXERCISE EQUIPMENT NEEDED

You need basic gym equipment. That's it. I have personally trained with athletes in Africa using car shafts for barbells and worn down benches for a bench press machine. It doesn't take fancy equipment to get a strong and massive physique. What it does require is determination and the will to train hard and accomplish your goals.

I always advise individuals to go to a small private gym where one can get access to good equipment. However, home gyms are also fine. In fact, I use a home gym. Although it took some time, I acquired all the basic material of a small commercial gym.

Here is what you need in this program:

- An Olympic barbell
- Olympic plates with an adjustable bench press
- A pulley machine with attachments for lats
- Dumbbells
- A power rack

You also need a collar that is secure and will hold a ton of weight. If you are interested in purchasing the best equipment, drop me a line, and I will direct you to the right location on the web or locally, if you live in Toronto.

Any barbell will do, but you want to get Olympic weights because they are the safest and will last forever. Needless to say, they are well worth the investment. Go to ebay.com or go to yahoo.com and type "used gym equipment." You will be surprised how you can find and purchase perfectly good "used equipment" for a fraction of the price of new equipment.

When selecting equipment, make sure it is strong and steady. You want a commercial based one, even though you will be using it at home

DURING THE 4-6 WORKOUTS A DAY

CALORIE LEVELS IN THIS PROGRAM HAVE TO BE AT LEAST TWICE YOUR BMR.

It is crucial that you consume at least twice your BMR during workouts days. I cannot stress this enough. Ideally, you should follow the zig-zag diet. This is a strict condition that must be followed on this program. You should make use of MCT oils to help you get the needed calories. DO NOT, under any circumstance, think you can get away with not eating at least twice you BMR during these workouts. (See the nutritional section for more information)

The routines above will take you to the verge of overtraining and the line between super compensation and overtraining is a very fine one. One small oversight in diet or training, and you will not gain any mass, and you will also lose size.

WILL I OVERTRAIN WITH WORKING THE SAME BODY PART SIX TIMES A WEEK?

As I pointed out earlier, the whole purpose of the routines are to progressively build intensity to the body's threshold (where the line between optimal growth stimulation and overtraining is thin) and then pull back before you hit overtraining. However, in order for this to be successful, it is imperative that your diet be optimal.

The fact is you will not overtrain if your nutrition is optimal. Furthermore, because each "workout day" uses a different rep scheme and speed, you allow muscle fibers affected in the previous workouts to recover even as you train the same body part. For instance, while training in the four to eight rep range, you're working the fast twitch fibers while your slow twitch fibers will be at rest and recovering.

MY REPS TEND TO DECREASE WITH EACH SUCCESSIVE SET- WHAT SHOULD I DO?

You may find that your strength and repetitions fall as you perform more sets, thus taking you out of the prescribed reps ranges. This is normal and the way you remedy it is as follows. Let's say you are performing three sets of 8-12 reps. On the first set you get 13, which is fine, as long as you took the set to positive failure. You should never stop a set prematurely just because you are under or above the prescribed rep range.

For the second set, you use the same weights and manage to reach seven reps. Obviously, this is below the prescribed rep range, so you know to reduce the weights on the next set in order for you to reach 8-12 reps.

The key point to remember is that all sets should be taken to full positive and /or negative failure regardless of whether you missed your prescribed rep range or not.

What's after phase 2?

Go back to phase one and repeat the cycle, making sure you increase weights this time. You can also use different exercises to add variety to the program. However, do not increase sets. In tests we have discovered that five sets per body part is the absolute maximum number of sets you can perform productively.

Don't alter rest time between sets. Increase intensity by applying some H.I.T. principles to your sets. (These will be explained below.) You also have to increase calories based

on your new body weight. Remember, the heavier you get, the more calories you are going to need to build more mass.

HOW TO PERFORM A CNS SET:

You will notice that in the CNS training, we ask you to perform 30-50 reps with 50-70 percent more weight than you can carry with your IMR. It sounds impossible at first glance, but it isn't. You need to understand that we use partials and the strongest range of motion to use these heavy weights, and we the use rest to get to the allocated number of repetitions.

Here is how to perform a CNS set using the squat: First, select your 1MR then place 50 to70 percent more weight than your 1MR. In other words, you will be using 150-170 percent of your 1MR. Here is how we apply it with the squat:

- Start with your feet shoulder width apart, ensuring your toes are pointed straight ahead.
- Now, arch your upper back.
- Unload the bar of the squat rack and place the bar behind your neck, resting on your upper traps-and not your spine.
- Contract your abs and lower back as you lower the weight down.
- Inhale before you squat then squat down as if you were trying to sit on a chair.
- Squat to a level just seven to eight inches below the start position, and with a controlled movement, squat back up to full lock out (the beginning of the movement.)
- Keep your stance greater than shoulder width apart to allow for greater stability and strength. Once you train to failure, you rest pause 45 seconds and start the movement again with the same weight. Do this until you get the maximum amount of repetitions.

It is not always necessary to use rest pause in CNS training. For example, if you pick a weight that is 90 percent above your IMR and you get 30 partials, there is no need to perform a rest pause. Also, if you use that weight and got only ten reps, then rest pause until you get 30 reps.

Remember to make a note of how many reps you did in your journal, so you can adjust the weights, in your next workout, to allow you to get 30 reps without rest pauses. Thirty is the minimum amount of repetitions you should hit when using partials.

You'll use the rest pause only to complete a set when using CNS training. Do not use rest pause for the other workouts and rep ranges.

Here is what a set could look like:

15 repetitions Rest Pause 30 seconds
10 repetitions Rest Pause 35 seconds
05 repetitions Rest Pause 35 seconds

This gives you 30 reps done in CNS style using partials.

To summarize, CNS training involves training in your strongest rage of motion of a specific exercise. The strongest range of motion tends to be the fully contracted position, so you will be working just a few inches away and from the fully contracted position.

Below we have listed the strongest range of motion for specific exercises you might use:

Reverse grip bent over rows	The first three inches of the stretch movement
Chest	The first few inches from full lock out
Shoulders	The first few inches below lock out
Triceps	The first few inches from lock out
Biceps	The first few inches below lock out
Calves	The first few inches below lock out

What if I find the allocated number of reps impossible to do?

The prescribed number of repetitions are guidelines that ensure you train hard, hard enough to allow muscle growth to take place. If, for instance I say do 40 reps and despite your greatest effort, you can only get to 32, that's fine. Simply record it in your journal, and the next time you'll aim for the 40 by reducing the weight slightly. The main point to note is that you take all sets to full positive failure (and negative failure if prescribed.)

OTHER TRAINING STRATEGIES YOU SHOULD BE AWARE OF

Training to positive failure-what it means in this manual

In this case, training to positive means taking a set of any exercise, using perfect form, to the point where performing another repetition is impossible despite your greatest effort.

If you can so much as nudge the weight, you have not taken the set to complete failure. After you have taken a set using full and proper form, finish the set by using partials, burns and even static training to make sure you have taken the set to failure.

It is imperative that you maintain good form. If you don't, you will never know when you hit complete failure. Take someone who uses cheats at the very beginning of his workout. How does he know he has truly hit failure? He can't really tell because he was cheating all along.

All sets are always taken to full positive failure

What exactly is "training hard to positive failure"?

Let's say you are doing a set of barbell curls with the goal of performing eight to ten repetitions to *failure*. The weight you are using should be heavy enough, so by the fifth repetition, your muscles will be screaming for mercy. By the seventh repetition, you should be out of breath. The ninth repetition should be almost impossible, and you will likely stall in the midway position. However, through determination and the use of NLP techniques, you will pass through it. The tenth repetition should seem impossible to perform, but that is when the magic will begin to work.

I think of repetitions one through nine as the gasoline that will be used to light the fire, and the tenth repetition (if performed correctly) as the match that sets the blaze. The bicep muscles at this stage will be screaming. Your mind will tell you to stop because the pain is just too great. At this point, think of the bar you are holding. It will give you the

confidence you need to override the pain, and proceed into the tenth repetition. The eleventh repetition will be impossible to perform if you do it properly. If you can perform another set or even another repetition after this routine, you have not done it effectively.

It is at this stage that *forced repetitions* or *partials* are used. However, you should be cautious. Make sure that, after forced repetitions or partials, you flood your body with the *ideal nutritional plan*.

A thought For Pain Tolerance

Pain is an obstacle that is present in any sport, especially bodybuilding. However, to succeed you are going to have to believe that pain is irrelevant and necessary to attaining your goals. Pain is a sure sign that you are close to accomplishing your immediate goal of taking a set to complete failure.

I look down at pain. I ignore it, and I laugh and swear at it. Pain is the drug that ensures my success in and out of the gym. Pain is a strong and prominent element on the road to success. Pain weeds out all the uncommitted and weak at heart. What is this pain I refer to?

Pain is lactic acid build up and the subconscious resistance built by your body to stop you from taking a set to failure, which puts you in the growth zone.

Please don't mistake this pain with the pain of injury. The pain associated with injury cannot be ignored because it will stop any movement without warning.

Pain is necessary in bodybuilding. For the successful bodybuilder, this pain is actually pleasure, for it both measures and represents success. Don't forget that without

pain there is no bodybuilding, or any other sport, for that matter. Think about it. If pain wasn't a necessary step to athletic success, we would all be stars.

Of course, no sport is without risk. In fact, no act in life is without risk. There are even risks of lying on the bed or crossing the street. However, it is generally thought that those acts that demand great risk are usually the ones whose rewards are the greatest.

Remember, by overpowering pain, you will dominate your sport. You will leave the weak behind as they succumb to the pain. Think of it as the Darwin Theory of Evolution at the gym.

There three types of pain to be considered

Lactic acid buildup, also know as soreness, can be attributed to the release of biological chemicals called hydroxyproline.Soreness originates in the connective tissue. You certainly don't want to try to achieve soreness because it is actually detrimental to your muscle building goals.

Continued soreness means your connective tissue is being traumatized, and it is a sign of microtrauma. If this microtrauma continues unattended or unrecognized, growth is impaired because of unnecessary tissue scaring. Do not seek soreness. Instead, you should attempt to minimize it, especially since scarring is another form of injury.. Continued soreness is a sign that your muscles are not recovering adequately or at all. Remember, if there is no recovery, there is no growth.

To prevent soreness you need to:

- ✓ **Keep workouts short, and avoid unnecessary trauma to the muscles. Unnecessary trauma**

includes performing three sets when two will do, using only negative training each workout, or using forced reps more than you should.

- ✓ **Alternate between a hot and cold shower on the affected area. For instance, if you trained your chest, you would shower your chest for a minute with hot water (not scalding, please) alternated with a bout of cold shower.**

- ✓ **Swim for 5 minutes, if you have access to a pool. This will loosen joints and allow complete and easy blood flow to the affected areas.**

- ✓ **Take an aspirin before and after each workout. This thins the blood and allows for easy waste removal.**

- ✓ **Massage the affected area with an ointment like "Hot ICE" which can be found in any drug store.**

- ✓ **Stretch the affected area after a set.**

How to intensify a Massive Growth Set

- Rest pause Reps
- Static Repetitions
- Partials
- Forced Reps
- Drop Sets
- Cheats
- Continuous Tension

The Rest Pause Principle (RPP)

In conventional R*est Pause training,* you pick a weight for the barbell curl that you can normally perform six repetitions to fatigue. After the sixth repetition, you put the weight down, stretch and wait for 20-30 seconds. Pick up the same weight, and do some more repetitions to complete positive failure. Remember to adhere to strict form. Repeat again depending on the intensity you feel you need.

This can be used in CNS training, where I recommend 30-50 reps. Let's say you get to 12 reps with a particular weight. You'll rest pause, and do more repetitions until you get to 30 reps.

Static repetitions

Static repetitions are usually performed by holding a heavy weight in a fixed position, normally the fully contracted position for an extended period. Static repetitions are usually done for one repetition only (especially when the weights are heavy) for a period of 25-40 seconds. The key to static strength is to hold the weight until you can no longer hold it. Then you want to accentuate the negative phase as the weights travel down.

Use static reps at the end of every set when you are 100 percent sure you have taken the set to positive failure. You can hold a weight in static fashion during any portion of a repetition. For instance, if you take a set to full positive failure and you cannot lift it anymore, you can perform a static rep at the bottom of the movement even though your muscles may be too tired to budge more than an inch.

Drop Sets (DS)

Drop sets are another high intensity technique. In normal *drop sets*, you start with a weight that gives you three to ten repetitions on the bench press, for example. When you reach *failure,* your partner removes (drops) ten percent of the weights, and you can go for as many drops as you wish. Thus, you should use smaller plates to enable you to strip the weights off.

When you have a partner, you should go to *failure* with every set in the drop set. Without a partner, I recommend you intensify the set this way: first, use an Olympic bar and slam 25-pound plates on each side. Add weight as desired. If your maximum is 185 pounds, you'll use two 25-pound plates and two 45-pound plates, bench press and go to 90 percent *failure*, say three repetitions, until you can't bench press anymore. Then, rack the weight, maintain form and concentration, strip the 45 pounds, and bench again. However, this time go to positive *failure* until you can no longer move the bar. Don't worry. It isn't dangerous. This is why we use lightweights on the last drop set. If failure does occur at mid-repetition, you will be safe.

You need only one set, and you'll experience rapid muscular growth. Since the weight is light at the last drop set, you'll get high repetitions. These high repetitions will pump fresh blood to your muscles, cleaning up the lactic acid build up. This allows you to stimulate muscle as well as to saturate the muscle cells with nutritious blood.

The Continuous Tension Principle (CT)

The Continuous Tension Principle goes hand-in-hand with the "feel slow principle." With the Continuous Tension

Principle, you don't let a muscle relax during a set of an exercise. You do this by never locking out or resting at the bottom of a movement.

Let's look at an example using the *bench press (incline.*) When you press "full out" to the "lock out" position, your chest muscles relax for a few seconds. When you bring it down to the bottom of the movement and it touches your chest, you rest momentarily.

However, done in continuous tension style, you don't "lock out." You stop short of the "lock out" position and repeat the motion. Don't allow the bar to rest on your chest. This way the muscles are continuously blasted to the maximum**.**

Cheats

Cheats are performed to push a muscle to exhaustion. With cheats, you give a little momentum to the movement on a particular exercise to get *past the sticking point.* Apply too much momentum, and you rob your muscles of the benefits. If you apply too little momentum, you fail to execute the exercise further. Don't exceed more than three to four cheat repetitions, as this will affect optimum recovery and growth. Cheats are only performed after you have reached full positive failure. Remember, if you use cheats before you reach full positive failure in good form, you will not get results.

How to cheat your way to bigger muscles and faster gains

The principle of cheating is the most abused exercise set there is. Many people literally take the term quite literally and apply it to their training form. The term "cheating" in bodybuilding does not mean "the easy way out." Indeed, it means making a set more intense by using the right amount of momentum to get you to extend a set past the point of full positive failure.

The only reason why you would "cheat" is if you are performing reps in the 7-12 range, and you would like to get additional reps to get to a rep range. For instance, the routine may say perform 8-12 reps. You used a weight that had you fail at six reps. You want to get eight reps, so you decide to cheat to get there. This is acceptable because since you reached positive failure at six reps, any additional reps simply goes into stressing the fast twitch muscle fibers, allowing greater muscle disruption and stimulation and thus greater growth potential.

The key point to remember is that cheating should be done correctly, which means you apply only enough momentum or "jerk" to get the weight past the sticking point of the movement after which you will use the target muscle to complete the repetition. If you use momentum to perform the exercise, you might impress your buddies at the gym with your strength, but your "target muscles" will not be getting the stimulation they need to grow.

Furthermore, the momentum will cause unnecessary injury, which can stop your bodybuilding dreams dead in the water. Cheat with good form, and you will get all the mass and strength you need to impress yourself and your buddies.

Partial Repetitions (PARTIALS)

Partial repetitions are only half or quarter movements done either on the contracting part of a movement or on the stretching part. Partial repetitions rank number one as far as growth stimulation is concerned. If you always follow your sets with partials, thus ensuring complete fatigue of the muscle, you develop your muscles to an incredible degree.

Let's use the *seated behind the neck press exercise as an example.* When you perform full movements, the weaker triceps tend to fail before the stronger deltoids are exhausted. However, when your muscles become exhausted, use partials by continuing with quarter repetitions or half repetitions until muscular failure occurs. Partials make your muscles scream with pain. Always exhaust your muscles with partials. You can bet you'll reap more rewards. Use this for CNS training only.

Forced Repetitions (F)

Forced repetitions are used at the end of a set, hence, you can no longer lift the weights. Your partner will help you to complete the last few impossible repetitions by reducing the weight by a marginal amount to allow you to complete the set. The prime objective is for your partner to provide the right amount of assistance that will enable you to complete the repetition.

How to use forced reps and negatives

Forced reps and negatives are used only to complete a repetition and/or set. Rest pause and partials can be used with CNS training. Negative repetitions are too demanding on the recuperative system, but they are an integral part of

a repetition and can't be ignored, so we use and place strong emphasis on them.

Breathing
HOW TO SQUEEZE OUT EXTRA REPETITIONS EVEN WHEN THE BAR WILL NOT BUDGE

In power lifting, you are told to hold your breath before you lift a heavy load since it strengthens the rib cage allowing for maximum support and strength of the spine. In bodybuilding, this is not true. You want to take quick, small breaths. The quick, small breaths will help you to grind out extra repetitions, especially when the bar won't budge. Holding your breath can take away from the intensity of a set by increasing your blood pressure. However, holding your breath and breathing with both your mouth and nose shut is a recipe for disaster. The compressed exhalation increases the pressure in the chest, cutting the supply of blood to the heart causing "blackouts."

Breathe with rhythm. Take quick breaths repeatedly. The only exception to this is the breathing squat, but you will still find that it can help you get those last crucial reps by taking in small rapid breaths

Avoid momentum like the plague

Momentum occurs when you use a jerk, sway or body movement to give leverage to a weight. By using the joints' strength and body leverage, you are able to get a weight going. While momentum may help you lift large weights, you will not have direct muscle stimulation. Momentum steals stress from a muscle. Momentum disrupts the mind and muscle connection. Where there is no mind and muscle connection, there is no tension and no stress, and thus, no muscle growth stimulation.

It is easy to learn a movement by first using light weights until you get the mind and muscle connection then, and only then, you can start thinking of lifting heavy weights. I use my warm-ups to set my mind and muscle connection. Once the mind is warmed up, then so is the muscle, and injury is next to impossible.

With adequate rest and high calorie intake, a person can train a body part two to six times a week and grow like a weed. It's important to understand that it can take 72 hours to grow from a workout, depending on the intensity we generate. In the beginning, you do not have the necessary strength to cause damage to your recovery ability. However, as you get stronger, your strength will exceed the speed at which you can recover leading to stagnation and muscle atrophy –and possible injury.

How to deal with soreness

How do you distinguish between incomplete recovery and laziness? Soreness is to be expected, especially during the first few workouts, and it should be ignored for the most part. Soreness should not stop you from working out. There are several levels of soreness you might experience. The first is a mild soreness where you have to squeeze the muscle to feel the pain. This form of soreness is not severe, can be ignored, and it will heal in a passing day or two.

The next level of soreness is the kind that is felt when you move the sore body part. Flexibility is hampered by pain, and there is a general stiffness. Treating this form of soreness is simple. First, stretch the muscle. You can try massage three-times-a-day, and perhaps do a light set of 100 repetitions to get blood to the sore area. Your goal is to get a good stretch and a full range of motion. Do not train to positive failure, and do not perform more than one set. Finally, don't continue to treat the soreness with weight

lifting for more than a few days. Stretching the body part is sufficient enough to reduce the pain.

You don't really want to miss training sessions when you have recovered but are sore. Remember, you must closely follow and be sure not to miss the remaining routines. If you miss workouts, you are shortchanging the growth process.

How to alter your BMR

I hear the following complaints all of the time:

- "I can't gain weight because I have a fast metabolism."
- "I can't lose weight because I have slow metabolism."
- "I eat like a horse, yet I can't gain weight."
- "I eat only one or two meals a day, and I am still not losing weight."

It's important to understand that fat is necessary for vital bodily function. It provides necessary lubrication between the skin, the muscles and joints. Fat pads the vital organs and lubricates tissue. Therefore, your goal should not be to eliminate fat entirely from your diet. Indeed, it has been proven that you can gain muscular weight faster if you allow fat to develop with the muscle.
You can gain weight if you have fast metabolism. You'll want to increase calories steadily, and ensure you are in a positive calorie balance. This is necessary to allow full muscle growth to occur. Increase calories until you are gaining one to three pounds of muscle a week.

The ideal calorie level for altering your BMR and metabolic and digestive system is a minimum of twice your BMR. However, most people can't jump right into that calorie level. Hence, you want to gradually increase your calorie intake by 300-700 on a daily basis until you are at your optimal level.(Twice BMR)

The following are other scientific ways of altering your BMR:

- Reduce your recreational activities such as sporting activities. If you must participate in sports, consume enough calories to compensate for the calories burst by the sport. You can find out how many calories you burned by referring to the FAT LOSS SECTION in the nutritional section below.
- Train exactly as recommended in this manual.
- Be lazy. As we've stated before, walk rather than run. Drive rather than walk. Sit rather than stand. The only calories burned should be those of your basal metabolic rate and of your workouts. Perform no aerobics at all at this stage.

How to boost recovery and increase muscle mass gains naturally and safely

Aspirin is the most natural anabolic agent that I know. In fact, its sister, ibuprofen is easily the most powerful recovery drug available.

Heavy training causes the blood to thicken since fluids are drained from the blood during heavy intense training sessions. Heavy training also increases the production of prostaglandin, which is released when cells are damaged, and causes inflammation. The inflammation, coupled with a thick blood supply, means a slower recovery and growth process.

Aspirin thins the blood by decreasing the production of prostaglandin. Aspirin also allows a steady flow of fresh blood and nutrients to the damaged muscle cells to aid in the recovery and growth process. All this means that the anabolic effects of training are allowed to manifest quicker.

Before you head to the drug store to get aspirin, you should be aware of some of the side effects. People with digestive problems like ulcers and pregnant women should not take aspirin. It is **essential** to consult your physician before you begin using aspirin. Fortunately, there is a natural alternative found in white willow bark, which contains high concentrations of the main active ingredient in aspirin called Salicin.

After your doctor permits you to take aspirin, you'll want to:

- ✓ Take one or two after a workout. Mix with a high protein shake or with a high carbohydrate drink. Make sure not to take the aspirin on an empty stomach.

- ✓ Take one 30 minutes before a workout to thin the blood.

The next step in boosting muscle recovery is alternating between a cold and hot shower. This treatment has been proven by German and Russian scientists to significantly increase muscle recovery by increasing blood circulation.

First, get into a shower with a jet spray, and turn on the cold water to the affected area for one to two minutes. Then, turn the water to hot, but not scalding, and keep the hot water on the affected area for another one to two minutes. To increase the effectiveness of this technique, you should massage the affected area as it gets the hot and cold treatment. Repeat five to ten times.

I witnessed a technique in Africa that most of us do not use. In West Africa, bodybuilders swim in the Atlantic Ocean after a workout.. Some spend the whole day at the beach training and swimming.

Swimming is the absolute best exercise to increase muscle recovery because it increases blood circulation, which cleans out lactic acid and brings in a fresh supply of nutrients. Most people do not realize the importance of light aerobics after a workout. It makes no sense to go to sleep after a heavy workout. Instead, you should perform a very low intensity aerobic workout, like swimming, walking, or using the treadmill.

Boost your gains with a cup of coffee

Another powerful natural drug is caffeine, which can be found in foods and drinks such as kola nut, coffee, tea, chocolate, and it can also be bought as a pill from drug stores. In Africa, I witnessed the consumption of the kola nut before and after a workout, and the effects it has on training is nothing short of extraordinary.

Kola nut can't be found in North America, but it is a potent source of caffeine. In fact, it is so strong that its effects last anywhere from four to eight hours. In fact, security guards in Africa use it during their shifts, and they swear upon its effects to keep them awake.

Caffeine has also been proven to free fatty acids, activate and stimulate the central nervous system, increase muscle contraction efficiency, increase the metabolism and BMR, and increase the use and efficiency of muscle glycogen.

However, there are a few things you should know about caffeine. First, if you drink coffee every day, four to six times a day, caffeine is not going to work for you. Your body has already adapted to it, and the effect of its consumption is negligible at best . In order to once again get the effect of caffeine, you have to come off it for a week or two before using it in your recovery and training arsenal.

Since you won't be able to get kola nuts, you can drink two to three cups of coffee forty five minutes to an hour before a workout to get the same effects. Ensure you drink the coffee black, preferably on an empty stomach..

Other benefits of caffeine include its ability to keep you alert and prevent "laziness and drowsiness," reduce fatigue as well as increase the rate at which you use body fat when training.

Take a nap and grow

Have you ever noticed how many naps a baby takes? Naps are very powerful in the growth process. They increase the production of GH as well as revitalize you for the workout that is to follow. The body naturally wants to take naps. Have you ever noticed that you get tired in the afternoon? Your body is simply trying to tell you to shut

down for a nap. Perhaps most importantly, naps help the recovery process.

Following are some tips on nap taking:

- ✓ Take naps whenever you can. Most work places allow two 15-minute breaks and a lunch break. Use that time to nap.
- ✓ Take 15-30 minute naps. Do not take a nap longer than 40 minutes because it will tend to make you sluggish.
- ✓ Take naps in a cool, shady place. Avoid lying in the sun.
- ✓ Do not have a heavy lunch and then nap.
- ✓ Take one to four naps a day. The more naps you take a day, the better off you are.

Active recovery –a second glance.

To increase recovery and relaxation, we have discovered that listening to classical music can increase mental and physical recovery. Scientists have tested the effectiveness of classical music on plants. They took two identical plants in age and in health, and they placed one close to a speaker that played classical music. They placed the other plant next to a radio playing heavy metal. The plant next to the classical music grew bigger and stronger, and it actually grew toward the speaker. The other plant withered and died. This example only serves to prove the old adage 'healthy mind-healthy body."

While listening to music, you might want to lie down. Lift your legs, and place them higher than the rest of your body. For example, lie on the floor with your calves on a

chair. This position ensures even circulation. Because we spend most of the day on our feet, the blood circulation to the upper body tends to be less than the circulation to the lower body. We can remedy this by placing our legs higher than our upper body.

Here are a few of the classics you might want to try:

Samuel Barber - Adagio For Strings
Mozart- Requiem
Mozart - Serenade for Winds
Mozart - Eine Kleine Nachtmusik
Mozart - Symphony #41 in C major

FAQ

What should I do if I begin to get weak and tired during the routine?

Because the routines are intense and take the body to its threshold, you can quickly be driven to an overtrained state. Therefore, is imperative that you take naps throughout the day, consume high calories diligently and get the eight to ten hours of sleep a night. You should not miss workouts even though you may feel sore, or your bones and muscles may ache. You must ignore this and train past it.

The body is not used to this sort of training and stress, so it does all it can to attain homeostasis in the least expensive way. The least expensive way is to get weaker, lower the immune system efficiency and spurt anti-catabolic hormones that cause muscle atrophy. That is why it is essential that you continue training, and you do everything possible to

promote recovery. We have provided a list of scientifically proven remedies that increase recovery. You are advised to stick to the list. It is also extremely important to keep calories high as recommended.

However, if you find yourself getting sick, you should take a two or three day layoff. During that time, do not train at all, but ensure you still consume the necessary high calories needed to help muscle and system recovery.

What do I eat between workouts?

You have six windows of opportunities to take in ample protein and carbohydrates. Supplementation is also a great idea. Consuming clean macronutrient sources like sushi and egg whites for protein and baked potatoes for carbohydrates are wonderful. You can also use MCT oils to increase calories, and as a direct energy source, amino acid supplementation would also be helpful.

Calories must be high-at least twice BMR on all levels of the prescribed routine –especially during routine C. For the rest of the routines, you may use the zig-zag routine, although it is not compulsory.

You don't need to worry about gaining fat during this program. Once you are done, you can use the fat loss phase to get you cut. After all, it will always be easier to lose weight after building more mass than it would be to first lose fat and then build muscle. Another reason for this is because muscle is metabolically active which means it burns calories at rest, and hence, you can burn more body fat with far less effort and time.

What should I eat between the six workouts?

The six workouts a day will mean you spend the whole day at the gym. Of course, there are alternatives given below. However, let's assume that you can train the whole day. This would mean that you have ten hours in which you can divide those six workouts. You will then be training every one and a half hours. You should first consume your meals, preferably in liquid form, in the first 45 minutes after a workout, which will leave sufficient time for digestion to occur before the next workout.

You also want to make sure you consume a large, high calorie meal after the workout day. The ideal way to do it is not to combine foods, as this decreases the amount of time taken for digestion. For instance, you might want to stick with a protein only and a carbohydrate only meal every one and a half hours. The meals after your workout, however, should be balanced. See the nutritional section for more information.

WHAT IF I CAN'T SPEND THE WHOLE DAY AT THE GYM?

The six workouts a day will require that you spend a significant portion of your day at the gym. For many, this is not practical, so we successfully tested other alternatives. If you can't spend the whole day at the gym, simply use one of the following routines:

- One workout done every half hour for four or five hours. One set per workout, one body part per workout, one workout per body part.
- One workout an hour every hour four or five hours; one set per workout, one workout per body part and one body part per workout.

INTRODUCTION TO NUTRITION

This chapter represents the beginning of a transformation. You are going to experience a metamorphism and realize the rock hard body of which you've always been dreaming. You will begin to feel revitalized, energized, and you'll get so huge you are going to need a new wardrobe to accommodate your new body.

I'm going to make you a promise. If you follow the nutritional plan as outlined below and you don't gain 10-20 pounds in a six-week period, I want you to send me the manual, and I will refund the full purchase price. However, if you gain the weight as promised, I will pay you $250 *if* you send me your before and after photos with a testimonial and *if* I use the photo. I will send that check for $250 as a thank you for succeeding. Your photo will serve as an inspiration to others who desperately want to gain weight. Another side note: When you do design your own personal nutritional plan with a precise macronutrient and calorie breakdown using the information I am about to reveal to you, I would like you to send it over to me via email and in return for it I will send you a free report called "How To Build A Massive Chest In No Time." Your recipe will be shared with others on my site or in a future manual! Send your calorie /nutritional breakdown to Rob@weightgainsecrets.com and I will be glad to email you the "Massive Chest" report!

Here is how this chapter will be broken down:

Step One. I will show you how to determine your body type and explain how it helps you determine your Basal Metabolic Rate (BMR) and, thus, the level of calories needed

to gain muscle mass.

Step Two. I will tell you how to use my nutritional plan, which will deliver all the nutrients your body could ever need. This plan will help you grow massive in only a few weeks.

Step Three. I will show you how to use supplements to get all the calories and proteins you need.

Step Four. I will show you how to train your digestive system and metabolism to become more efficient at processing and digesting food, allowing you to burn fat more efficiently while packing on lean mass.

Step Five. I will explain how to get rid of unsightly body fat without diets or heavy sacrifice in my fat loss section.

Ready? Let's get started. I advise you to reread this section one to three times just to ensure you get a firm grasp on all of the information.

THE NEED FOR 100% COMMITMENT IN YOUR TRAINING AND DIET

You have to believe in yourself. You have to believe in your ability to put on the lean muscle mass you desire. If you don't believe you'll get big, you won't. That's why it is important to set a realistic goal, and commit yourself to achieving your goal no matter what**.**

The best way to do this is to prepare a plan, and ensure you position yourself with others who will force you to be committed.

For example, announcing your intentions to an enemy of yours, or to someone who admires you, is a sure way to get yourself committed. Telling someone that you will be 30

pounds heavier by the end of two months and not delivering on this promise will be embarrassing, especially when you are in competition with others.

After reading this section, you'll want to devise a plan, go to the supermarket and buy all the ingredients you need. Then, cook all the meals you need for the next two to three days. By doing this, you have committed yourself to the plan because you won't want to waste food and money. For example, I buy my groceries on a weekly basis based on what my meal plan says I can have. Then, I prepare what I can and carry it with me. That way, there is no excuse for me not sticking to the plan.

HOW TO USE SCIENCE TO GET HUGE

The answer to the age-old question, "how do we build muscle and lose fat at the same time" can be found in this manual. The solution is based on training holistically with heavy weights and high reps, as well as providing all the calories and protein needed for muscle growth.

It is important to understand that your body and its metabolism have both positive and negative sides. The positive side is anabolism, and the negative is catabolism. Anabolism occurs when the body breaks up nutrients from foods and uses it efficiently to build lean muscle tissue.

Alternately, catabolism is the extreme opposite. It is the breakdown of muscle tissue to serve the energy needs of the body. Obviously we want to be in an anabolic state, and there are proven and scientific ways to solve ensure this. To understand anabolism and catabolism, we need to understand "what happens to food when we consume it."

WHAT HAPPENS WHEN WE CONSUME FOODS?

The food we consume is broken down into nutrients such as amino acids, glucose and vitamins/minerals and is used for every day vital functioning and muscle repair, etc. Excess calories not needed by the body are usually excreted or stored as body fat.

If you consume more nutrients than needed to serve the growth process and every day functions, you will get fat. Calories are paramount to muscle growth but not all calories are the same. Things such as nutrient density have to be taken into consideration. For example, 200 calories from candy will have a different effect on your body compared to 200 calories from a clean food source like brown rice.

The reason for this is simple. Clean food sources contain macronutrients such as protein and carbohydrates that are not easily converted into body fat. These macronutrients need calories to be digested, and the body has a rough time digesting them with the sole purpose of storing them as body fat. Calories from candy, on the other hand, are sugar and fat laden and thus are readily deposited as body fat. Fat and simple sugars require less energy to be broken down and deposited as body fat.

Here are the steps to train your metabolism to build lean muscle mass and lose body fat:

1. Increase calories gradually. We will determine your BMR and steadily increase calories to 10,000-12,000 levels. Sure, it sounds like a lot, but trust me, you are going to love how your body changes.
2. Consume clean foods high in starchy unrefined carbohydrates and fibrous carbohydrates. I will show you what to eat, how to eat and the foods to ignore in just a few moments.

If you consume clean calories with the right amount of macronutrients and micronutrients, your body will encourage the development of lean muscle mass and the elimination of body fat.

The question then becomes "how many calories should I consume to gain muscle mass?" To gain quality lean muscle mass, you need to know your body type and your body fat percentage. Once you know both of these things, you need to determine the correct ratio of macronutrients, and what ratios, you need to consume these macronutrients.

It is best to base the number of calories you need on the type of body you have. For instance, you might need an endomorph with a 20 or greater percentage, which is completely different than a mesomorph with a seven percent body fat level. As you will soon find out, it is best to base calories needed on your total bodyweight if you are an ectomorph and by lean body mass if you are an endomorph.

The Lean Body Mass (LBM) calculation takes into consideration the fact that your bodyweight is composed of fat, water and bones. It is necessary to use these calculations with the respective body type otherwise the heavier individual—namely the endomorph—will be consuming more calories than the slimmer one. However, in reality, this should be reversed because of the differences in their lean body mass and subsequent body fat percentages. As endomorphs, our goal is to preserve the muscle we have as we shed off the body fat.

To allow muscle growth to take place at an accelerated pace, we need to consume high quality proteins which are derived from animal sources such as lean red and white meats and whey protein. Vegetable proteins alone do not provide all the needed amino acids needed for fast muscle growth to occur. In general, you need a minimum of one gram of protein per pound of lean bodyweight. One and a half to 1.7

tends to be a good guideline in terms of the amount of protein needed for fast muscle growth!

Carbohydrates with the more complex/lower glycemic types such as rice and oatmeal need to be emphasized in your diet. Simple sugars and high glycemic drinks can be consumed after a workout to replenish used glycogen, but otherwise, they should be used sparingly. Fats are perhaps the most misunderstood macronutrient. Indeed, some fats actually help in the weight gain process and do not increase cholesterol. Omega three fatty acids are excellent examples and can be found in flax seed oil.

Diet and training are very important parts of the program, which also includes training intensity, overload, rest and training volume. All of the components of this program depend on each other for success. Indeed, all factors have to be in sync for maximum anabolic response to occur. Fortunately, this is all done for you in this manual.

While training intensity and overload, as depicted in this manual, will stimulate the necessary anabolic response for muscle growth. Growth will not take place until adequate nutrition is in place. Protein in the diet is responsible for muscle growth since it provides the amino acids and the RNA needed for muscle repair and growth. Therefore, a diet high in protein is essential if you hope to pack on noticeable muscle size.

UNDERSTANDING THE CALORIE

To gain mass, you have to understand the calorie. A calorie is simply a measurement of energy. To gain mass, you need to consume more calories than you burn. It's that simple. The tricky part, however, is actually following a consistent plan, and I have made that plan easy for you to follow. If you are one of those people who have tried all the weight gain plans and failed each time, you're in for a surprise with

this plan. I am going to show you some simple tricks that will blow the lid off any plateau you may be experiencing.

However, before we go any farther, I want to point out anyone who is reading this, who cannot gain weight, is doing two things wrong. First, you are not training hard enough to warrant a size and strength increase. Second, you are not eating enough. Many of my clients tell me that they eat a lot already. When I ask them to list the foods they eat, however, I soon realize they are eating far less than they think. Remember this saying, "garbage in, garbage out." If you go try to gain mass by eating anything, you will get big, but you will also get fat.

It's important to understand that a calorie is a calorie when it comes to measurement. On the other hand, when it comes to the type and quality of calories, there is a huge difference. First, there is nutrient density (how many nutrients are packed into a single calorie), and then there is calorie density, which is the correct ratio of protein, carbohydrates and fats from all macronutrients. As complicated as all this sounds, you'll find that it is really simple once you follow the plans and rules I have outlined for you.

There are a great many factors involved in designing an appropriate mass-gaining plan, but a good place to start is by measuring the percentage of body fat you have. The reason we need to determine your body fat level is to allow us to choose an appropriate "mass gain" calorie level for you. To do that, we need to know how to calculate your BMR/LBMR.

DETERMINING YOUR BMR/LBMR

DETERMINING YOUR BMR.

Here is an accurate way of determining your BMR:

ONE TIMES YOUR BODYWEIGHT IN POUNDS DIVIDED BY 2.2 MULTIPLIED BY 24.

1*LBS/2.2 * 24

OR USE A LESS MATHEMATICAL FORMULA OF BODYWEIGHT IN POUNDS MULTIPLIED BY 20

LBS* 20

The equation above determines your BMR using total bodyweight, which includes body fat, bones, water and non-metabolically active tissue. Since the average person reading this is slim with very low body fat levels, we can safely negate the fact that it includes inactive or metabolically inactive tissues. If you are an endomorph (which we will discuss below) and have quite a bit of body fat, you should be using the LBMR calculation.

LBMR CALCULATION

The calculation above uses total bodyweight, which is a combination (that is your LBMR) you will need. First, you need to use the skin caliper, a scale and a tape measure to determine your body fat percentage levels. This will be explained in the section below. However, let's assume you determine that you have a 20 percent level of body fat. This is what you would do:

Take your bodyweight in pounds from the scale (e.g. 240 pounds.) At 240 pounds with a 20 percent body fat percentage level, you have 92 pounds of lean mass (which includes bones, etc.) and 48 pounds of fat. This is because 20 percent of 240 is 192 pounds. Of your 240 pounds of body weight, 48 pounds is fat. To determine the amount of fat you should be aiming to lose, read the following and replace these calculations with your own numbers:

Let's say you determine that for a male, your body fat levels should be 10 percent. You'll then take your lean bodyweight and multiply it by 110 percent, giving you 192. Multiply 192 by 1.10. This gives you 211.2 pounds. You now take this new figure and multiply it by 10 percent, and you get 21.12 pounds of body fat. Take this figure and subtract it from the first body fat figure of 48 pounds, which gives you 26.88 pounds of fat to lose.

Therefore, your starting BMR is 1*192/2.2*24 = 2094.72.

TO ACCURATELY DETERMINE THE NEEDED AMOUNT OF CALORIES YOU NEED TO DETERMINE WHICH CATEGORY BELOW YOU BELONG TO

What category do I belong to?

There are three biophysical categories, which are classified as ectomorph, mesomorph and endomorph. These body type categories are not 100 percent accurate because, as individuals, we usually have a makeup of two to three of these classifications. However, for this course, we use these classifications as a guide to determine what calorie and BMR level you should use.

In fact, these body types are classified based on skin or germ layers, which make up organs and tissue in our bodies. The three skin types are ectoderm, mesoderm and endoderm, thus, the corresponding ectomorph, mesomorph and endomorph.

Here is a simple breakdown:

ECTOMORPH = ECTODERM = EXTERNAL SKIN
MESOMORPH = MESODERM = MIDDLE SKIN
ENDOMORPH = ENDODERM = INTERNAL SKIN

Understanding the three body types

Ectomorph characteristics:

- Long thin muscle.
- Chest is often shallow and shoulders narrow.
- Tend to be tall and have long legs and arms.
- Body fat levels are below average.
- Metabolism tends to be fast, making it hard for them to gain any fat or significant body weight.
- Recovery ability tends to be below average.

Endomorph characteristics:

- Tend to be short.
- Stocky, large physique.
- Significant fat covers existing muscles, giving them the soft round look.
- Tend to very strong individuals.
- Have wide hips, short thick legs and calves.

Mesomorph characteristics:

- Rectangular in shape and naturally muscular.
- Have long muscles and thick bones.
- Strong recovery ability.
- Great strength.
- Low body fat levels.

As I stated earlier, individuals are really a combination of two or three of these body type classifications. For example, an individual may be described as an endo-mesomorph or

an ecto-mesomorph. For our needs, we will classify each body into three basic classifications.

Below you will find the classifications and instructions that follow these classifications. These instructions will help you determine what calorie level with which you should begin. Read the descriptions below to determine what body type and, therefore, what calorie level you will be using.

ECTOMORPH (5-9 percent body fat levels)

An ectomorph is an individual with a five to nine percent body fat level. You must calculate your BMR without subtracting body fat levels. Use the BMR as follows. Multiply your weight in pounds by 20. Next, add 800 calories to your BMR on a daily or weekly basis until you are gaining mass at a rate of one to three pounds of muscle a week. For instance, if you determine, using skin calipers, that you have a body fat percentage level of seven percent at 130 pounds, your BMR is 2600. You must add 800 calories on a daily/weekly basis. Therefore, your starting calorie level would be 3400 calories a day.

MESOMORPH (9-14 percent body fat levels)

A mesomorph is an individual with natural muscle mass and with 7-14 percent body fat. Again, you must calculate your BMR as follows: multiply your body weight in pounds by 20, and add 700 calories above BMR on a daily/weekly basis. If you weigh 200 pounds at 10 percent body fat, your BMR is 4000 calories. Add to that figure 700 calories on a weekly/daily basis or until you are gaining mass at a rate of one to three pounds of muscle a week. Therefore, you need to start with 4600 calories at this body weight and body fat percentage.

ENDOMORPH (20+ PERCENT LEVEL)

If you consider yourself a mesomorph and have a 15-20 percent body fat level, use the LBMR discussed in the previous section. The LBMR takes into consideration body fat levels and lean body mass in your overall bodyweight and minimizes the deposit of body fat when you begin to consume massive amounts of calories. Here, you increase calories at a rate of 500 calories per day/week or until you are gaining at a rate of one to three pounds of muscle a week.

The endomorph has special requirements discussed in the fat loss section below. You will essentially be decreasing starchy carbohydrate intake until you reduce body fat levels or until you reach your desired body fat percentage goal (9-14 percent.) Once you reach your goal, you will use either the mesomorph or ectomorph classifications or suggestions.

You have to remember that fat is metabolically inactive and, thus, does not need calories to maintain it. Fat is stored energy. Therefore, by using the true BMR equation (your LBMR), you subtract the amount of fat bodyweight from lean bodyweight before determining the appropriate lean bodyweight needed to calculate your required level of calories to build lean muscle mass.

WHAT IF I DONT FIT INTO ANY OF THESE CLASSIFICATIONS?

For 99.9 percent of the individuals reading this, you will fit into one of the three classifications. For instance, if you have a body fat level of 15 percent, you might want to use the mesomorph section. On the other hand, if you weigh in at a 35 percent body fat level, you might want to use the endomorph suggestions until you get your body fat level to the mesomorph stage. Perhaps you are a mesomorph with

the "perfect body," and you would like to drop body fat levels even further. In that case, use the endomorph suggestions.

WHAT IF I AM ECTOMORPH WITH A 20 PERCENT BODY FAT LEVEL?

If you find yourself "skinny fat," use the endomorph calculation of LBMR to determine your LBMR and the number of calories needed to allow lean muscle growth.
If you would like to get rid of your body fat before building mass, use the endomorph classification, in which you will reduce starch intake as well as add some aerobic sessions to your routine. **(SEE FAT LOSS SECTION.)**

In all cases, once you reach the mesomorph body fat level, which is 9-14 percent, you must increase calories accordingly. For instance, you might be an ectomorph. When you reach nine percent from seven percent, you will have to follow the mesomorph calorie level, which is 700 calories above BMR rather than the 800 calories above BMR you once followed.

Similarly, if you are a mesomorph, and you hit the 19 percent body fat level, you might want to follow the endomorph stage. You'll reduce starch intake as well as include some aerobics sessions until you reach the 7-14 percent body fat level. (This puts you in the mesomorph phase). You should then begin to increase calories based on the suggestions of mesomorph classifications.

DETERMINE WHEN TO INCREASE CALORIES TO GAIN EVEN MORE WEIGHT

Increasing calories should be gradual. In essence, you are training your metabolism to adapt to the increased food intake. It is important to understand that the more food you eat, the faster your metabolism will become. Like any part of

the body, your metabolism has to be trained. It has to adapt to the excess amount of food on a timely and gradual basis, otherwise, you will gain fat at an accelerated pace. (The exception to this rule is if you use the maximum nutrient dieting combination with the zig zag diet discussed later.)

The bigger you get, the more calories you will need for basic and vital bodily function. In other words, the bigger you become, the higher your BMR, hence, you will have to adjust calories as you gain weight to compensate for this increase in BMR.

USE THIS BENCH MARK

The general rule is to consume enough calories so you are gaining one to three pounds of muscle a week. You do this by increasing calories by 500-700 a day (depending on your body type.)

For every five pounds you gain above your calculated bodyweight, you must increase calories above BMR. For instance, if you weigh 200 pounds at 10 percent body fat level, your BMR is 4000 plus an additional 700 to support growth. If you gain five pounds, you now have a BMR of 4100, and thus your new weight gains need is now 4700 calories. Therefore, you'll have to adjust your calories to meet this new demand.

To gain mass, you need to consume more calories than you burn. More specifically, you need to consume 500-800 calories above BMR/LBMR to make consistent and noticeable changes in muscle mass. You will notice that I said 300-500 calories. I do this for a few reasons. First, those with a 15-20 percent body fat level will gain extra fat with an 800 calorie increase. For these people, I recommend a gradual calorie increase to make sure all gains are muscle mass and not fat.

For those with a 7-14 percent body fat level, I recommend a 700 calorie increase above BMR because they can afford the extra fat that might be added on. Thus, if you are an endomorph, and you have reached a mesomorph level, increase your calorie intake by 200-300 above BMR since this will ensure that you do not pile on too much body fat.

Why do you say increase calories by 500-800 calories on a weekly and daily basis?

Here's what I mean: pick your category, and increase calories by 500-800 until you are gaining one to three pounds of muscle a week. I use the term weekly and daily together because some people may not be able to handle 800 calorie increment s on a daily basis. To accommodate these people, I recommend weekly increases in calories. Also, as you gain weight, your calorie requirements are likely to increase, so it is a dynamic process with calories ever increasing until you reach your ideal bodyweight

SUMMARY

Increase (or decrease) calories by x if you have a body fat percentage of y .

X	**Y**
800	5-9 %
700	9-14%
500 (reduce starch)	20+%
200	14-15% (Endomorph hitting the mesomorph stage)

For example, if you weigh 120 pounds and have an eight percent body fat level, you would choose 800 calories since you have a low body fat level. You do this until you are gaining at a rate of one to three pounds of muscle a week. If you weighed 280 pounds and had a nine percent body fat level, you would choose the 800 calorie level. Remember, the bigger you get, the more calories you need to continue growing.

If you have a 20 plus percent body fat level, you need to hit the fat loss phase before trying to gain muscle. Your goal is to lose body fat with a nutritional plan and a sound aerobics and weight training program (SEE FAT LOSS PHASE.) Alternately, you can ignore the body fat and continue to build muscle at a calorie level that is equated to 700 calories above BMR or, as we continue to emphasize, you are gaining one to three pounds of muscle a week.

You want to build as much muscle and size as possible. When you have become the size you want, you can then lose the body fat. Losing the body fat using this approach is often easier as by increasing muscle mass. By building muscle, you will increase your metabolism, which helps you lose body fat at an even faster rate.

I urge anyone who weighs 100-140 pounds to start with a minimum of 3500 calories, which is 120 times 20 = 2400+1000 calories to allow for maximum growth. This is the minimum level at which you should begin, and then you should start increasing calories until you are gaining one to three pounds of muscle a week.

From client feedback, I have discovered that individuals who are ectomorph will always gain well at 3400-calorie level, especially if they weigh between 120-150 pounds.

A STEP-BY-STEP GUIDE FOR DETERMINING YOUR BODY FAT PERCENTAGE LEVEL AND BMR LEVELS.

Measuring body fat and corresponding lean body mass is crucial if you want to maximize muscle mass while also decreasing body fat. There is no better tool for this than the skin fold caliper. There are, of course, other more accurate and sophisticated methods such as underwater or hydrostatic weighing. Of course, we mustn't forget the famous but unreliable bathroom scale. With the exception of the bathroom scale, these methods are expensive, time consuming, and they usually depend on a third party to perform the weighing.

Let's now discuss the steps you need to follow, to determine your body fat levels and progress, using the skin fold calipers, measuring tape and the bathroom scale.

These measurement techniques are guides to help you determine when to switch from a fat loss phase to a mass building phase and vice versa. If you don't have these tools, don't worry. You just need to pick your BMR by referring to the "HOW TO DETERMINE YOUR BMR AND LBMR IF YOU DON'T HAVE A SKIN FOLD CALIPER" section below.

THE SKIN FOLD CALIPER

HOW TO USE SKIN FOLD CALIPERS

Skin fold calipers measure skin folds to determine body fat levels. These measurements are then substituted into an equation to obtain a body fat percentage level. It is crucial to point out that these devices do not measure body fat levels, and therefore, there is a lot of room for error and miscalculations. However, body fat calipers are great tools for use as a benchmark at which you can refer as you move toward your goals.

The first step is to use the proper skin fold equation. There are well over 1000 lesser-known equations and another hundred better-known ones. There are some geared toward the general population and others for the athlete. Either way, I'm going to show you a simple way to determine your body fat level.

Your body fat level is just a guideline. We will use it as an indicator as to when to decrease or increase calories. In fact, you don't need to convert your skin fold measurements into a body fat percentage. Your goal is just to *know* what your skin fold measurements are at a certain body part and then monitor the changes over time. If you do calculate your body fat levels, don't compare it with your friends because individuals differ, and the readings will not apply to two people.

HOW TO OBTAIN YOUR SKIN FOLD MEASUREMENTS

Use the skin fold caliper, and measure the following sites on your body:

1. **Back.** Measure two inches away from the spine, just below the shoulder blade.

2. **Biceps.** Pinch the middle of the biceps, and measure the skin fold.

3. **Triceps.** Measure at the bottom of the inner triceps muscles.

4. **Kidneys.** Try to locate the indentation, where your kidneys are, above your glute muscles.

Here is how to use the chart below:

Configure the total of the four body parts, and then refer to the table provided below.

Let's look at an example. After adding all four of the body parts, you get a sum of 14. If you are 18 years old, you will refer to the chart below and find that you have a body fat percentage of 4.8. Now that you know your body fat percentage, you can decide which category you belong to and choose the required calories.

15	17-29	30-39	40-49	50+	16-29	30-39	40-49	50+
	4.8	-	-	-		-	-	-
20	8.1	12.2	12.2	12.6	14.1	17.0	19.8	21.4
25	10.5	14.2	15.0	15.6	16.8	19.4	22.2	24.0
30	12.9	16.2	17.7	18.6	19.5	21.8	24.5	26.6
35	14.7	17.7	19.6	20.8	21.5	23.7	26.4	28.5
40	16.4	19.2	21.4	22.9	23.4	25.5	28.2	30.3
45	17.7	20.4	23.0	24.7	25.0	26.9	29.6	31.9
50	19.0	21.5	24.6	26.5	26.5	28.2	31.0	33.4
55	20.1	22.5	25.9	27.9	27.8	29.4	32.1	34.6
60	21.2	23.5	27.1	29.2	29.1	30.6	33.2	35.7
65	22.2	24.3	28.2	30.4	30.2	31.6	34.1	36.7
70	23.1	25.1	29.3	31.6	31.2	32.5	35.0	37.7
75	24.0	25.9	30.3	32.7	32.2	33.4	35.9	38.7
80	24.8	26.6	31.2	33.8	33.1	34.3	36.7	39.6
85	25.5	27.2	32.1	34.8	34.0	35.1	37.5	40.4
90	26.2	27.8	33.0	35.8	34.8	35.8	38.3	41.2
95	26.9	28.4	33.7	36.6	35.6	36.5	39.0	41.9
10	27.6	29.0	34.4	37.4	36.4	37.2	39.7	42.6
10	28.2	29.6	35.1	38.2	37.1	37.9	40.4	43.3
11	28.8	30.1	35.8	39.0	37.8	38.6	41.0	43.9
11	29.4	30.6	36.4	39.7	38.4	39.1	41.5	44.5
12	30.0	31.1	37.0	40.4	39.0	39.6	42.0	45.1
12	30.5	31.5	37.6	41.1	39.6	40.1	42.5	45.7
13	31.0	31.9	38.2	41.8	40.2	40.6	43.0	46.2
13	31.5	32.3	38.7	42.4	40.8	41.1	43.5	46.7
14	32.0	32.7	39.2	43.0	41.3	41.6	44.0	47.2
14	32.5	33.1	39.7	43.6	41.8	42.1	44.5	47.7
15	32.9	33.5	40.2	44.1	42.3	42.6	45.0	48.2
15	33.3	33.9	40.7	44.6	42.8	43.1	45.4	48.7
16	33.7	34.3	41.2	45.1	43.3	43.6	45.8	49.2
16	34.1	34.6	41.6	45.6	43.7	44.0	46.2	49.6
17	34.5	34.8	42.0	46.1	44.1	44.4	46.6	50.0
17	34.9	-	-	-	-	44.8	47.0	50.4
18	35.3	-	-	-	-	45.2	47.4	50.8
18	35.6	-	-	-	-	45.6	47.8	51.2
19	35.9	-	-	-	-	45.9	48.2	51.6
19	-	-	-	-	-	46.2	48.5	52.0
20	-	-	-	-	-	46.5	48.8	52.4
20	-	-	-	-	-	-	49.1	52.7
21	-	-	-	-	-	-	49.4	53.0

Following is a simple method I discovered in Africa, where there are no skin fold calipers, in which you need only a ruler to determine your body fat level.

To use this method, you need a ruler that has a millimeter section:

Flex your abs or waist and press a ruler on the skin. Press only hard enough to meet the muscle. Once you do this, record the reading in a journal. Any body fat you have in the specific area will fold over the ruler giving you a measurement in millimeters. The waist and the abs are the places to check since most men deposit fat in those regions.

You can use this as a gauge. For instance, if you start the program and have a millimeter reading of three on your ruler, you'll follow the mesomorph or ectomorph plan. Once you gain fat and reach a level of nine, you will use the fat loss phase to get your body fat "ruler level" to a mesomorph or ectomorph level.

THE GUAGES FOR USING THE RULER
IN MILIMETERS

ECTOMOPRH –MILIMETER READING OF 1-4
MESOMORPH –4-6
ENDOMORPH -+9

An acceptable level to use is 1-8. If your ruler measurements do not exceed nine, stick with the mesomorph or ectomorph stage. Consequently, by using these measurements, you can determine which phase to use. For instance, if you are an ectomorph and you started at two millimeters on your waist, you'll follow the ectomorph plan. Once your measurement hits nine millimeters, you know it is time to hit the fat loss phase. If you use this method, you cannot determine your true

LBMR. You will have to use the ballpark BMR figures found in the above section

HOW TO USE MEASURING TAPE

How to objectively track your progress
Taking measurements and tracking your progress

As I said before, you must develop specific goals. Measurements are a sure way of accomplishing your goals. After all, the measuring tape gives an exact evaluation of your progress. These measurements have to be done before your first workout, and they should be done early in the morning.

The correct way to perform an accurate tape measurement is to apply the tape lightly to the skin of the body part being measured. The tape measure should be just tight enough to surface the skin. You will use the one-inch marker as the beginning rather than the tip of the tape.

Take measurements for the following body parts:

Chest

Stand up straight, relax, and do not hold out your chest or take a deep breath. The tape should be placed at the nipple level, and pulled around your back, until the tape reaches the number "1" on the tape.

Waist/lower back

The tape should be placed around the circumference of the waist at the navel level. Do not hold your breath or pull in your abdominal muscles.

Thighs

Take a shoulder wide stance (as you would in the squat.) Place your feet firmly on the ground, but do not flex the thighs in any way. If you flex the thighs, you will eliminate the objectiveness of the measurements.

Arms

Hold a bicep pose. The tape should be placed on the peak of the bicep and the largest part of the triceps muscle. Arms should be perpendicular to your body and parallel to the floor.

As you may have noticed, I do not measure the smaller body parts simply because they are not the focus here. However, you can measure them, if you wish to do so. You can place these dated measurements in your journal, or better yet, take a photo of your physique.

Measuring your bodyweight by using the bathroom scale

Bodyweight measurement tends to be the least objective of all measurements because it does not separate fat from muscle. The way I gauge my progress is to see how much fat is around the waist for men, and how much weight is around the hips for women. Skin fold calipers are good for this and are very accurate.

However, I prefer to use a visual approach to measuring the fat I might gain. I look in the mirror. If I see I am getting too smooth, I train harder or reduce the amount of calories I'm consuming. This is easy to do since I supplement my diet with a weight gainer. I simply reduce the consumption of the gainer.

The scale alone is not a good indicator of progress because "body weight" is composed of water, fat, bone and other tissue. Using only the scale can give you inaccurate

feedback as to how well you are progressing. For example, using only the scale, you may find you have gained 10 pounds without realizing that 80 percent of that was fat. (This, of course, is not positive progress.)

DETERMINE WHEN AND HOW TO INCREASE OR DECREASE CALORIES USING MEASURING TAPE

Some individuals may not have a skin caliper and will, therefore, need an alternative way to measure progress.

If you don't have a skin caliper you can use your waist measurement. If you hit the mesomorph or ectomorph phase and your waist measurement increases by one to two inches, you can continue with the same phases. However, should your waist increase more than 2.5 inches, then you should move on to the endomorph (fat loss) stage, reducing your starch intake.

Generally speaking, for every 10 pounds of muscle you gain, you can expect to gain an inch in arm and chest size. This is a good sign of progress as long as the waist does not bulge with the arm and chest increase. If you gain 2.5-3 inches on the waist, you'll want to adjust your calorie level, and move on to a fat loss phase until you get rid of those extra pounds.

I recommend that you use all three measuring tools to determine your BMR. Invest in these tools, which cost less than $10 each. Consider this purchase an investment in your dream body, your life and your health.

DETERMINE YOUR BMR AND LBMR IF YOU DON'T HAVE A SKIN FOLD CALIPER.

There are many people who don't have a skin fold caliper or ruler. You may be one of them. Therefore, I'm going to show you how to determine your LBMR or BMR without the skin fold caliper.

To determine or LBMR or BMR is rather simple. We use the ballpark figures given below that don't make use of skin fold calipers or measuring tapes. However, you will still need a measuring tape to help guide you through a mass or weight loss phase.

To use the guide below, you have to be honest with yourself and base your judgment on the description of meso, endo and ecto-morphs. Once you decide what category you belong to, you can select your BMR below.

ACTIVE MESOMORPH. Multiply your bodyweight by 20. Then, add an additional 700 calories on a daily/weekly basis to allow muscle growth. The term "active mesomorph" refers to individuals who have a demanding job, who are still in school and who participate in recreational activities and sports.

INACTIVE MESOMORPH. Multiply your bodyweight by 17 then add an additional 700 calories on a weekly/daily basis to allow muscle growth to take place. Inactive means that you have an office job, and your recreational activity is low.

ECTOMORPH. Multiply your bodyweight by 20. Then, add an additional 800 calories on a weekly/daily basis to allow muscle growth. There is no distinction between an active and an inactive ectomorph.

ENDOMORPH. Multiply your bodyweight by 15, then add 500 calories while following the fat loss section. For example, if you weigh 200 pounds and your BMR is 3000 calories, to lose weight, you simply reduce starch intake and

add aerobic sessions. If you hit a plateau, reduce your starchy carbohydrate intake even further. Once you reach the desired body fat percentage, or you reduce your waist by two inches, get back on the muscle-building phase.

WHEN TO USE THE TAPE MEASURE, SKIN CAIPLER AND THE SCALE TO DETERMINE YOUR MEASUREMENTS

It is essential you measure early in the morning on an empty stomach. This prevents any stomach or weight variance that arises from food consumption. Since there is significant water retention and stomach expansion with food consumption, you might not want to measure your body fat levels and weight levels the first 15 days following the beginning of both the fat loss and muscle building phase. This is because it takes two to three weeks for the body to adapt to a given situation, stress and the environment.

Significant results will be noted during those first two to three weeks. Any earlier measurement will lead to inaccurate results and evaluations. For instance, you may lose 10 pounds of weight the first week of the fat loss phase, but it may actually be water loss and not body fat. Hence, because you'll think you lost 10 pounds, you might erroneously move on to a mass building phase. Therefore, you should weigh and measure yourself every two weeks. Measuring every two weeks allows you to see significant progress, which motivates you even further.

If you perform the skin caliper reading and you find your body fat percentage is above 14 percent, you must follow the fat loss phase. Once your body fat reaches the maximum 14 percent level, you can again increase your calories by 500 until you are gaining one to three pounds of muscle a week.

OVERSEEING YOUR PROGRESS

The fat loss and mass building phases have to be alternated to achieve perfection. As you know, when you are trying to gain mass, you may experience unexpected changes or no changes at all. I have addressed below any and all possibilities that may occur and what to do if they do occur.

POSSIBILITY NUMBER ONE: You are gaining mass, but you have the same body fat levels.

HOW DO YOU KNOW? Your body fat percentage or waist measurements remain constant.

SOLUTION. Congratulations! This is one of the best environments for muscle growth. Continue to increase calories to support the additional mass you are building. Bumping calories by 500 is a good place to start.

POSSIBILITY NUMBER TWO: You are losing body fat while gaining muscle.

HOW DO YOU KNOW? This is not a common occurrence, but you will know because body fat percentage levels and/or waist measurements will decrease as arm and chest size increase.

SOLUTION. Increase calories by 500-800 to increase muscle mass gains even more while stabilizing body fat levels

POSSIBILITY NUMBER THREE: You are putting on body fat as you increase muscle mass.

HOW DO YOU KNOW? You are gaining more than three pounds of bodyweight a week, and your waist

measurements are up by one to two inches, and your chest and arms dimensions are bigger as well.

SOLUTION. Increase calories by 500 to increase muscle mass gains and reduce starch intake. See fat loss phase.

POSSIBILITY NUMBER FOUR: You are gaining fat without increasing in muscle mass.

HOW DO YOU KNOW? Your body fat percentage and your waist measurement increase dramatically. There is no increase in the size of your chest, arms or legs.

SOLUTION. Switch to the fat loss phase. See fat loss section.

POSSIBILITY NUMBER FIVE: You can't seem to increase muscle mass, no matter how hard you train or eat.

SOLUTION. You are not training hard enough or eating enough. Increase calories by 800 calories on a weekly/daily basis until you are gaining one to three pounds of muscle a week. If, after a week, you still see no results, increase calories by another 800. Continue to do this until you are gaining at that rate.

BENCH MARK OF PROGRESS

Generally, you have to increase calories until you are at the place where you are gaining one to three pounds of muscle a week. Once you reach that plateau, you have to then increase calories further to compensate for the weekly increases in muscle mass.

We can also use the tape measure to measure all body parts, as discussed, on a weekly basis. If you notice measurement increases while your waist size remains the

same, you have a good indication that you are gaining the mass you need at the optimum speed.

MASS BUILDING NUTRITION

Your singular goal is to maximize the growth of muscle, and to do this, you have to increase calories gradually and steadily. A good goal to reach is gaining one to three pounds of muscle a week. To do this, you have to increase your calories by 500-800 every day/week until you are gaining at the one to three pounds of muscle a week. Once you reach that goal, you will increase your calories based on how much mass you added since every pound you add increases your BMR.

Don't seek to gain more mass than this a week. Although it is possible to do so, for the majority of trainees gaining more than three pounds a week indicates that you are probably gaining a lot of body fat in the process. This is obviously something we do not want.

Ensure you are consuming 1-1.7 grams of protein per pound of bodyweight. Monitor your progress with the bathroom scale, the caliper and the measuring tape to make sure you are gaining muscle and not fat. If you notice you are gaining too much body fat, immediately switch to the fat loss phase. If you choose not to use the fat loss phase, simply decrease your calories by 300 and monitor the results over a week.

You can't get huge if you don't eat huge. To enjoy complete and fast physical transformation, you have to make sure every aspect of muscle growth stimulation is optimal. Therefore, to gain weight at an accelerated pace, we have to make sure we eat big, train big and rest big for big results. Only such a combination can create a synergistic effect where one plus one equals nine. Where abnormal muscle growth exists, a combination of heavy training and nutrition

builds bone density and structure, allowing us the capability to pack more muscle mass.

Your goal is to get to the stage where you are consuming 10,000 calories a day. This is true whether you are an endomorph, ectomorph or mesomorph, and you get to this point gradually by first noting how much mass you gain on a weekly basis and how fast you gain it.

BMR calculations are not always the optimal number of calories that you need to grow. Let me explain further. You may weigh 200 pounds and have a body fat percentage of 10 percent. Hence, you figure you will need 4000 calories to meet your daily energy needs. To accomplish that, you add an additional 700 calories to aid muscle growth. However, you still don't see results. In this case, you will have to increase calories to 1400 (by another 700.) If this doesn't work either, you will keep adding calories until you are gaining two to three pounds of muscle a week. This assumes, of course, that your training is optimal and is providing all the growth stimulation you need.

Simply put, your goal is to turn your body into a fat burning machine with the metabolism of a raging bull.

HOW DO I KNOW WHETHER I AM GAINING ONE TO THREE POUNDS OF MUSCLE A WEEK? HOW DO I KNOW IT IS NOT FAT?

Use your skin caliper reading and your tape measure. It will give you an accurate measure of what is muscle and what is fat.

CAN I IGNORE BODY FAT AND STICK WITH THE ECTOMORPH/MESOMORH PHASE?

Yes, you can. Here's why: we keep body fat levels in check, so fat gain goes hand-in- hand with mass /weight gain.

Indeed, fat gain helps accelerate muscle mass gains, so you can increase muscle mass levels at a faster rate if you allow body fat levels to increase. Remember, you can use the fat loss phase at any time.

I AM GAINING TOO MUCH BODY FAT ON THE MASS PHASE? WHAT DO I DO?

If you find your waist increasing by two or more inches or if your caliper readings jump to 20 percent, you should jump to the endomorph stage. Remember, this is the phase in which you decrease carbohydrates and throw in a couple of aerobic sessions. See fat loss phase for more information.

When you return to the mass phase after the fat loss phase, you might want to increase calories by 300 rather than 500.

ONCE I REACH MY IDEAL BODY WEIGHT AND LOOK , WHAT CAN I DO TO MAINTAIN IT?

Whether your goal is to increase muscle mass or to lose weight, once you reach your goal, you will still have to train to maintain your body. Training the whole body once or twice a week is sufficient to maintain the mass you have!

MY STRENGTH DECREASES WHEN I GET INTO THE FAT LOSS PHASE

Examine your goals. I assume your goal is to look good and not to be a power lifter. Lifting big weights is a thrill, but that is not the reason you are at the gym. Sure, big weights allow you to build your body at the fastest rate possible, but it is only a means to an end. Reducing carbohydrates affects energy and the strength levels, and thus you can expect to lose some functional strength. However, it is only temporary, so don’t worry. Your strength levels will eventually increase.

WHAT IF I CAN'T EAT THE REQUIRED LEVEL OF CALORIES?

I have made it really easy for you to eat the required level of calories whether you are at school, at work or at home. These practical meal plans are easy enough to follow. All you need to do is choose a meal plan based on the number of calories you need, plug in the meal and proportion requirement, and you are set.

If you find cooking troublesome, don't worry. Just use the liquid meal plan below.

ONCE THAT IS ALL SAID AND DONE, HERE IS THE BEST WAY TO DETERMINE FOOD SELECTION AND RATIOS:

In this chapter, I am going to show you how to combine macronutrients for optimal digestion and usage. Each meal should contain starchy and fibrous carbohydrates as well as protein. This combination allows for a steady supply of energy and the suppression of insulin spikes, which usually leads to body fat gains.

DIETS

There is often confusion about diet and its importance to the muscle building process. Diet is crucial and necessary, but it alone is insufficient to build muscle. In the growth equation, diet is included only after training overload and intensity are taken care of.
In other words, if you are eating a normal diet that is wholesome (no junk food) and use the training technology in this program, you will make progress. However, it will not be optimal by any means. Growth depends on the number of

calories taken in and the number of calories needed to allow the growth to manifest itself. As you get bigger, your demands for more calories increase. If you don't increase calories at this stage, you will not get bigger as the calories ingested are not sufficient to allow growth to occur.

Food provides the protein, carbohydrates and other essential nutrients needed to allow the muscle growth we have stimulated to manifest. Food also provides the calories we need to allow us to train hard as well as to recover from our workouts. The body burns Calories 24/7. Even as we sleep, calories are being burned to provide energy for the body's essential functions.

Food also provides the amino acids needed to repair and build muscle tissue, the same amino acid pool needed to build muscle tissue and cells.

Finally, food also gives us the required muscle glycogen needed to allow us to train hard. Indeed, with careful manipulation, we can create an anabolic effect in the body.

HERE IS A SUMMARY OF THE GAINING WEIGHT PROCESS:

1. Determine what category to which you belong—endo, meso, ecto.
2. Determine your BMR if you are a ecto or a meso, your LBMR if you are an endo.
3. Consume 700 calories above BMR if meso, 800 above BMR if you are an ecto, until you are gaining mass at a rate of one to three pounds a week.
4. Divide macronutrients according to the meal plan for workout and non-workout days.
5. Consume six meals a day, as prescribed.

I'll show you how I do it to give you an idea of what you want to do. I weigh 245 pounds with 10 percent body fat. Therefore, these are my steps:

1. I am a mesomorph. (In reality, I am an ecto-mesomorph.)
2. Therefore, I have a starting BMR of 4900.
3. I will consume an additional 700 calories a day/week, bringing my calories to 5600 calories a day. I will use total calories to determine my meal plan.

DETERMINING YOUR MACRONUTRIENT RATIOS

In step one, you determined your BMR or LBMR (endomorph). In step two, we are going to put it to use. We are going to breakdown the calories into the right ratios to allow for maximum nutrient absorption and use. The best ratio for fats, proteins and carbohydrates is 60 percent carbohydrates, 30 percent protein and 10 percent fat. Carbohydrates have the blunt of the ratio. This is to supply the glycogen needed to fuel workouts. Unrefined starchy carbohydrates should consist of the bulk of your diet.

Carbohydrates

Here are more reasons why carbohydrates are essential in a weight gain diet:

1. They are protein sparing. During recovery and a high intensity workout, they prevent the breakdown of muscle protein for use as fuel or as an energy source.
2. They are the body's preferred source of energy, and they are easy to breakdown and process for muscle glycogen.

Protein forms the other important macronutrient. As you know, protein provides the amino acids needed for muscle recovery and growth, as well as the production of hormones and others organs and tissues of the body. Proteins form approximately 30 percent of the calories of a weight gain diet.

Fats consist of 10-15 percent of the total number of calories. Despite the bad press, fats are essential for the muscle building process. We keep fats to a minimum but do not eliminate them entirely as this would short-circuit the growth process. Concentrate on good fats such as sunflower oil, corn oil, olive oil and flax seed oil. They provide the essential fatty acids for a multitude of vital functions, such as energy production.

MEAL PLANS

All the food in the world will do you no good if you don't train right and all the training in the world will do you no good if you don't eat right.

To make sure that you stick to the plan, I have provided a training and nutritional journal to chart your progress—in this food journal, you are to record all meals and their nutritional content, how the food made you feel etc.

You'll need the following tools for this nutritional program: (However, if you don't have these tools, just follow the "shake plan.")

1. Food scale.
2. A nutrient database which can be found at http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl or if the link does not work , please visit my site at www.weightgainsecrets.com
3. A journal. Keep a record of protein, carbohydrates grams, calories etc.

HOW DO WE FIGURE THE RIGHT RATIOS IN OUR DIET?

It's simple! Just take the total number of calories needed for your BMR (ecto and mesomorph) or LBMR (if an endomorph), and add 700 calories (mesomorph,) 800(if ectomorph) or 500 (if an endomorph) then multiply it by the noted macronutrient ratio.

For example, a person on a 6000-calorie diet would look like this: Since there are six meals in a day, you would consume 1000 calories a meal.

MEAL PLAN ONE: NON-WORKOUT DAYS

PROTEIN 70 percent
CARBS 20 percent
FATS 10 percent

Protein 70 percent 700 calories divided by 4(since 4 calories in a gram, that is 175 grams of protein, which you can pick from any protein source in the category page)
Carbohydrates 20% --that is 20% of carbohydrates is 200 calories of carbohydrates, divided by 4, which is 50 grams of carbohydrates -chosen from any source fats 10%---that is 10% of fats from any source of carbohydrates, divided by 9(since there are 9 calories in a gram of fat) 100/9, which is 11 grams of fat, and the same equation applies for the rest of the meals.

MEAL TWO

PROTEIN 20 percent
CARBS 70 percent
FATS 10 percent

MEAL THREE

PROTEIN 40 percent
CARBS 50 percent
FATS 10 percent

MEAL FOUR

PROTEIN 70 percent
CARBS 20 percent
FATS 10 percent

MEAL FIVE

PROTEIN 60 percent
CARBS 10 percent
FAT 30 percent

MEAL SIX

Protein 80 percent
Carbohydrates 10 percent
FATS 10 percent

Here is the workout plan for workout days. I have included a pre and post workout fruit juice to replenish glycogen supplies.

MEAL ONE non-workout days

PROTEIN 30 percent
CARBS 60 percent
FATS 10 percent

Protein 30% 300 calories divided by 4(since 4 calories in a gram, that is 75 grams of protein, which you can pick from any protein source in the category page.)

Carbohydrates 60% --that is 60% of carbohydrates is 600 calories of carbohydrates, divided by 4, which is 150 grams of carbohydrates chosen from any source.
Fats 10%---that is 10% of fats from any source of carbohydrates, protein or direct intake of fat (when cooking)divided by 9(since there are 9 calories in a gram of fat) 100/9, which is 11 grams of fat, and the same equation applies for the rest of the meals

MEAL TWO

PROTEIN 20 percent
CARBS 80 percent

MEAL THREE

Fruit juice with protein mix
PROTEIN 40 percent
CARBS 60 percent

MEAL FOUR

PROTEIN 80 percent
CARBS 20 percent

MEAL FIVE

PROTEIN 60 percent
CARBS 40 percent

MEAL SIX
Protein 90 percent
Carbohydrates 10 percent

With the diet above, we are essentially combining macronutrients. This is great for most of us. However, for some of us, we may find that this carbohydrate/ protein diet allows us to gain too much body fat because digestion is inefficient with a combined diet. Food takes longer to breakdown, allowing the deposit of body fat. However with the 90-10 percent plan, macronutrients are separated and digestion is increased, allowing you to use calories more efficiently.

Following is the break down for my famous 90-10 percent plan and a corresponding sample plan. Use this plan if you have the capacity to be consistent.

The logic behind not combining foods

When protein and starches are combined, they effectively neutralize the enzymes responsible for digesting them individually. The enzymes that digest protein are acidic while those that break down carbohydrates are alkaline in nature. Simple chemistry tells us that an alkaline and an acid will effectively neutralize one another.

When they neutralize one another, the combined starches, proteins and fat sit in the stomach. Fermenting and rotting bacteria tend to digest the food, and the natural digestive process is delayed significantly. The end result is we feel bloated and experience gas and stomach pain. Bacterial digestion causes another important side effect: poisonous byproducts such as ptomaine and leucomane. Bacterial fermentation of starch also causes toxic byproducts like acetic acid, lactic acid and carbon dioxide.

Eating healthy food combinations allows the enzymes to work properly. The food is digested quicker with less deposited because fat and more digested nutrients ensure that the muscles are supplemented with essential growth

producing nutrients. Because food is digested quickly, you tend to feel hungrier more often. This is a good sign that the body's enzymes are in good working order. You'll feel lighter and trimmer almost automatically.

Food combination is not a diet because it essentially allows you to eat all you want, with the exception of junk food. It only limits the combinations of foods. As I previously noted, you don't have to do it to the extreme. If you are just 20 pounds overweight, you don't even have to adhere to it.

Furthermore, do not mix fruit with protein or carbohydrates. The fruit tends to digest faster than the protein and/or carbohydrates. However, when mixed together and with other foods, fruits have to wait for the other macronutrients to digest. They will, therefore, rot and ferment causing stomach upsets, gas and heartburn.

A good suggestion is to eat fruit on an empty stomach or in the morning. Fats can be eaten but should be consumed in small amounts because they tend to slow down the digestive process.

The Mind 'N Muscle Solution

We all love to eat. You can change the way your mind works, and you can follow the training routines provided, and you'll never reach the success you want. However, if you don't eat properly, nothing will work the way you need. What is the use of having a Lamborghini if you fuel it with diesel? Obviously the car's not going to work, right? Food is your primary source of energy. It is responsible for fueling the brain and the muscle you stimulate. An efficient nutritional system translates directly to stronger mental cognition and physical power.

The goal of bodybuilding is to gain mass with very little fat. The first and most important principle in gaining muscle and losing fat is not to combine foods. When people tell me they feel like a steak, I say "Have as many steaks as you'd like, but have them without the starch." Why? The science behind this is that protein, carbohydrates and fats all need special enzymes to break down. These enzymes are not compatible. They cause complications and delay digestion. The minor side effects we tend to experience are gas, heartburn and digestive problems.

Because I don't like to deny myself anything and because a change only becomes a permanent life change if it is fun, I sometimes allow myself to combine foods *in moderation.* In the case of the steak dinner, it would be 80 percent protein content and 20 percent carbohydrate. The secret of eating what you want lies not in eliminating fat but in the way you combine your foods.

If you find it hard to eliminate combining foods altogether, then combine them in extreme proportions. For example, with a protein-based meal, have only a very small portion of carbohydrates. If you eat like this, you will soon find that you will never feel bloated, and you can eat as much as you want without worrying about gaining fat.

Ideally, you should separate all macronutrients, i.e., protein and carbohydrates, and in time, you will do so of your own free will. Your initial success will encourage you to take more action.

When we discuss carbohydrates, I'm referring to both starchy carbohydrates and fibrous carbohydrates. If your goal is to actually lose fat while building muscle, most of your starch selection should come from fibrous carbohydrates. See Fat Loss Section for more details.

Following are strict recommendations for good eating habits.

1. Eat carbohydrates by themselves. If you are having a salad (fibrous carbohydrates) and a potato, eat only those two items. No protein is allowed whatsoever. Be cautious, but do not eliminate fat because you need it. Make sure there is very little protein in the fat. If you must have protein, then ensure you do so in minuscule proportion to the carbohydrates. Protein should not constitute the bulk of this particular meal.
2. When having protein, try to keep carbohydrates out as much as possible. If you must have carbohydrates, choose a very small portion.
3. Eat whatever you want as along as it is not junk food and as long as the macronutrients (protein and carbohydrates) are not combined.
4. Eat until you are satisfied, never beyond. The feeling of satisfaction is your body's way of telling you 'enough is enough.'
5. Have many meals spaced every two to three hours. Eat as many meals as you want, but make sure you have applied the right amount of intensity in your workout before the meal. If you have stimulated three to five pounds of muscle a week, you have a leeway of 3000 calories to indulge per week. That is a lot of food, if it is clean food. Having meals on a frequent basis encourages faster digestion and minimizes the conversion of calories into fat.

For me, the results of this method have been nothing short of breathtaking. I gained 40 pounds of muscle and still kept my body fat percentage at 9.89. To accomplish this, I simply eliminated sugar—such as ice cream, candy and pop—and fast food from my diet

I refuse to go on a diet. Diets kill your social life. They make you feel lousy, unmotivated and unsociable. Perhaps the worst part is they produce no worthwhile permanent result. Remember, any life change has to be simple enough that it blends into your life and changes it for the better.

Think of the above dietary changes as a rocket. At launch it seemingly has no direction, but with time it hones in on its target. Motivation and success bond together. When you begin to see a positive change, you will willingly take further steps in eliminating the bad from your diet.

You will have to sacrifice junk food for at least the next 30 days. Throw out the table sugar. Sugar is much worse than fat. If you did nothing but eliminate sugar, you would lose a lot of weight. Stop drinking pop. If you absolutely must have pop, drink it sugar-free. You also want to throw out the juices for the next 30 days. Fruit is just as bad as sugar when it comes to building the physique you desire. It essentially holds water and gives you that smooth look.

I love pop personally, but with NLP I was able to program myself to eliminate it. Even then, I decided to allow myself one sugar source a day. Since I believe in making things simple, I don't deny my cravings. I control them. For instance, I love cereal, but not without sugar. Therefore, I bought museli, which is sugar and fruit based, and I mixed it with another sugar free cereal. By not denying myself such a treat, I am able to go longer and achieve my goals.

Incidentally, because fats are not really an issue when you don't combine foods, you can use MCT oils to add the needed calories to your diet to promote fast muscle growth.

Following is a sample structuring of the "non-combining foods method." It can be used by all body types with a few alterations for endomorphs. See Fat Loss Section.

WORKOUT PLAN WITH PRE-POST MEAL OPTION

MEAL ONE

PROTEIN 90 percent

CARBS 10 percent

MEAL TWO

PROTEIN 10 percent
CARBS 90 percent

MEAL THREE

PROTEIN 90 percent
CARBS 10 percent

MEAL FOUR

PROTEIN 10 percent
CARBS 90 percent

MEAL FIVE

PROTEIN 90 percent
CARBS 10 percent

MEAL SIX

Protein 10 percent
Carbohydrates 90 percent

WORKOUT DAYS:

MEAL ONE

PROTEIN 10 percent
CARBS 90 percent

MEAL TWO

PROTEIN 90 percent
CARBS 10 percent

Fruit juice (100% carbohydrates)

MEAL THREE

PROTEIN 90 percent
CARBS 10 percent

MEAL FOUR

PROTEIN 10 percent
CARBS 90 percent

MEAL FIVE

PROTEIN 90 percent
Carbohydrates 10 percent

MEAL SIX

Protein 10 percent
Carbohydrates 90 percent

With the 90-10 percent plan, we have not included fats because we make every attempt to avoid them. Because macronutrients are not mixed in this plan, the chances of depositing body fat are slim.

Following are a few sample plans for anabolic:

A PRE-POST WORKOUT NOTE

It is essential to eat a high carbohydrate diet before a workout and a high protein diet after a workout. This post and pre workout period is a "window of opportunity," a time when the body swallows nutrients in the blood stream, in an

attempt to build lean muscle mass and repair torn tissue. All other meals should be followed as indicated.

SUMMARY OF HOW TO DETERMINE RATIO CALORIES

KEY TO DETERMINING PROPER RATIOS AND CALCULATIONS

THERE ARE FOUR CALORIES IN A GRAM OF CARBOHYDRATE
THERE ARE FOUR CALORIES IN A GRAM OF PROTEIN
THEFE ARE NINE CALORIES IN A GRAM OF FAT

Thus, you want a meal plan with:

60 percent carbohydrate
30 percent protein
10 percent fat

SUMMARY

Ratio is calculated as follows. Determine calorie per day by first determining what body category to which you belong. Next, calculate your BMR/LBMR, and divide it by six. Since there are six meals a day, the calories in each meal can now be determined. Assume there are 1000 calories per meal, you can therefore break down the ratios as follows 60 percent carbohydrate multiplied by 1000 calories equals 600 calories from carbohydrates. Multiply thirty percent protein by 1000 calories= 300 calories from protein---which is 300/4 =75 grams of protein. 10% fats is .1 in decimal form times a 1000 calories= 100 calories from Fats--which is 100/9 =11 grams of fats

Now that we have determined the appropriate ratios, we can select the foods, which when combined, will equal the total number of calories or grams allowed for each macronutrient.

Using the same figures above, we know that we are allowed 75 grams of protein. Look at the protein category in appendix one. You will see that we can have four chicken breasts, and we are also allowed 150 grams of carbohydrates. In this case, I would choose two cups of boiled rice (200 grams.) The 11 grams of fat is factored in by the fact that I brushed the chicken breasts with a garlic and olive oil sauce while on the grill.

WHAT IF I GO BEYOUND THE PRESCRIBED RATIOS?

It is always better to be over the prescribed ratio than it is to be below. Since the majority of individuals reading this are thin, extra calories will most likely be used as energy or directed toward the growth process. For instance, in the above example, I figured that I needed 75 grams of protein for this meal. However, I ended up with 80 grams, which is fine. Remember, these ratios are guides only. They allow you to set a goal and allow consistency, which ultimately determines your success.

WHAT IF I AM NOT HUINGRY? DO I STILL HAVE TO EAT SIX MEALS?

In the beginning, you may find six meals are a bit too much. If this is the case, you can do two things.

First, you can consume liquid meals via the weight gain shake section given below. It is always easier to drink 2000 calories than it is to eat 2000 calories of food. Your body will adjust to this high calorie intake after approximately two weeks. After this period, your body will begin to use these calories efficiently. Consuming high calorie shakes increases the body's metabolism and makes better and efficient use of the nutrients you consume. Think of your body like a steam engine. The more coal you shove into the furnace, the faster the ship will move. It is essential that you stick to the allocated meal plans and meal frequency, as this is an

essential part of the growth equation. Once you adapt to this intake of food, switch back to consuming real food and/or shakes.

HOW DO I ACCOUT FOR THE HIDDEN FATS IN MY FOOD?

We can account for the hidden fats in our foods, but it is tiresome and unnecessary. We make it our priority to keep fat low, by boiling rather than frying meats, etc. We give our fat intake a 5-10 percent ratio. In reality, it is around the 15 percent mark, which is fine.
These ratios are just guidelines. We cannot possibly get every ratio down to the T. You may find that 200 grams of rice equal 160 calories, yet our ratio called for 150 calories. As long are you are within range, you are fine.

Fats can be minimized by reducing and removing major sources of dietary fat. For example, you should substitute skim milk for whole milk, and replace your fatty red meats with white meats such as turkey, chicken and fish. You'll also want to limit the use of oils and dairy products. When cooking, never fry foods. Instead, steam or broil food as these methods use less oil in the process.

Watch for the hidden fats in food labels. By law, food labels have to give an accurate breakdown of all macronutrients.

You also want to watch out for "non-meal" items. For example, you may consume three to five cups of coffee a day and not count it as a food source. However, did you know that having four cups of coffee a day with cream can add an additional 560 "useless and fat" calories to your diet?

Try to keep fat intake low. Your goal is to minimize it and keep it at a level of a minimum of 30 grams and a maximum of 80 grams a day. Fat is necessary and sufficient for normal bodily functions including the growth process. The 30-80

gram level is a good level to aim for and not hard to achieve. Simply by eliminating junk food, you will drop most of the fat in your diet.

WHY FREQUENT MEALS (SIX MEALS A DAY)?

It is essential to prevent the excess deposit of body fat. One of the side effects of gaining mass is you will inevitably gain some body fat. This is a given, and don't worry because it helps the mass building process. That is why in this program I have provided you with three body types...meso, endo and ectomorph. If you find yourself gaining too much fat, you can determine what you should do by looking at the three body types and the diet plans and training suggestions that go with each of them.

Frequent meals are necessary. Consuming 1000 or more calories a meal is common with the three meals a day plan and increases your chances of storing body fat. That is why it is essential to consume six to seven meals a day. Small frequent meals allow for maximum mass building because it controls insulin levels. While a large surge of insulin is undesirable, a slow steady increase is good and allows the amino acids and nutrients in the blood stream to be absorbed at a faster rate. Unlike muscle glycogen, amino acids cannot be stored and are available only for a couple of hours after a given meal. Small meals also prevent the breakdown of muscle protein that is used in famine situations. In periods where muscle glycogen is low, the body uses muscle protein as an alternative energy source, destroying the precious muscle you worked so hard to build. Frequent meals prevent this "famine mode" from occurring.

MEAL FREQUENCY

If you consume three meals a day, you are depriving your body of all the necessary nutrients it could be getting. Don't

get me wrong, you can consume three meals a day and still pack on mass, but it is not the best way to do it.

THE MORE FOOD YOU EAT THE LEANER YOU GET

Picture a furnace in a steam ship. The more coal that is shoved into the furnace, the faster the machine will run. Your body and its metabolism are the same way. You can train your body to burn 5000-10,000 calories a day. The body adapts to this amount of calories by burning more calories and increasing your metabolism in the process. Remember that digestion requires energy, so the more you eat the faster your metabolism becomes. Your goal is to consume 8000-10,000 calories in a short period of time.

WHEN SHOULD I HAVE MY LAST MEAL?

If you are a mesomorph or an ectomorph, you can have your last meal an hour before bedtime. I personally have consumed calories at 3 a.m. without gaining fat. An ectomorph or mesomorph should not have problems eating late into the night.
If you train late at night, you should have a huge protein meal before you go to bed and then continue with your plan as normal the next day. You have to be consistent with meal plans and training. **If you ever get off track, just continue as normal the next meal or day.**

WHAT IF SICKNESS OR AN EMERGENCY CAUSES ME TO DISRUPT MY DIET AND TRAINING?

Stick to the diet for non-workout days as diligently as possible. Consume enough calories to equal your BMR and no more. When you are able, continue where you left off by increasing calories if you are an ectomorph or mesomorph and decreasing calories if you are an endomorph.

THE INSULIN DELEMMA

When you consume simple carbohydrates such as sugar and fruits, your insulin level skyrockets. When this happens, the fat in the blood gets shoved into muscle/fat cells, increasing the rate of deposit of body fat. To avoid this, we combine foods, and we especially avoid the consumption of fruit juices unless they are consumed the first thing in the morning after an eight hour fast and on an empty stomach. The other exceptions are with shakes.

Another window of opportunity for ingesting simple sugars like fruits is 30 to 45 minutes before and after a workout. This is because the body's primary function during and after a workout is to replenish wasted glycogen and not fat storage. Therefore, the deposit of body fat is minimized at worst. Eating fruit with your meal also helps, but it tends to hamper the digestive process and should be avoided.

Insulin primarily pushes glycogen into muscle cells, and fat usually comes along for the ride. Once the body deposits these sugars and fat into cells, the insulin levels drops down to normal levels. The release of insulin can cause the roller coaster effect. This happens when you consume a fruit or a simple sugar, and you get a surge of energy followed by a drop in energy where you feel flat and lethargic.

HOW WE CAN GET OVER THE INSULIN DELEMMA

1. Consume all fruit and fruit juices in the morning on an empty stomach or after a four-hour fast. Then, wait another 45 minutes before consuming another meal.
2. At all other times, combine your complex carbohydrates with your simple carbohydrates. Complex carbohydrates are more complex molecules than simple sugars, and thus take a longer time to break down.

3. Combining the two allows a slow and gradual release of energy without the "roller coaster effect."
4. Consume fruits before and after a workout. (See meal plans on workout days.) The window of opportunity is 30 minutes before and after a workout. Don't combine meals with the "fruit meal." This should never be done on a non-workout day. Once consumed wait an hour before you eat another scheduled meal. These recommendations will minimize the disastrous effects of insulin

How do we eat the junk? Use this if you have no other alternative!

Let's say you feel like KFC. You want to have it only in moderation and certainly not frequently. Don't buy a whole bucket. First, your body can't digest all that food, and there is too much protein. Since you are satisfying your cravings, the key is to give it only enough so that the craving diminishes. Ideally, you should limit consumption of junk food to once every two to three weeks. Also, if you are going to have the chicken, have it alone. Do not combine foods!

If you feel like fries, have fries. Make sure, however, to have them without protein. If you feel like wings, have wings. Again, have them without any carbohydrates. Eating like this is not a sacrifice because you can eat what you like only at different times.

THROW OUT THE POP AND SUGAR!

If you currently consume nothing but pop, you must be severely dehydrated. I used to love pop, and I occasionally have it now. But there was a time when I had four liters per day, and I would go without water for weeks.

Guess what? When I quit the pop and replaced it with water, in just one week, I had dropped over 10 pounds of body weight.

My once-bloated midsection became trim and hard. In seven days, I dropped 10 pounds, which, of course, was mostly water. The caffeine in regular pop tends to hold water, as caffeine normally tends to cause dehydration. Therefore, the body holds water as a source of defense against possible dehydration.

I replaced the pop with caffeine-free, carbonated water. Occasionally, I would buy the sweet sugar free version, which usually have one calorie per liter. I found that whenever I craved pop, all I had to do was sip the carbonated water, and my craving was satisfied.

If you must have pop, stick to diet pop. You should, however, eliminate it entirely if you are 30 pounds or more overweight.

SUPPLEMENTS

Although I don't recommend any fancy supplements, I do have three recommendations that are far better than today's hyped anabolic supplements.

1. Amino acids
2. Protein powder-egg or whey
3. MCT OIL. MCT Oil is a fat that produces ketones. It is used by the body as a source of energy or glycogen. It is muscle sparing and inhibits muscle catabolism, since the body uses it as a source of energy before muscle protein, allowing protein in the blood stream to be used for muscle growth.

EATING TO PREVENT OVERTRAINING

What is overtraining? Overtraining is performing one more set than what is necessary to stimulate muscle growth. It is the number one enemy to your "weight gain progress." Overtraining specifically results because of an imbalance between your body's ability to adapt and the stress applied for adaptation. Overtraining leads to the infamous plateau, followed by muscle and strength loss. It also leads to a weakened immune system and a heightened level of illness.

Here are some of the popular known symptoms:

- High blood pressure
- High early morning pulse rate
- Headaches
- The flu
- Insomnia
- Fatigue
- A loss of appetite
- High probability of injury
- Unwillingness to go to the gym

You might be wondering why such side affects occur. It all begins when we work out. The body releases catabolic hormones, which break down protein for use as an energy source. The hormones go to the liver, where they are broken down into glucose. The longer a workout is, the more cortisol is pumped into the blood stream. It is extremely important to understand that if your workout is 15-35 minutes, you will actually increase the production of protein sources in your immune system. However, after the 35-minute mark, cortisol is pumped into the system with an aim of destroying muscle protein for use as glucose.

This weakens our immune system because all of our immune system defenses are composed of proteins and the great influx of cortisol, which destroys those protein stores needed

to defend our immune system. Furthermore, if the stress is repeated without any rest days between sessions, the body gets weaker and weaker, taking longer to recover and then grow. To minimize overtraining, we need brief and infrequent high intensity workouts.

Here are the ways we can use food to stop the possibility of overtraining:

- Consume 55-60 percent carbohydrates during the day. Take simple carbohydrates 30 minutes before a workout and immediately after a workout, using fruit juices. Muscles tend to work like a sponge and soak up glucose after a workout.
- Increase calories significantly. The reason why we reach overtraining is based on the fact that we are not eating enough to fuel our workouts as well as to assist our recovery and growth.
- Consume protein an hour before a workout and immediately following a workout because the muscles will soak up amino acids needed for muscle tissue repair and growth.
- You may drink a fruit juice or water during a workout as long as it does not make you vomit.

Appendix A

THE FOOD BREAKDOWN

WHAT IS A CALORIE?

A Calorie is defined as a unit of energy required by your body. The equation for muscle growth is pretty simple. If you train with the right overload and intensity and consume more calories than you burn a day, you will get big.

Similarly, to lose weight you must burn more calories than you consume.

Below you will find the major macronutrient categories together with the most famous examples of these macronutrient. To find a more extensive collection of the foods and their macronutrient composition refer to the CD-ROM that came as a bonus with this course. If it did not come with this course, go to www.gpo.com and get a copy. It is well worth the investment.

Proteins

Proteins are an essential, part of any diet and especially for muscle growth. They are needed primarily for the repair and maintenance of cells, hormones, enzymes and even DNA. After water they form the greatest composition of muscle tissue, and they are essential for the every day function of the body.

Proteins can be used for energy as well. However, when they are used for energy, they cannot subsequently be used for building and repairing cells *and* engage in other essential vital bodily functions.

Proteins are used as energy in two primary scenarios

1. When you are on a starvation diet, catabolic enzymes break up muscle tissue for use as energy. This occurs when the body's supply of muscle glycogen is depleted. That is why it is essential to consume small frequent meals and include a significant amount of protein in your diet every two to three hours.
2. Protein is also broken down during an intense exercise session. The branched amino acids proteins are composed of are used to supply energy to the muscles during strenuous activity.

NOTE: Protein can also be converted into body fat if you consume too much of it, just like every other macronutrient.

Proteins can be found in just about any food, most notably animal protein and dairy protein. The drawback with these two sources is they also carry a lot of fat. Animal protein sources are the best protein sources you can get because they contain essential amino acids. On the other hand, vegetables protein sources hold incomplete amino acid compositions.

If you are a vegetarian, don't despair. You can get all the essential amino acids you need for repair and growth by simply combining several different vegetable protein sources and amino acids, e.g. beans and soy milk or peas and rice**.** If you are interested, please visit my site for more information.

Good protein sources include skim milk and other diary foods including all kind of fish, lean red meats and white meats such as turkey, chicken and other poultry.

Carbohydrates

There are three main types of carbohydrates. There are monosaccharides (which are composed of one sugar molecule) disaccharides (with two sugar molecules) and polysaccharides (which are composed of three of more sugar molecules.)
Monosaccharides are found in foods such as glucose and fructose.

Polysaccharides include starchy carbohydrates. These consist of long chains of glucose units and are not as easily broken down as monosaccharides and disaccharides. Polysaccharides are a primary energy source and are found in starchy foods like yams, potatoes, rice and oatmeal. These release glucose in a slow and steady state, unlike sugar and other simple sugars, which are released

immediately into the blood stream. Quick absorption is not good because it increases insulin levels, allowing the rapid deposit of body fat.

As discussed above, it is best to limit the consumption of simple sugars like candy and fruits since they have an adverse effect on energy levels and the deposit of body fat. Stick with starchy carbohydrates for high energy levels.

The end product of all carbohydrates is energy—calories. The body breaks complex carbohydrates to simple carbohydrates and then into blood glucose where it is used by the body as ATP. The type of carbohydrates you consume will have different effects on your blood sugar level. The most important effect is how they increase or decrease blood sugar levels. The glycemic index of food is a ranking of foods based on their immediate effect on blood glucose levels. Carbohydrates that breakdown rapidly during digestion have the highest glycemic indexes. Their blood sugar response is fast and high. Carbohydrates that breakdown slowly, releasing glucose gradually into the blood stream, have low glycemic indexes.

Thus, a low GI level usually means a little rise in blood sugar levels. A low GI index can help you lose body fat at a faster rate and can also improve the body's sensitivity to insulin at the same time high glycemic food like fruits can refuel blood glucose levels immediately after exercise.

GI reflects how blood sugar levels affect the most important hormone insulin, which is most noted for its potential to store body fat. Insulin is used to control the blood sugar level and to help to push amino acids into the muscle cells.

When insulin does not bring blood sugar levels down to base levels down after a meal, more insulin is secreted to bring down blood sugar levels to acceptable levels. This directly reduces the potential to deposit body fat.

Insulin is constantly sought by bodybuilders because insulin secrets igf-1 levels in the body. You want to manage insulin levels by consuming carbohydrates with low GI levels because this leads to increases in lean body mass, increased muscle glycogen storage and a decrease in body fat.

HOW DO WE MANAGE GI LEVELS?

To manage GI levels, we simple have to combine macronutrients such as consuming fats and protein, carbohydrates and protein, etc.

Consuming low to moderate GI levels keeps blood sugar levels steady, and the body soon realizes that more food is on the way and, thus, burns more body fat. Mix simple carbohydrates with amino acids after a workout. It replenishes blood sugar levels as well as pushes amino acids into muscle cells, suppressing muscle catabolism. Try to stick to carbs with a low GI level, or mix foods when you are consuming high GI carbohydrates.

Some examples of low GI carbohydrates:

- Barley
- Oats
- Grain breads
- Brown rice
- Lemon juice
- Pasta

To find the GI index of every carbohydrate imaginable you might want to go to: http://www.calvin.biochem.usyd.edu.au/GIDB/searchD3.htm, or go to my site www.fastmuscles.com for the latest link.

Fruits with a GI level of below 50

- Apples
- Oranges
- Grapefruit
- Tangerine
- Pears
- Apricots
- Cherries
- Strawberries
- Raspberries
- Blackberries
- Blueberries
- Peaches
- Prunes
- Watermelon
- Cranberries

Vegetables with a GI level below 50

- All lettuces
- Spinach
- Cucumbers
- Fresh corn
- Green and yellow string beans
- Raw carrots,
  Tomatoes
- Cabbage
- Rapini
- Peas
- Mushrooms

Dairy products with a GI level below 50

- Milk from cows, sheep, or goats
- Almonds
- Soy r
- Rice
- Oats
- Cheeses with 35 percent fat or less

- Buttermilk
- Yogurt

Pasta with a GI level below 50

- Spaghetti
- Fettuccine
- Macaroni
- Shells
- Vermicelli, etc.
- All pasta, whole or multigrain, made from any non-refined grains

Beans with a GI level below 50

- Alfalfa
- Lentils (brown, red and green)
- Beans (red, Mung, black, white, Pinto, chick, lima, Aduki, black-eyed, Great Northern, etc.)
- Peas (yellow and green), etc

Grains and nuts a GI level of below 50

- Peanuts
- Pecans
- Walnuts
- Hazelnuts
- Almonds
- Soy
- Sunflower seeds, etc

Rice with a GI level below 50

- Wild rice

UNDERSTANDING THE GLYCEMIC INDEX

Don't pay strict attention to the GI index. At best, it is unreliable for a multitude of reasons.

The GI index is mentioned here only because of the discussion of insulin. Low GI foods break down slowly and allow a steady increase in energy levels. As I've already mentioned, we can obtain the same effect simply by combining foods. This combination of foods slows down the digestion process, allowing a steady insulin release and thus decreasing the GI index of the whole meal.

The other concern about using the GI database is the fact that foods with low GI indexes are not necessarily good for you. Fruits, for instance, have a low GI level, but they are not good for the lean mass building process. Another example is milkshakes, which have a low GI index. Even though milkshakes have nutritional value, they are harmful. Your goal is to avoid foods that allow the rapid deposit of body fat and to consume frequent but smaller meals throughout the day, which ensure steady supply of energy and essential muscle building nutrients.

THE IMPORTANCE OF WATER

Keep yourself hydrated. Many people don't realize the importance of water and overtraining. It's a good idea to carry a water bottle with you wherever you go. You need minimum of a gallon of water a day. If you train in warm weather, you need to double or triple this amount.

It is impossible to drink too much water if you are an athlete. The more you drink the better it is for you. When asked what his secret was for his long life, a 120-year-old man quickly said, "water –and plenty of it." Water makes up over 70 percent of your muscle mass. Think about it this way. Humans can survive for weeks without food, but we

will only last a few days without water. Water helps in building muscle tissue, removing waste from cells and actually helps the fat loss process as well. By not drinking water, you hold water in your body, and this is water retention at its worst.

Not drinking water causes constipation. When your body is deprived of water, it draws water from the intestines where foul water may be stored. This can lead to diseases and infections. Drink a gallon of water if you live in a cold environment. If you live in a hot environment, you might want to triple your intake. If you engage in any kind of sport, you need at two gallons.

Here are a few tips to increase water intake.

- ✓ Carry a thermos flask. You can get one for $12 at Wal-Mart. It will keep the water ice cold.
- ✓ Do not drink pop, coffee or any other beverage that is a substitute for water. These items contain caffeine, which cause dehydration. Like all parts of the body, it takes time to adapt to the excess water you will be drinking. Expect to visit the washroom often. This will stop in approximately two weeks once your body adapts.

WEIGHT GAIN SHAKES

In your quest to gain solid mass and weight, you might decide to drink your calories rather than eat them. Blending food into a shake is consumed and digested much easier than actually eating the meal. Below you will find a list of the most famous high calorie foods that are normally used to make shakes. However, you can also add your own

ingredients if you want. Just make sure you stay away from candy and non-nutritious foods.

The shakes below are all homemade, so you don't have to spend any money on supplements. If you do want to purchase supplements, I have included some recipes based on 50-gram protein shakes. You can pretty much anything into a blender. Below you will find all the ingredients normally used in a shake. I have seen a few clients of mine who actually blend chicken breasts. I don't do this because of the taste, but it shows you anything is possible.

This is a "knock em-sock em" weight gain diet. There are several amounts of ingredients for making your own shakes below. Each is a cheap ingredient you can get from any supermarket. Each gives you quality protein, carbohydrates, fats and calories. You can make a shake, which can be used as a meal replacement if you don't have the time or patience to cook. Just try to stick to the allocated ratio of macronutrients. A few of these shakes spread throughout the day will give you all the protein, carbohydrates and fats you need for accelerated muscle growth.

We also combine macronutrients with these shakes because eating carbohydrates by themselves causes a quick rise in insulin and blood sugar levels. These are not good for your health because they promote fat storage and other diseases. By combining macronutrients, you keep a steady source of energy and nutrient flow while at the same time controlling your blood sugar and insulin levels.

How do we create shakes in line with our required ratios?

Let's say meal four has a 60 percent protein and 40 percent carbohydrates ratio.
Let's assume that for this shake we have a 500 leeway in calories. Here is what I would do to satisfy the ratio:

We have 350 calories from protein (500* .6 =300/4=75) or 75 grams of protein. We also need 200 calories of carbohydrates (500*.4=200/4=50 grams) or 50 grams of carbohydrates.

Here is the breakdown:

- 1cup non-fat milk: 8 grams protein, 0.2 fat, 12 grams carbohydrates, 83 calories
- 2 cups egg substitute liquid: 64 calories, 16 fat, 3.2 carbohydrates, 410 calories
- 1 banana: 121 calories, 2.4 protein, 31 grams of carburets
- Total protein: 74.4, 46.2 carbohydrates and 16.4 grams fat which gives you 604 calories in total. That translates to 54 percent protein, 11 percent fat, 35 percent carbs.

Add total grams of carbohydrates, fat and proteins. (74.4 + 46.2 + 16.4 = 137.01)
Take the total fat grams. (16.4)
Multiply by 100. (1640)
Divide by 1640. (11 percent)
ADD TOTAL GRAMS OF CARBOHYDRATES, FAT AND POTEIN
SO 74.4 + 46.2+16.4 =137.01
Now take total fat grams which is 16.4 grams and multiply by a 100 =1640
Then divide 1640/137.01(total grams)= 11 percent

Carbohydrates:

ADD TOTAL GRAMS OF CARBOHYDRATES, FAT AND PROTEIN
74.4 + 46.2+16.4 =137.01
Now take the total grams for carbohydrates which is 46.2 and multiply it by a 100 =4620
Then divide 4620/137.01(total grams)= 35%

Remember, you will rarely get anything perfect. The calories and macronutrient ratios are likely to be off, but the point is we use this as a guideline to achieve the right calories needed for muscle mass gains.

Following is another recipe:

- 100 grams of light ice cream (167 calories, 4 grams of protein, 2.0 grams off at and 31 grams of carbohydrates.)
  1 cup of skim milk (83 calories, 8 protein, and 12 grams carbohydrates.)
- 1 cup skim milk powder (43 grams of protein, 434 calories, and 63 carbohydrates.)
- 4 egg whites (14 proteins, 0.8 carbohydrates, 0.2 fat and 68 calories.)
- Total calories: 752, carbohydrates 106.8, protein 69, that is 60% carbohydrates and 25% protein 15% fat.

Non-workout shakes are listed below:

Peanut Butter Shakes:

- 2 cups skim milk. (166 calories, 16.4 protein grams, 24 carbohydrates, 0.2 fat grams.
- 2 table spoons of peanut butter, smooth style, without salt. (189 calories, 8 protein, 16 fat, and 6.1 carbohydrates.)
- 1 large banana (121 calories, 1.4 protein, 31 carbohydrates, 0.4 fat grams.)
- 100 grams light ice cream (167 calories, 31 grams carbohydrates, 4.3 grams protein, and 2.8 fat grams.)
- Total 643 calories (50% protein, 20 % fat and 30% carbohydrates.)

Following are some of the most famous ingredients that can be used in a shake. To find their calorie value, look at

appendix A. If you can't find it in appendix A, use the CD-Rom that accompanies this manual.

	Calories	Protein	fat	Carbohydrates
Apple	**58**	**0.2**	**0.6**	**14.5**
Apricot	**51**	**1.0**	**0.2**	**12.8**
Banana	**85**	**1.2**	**0.9**	**12.9**
Blueberries	**59**	**0.7**	**0.8**	**12.0**
Blackberries	**58**	**1.2**	**0.9**	**12.9**
Cherries (sweet)	**70**	**1.3**	**0.3**	**14.3**
Grapefruit	**41**	**0.5**	**0.3**	**16.4**
Grapes	**67**	**0.6**	**0.3**	**17.3**
Lemon	**27**	**1.1**	**0.3**	**8.2**
Lime	**28**	**0.7**	**1.1**	**13.1**
Mango	**66**	**0.7**	**0.4**	**16.8**
Nectarine	**64**	**0.6**	**0.0**	**17.1**
Nuts (cashew)	**561**	**17.2**	**45.7**	**29.3**
Nuts (chestnuts)	**194**	**2.9**	**1.5**	**42**
Nuts (hazel)	**634**	**12.6**	**62.4**	**16.7**
Nuts (Peanuts)	**620**	**28.4**	**44.7**	**21.4**
Nuts (walnuts)	**651**	**14.8**	**64.0**	**15.8**
Papaya	**39**	**0.6**	**0.1**	**10.0**
Peach	**38**	**0.6**	**0.1**	**9.7**
Pear	**61**	**0.7**	**0.4**	**20.1**
Pineapple	**52**	**0.4**	**0.2**	**13.7**
Plums	**75**	**0.8**	**0.2**	**19.7**
Raisins	**289**	**2.5**	**0.2**	**77.4**
Peanut butter	**593**	**25**	**51**	**19**
Light ice cream	**167**	**4.2**	**2.5**	**31.2**
Egg	**150**	**12.7**	**9.4**	**2.7**
Egg yolk	**348**	**16.0**	**30.6**	**0.6**
Egg white	**51**	**10.9**	**0.0**	**0.8**
Honey				
Dry nonfat Milk	**362**	**36**	**.07**	**51.9**
Double cream	**392**	**2.2**	**40.0**	**2.3**
Ice-cream (12%)	**225**	**4.3**	**12.7**	**21.6**
Milk	**60**	**3.4**	**3.0**	**4.2**
Milk (skimmed)	**35**	**3.4**	**0.1**	**4.7**
Honey				
Dry nonfat Milk	**362**	**36**	**.07**	**51.9**

FATS YOU CAN USE IN YOUR SHAKES

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrate
CANOLA OIL	884	0	100	0
HAZELNUT	884	0.0	100.0	0.0
PEANUT OIL	884	0.0	100.0	0.0
FLAXSEED OIL	884	0.0	100.0	0.0
CHOCOLATE SYRUP	279	2.2	1.1	65.1

Below you will find an example of a high carbohydrate shake you can make after a workout. It contains both complex and simple carbohydrates plus protein to allow for a quick supply of glycogen and amino acids needed for growth.

Strawberry Smoothie

- 1 cup of strawberries, frozen, unsweetened. (1 gram protein, 20 grams Carbohydrates, 0.2 grams fat)
- 8 ounces yogurt, fruit, low fat, 11 grams protein, 42 carbohydrates, 3 grams fat
- 1/2 cup. pineapple juice
- 1 cup of crude wheat germ

Use a high-speed blender and blend until smooth. Total calories approximately 220, protein 13, carbohydrates 20.

Banana quencher (Carbohydrate Shake)

- 1 cup of orange juice
- 1 cup of pineapple juice
- 1 cup of dry skim milk
- 1 banana
- Crushed ice

Blend until smooth.

Banana weight gainer

- Dry milk powder

- 3 cups of skim milk
- 2 cups of egg white substitutes
- 2 large bananas
- 1 cup of crushed ice

Chocolate shake

- 3 cups of skim milk
- 2 cups of ice milk
- 2 cups of egg white substitute
- 2 tablespoons of peanut butter
- 2 tablespoons of honey
- 1 cup of milk powder

Following is a powerful shake that provides well over 100 grams of protein, x amount of high quality carbohydrates and enough calories to make it a worthwhile drink. Drinking one or two of these a day combined with four good meals, with adequate training, rest and recuperation is enough to pack on so much weight that not even your own mother will recognize your in a 10 week period.

- 4 cups of skim milk 280
- 2 cups of dry milk
- 2 cups of egg whites substitute
- 1 tablespoon of peanut butter
- 1 large banana
- 1 scoop of ice cream

Note: There are four basic ingredients used for all shakes: egg whites, dry milk, skim milk and ice milk. You'll probably want to go to the grocery store and stock up on these ingredients. The rest of the ingredients are more calorie dense items and can be added according to your preference and macronutrient ratio requirement. Shakes usually fall within the 60-40 ratio. You can manipulate the ingredients

using the nutrient database above or simple use this URL http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl

And if that link is unavailable please visit my site www.fastmuscles.com

I encourage you to spend time to determine which shake is suited to your required macronutrient ratio and calorie needs. Once you find the right ratio and the right shake, you can increase calories because you are getting bigger (larger BMR.) To increase calories, all you have to do is add the same percentage of each ingredient. This will ensure you do not disrupt the macronutrient ratio.

Shake plans with protein:

I recommend N-large and interactive mammoth 2200 weight gainer. (Go to my site at www.fastmuscles.com to find the cheapest source.) Interactive is a Canadian company that has a great product at a quarter to three quarters of the price of regular "brand name" weight gainers.

Here is a simple plan:

- 1 cup of soy milk
- 4 egg whites
- 4 scoops of Interactive or N-large
- 1 tablespoon of peanut butter
- 1 large banana
- 1 cup crushed ice

Blend until smooth. This shake gives you 1498 calories.

CONCLUSION

Gaining weight is simple science. It is a no-brainer. Apart from the fact that most people do not know how to train properly, there is also an apparent inconsistency that these individuals apply to their diet and training.

It is as simple as that. Almost 100 percent of people simply don't have the needed information. They have tainted versions of the truth. However, if they had this knowledge in its true and pure form, they would no longer hope for results. They would enjoy certain results.

Tips to ensure consistency:

- ✓ Pre-pack meals and shakes the night before to ensure you stick to the plan and avoid any unexpected circumstances like being late for work, etc.
- ✓ Go shopping, and buy the food you need to prepare your meals. Spending money makes you stick to the plan, as most individuals will not waste money.
- ✓ Carry a food journal and make a note of everything you consume, so you can figure the food composition later at home.

Appendix A

The items shown here are derived from USRDA and are precise as we can get.
Each cooked ounce of food is approximately 28 grams. Hence, each portion in this program is an ounce, which equals 28 grams. Therefore, one hundred grams would be 3.6 ounces.

Bodybuilders require a balanced and an adequate amount of nutrients and calories. To provide a balanced nutritional diet, I have given you the types and number of servings you should have from each category.

The eating plans below vary with regard to their ratios. You will find they can be averaged out, and I have done that for you below. However, I urge you to use the nutrient database CD-ROM that comes with this manual or that can be accessed at www.fastmuscles.com or http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl
It is always best to use the information from each individual food than to average out.

HOW TO WEIGH AND PREPARE FOOD

First, you want to decide what you will be eating. Next, you need to weigh the food when it is uncooked. Food is calculated when uncooked because it tends to shrink during the cooking process. All the foods in the database (included with this manual) or at http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl are uncooked. Here are a few essential recommendations when it comes to cooking your food:

- ✓ Always broil, bake, microwave or steam foods (for vegetables, starch and proteins.) Never fry or boil.
- ✓ Do not add oil or fats to your food during the cooking process. Instead, use PAM, a non-stick spray that can be found in any supermarket.

- ✓ Always pre-cook meals to ensure that you stick to a given nutritional plan.

CALORIE LIST

Poultry

Provision (100g):	Energy (Kcal)	Protein	Fat	Carbohydrates:
Chicken breast (skinless)	110	18.0	4.0	0.0
Chicken breast (with skin)	153	21.7	6.9	0.0
Chicken leg with skin.	160	18.9	8.9	0.0
Duck	148	21.4	8.2	0.0
Goose	159	159	21.6	0.0
Hen	155	21.6	7.0	0.0
Pheasant	162	23.6	6.8	0.0
Turkey	162	24.0	6.6	00

The average protein content of these meats is 21.32 grams per 100 grams, which translates to approximately 7 grams of protein, 36 grams of carbohydrates and negligible fat content per ounce (28 grams.) The excerptions to this average are bacon, spareribs and hotdogs, foods you should avoid anyway. Animal proteins listed here should be eaten as lean as possible. All fat and skin should be removed before serving or cooking.

Meat

Provision (100g):	Energy (Kcal)	Protein	Fat	Carbohydrates
Beef (fillet)	137	22.4	4.9	0.0
Beef (liver)	136	21.0	3.1	5.1
Beef (mince)	214	19.5	14.3	0.0
Beef (rump steak)	136	21.8	5.0	0.0
Pork (bacon)	508	10.4	50.0	0.0
Pork (chop)	224	20.7	14.9	0.0
Pork (spareribs)	312	16.1	26.5	0.0
Pork (boiled ham without fat)	164	22.2	7.8	0.0
Sausage (hotdog, grilled)	304	13.2	22.8	9.1

Veal (fillet)	**125**	**19.6**	**4.8**	**0.0**
Veal (liver)	**138**	**18.9**	**4.5**	**4.6**
Veal (rump steak)	**127**	**21.1**	**4.4**	**0.0**

The average protein content per ounce of meat is seven grams.

Fish

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrates
Cod	**80**	**18.1**	**0.6**	**0.0**
Eel	**233**	**15.9**	**18.3**	**0.0**
Herring (salted)	**253**	**19.0**	**19.0**	**0.0**
Mackerel	**262**	**17.6**	**20.5**	**0.0**
Plaice	**95**	**17.1**	**2.7**	**0.0**
Salmon	**220**	**20.8**	**14.5**	**0.0**
Sardines in oil	**294**	**23.8**	**21.1**	**0.0**
Sardines in tomato sauce	**225**	**20.7**	**14.8**	**0.0**
Tuna	**145**	**25.2**	**4.1**	**0.0**

Seafood

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrates
Crab	**93**	**17.3**	**1.9**	**0.5**
Crayfish	**72**	**14.6**	**0.5**	**1.2**
Lobster	**91**	**16.9**	**1.9**	**0.5**
Mussels	**95**	**14.4**	**2.2**	**3.3**
Prawns	**91**	**18.1**	**0.8**	**1.5**

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrates
Egg	**150**	**12.7**	**9.4**	**2.7**
Egg yolk	**348**	**16.0**	**30.6**	**0.6**
Egg white	**51**	**10.9**	**0.0**	**0.8**

Dairy Products

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrates

Cheese (28%)	**397**	**29.1**	**29.2**	**1.6**
Cheese (soft, camembert)	**289**	**20.4**	**22.1**	**0.0**
Cottage Cheese (4%)	**100**	**12.3**	**3.9**	**3.1**
Cheese (curd 0.2%)	**78**	**14.0**	**0.2**	**4.6**
Cream	**345**	**2.2**	**35.0**	**2.5**
Double cream	**392**	**2.2**	**40.0**	**2.3**
Ice-cream (12%)	**225**	**4.3**	**12.7**	**21.6**
Milk	**60**	**3.4**	**3.0**	**4.2**
Milk (skimmed)	**35**	**3.4**	**0.1**	**4.7**
Yoghurt (very lowfat 0.5%)	**38**	**3.4**	**0.5**	**4.7**

Oils/ Margarine/ Butter

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrate
Butter	**748**	**0.6**	**80.0**	**0.4**
Lard	**902**	**0.0**	**100.0**	**0.0**
Lowfat spread	**372**	**0.0**	**40.0**	**0.0**
Margarine	**745**	**0.2**	**80.0**	**04**
Olive oil	**900**	**0.0**	**100.0**	**0.0**

Potatoes

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrates
Potatoes	**87**	**1.9**	**0.5**	**18.3**
Potatoes (boiled without peel)	**95**	**1.5**	**0.6**	**20.1**
Potatoes (boiled with peel)	**95**	**1.5**	**0.7**	**20.0**
Potatoes (French fries)	**342**	**4.3**	**17.5**	**39.4**
Potatoes (fried)	**121**	**1.7**	**2.9**	**21.3**
Potatoes (mashed made from powder)	**102**	**76.0**	**2.3**	**2.1**
Potatoes (baked)	**100**	**1.7**	**0.5**	**21.5**

Pasta/Rice

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrates
Macaroni/Spaghetti	369	12.5	1.2	1.2
Macaroni/Spigot (cooked)	130	4.2	0.5	26.6
Rice –parboiled	363	6.7	0.4	80.4
Rice- parboiled (cooked)	109	2.0	0.1	24.2
Rice-brown	360	7.5	1.9	77.4
Rice-brown (cooked)	119	2.5	0.6	25.5

Bread/Grains/Flour

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrates
Barley	350	11.0	2.0	70.0
Bread (white)	286	8.5	4.1	52.0
Bread (wholemeal)	269	6.4	1.5	55.8
Crisp bread	389	11.8	2.7	77.0
Flour	350	9.0	1.0	75.0
Flour (wholemeal)	340	10.0	2.0	70.0
Rye Flakes	350	9.0	1.5	73.0
Porridge oats	385	13.0	7.0	65.0

The vegetables listed here have an average value of 25 calories except avocados, soybeans, garlic, lentils, olives and baked beans. Use the above mentioned vegetables in moderation, as they tend to be high in fats/oils.

Vegetable Category

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrates
Aubergine	25	1.2	0.2	5.6
Avocado	167	2.1	16.4	6.3
Beans (green)	32	1.9	0.2	7.1
Beans (baked, dried)	340	22.3	1.6	61.3

Beetroot	**43**	**1.6**	**0.1**	**9.9**
Broccoli	**32**	**3.6**	**0.3**	**5.9**
Brussel sprouts	**45**	**4.9**	**0.4**	**8.3**
Cabbage	**24**	**1.3**	**0.2**	**5.4**
Carrots	**42**	**1.1**	**0.2**	**9.7**
Corn on the cob	**84**	**2.6**	**0.8**	**19.8**
Cucumber	**15**	**0.9**	**0.1**	**3.4**
Garlic	**137**	**6.2**	**0.2**	**30.8**
Leek	**52**	**2.2**	**0.3**	**11.2**
Lentils (dried)	**340**	**24.7**	**1.1**	**60.1**
Melon (honey)	**33**	**0.8**	**0.3**	**7.7**
Melon (water)	**26**	**0.5**	**0.2**	**6.4**
Mushrooms	**35**	**1.9**	**0.6**	**6.5**
Olives (green)	**116**	**1.4**	**12.7**	**1.3**
Olives (black, tinned)	**338**	**2.2**	**35.8**	**8.7**
Onion	**38**	**1.5**	**0.1**	**8.7**
Peas (Green)	**84**	**6.3**	**0.4**	**14,4**
Peas (yellow, dried)	**340**	**24.1**	**1.3**	**60.3**
Pepper (green)	**26**	**1.1**	**0.3**	**4.6**
Pepper (red)	**37**	**1.3**	**0.5**	**6.4**
Parsley	**50**	**5.0**	**0.2**	**10.0**
Radishes	**17**	**1.0**	**0.1**	**3.6**
Salad	**14**	**1.2**	**0.2**	**2.5**
Soybeans	**403**	**34.1**	**17.7**	**33.5**
Spinach	**16**	**1.9**	**0.0**	**1.9**
Squash (zucchini)	**19**	**1.1**	**0.1**	**4.2**
Tomatoes	**22**	**1.1**	**0.2**	**4.7**

Fruits have an average of 52 calories per 100 grams or three ounces

Fruit/Nuts

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrates
Apple	**58**	**0.2**	**0.6**	**14.5**
Apricot	**51**	**1.0**	**0.2**	**12.8**
Banana	**85**	**1.2**	**0.9**	**12.9**
Blueberries	**59**	**0.7**	**0.8**	**12.0**
Blackberries	**58**	**1.2**	**0.9**	**12.9**
Cherries (sweet)	**70**	**1.3**	**0.3**	**14.3**
Grapefruit	**41**	**0.5**	**0.3**	**16.4**
Grapes	**67**	**0.6**	**0.3**	**17.3**

Lemon	**27**	**1.1**	**0.3**	**8.2**
Lime	**28**	**0.7**	**1.1**	**13.1**
Mango	**66**	**0.7**	**0.4**	**16.8**
Nectarine	**64**	**0.6**	**0.0**	**17.1**
Nuts (cashew)	**561**	**17.2**	**45.7**	**29.3**
Nuts (chestnuts)	**194**	**2.9**	**1.5**	**42.0**
Nuts (hazel)	**634**	**12.6**	**62.4**	**16.7**
Nuts (Peanuts)	**620**	**28.4**	**44.7**	**21.4**
Nuts (walnuts)	**651**	**14.8**	**64.0**	**15.8**
Papaya	**39**	**0.6**	**0.1**	**10.0**
Peach	**38**	**0.6**	**0.1**	**9.7**
Pear	**61**	**0.7**	**0.4**	**20.1**
Pineapple	**52**	**0.4**	**0.2**	**13.7**
Plums	**75**	**0.8**	**0.2**	**19.7**
Raisins	**289**	**2.5**	**0.2**	**77.4**

Fruit juices

Fruit juices have an average of 45 calories per serving, which is approximately half a cup

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrate
Tangerine	**47**	**0.6**	**0.1**	**10.3**
Pineapple	**46**	**0.7**	**0.1**	**12.6**
Pure Juice (apple)	**47**	**0.1**	**0.0**	**11.9**
Pure Juice (grape)	**66**	**0.2**	**0.0**	**16.6**
Pure Juice (orange)	**45**	**0.7**	**0.2**	**10.4**
Pure Juice (pineapple)	**58**	**0.4**	**0.1**	**15.1**
Lemonade	**38**	**0.0**	**0.0**	**9.2**
Tea	**2**	**0.0**	**0.0**	**0.4**

Drinks- Alcoholic

Provision (100g)	Energy (Kcal)	Protein	Fat	Carbohydrates
Beer (light)	**27**	**0.0**	**0.0**	**0.3**
Beer (strong)	**48**	**0.0**	**0.0**	**0.3**
Brandy	**232**	**0.0**	**0.0**	**0.5**
Liquor (cocoa, brown)	**336**	**0.0**	**0.0**	**53.0**
Sherry	**129**	**0.0**	**0.0**	**4.0**

Vodka	**230**	**0.0**	**0.0**	**0.0**
Whisky	**245**	**0.0**	**0.0**	**0.0**
Wine (red, medium)	**72**	**0.0**	**0.0**	**0.3**
Wine (white, semi sweet)	**83**	**0.0**	**0.0**	**3.0**
Wine (red, low alcohol)	**15**	**0.0**	**0.0**	**4.0**
Wine (white, low alcohol)	**21**	**0.0**	**0.0**	**5.5**

Reference: Provisionlist, Statens livsmedelsverk

Appendix B

THE BUSY MAN'S/WOMAN'S WAY TO MASSIVE GROWTH WITHOUT THE INCONVIENCE ASSOCIATED WITH COOKING EXTRA MEALS.

Below I am going to show you a simple way to get all the protein, carbohydrates and fat you need for maximum growth. This plan involves no actual cooking except the normal three meals a day you'll have. It involves you going to the supermarket or the nearest convenience store and grabbing a few easy-to-eat items, and you will have all the nutrition you need to pile on the mass.

This is an easy plan, but it does require consistency. You must follow the plan verbatim in order to be successful. If you follow the plan day after day, I can guarantee you that in three weeks you will have gained 10-15 pounds of solid mass.

Write this down, and put it somewhere you'll see it often. It will serve as your reminder throughout this program.

"CONSISTENCY IS THE KEY TO SUCCESS FOR ANY PLAN." If you are not consistent with your workouts or your eating habits, you will not succeed.

You need to get the proper nutrition. It doesn't really matter how many carbohydrates, protein or fats you eat. The single most important factor is the total number of calories you consume. To build muscle you need to consume more calories than you burn. Indeed, you need to consume 300-800 calories a day above what you normally burn during a day (your BMR.) You must continue increasing calories until you are gaining muscle at a rate of one to three pounds a week. How do you do that? The previous section showed you an articulate method of doing this, but below I am going to show you an even simpler way.

TO GAIN LEAN MUSCLE MASS AND GAIN WEIGHT, WHILE AT THE SAME TIME LOSING BODY FAT---YOU HAVE TO COMSUME MORE CALORIES THAT IS WHY I ASK YOU TO START AT THE 3500 CALORIE LEVEL IF YOU ARE 110-150LBS.

I assume your goal is to gain muscle mass, and I also assume that most of you would like that weight gain to be muscle. As we've already seen, this program is geared toward putting on lean muscle mass. To accomplish that, we need to consume massive amounts of calories. **YOU NEED TO EAT BIG AND TRAIN BIG TO GET BIG.**

How do we get those calories? Eat what you normally eat and then throw in some high calorie protein shakes, and you are set. It's that simple.

When it comes to nutrition, I am going to keep it simple. Think about it. How many books come with sample diets and theories? Plenty of them. However, how often do we follow them consistently? We follow them for a week or two and

then our progress comes to a grinding halt. In short, they are not practical.

An important food you may not have considered: soy

Today is the age of hurry and high tech development. Many think that bodybuilding has to follow this trend. Many people believe that if something is not new or high tech with massive hype then it is unworthy. Remember, that which is alleged to be new is often some glamorized version of the "same old " technology. The same holds true for getting proper nutrition.

Soymilk can be found in any food store. You can get it for $2.89 a liter. Each serving packs a healthy 157 calories. Six servings of soymilk a day is enough to give you all the weight gain power you need. Soymilk has only 4.3 grams of fat per serving, 6.89 grams of protein, 23 grams of carbohydrates. Most soymilks don't contain any glucose or fructose. It is natural. Furthermore, it packs on all the vitamins and minerals you need.

You should drink two quarts of soymilk a day, or more depending on your BMR and calorie needs. Don't worry about body fat. If you train the way I recommend, you will not gain body fat.

In addition to drinking soymilk, you want to eat your three basic meals. By basic meals, I mean healthy meals. If you are eating McDonalds three times a day, you are not eating healthy meals. Try to stick with clean basic foods like meats, grain, and vegetables. Remember, this is a lifestyle, so try to clean up your diet.

Soy is a vegetable source of protein. It is fairly low in sugars, and it sits well in the stomach. When you drink milk, you may find that you get gas, feel bloated and gain body

fat. However, if you don't experience these symptoms with the consumption of milk you may continue to use it.

In the meal plans below, for example, when I say one cup of soymilk, substitute it with one cup of milk. You can also use the flavored soymilks.

You may ask "doesn't this soy plan disrupt my protein, carbohydrate and fat ratio-as described in the previous section?"

The answer is "yes, it does affect the balance." What we are trying to achieve is to supply the body with all the needed nutrients and calories needed for growth. We can stick close to the 60-30-10 macronutrient ratio if we stick with the prescribed ratios with the three allocated meals.

SAMPLE DIET PLANS

By consuming your regular three meals and adding another three shakes, you have all the calories you need. If you consume two meals on a regular basis, we can bring it up to five meals with this formula. This is enough to flood your system with enough protein and carbohydrates your body needs to grow.

Meal One: 6 ounces of oatmeal (flavored), 2 bananas, and one glass of soymilk.

Meal Two: Soy shake or just soymilk.

Meal Three: 2 chicken breasts with 2 buns, salad and milk.

Meal Four: Soy shake or just soymilk

Meal Five: Spaghetti and meatballs.

Meal Six: Soy shake or just soymilk.

Simple, isn't it? If you cannot follow this, there is no hope for you. If you don't gain weight on this program, there is no hope for you. This section contains step-by-step plans for you to follow. It is very simple to use, and it is broken down into food categories.

If for any reason, you stray off the regular menu, say by missing a meal, I suggest that you extend the "eating day" by fitting in that meal. For instance, you may miss breakfast. In that case, you should have two meals before lunch, even if it means extending or delaying lunch and all other snacks and meals that follow. I can't stress this enough: it is important to remain consistent. If you just follow this plan half-heartedly, you will gain half-heartedly as well. Picture this plan as a sure way to get the body you want, and you will.

MEAL PLAN FOR WORKOUT DAYS

PROTEIN 70 percent
CARBS 20 percent
FATS 10 percent

Protein: 700 calories divided by 4 (since 4 calories is a gram. That is 175 grams of protein, which you can pick from any protein source in the category page.)

Carbohydrates: 20 percent: 200 calories of carbohydrates, divided by 4, which is 50 grams of carbohydrates chosen from any source fats; 10 percent of fats from any source of carbohydrates, divided by 9 (since there are 9 calories in a gram of fat) 100/9, which is 11 grams of fat...and the same equation applies for the rest of the meals

MEAL TWO

Soy shakes

MEAL THREE

PROTEIN 40 percent
CARBS 50 percent
FATS 10 percent

MEAL FOUR

Soy shakes

MEAL FIVE

PROTEIN 60 percent
CARBS 30 percent
FAT 10 percent

MEAL SIX

Soy shakes

HERE IS THE MEAL PLAN FOR WORKOUT DAYS. NOTE: I HAVE INCLUDED A PRE AND POST WORKOUT FRUIT JUICE TO REPLENESIH GLYCOGEN SUPPLIES.

WORKOUT PLAN WITH PRE-POST MEAL OPTION

MEAL ONE

PROTEIN 80 percent
CARBS 20 percent

MEAL TWO

Soy shakes

You may consume diluted fruit juice with protein mix 30 minutes before your workout.

WORKOUT

You may consume diluted fruit juice with protein mix 30 minutes after your workout.

MEAL THREE

PROTEIN 40 percent
CARBS 60 percent

MEAL FOUR

Soy shakes

MEAL FIVE

PROTEIN 60 percent
FAT 40 percent

MEAL SIX

Soy shakes

You may consume diluted fruit juice with protein mix 30 minutes before your workout

You need to consume very light fruit juice. For example, you may squeeze a lemon and dilute it with 500ml of water. You can mix protein with this, and you should have all the nutrients needed to accelerate the recovery and growth process. Do not consume large quantities of fruit juice or protein powder as it will take blood away from the muscles and use it for the digestive process. You may use Gatorade

or any other high performance drink, but dilute it for maximum effect.

ARE THERE ANY ALTERNATIVES TO THE SOYMILK AND SHAKES?

You can make soy shakes using the "weight gain shake section" above. If for any reason you don't like plain soymilk, try the flavored ones. If you still can't stand soymilk, use regular two percent milk. However, most people cannot digest the milk, so expect some stomach upsets. With soy, you will never find any digestive disturbances.

Remember, it does not matter how well the nutrient source or how good the supplements you use, if you are not digesting it – it is a waste. If you would like to use rice milk or any other suitable substitute, go ahead. Just note the calories and nutrient compositions on the label and enter it in your food journal.

WHAT IF I DON'T HAVE A BLENDER?

Use regular soymilk or two percent milk, and drink it every two hours. You will have to work the number of servings based on the number of calories needed to accelerate growth. This could mean that you will have to drink soymilk or regular milk every two hours including drinking some with regular meals. Your serving size will eventually increase, so you can be drinking one liter a meal. You can also increase calories by consuming more calories in three meals. Note: the serving size will vary between producers of soymilk. The food label remains the most accurate measure of the number of calories, carbs and protein present in the milk. Take your time, look it up, and make a note of it in your journal.

WHAT IF I DON'T HAVE TIME TO CALCULATE MY THREE MEALS?

I advise that you find the time. Taking 30 minutes before you go to bed will not kill you, and preparing food need not take you longer than 10 minutes. You've got to ask yourself if all that cooking is worth its weight in muscle, strength and the confidence that goes with it. If it is not worth your time, examine your goals once more. You obviously don't want it bad enough. If, however, you still refuse to calculate the needed calories and nutrient breakdown, here is a simple formula to follow:

First, you should realize that your current bodyweight has remained the same for the past few years. It fluctuates by approximately four pounds, but you have a "normal" bodyweight. If you do not gain weight on a daily basis, and if you maintain the same bodyweight every day, we can safely assume that the meals you are presently consuming are providing enough nutrients to support basal metabolic functions plus a few extra for daily activities. We can take these three meals as your BMR. Then, all we have to do is increase calories above this BMR, and we will have all the calories we need for fast growth. You will increase serving size as you get bigger or until you are gaining at a rate of one to three pounds of muscle a year. You increase calories by drinking milk or by using the soy milk shakes.

Note: you just increase calories by increasing the servings of soy milk-since the calories are indicated on the labels simply consume the required servings to get the needed calories.

Summary

You have three meals a day, and you add in shakes to adjust calories. As you grow stronger and bigger, you add more food and/or shakes at breakfast, lunch or dinner.

Alternately, you may add another shake at the end of the night. Below are actual examples you can use for each food category. Choose one and manipulate it as you see fit to suit your needs

Zig zagging

What is zig zagging? Zig zagging is a nutritional strategy used by bodybuilders who are trying to gain muscle mass without gaining too much body fat. When you increase calories to the level needed for accelerated muscle growth, you will inevitably gain fatty tissue.

For instance, you may weigh 200 pounds and have a body fat percentage of 12 percent, and you want to increase to 230 pounds at nine percent body fat. You will increase your calories by 1000-2000 calories a day for five days, then cut your calories back down to BMR level for three days. The metabolism is revved up in those five days. When you back down, the metabolism is usually slow to follow, so it will keep burning calories at the accelerated rate even though calories are low. This will allow excess body fat to be lost. Then, before the metabolism falls back down, we rev the metabolism up again. This zig zagging is very effective. To make fat loss even faster, eliminate starchy carbohydrates on the down days. Or, take it a step further by eliminating carbohydrates all together!

Studies have found that to lose weight, you should not decrease calories. Decreasing calories lowers your metabolism especially when done for four to five days. Adding aerobics to a starvation diet is even more disastrous. The best way to lose body fat is to decrease calories to BMR levels, reduce or eliminate starch intake, increase protein proportion with the decrease in starch an then include some high intensity aerobics to rev up your metabolism even

further. The fat will strip off gradually to reveal a razor sharp body.

With zig zagging you never allow your metabolism to slow down during the "down phase." Rather, you increase it by performing aerobics and keeping calories relatively high.

USE THE ZIG ZAG DIET WITH "MAXIMUM NUTRIENT SATURATION DIET" BUT FIRST LET'S UNDERSTAND …HOW THE BODY ADAPTS TO HEAVY FOOD CONSUMPTION

"Don't eat too much, or you will get fat." "Don't consume more than 500 calories above your BMR, or you will get fat." These are statements used to prevent you from actually eating the required level of calories needed to get you huge, directly preventing you from reaching the upper limits of your true genetic potential.

The training in this manual is backed by science, and it has been proven to work at the gym. It has been tested for 12 years to deliver the greatest amount of growth stimulation without overtraining. However, that is all it does "stimulate muscle growth." The actual recovery and adaptation occurs outside the gym with adequate rest and ample calories and nutrients, two essential lifelines to extraordinary muscle gains.

Here are the facts about SAID. "An ordinary diet will produce an ordinary man" just as surely as average training routine produces average training results (no results.)

If your body has to chose between adapting and getting larger or getting smaller, it would choose getting smaller because there is less energy expenditure on that level. By using the "**MAXIMUM NUTRIENT SATURATION DIET,**"

we are giving the body no choice but to adapt and get more efficient at using calories.

Building muscle mass is expensive as is consuming massive amounts of food. Because it takes calories to digest food, the body reacts to massive overload of food by getting fat and offering a host of digestive problems to combat. All of this frightens your body, so you'll pull back and the "survival mechanism wins again." We can beat this survival mechanism by using massive amounts of calories and engorge it with nutrients.

Your body is desperate to survive. It is designed to get through a famine or any hostile environment. When you consume "just enough calories" or even go on a starvation diet, your body switches to a famine mode and actually stores more body fat for future "emergency use."

We can turn this survival mechanism into a weapon to build awesome muscle mass. We can give it more food than it expects to receive in a given day. In a few short days, the body begins to realize that it does not need all this excess body fat because nutrients are abundant. Therefore, it uses the stored body fat as an energy source, spiking the metabolism in return and allowing you to digest food easier and faster. The body has no concern to store body fat because there is no "famine" is in sight. This is how we override the survival mechanisms defense system.

If we consistently overload the body with enough stress and calories to warrant muscle adaptation and to provide an abundant cause to force "metabolic adaptation," we can turn the key of survival to our favor. The result is huge muscle mass growth.

DON'T WE GET FAT IF WE CONSUME TOO MANY CALORIES?

If you are inactive, yes! If you are using this training system, no! The body will react to the initial influx of calories by rebelling the first week or two, and it does this by forcing you to take frequent trips to the washroom. You also might experience temporary gas and heartburn. After two weeks, you will notice that all the digestive problems stop because the body has adapted fully to the stress factor.

Remember the definition of SAID, which states that the body(including the metabolism) will adapt to a specific demand placed upon it. Metabolic adaptation means you have to stimulate it by using specific stress proven to stimulate the target "survival mechanism." With muscle mass stimulation, we use holistic training and high overload intensity. With the metabolism, we use high, unexpected and sustained amounts of calories to stress the metabolic system.

Adaptation is specific. You cannot expect dramatic results if you train hard (specific stress for specific adaptation), rest long and have a normal everyday diet (not specific stress.) Dramatic results don't just happen. Yet, how many of us have been guilty of this act? We train hard. We rest long, but we don't even give second thought to nutrition. You cannot build a pyramid without rocks just as surely as you cannot build a great body without the foods. Each of these is a necessary raw material for their development.

Remember, the body loves to stay put. It enjoys homeostasis, where the least amount of energy is expended. In training the body uses catabolism (break down muscle tissue) to counteract anabolism (build muscle tissue.) That is why a balance is needed in training as well as in nutrition to keep the body in an anabolic mode.

ZIG ZAGGING

The zig zag and Maximum Nutrient Saturation diet actually closely follow the fat loss section (Phase C) except, calories on the up days should be at least two times BMR, if not more. That is the minimum effective level. High calories are essential because without them you will not gain 20-30 pounds of muscle at the end of this course

Protein should be derived from clean sources like fish, chicken breast and lean cuts of meats. Note that heavy use of eggs is advised because eggs are clean and cheap. They are also one of the best sources of protein. You may drink coffee at breakfast and before a workout

On the high calorie days, you must take the "Maximum Nutrient Saturation diet." The other three meals should be composed of high quality protein and complex carbohydrate sources. Consume foods such as potatoes, rice, and pasta. Your total calorie intake should be a minimum of twice your BMR (minimum.) Aim for a minimum of twice your BMR on **high calorie days.**

With the Maximum Nutrient Saturation diet, you consume three to four 1890 shakes in addition to your regular three meals giving you a high of 9000 calories.(or more)

The **MAXIMUM NUTRIENT SATURATION DIET** says that you are capable of gaining muscle at an alarming rate of speed, but to that end you will need to consume 3000-5000 calories above your BMR.

If you increase calories as suggested, your mass gains will increase rapidly but so will your body fat levels. That is when you reduce calories to help you lose body fat. This is the traditional zig zag diet at work. I don't recommend it because it suggests that you lower calories below BMR in

order to lose weight. This slows down your metabolism and uses your hard-earned muscle mass as a fuel source. However, by simply changing the composition of our foods and combinations, we can have the same fat loss effect without eroding muscle mass and taming the metabolism.

HOW WE DO IT

Increase calories as in the Maximum Saturation Nutrient diets by 3000-5000 calories, a minimum of twice BMR should be consumed, for four days. Continue with your brutal workouts as described, and then drop calorie levels to BMR foe 3 days. Cut all intake of starchy carbohydrates for three days, and then take it back to the high calorie plan for another four days, etc. You do this until you reach your desired bodyweight.

If you gain six pounds of muscle in four days, and of that weight, four pounds are muscle, you have two pounds of undesirable body fat. By starch depleting and reducing calories to BMR, and adding high intensity aerobic activates to your daily plan, you will burn those two pounds of body fat. When you do this "zig zagging," you will be left with only solid muscle mass. It is very efficient and works like a charm when used ***consistently***. To make it work, you need to avoid all starchy carbohydrates and stick to vegetables or any fibrous carbohydrate on your "down" days. No sugar is allowed, and you will perform three days of high intensity aerobics on your "down days." You will not perform high intensity aerobics on the high calorie four-day spree.

We will increase calories by 1000-2000 a day by simply using the **MAXIMUM NUTRIENT SATURATION DIET**, or you may use actual meals and food to get the required number of calories if you so chose.

THE MAXIMUM NUTRIENT SATURATION DIET SHAKE

Take: four scoops of whey "weight gain" protein. Add two cups of soymilk (chocolate flavored.) I use interactive mammoth 2500 weight gain supplement, which provides 980 calories per serving. (Go to my site for more information.) You can use just about any weight gainer found in your health food store.

- 1 cup of soymilk (175 calories)
- ½ cup of coconut milk (100 calories)
- 3 tablespoons of coconut oil (300 calories)
- 4 egg whites (280 calories)
- 1 tablespoon of peanut butter (100)
- 1 banana (100 calories)

That comes to 1890 calories. You can add more calories to this shake by adding two to three tablespoons of coconut oil or peanut butter to the shake, which will provide another 200-300 calories to your diet.

Take this shake as is two to three times a day in addition to your three regular meals. Yes, 1890 calories sounds like a lot, but your body can handle it in one shot. In the first few days, you will find yourself full all the time. However, after one to two weeks, this will no longer be a challenge to your digestive system. By then, your body will have adapted fully to the "metabolic shift" it has taken in response to metabolic adaptation.

Let's use me as an example. I weigh 235 pounds, and I have a body fat level of 10 percent, so my BMR (I am an ecto-mesomorph) is 4700. I have this shake three times a day in addition to my three meals. This gives me close to 9000 calories. You may be thinking, "I can't eat this much," or I cannot take this many calories." Yes, you can! In fact, contrary to popular belief, you need more calories than 500 above BMR to grow dramatically. You need about 2000-3000 and more above BMR. The body will need a week or two

weeks to adapt to this level of calories intake, but when it does you will see fat fall off as muscle growth explodes. You can also increase the calories gradually until you are 3000-4000 calories above BMR. For me, it took a week. Sure, you may feel full the first week, and you may have slight digestive irritations as the body adapts. After that, you will be fine, and your muscles will explode with new growth!

This plan is used together with the ZIG ZAG plan which I will now explain.

DO I ADD MORE CALORIES TO COMPENATE FOR THE AEROBIC SESSIONS?

You don't have to add calories to compensate for the loss of calorie taken by aerobics. Your goal is to lose body fat, and adding more calories will make it even harder to close the body fat.

MODIFICATIONS ON THE ZIG ZAG DIET

The standard zig zag is five days up (high calorie 2000 Calories above BMR with no aerobics) followed by three days less calories plus aerobics. Less calories means you are consuming calories equal to your BMR. Use this pattern if you are an ectomorph and mesomorph
For the obese (ENDOMORPH) individual, you want to use five day down, three up. That is five days of zero starch (calories equal to BMR and not LBMR) and three days of high calories (minimum of twice BMR.) By using BMR and not LBMR, we allow muscle growth to take place.

SOME POINTERS ON THE ZIG ZAG DIET

On the low calorie days, no food should be consumed after 9 pm and before a morning workout, a fast should be taken before you workout. All flours and sugars should be avoided, and no breads of any sort are allowed. Carbohydrates should

be limited to 80 grams on "down days." Your total calorie intake should be equal to BMR; the 90 grams of carbohydrates should be composed primarily of fibrous carbs, 90 percent follow the fat loss section stage three

HOW TO INCREASE CALORIES WITHOUT GETTING STUFFED

There are several ways to increase calories. There are liquid meals such as shakes, and then there are nutrient dense snacks such as nuts, and finally there are oils, namely Medium Chain Fatty Acids (MCFA.)

Imagine if there was nutrient dense fat packing well over nine calories per gram that we could easily consume, that was quickly absorbed and that could be used as a source of energy without being deposited as body fat. The good news is it does exist. It's called MCT oil (medium chain tricerrides.) It exists naturally as coconut oil and as palm nut oil. In all my years of bodybuilding, no other food supplement has allowed me to gain mass at such an accelerated pace as coconut oil. It was in Africa that I learned about the amazing medicinal and anabolic properties of this fat. Africans consume a lot of this stuff. They eat it as soup, drink it as juice, as much as a cup a serving, and yet not one in nine Africans are obese. On the contrary, they have ripped bodies that will make our Olympians wince with envy.
For the bodybuilder, MCT oil via coconut oil is another catabolic agent. It spares the destruction of muscle protein and will provide a large and more sustained energy release during workout and non-workout days, unlike fructose and saturated fat. Gram-for-gram, they blow away protein and carbohydrate nutrient dense calories, packing in nine calories per gram as opposed to four calories per gram of protein or carbohydrate. MCT also promote anabolism by aiding in the absorption of amino acids. This means your

muscles get all the amino acids they need, allowing for rapid muscle recovery and growth.

MCT's also increase the metabolism and encourage thermogenises. Most importantly, it delivers a lot of useable, edible calories, allowing you to get all the calories you need without stuffing yourself silly with all that food. Although MCT'S are fats, they will not be deposited as body fat in the body. This is because they are used by the mitochondria in muscle cells where they are converted to ketones and used as an immediate energy source and never stored as body fat.

MCT's have no cholesterol and will not contribute to increased cholesterol levels. MCT's are composed of Medium Chain Fat Acids (MCFA), which are easy to digest and to convert to energy. They do not increase cholesterol, nor do they increase the risk or heart disease. Saturated fats, on the other hand, are Long Chain Fatty Acids (LCFA), which have the ability to raise cholesterol and are easily stored as body fat. MCT oils, which are MCFA are easier and faster to digest and have better solubility in biological fluids. It is easily absorbed by the body and carried off to the liver where it undergoes quick oxidation to release energy. Other sources of MCT are mother's milk, baby milk and baby formulation.

In Africa coconut oil is used to heal wounds, and it does so rapidly. It is consumed in the diet as a predominant source of fat. In India it is used as a medicine for wounds as well as hair growth product since it has an uncanny ability to grow and vitalize hair cells.
I don't recommend you use the coconut oil found in supermarkets. They have been processed too far. Get your source from a West Indian store, or go to my site. I will show you how to get some, the right kind for inexpensively. Do not buy MCT oils from supplement companies. These are refined and filled with preservatives and flavor, although

they hold their liquid form well. If you do decide to use the supplement version , got to my site for the best price and brand. Coconut oil has no flavor, and it can be taken without much trouble in terms of taste and smell.

HOW TO USE MCT OIL

Take one to two tablespoons with every meal. We do not count this as a nutrient source. It is a mere supplement as far as we are concerned. However, we do count the calories. Use it in our shakes, in salads, in baking and when broiling.

You will discover a simple food that will provide all the calories and food you need without stuffing yourself. You no longer have to eat massive amounts of food to get the calories you need. Just three servings of coconut oil with each meal, and you have over 400 extra calories per meal . It's easy to digest and use, and you don't have to worry about bloating, fullness and gas.

The major side effect of MCT oil is temporary diarrhea. Remember, your body needs time to adjust to all kinds of food, and coconut oil is no different.

Zig zag is essential because it shows you how to increase calories according to any sporting activity you may take part in.

HOW DO YOU FIT SPORTING ACTIVITES INTO YOUR DAILY NUTRITION?

This is a valid question because each sporting activity demands energy and eats into our recovery system. Therefore, we have to consume more calories to compensate for the loss of energy and recoverability. For instance, if you estimate your calorie level to be 5000 calories a day, you have 834 calories each meal (six meals.) However, that day

is usually inactive. If you play sports, you could easily burn about 500 calories right off the bat. To make sure you do not lose muscle or you do not use precious muscle growth calories, you should eat calories equal to the face value of the sporting activity calorie expenditure.

Add the number of calories burned to your daily requirements. You don't have to worry about the aftereffects of the sporting activity.

On a workout day, add 400 calories to your diet, which means on all days you need to add an additional 400 calories to your diet, up and above what you calculate to be your daily calorie needs. Let's say you weigh 200 pounds. You find out that you need 4000 calories to sustain every day bodily functions, and you should add an additional 1000 calories to support super fast growth. On workout days you should add another 400 calories. On non–workout days, you should fall back on calorie levels. However, if you play sports, you just add the calories used during sports to your daily food requirements.

AMINO ACIDS-HOW TO USE THEM TO ENCOURAGE SUPER FAST MUSCLE GROWTH

There is one amino acid I believe you should supplement with and that is glutamine, which is the most powerful anabolic amino acid as far as building muscle is concerned. It is converted into prolin and hydroprolin, two amino acids that form collage, which are essential for muscle growth and protein synthesis

You need to consume a minimum of six grams of glutamine a day if you would really like to see it work. This increases natural GH levels and allows muscle cells to be more receptive to muscle growth and protein synthesis. Don't get the tablets. They are inefficient at best. Glutamine ensures

fast absorption. Take it 45 minutes after a workout and just before you go to bed and always on an empty stomach.

You might also want to invest in a multi-vitamin tablet. This will cover all the basics and makes sure you are not lacking in a specific mineral, which can deter muscle growth.

CONSISTENCY AND THE WILL AGAIN

There are a few people reading this that might not gain weight using this program. For these people, their lack of success is directly affected by a lack of consistency. You don't have to train seven days a week and use supplements like there is no tomorrow. Consistency means sticking to this program like your life depends on it. To gain 7-10 pounds of muscle in 15 days, you are going to need 7000 calories up and above what you normally eat in the course of two weeks. If you fail to consume 7000 calories, your results will be compromised. Similarly, if you failed to take all of your sets to failure because you felt tired, you will not make the gains you deserve.

I have made it incredibly simple for you! There are supermarkets and
convenience stores all over the country open 24-7 for your convenience. You have no excuse whatsoever in not taking in the required calories. A cup of soymilk is 167 calories. You can run into any supermarket or convenience store and get two quarts for the day in addition to your regular three meals a day.

It is extremely hard to consume 3500 calories of food. It sounds simple and easy, but one of the complaints I get is that those soy shakes actually deter you from eating the required number of calories. You must train yourself to consuming three regular meals plus the four shakes per day. It requires determination, will power and consistency.

Let me give you an example. A client of mine, Duff, is a waiter. People who serve food, tend to eat far less than you expect. Indeed, most have one meal a day by choice. With all the food available to them, you would think they would be fat, but it is actually very hard to build an appetite for food when you serve it. I told duff to buy a 24 case of chocolate-flavored soymilk, and keep it in the fridge. I instructed him to eat his breakfast, lunch and dinner and then every two hours in between, go to the fridge and grab a can. By drinking four to six cans a day, he was able to add eight pounds of body weight in six days. Seven pounds of this body weight was muscle. That is consistency.

How to foster consistency

1.) Carry your photo with you as a reminder of what you look like.
2.) Ask yourself if looking this way is acceptable and if you truly want to change.
3.) Ask yourself why you really want to change your body and what you would give to have the body of your dreams now.
4.) Carry a stopwatch. Set it to ring every two hours and eat every two hours. When you get up at night, have a shake.
5.) Make eating convenient. Carry shakes in cans or in thermos flasks. It is easier to drink a shake than to prepare one. Prepare four shakes, and drink them all through the day as directed by the watch.

FAT LOSS SECTION /ENDOMORPH SECTION

The fat loss section is different than anything you may have tried before. Unlike a conventional fat loss diet program, it does not ask you to reduce calories.
Your goal during the fat loss phase is to actually increase calories while manipulating your intake of carbohydrates and protein.

The other element we will discuss and use in the fat loss section is aerobics, and I will show you how to use them for great success.

HOW WE USE THE FAT LOSS PHASE

We simply decrease your intake of starchy carbohydrates and increase your intake of fibrous carbohydrates and protein. Before, you had a 50-50 percent split between fibrous carbohydrates and starchy carbohydrates. Now, it becomes more like an 80-20 percent split between fibrous carbohydrates and starchy carbohydrates. We also eliminate carbohydrates entirely in our last meal before bedtime. Below you will also find that we can also eliminate starch entirely if we wish to eliminate those last few stubborn pounds.

If you want to lose body fat, figure your true BMR and increase calories until you are gaining one to three pounds of muscle a week then pick the APPROPRIATE FAT LOSS plan below. Use it until you lose one to three inches off the waist or until you reach your desired weight and size. There are three phases below. Each one builds on the other. You begin with plan A. If you lose one to three inches and see no results after two to three weeks, you have to further decrease carbohydrate intake by moving on to plan B and then C. Consistency and patience is key. You may not see

gains on the bathroom scale, but rest assured, actual body fat will decrease, and lean muscle mass will take its place.

AS A GENERAL GUIDELINE IF YOU WANT TO LOSE ONE TO THREE POUNDS OF BODY FAT, YOU DON'T NEED TO PERFORM AEROBICS. AEROBICS ARE AN OPTION BUT ARE NOT ESSENTIAL. ON THE OTHER HAND, IF YOU HAVE 5-30 PERCENT BODY FAT TO LOSE, YOU NEED TO ONLY DECREASE CARBOHYRATE INTAKE AND INCREASE AEROBIC ACTIVITY ACCORDING TO THE FAT LOSS PHASE DESCRIBED BELOW

If your body fat levels increase by one to two percent, you don't need to panic. As long as you are within range, you continue with your category suggestions. For instance, you may be at the eight percent level, and you find that you have gained weight but reached the 11 percent body fat level. You can continue since you are still below the 14 percent maximum. A 14 percent body fat level is decent for a well-defined body!

FAT LOSS/ENDOMORPH PLANS

HOW DO WE FIGURE THE RIGHT RATIOS IN OUR DIET?

It's simple. Just take the total number of calories needed which is BMR (ectomorph and mesomorph) OR LBMR (if an endomorph) and add 600 calories (mesomorph), 700(if ectomorph) and 500(if an endomorph) then multiply it by the noted macronutrient ratio given below.

For example, a person on a 6000-calorie diet, consuming six meals a day would determine their calorie per meal by dividing 6000 by 6 for a total of 1000 calories per meal.

PLAN A

MEAL PLAN ONE: WORKOUT DAYS

PROTEIN 30 percent
CARBS 70 percent—30 percent fiber and 70 percent starch

This means we can consume 300 grams of a protein source; 700 grams are carbohydrates and of this, we can consume 70 percent of it as starchy carbohydrates like potatoes (490 grams) and the rest as fibrous scratch e.g. vegetables.

MEAL TWO

PROTEIN 70 percent
CARBS 30 percent—70 percent fiber and 30 percent starch

MEAL THREE

PROTEIN 80 percent
CARBS 20 to 30 percent fiber and 70 percent starch

MEAL FOUR

PROTEIN 30 percent
CARBS 70 percent—80 percent fiber and 20 percent starch

MEAL FIVE

PROTEIN 90 percent
CARBS 10 percent—100 percent fiber and 0 percent starch

MEAL SIX

PROTEIN 100 percent
CARBS 0 percent

Here is the meal plan for both workout and non-workout days. Note that I have not included a pre and post workout fruit juice to replenish glycogen supplies as we are trying to minimize the intake of carbohydrates to decrease body fat levels. I also have not made any leeway for fats. There will be fats in the proteins and carbohydrates we consume, but they are not factored in the percentages.
Follow the plan until you reach the desired body fat level or until you drop the one to three inches off of your waist.

WHAT IF I AM NOT LOSING FAT WITH THIS PLAN

If you do not lose fat with this plan in a four-week period, follow plan B. This is exactly the same, except you are decreasing starchy carbohydrates to a maximum of 150 grams a day. The plan is identical to plan A. The only difference is you have one starch meal in the morning and only fibrous carbohydrates the rest of the day!

PLAN B

MEAL PLAN ONE WORKOUT DAYS

PROTEIN 20 percent
CARBS 80 percent—0 percent fiber and 100 percent.

MEAL TWO

PROTEIN 90 percent

CARBS 10 percent—100 percent fiber and 0 percent starch

Protein 90 percent 900 calories divided by 4(since 4 calories in a gram, that is 225 grams of protein, which you can pick from any protein source in the category page)
Carbohydrates 10% --that is 10% of carbohydrates is 100 calories of carbohydrates, divided by 4, which is 25 grams of carbohydrates chosen from any source, and the same equation applies for the rest of the meals.

MEAL THREE

PROTEIN 90 percent
CARBS 10 percent—100 percent fiber and 0 percent starch

MEAL FOUR

PROTEIN 90 percent
CARBS 10 percent—100 percent fiber and 0 percent starch

MEAL FIVE

PROTEIN 90 percent
CARBS 10 percent—100 percent fiber--100% fiber and 0 percent starch

MEAL SIX
PROTEIN 100 percent
CARBS 0 percent fiber and starch

WHAT IF I STILL CAN'T LOSE THE BODY FAT OR I CAN'T GET RID OF THOSE LAST FEW POUNDS?

Plan C

Plan C is a zero carbohydrate diet. You limit carbohydrates to 40 grams a day. I recommend you stay on this diet for only two to four weeks at the most long. Nevertheless, it is very effective and the only fall back to this diet is that, as carbohydrate levels goes down to no more than 40 grams, fats take their place as an energy source. You can use MCT oils and eat any high protein–high fat meal. For example, you could have a rib steak with all the fat provided you have no carbohydrate in the meal. You can also have bacon and cheese as long as you don't exceed 30 grams of carbohydrates a day. This drawback to this diet is a fall in energy as your body adapts which is why I advise you to use MCTS oils via coconut oil to charge yourself for your workouts.

The breakdown of macronutrients will be: 55-60 percent fat, 45-50 percent protein, and three-six percent carbohydrates. Carbohydrates should never exceed 40 grams of protein.

MEAL PLAN ONE WORKOUT DAYS

PROTEIN 90 percent
CARBS 4 percent—0 percent fiber and 100 percent starch

MEAL TWO

PROTEIN 90 percent
CARBS 10 percent—100 percent fiber and 0 percent starch

MEAL THREE

PROTEIN 100 percent
CARBS 0 percent—100 percent fiber and 0 percent starch

MEAL FOUR

PROTEIN 95 percent

CARBS 5 percent—100 percent fiber and 0 percent starch

MEAL FIVE

PROTEIN 100 percent
CARBS 0 percent—100 percent fiber and 0 percent starch

MEAL SIX

PROTEIN 100 percent
CARBS 0 percent

In stage C, you increase aerobic sessions to a maximum of five to seven, 20 minutes each time. Make use of supplements and MCT oils for the added boost in energy since you will be lacking it in low intake of starch.

WHAT IF I TRAIN RIGHT BEFORE BED? DOES THIS AFFECT MY FOOD COMPOSITION OF THE LAST MEAL?

If you are in the fat loss phase, your last meal before bed is still pure protein. You will consume a lot of protein to enable your body to spare the breakdown of muscle tissue as a source of energy.

Animal protein also contains some measure of carbohydrates, so you will have all the nutrients needed for muscle repair and growth. In the morning, you will have your one large carbohydrate meal. Not that you lose the pump rather quickly in this fat loss phase because of the lack of glycogen in the cells caused by lower starch intake.

If you think body fat levels are not increasing too rapidly and would rather not get on the fat loss phase, decrease starchy carbohydrate intake until body fat levels come down to an acceptable level. Shoot for a maximum body fat

percentage of 14 percent. Anything higher than this is not acceptable in the long run.

WHAT SHOULD MY CALORIE LEVEL BE IN THE FAT LOSS SECTION?

If you are an endomorph, your calorie level is LBM plus 500 every week until you are gaining one to three pounds of muscle. The only difference is your carbohydrates levels are usually around 50-150 grams a day. No calorie reduction is necessary. To increase calories, you can use MCT oils, which are fats but are used predominately by the muscle cells as an energy source. MCT OILS are protein sparing and will prevent lean muscle mass loss. If you do use MCT oils, make sure your carbohydrate intake is low because consuming a large starchy carbohydrate meal makes fat loss even more difficult. Consume fatty steaks and red meats for energy and protein.

If you are a meso-ectomorph with extra fat, use BMR plus 600 calories per day increments until you are gaining one to three pounds of muscle a week. Use MCT oils to help you achieve the desired calorie level.

DON'T DEPEND ON THE SCALE

Because you are increasing muscle mass while decreasing body fat, you will not see a drastic change on the scale. Your muscle to fat ratio will increase. While you will see drastic changes in the mirror and on the skin caliper reading, you may not see big changes on the bathroom scale.

FAT LOSS PHASE

If you're using the fat loss phase and are losing two pounds a week, hold that calorie figure until you reach your goal. If you find yourself hitting a plateau, you might want to

decrease starchy carbohydrate intake even further until you begin to lose fat at one to three pounds a week. Remember, you should measure yourself every two weeks, and make decisions based on that time frame. Once you reach the required percentage level, you can then go back to your appropriate classification.

WEIGHT LOSS PROGRESS GUIDELINE

Drop starchy carbohydrates, and watch your progress for a two-week period. Check your caliper, ruler and tape measure. If the caliper drops to the mesomorph level, switch to the mesomorph phase.

WITH THE RULER

If the ruler drops to the ecto-meso morph, switch to the mesomorph phase.

WITH THE TAPE MEASURE

If you lose one to two inches on the waist, switch to the ecto-mesomorph phase, which is the mass phase.

ISN'T ALL THAT PROTEIN INTAKE DANGEROUS?

No. Your body is a truly remarkable machine. Unlike other machines, it actually gets better with use. Your metabolism and digestive system adapts to any environment given to it because its primary function is to ensure the body's survival. Heavy training as advocated in the Fast Muscles Program leads to great demands on the body to repair and adapt to all that stress. High protein and carbohydrate meals are therefore needed. Consuming the RDA recommended levels of protein will not suffice for this adaptation and growth process.

Because we increase calories and protein intake gradually, the body adapts to the added protein, and no harmful effects take place.

By training the body to consume large quantities of food, the digestive system will adjust to break down all those extra protein and calories needed. The key to effective fat loss, permanent fat loss, is decreasing your intake of starchy carbohydrates and increasing your intake of fibrous carbohydrates. Supplements are very important here because getting all of your calories from protein will require a lot of food.

SOME MORE SUGGESTIONS ON THE FAT LOSS SECTION

You should never perform more than two aerobic sessions during the same day. Some bodybuilders do aerobics an hour (as soon as they wake up) in the morning and an hour at night (just before bed.) I don't recommend this to anyone unless they have to lose a lot of fat in a hurry. This is a short-term solution, and staying on such a plan will lead to a plateau where you will not lose weight no matter how hard you try. Such a practice also stops muscle growth because valuable energy is used to support all those energy demands. Even worse, it will lead to chronic overtraining and muscle atrophy.

You will find that your energy levels will drop drastically as the body begins to burn body fat as a source of energy and as glycogen levels are depleted.

To beat this low energy feeling, you should use MCT oils or pure coconut oil to supply all the calories and energy you need to power you through your grueling workouts. The other bonus is that MCTS oils will keep your metabolism is full gear, allowing you to burn body fat.

Low carbohydrate levels increase the production of glucagons which is responsible for stopping the "fat building" properties of insulin. Glucagons send a signal to the body to burn body fat as an energy source

AEROBICS

THE AEROBIC FACTOR AND HOW IT CAN HELP BUILD MUSCLE

Aerobics have been known by many to burn body fat and stimulate the metabolism, but it can actually create a optimal condition for muscle growth. It does this by increasing cardiovascular density. Cardiovascular density defines how many blood vessels are in the body and their respective sizes.

Since aerobics pumps oxygen into the circulatory system, it increases the cardiovascular capacity of the circulatory system. This allows more blood and oxygen to supply nutrients to muscle cells for quick muscle growth. Likewise, a greater number of blood vessels ensure that waste from muscle cells area taken away, allowing for faster muscle recovery and adaptation.

We perform aerobics for one reason only and that is to spike up the metabolism and BMR, so we can burn more calories at rest, allowing us to lose body fat and not lean muscle tissue. Aerobics does have some benefits...PARILLO

The Workout

If you are like most people, you may be doing regular aerobics in a desperate effort to trim the fat. Most of us make a New Year's resolution to get in shape. And, most of us leave it to the last day of the year to make that dreaded commitment.

The fact that we shiver when we plan our weight loss resolutions should be an indication that the plan, and its subsequent routine, is perhaps too stringent and not at all effective. Lets face it, if it was effective, there would be no need for a New Years weight-loss resolution in the first place.

Disclaimer

Please consult a physician before you undertake this or any exercise program. The workout program that will soon follow is of a high-intensity nature. It may prove fatal to those not of sound health.

The Sprinter and the Marathon Runner

The types of aerobics I suggest are called high-intensity aerobics, and they are adapted from "sprinters." Have you ever compared the physical attributes of a sprinter and a marathon runner? You may have noticed that the sprinter is muscle bound and faster, and the marathon runner is thin with a surprisingly substantial amount of body fat.

They both perform aerobic workouts. The sprinter does so to 10 to 30 second bursts. The marathon runner travels slower for longer periods of time. You probably prefer the physique of a sprinter to that of a runner. The sprinter has more muscle and is more gracious and athletic looking.

Note the word used. *High-intensity aerobics*. High intensity aerobics parallel high intensity bodybuilding in many respects.

Less is more here

Because intensity is high, you will be burning more calories than when walking or running with low intensity. You will also be stimulating your metabolism for longer periods than conventional low intensity aerobics.

Low intensity aerobics do not result in a significant increase in your metabolism after the exercise has been completed. Remember, the function of the cardiovascular system is to support the muscular system, not the other way around.

Increases in muscular strength (from a proper high intensity strength-training program) will correlate to improvements in the cardiovascular system.

Why high-intensity aerobics?

First and foremost, aerobics refer to metabolic and neurological paths that are in continuous use by the body. In layman's terms, aerobics refers to the use of oxygen. It has nothing specifically to do with exercise. In strict definition, one would receive a better aerobic effect by sitting down and breathing deeply and exhaling.

A standard definition in a dictionary is *"living and growing where there is oxygen."* In effect, this term is wrong. Definitions aside, the "experts" tend to encourage low-intensity aerobics as the optimum way to reduce unwanted body fat, and they measure intensity by using pulses and heart beats. However, this is not the optimum way to measure or reduce excess body fat. The optimum way to achieve cardiovascular conditioning is by elevating your oxygen intake known in the fitness world as V02 max (defined as your maximal rate of oxygen consumption.) This is the speed at which your lungs pump oxygen to the rest of your body, especially the muscles. The only way to increase your VO2 max is to breathe hard. The harder you breathe, the higher the VO2 max count. The more calories or energy

you expend, the faster the fat will come off. Such intense aerobics activates fat-burning enzymes that will burn the fat cells.

This is why high intensity aerobics are better than low intensity aerobics. The workouts below are designed to gradually increase the intensity of your aerobic workouts without increasing the total time taken to perform the workout. This essentially means the intensity will be high. I caution you to start slowly. For some, especially the obese, walking to the fridge might be the equivalent of running at 10 miles per hour for a minute.

Try to increase the intensity on gradual basis until you are fit enough to take it to the maximum.

In aerobics, when the intensity is high, frequency must be low. I have not seen an instance where obese individuals, who I placed on this program, ever had a problem losing fat.

Most people would rather spend 15 minutes of high intensity aerobics once a week than an hour of low intensity aerobics on a daily basis.

Low intensity is not the key when it comes to deriving maximum aerobic benefits. Even if your goal is to keep your respiratory system and your heart in check, low-intensity aerobics is an inefficient way of obtaining those benefits.

With high intensity aerobics, you can workout with confidence, knowing that you have stimulated your metabolism for hours to come. You have become a fat-burning machine.

The 90-second blast

I call this program the 90-second blast for the mere fact that it requires you sprint for 90 seconds or more in intervals.

To be effective, the 90-second blast has to be done under the following conditions:

1. Perform your H.I.T. (high-intensity training) aerobics in the morning, this is the pre-fast effect for which we are looking. This ensures your blood glucose levels are low, and it also gives your body less glucose to burn before it attacks the fat on your body. Second, fasting produces an anabolic effect, something that will ensure your muscles are always primed for growth. If you cannot train in the morning then perform it after a four-hour fast. Your last meal should have been four hours previous, preferably at night just before you go to sleep.

2. Your goal, however, is stimulating your metabolism and not necessarily burning the most calories in that workout.

The experts' claim that low-intensity aerobics are best and injury free. That is false! If you are ill, low-intensity aerobics may be for you. Remember to consult your physician. If you are of sound health, high intensity aerobics are the way to go.

Once you reduce your body fat levels, you should go into a maintenance phase that requires only one 10-15 minute aerobic workout once every two to three weeks.

You can use any aerobic equipment. I personally suggest the treadmill. This equipment can be used year-round, and they provide a precise way to measure your speed, time and distance traveled.

We begin the program on a very low-intensity scale. We do this because we have to assume that most people doing this

program have very little experience when it comes to sprinting. We will also use the treadmill as our aerobic equipment.

We start with one aerobic workout twice a week for 10 minutes. Get on the treadmill, and put the incline to seven degrees. If you don't have a choice on the inclination, continue without it. Put the speed at 3.0 miles/hour. We do this for two minutes. You don't have to swing your arms as you walk. (Although, you can if you want. By all means, your aim should be to get a solid grab on the machine.)

When you hit the two-minute mark, you should increase the speed to 4.5 miles/hour and run for 90 seconds. Upon reaching the 90-second mark, you slow the machine down to 3.5 miles/hour. Do this speed for another two minutes.

Upon reaching the two-minute mark, increase your speed to 5.5 miles /hour. Perform this for another two minutes then repeat with another two-minute walk until you reach the 10-12 minute mark.

Note that we start at 3.0 miles per hour. On the next "warm-up period," we go a bit higher to 3.5 miles/hour. The idea is to increase your speed/intensity on a gradual basis. This is the break down

Workout
STAGE One Begin with 2 minutes of 3.0 m/hr Maximum Intensity at 4.5 m/hr for 1.5 minutes Break at

2 minutes @ 3.5 m/hr
Maximum Intensity at
5.5 m/hr for 1.5 minutes
Break at
3 minutes @ 4.0 m/hr

Total time spent is 10 minutes.

Please note that the speeds used are only suggestions. For some, this may be too much. You only have to adjust the speeds until you build sufficient strength and skill to sprint faster. The general framework is low intensity followed by high intensity, followed by a low intensity followed by high intensity, etc.

Do this twice a week for two weeks. Do not do more! Any more, and you will be overtraining. This is an important stage. It prepares the body up for faster fat loss to follow.

After the second week, you should have lost a significant amount of weight (if you are eating the same amount of food as before the program, minus the junk food.) Most of the weight loss here will be water and fat. Five to ten pounds are the average amount of weight loss.

Stage Two

Warm up at
Two minutes @ 3.5 m/hr
Maximum intensity at
5 m/hr for 1.5 minutes
Break at

Two minutes @ 4.0 m/hr Maximum intensity at 5.5 m/hr for 1.5 minutes Break at Three minutes @ 4.5 m/hr

Total time spent is 10 minutes.
Perform this for two weeks, two times per week.

We are keeping the frequency to twice a week. Remember, this is a temporary fix to eliminate all the fat possible.

Stage Three

In stage three, we are going to enhance the intensity further and increase the duration to 12-15 minutes. Stage three is the peak stage. At this stage, you should have sufficient aerobic strength to reach high speed comfortably.

Warm up 3 minutes at 4.5m/hr Maximum intensity 5.5m/hr for 2 minutes Warm up 2 minutes at 5 m/hr Maximum intensity 6 m/hr for 2 minutes Warm-up 2 minutes @ 5.2 m/hr Break at Maximum intensity 7m/hr for 2 minutes **Warm up for 2**

minutes at 5.3 m/hr

Total time is 15 minutes.
Repeat this twice a week for a week.

Stage Four

This is as intense as it gets using the treadmill, and as such, it will be very brief.

Warm up for 3 minutes at 5.6m/hr
Maximum intensity for 7.5m/hr
Warm up for 2 minutes 6 m/hr
Maximum intensity for 2 minutes at 8.5 m/hr
Warm up for 2 minutes at 6.5 m/hr
Maximum intensity at 10 m/hr for 2 minutes

Total time taken: 11 minutes.

Repeat this for one week, twice a week, or until you have dropped the desired amount of body fat.

The final stage is optional and is only for those that want to go the extra mile. Do not do this if you find previous stages onerous.

Stage Five

Warm-up for 3 minutes at 5m/hr Maximum intensity at 10 m/hr for 4 minutes Warm-up for 3 minutes @ 5m/hr Maximum intensity for 2 minutes @ 5m/hr Maximum intensity 10m/hr for 4 minutes **Cool down for 2 minutes at 3.5 m/hr**

Increasing the intensity

There are many ways to increase the intensity within the same time frame:

1. Increase the incline on the treadmill.

2. Increase the speed.
3. Decrease the 'break time' until you are sprinting for a good four to five minutes each time.
4. Do all three together.

How hard should we exercise?

For most the program given above will not be too hard to adapt. For others, especially the elderly, this may be too hard. For these people, lowering the intensity is essential because their bodies do not recover as quickly as younger individuals.

Remember, the body improvement we expect from our exercise routines come from the repair of damaged tissues. More specifically, it is the use of protein that repairs the torn or damaged muscle cells.

Since age slows this process, the elderly have to take longer rest periods from working out to allow sufficient time to recover. People who are ill should also refrain from high intensity aerobics. The healing and growth process is too slow, so the burden could be too great.

While intensity is universal in its definition and application, individual fitness levels are not. Your goal should be to give your highest degree of effort when the workout description above suggests, *maximum intensity*.

The proper way for an obese or elderly individual to begin such a program is to follow the following routine:

Exercise mildly. Walk 10-15 minutes on a treadmill. Speed should be slightly less than a brisk walk, and the incline should be set at zero. The goal is not fat loss; it is simply to prime the lungs, the heart and the body for the more intense programs to follow.
Perform the above suggestions twice a week for as long as it takes to get fit for the intense aerobic workout suggested above.

Do not overexert yourself, and do not do more than what is recommended. Doing so will slow down the healing process. You may have noticed that I have suggested twice a week. This is against general recovery rules in H.I.T, which states

that you should give your body a minimum of a full week to recover before you perform any other workout program.

We will break the rule here because we want the individual to get their breathing capacity up and running.

For those who are 30 pounds or more overweight, I recommend you start slow and at a low level of intensity. I suggest that you prolong stages one and two for double the required time, and you may lower the speed and incline level. You may also increase the time spent on the treadmill while you exercise at lower intensities. Never exceed 30 minutes of exercise, and never perform workouts on a daily basis, especially if you have no aerobic or fitness experience.

I don't have a treadmill: what else can I use?

You can use just about any aerobic activity such as cycling, swimming, dancing. In all cases, you use interval training. You cycle hard for two minutes, and hit down the intensity for a few minutes and then cycle gain. To help you determine what intensity to use, you can use a heart rate monitor.

HERE IS HOW TO USE THEM…GET FROM NET WITH AFFILATE

HOW MANY TIMES SHOULD I PERFORM AEROBICS, AND HOW SHOULD I PERFORM THEM?

It is best to start at twice a week, and then keep a close monitor on your body fat and muscle mass levels. You will have to read the "OVERSEEING YOUR PROGRESS" section

below to determine your goals and what to do to accomplish those goals. Here is a general guide:

With Plan A, perform three sessions a week for a maximum of 20 minutes. Go into Plan B, and perform four sessions a week for a maximum of 20 minutes each time. With Plan C, perform five sessions a week for a maximum of 20 minutes each time.

At the end of this "fat loss" section, you should have lost a significant amount of weight-20-30 pounds.

CAN I INCREASE THE DURATION OF THE AEROBIC WORKOUTS?

Yes, by all means, you can increase the duration of aerobic workouts, but do not exceed 20 minutes. Your goal is to build lean muscle mass, and to do this, you need to conserve energy for the mass building workouts. Five aerobic workouts a week for 30 minutes each time (maximum) represent the limit. After this you will slide into an overtrained state and lose muscle tissue.

DO I TRAIN DIFFERENTLY IN THE FAT LOSS SECTION?

No, continue the Massive Growth Training Program as is. You will feel your energy levels drop, a true sign of all the negative effects of all the aerobics. Increase calories by using coconut oil or MCT oils, which you can get from any health food store or supermarket (coconut oil.)

You should perform your aerobic session first thing in the morning on an empty stomach. At this time, the body is starved for glycogen, and any aerobic session tends to use body fat faster than if you had eaten a meal beforehand. Thus, replenished muscle glycogen stores. Your first meal should be an hour after your aerobic workout. You may have a fruit or fruit juice/protein mix at the end of the workout,

which will supply the needed carbohydrates without affecting body fat levels**.**

OVERSEEING YOUR PROGRESS

Fat loss and mass building phases have to be alternated to achieve perfection. As you all know, when you are trying to lose body fat, you may experience unexpected changes or no changes at all. Below, I have addressed any and all possibilities that may occur and what to do if they do occur.

POSSIBILITY NUMBER ONE: You are gaining mass, but you have the same body fat levels.

HOW DO YOU KNOW? Body fat percentage or waste measure remains constant.

SOLUTION: This is one of the best environments for muscle growth. Continue to increase calories to support the additional mass you are building. Bumping calories by 500 is a good place to start.

POSSIBILITY NUMBER TWO: You are losing body fat while gaining muscle.

HOW DO YOU KNOW? This is not a common occurrence, but you will know because body fat percentage levels will decrease as will waist measurement.

SOLUTION. Increase calories by 500-800 a day/ week to increase muscle mass gains even more while stabilizing body fat levels.

POSSIBILITY NUMBER THREE: You are putting on body fat as you increase muscle mass.

HOW DO YOU KNOW? You are gaining more than three pounds of bodyweight a week. Waist measurements* are up

by one to two inches, and so are your chest and arm dimensions.

SOLUTION. Reduce starch intake then move on to Plan C. Keep calories high via MCT oils/coconut oil and red meats.

POSSIBILITY NUMBER FOUR. You are gaining fat without increasing muscle mass.

HOW DO YOU KNOW? Your body fat percentage and your waist measurement increases drastically (three to four inches.) There is no increase in the size of your chest, arms or legs.

SOLUTION. Switch to fat loss phase C, and increase calories to gain muscle mass.

POSSIBILITY FIVE: You can't seem to increase muscle mass, no matter how hard you train or eat.

HOW DO YOU KNOW? Your bodyweight remains constant. There is no increase in chest and arm size.

SOLUTION. You are not training hard enough or eating enough. Increase calories by 500-800 increments on a weekly basis until you are gaining one to three pounds of muscle a week

BENCHMARK OF FAT LOSS PROGRESS

Generally, you have to increase calories until you are at the place where you are gaining one to three pounds of muscle a week. Once you get there, you have to then increase calories further to compensate for the weekly increases in muscle mass.

We can also use the tape measure. Measure all body parts, as discussed, on a weekly basis. If you notice measurement increases while waist size remains the same, it is a good

indication that you are gaining the mass you need at the optimum speed.

HOW ABOUT A BENCHMARK FOR FAT?

The benchmark for fat is to lose one to two inches on the waist in a two-week period. Losing a one to two percent body fat in a two-week period is a good indicator of loss of body fat.

HOW TO CHART YOUR PRORESS: THE BAROMETERS OF SUCCESS

We chart our muscle building and fat loss progress by using a skin fold caliper, tape measure and scale.

The tape measure tells you if you are gaining fat or building muscle. It tells you if you are gaining fat if the tape measurement around the waist increases by one to three inches or if your waist size exceeds 38 inches (for a man.)

The tape measure also tells you if you are gaining mass by the size of your arms and chest and any other body part that you may be measuring on a consistent basis. Please note that the waist and the buttocks should never be used to verify mass gains. These areas are that which tend to have the highest deposit of body fat. You can use other body parts to gauge the increase in muscle mass, but we have found that the chest and arms are the best places to track for muscle size increases, as they are the areas that develop the fastest. Do not use a weak body part as a gauge for muscle size increases. Weak body parts tend to not grow as fast as stronger body parts. Whichever body part you choose, stick to it consistently as that is the only way you know if you have really changed

YOUR OPTIMAL RATE OF GROWTH: HOW TO DETERMINE WHEN TO INCREASE CALORIES

You should grow at a rate of one to three pounds of muscle a week for the mass phase, and lose one to three pounds of fat a week in the fat loss phase. To do this, you need to increase calories by 500 calories on a weekly basis until you are gaining one to three pounds of muscle a week. To lose fat, you need to gradually decrease your intake of starch carbohydrates.

CAN I USE THE FAT LOSS DIET PROGRAM PERMANETLY?

No! The ideal diet is one in which we don't combine foods. Not combining foods requires you have a balanced intake of starchy carbohydrates, fibrous carbohydrates and proteins. The principle behind not combining foods is one that is based largely on science, and yet remains ignored by muscle magazines and other books for the simple reason that, if followed, it would cripple an entire antacid industry plus a great segment of the nutritional/supplement industry. The non-combining food method is based on the scientific fact that:

"Proteins and carbohydrates cannot be digested efficiently in the stomach at the same time, mainly because the enzymes required to break the two differ and actually neutralize each other."

See "Non-combining foods" under the main nutritional section.

SOME MORE SUGGESTIONS ON THE FAT LOSS SECTION

You should never perform more than two aerobic sessions during the same day. Some bodybuilders perform aerobics an hour (right after waking up) in the morning and an hour at night (just before bed.) I don't recommend this to anyone

unless they have to lose a lot of fat in a hurry. This is a short-term solution. Staying on such a plan will lead to a plateau where you will not lose weight no matter how hard you try. Such a practice also stops muscle growth as valuable energy is used to support all that energy demands.

DO I TRAIN DIFFERENTLY IN THE FAT LOSS SECTION?

No. Continue the workout program as is. Remember, nothing has changed except the composition of food. Replace all starchy carbohydrates with MCTS oils. Sure, you will feel your energy levels drop, a true sign that your glycogen levels are low and that fat metabolism is kicking on. This feeling of tiredness should stop after a week or two. Increase calorie intake by taking in coconut oil.

SOME POINTERS YOU SHOULD BE AWARE OF

Waist measurements may increase even when body fat levels drop if you are performing heavy abdominal work. This is another reason why I don't recommend training abs during the mass building phase.

HOW IMPORTANT IS THE NUTRITIONAL RECOMMENDATION?

Your nutrition is extremely important. I cannot emphasize this enough. In fact, you should cut these words out and stick them everywhere important as a constant reminder. **You must be consuming at least twice your BMR**. If you are obese, you should be using the zig-zag routine below. Lowering calories is not the answer to building mass or losing weight. I cannot stress this enough.

The workouts above are intense, and they will drain you if you ignore the nutrition and other recovery suggestions. Please remember that everything worthwhile in life has a price. Gaining solid muscle weight is no different, and you have to stick to the whole plan and not just part of it. Perform the routine as is, and consume at least twice BMR, and I promise there is no way you can fail to gain weight.

Here is an easy way to make sure you get the required nutrition and calories. Use the Maximum Nutrition Plan, and to make sure you stick to the plan for at least 18 weeks, you should purchase three thermos flasks from any Wal-Mart or kitchen store. Make three shakes the night before you go to bed.

Each shake provides 1900 calories; therefore consuming three of these shakes will provide 5700 calories in on themselves. Combine this with your regular three meals, and you will have all the calories needed for super fast growth. This is a no-fail plan. It is easier to drink three high calorie shakes than it is to eat those calories as solid food. See the nutritional section below for more details.

Conclusion

The Massive Growth System was taken and designed from the training science innovated by African bodybuilders, who found scientific ways to make muscles grow. Each one of these principles is based upon science, and each one is proven to deliver the promised results.

A wise man once said, “Where there is a will, there is a way,” and ‘Adversity is the seed of success.” These statements stand true in the African way of bodybuilding. Without gyms, supplements, muscle magazines and scientific nutrition, they still pursued their passion and

dreams of building bodies of steel…and they found their dreams. Now, finally, it is available to you. Follow this program as specified, and you, too, can gain all the mass and weight you need and want.

You no longer have to **use any routine to** succeed or use "trial and error" routines. The whole idea of massive growth is to take your body to its threshold and to threaten the survival and adaptation mechanism of the body.

It's that simple.

In this manual you have learned:

- ✓ How to stimulate the maximum amount of growth.
- ✓ How to stimulate natural and sustained GH and testosterone levels which propel your gains into the stratosphere.
- ✓ How to force your metabolism and digestive system to adapt to the increasing demands of increased muscle size with the proprietary Maximum Nutritional Plan.
- ✓ How to increase recovery and the growth process.
- ✓ How to train every aspect of a muscle cell to allow for maximum growth.
- ✓ The only way to take the body to its threshold and then safely bring it down, allowing enough drag time for muscle growth to occur.
- ✓ The best exercises for massive growth.

In short, this manual represents all the research and scientific principles taken from countries all over the world. This is the final step you will take to gaining massive growth.

We would appreciate hearing from you. Please take a before and after photo and send it to us, with a note explaining the benefits of the program, plus your permission to use it as a testimony to the effectiveness of the program.

If we use your before and after photos on our site, we will pay you $250 which is just an added incentive to transform your body in just 18 weeks.