Cutting Edge Publishing
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USA

Dear Friend,

Thank you for purchasing ***"The Secrets to Gaining Muscle Mass — Fast!"*** You will be pleased to know that the new edition has been updated with the most current "cutting edge" training and diet techniques.

You will notice that my manual is probably unlike any book you've ever ordered. I decided to use a 3-ring binder because I wanted you to be able to customize it to suit your individual goals. You can arrange the pages in whatever order that works best for you. You can also remove unwanted pages and create your own chapters. I have included a portable folder so you can carry your diet and training pages with you to the gym and the throughout day. In the margin of most pages, you will notice an area to jot down your notes. This is very important. If you stay focused and write down your thoughts and questions as they pop into your head, you will be able to construct your training plan much faster.

Before you attempt to begin any program, please make sure that you read and understand the entire manual and all of it's concepts. If you attempt to start the program without fully understanding what you are doing, you will only be hampering your results. Also, make sure that you read the manual faq pages in the manual and on my website. This will answer about 99% of all questions you will have.

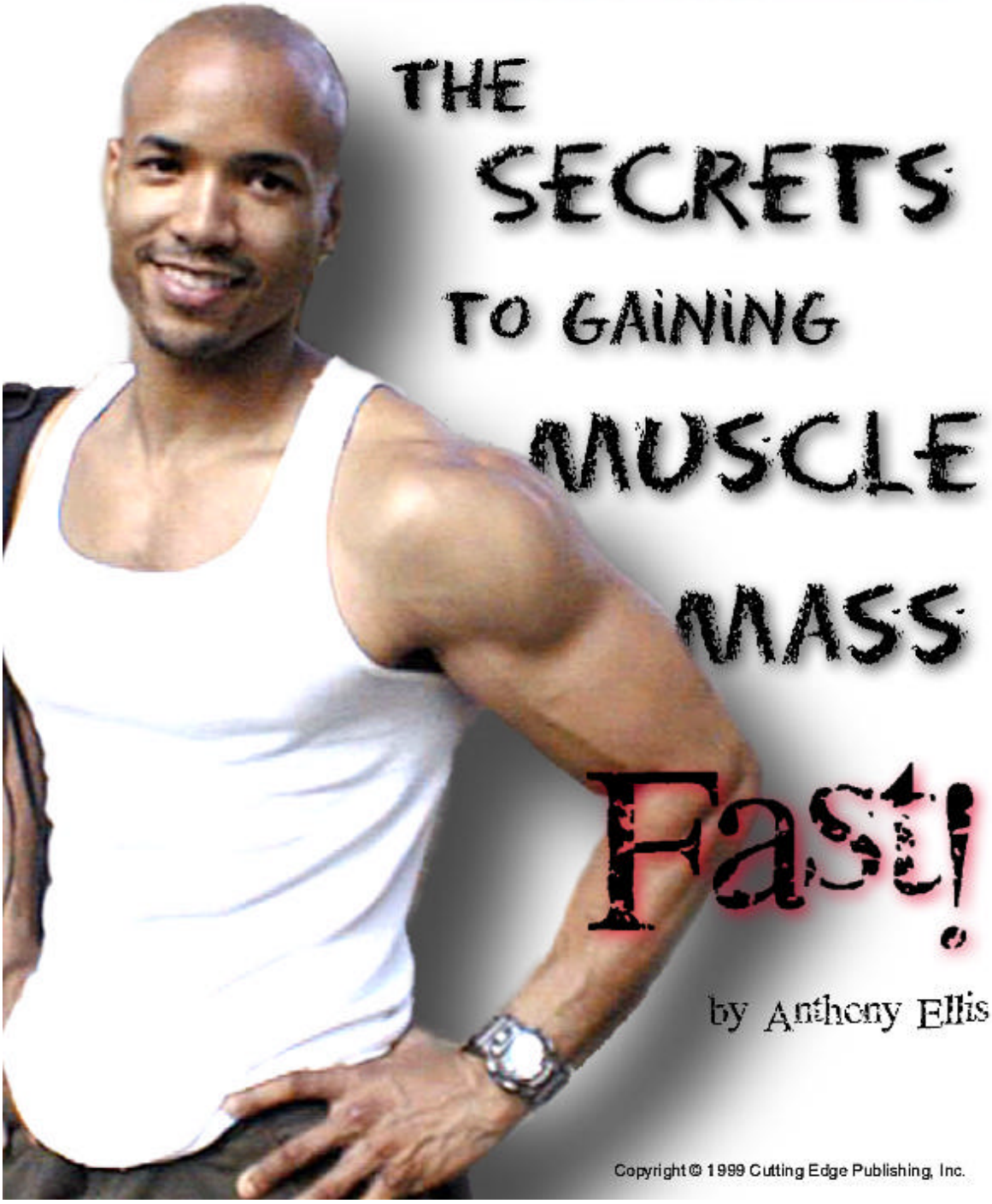
My personal e-mail address is member@musclegaintips.com. If your question is not answered in the manual or on the faq pages, please email me. Be sure to include your order number in the subject line. I always try to answer all questions within a few hours (usually sooner).

By ordering this manual you have already taken a huge step towards your goal – it is important that you don't put this aside for later and lose your momentum. Stay focused. You know what you want, just go and get it.

Let's get to work,

Anthony Ellis

www.musclegaintips.com



The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any new exercise or exercise technique, particularly if you are pregnant or nursing, or if you are elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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WHY I DECIDED TO WRITE THIS MANUAL

After more than a year of skirting the issue, I finally gave in. For all the skinny guys out there, this had to be done! We had yet to be recognized. Day after day, week after week, I am constantly bombarded with the issues of overweight Americans. They have low fat foods created for them, they have entire magazines dedicated to helping them lose fat. They even have companies established to help them lose weight and get fit. On the internet, 95% of all fitness related sites are geared towards losing fat. But what about us? What about the guys who can't GAIN weight? I believe that our problem is just as important and as difficult to solve, people don't believe that underweight or thin people can be unhappy with their bodies as well.

"Everyone wants to be thin." "You are so lucky," they all say. Well, how come I don't feel lucky? In my mind, being thin is as difficult to live with as being overweight. But, it just doesn't sell. America wants to be thin, so if you already are, they think, you don't have a problem.

This manual is not intended to be an all encompassing information source for bodybuilding. If you want something like that you should get Arnold Schwarzenegger's book, *The New Encyclopedia of Modern Bodybuilding*.

This book is a compilation of techniques, exercises and tips that have worked for me in my quest to get to 180 lbs. I do not claim to know everything, but I do know how skinny guys can gain more muscle.

One point to always keep in mind is that your diet, workout program and nutritional supplements all work in synergy. They are good alone, but together they will propel you to your goal very quickly. This is where most people fail. They never have all three in place for any extended period of time. I did it for 12 weeks, and look what I accomplished.

A Word on Consistency

O.K., so you want the secret to gaining muscle mass fast? Well, here it is: **CONSISTENCY**. You can have the best diet, the best training schedule, join the best gym that has the best equipment, but without consistency it's all worthless.

Over the past two years, I've talked to hundreds of people who have successfully transformed their physique. Though most of them trained in totally different ways, there was one common denominator that appeared throughout each success story: **Day in and day out, they followed their pre-determined plan, consistently, without fail**. There are many paths to your goal, but you will never reach it unless you consistently put one foot in front of the other. You must find the determination and drive within yourself to see this through. If not now, then when?

You will not be on this program for the rest of your life — only a few months! So, try to look at it as a short-term challenge. In the grand scheme of your life, can you afford a slight inconvenience to create a fantastic physique — or will you continue to be an "average Joe" for 80 more years? Which sounds more inconvenient to you? It is time for you to make a stand, and I will show you how. This manual is my helping hand to all skinny hardgainers out there who are unhappy with their bodies. Now, you have a choice.

TABLE OF CONTENTS

WHAT YOU WILL NEED

In addition to the supplements and food required (explained in Section B) during your training program, you also will need to buy the following:

Additional Expenses

Item	Description
Skin Caliper: $20-$100	Used to measure your body fat. Don't bother getting one that's too expensive — they all have some margin of error. You just need it for a consistent record. If you can't locate one, you can get a good one here https://musclega.virtualis.com/corders.html.
Tape Measure: $1	Use for measuring girth of body parts.
Blender: $30	Use to mix your protein shakes at home.
Food Scale/measuring cup: $15	Used to measure food weights. This is absolutely essential in determining how much you are eating. I use the Health O Meter version. You can contact them at 1-800-638-3722.
Food Storage Containers: $25	I use the Rubbermaid brand. You will need about 9-12 of their #3 size "servin' save" containers to store your meals. You will also need 4 of their small 1/2 cup containers to store your vitamin stacks.
Shaker Bottle: $3	You will need a 32oz. plastic shaker bottle to mix your protein shakes when away from home.
Cooler: $20	Get the small portable kind. This is used to carry your meals when you are away from home for any extended period of time.
Weight Training Belt: $35	You will need this when you work up to lifting very heavy weights in the squat and deadlift exercise. This is the only time you will need to wear this belt. If you wear it too much it will prevent the natural development of your lower back and torso stabilizer muscles. I like the soft kind because they conform to your body much better than the leather.
Loose fitting clothes and sneakers: $100	You don't have to wear the latest styles in gym wear to workout, but you do need something comfortable and loose fitting. No jeans, no open toe shoes, no tight belts and no lycra (please!).
Lifting Straps: $10	These are nylon or cloth straps that are used to increase your grip strength when lifting heavy weights. They allow you to fully exhaust the muscle you are working, without having to stop because your grip was not strong enough. Used primarily for shrugs, pull-ups, deadlifts and barbell rows.
Lifting Gloves: $15-$20	These are supposed to protect your hands from becoming calloused. I personally don't use them because they make my hands too sweaty, so these are an optional accessory.

A. Weight Training

TERMINOLOGY

This introductory chapter will go over all the basic terminology and concepts that you should know. I know some readers are beginners, so I will try to be as thorough as possible.

I would first like to cover some weight training terminology. You will hear these words used quite often, so please make sure you understand what they mean, and when they are used.

Hardgainer: Anyone who has a very difficult time putting on weight, especially muscle mass. This is usually pre-determined by genetics and bone structure. Typically, the smaller your wrists and ankles are, the harder it will be for you to gain weight.

Rep: A rep or repetition is one complete motion of a particular exercise. For example, if you did one push-up (from the up position to down and back up), that would be one rep.

Forced Reps: This is when you can no longer do an entire repetition of the exercise yourself and someone (usually your spotter) helps you to continue doing reps. This is a waste of time. Once you reach muscular failure, that's enough.

Sets: A set is the specific number of reps you will perform before you rest. So, in the above push-up example, if I wanted you to do 4 sets of 10 reps, you would do 10 reps, then rest, then repeat three more times.

Strip Sets: To do strip sets you start using heavy weight, then after your muscles fail at that weight, you immediately lower the weight and continue to do reps until your muscles fail again. Then you lower the weight and continue, without resting. You will keep lowering the weight until you run out of weight. This is one of my favorite techniques for working my calves. I also use it as a final exercise to blast my biceps. I sometimes refer to these as burnouts or drop sets. It's like one long set where you keep reducing the weight until you just can't do any more reps. I also do these going from light to heavy to light.

Tempo: Tempo refers to the speed at which you perform a rep. It can be further broken down into the **positive motion** (the pressing up motion in push-ups), and the negative or **eccentric motion** (when doing pushups, it is the resistance against gravity as you are going down). I usually express the particular tempo for an exercise like this: 3/0/1. The first number is the negative motion, the middle number is the pause before you return to the starting position, and the last number is the positive motion. So, if we used this tempo for pull-ups, you would pull-up for a count of one (the positive) and then without pausing, return back down for a count of three for the negative.

TERMINOLOGY

Negative Reps: When you only perform the negative or eccentric portion of the exercise.

Progressive Overload: The training concept in which you consistently increase your work load at regular intervals. This is the most efficient and reliable method of gaining muscle mass and strength.

Failure: When you can no longer do another rep in good form. You try to complete the next rep, but you cannot. Your muscles have been exhausted. Most bodybuilders and personal trainers advocate training to failure for muscle growth.

Spotter: Someone who watches to make sure you can re-rack the weight once your muscles fail. That's all they do. You will usually need a spotter if you train to failure, although there are many exercise that do not require spotters. Typically, any exercise that does not require you to lift weight over your head does not require a spotter. For most machines and dumbbell exercises you will not need a spotter.

Contraction: This can mean several things, but in weight training, it simply means squeezing or tightening the muscle you are working, at completion of the positive motion.

Supersets: A superset is when you complete a set of your main exercise, and then immediately, without resting, do one set of a different exercise that works the same muscle group. For example, if you are doing bench presses (which works your chest muscles) after a set, you could immediately start doing dumbbell flyes — which also work the chest in a different way. Supersets are a safe and reliable way to fatigue your muscles.

Burn-out set: When you use a much lighter weight than your last set, and do as many reps as you can until your muscles fail. I usually use this for the last set of a compound exercise.

Compound Exercises: Movements that work a number of large muscle groups simultaneously. These are best for gaining mass as they put stress on many areas of the body at once. Some examples of these include squats, deadlifts and bench press.

Isolation Exercises: Movements that work a small, specific muscle. For example, bicep curls only work the bicep, and leg extensions only work the quadricep muscles.

TERMINOLOGY

Metabolism: The rate at which your body burns calories. The faster your metabolism, the more difficult it is to gain muscle or fat. If you have a slow metabolism, your body gains weight very easily. It's not easy, but we can alter our metabolism, to help suit our needs.

How to increase your metabolism:

- Increase your meal frequency
- Cardiovascular exercise, done at a moderate pace
- Increase your amount of muscle mass. Muscle burns more calories than fat
- Increase your protein intake

What will decrease your metabolism:

- Eating sporadically and infrequently
- Having a high percentage of body fat
- Inactivity
- Low calorie dieting (this is your body's response the lack of calories)
- Intense aerobic activity (works your endurance — your body responds by lowering your resting heartbeat, which means a slower metabolism)

BMR: BMR stands for Basil Metabolic Rate. It is a number that tells you how many calories your body needs just to sustain basic functions.

1RM: Stands for One Rep Max. It is the maximum amount you can lift for one rep of a particular exercise. This is difficult to determine exactly, since so many factors (fatigue, illness, stress, diet) come into play.

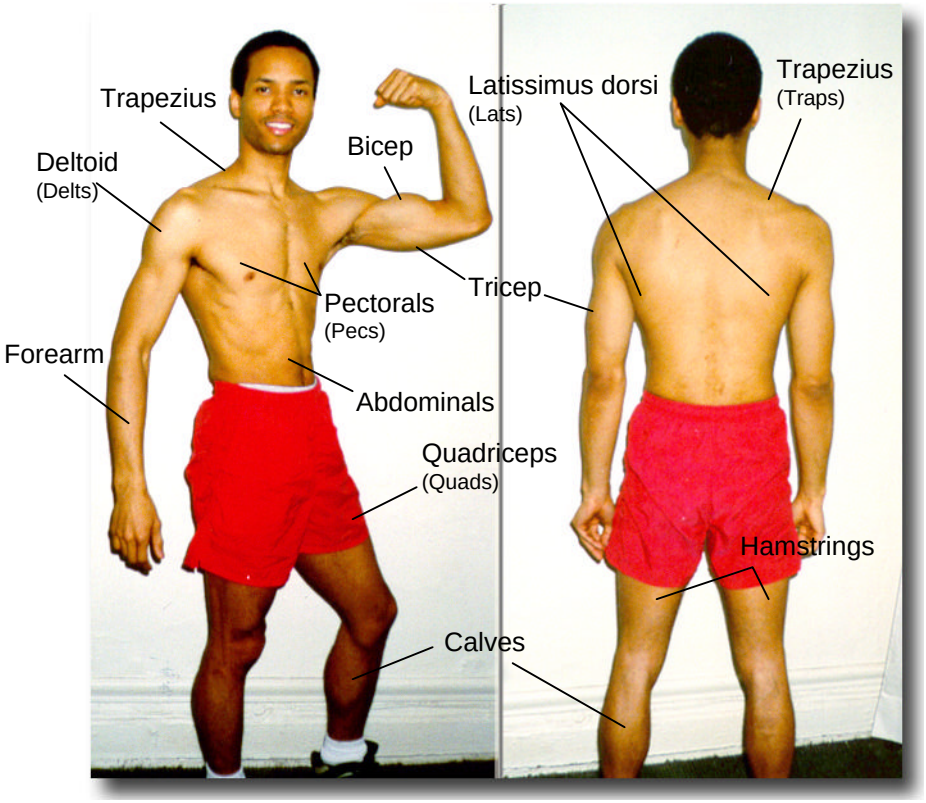
Target Heart Rate: The number of heartbeats per minute (bpm) needed to achieve a particular fitness "zone." The target heart rate for fat loss is 140 bpm, while the desired bpm for cardiovascular endurance is 180 or higher. To calculate your current heartrate, simply place two fingers on your carotid artery (on the side of your neck, next to your adams apple), then count the number of beats for six seconds. Now simply add a zero onto that number, and you have your total number of heartbeats per minute.

Aerobic: Literally means "requiring oxygen." Generally used to refer to exercise that requires you to use more oxygen for a prolonged period of time, like running.

WEIGHT TRAINING EXERCISES

The following are the weight training exercises that I recommend you start with. This chapter is not too extensive, so eventually you will need more variety. But for right now, just stick with these. Please read, study, and familiarize yourself with them. The exercises with the (*) beside them are VERY IMPORTANT for mass building.

Muscle Chart



LEGS

Squat*

Muscles Used: All major leg muscles, back, shoulders.

Technique: Much of the bad reputation squats have gotten is because a lot of people use poor form while doing them. This exercise is actually very safe when done correctly. It does require a lot of concentration, so never perform this exercise if you are not up to it. The best way to do squats is on a power rack or cage. This enables you to adjust the safety bars to your desired height. These bars are there to stop the weight from falling to the floor if you fail to press it back up. Set them just below your desired squat depth. Now change the height of the bar hooks. Be careful not to set the bar too high or low, because it will be difficult to remove it from the hooks when you are squatting a lot of weight. Anywhere in your mid-upper chest area is a good level.

Now step up, and place your head and upper shoulders under the bar. To make sure you lift the bar in the middle, aim for the etched middle part of the bar. The majority of the bar weight should rest on your trapezius muscles (not your neck or spine). If the bar is uncomfortable to hold, don't worry: this will go away as your upper body gains more mass and your body gets accustomed to carrying weights in this fashion. In the meantime, you can use one of the bar pads. *[Note: Using any type of pad on the bar with heavy weights is dangerous because the bar could easily slip off your shoulders, or become unbalanced.]*

Next, pull the bar off the hooks and step away. Before you begin the actual squat, make sure you have the correct foot placement. Ideally, your feet should be slightly wider than shoulder width, with your toes pointing out at a slight angle.

The actual movement is just as if you were squatting straight down from a standing position. Without any weight or a bar, you could probably go straight down or up without changing the angle of your torso. But to keep balanced with weights, you must lean forward. As you begin to squat, your knees bend out in line with your toes, and your torso will begin to bend forward slightly to stay balanced. As you do, always remember to keep your chest out and back arched slightly, it kind of looks as if you are sitting down on a chair that is behind you. It forces you to stick your butt out, but that's normal. Do not hunch over, or look down as you squat. These movements will take your spine out of alignment and possibly injure your back.

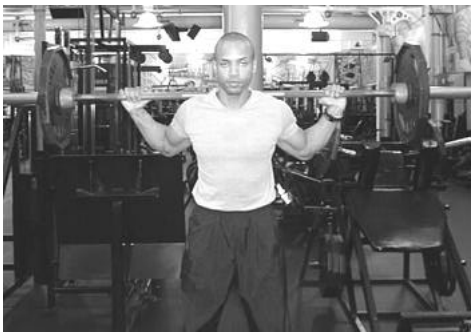
When squatting, do not let your knees bow in. This is very dangerous. Your knees should always bend outward over your toes. If you cannot control this, you should lighten your poundage until your strength increases.

LEGS

Squat*(cont'd)

Your aim is to go down until your thighs are parallel (or just short of) to the ground. This is lower than you think. Some guys do mini-squats where they don't go down very far at all (wasting their time), and others go down all the way (too much stress on the knees and lower spine). Just try to get as close to parallel as you can.

Once at the bottom, don't bounce. Just press straight up. Remember, always start with the legs. As you stand, concentrate on thrusting your hips back in line.



Note: When starting out doing squats, concentrate on form and use light weights and high reps until your trunk stabilizers and lower back muscles have developed enough for heavier weights.

Tips: Knee wraps and weight belts are not necessary when first starting out. They are used to stabilize small knee and lower back muscles when lifting very heavy weights. If you use them, they will impede the necessary development of these muscles.

Do not put anything under your heels while squatting. Make sure you are warmed up and loose before performing this exercise. Prior to your workout, concentrate on stretching your groin, hips, hamstrings and quads.

LEGS

Deadlifts*

Muscles Used: All major leg muscles, shoulders

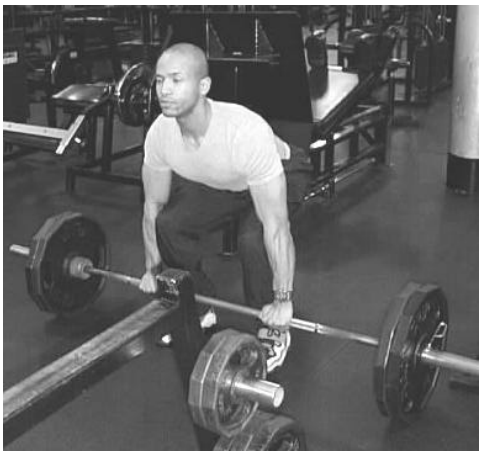
Technique: Much of the negative comments about deadlifts is also due to ignorance and people using bad form. It simply involves squatting down, picking up the barbell on the floor in front of you, and standing straight up with it.

Start with a weighted barbell that is resting on the floor, or an elevated platform. Next, step up to the bar and assume a narrower than shoulder width stance with your toes pointed slightly outward. Get your shins as close to the bar as possible (this gives you more leverage and makes sure that you are lifting straight up). Now grab the bar with an overhand grip. But remember you are not lifting with your arms, just holding the bar with them.

Keeping your shoulders back, chest out, head forward and back slightly arched, stand straight up with the bar while you exhale. Keep the bar as close to your body as possible. As you rise, straighten your knees and hip simultaneously. Once at the top, do not arch your back! You should pause, take another breath, and slowly lower the weight in the same manner, while exhaling. Once the weight lightly touches the floor, you will begin the next rep**. Never slam the weight on the floor!**

Note: When starting out doing deadlifts, concentrate on form and use lighter weights and high reps until your lower back and shoulder muscles have developed enough for heavier weights. You may also have trouble using heavier weights until you develop sufficient grip strength.

Make sure you are warmed up and loose before performing this exercise. Concentrate on stretching your groin, hips, hamstrings and quads.



LEGS

Stiff-Legged Deadlifts *

Muscles Used: Hamstring, shoulders

Technique: This is similar to deadlifts, but you do not bend your knees. Simply stand with a barbell, then slowly lower the weight while simultaneously moving your hips backwards. As you bend, concentrate on keeping your back arched, chest back and head up. Also make sure that your knee joints are locked in a slightly bent position. Once you reach the bottom (without letting go of the weight), raise back up.

Tip: The point here is to get a really good stretch in the hamstring area. Try to do this on an elevated platform to get as much of a stretch as possible.

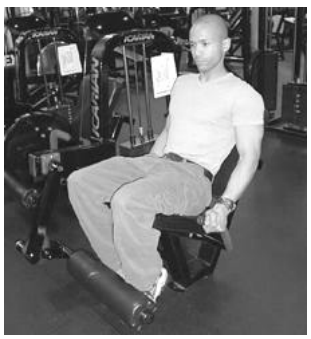
Leg Extensions

Muscles Used: Quadriceps

Technique: This is an isolation exercise and should only be done once compound work has been completed.

Note: When adjusting the pads, they should ideally rest on the lower part of your shins.

Tip: When performing this exercise, remember to really squeeze the quads at the top of the movement.

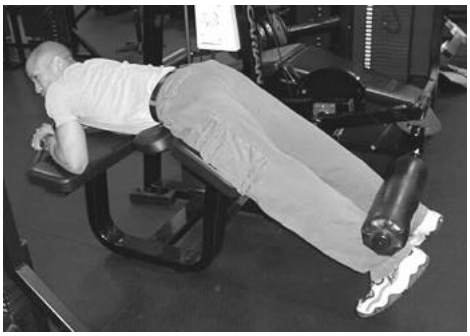


LEGS

Hamstring Curl

Technique: This is an isolation exercise that should only be done once you have completed your compound leg work. Keeping your back slightly arched curl the weight up as far as you can. Then slowly lower the weight back to start.

Tip: To get the most benefit from this exercise, you must squeeze your hamstrings as much as you can at the top of the movement.



Alternative: This exercise may be performed while lying down or standing

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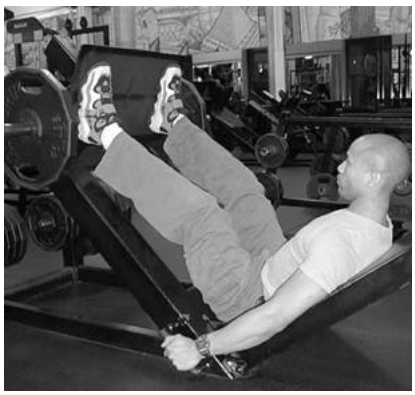
Leg Press

Muscles Used: Quadriceps, hamstrings

Technique: I normally only use this exercise when I'm in a low intensity phase. It is not a good gauge of true strength. If you do not have this machine at your gym, just do squats.

Tip: Do not lower the weight so low that it forces your lower back to curl over. This puts unnecessary strain on your lower back. Just lower it until you get a light stretch.

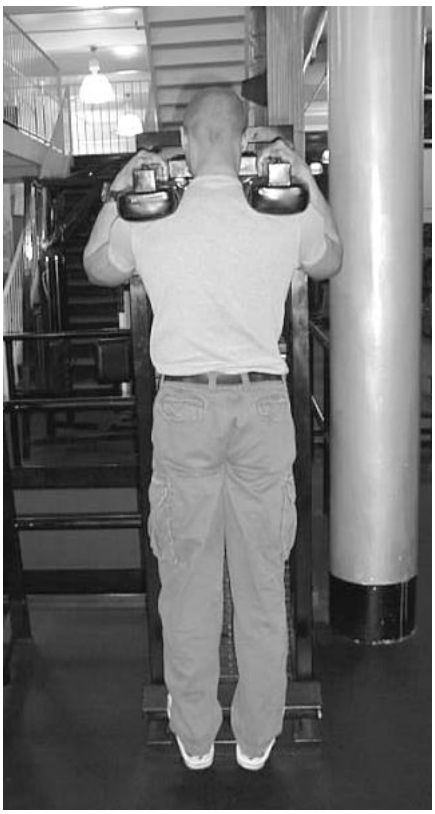


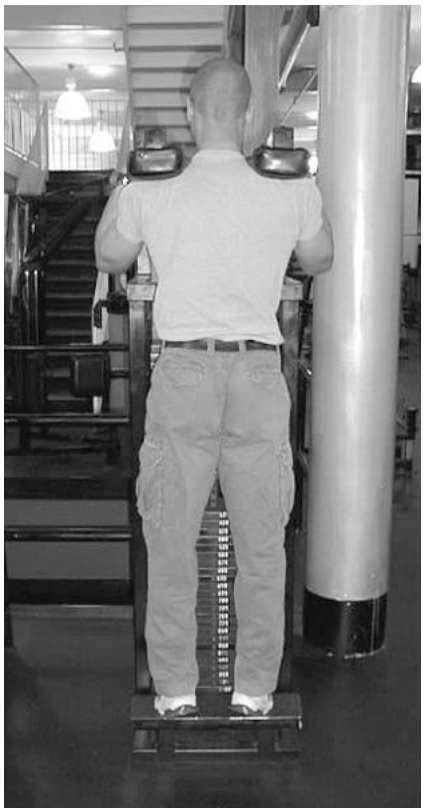
LEGS

Calve raises

Technique: Since there are so few calve exercises, you really have to concentrate on varying your reps and weight.

Tip: The most important thing to remember when doing any calve exercise is to perform through your full range of motion. In other words, when doing calve raises, you must go all the way down until you get a complete stretch, then raise all the way up as far as you can go. It is not sufficient to just go halfway down. Also, do not use bouncing the weight as a substitute for a rep.





Variation: Seated or standing. Leg press.

CHEST

Flat Bench Press *

Muscles Used: Pectorals, triceps, anterior (front) deltoids

Technique: Lay flat on a bench and place your hands on the bar with a shoulder width or slightly wider grip. Lift the bar off the supports and lower the bar slowly to the middle of the chest, inhaling as it goes down. Once it is about to touch your chest, exhale and raise the bar back to the starting position. Be aware that when the bar gets down to your chest, this is your weakest point of the exercise. This is where most people need assistance. Do not lock your elbows at the end of each repetition.

Tips: Do not bounce the weight off your chest. It's O.K. to arch your back slightly, but do not lift your butt off of the bench when pressing back up. Use a spotter for heavy weights.

Note: Grip width affects which muscles are stressed the most. A narrow grip uses more tricep, while a wider grip gives more pectoral stimulation.

CHEST

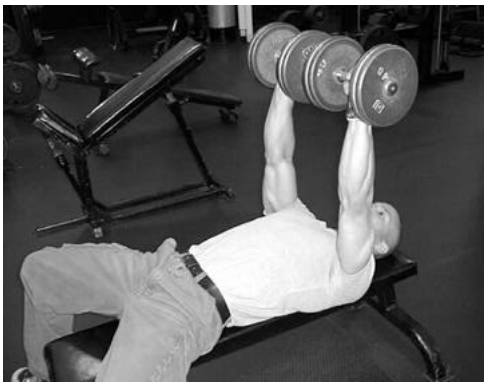
Flat Dumbbell Press

Muscles Used: Pectorals, triceps, anterior (front) deltoids. Works the same muscles as the barbell exercise, but since you are only as strong as your weakest muscle, dumbbell exercises are crucial. They help to develop the weaker stabilizer muscles, which will increase your overall strength in the long run.

Technique: Sit up, place the dumbbells on your thighs and, as you lean back, let gravity help put the dumbbells into position. This will help take a lot of stress off of your shoulders when you begin to lift really heavy weight. Start with the dumbbells slightly above your chest. As you exhale, slowly lift them until you are almost at full extension, then contract your pec muscles as much as possible. This will cause the dumbbells to touch each other at the top of the movement. Then slowly lower the weight back down to the start while inhaling.

Tips: It's O.K. to arch your back slightly, but do not lift your butt off of the bench when pressing back up. Do not lock your elbows at the top of the movement.

Note: It is not necessary to have a spotter for this exercise, since you can simply drop the weights once your muscles fail.



CHEST

Incline Bench Press

Muscles Used: Pectorals, triceps, anterior (front) deltoids

Technique: Same exercise as the flat bench press, except that the bench is on a slight incline and you lower the bar to just below your collarbone. Try to keep the angle below 30º, otherwise you will be working more deltoids (shoulders) than chest.

Tips: Do not bounce the weight off your chest. Use a spotter for heavy weights. Do not lock your elbows at the top of the movement.

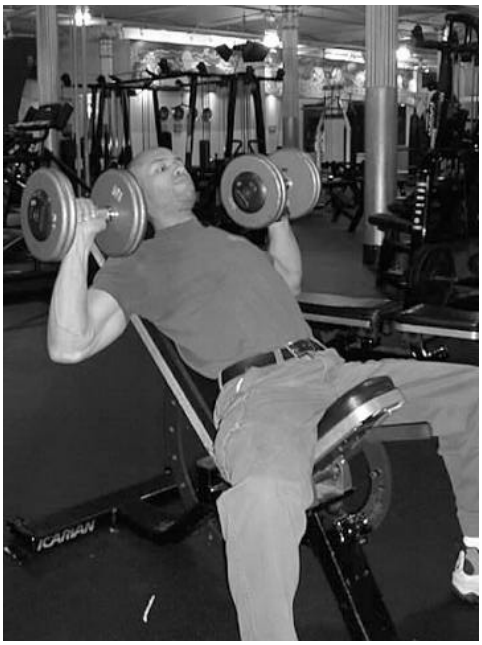
Note: Because this exercise works more of your shoulder muscles that the flat bench, you will be much weaker on this exercise than on the flat bench press.

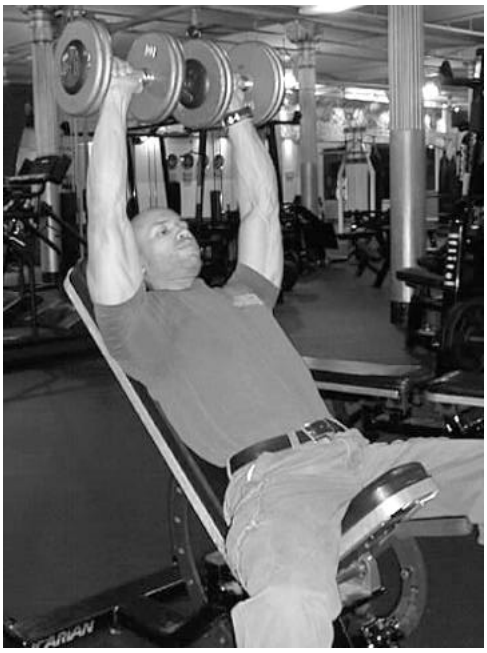
CHEST

Incline Dumbbell Press

Muscles Used: Pectorals, triceps, anterior (front) deltoids.

Technique: Same as flat dumbbell press, except done on an incline bench at no more than 30º.





CHEST

Dumbbell Flyes (flat or incline)

Muscles Used: Pectorals, triceps, anterior (front) deltoids

Technique: For incline, adjust the incline bench to no more than a 30° angle. Grab a pair of dumbbells and lie back. Lift the dumbbells over your head with your palms facing each other. Now, slowly lower the weights in an arc-like motion, keeping your elbows slightly bent. Lower the weights until you have a good stretch across your pecs. As you lower the weights, thrust your chest out to increase the stretch. Pause, and then raise the weights in the same fashion. Remember to contract your pecs at the top of the movement.

Tips: Do not lock your elbows at the top of the movement. Do not lift your head off the bench.

Note: It is not necessary to have a spotter for this exercise, since you can simply drop the weights once your muscles fail.

Alternative: Use cables.

CHEST

Pullovers*

Technique: To perform this exercise, lie across a bench sideways, with only your shoulder blades touching the top of the bench. With your feet flat on the floor grip the dumbbell with both hands and your palms against the flat part of the weight. Now lift your arm straight up from your chest. This is your starting position. As you inhale, slowly lower the weight behind your head in an arch, concentrating on keeping your arms straight. While doing this you must drop your hips towards the floor to keep yourself balanced. Once you reach a full stretch, slowly return the weight to the starting position.

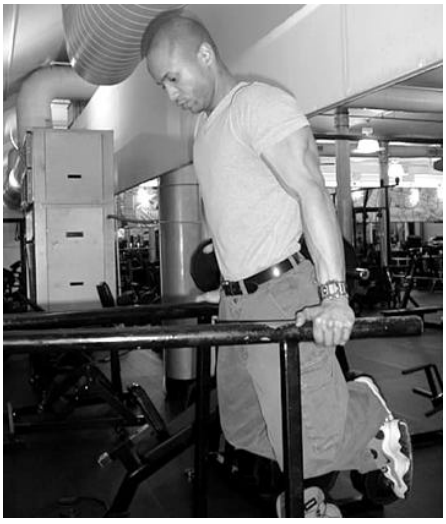
Tip: Start with light weights.


Bar Dips*

Technique: This is one of my all-time favorite mass exercises for chest and triceps because is so simple. Just lower yourself slowly, until you get a good stretch, pause, then push yourself back to the start. Remember to keep your elbows in.

Note: Try to keep your lower body as stationary as possible. Do not perform these if you have a shoulder injury or have dislocated your shoulder.

Tip: It is O.K. to lean forward slightly for balance.




BACK

Wide Grip Pull-Ups*

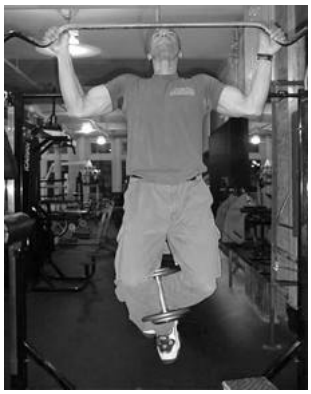
Technique: With your palms facing away from you, grab a pull-up bar with a fairly wide, but comfortable grip. Now, just pull your body up until the top of your chest just touches the bar. Then slowly lower yourself back down

Note: Keep your upper torso angled back slightly, so that your head is not directly under the bar.

Tips: As you pull up, concentrate on pulling your elbows down towards your ribcage. Remember to go all the way down, and get a good stretch at the bottom of the exercise.

If you can't do pull-ups yet, you still should perform this exercise. Start with assisted pull-ups, then as your strength increases, move on to these.

Alternative: Weighted pull-ups, assisted pull-ups.



BACK

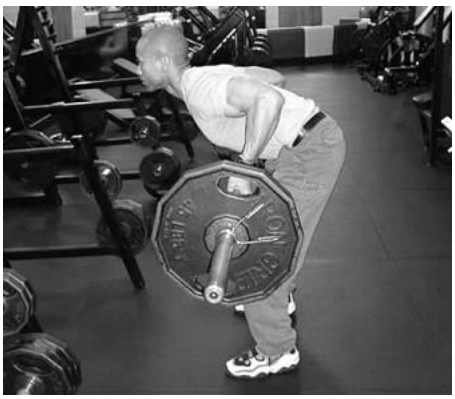
Bent Over Rows*

Muscles Used: Lats, biceps, forearm

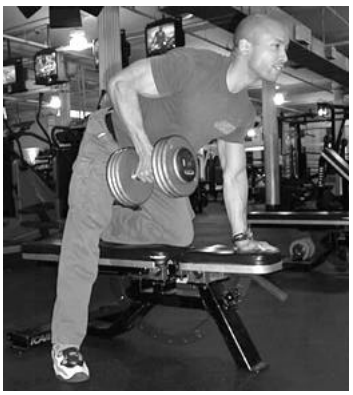
Technique: This is a compound exercise that is good for developing overall lat thickness. Grab the barbell, palms down, with a slightly wider than shoulder grip. Once you are in position with your knees slightly bent and torso almost parallel to the floor, pull the barbell towards your chest without moving the rest of your body. Once it reaches your chest, slowly lower it back to start.

Note: When doing this movement, you must concentrate on keeping your back flat and not rounded.

Tip: To make sure that you are in correct alignment, keep your head level with your back and eyes focused on the horizon, instead of down.



Variation: One-arm rows with dumbbells.



BACK

Lat-Bar Pulldown

Technique: This exercise is good for working the upper and mid back area. Find a lat bar machine with a straight bar and adjust the seat so you can easily slip your knees under the pads. Now grab the bar with a wide grip and sit down. The goal is to pull the bar down towards your upper chest area. As you pull, remember to lean back and arch your back slightly throughout the entire movement. The only parts that should be moving during this exercise are your arms.

Note: Do not swing or jerk your upper body to help perform reps. Also, never pull the bar behind the neck. This is a very stressful position for your neck and shoulders.

Tips: Focus on squeezing your lats together at the bottom of the movement.

Alternative: Close underhand grip is my favorite.

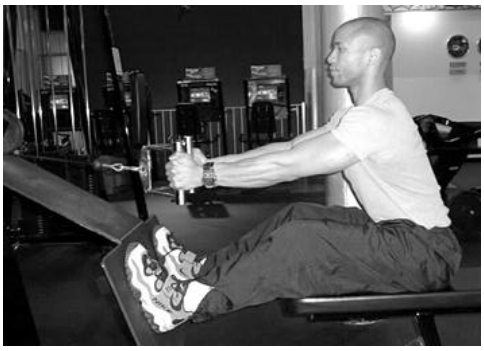
BACK

Seated Cable Row

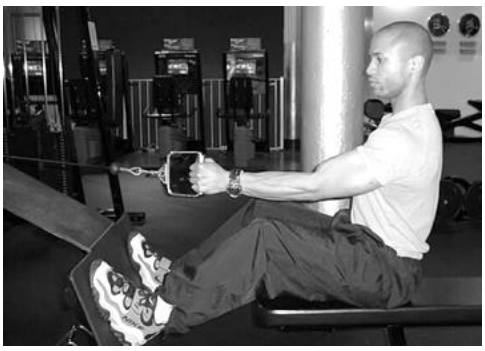
Technique: Sitting on the row machine, grab the cable and flatten your back as you pull straight back. This is your starting position. With your knees slightly bent, slowly lower the weight until you get a full stretch, then pull straight back again.

Note: When you are lowering the weight, do not hunch your back or look down. Try to keep your back flat and head up.

Tip: Make sure you arch your back slightly and squeeze your lats together at the end of the movement.



Alternative: One arm at a time.



SHOULDERS

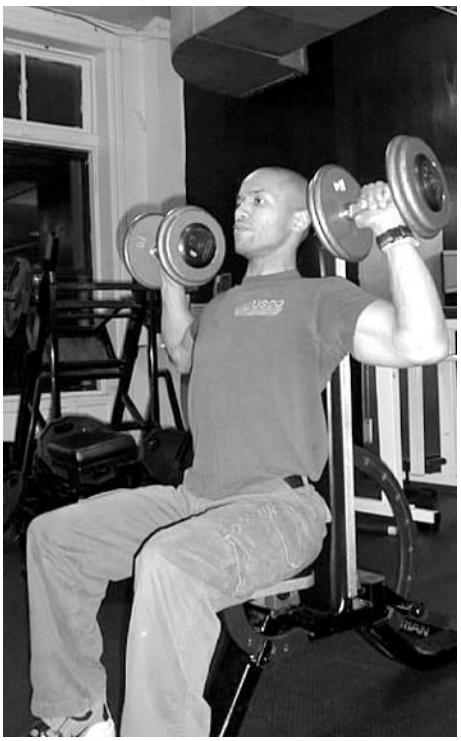
Seated Dumbbell Press

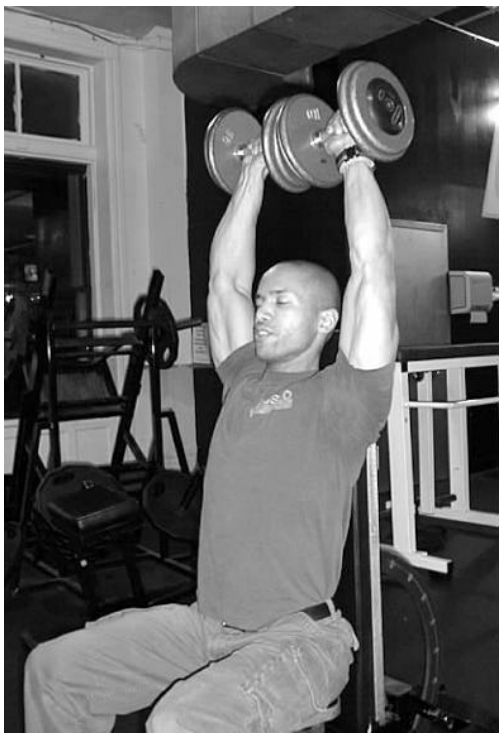
Muscles Used: Front and side deltoids.

Technique: Grab two dumbbells and sit on an adjustable bench with the back set at 90º. Lift the weights to the starting position with the weights out to the side just above each shoulder. With your palms facing front, as you exhale, slowly press the weights straight up until you are almost at full extension. Then, while inhaling slowly, lower the weight back to the starting position in a controlled manner.

Note: This is a shoulder exercise, so the weights you use will not be as heavy as in other exercises. Make sure to warm up your shoulders before performing this exercise. It is not necessary to have a spotter for this exercise, since you can simply drop the weights once your muscles fail.

Tips: Do not lock your elbows at the top of the movement. Do not heave the weight up.





SHOULDERS

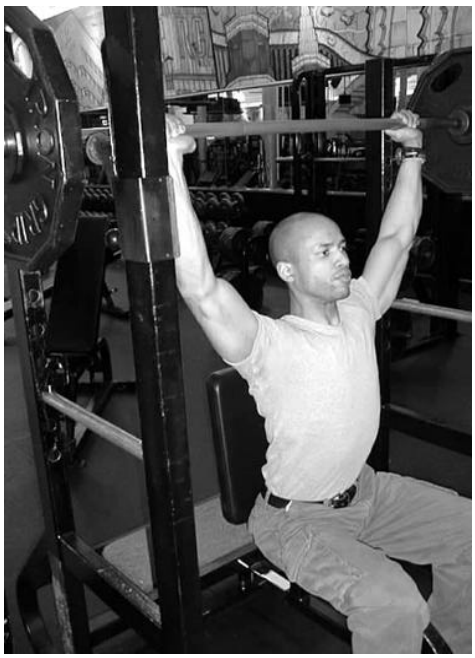
Shoulder Press (aka Military Press)*

Muscles Used: Front and side deltoids.

Technique: This exercise is just like the dumbbell press except it is done with a barbell instead. Start with a wider than shoulder width grip. Lift the bar off the supports, and slowly inhale as you slowly lower the weight to just below your collarbone. You may have to lean back slightly to get your head out of the way. Now, while exhaling, press the bar back up to the starting position.

Tips: Since this exercise has an unusual arc to the movement, you should start out with a very light weight until you are comfortable with it. Do not lock your elbows at the top of the movement.

Note: Make sure to warm up your shoulders before performing this exercise.



SHOULDERS

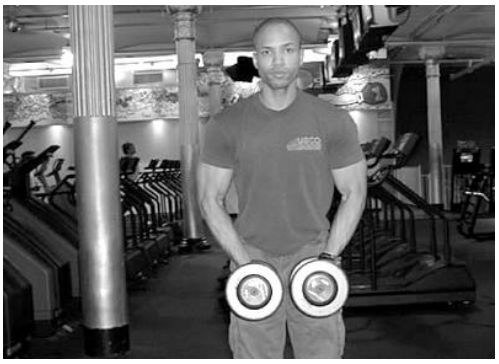
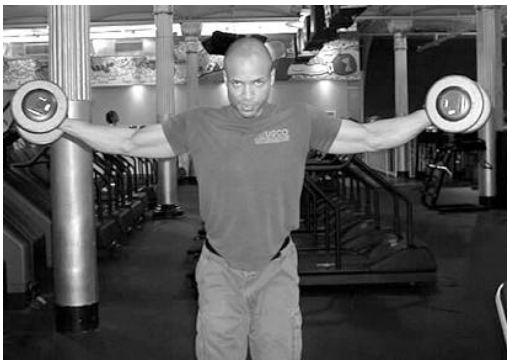
Side Lateral Raises

Technique: This is an isolation exercise for the shoulders. Since your shoulder muscles and joints are not a very strong area, you should be careful not to use weights that are too heavy. This area is very easy to injure, so concentrate on form rather than weight.

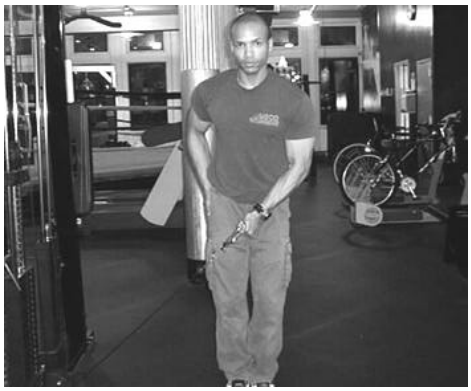
Grab two light dumbbells and stand with your feet shoulder width apart. Now bend your knees slightly and lean forward slightly while you tilt your hips forward. The motion is to bring the dumbbells up from your sides to a position where your arms are parallel to the floor. Once there, slowly lower back to the starting position.

Note: Do not use any type of momentum to help you raise the weight. This includes swinging your arms and springing up with your legs. Also, your elbows should always point to the side. Do not position yourself so they point downward.

Tip: Concentrate on lifting your elbows, not the weight, into position.

Alternative: Cables.




SHOULDERS

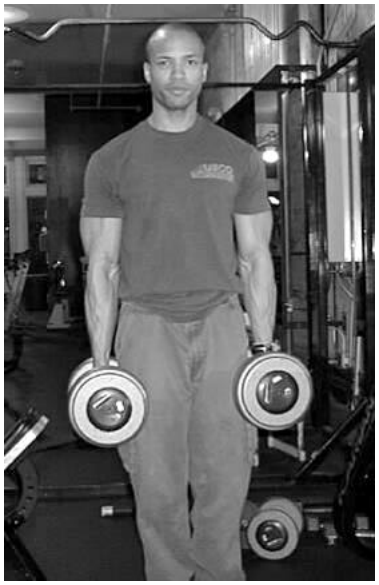
Shrugs

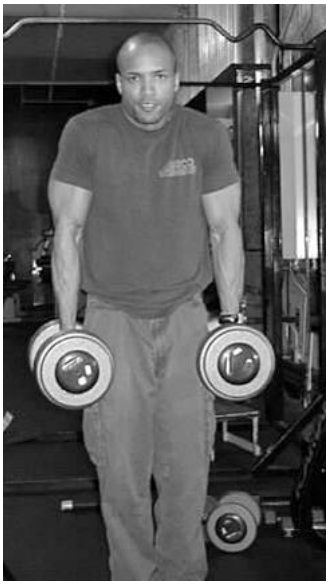
Muscles Used: Trapezius.

Technique: Grab the dumbbells and hold them at your sides. Now pull your shoulders straight up, as if you were shrugging "I don't know." The movement comes from the shoulder joints and not the arms.

Note: The movement is only up and down. Do not roll your shoulders.

Tips: When you shrug, try to bring your shoulders up to touch your ears. You want to go all the way up, as far as you can go.





Variation: Dumbbells or barbells.

BICEPS/FOREARM

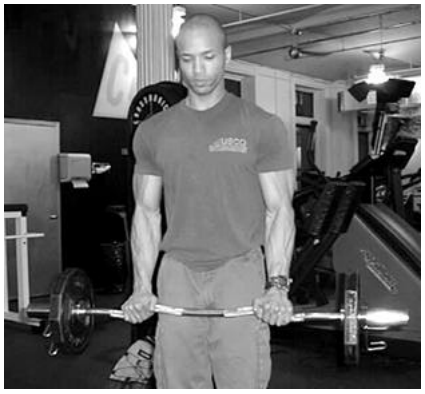
EZ Bar Reverse Curls

Muscles Used: Biceps, brachialis, forearms.

Technique: Grasp the weighted bar, and, while keeping your elbows at your side, slowly lift the weight up until your biceps are fully contracted. Then slowly lower the weight back to the starting position as you exhale.

Tips: Do not use your shoulders, swing or heave the bar up. You must use a controlled motion, keeping your elbows stationary at your side. If you cannot do this then, the weight is too heavy. Do not sacrifice form for more weight — it will not help you.

Note: This exercise is just like regular bicep curls, except that you use the EZ curl bar (helps prevent excess stress on your wrists and gives you better contraction at the top of the movement) and you will be using a overhand grip. This is done to concentrate more stress on the brachialis muscle. Developing this muscle will give your arms the appearance of having much more mass.



Alternative: Cables.

BICEPS/FOREARM

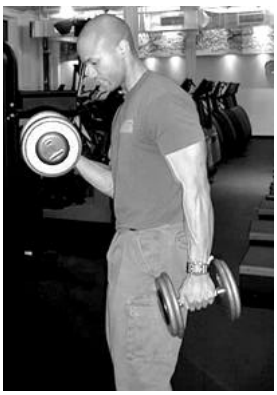
Dumbbell Curls (seated or standing)

Muscles Used: Biceps, forearms.

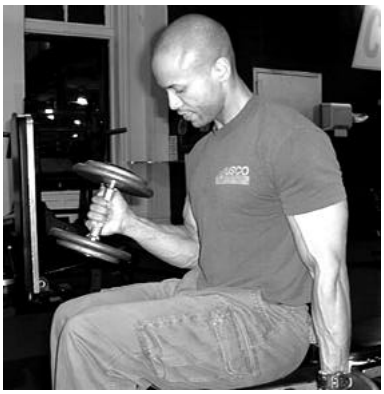
Technique: Standing with a dumbbell at each side, slowly lift one with your palms facing up. Focus on lifting with your bicep, not your shoulder. Once you reach the maximum contraction, slowly lower the weight and immediately start the other side.

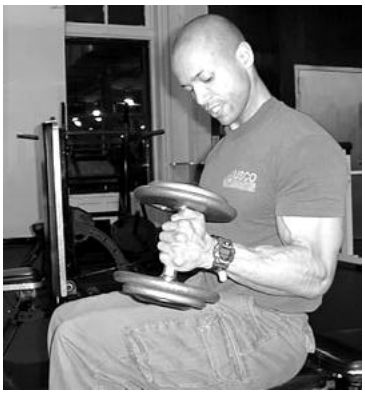
Note: This and the previous exercise (reverse curls) exercise will also work your forearms.

Tips: Remember, slow and controlled motion using only bicep, no other muscles. If you have to swing anything to get the weight up, it's too heavy. Squeeze the muscle as tight as possible at the top of the movement.



Alternatives: Seated curls, hammer curls (palms facing sideways).





BICEPS/FOREARM

Incline Dumbbell Curls

Muscles Used: Biceps, forearms.

Technique: This exercise is exactly the same as seated dumbbell curls, except that you perform these on an incline bench. Start with your arms hanging straight down at your sides and your back flat against the bench. You can choose to alternate each side or do them both simultaneously.

Note: This is a very difficult exercise, so you should use a weight that is lighter than normal.

Tips: Make sure you get a good, painful stretch at the bottom of the motion.

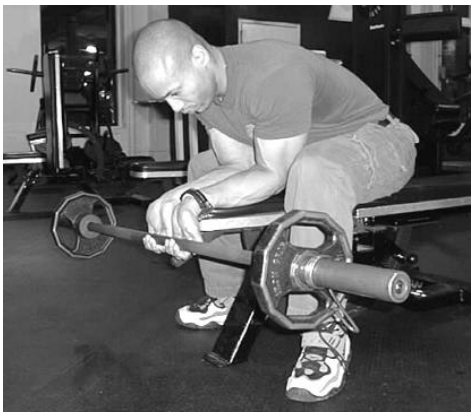
BICEPS/FOREARM

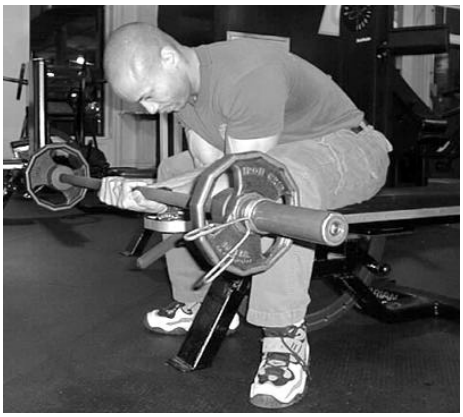
Forearm Curl

Muscles Used: Forearms

Technique: Grab a light barbell (close grip) and sit on a flat bench. Position yourself so that your forearms are flat on the bench and your wrists and hands are hanging off the edge. Now just curl the weight up as far as you can, and then slowly lower it to a full stretch.

Tip: Try for high reps on this one.





TRICEP

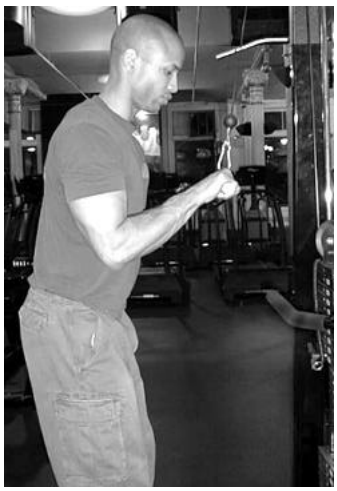
Tricep Pushdowns

Muscles Used: Triceps

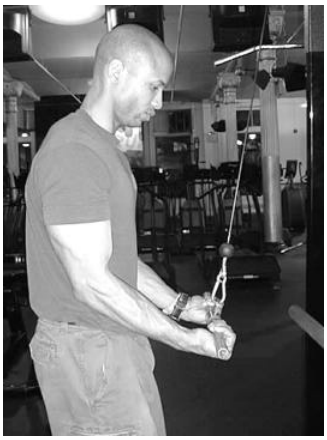
Technique: This is an isolation exercise for the tricep. Usually there are specific machines for pushdowns, but if not, just use any lat pulldown machine. Grab the bar palms down. With your chest out and shoulders back, press the weight down using only your triceps and forearms. The only body part that should move is your forearm, as it bends at the elbow. Press all the way down as you exhale, then slowly come back up, keeping the movement slow and controlled.

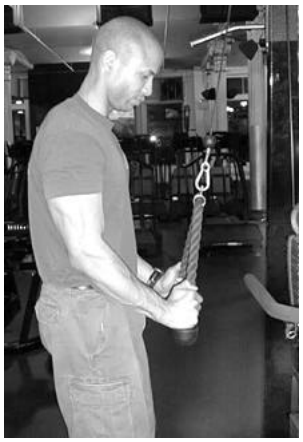
Note: Keep your elbows pinned at your sides. Also, do not hunch over or use your bodyweight and shoulders to press the weight down.

Tips: Try bending your knees for more stability.



Variation: Tricep pulldown (just reverse your grip), rope extensions.





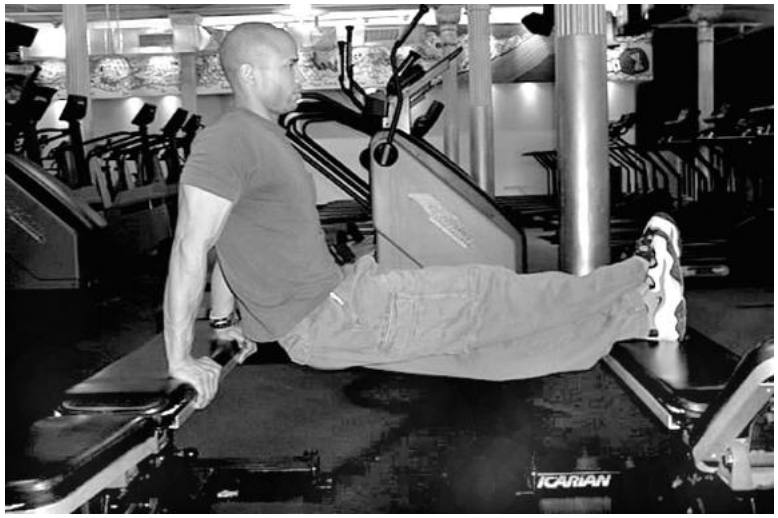
TRICEP

Bench Dips

Muscles Used: Triceps

Technique: This is really good for blasting your triceps. You do these in the same way you do bar dips, except here, your feet are resting on another bench. You are not pressing as much weight as in bar dips, but you can really concentrate on contracting the triceps at the top of each rep.

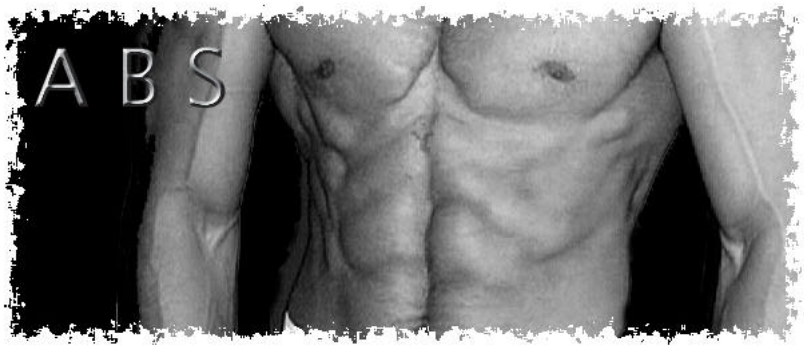
Tips: Try to go all the way down and get a good stretch at the bottom of each movement.



ABDOMINALS

Remember when doing ab exercises that more is not necessarily better. You should train your abs like any other body part. More exercises will not make them magically appear — the only thing that will do that is to get your body fat down below 8%. Also remember that your abs work like an accordion, not like a hinge. So when doing crunches, you should concentrate on crunching together rather than moving your body upwards. This will maximize muscle tension.

The other key in ab work is tension. You must concentrate on contracting your muscles as tight as you can. This will cause them to fatigue faster. It does not matter how many reps you can do; the only thing that matters is how hard you can contract your abdominal muscles. If it takes you 100 crunches before your abs begin to burn, then you are wasting your time. Your abs should be bursting at no more than 20-25 reps. If they are aren't, you need to add weights to your exercise and work on contracting the muscles tightly for each rep.



ABDOMINALS

Crunches

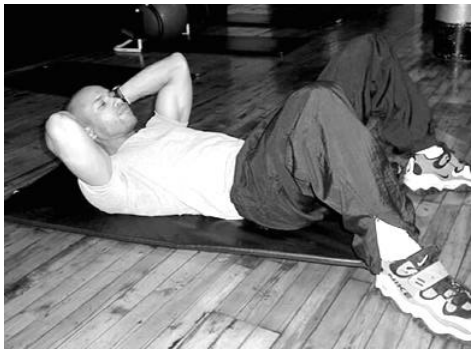
Muscles Used: Upper abdominals

Technique: Lie flat on the floor with your knees bent and legs about 1-2 feet apart, or you can place your lower legs up on a bench. Rest your hands either gently behind your head or crossed on top of your chest.

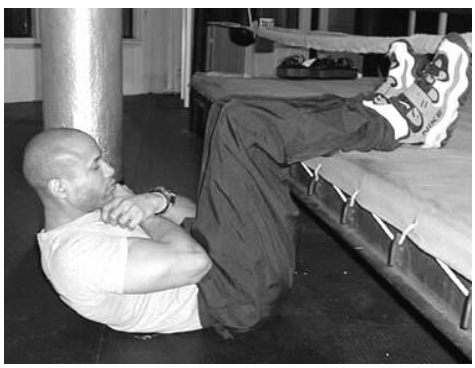
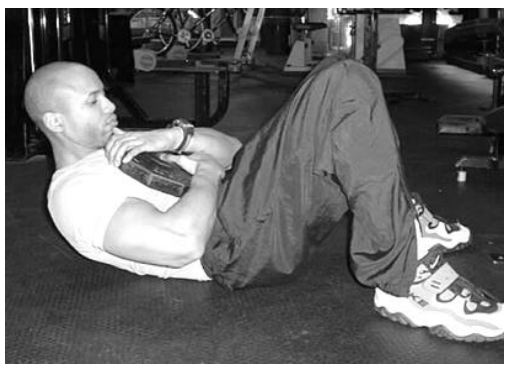
The goal of this exercise is to curl your upper torso forward, bringing your ribcage toward your pelvis. Keep the rest of the body stationary and you do not sit all the way up. You should only raise up a few inches off of the floor and stop when you reach maximum ab contraction. Exhale as you curl up and inhale as you slowly lower.

Tips: If you are getting a sore neck from doing these, you need to work on relaxing your neck muscles. Keep your hands and neck relaxed. They should not be involved in this movement.

Notes: This is not a jerking motion. It should be smooth and controlled. You should be working for maximum contraction and burn, not how many you can do.




Variation: Feet up, feet flat, using a weightlifting plate for added resistance. The plate can be either situated on your upper chest or held behind the head. I prefer to rest it on my upper chest. It puts less stress on the neck.

ABDOMINALS

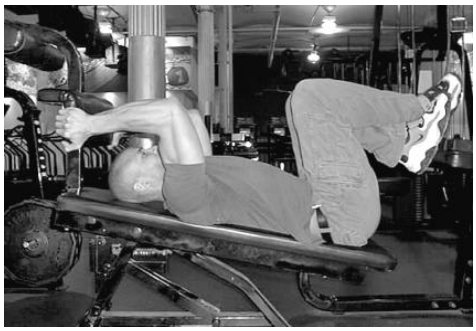
Reverse Crunches

Muscles Used: Lower abs

Technique: These are like leg raises, except that you are on an incline bench and should keep your knees bent. Lie on your back on a slightly inclined bench and grab the top of the bench. The object of this exercise is to bring your pelvis up and towards your rib cage by contracting your abs. Exhale as you crunch up and then slowly lower your legs as you inhale.

Tips: You will not be able to do too many of these, so make them count. Make sure to contract your abs as much as possible at the top of the movement.

Notes:: Do not swing into position. The motion should be smooth and controlled. Also, don't let yourself slip too far down the bench, or you will be out of proper position.



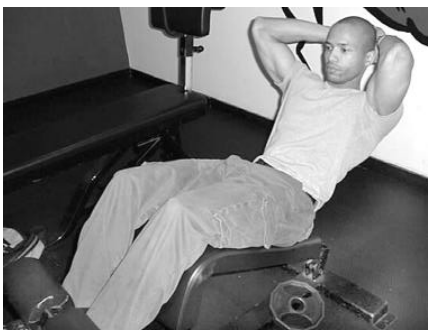
Incline Twisting Sit-Ups

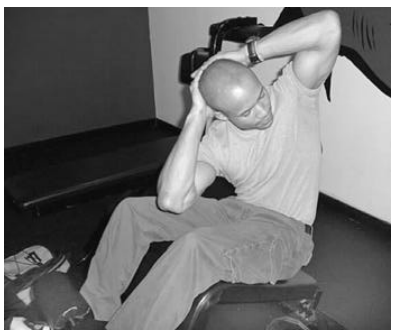
Muscles Used: Upper abs, outer obliques

Technique: These are usually done on a Roman Chair (a very short incline board). The exercise begins as you lean back to get maximum tension in the abs. Once you do, use your abs to crunch forward. As you come forward, twist your torso to one side. If you don't have a Roman Chair, you can do these on a simple incline board or the floor. When doing them on the floor, just twist to one side or the other as you crunch.

Notes: The key here is to really twist your torso to work your obliques, but don't use a jerking motion.

Tips: Once you get strong at doing these, you can add weight for more resistance.





STRETCHING

This is a topic that most weight trainers seem to overlook. Stretching is essential to help you avoid injuries and aid in muscle recovery. It helps to maintain the pliability of your muscles and connective tissue. Without stretching, your range of motion will become so restrictive that any movement outside of your range could result in injury or extreme pain. You should never stretch when your muscles are cold. Always warm-up first with some light form of aerobic exercise.

Before I work a muscle group, I always lightly stretch that muscle group first. This is not including my warm-up sets. So, if I was working my chest, after my 5 minute warm-up on the lifecycle, I would do some light stretching of my chest and shoulder muscles. This usually takes 2-3 minutes, then onto the actual warm-up for the particular exercise I am performing. After a couple of warm-up sets, I am usually ready to start the heavy work.

Once I have performed a few heavy sets, I will continue to stretch during and after I finish that particular exercise. So, after I finish working my chest, for example, I will finish off with a good, deep stretch of that muscle group.

Stretching before your session is necessary to warm-up and loosen your joints, muscles and ligaments, while stretching after your workout helps to aid in recovery. When you stretch the muscles you just worked it will help to remove the lactic acid buildup in those muscles. Stretching helps in the removal waste from the muscles, and supplies them with much needed oxygen and nutrients. This will also help to alleviate some of the muscle soreness that accompanies heavy training.

The technique I use is in two stages: First I stretch the muscle for about 3-5 seconds, then release. Next, I concentrate on really relaxing that muscle group. I take a deep breath, exhale slowly and start the stretch again.

On this second stretch, I want to go further than the first time. I hold this stretch for as long as I can tolerate the pain (about 20-30 seconds), all the while, continually trying to relax and go deeper and farther. While stretching, remember to breathe and relax more each time you exhale.

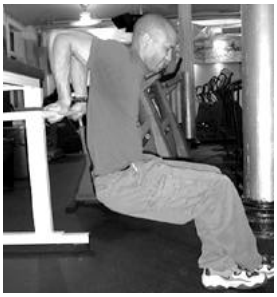
Note: Never bounce or do any type of forceful stretching.

STRETCHING

Light Stretches (for before and after workout)

Chest

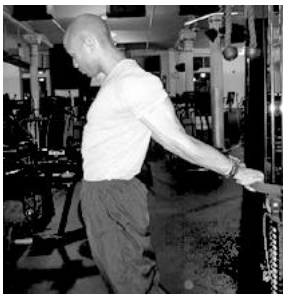
Shoulders



Triceps

Back

Bicep



Groin/Hip

Calves

Hamstrings

Quadriceps

STRETCHING

Heavy stretches (during workout)

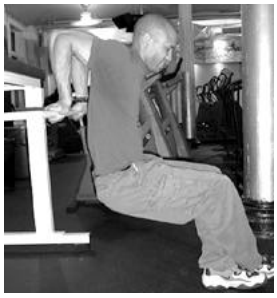
These are deep painful stretches that you should perform only when you are pumped up. These are meant to be performed immediately after your set.

Chest

For this stretch you simply relax and hold the bottom position of the "incline flyes" movement. To increase the stretch you should thrust your chest out.

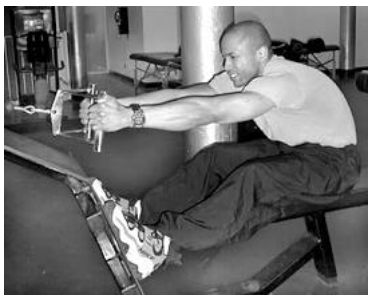
Make sure that you do not collapse your arms.

Shoulders



To perform this stretch, simply relax and let your body sink into the stretch.

Back



To increase the effectiveness of this stretch, you should round your shoulders and flare your lats as much as possible. If you can't seem to flare your lats, just concentrate on holding your elbows "out".

Also make sure you stretch forward as much as possible. I always use a very heavy weight, to help stretch me forward.

STRETCHING

Quadriceps

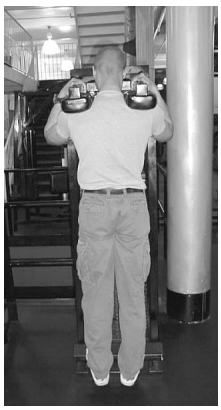
To perform this quad stretch you should set your seat back as far back as possible and also lower the leg pad to ankle height. Then you simply hold the bottom position. You are not lifting the weight, you are just stretching.

This is very painful if you are in the right position.

Hamstrings

Hold this position and breathe deeply. Concentrate on putting your chest to your knee.

Calves

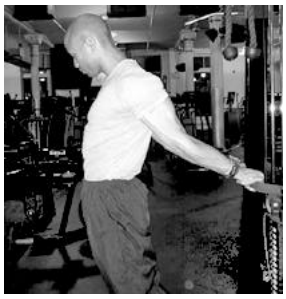


Relax all the way down, and hold that position as long as possible.

Try to use very heavy weight to help push you farther into the stretch.

STRETCHING

Biceps



Hold this position and do not collapse arms.

Triceps

Use heavy weight to increase the stretch.

MASS TRAINING

This section covers all the techniques that I have used to successfully gain muscle mass. There are many other ways to do this, but I have not used these methods. So many people in the gym have no clue about what they are doing, and they have no guidance. You do. Put this information to work and you will be amazed at the results. They work!

Use Heavy Weights

For anyone trying to gain muscle, several things must be done. One is to train with heavy weights. By heavy I mean a weight that is challenging for YOU. The average guy in the gym usually works with a weight he can lift for 10-15+ reps. To gain mass, this is too light. Using an appropriate weight, you should only be able to do 4-7 reps. That's it! Using heavy weights for a few reps puts your muscles under much more stress than using lighter weights for many reps.

Free Weights, Not Machines

Next, the core exercises in your program must consist of free weight exercises, not machines. Machines are good for isolating and fatiguing individual muscle groups, but they are only to be used after your main compound exercise work has been done. I don't know of anyone who has gained a substantial amount of weight using just machines.

The main reason for this is a lack of stabilizer muscle development. Since machines are locked into a specific range of motion and help to support the weight along that path, they fail to stimulate the muscles that surround the area you are working (stabilizers). This is a mistake. If your stabilizer muscles are weak, then the major muscle group will never grow!

Free weight exercises like the dumbbell press or squat, for example, put a very large amount of stress on supporting muscle groups. That's why you will get fatigued faster, and will not be able to lift as much weight as you did on the machine. But you **will get bigger and stronger very quickly** and have a true gauge of your strength.

If you use machines in your program, they should be used to work isolated areas and only after all compound exercises have been completed.

Core (Compound) Exercises

The exercises that work the large muscle groups are compound movements that involve a lot of muscle groups. These compound exercises should be the foundation of any mass building program because they are proven mass gainers. You should schedule your workout so that these exercises come first.

MASS TRAINING

Here are the basic movements:

- **Bench Presses** (chest, shoulders, tricep)
- **Overhead Presses** (shoulders, tricep)
- **Pull-ups/Rows** (back, bicep)
- **Squats** (legs, lower back)
- **Deadlifts** (legs, back, shoulders)
- **Bar Dips** (shoulders, chest, arms)

I cannot overemphasize the importance of these exercises. **Do not start a mass gaining program without them**! Without these exercises, your chances of gaining muscle mass fast is very slim. They will overload your entire skeletal and muscular system like no machine could ever do. This stress forces your body to compensate. In the case of weight training, it compensates by gaining muscle mass. If you can only do a few exercises — do these. They have been proven (and not just by me) to encourage mass and strength gain unlike any other exercises.

Training to Failure

To be sure that you have adequately stressed your muscles to stimulate growth, almost all fitness "experts" tell you that you must go to muscular failure on all sets. By this I mean you must continue to do reps until you can no longer lift the weight in good form.

From my experience, training to failure is not a requirement of muscle growth. Going to failure on each set is not as important as making sure that you are continually exposing your muscles to "out-of-the-ordinary" stress.

In fact, the whole idea of lifting a weight until your muscles fail seems alien to me. Where else in life do we do something this extreme to get our bodies to adapt? Nowhere. If I want a tan (when your body adapts by darkening its skin for protection), do I go and submit myself to the longest tanning session I can find and stay in there until my skin blisters? No! I start out slowly and gradually build up to longer sessions, while my body is adapting naturally. If I wanted to run a marathon, would I go out and run as fast as I could, until I fell out from exhaustion? No, I would start with short, moderate paced runs and consistently increase the effort and intensity as my body adapted.

This is no different in weight training. The only thing you need to do to build muscle is to steadily increase your workout load in small increments on a regular basis. So each week, you will be lifting a slightly heavier weight. These small increases are easier to manage, physically and mentally. Not only will your body recuperate faster, but because you only increased the weight 5 lbs. or less at a time, you will be mentally prepared to lift the small increase.

MASS TRAINING

To provoke muscle growth, your muscles **do not** need to be exposed to stress that is near its limit (like going to failure), it only needs stress that is *slightly beyond* what it is normally exposed to.

I do train to failure, but not on every set, and only on certain exercises. On most exercises, I typically train to initial muscle fatigue, stopping just short of failure. This is partially because I workout alone, and when you train to failure, you will always need a partner or someone there to "spot" you and provide assistance when needed.

Training to failure is one way to train, but it is not the only road to muscle growth. No training method is perfect, because people respond differently to different stimuli. The only reliable constant is that your body will adapt — and once it does, it's time to change your workout. For beginners, almost anything will spur temporary muscle growth as long as you do it consistently. So just pick a method and go.

Changing Your Workouts

The problem with overloading is that eventually your body will become accustomed to that specific level of stress, and you will stop growing. In the past "experts" would tell you to simply keep adding more stress (weight) to keep growing. Well, this is not exactly true. Eventually you will hit a plateau, and your size and strength gains will cease.

A plateau is simply a size or strength level that your body refuses to go beyond. Everyone gets to this point sooner or later. This is where many guys give up. They continue to train, by working their muscles the same way, but their bodies have adapted to that training routine, and they lose motivation.

To keep your body under "out-of-the-ordinary" stress, you need to change your workout parameters. Your workout parameters consist of types of exercises, tempo of reps, length of rest period between sets, number of reps, workout sequence, etc. Any change of these parameters should spur continued growth.

The best approach is to increase poundage for a short period, then back off and change your parameters for a short period, giving your body time to recuperate and get stronger.

Here are a few ways in which you can change your program:

- **Change the exercises.**
- **Change exercise tempo:** Add a pause at the top or bottom of the motion, and increase or decrease the eccentric portion.

MASS TRAINING

- **Change number of reps and/or sets:** You can do the very famous 10 sets of 10 reps (using a much lighter weight of course), or you can increase the reps even more. I once tried a workout that had only 3 sets per compound exercise, but I had to do 30 reps for my first set, 20 reps for my second set and 10 reps for my last set! I was exhausted afterwards.

- **Change your workout order:** This involves simply changing the order in which you do your exercises. For example, instead of doing bench presses first and doing shoulders last, you would do shoulders first and bench press last.

Overtraining

There are several things that skinny guys must do in order to build muscle, and in my mind, the first is to avoid overtraining. If you train too often, several things happen:

1) You don't give your muscles enough time to recuperate between workouts. If your muscles have not repaired themselves, you will not be at maximum strength for your next workout. Rest is essential. Other than eating, this should be your main focus. Contrary to popular belief, you do not grow while working out, you only grow when you are resting.

2) You are setting yourself up for burnout or an injury.
I know you are motivated and excited about working out, but don't be careless. You must pace yourself, you want to be able to keep this up for a long time, not burnout before you reach your goals.

Symptoms of overtraining include:

- Frequent illness
- Lack of desire to workout
- Muscle spasms while resting (this happened to me)
- Weight loss
- No strength gains in the gym
- Recurring injury (especially in shoulder muscles, wrists or back)

Grouping

I recommend that you work each body part just once per week, or once every seven days. The body parts I'm referring to are usually defined as chest, back, shoulders, bicep, tricep, and legs. The only areas that can sometimes be worked more than once per week are the bicep, tricep, calves and abdominals. These smaller muscle groups tend to recuperate much faster than larger ones.

MASS TRAINING

Now, if you have the time to do nothing but workout, you can workout five days a week, but if you are like me, you don't have that much free time. So we must work muscles in groups to maximize our workout time.

Grouping involves training muscles that normally work together into the same workout. This is great because it decreases the number of times you need to workout, decreases your workout time and increases your muscle fatigue.

This is because when you're working one muscle group, you will also be working other groups in that area. This is how I group my workouts:

Session 1: (Chest, Shoulders, Triceps)
Session 2: (Back, Bicep)
Session 3: (Legs)

For example, when I perform the bench press for my chest, it will also be working my shoulders and triceps. So, when I am ready to work my shoulders or triceps, I will only need to perform a few exercises to fully exhaust those muscles, because they already have been partly fatigued by the bench press.

This is how I can get away with having to workout only 3 days per week! That gives me plenty of time to rest. It also allows me to keep my workouts very short — about 60-75 minutes. **This is very important.**

75 minutes or Less

Try to keep your workouts as short and as intense as possible. Studies have shown that during weight training, testosterone levels peak after about 60 minutes and begin to decline rapidly thereafter.

People who perform those long 2-3 hour training sessions are not only wasting their time, they are setting themselves up for injury and possible muscle loss. My goal is to get in there, blast my muscles quickly, and then get out. No chit-chat, just work. I've got more important things to do, like eat and rest!

Concentrate on the Negative

Believe it or not, the eccentric (negative) portion of an exercise is what stimulates the most muscle growth — not the positive. Unfortunately, most people ignore this movement. During my 12-week program, I concentrated a great deal on the eccentric movement, stretching it out as long as I could.

MASS TRAINING

This is far more difficult, but highly recommended. You will not be able to lift as much weight as normal, but you will put more stress on your muscle fibers. I use a tempo of 3/0/1. I do the positive for a count of one, no pause at the top of the motion, and stretched the negative out to a count of three. Using pull-ups as an example, I would pull-up for a count of 1, and then immediately begin to lower myself **slowly** to a count of three until I reached the starting position. There are many variations of this that you can use to vary your training.

Rest, Rest, and Rest

I not only advocate resting as much as possible when **not** working out, I recommend resting **while** working out also. Because your training is not a cardiovascular event and you want to be as strong as you can be for your next set, I advise you to rest three minutes between each set. If it takes a bit longer to catch your breath and get ready, then take the time. Don't let others rush you. You must stay confident and go at your own pace. Just don't wait so long that your muscles get cold and you lose your focus.

Stay Focused

I know it's difficult sometimes to simply go workout and not be influenced by others in the gym. But the lifted that much so I have to do it too" stuff has got to stop. This is not a strength contest; everyone has different levels of strength. How much you lift is irrelevant. It's only a concern of your ego.

Yea, the next guy may be stronger than you, but so what? Does that mean he's a better person than you? Of course not! It just means he bench presses more than you. But that also means thousands of guys bench press more than he does. So what?

You are not training to be a powerlifter. You are in there to improve your body. I'm not the strongest guy in the gym, nor am I the biggest, but I can honestly say that I have a better looking physique that 98% of the guys I see working out. So stop worrying about how much you can or can't lift, and concentrate on working your muscles.

Also, stick to the exercises in my plan. I've seen guys at the gym doing six and seven exercises for chest alone. That is insane! They wonder why they don't get bigger! It's because this is not necessary. You should only do a maximum of 3 exercises per body part. That's it.

You have a very specific schedule that you must get into the habit of following, and it does not include foolishly over-training. So for a few months, at least, just cut it out. If you have to, go to another gym.

MASS TRAINING

Soreness

Regardless of what anyone tells you, never work a body part if it is still sore. Soreness means that muscle has not fully recovered. If you are working out again without adequate recovery time, you will be destroying more muscle than you build. I cannot say how long it will take you to recover, but if I really blast my muscles, I am typically sore for the next 3-5 days. And during that, time my main focus is to rest that area.

Body Statistics (You MUST do this. It is not optional)

To make sure that you are progressing, it is very important that you take your measurements and fat loss reading at regular intervals — every 2 weeks or so. If you don't do this, you will never know exactly how much you gave gained or lost. Also, this is a gauge of how well your diet is working. For example, if you notice a dramatic increase in body fat from the last two weeks of your mass diet, then you might want to cut back slightly on the calories.

This is also essential for those on fat loss diets. Sometimes when you are dieting you will not see a change in weight. The scale will read the same each week. But what you will find out, if you take your body fat measurements, is that your body fat is getting lower. What is happening is that your muscle mass is increasing, while at the same time you are losing body fat. You would never know this was happening if you did not regularly take your body fat measurements. You might even get discouraged and quit the diet, thinking it was not working!

Can I Just Work My Upper Body?

If one more person says to me that they don't want to work their legs, and that they just want a bigger chest and arms, I'm gonna scream. The leg muscles are your largest, most powerful muscle group. You cannot put on substantial mass without working them. They stress your entire skeletal structure, spurring growth all over, not just in the lower body.

This is also very silly looking. I see too many guys walking around in the gym unbalanced. They have nice upper bodies, but their legs look like a couple of twigs! What are they thinking? They just ignore that entire area because the don't want to "bother." Do not let this happen to you. You will not reach your full potential without blasting those muscles.

Legs are and always have been, my **first priority** when working out. Performing exercises like heavy squats and deadlifts have been major contributors to my overall mass gains.

MASS TRAINING

Key Points

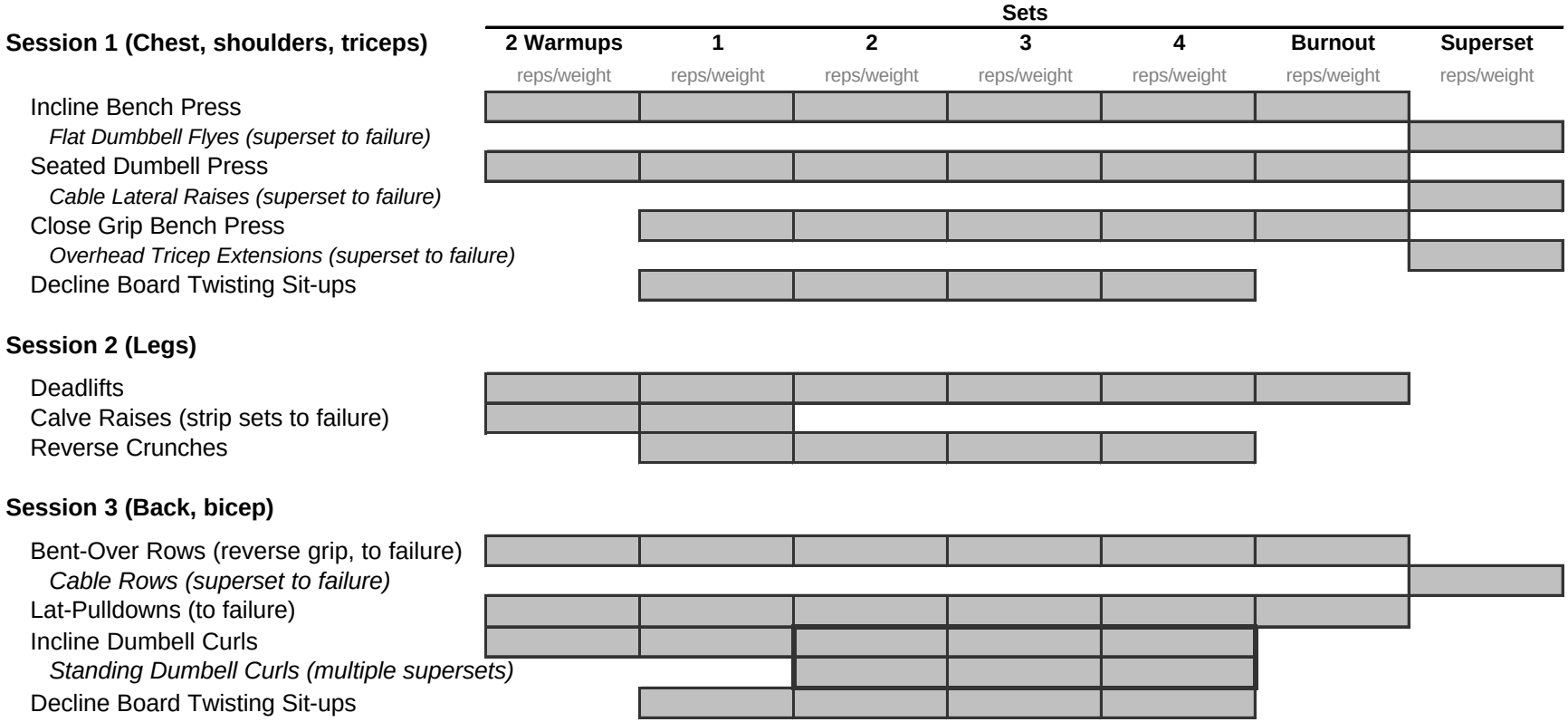
- Concentrate on free weight exercises that work the large muscle groups.
- Use heavy weights and low reps.
- Use slow rep tempo to increase muscles time under tension.
- Rest 3 minutes between sets.
- Keep each workout at 75 minutes or less.
- Work each body part only once per week.
- Rest as much as possible during non-training days. Remember, your body grows when it is resting, not while you are in the gym. Eccentric training causes more muscle damage than positive only training, so rest is essential. If you can take a 30 minute nap each day. This will speed up your recovery. I did this during my 12 week program and I guess it helped.
- Change your workouts on a regular basis. If you are a beginner to weight training, you should not worry about hitting any sort of plateau until after about 6-8 weeks of consistent training. If you have been weight training for a while, you should consider cycling your routine every 3-4 weeks.
- Monitor your progress by taking your tape measurements and body fat measurements every two weeks.

Note: **On the mass diet, do not perform any form of cardiovascular/aerobic exercise!** This will counteract your weight gaining efforts. If you are skinny, it will be extremely difficult and take a very long time to reach your goals if you were trying to lose fat and increase your muscle mass at the same time. To reach your goals quickly, you must concentrate on just gaining muscle. You will concentrate on fat loss later.

Sample Mass Training Routine

- 5 min. on stationary bike to warm-up
- Use heavy weight
- Rest 3 min between sets
- Tempo: 3/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps)



FAT LOSS TRAINING

Once you reach your desired muscle gain goal, you will probably want to lose some of the excess body fat you gained. Remember, this is totally normal. Your program is designed to minimize fat gain, but anyone on such a high calorie diet will gain some body fat along with the muscle. It is inevitable.

Why Train for Fat Loss?

If you want to look ripped, defined or see your abs, you will at some point want to shed some excess body fat. Many guys on mass diets just try to pack on the pounds and never think about the excess fat that comes along with it. Don't get into this trap. Bigger is not better, but bigger and ripped is. I cannot tell you when you should start thinking about losing some body fat, because everyone is different. Just don't let it get too high. The longer you wait to diet, the harder it will be to lose.

What's the Difference?

Since you will most likely be on a lower calorie fat loss diet also (you will not lose fat without dieting), you should focus on maintaining your current strength level. That's it. You should not be over stressing your muscles in any way. That means no negative reps. You will also reduce your number of core exercises, and focus on more machine and isolation work. This is because when your body is on a lower calorie diet, it is less able to handle the high stress that heavy weight training can cause.

You will continue to train on your normal 3 or 4 day schedule, but you will change your exercises and tempo. Your tempo will be 1/0/1, resting only 90 seconds between sets. In other words, you do the positive and negative motion each for a count of one. You will still work each body part only once per week, but you should only do a maximum of two exercises per body part.

Exercise Guidelines:
Tempo of 1/0/1
Rest 90 seconds between sets

1 warm-up set (12 reps)
3-4 moderate sets (10-15 reps)

Aerobic Exercise

To speed up your fat loss, you are required to perform some form of cardiovascular exercise, in the morning (no exception), on an empty stomach, for 30-45 minutes while keeping your heart rate at about 140 beats per minute. This may not seem like a lot, but it is the ideal range for fat loss. If you are working any harder you will be training for endurance and not fat loss. Also, if you have a high metabolism, you will also be eating up muscle fast!

FAT LOSS TRAINING

I suggest that you do your cardio exercise in the morning before breakfast because I want you to be burning fat calories when you exercise. I know this seems unusual, but if you eat before doing your cardio, you will be burning the calories from that meal and not body fat. This is one of the main reasons why many people do tons of cardio, but never lose any fat.

I also recommend doing it in the morning because you will not have eaten for that eight hour period that you are asleep. Your muscles will have used up just about all of their glycogen (sugar used for energy) stores. Once this happens, your body turns to using stored body fat for fuel. You are more than welcome to exercise anytime you like, just do not eat 8-10 hours before.

The exercise I like the most for cardio is the stationary bike. It is no frills, straight to the point, and I can just be mindless while I do it — somedays that is the only free time that I have. You can do whatever you prefer. Running burns the most calories, but that is not important. Anything that keeps your heart rate at the desired level for 30-45 minutes will do.

Don't get caught up in how many calories you burn each session, because that is irrelevant. The point of doing cardio is not to see how many calories you can burn. You are already on a low calorie diet, so why would you want to burn off more? If you want fewer calories, just eat less!

The point of doing cardio is to increase your metabolism, which, in turn, causes you to burn more body fat. Studies have shown that your metabolism will remain elevated for up to 3 hours, after just 45 minutes of cardiovascular exercise, and for more than seven hours after 60 minutes of cardio[1]! That's why I do cardiovascular exercise.

It's best to do your aerobic exercise on non-weight training days, so you will be as strong as possible when training, but it is not absolutely necessary. If you can't do it on separate days, just space them as far apart as possible. For example, do cardio in the early morning and weight train in the afternoon or evening. I don't recommend doing cardio and weight training during the same session. With our fast metabolisms, it's murder on our muscle mass!

Spot Reducing

The next item that I would like to touch on is spot reducing. For those who don't know what I'm talking about, spot reducing is when you perform a particular exercise to help get rid of the fat in that specific area. For example, many people do an unnecessarily large number of sit-ups thinking that they will eventually burn off the fat in that area to reveal their six-pack.

[1] University of Victoria "Cycling Fat." *Canadian Journal of Sports Sciences*; vol. 13, no. 4: 204-207.

FAT LOSS TRAINING

Or they do side-bends with weights to get rid of their love handles, or choose to use the step machine thinking it will dissolve the cellulite around their lower body. You cannot do it. Spot reducing does not happen. The only way to lose body fat in those areas is to diet consistently. That's it. When you do, the fat will come from all areas. Unfortunately, it will usually come off of your most unsightly areas last.

Typically for men the most difficult area from which to lose fat is the lower back and waist, while for women it is their upper thighs and buttocks. Go figure.

The "ABS"olute Truth

No amount of weird exercises or machines will reveal your abs until you lose that layer of fat over them. The only way to do that is by consistent dieting and cardio. Period. All those odd hanging, leg twisting, body contorting exercises are no better than simple crunches. They will not make your abs suddenly appear like a bicep or a pec. **Abs are not made in the gym, they are made in the kitchen.** Diet, diet, diet.

Fat Loss Training Key Points

- Do some form of cardiovascular exercise for 30-45 minutes, 3-4 times per week. Keep your heart rate around 130 bpm.

- To increase your body's fat burning ability, do your cardio exercise in the morning before eating, after an overnight fast of at least 8 hours (very important). Note: It is essential that you do not eat before your cardio. You should not ingest any calories at all. This includes toothpaste. Since most toothpastes contain saccharin, which is a carbohydrate, you should avoid them. On cardio mornings, I brush my teeth with an all natural non-sugary toothpaste. Baking soda is also good.

- Train with weights no more than 3 times per week, working each body part only once per week. Weight training develops more lean body mass (muscle). The more muscle you have, the faster your metabolism.

- Concentrate on using lighter weights and doing 10-15 reps (1/0/1 tempo), resting only 60-90 seconds between sets.

Sample Fat Loss Training Routine

- 5 min on stationary bike to warm-up
- Use lighter weight (reaching failure in 10-15 reps)
- Tempo: 1/0/1
- Rest 1.5 min between sets
- Start cardio 3-4 times per week

- Exercise guidelines:
  - 1 warm-up sets (12 reps)
  - 3-4 work sets (10-15 reps)
- Stretch muscles after workout

Session 1 (Chest, shoulders, triceps)

	Sets				
	1 Warmup	1	2	3	4
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Incline Bench Press					
Flat Dumbell Flyes					
Dumbell Side Lateral Raises					
Tricep Pushdowns					
Crunches					

Session 2 (Legs)

Leg Press					
Leg Extensions					
Hamstring Curl					
Calve Raises					
Reverse Crunches					

Session 3 (Back, bicep)

Wide Grip Lat-Pulldowns					
Cable Rows					
Preacher Curls					
Crunches					

Cardio

B. Dieting Strategies & Supplements That Work

DIET TERMINOLOGY

Calorie: A measure used to express the energy value within foods.

Fat: A macronutrient that serves as a source for long-term energy and energy storage. Fats serve as a structural component for all cell membranes and assist in hormone production. Fat contains 9 calories per gram.

Protein: Nitrogen containing compounds found in all animal and vegetable tissue. The amino acids contained in protein are essential for growth and repair. Animal proteins contain all the necessary amino acid, to be immediately used by the body, while most vegetable protein do not. To be used by the body, vegetable protein has to be combined with other proteins to complete the amino acid chain. Protein contains 4 calories per gram.

These are the different protein we will be using:
Meat
Poultry, Eggs
Seafood
Whey protein isolate (made from milk curd, and low in lactose)
Soy protein isolate (vegetable protein derived from soybeans)

Carbohydrate: Organic compounds that are used as fuel source for the body. They are divided into two categories: simple and complex carbs. **Simple carbs,** like refined sugar or processed white flour products, usually have no fiber, so your body converts them into glucose much more quickly that **complex carbs,** which have more fiber (brown rice, oats, whole grains, fibrous vegetables) to slow digestion. Carbs contain 4 calories per gram.

Some examples of simple carbs:
lactose (milk sugar), fructose (fruit sugar), candies, syrups, and any processed white flour product (like white bread).

Complex carbs can be broken down into two categories:
Starchy: unrefined whole grains, brown rice, oatmeal, beans and tubers (potatoes, yams)
Fibrous: fiber rich vegetables like celery, carrots, whole oats

Glucose: A sugar that your body burns for energy. Carbohydrates are broken down into glucose and are either used by the body immediately, or stored in muscle tissue as **glycogen**.

DIET TERMINOLOGY

Fiber: Insoluble, indigestible material found mostly in plant life. Fiber reduces the risk of colon cancer by decreasing waste transit time through the large intestine. In doing so, it also helps to quickly rid the body of toxins accumulated in the kidneys, liver, lymphatic and circulatory system.

Free Radicals: Free radicals are unstable molecules that disrupt the functions of and sometimes kill normal cells. This not only makes you more prone to illness by weakening your immune system, but it is widely believed that they may be involved in numerous chronic and life threatening diseases.

Along with city living and job stress, strenuous exercise has been proven to increase the number of free radicals throughout the body. This is where **antioxidants** come in. They are a group of compounds that seek out and destroy free radicals. Some powerful antioxidants include vitamin C, vitamin E, grape seed extract and NAC (N-acetyl-cysteine).

Glutathione: The most powerful antioxidant produced by the body.

DIETING FOR MUSCLE GAIN

Out of all the sections in this manual, this one is probably the most important for gaining weight. Dieting for muscle gain is simply a matter of eating. You must eat more calories than your body burns off.

Now, when I say eat, I do not mean just anything. All calories are not created equal. In other words, some types of calories are not equal to others for gaining muscle. For example, if I said that you need to eat 2,000 calories per day to gain weight, and you eat 4 bags of potato chips each day, do you think you would gain muscle? Not likely. The majority of your weight would be fat. Why? Because potato chips, like most processed junk food, contains empty, totally nutritionless calories. These foods do not provide you with the correct nutrient breakdown essential for gaining muscle.

To gain muscle, your caloric intake should be equal to about 15-18 times your body weight. Your meals must also consist of the correct amount of carbohydrates, protein and fat. The current ratio that I recommend is 40% protein, 30% carbohydrates and 30% fat. Some advocate more protein or more fats, but this is a good starting point for most hardgainers.

Years ago, a higher carbohydrate and lower fat diet was the rage, pushed by professional bodybuilders and trainers. They claimed that this was the only way to eat for muscle gain. Unfortunately, the only people gaining muscle on that type of diet were a genetically gifted few. The rest just got fat. Carbs serve mainly as energy for the body, while protein provides the necessary amino acids to build and repair muscle. For muscle growth, carbohydrates are not as essential as protein and fats. High quality protein, which the body breaks down into amino acids, should be the center point of all your meals. Intense exercise increases demand for amino acids which support muscle repair and growth.[2]

Proteins

When you train with weights, you should eat a minimum of 1 gram of protein per pound of body weight. So, for example, if you weight 100 lbs., you should be eating at least 100 grams of protein per day. You also must have protein at every meal. You don't have to have carbs or fat at every meal, but you must have protein. When I say protein, I am referring to high quality protein derived from animal sources. Soy protein, tofu and bean curd have their place, as you will find out later, but for getting bigger and stronger, the only protein you need to be concerned with are those found in whey, eggs, beef, poultry, and fish.

[2] P.W.R. Lemon and F.J Nagle, "Effects of Exercise on Protein and Amino Acid Metabolism," *Med. Sci. Sports Exerc.* 13.3 (1981): 141-149.

DIETING FOR MUSCLE GAIN

Stick with these basic foods and avoid unusual concoctions like deli meats. Never use these as a source of protein! Sure it tastes great, but you cannot count on a reliable measure of how much decent protein you are actually eating. Most of this meat consists of fat and fillers. As a rule, I stay away from all processed meats, like hot dogs, sausages, bologna, etc.

On the other hand, beef is great. I love to eat red meat, but it is not necessary to gain muscle. If you do not want to eat red meat, poultry or fish, your only alternative is to use whey protein as your primary source. Whey is one of the most biologically active (easily used by your body) proteins available. If you do like red meat and poultry, then eat as much as you like. But be aware of what you are eating. In this day and age, the major danger of eating meats does not come from the meat itself, but rather from what people put into the animal. Unless you eat pure organic meats, you are ingesting products that contain more steroids, hormones and antibiotics that you could imagine. I cannot say concretely that these things are harmful (there has not yet been a study of the long-term effects on humans), but how can it not be?

Fiber

The other danger of eating meats deals with how long they stay in your large intestine. Normally, all food you eat should take about 24 hours to travel through your digestive system. If it takes longer, you may not be getting enough fiber in your diet.

Fiber is responsible for keeping things moving "smoothly," so to speak. The longer foods stay in the body, the more chance it has to putrefy. When meat begins to putrefy, it produces toxins that are not immediately harmful, but which, over many years, can cause chronic illnesses, psoriasis, eczema, dandruff, body odor, acne, and colon cancer. Just be aware, consume these things in moderation, and be sure to get plenty of fiber. You should aim to get 20-35g of fiber per day. The best sources are vegetables, whole grains, and whole oats.

Milk

One favorite high calorie item that bodybuilders like to use is milk. Unfortunately, I have not included it in my program because I did not use it much during my original program. I have used is quite a bit after my program, though. If you are having problems gaining weight on this program, you should consider adding milk to your diet. Please see page 236 for more on this.

DIETING FOR MUSCLE GAIN

Fat!

Fat is another diet element that is usually forgotten or purposefully left out. If you want to gain muscle mass, this is a mistake. Dietary fats play an essential role in hormone production, which in turn is responsible for growth and strength increases. I have never gained muscle on a low fat diet, though many people still believe that eating fat makes you fat. This is absolutely false. In fact, there is a very popular muscle gain diet that bee around for years, called the "Anabolic Diet" that requires you to eat only fat! Butter, bacon, and heavy cream are all on the menu. Though quite extreme, this diet does work.

Most people are overweight because of a diet high in simple carbohydrates, not from eating fats. If your diet is too low in fat, your body will actually make a point to store any fat it gets, because it doesn't know when it will get more. A low-fat diet will also lower testosterone levels, something we do not want when trying to gain weight.

Essential Fats

Studies have shown that dietary fat has a direct relationship with testosterone production. An increase in dietary fat intake seems to bring on an increase in testosterone levels.[3] The inverse is also true. A decrease in dietary fat intake is usually accompanied by a decrease in free testosterone levels.[4]

Whereas saturated fats are the cause of many illnesses, like heart disease and cancer, Essential Fatty Acids (EFA) are unsaturated fats that are necessary for thousands of biological functions throughout the body. And since they cannot be manufactured by the body, the must be provided by your diet. Essentially, these are the only fats you will ever need. There are two types of EFA's: linoleic acid (omega-6) and linolenic acid (omega-3). Linoleic acid is primarily found in oils like canola, sunflower and safflower. Linolenic acid is found in cold water fish and linseed oil. Oils that contain both fats include evening primrose, borage and, my favorite, high lignen flaxseed oil.

These fatty acids not only help increase testosterone production, but they also aid in the prevention of muscle breakdown, help to increase your HDL level (good cholesterol) and assist in hormone production.[5] As stated earlier, if your diet is too low in fat, your testosterone levels will decrease. That's exactly what we don't want.

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[3] M.J. Reed, et al., "The Role of Free Fatty Acid in Regulating the Tissue Availability and the Synthesis of Sex Steroids," *Prostaglandis Leukot. Esent. Fatty Acids* 48 (1993): 111-116.

[4] E.K. Hamalainen, et al., "Decrease of Serum Total and Free Testosterone During a Low-Fat, High-Fiber Diet," *J. Steroid Biochem.* 18.3 (1983): 369-370.

[5] F. Dray, et al., "Role of Prostaglandins on Growth Hormone Secretion: PGE2 a Physiological Stimulator," *Adv. Prostaglandin & Thromboxane Res.* 8 (1980): 1321-1328.

DIETING FOR MUSCLE GAIN

Meal Frequency

To gain weight, you will be eating a large amount of calories. Unfortunately, your body can only assimilate a certain number of calories at each meal. For our purposes, eating three meals per day is not beneficial. If you had to eat 3,000 calories per day, then you would end up eating 1,000 calories at each meal. The average person can only use a portion of those calories. The excess will be stored as fat or removed from the body.

To enable your body to actually assimilate and use the 3,000 calories you will ingest, you have to reduce your meal size and increase your meal frequency. Splitting your calories into smaller, more frequent portions will enable food absorption and utilization of nutrients[6].

I always eat six meals each day, evenly spaced out at three hour intervals. My goal is to provide my body with constant nourishment throughout the day. So if it typically takes about 2.5 hours to digest most meals, want to be eating another meal just as my last meal is leaving my stomach. I do this because my body is constantly in need of nutrients to repair itself. I do a lot of damage during my workouts and completely stress my system. My body is trying to "adapt to the stress," but in order to do this, it needs consistent fuel.

[*Note: I know that six meals per day seems like a lot of trouble, but once you get used to it, it becomes second nature. Eating six meals per day is no more of a hassle for me than eating three. Please do not be overwhelmed by this at first. This is where most people lose the battle. Get your diet under control, and you are more than half way there.*]

If I ate only three meals per day, then my body would be without nutrients for about six hours between each of those meals! This is unacceptable for skinny guys. Without food, your body will quickly begin to breakdown muscle tissue for energy. You must never go longer than three hours between meals. This is where planning comes in. Make sure that you know where your next meal is coming from in advance. Don't wait until the last minute. The only time you will ever go longer than three hours without eating is when you are asleep. This is unavoidable, unless you wake up in the middle of the night just to eat, which, for some, may not be a bad idea. However, it is not, obviously, very convenient.

[6] Jenkins, D.J.A, Wolever, T.M.S., Vuksan, V., et al "Nibbling Versus Gorging: Metabolic Advantages of Increased Meal Frequency." *New England Journal of Medicine* 321 (1989): 14:929-931.

DIETING FOR MUSCLE GAIN

Important Meal Times

In order to help ease some of the inevitable muscle catabolism during your sleeping hours, you must eat a protein rich meal just before you go to bed, and another immediately after you wake up. Also, in order to get the most from your workouts, you must eat a protein meal one hour before you workout and then another within one hour afterwards. These meals are very important. The meal eaten prior to your workout ensures that your body will be able to put forth maximum effort during your intense workout session. Your post-workout meal (probably the most important meal of the day) replenishes all the nutrients lost during your workout. It also helps to jump start your recovery.

The Importance of Water

While on this program, it is essential for you to make an effort to drink more water. Unfortunately, in America, the first thing people reach for when they are thirsty is a sugary beverage. This is the last thing a thirsty person needs. It may seem to quench your thirst, but it actually makes the problem worse. Most people walk around dehydrated without even knowing it. When your body finally signals that you are thirsty, you are way past dehydrated.

To make sure that your muscles stay hydrated, you should aim to drink an amount equal to .66 times your body weight (in ounces) per day. Not soda or juice, but water! So if you weight 145 lbs, you should be drinking at least 96 oz per day. You must drink it throughout the day and not try to chug it all at once. Drinking a sufficient amount of water will not only increase your vascularity (more visible veins), but it will also help to quickly remove toxins from the body. Protein generates metabolic waste products that must be dissolved in water. Without enough water, the kidneys cannot efficiently remove these wastes.

Mass Dieting Foods (where to get the calorie)

Acceptable		Unacceptable	
beef	nuts	deli meat	soy protein
fish	unsaturated fats	potato chips	tofu
poultry	MRPs	alcohol	bean curd
whole eggs	whey protein	cakes	mass gainer powder
pasta	potatoes	cookies	processed meats
bread	rice	candy	ham
cheese	canned tuna/salmon	sweets	spam!

DIETING FOR MUSCLE GAIN

Calculating Your Daily Food Intake:

First, we need to determine how many calories you will be eating each day. This is done by multiplying your weight by 18. If you weigh 135 pounds, for example, that gives you 2,430 calories. Now divide that number by the number of meals you will be eating each day (6) and you get 405 calories. So, you should be eating about 405 calories at each meal.

Total daily calories

1. (weight x 18) = total daily calories
2. (total calories / number of meals per day) = calorie amount for each meal

Next, we need to calculate your nutrient breakdown. Remember that this mass diet will consist of 40% protein, 30% carbs and 30% fat.

First, we will calculate your total amount of protein in calories. Simply multiply 2,430 (total caloric intake) by .40 (40%). This gives us 972 total daily calories of protein. Next, we need to determine how many grams of protein these 972 calories should contain. Since protein is 4 calories per gram, we just divide 972 by 4. This gives us 243g. Now we know we will need to eat about 240 grams of protein each day. To find out how much we eat at each meal, just divide that by 6 (number of meals). This gives us 40.5 grams. So, to get 40% of my total calories from protein, I have to eat about 41g at each meal. Here it is again:

1. Total daily protein intake in calories
   (2,430 x .40) = 972 calories
2. Total daily protein intake in grams
   (972 / 4) = 243 grams
3. Amount of protein needed at each meal
   (243 / 6) = **40.5 grams**

Now let's do the calculations for carbohydrates and fats.
(Remember carbs are 4 calories per gram, and fats have 9 calories per gram)

Carbs:

1. Total daily carb intake in calories
   (2,430 x .30) = 729 calories
2. Total daily carb intake in grams
   (729 / 4) = 182.25 grams
3. Amount of carbs needed at each meal
   (182.25 / 6) = **30.4grams**

DIETING FOR MUSCLE GAIN

Fat:

1. Total daily fat intake in calories
   (2,430x .30) = 729 calories
2. Total daily fat intake in grams
   (729 / 9) = 81 grams
3. Amount of fat needed at each meal
   (81 / 6) = **13.5 grams**

So, at each meal, we should try to eat 41g of protein, 30g of carbs and 13.5g of fat. Wasn't that easy? These numbers are your guidelines. You will never get exactly this amount, but you should get as close as possible at each meal. When you are ready, you can use the calculation worksheet I have created on page 68.

What if you are not gaining weight?

Gaining weight is simply a matter of eating more calories than your body burns for energy. If you are not gaining weight, you just need to eat more and rest more. It's that simple.

Remember, most of you have extremely fast metabolisms. Gaining weight will be extremely difficult. The only way you will get bigger is to shock your body. You must shock your body by 1) training with heavy weights, and 2) by eating a lot of calories.

The first shock is with weight training. You must focus on compound free-weight exercises, and lift heavy weights which will stimulate the largest amount of muscle fibers. Your body responds to this stimulus by increasing your muscle mass.

The second way we must shock our body is by eating more calories than your body is accustomed to. This is the most important factor in gaining mass. When you consistently overload your system with plenty of protein and fats, your body has no other choice but to gain weight (see page 236).

DIETING FOR MUSCLE GAIN

Mass Dieting Points to Remember

- Eat six meals per day.
- Eat every three hours.
- Your diet should consist of 40% protein, 30% carbohydrates and 30% fat
- Eat protein at every meal.
- Make sure you eat at least 1 gram of protein for every pound of body weight.
- Do not avoid dietary fats (they are your friend).
- Drink plenty of water. You can never have too much. You should aim to drink at least (.66 x body weight) oz. per day.
- Eat a protein rich meal right before you go to bed.
- Eat one hour before you workout.
- Eat within one hour after you workout.
- Monitor your progress by taking your bodyfat and tape measurements. If you are not getting results, you may need to increase caloric intake.

SAMPLE MASS DIET WORKSHEET

Mass Diet Calculations			
Current Weight		145	A
Total Daily water intake (multiply line A times .66)	145 x .66 =	96oz	
Calorie multiplier (I suggest 15-20 times bodyweight)		18	B
Total Daily calories (multiple line A times B)	145 x 18 =	2,610	C
Number of meals you will be eating each day		6	D
Calories per meal (divide line C by D)	2,610 ÷ 6 =	435	E
Nutrient breakdown in percentages (I use 40-30-30)			
Protein (divide protein percentage by 100)	40 ÷ 100 =	.40	F
Carbohydrates (divide carb percentage by 100)	30 ÷ 100 =	.30	G
Fats (divide fats percentage by 100)	30 ÷ 100 =	.30	H
Daily nutrient breakdown in calories			
Protein (multiply line C by F)	2,610 x .40 =	1,044	I
Carbohydrates (multiply line C by G)	2,610 x .30 =	783	J
Fats (multiply line C by H)	2,610 x .30 =	783	K
Daily nutrient requirement in grams			
Protein (divide line I by 4)	1,044 ÷ 4 =	261g	L
Carbohydrates (divide line J by 4)	783 ÷ 4 =	196g	M
Fats (divide line K by 9)	783 ÷ 9 =	87g	N
Nutrient grams per meal			
Protein (divide line L by D)	261 ÷ 6 =	44g	
Carbohydrates (divide line M by D)	196 ÷ 6 =	33g	
Fats (divide line N by D)	87 ÷ 6 =	15g	

Notes:

MASS DIET WORKSHEET

Mass Diet Calculations

Current Weight			**A**
Total Daily water intake (multiply line A times .66)	_____ x _____ =	oz	
Calorie multiplier (I suggest 15-20 times bodyweight)			**B**
Total Daily calories (multiple line A times B)	_____ x _____ =		**C**
Number of meals you will be eating each day			**D**
Calories per meal (divide line C by D)	_____ ÷ _____ =		**E**
Nutrient breakdown in percentages (I use 40-30-30)			
Protein (divide protein percentage by 100)	_____ ÷ 100 =		**F**
Carbohydrates (divide carb percentage by 100)	_____ ÷ 100 =		**G**
Fats (divide fats percentage by 100)	_____ ÷ 100 =		**H**
Daily nutrient breakdown in calories			
Protein (multiply line C by F)	_____ x _____ =		**I**
Carbohydrates (multiply line C by G)	_____ x _____ =		**J**
Fats (multiply line C by H)	_____ x _____ =		**K**
Daily nutrient requirement in grams			
Protein (divide line I by 4)	_____ ÷ 4 =	g	**L**
Carbohydrates (divide line J by 4)	_____ ÷ 4 =	g	**M**
Fats (divide line K by 9)	_____ ÷ 9 =	g	**N**
Nutrient grams per meal			
Protein (divide line L by D)	_____ ÷ _____ =	g	
Carbohydrates (divide line M by D)	_____ ÷ _____ =	g	
Fats (divide line N by D)	_____ ÷ _____ =	g	

Notes:

Make copies of page before using

SUPPLEMENTS THAT INCREASE MUSCLE GAIN

No supplement will work if you are not training and dieting correctly. They will just give you very expensive urine. All aspects of your program have to be in order for you to get the maximum benefit from sports nutrition supplements.

The supplements I used in my program were quite basic. I subscribe to the K.I.S.S. motto (Keep It Simple, Stupid). The truth is, you don't need all those expensive supplements to gain muscle. You just need a few choice products that will enhance your diet and training.

There are many "old school" trainers and bodybuilders who profess the uselessness of supplements. They are constantly preaching that they don't work, and that you don't need them. Well, to tell you the truth they are correct, somewhat.

First of all, it's true that there are a great many supplements that do not work. There are many companies out there making totally unsubstantiated or exaggerated claims about their products. Keep in mind, the supplement business is a multi-billion dollar industry. These dishonest companies will say anything just to get your dollar. But, with all of the crap out there, there are some products that will definitely speed up your results and make your training easier and more convenient.

But, in all honesty, you really don't need them. You would still be able to gain mass using my program, it will just take a lot longer, and require more work on your part**. Without supplements, you will really have to spend more time on your diet.**

Meal Replacement Powder

For example, the supplement that I depended on the most during my program was the meal replacement powder called Myoplex. This product is designed to give your body the correct nutrition in a simple, easy to mix shake form. Each Myoplex shake replaces one meal. This product mixes in under 2 minutes and gives me the correct amount of protein and carbs I need, very quickly. Unless you like to cook (which I don't), using a meal replacement powder 3 times per day makes dieting much easier. You will then only have to worry about putting together three additional meals instead of six. Also, the whey protein in Myoplex saved me from trying to get my huge daily protein requirement from meat. I would never have made it without these MRP's.

SUPPLEMENTS THAT INCREASE MUSCLE GAIN

Creatine

Another supplement that has made a tremendous impact on my training and muscle gain is creatine monohydrate. Creatine is a metabolite manufactured by our bodies to supply our muscles with energy. It is found naturally in red meat, but in very minute amounts. There is about 7g of creatine in 12oz of red meat. Creatine is not an anabolic hormone, or a drug of any kind like prohormones. For the most part, it is totally safe. There are no studies on creatine that suggest that it is toxic or harmful in any way -- and there are a ton of studies with creatine, probably more than any current supplement.

Through many scientific studies, creatine has been found to help build lean body mass, increase athletic performance, increase endurance and speed recovery.[7, 8, 9] Most people who take creatine experience the greatest size and strength gains during their first month of using the product. This is partially because of creatine's cell-volumizing effect. When creatine is stored in the muscles, it also brings along extra water. This extra intracellular fluid expands your muscle volume, giving your muscles a more full, "pumped" look. Make no mistake though, this is not water weight. Water weight is stored just under the skin, giving you a bloated look. The extra fluids creatine brings into the muscles are stored within the cells themselves, making them larger. This super-hydration can possibly increase protein synthesis and minimize muscle loss.[10]

There are currently many brands and types of creatine on the market. It is most commonly found in powder form, but there is also a liquid and what is called "effervescent" creatine. Be careful with the liquid form because liquid creatine typically becomes unstable after about 12-24 hours. The effervescent creatine is designed to reduce the destruction of creatine in the stomach due to stomach acids. It supposedly allows more creatine to pass into the small intestine where it is absorbed. Do they work? Probably. But remember, but so does the good old powder form — it works for me, and it's inexpensive.

I can honestly say that I could not have built the body I have today without the convenience and enhancements supplements provide. This is a choice that you must decide for yourself. You will be spending your money on these products, so make sure that you are doing it because you want to. Don't do it because I said you have to, because you don't.

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[7] A. Casey, et al., "Creatine Supplementation Favourably Affects Performance and Muscle Metabolism During Maximal Intensity Exercise in Humans," *Am. J. Physiol.* 271 (1996): E31-37.
[8] C.P. Earnest, et al., "The Effect of Creatine Monohydrate Ingestion on Anaerobic Power Indices, Muscular Strength and Body Composition," *Acta Physiol. Scand.* 153.2 (1995): 207-209.
[9] R.B. Kreider, et al., "Effects of Ingesting Supplements Designed to Promote Lean tissue Accretion on Body Composition During Resistance Training," Int. J. Sport Nutr. 6.3 (1996): 234-246.
[10] D. Häussinger, "The role of Cellular Hydration in the Regulation of Cell Function," *Biochem. J.* 313 (1996): 697-710.

SUPPLEMENTS THAT INCREASE MUSCLE GAIN

The following list contains supplements that have worked for me (except prohormones). It is not necessary for you to use all of them. There are hundreds of other products out there, but I cannot personally attest to their usefulness.

Myoplex
Price: $45.00
# of servings: 20
Price per serving: $2.25

This is the meal replacement powder that I like. There are dozens out there, and they are all quite similar. Since you will be drinking a lot of these, you have to find one that you like. I recommend that you buy as many different kinds as you can and taste them all. GNC usually sells the packets individually. They usually cost about $3.00 each.

If you can't stomach them, don't worry, a lot of people can't. Many people find that the maltodextrin (a simple sugar derived from corn) or fructose (fruit sugar) will cause them to have upset stomachs, gas, cramps and even nausea. If you can't find an MRP that agrees with you, you will simply have to use plain whey protein powder and eat it along with some type of carbohydrate. Some suggestion: rice cakes, cream of wheat, Ultra Fuel, and popcorn.

Precision Protein
Price: $30.00
# of Servings (1 scoop):35
Price per servings: $1.20

This is the whey protein powder that I usually use. This is not an MRP; it's just pure whey protein. No carbs, no fats. I usually use this powder to add protein to a meal. For example, if I ate a small chicken sandwich and felt that I did not get my required amount of protein at that meal, I would take one or two small scoops of Precision Protein to bring that meal up to par.

I also use two scoops of this product, with one tablespoon of Udo's Choice Oil, as my last meal before bed. The protein ensures that my body will have enough fuel to get through the night without eating up any muscle tissue. The oil helps to slow the digestion of this meal.

EFAs

To provide your body with the necessary essential fatty acids, I suggest you use a really great product called *Udo's Choice*. It is a mixture of all essential fats, combining flax oil, sunflower oil, medium-chain triglycerides (MCT), evening primrose oil, and more. One tablespoon taken three times per day will provide you with all the EFAs your body needs. I usually pay around $17.00 for a 17 oz. bottle. If you can't locate this product, use high lignen flaxseed oil. Flaxseed oil costs about $14.00 for a 16 oz bottle.

Phosphagen HP
Price: $40.00
# of Servings: 42
Price per serving: $0.95

This is creatine monohydrate coupled with the carbohydrate dextrose (a simple sugar). In a recent university study, scientists compared the effects of Phosphagen HP with that of regular creatine and found that both products enhance lean muscle mass and strength compared with a placebo. But Phosphagen HP produced up to 160% greater gains in lean mass while supporting a reduction in body fat greater than that seen with creatine alone or the placebo group.

Remember: you first have to load up on creatine to get maximum benefits. This means you will be taking 5 servings per day (each serving is 5 grams of pure creatine) for 6 days. That's 30 servings (150g) already. After that, you will simply take a maintenance dosage of 5 grams per day.

SUPPLEMENTS THAT INCREASE MUSCLE GAIN

L-Glutamine
price varies with size
Price for 500g: $40.00
# of servings: 100
Price per serving: $0.40

Glutamine is an amino acid that the body uses to help your muscles combat the stresses of exercise trauma, lack of calories (dieting), or illness. When you train hard, your body demands so much glutamine that it can't create enough on it's own. Supplementing your diet with extra glutamine will help prevent muscle protein breakdown[11] while you're asleep or dieting. It promotes increased cell volumizing, strengthens your immune system, decreases recovery time and increases growth hormone levels.[12] Glutamine also aids in the production of Glutathione.

Never take large amounts all at once, however, because most of it gets destroyed in the gut. It never reaches the bloodstream. The best way to get maximum absorption of glutamine is to take it in smaller, divided doses. I recommend you take 15 grams per day in 3 divided doses of 5 grams each.

There are many glutamine powders out there, and some are quite expensive. Since you will be taking more than 100 grams of this stuff per week, I suggest save money by purchasing this product in bulk **(powder form only, do not get capsules)**. I typically buy the large Osmo 500 gram containers for about $40.00 from the Vitamin Shoppe.

Ultra Fuel
Price: $25.00
# of servings: 14
price per serving: $1.78

This is a carbohydrate drink that I only use immediately after I workout. It is much better than Gatorade, Carbo Force or many other sports drinks because it does not contain fructose (fruit sugars) or corn syrup. It contains glucose polymers, which is the perfect carb to help get glycogen to my muscles quickly. It comes in a powder and liquid form.

V2G (Vandyl Sulfate)
Price: $30.00
# of capsules: 180

This supplement is used by bodybuilders by to increase their insulin sensitivity and muscle pump. This supplement has never been proven to directly increase muscle mass, but the effects of using it are unmistakable. Vandyl helps insulin push more glucose into your muscles, to aid in replenishment and protein synthesis. The extra glycogen in the muscles also makes them appear larger and more full.

The recommended dosage of this supplement is 2 capsules (15 mg), three times per day, with meals. I usually take it only twice per day in larger doses. I've found that taking 20mg with my pre-workout meal, and then taking 40mg with my post-workout stack, greatly increases my muscle pump and helps to prevent any fat storage from my post-workout meal.

This product becomes toxic if you continue to take it for a prolonged period of time, so I recommend that you cycle your intake. Take if for 2 weeks then stop taking it for 2 weeks.

[11] E. Roth , et al., "Glutamine: An Anabolic Effector," *J. Parent. Ent. Nutr.* 14 (1990): 1305-1365.
[12] Welbourne, T.C., "Increased Plasma Bicarbonate and Growth Hormone After Oral Glutamine Load." *Am J Clin Nutr* 1995; 61:1058-1061.

SUPPLEMENTS THAT INCREASE MUSCLE GAIN

Prohormones
Androstenedione
Androstenediol
Norandrostenedione
Norandrostenediol

If you are a teenager, or if you are new to weight training, **then do not use these products**. I did not use them during my program, so they **are not** part of this program. I only include them here because many people are spending their money on these potentially dangerous products, and don't really know what they do.

No prohormone has actually been proven to help increase muscle mass. NONE. Now, that's not to say that they don't work, but there has yet to be a study that actually proves this. There have also never been any long term clinical studies done on the safety of using these products over a long period of time. They DO actually raise your testosterone levels in the body, that's true, but what companies don't tell you is that they do not increase your body's natural testosterone production. They actually REDUCE natural production, and in some cases, shut it down completely! As a response to consistently elevated levels of testosterone in the bloodstream, your body will gradually reduce production of testosterone to compensate. In other words, your sex drive will disappear

If you are thinking of taking mega doses of these products, be aware that prolonged periods of higher than normal levels of testosterone can cause side effects such as increased hair loss for those with a family history of male pattern baldness, enlarged prostate, impotence and acne due to increased oil gland activity. Another point you need to know about most prohormones is that a portion of the testosterone is converted to estrogen. The first prohormone on the market, Androstenedione, is notorious for this. This product can be converted it into estrogen much easier than into testosterone. Elevated estrogen levels in men will cause increased sensitivity and enlargement of the breast and nipple tissue. The medical term for this is gynecomastia, while the bodybuilder slang for this is "bitch" tits.

During your teen years, you are still growing and producing plenty of testosterone and growth hormones, why on earth would you want to start screwing around with your body's natural hormone production? This is dangerous territory. Your actions now could affect you the rest of your life. If you are new to weight training, getting the proper diet and training routine will bring you consistent gains for at least 12 months, so you don't need this product.

If you do decide to try them, here's what I suggest:

1. 4-androstenediol (also called Androdiol, or 4-AD) — most effective for the money because it produces higher testosterone levels than other products. Almost no estrogen conversion.

2. 19-norandrostenediol (also called norandrodiol) — Very difficult to convert into estrogen. Minimal side effects. Causes less skin and hair problems. Can interfere with erectile function in some men.

DO WE REALLY NEED VITAMINS?

If you want to gain muscle, you must make sure that you are not deficient in any vitamin, mineral or trace element that your body needs. I know many people are going to disagree with me, but I believe that in this day, we absolutely need to supplement our diet with vitamins and minerals. I know that those who are against using vitamins are going to say that if we "just eat a balanced diet. . . ", you know the rest.

Well first, eating a balanced diet is easier said than done. America is the most overweight country in the world. Most people don't even know what a "balanced" diet is. Balanced with what? Experts will continue to spout "eat a balanced diet," while Americans feast on nutritionless fast food and sugar.

Second, not only do our bodies have to deal with the ever increasing external stresses of everyday life, they also have to combat nutrient-depleting exercise. Food today is, for the most part, nutritionless — almost totally void of the body strengthening vitamins and minerals it contained one hundred years earlier. Instead, we now ingest over-processed, fiberless meals, and under-ripened vegetables grown in barren, over-farmed soil, laden with pesticides. How healthy can that be? If you want to ignore the facts and continue on about "balanced diets," fine. It's your decision. But I, for one, eat a balanced diet, and I still take vitamin supplements.

Essential Vitamins:

Multi Vitamin (no iron)	Extra iron is needed only for menstruating women. I use the Vitamin Shoppe brand called *One Daily Without Iron*. It costs about $17.00 for 100 tablets.
Vitamin C	Not only a great antioxidant that helps prevent free radical damage, but vitamin C speeds up muscle recovery time and aids in the repair of damaged connective tissue.[13] Try to get at least 3,000 mg (3 grams) per day in divided doses. Any kind you get will do. It is all absorbed and used by the body in the same way.
Herbal Fiberblend	Fiber supplement. If you don't eat enough fiber, then you need this product. It doesn't taste that great, but it may just save your life 20 years from now. You can find this product at http://www.fiberblend.com.

[13] C.L. Phillips, et al., "Effects of Ascorbic Acid on Proliferation and Collagen Synthesis in Relation to the Donor Age of Human Dermal Fibroblasts, " *J. Invest. Dermatol*. 103.2 (1994): 228-232.

MUSCLE GAIN SUPPLEMENT COSTS

The Basics

I understand that most of you are on tight budgets, just as I was during my program. Remember what you have to do is just stick with the basics.

Minimal Supplements Required:

Product	Amount taken each day	Total amount used per week	Total amount used in 10 weeks	Cost per week	Total cost for 10 week period
Myoplex Plus (MRP) (20 per box) $45.00	2 packets	14 packets	140 servings (7 boxes)	$31.50	$315.00
Precision Protein (35 servings) $30.00	2† scoops	14 scoops	140 servings (4 containers)	$12.00	$120.00
Phosphagen HP (42 serving container) $40.00	1 scoop	7 scoops	93 servings (2 containers) (includes 30 serv. loading phase.)	$8.00	$80.00
Glutamine Osmo 500g powder (100 servings) $40.00	3 15g	21 (105g)	210 servings (1,050g, 2 containers)	$8.00	$80.00
Vitamin C 1,000mg (300 tablets) $20.00	3 tablets	21 tablets	210 tablets	$2.00	$20.00
Multi-vitamin Vitamin Shoppe brand (100 tablets, no iron) $18.00	1 tablets	7 tablets	70 tablets	$1.80	$18.00
EFA (Udo's Choice, 17oz bottle, 34 servings) $15.00	3 tbs. † (1.5 oz)	21 tbsp. (10.5 oz)	210 tbsp. (105 oz, 6 bottles)	$9.00	$90.00
Totals				**$72.30**	**$723.00**

Note: These prices do not reflect the 20-30% discounts given by supplement stores like **GNC** and **The Vitamin Shoppe**. Whenever possible, try to buy these products in the largest containers possible. They will cost more than the smaller quantities upfront, but you will receive more for your money in the long run.

† **The amount of whey protein powder and EFA oil you use will vary, depending on your weight and diet requirements. The more you weigh the more protein and EFA's your diet requires. The values shown are the minimum required**

Additional Mass Supplements:

Product	Amount taken after workout	Total amount used per week	Total amount used in 10 weeks	Cost per week	Total cost for 10 week period
Ultra Fuel (16 oz liquid, taken *after* workouts only) $1.50	1 bottle	3 bottles	30 bottles	$4.50	$45.00
V2G (180 capsules, taken *after* workouts only) $30.00	8 tablets	24 tablets	240 capsules (2 bottles)	$6.00	$60.00
Totals				**$10.50**	**$105.00**

DIETING FOR FAT LOSS

Lower Calories

To lose fat, while at the same time gaining muscle, you need to create a caloric deficit. In other words, you need to burn off more calories that you take in. Doing aerobic exercise will take care of part of this by burning calories and increasing your metabolism afterwards. But you must also reduce the amount of food you are eating. Your caloric intake should be about 10 times your body weight.

Your meals should consist of 40% protein, 30% carbs and 30% fat. The majority of your diet will consist of high quality protein. This is mainly because protein has an anti-catabolic effect. During phases of low calorie dieting, it will help reduce muscle loss caused by lack of calories. Also, high protein meals will boost your metabolism about 30% within one hour of eating, while high carb meals only raise your metabolism 4%. This is partly because protein digestion is more complex and takes much longer.

Meal Frequency

As in the mass diet, you will be dividing your daily calorie requirement into six meals. Spreading your calories over more meals is an important factor in changing your biochemistry to burn fat. Basically, the human body is designed to adapt to any unusual condition to help it survive. So, if we make a habit of eating a few sporadic meals throughout the day, or even skipping meals, our bodies go into survival mode. It slows the metabolism and stores most of the meal calories in fat cells, because it is not quite sure when it will be receiving more nourishment.

Now, if you eat more often, and at regular intervals, your body will not tend to store excess calories, because it knows you will be eating again in a few hours. Eating smaller, more frequent meals has several other added benefits. First, it increases your metabolism. Every time you eat a meal, your metabolic rate goes up. This is because your system is starts working hard to turn that meal into fuel. Also, as a part of digestion, heat is given off in a process called thermogenesis. This also speeds up your metabolism.

The Problem with Most Diets

As I stated earlier, most people have high levels of body fat because their diet is too high in simple carbohydrates. People who try to eat healthy by avoiding fat, are missing the boat. Americans are not fat because of eating too much dietary fat. They are fat because they are eating too many carbs and not enough protein.

DIETING FOR FAT LOSS

Let me explain. As I stated earlier, your body needs carbs for fuel. But when you eat carbs, it first has to convert them into its main fuel form: glucose, a simple sugar. That's right. When you eat carbs, your body converts them into sugar. The problem with this lies not with eating the carbs, but with how fast the sugar is dumped into your bloodstream.

To lose fat, you must control your blood sugar levels. You should never have large amounts of sugar enter your bloodstream too quickly. If you do, you will cause an exaggerated insulin response.

Insulin is released into the bloodstream by the pancreas, when there is a large amount of sugar (glucose) being introduced into the system too quickly. This usually is caused by eating a meal consisting only of carbohydrates, which are digested very quickly. The job of the insulin is to lower the level of glucose in the bloodstream. It does this by forcing most of the excess sugar calories into the muscles and liver, as glycogen. The excess glucose that can't be put to immediate use is converted onto new fat and stored in your adipose tissue (butt, hips, back, waist).

That's right. If you eat carbohydrates alone, you better be doing some sort of high energy activity to burn off the excess sugar calories. Otherwise, those are going straight towards building new fat cells!

The majority of this sugar is comes from simple processed carbohydrates like white bread and pasta. These are processed foods that have very little fiber. When you eat complex carbs, you will have a slightly lower insulin response, because they are usually high in fiber. Fiber act to slow digestion, so, in this respect, complex carbs are the carbs you should concentrate on eating.

But just eating complex carbs will not solve the problem completely either. To keep insulin levels low and avoid <u>any</u> spikes, you must combine a slow-absorbing protein with your carbs at each meal. This is essential. If you want to lose fat, ***never*** **eat carbs alone!** Always eat protein at <u>every</u> meal.

Fat Burning Hormone

Insulin also prevents the production of a hormone called glucagon, which is known to stimulate the release of stored body fat. Glucagon enables the body to burn stored body fat for energy instead of turning it into glucose. To help elevate your levels of glucagon, you should:

- eat adequate protein at each meal
- control amount and type of carbs eaten
- include a small amount of good fat in diet

DIETING FOR FAT LOSS

What To Eat?

Your diet on this phase is very restrictive. You must get control of what you put in your body. First, you must decrease your intake of simple carbohydrate (candies, syrups, sugar, alcohol, milk and milk products, and processed white flour products). Concentrate on eating complex starchy carbs like brown rice, whole grains, beans, potatoes, and yams.

You can, however, still eat simple solid carbs like rice cakes, cream of wheat, popcorn, etc. if you make sure to combine them with protein. This should sufficiently delay digestion to avoid an insulin response.

You are not allowed any fruit or fruit juices for this fat loss period. This is essential in minimizing fat storage. Remember, from an insulin response standpoint, there is no difference between drinking orange juice or a soft drink. Both are simple sugars that produce a high insulin response and suppression of glucagon. If you are on the fat loss diet for more than two weeks, you can start eating fruit again once your metabolism has been sufficiently increased.

I don't recommend it, but if you must have some fruit, green apples are the best choice. If you eat them with the peel, they contain more fiber and fewer simple carbs than most other fruits.

You will also be avoiding milk and milk products on this diet. Not only does milk have a very large amount of fat and sugar, but it also has high levels of sodium, which leads to water retention and a smooth bloated appearance.

Carbohydrates			
Acceptable		**Avoid**	
Unrefined whole grains	Whole oats	White bread	Cakes
Brown rice		Pasta	Cookies
Oatmeal		Bagels	Energy bars
Beans		Fruit sugars (fructose)	Sports drinks
Tubers (potatoes, yams)		Milk sugar (lactose)	Soft drinks
Green leafy vegetables		Sweets	

Getting your carbs under control will probably be the most difficult aspect of your diet. Just think about it as making better carb choices, not cutting something out.

DIETING FOR FAT LOSS

Protein and Fat

For protein, you must concentrate on eating sources that are lower in fat. Do not try to cut out the fat. Fat does not make you fat. The majority of the fats that you get on the fat loss diet should come from EFA's only. It is essential to keep your protein and EFA levels high to combat muscle wasting caused by the calorie restrictions.

Protein/Fats

Acceptable		Avoid	
Chicken (white meat)	Whey protein	Ground beef	All types of nuts
Turkey (breast)	Soy protein isolate	All beef steaks	Cooking oils
Any fish or seafood	Tuna (fresh, canned)	Roast beef	Ham
		Deli meats	Duck
		All luncheon meats	

Water

Remember try to drink as much water as possible, especially before your aerobic exercise. The best way to get rid of water retention is to drink plenty of water. When you retain water, it usually means that your body is not getting enough, and is constantly dehydrated. Your goal should to be to drink an amount equal to .66 times your body weight, each day. During this phase I recommend you drink distilled water because of its low sodium content.

Fiber, Again!

Because of your diet change (decreasing fat and increasing protein), you will want to make sure that you are getting enough fiber to avoid constipation. Since your body is accustomed to having more dietary fats, the low fat environment will temporarily affect the lubricity of your stool, thus slowing down your bowel movements. The only solution to this is plenty of water and dietary fiber. Fiber also acts as a bulking agent, filling up your stomach so you are not as hungry.

This Is Great, But I Still Don't See My "Six-Pack"

To have definition in the abdominal area means you are going to have to probably diet for longer than 2 weeks. I didn't really see all six of my "packs" until I dieted for about 4 weeks. To see their abs, men usually have to get their body fat below 8%, while women have to be under 12%.

DIETING FOR FAT LOSS

Cravings

If you continue on your restrictive, fat loss diet for more than four weeks, you will probably begin to have cravings for other foods. This is normal. When I was dieting, I would crave things that I would never eat otherwise. My body would crave things like Big Macs and banana splits. Normally, I hate those things. If I watched any food commercial on television, I would want that food. I never do that, but sometimes I would be beside myself during the diet.

The way I learned to deal with these cravings is to give into them once per week. In other words, one day per week, I would allow myself to eat anything I wanted. Period. No guilt and no regret. This day not only helps me satisfy those annoying cravings, it also increases my motivation and determination to stick with the diet. After my **free day**, I am usually very eager to get back on track. Since I have implemented this practice, I no longer have cravings. When you plan your schedule, later on in this manual, make sure to give yourself a free day.

Binges

When you break down and give in to your cravings, this is called binging. Binging is usually caused by extreme dieting. That is when you diet hard for too long, without giving yourself a break psychologically and physically. This causes you to rebound into the other extreme. You gorge yourself with anything and everything, and, usually the sweeter the better.

You can control this by easing into strict fat loss diets. If you gradually cut down your sugar and simple carb intake over a longer period of time, your body will have a chance to adjust. If you do not give yourself a chance to adjust to the new diet, you will begin to have intense cravings and mood swings. This will also be helped by giving yourself a free day, as described above.

Calculating Your Daily Food Intake

For example, let's say you weigh 180 pounds. Now, to get the total number of calories you should be eating, multiply 180 by 10. That gives you 1,800 calories. Now divide that number by the number of meals you will be eating each day (6) and you get 300 calories. So, you should be eating about 300 calories at each meal.

Total Daily Calories

1. (weight x 10) = total daily calories
2. (total calories / number of meals per day) = calorie amount for each meal

DIETING FOR FAT LOSS

Calculating your total nutrient breakdown is a little more complex. As I said earlier, your diet will consist of 40% protein, 30% carbohydrates and 30% fat calories during this phase.

First, we will calculate your total amount of protein in calories. Simply multiply 1,800 (total caloric intake) by .40 (40%). This gives us 720 total daily calories of protein. Next, we need to determine how many grams this 720 calories contains. Since protein has 4 calories per gram, we just divide 720 by 4. This gives us 180. Now we know we will need to eat about 180 grams of protein each day. To find out how much we eat at each meal, just divide that number by 6 (number of meals). This gives us 30 grams. So, to get 40% of my total calories from protein, I have to eat about 30g at each meal. Here it is again:

1. Total daily protein intake in calories
   (1,800 x .40) = 720 calories
2. Total daily protein intake in grams
   (720 / 4) = 180 grams
3. Amount of protein needed at each meal
   (180 / 6) = 30 grams

Now, let's do the calculations for carbohydrates and fats.
(Remember carbs have 4 calories per gram, and fats have 9 calories per gram)

Carbs:

1. Total daily carb intake in calories
   (1,800 x .30) = 540 calories
2. Total daily carb intake in grams
   (540 / 4) = 135 grams
3. Amount of carbs needed at each meal
   (135 / 6) = 23 grams

Fat:

1. Total daily fat intake in calories
   (1,800 x .30) = 540 calories
2. Total daily fat intake in grams
   (540 / 9) = 60 grams
3. Amount of fat needed at each meal
   (60 / 6) = 10 grams

So, at each meal we should try to eat 30g of protein, 23g of carbs and 10g of fat. These numbers are your guidelines. You will never get exactly this amount, because I suggest varying your caloric and nutritional breakdown at each meal.

DIETING FOR FAT LOSS

For instance, your post-workout meal will be much larger and contain more carbs and overall calories than any other meal. This is because your body needs more of these nutrients after a workout than it would normally. Another example is your last meal of the day. It will usually only consist of fat and protein. **No carbs**. This is because we want to minimize fat storage overnight. Your metabolism is very slow in the evening, so your body is more likely to simply store carbs as fat. The opposite is also true. Your metabolism is fastest in the early morning. Therefore, you should try to consume the majority of your carbs before the evening.

When you are ready, you can use the calculation worksheet I have created on page 85.

Monitoring your progress

It essential that you monitor your bodyfat and tape measurements as well as your weight during this phase. You will need all three the accurately judge your progress. You cannot expect to just go by how you think you look.

If you don't feel you are getting adequate results, you should consider lowering your calorie intake by 200-300 calories. However, you should not be losing more than 1% of your bodyweight per week. So, if you weight 180lbs, you should not be losing more than 1.8 pounds per week. If you are losing more than that you are probably losing muscle mass. You should increase your caloric intake by 200-300 calories. Your goals is not just to lose fat, but also to hold onto as much muscle mass as possible!

Long-Term Fat Loss

If you wish to continue on a fat loss diet for more than three weeks, you should switch your weight training workout to that of my original mass routine workout. But instead of concentrating on the eccentric motion, you will use a tempo of 1/0/1. This because if you are on the low intensity fat loss workout for too long, you will begin to lose strength. Switching back to a more challenging program will help maintain as much muscle mass and strength as possible. You will still have to fulfill the aerobic exercise requirements, of course.

You should also begin to cycle your nutrient profile and caloric intake after about 4-6 weeks of low calorie dieting to re-adjust your metabolism. Your body will always try to conserve energy, so if you are on a low calorie diet for a prolonged period of time, it will slow your metabolism to conserve energy/calories — making your diet ineffective. By alternating between a low calorie and slightly higher calorie diet, you can avoid this problem and continue to lose fat. Adjusting could mean simply adding or removing an extra 200-300 calories.

DIETING FOR FAT LOSS

Fat Loss Dieting Points to Remember

- Eat six meals per day.
- Eat every three hours.
- Your diet should consist of 40% protein, 30% carbohydrates and 30% fat.
- Eat an amount of calories equal to 10 times your body weight.
- Eat protein at every meal. Never eat carbs alone.
- Eliminate all simple sugars from your diet. Concentrate on eating more complex carbs and less simple processed carbs.
- Make sure you eat at least 1 gram of protein for every pound of body weight.
- Drink plenty of water. You can never have too much. You should aim to drink at least (.66x body weight) per day.
- Eat a protein rich meal right before you go to bed.
- Eat a balanced meal as soon as you wake up.
- Eat one hour before your weight training workout.
- Eat within one hour after you workout.
- Monitor your bodyfat levels and weight.

FAT LOSS DIET WORKSHEET

Fat Loss Diet Calculations

Current Weight		A
Total Daily water intake (multiply line A times .66)	_____ x _____ =	oz
Calorie multiplier (I suggest 8-12 times bodyweight)		B
Total Daily calories (multiple line A times B)	_____ x _____ =	C
Number of meals you will be eating each day		D
Calories per meal (divide line C by D)	_____ ÷ _____ =	E
Nutrient breakdown in percentages (I use 40-30-30)		
Protein (divide protein percentage by 100)	_____ ÷ 100 =	F
Carbohydrates (divide carb percentage by 100)	_____ ÷ 100 =	G
Fats (divide fats percentage by 100)	_____ ÷ 100 =	H
Daily nutrient breakdown in calories		
Protein (multiply line C by F)	_____ x _____ =	I
Carbohydrates (multiply line C by G)	_____ x _____ =	J
Fats (multiply line C by H)	_____ x _____ =	K
Daily nutrient requirement in grams		
Protein (divide line I by 4)	_____ ÷ 4 = g	L
Carbohydrates (divide line J by 4)	_____ ÷ 4 = g	M
Fats (divide line K by 9)	_____ ÷ 9 = g	N
Nutrient grams per meal		
Protein (divide line L by D)	_____ ÷ _____ = g	
Carbohydrates (divide line M by D)	_____ ÷ _____ = g	
Fats (divide line N by D)	_____ ÷ _____ = g	

Notes:

Make copies of page before using

SUPPLEMENTS FOR ACCELERATED FAT LOSS

This is probably one of the most exciting chapters in this manual. This is because there are so many great supplements to help you increase your body's ability to burn fat. As in the mass supplement section, I like to keep things simple by sticking with the basics, but in this section the basics encompass quite a few supplements that really work.

Remember, they are not absolutely necessary. You can achieve similar results with just diet manipulation, but it will take much longer, with more focus on your diet. These are not "quick fixes," but rather enhancements to your diet and training. They multiply your body's natural fat burning ability.

Whey Protein/Soy Protein

Whey protein is still a very important supplement, but for fat loss there is another one to consider: soy protein. Soy protein isolate has been shown to help support the body's calorie burning capabilities during low-calorie dieting phases.[14] In other words, it helps prevent your body from slowing your metabolism when you reduce your caloric intake. This means more fat loss for you. The only soy that is worth using is Supro, or Soy Protein Isolate. The other types of soy (soy protein concentrate) are not only difficult to eat, they are not as beneficial to your body.

The ideal way to construct your protein is to mix Supro with whey protein. I like to mix Twin Lab's Vege Fuel (or Universal's Soy Pro) with EAS' Precision Protein. This will give you the benefits of both worlds. You will get all the necessary amino acids and nitrogen from the whey protein, while getting the fat burning enhancements of soy.

One product that pre-mixes soy and whey protein in EAS' new Meal Replacement powder called Myoplex Lite. It is specifically designed for fat loss dieting. It includes a special blend of phosphates which have been shown to increase your resting metabolic rate (how many calories your body burns while you are resting).[15]

[14] V. Stroescul, et al., *Metabolic and Hormonal Responses in Elite Female Gymnasts Undergoing Strenuous Training and Supplementation With Supro® Brand Isolated Soy Protein* (Brussels, Belgium: Second International Symposium of the Role of Soy in Preventing and Treating Chronic Disease, 1996).

[15] H. Kaciuba-Uscilko, et al., "Effect of Phosphate Supplementation on Metabolic and Neuroendocrine Responses to Exercise and Oral Glucose Load in Obese Women During Weight Reduction," *J. Physio. Pharmacol.* 44.4 (1993): 425-440.

SUPPLEMENTS FOR ACCELERATED FAT LOSS

Ephedrine

This is a well known stimulant taken from the herb ephedra. It works, partly, by increasing your body temperature to promote the breakdown of fat cells for fuel. When tested on obese women eating a low calorie diet for two months, the ephedrine group lost three times more fat than the non-ephedrine group.[16] They were on a standard dosage of 50mg, 3 times per day. It also works by decreasing your appetite.

Although some news stories have portrayed ephedrine and ma huang as dangerous, there are many studies that confirm the safety of ephedrine at the recommended dosages. The U.S. government even found it safe when given to animals in large dosages for extended periods of time.[17] Their studies concluded that:

- There was no sign of long-term toxicity
- There was no decrease in life span of ephedrine fed rats. In fact, it actually increased the lifespan of the female rats.

Ephedrine, however, does have several drawbacks. First, your body adapts to its effects very quickly. So after about 2-3 weeks of use, you will become resistant to its effects. The only way around this is to simply cycle your intake. Two weeks on and two weeks off.

The next problem with ephedrine is that it increases your blood pressure and heart rate, and stimulates your nervous system. The most common side effects are nervousness, agitation and insomnia. It's like being on 10 cups of coffee all at once. If you suffer from heart problems, cardiovascular disease, angina, diabetes, enlarged prostate, or hypertension (high blood pressure), **DO NOT** take this product. It can aggravate those conditions. If you cannot tolerate caffeine, then it is probably a good assumption that ephedrine is not for you.

Because of the FDA's crackdown on this drug, it is no longer sold in stores. You can only get it through mail order! But you can get its herbal equivalent, ephedra or ma huang. Ma huang is much easier to tolerate than ephedrine, because it is less concentrated. Yet, from my experience, it works just as well.

You can get ephedrine, ephedra and ma huang on-line here at D&E. Their phone number is 1-800-927-2610.

[16] R. Pasquali and F. Casimirri, "Clinical Aspects of Ephedrine in the Treatment of Obesity," *Int. J. Obes.* 17.1 (1993): S65-S68.
[17] National Toxicology Program: Technical report on the toxicology and carcinogenesis studies of ephedrine sulfate, U.S. Dept. of Health and Human Services, Public Health Service, National Institute of Health; NIH publication; no. 86-2563. (919) 541-3419.

SUPPLEMENTS FOR ACCELERATED FAT LOSS

ECA Stack (ephedrine, caffeine and aspirin)

Research shows that taking ephedrine with caffeine will enhance its effect.[18],[19] In the correct environment, caffeine has the ability to increase the mobilization and breakdown of fat deposits, while at the same time increasing endurance. Adding aspirin to the mix has been shown to extend the fat burning effects by thinning the blood and increasing circulation into fat deposit areas.

This combination — ephedrine, caffeine and aspirin — is probably the most popular, legal fat burning combination among bodybuilders. With good reason, because it really works. Each of the three components of this stack has some fat burning properties, but together they increase their effectiveness dramatically.[20] But beware, this is powerful stuff. This stack is not recommended if you are sensitive to stimulants. You should also avoid this stack if you are taking any MAO-inhibitor drugs for depression or appetite suppression. If you have ulcer problems you should avoid this also, as the aspirin and caffeine can aggravate that condition.

The recommended dosage is as follows:
(To be taken on an empty stomach, at least 30 minutes before your nearest meal, up to 3 times per day (I only take it twice per day). Do not exceed recommended dosages.)

- 25 mg of ephedrine
- 200 mg of caffeine
- 325 mg of aspirin

There are several pre-packaged supplements based on this stack. The most famous ones are Ripped Fuel and Diet Fuel by TwinLabs. They do not contain Ephedrine or caffeine, but they do contain the herbal equivalents of each: ma huang (ephedra), and guarana (caffeine). The herbs are not as powerful, but they still pack a jolt, and are easier to tolerate. They do not contain aspirin, so you will have to add that on your own. Hydroxycut is a fairly new product by Muscle-Tech that does contain aspirin, but I have never tried this product.

I prefer Twinlabs' **Diet Fuel**, because it also contains chromium picolinate and hydroxy citric acid (HCA). Chromium picolinate helps to improve insulin sensitivity and boost your carbohydrate metabolism, making your body more likely to burn glucose for energy, rather than storing it as fat. HCA is an herb that comes from the rind of the *Garcinia Cambogia* tree. It helps reduce the body's conversion of carbohydrates to fat.[21] It also reduces your appetite, making it easier to stick to your low calorie diet.

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[18] L. Hobbs and E.H. Ford, *Ephedrine & Caffeine: The Ideal Diet Pill?* (Irvine,CA: Pragmatic Press, 1996).
[19] A. Astrup, et al., "The Effect of Ephedrine/Caffeine Mixture on Energy Expenditure and Body Composition in Obese Women." *Metabolism: Clinical and Experimental* 41.7 (1992): 686-688.
[20] P.A. Daly, et al., "Ephedrine, Caffeine, and Aspirin: Safety and Efficacy for Treatment of Human Obesity, " *In. J. Obes.* 17.1 (1993): S73-S78.
[21] J.L. Groff, et al., *Advanced Nutrition and Human Metabolism* (New York: West Publishing Co., 1995).

SUPPLEMENTS FOR ACCELERATED FAT LOSS

Yohimbe

This herb, which is mostly used by physicians to treat male impotence, also has incredible fat burning qualities. Many believe that just because Yohimbe is used for treating men, that only men can use it. This is not true. In recent studies, it has been shown to increase fat synthesis in the body[22] and increase fat mobilization from fat stores in women[23] (especially in the lower body area).

Unfortunately, there are many brands out there that have little or none of the active component of Yohimbe, which is Yohimbine. You should look for a product with minimum standardized extract of 5mg. The Vitamin Shoppe sells a good brand with 8mg of standardized Yohimbine. You should take two capsules up to three times per day.

My Experience

During my first fat loss diet, I simply used caffeine and aspirin and got good results. The next time, I added 25mg ephedrine, which help me get my body fat lower than it has ever been. On that particular occasion, I was dieting for about 4 weeks.

Now when I diet for fatloss, I not only used the ephedrine stack, but I also add the amino acid L-Tyrosine, which increased the effects of ephedrine up to 50%! (I typically added about 1,000mg of tyrosine). So, because I add the L-Tyrosine, I only have to take 1/2 the amount of ephedrine (12.5mg) to get the same results. This means less jitters. To assure that I continue making progress, I also cycled yohimbe.

When dieting for more than three weeks, I always use my ephedrine/caffeine/aspirin/tyrosine stack for two weeks and then yohimbe for two weeks. Because yohimbe works to burn fat using different pathways than ephedrine, cycling them will help prevent my body from adapting to and reducing the fat burning effects of each.

Currently, I typically only take my ephedrine stack on cardio days only. During those days, I only take them twice per day. The recommended dosage is three times per day, but when I take them too late in the day, they keep me awake. So beware. A good rule is not to take any ephedrine or caffeine-like product at least 8-12 hours before bedtime!

[22] D. Müller-Wieland, et al., "Inhibition of Fatty Acid Synthesis by Stimulation of Alpha- and Beta- Andrenergic Receptors in Human Mononuclear Leukocytes," *Horm. Metab. Res.* 26.4 (1994): 169-172.

[23] M. Berlan, et al., "Plasma Catecholamine levels and lipid Mobilization Induced by Yohimbine in Obese and Non-Obese Women," *Int. J. Obes.* 15.5 (1991): 305-315.

SUPPLEMENTS FOR ACCELERATED FAT LOSS

Tip For Short Term Dieting (2-3 weeks)

If you are dieting for a short period (2-3 weeks), try taking your ephedrine on cardio days two times per day, and then take yohimbe on the other days (3 times per day). I've found that you will continue to burn fat at an accelerated rate on non-cardio days.

Summary in order of Effectiveness

	Product
1.	1/2 Ephedrine (12.5mg), Caffeine, Aspirin, L-Tyrosine 1,000mg (on cardio days) cycled with Yohimbine (taken only on non-cardio days)
2.	Ephedrine, Caffeine, Aspirin alone
3.	Diet Fuel (by Twinlabs) with Aspirin cycled with Yohimbine
5.	Xenadrine (this product is relatively new and is similar to Diet Fuel with the missing aspirin.)
4.	Hydroxycut by Muscle-Tech
5.	Diet Fuel alone
6.	L-Tyrosine, Caffeine and Aspirin (less stimulating stack)

Supplements To Avoid

In the fat loss supplement world, there is a lot to watch out for. Many times manufacturers will take supplements that have shown some positive results in studies, and totally misinterpret that information to the public to make a buck. Once such supplement is pyruvate. In studies, pyruvate has been shown to reduce fat without exercise.[24] Unfortunately, what they don't tell you is that the dosage they used for that study is not only huge, but costly and will cause extreme nausea. The study used pyruvate in doses of 36g per day, which will cause most people to become extremely sick if ingested orally. Also, this amount taken daily (36,000mg) would cost more than $40 per day!

Another supplement that is catching on fast is chitosan. This is basically an indigestible fiber made from the ground up shells of shrimp and clams. It is supposed to prevent fat from being digested, by binding with it and shuttling it out of the body. Well, this is all fine and dandy, but like I said earlier, most Americans are not fat because they eat too much fat! I don't know anyone who eats too much fat, because everyone is on a low fat kick now. The problem is with simple carbs, not fat. This supplement works, but is totally unnecessary.

[Note: If you are a woman, make sure that you do not take Twinlab's Male Fuel or any product that contains Saw Palmetto. It is believed to cause birth defects.]

[24] R.T. Stanko, et al., "Body-Composition, Energy Utilization, And Nitrogen Metabolism with a 4.25-MJ/d Low-Energy Diet Supplemented with Pyruvate[1-3]," *Am. J. Clin. Nutr.* 56 (1992): 630-635.

OTHER SUPPLEMENTS FOR ACCELERATED FAT LOSS

The following list contains other supplements that have helped me to lose fat.

Once again, if you are considering buying a product that I have not mentioned, check with me first, I may be able to keep you from making a costly mistake.

Betagen
Price: $65.00
# of servings: 90
Cost per serving:$0.72

This is a product that contains both creatine and a new supplement called HMB (beta-hydroxy beta-methylbuteyrate). Recent studies indicate that HMB may suppress protein breakdown following intense exercise.[25] It also contains creatine, so if you use this product you will not need to buy additional creatine. The recommended dosage is 3 servings per day, so a 90 serving container should last you 30 days.

Creatine
price varies depending on size

I use Phosphagen, put out by EAS. They were the first to bring it to the market and are still the leading sellers of this supplement. But there are many other reputable companies that sell quality creatine. I suggest you find one that fits your budget. The price for pure creatine can range from $20-$75.00, depending on the size of the container.

NAC
Price: $10.00
# of servings: 30
price per serving: $0.33

This substance has been shown to help increase by 500%,[26] the levels of the powerful antioxidant glutathione, which aids in the support of lean body mass during low calorie diets.[27] It also helps support increased levels of Glutamine in the bloodstream (necessary for muscle repair). This is a very powerful antioxidant.

[Note: NAC and vitamin C work indirectly to increase glutathione levels. It has been shown that directly taking a glutathione supplement does not significantly increase blood levels of this antioxidant. It is believed that it does not survive digestion.[28]]

The recommended dosage is 200 mg, 3 times per day. I usually just take 600 mg right after my workouts.

[25] SL Nissan, et al., "The Effect of the Lucien Metabolite ß-Hydroxy ß-methylbuteyrate on Muscle Metabolism During Resistance-Exercise Training," *J. Apple. Physio.* 81.5 (1996): 2095-2104.
[26] S.A. Ebb, et al., "Effect of Ascorbate or N-Acetyl Cysteine Treatment in a Patient with Hereditary Glutathione Synthetase Deficiency," J. Pediatr. 124 (1994): 229-233.
[27] R. Kinscherf, et al., "Low Plasma Glutamine in Combination with High Glutamate Levels Indicate Risk for Loss of Body Cell Mass in Healthy Individuals: The Effect of N-Acetyl Cysteine," *J. Mol. Med.* 74 (1996): 393-400.
[28] A. Witschi, et al., "The Systematic Availability of Oral Glutathione," *Eur. J. Clin. Pharmaco.* 43 (1992): 667-669.

FAT LOSS SUPPLEMENT COSTS

The Basics

Below are the basic supplements that you need for my fat loss program.

Product	Amount taken each day	Total amount used per week	Total amount used in 2 weeks	Total cost for 2 week period
Precision Protein* (35 servings) $30.00	6 † scoops	42 scoops	84 servings (3 containers)	$90.00
Vege Fuel* (30 scoops) $12.00	3† scoops	21 scoops	42 servings (2 containers)	$30.00
Creatine** (4oz, powder) $15.00	1 serving	7 servings	14	$15.00
Diet Fuel*** (120 capsules) $28.00	6 capsules	42 capsules	84	$28.00
Aspirin (100 tablets) $2.00	2 tablets	14 tablets	28	$2.00
Glutamine Osmo 500g powder (100 servings) $40.00	3 (15g)	21 (105)g	42servings (210g) (1 container)	$40.00
Vitamin C (1000mg) (300 tablets) $20.00	3 tablets	21 tablets	42 tablets	N/A (use leftover)
Multi-vitamin Vitamin Shoppe brand (no iron) $18.00	1 tablet	7 tablets	14 tablets	N/A (use leftover)
Totals				**$205.00**

Note: These prices do not reflect the 20-30% discounts given by supplement stores like GNC and The Vitamin Shoppe. Whenever possible, try to buy these products in the largest containers possible. They will cost more than the smaller quantities, but you will receive more for your money.

* Precision Protein and Soy protein powders can be substituted for Myoplex Lite.

** Can be substituted with Betagen.

*** This stack can be substituted with any other thermogenic stack like Ripped Fuel or the ECA stack.

† The amount of protein powder you use will vary depending on your weight and diet requirements. The values shown are the minimum.

FAT LOSS SUPPLEMENT COSTS

Additional fat loss supplement and costs:

Product	Amount taken each day	Total amount used per week	Total amount used 2 weeks	Total cost for 2 week period
Ephedrine (100 tablets) $12.95	2 tablets	14 tablets	28	$12.95
Caffeine (Vivarin) (24 tablets) $5.00	2 tablets	14 tablets	28	$10.00
Yohimbe (100 capsules) $15.00	4 capsules	8 capsules	16	$15.00
NAC (30 capsules, 600mg) $10.00	1 capsule	7 capsules	14	$10.00
Myoplex Lite (20 servings) $32.00	3 servings	21 servings	42	$64.00
Chromium piccolinate (100 tablets) $7.00	1 tablet	7 tablets	14	$7.00
Betagen (90 servings) $65.00	3 scoops	21 scoops	42	$65.00

WHERE TO FIND CHEAP SUPPLEMENTS

BEST PRICES HANDS DOWN

If you want the cheapest prices, you should consider ordering your products online. There are a couple of really good companies that have incredible prices. You can usually save around 30-40% of retail price! For more info on buying supplements, I recommend, please go to my supplements page at http://www.musclegaintips.com/members/supplements.html

If you live in NYC, you have access to the cheapest supplement prices available to you. I only recommend you buy your bodybuilding supplements at the following places. They have the lowest prices anywhere, and have a huge selection:

Westerly Health Foods
913 8th Ave.
(212) 586-5262

Eva's Vitamin Shop
11 West 8 St.
(212) 982-2500

Outside of New York City, an adequate place to get bodybuilding supplements is from GNC, on the first Tuesday of each month. This is when GNC has its 20% off sale. **This is the only time I recommend you buy from them, because their products are usually overpriced.**

Buying from GNC should be a last resort. If you don't want to order supplements online, I recommend going to the nearest Vitamin Shoppe. They always have some sort of special going on. They usually have 25-30% off regular prices anytime, and occasionally they will have a "buy one and get the next one for half price" sale. This is also the best place to buy any sort of vitamin or unusual health product. They have everything, and the salespeople are usually very helpful. You can contact them at 1-800-223-1216, and ask for their latest catalog, or visit their website at http://www.vitaminshoppe.com.

If you are going to order any EAS products, you should call them directly. They have a huge mail order business and usually give large discounts to those customers. Their number is 1-800-297-9776, and their web address is http://www.eas.com.

HOW TO LOOK RIPPED FOR A PHOTO SHOOT

Here's the methods I used to get ripped for my "16 week" photo shoot. If you think you look good enough already, then you don't need to do this. It's not necessary. But, if you really want to try to get that little extra bit of definition, then these tips can help.

If you are not already on my standard fat loss diet, it will take about four weeks. I am assuming you have already been on a low fat, fatloss diet for at least two weeks, so you will only need two weeks to get ready for the shoot.

Just continue on with your fat loss diet, while making these changes:

Two weeks from shoot:

- Discontinue use of any product that has unnecessary sugar, dairy, and white flour. This will prevent the usual bloating and "thick skin" look that accompanies the ingestion of these foods. This includes any MRP that contains maltodextrin or any other simple carbohydrate.
- Stop taking creatine (you will be reloading later on).
- Stop taking vandyl sulfate.
- Start tanning, slowly. Tanning helps to get rid of some of the excess water beneath the skin. Darker skin also brings out your definition and cuts.

7 days from shoot:

- Have your last leg workout. For your legs to look ripped and vascular you must allow then to fully recuperate and heal. If they are swollen or sore from working out, they will look smooth.

5 days from shoot:

- Reduce your carbohydrate intake to 50g or less for the next 3 days. Your goal is to deplete your muscles of glycogen. Once depleted, you will begin loading up on carbs for the last 2 day. This depletion and reloading will cause your muscles to overcompensate by taking more glucose into the muscles, making them look much larger, harder and more full!
- Begin to lower your sodium intake. Excess sodium leads to water retention. Do not cut your sodium all at once, though. This will cause your body to compensate by retaining water. When you slowly reduce your sodium intake, your body continues to flush out excess sodium thinking more is on the way.
- Start taking 1,000-2,000 mg of potassium each day. This will help to offset the effects of the sodium reduction by keeping your cells hydrated.
- Start reloading with plain creatine (no sugar). Load six times per day for the next 4 days. Reloading helps push more creatine into your muscles.
- Increase your cardio to five times this week

HOW TO LOOK RIPPED FOR A PHOTO SHOOT

4 days before shoot:

- Start drinking at least one gallon of distilled water each day. Distilled water has no salt.

3 days from shoot:

- Start taking vitamin B6. It helps to reduce water retention beneath the skin.
- Stop tanning. Each time you tan, you skin becomes swollen and inflamed. This will give your skin time to heal.

2 days from shoot:

- Perform a very light workout.
- Cut out salt completely.
- Start taking 1000mg of Dandelion Root three times per day. This is a natural diuretic which will flush out excess water.
- After your cardio session, start loading carbs. Begin eating about 50g every three hours for the next 2 days. Be careful not to overdo it, otherwise you may look smooth.

1 days before shoot:

- Perform very light workout.
- This is the last day of cardio.
- Drink only 2/3 gallon of water today.
- Shave all hair from chest, back, arms and legs. If you have a lot of hair use barber clippers first, then use a razor in the shower.
- To further increase your vascularity and definition, before bed drink 8oz. of red wine (or Grand Marnier) and 50ml of glycerol with 16oz of water. This will really bring out your veins!

Morning of shoot: (assuming shoot is at noon)

- Only sip a small amount of water when thirsty.
- Eat a very small meal consisting of mostly complex carbs (brown rice, whole grains) at least 3 hours before your shoot. Along with that meal be sure to take 20g of vandyl sulfate and creatine.

20 minutes before photo shoot

- Drink glycerol/wine mixture (see above)
- Pump up for shoot with high reps and very low weight. If you don't have weight equipment, just do a lot of push-ups, and pull-ups.

COOKING WEIGHTS & MEASUREMENTS

	Grams	1 tsp.*	1 tbsp.**	Ounces	1/4 cup	1/2 cup	1 cup	1 pint	1 pound	1 quart	1 liter	1 gallon
Grams	1	5	14	33.33	56.3	113	227	454	454	909	960	3,650
Tsp.*	.2	1	3		12	24	48					
Tbsp.**	.0714	.33	1	2	4	8	16	32	32	64		
Cups			.06					2	2	4	4.2	16
Ounce	.03	.17	.5	1	2	4	8	16	16	32	33.8	128
Liter					.0625	.125	.25	.5		.9		3.8
Pounds					.125	.25	.5	1	1			
Pint							.5		1			
Gallon				128			16			.25		1
Quart											1.1	4
Milligrams	1,000											

* Teaspoons.
** Tablespoons.

I have found this table to be very useful when I need to convert weights and quantities. To use it, first go to the far left column and find the measurement that you are converting. For example, I just figured out that I need to eat a total 105 ounces of lean meat each week. I now need to convert that to pounds, so I know how much to buy at the grocery store. So I simply follow the ounces row all the way over to the 1 pound column, where it says 16. That means that there are 16oz in each pound. Next, I just divide the number of ounces I need (105) by 16, and that will give me the amount of pounds I need to buy (6.5 lbs.). [105/16 = 6.5]

Here's another example: I take 3 teaspoons of glutamine everyday. I just bought a large 500g container of glutamine, and I want to know how many days this container will last. So I need to know how many grams are in 3 teaspoons. To convert teaspoons to grams, I just follow the teaspoons (tsp.) row on the far left over to the grams column, where it says .2. Now I just divide the number of teaspoons I take each day by .2, and I get 15. So each day, I should be taking 15g of glutamine (1 tsp.=5g). Then I simply divide 500 by 15 and I get then number of days this will last me: 33. [500/(3/.2) = 33]. The formula is to divide the side column by the top column (side/top). This will give you the desired value.

Measurement Constants

Here are a few common measurements that are always the same no matter what:

- 1 gram of any type of carbohydrate always has 4 calories
- 1 gram of any type of protein always has 4 calories
- 1 gram of any type of oil or fat always has 9 calories
- 1 tablespoon of any oil always has 14 grams of fat and around 120 calories
- 1 cup of uncooked rice will yield three cups cooked
- 1 cup of dry beans will yield 2 cups cooked

PLANNING AND PREPARATION

Why Plan?

The key to successful dieting is planning. Whether you are dieting to gain weight or to lose it, you must plan ahead. Don't wait until the last minute to determine where your next meal is coming from. This is the fastest way to blow your diet. You should always have your meals planned and prepared in advance, so you don't have to worry about them. This is very difficult to manage at first, but once you get used to it, you will not want to go back to your old disorganized ways.

[*Note: On your mass phase, you can eat whatever you like,* ***provided*** *it contains the correct amount of protein, carbs and fats.*

During your fat loss phase, your diet is much more restrictive and controlled. If you don't want to cook for your mass phase, fine, but you ***must*** *cook for your fat loss phase. This is not an option!*]

The way I usually do it is to cook several days in advance. Some people have told me to cook a week in advance, but week old chicken is not my idea of an appetizing meal. So three days in advance is about as far as I can go. This means I only have to cook two times per week (counting one day as my free day to eat anything I want).

To pull this off, I calculate exactly how much protein and carbs I have to eat for those days. Then I plan my meals. Once that's done, all I have to do is go to the grocery store and get the items I need.

Once everything is cooked, I simply measure out the portions for each meal and store them in separate Tupperware containers. What I end up with is 9 small containers, each with one complete meal. [*Note: Keep in mind that there are some things are not so great when stored. Foods like scrambled eggs, and baked potatoes are best eaten immediately, while hard-boiled eggs and mashed potatoes taste O.K. when stored for short periods of time.*]

When it is time for me to eat, I just throw a container in the microwave, and I'm ready to eat in under 3 minutes. How convenient is that? You can take these almost everywhere you go too, as long as you have a refrigerator to store them. If you will not be in a place that has a refrigerator, or you are away from home for long periods of time, then you need to buy a small, portable cooler. Place a freezer pack in there, along with the number of meals you will be eating. This will keep your food from spoiling.

Now, planning helps to alleviate some of the possibilities of blowing your diet, but there will always be surprises. There will always be incidents which are unexpected. Remember, no one's perfect.

PLANNING AND PREPARATION

I try to be as prepared as I can. This includes carrying back-up food. If I find myself in a jam and am unable to eat my planned meal, I go to my safety meal. I **always** carry a small plastic shaker bottle and a couple packages of my meal replacement powder with me, wherever I go. I just add water, shake and my meal is ready to drink! This has saved me many times. MRPs are essential if you have a busy lifestyle.

If you do get caught without your planned meal, simply do the best you can. Never skip a meal, though. There are always relatively safe items at most fast food and full service restaurants.

Cooking

To tell you the truth, I hate to cook! It is one more chore that I just don't need. In my personal diet, I like to keep things very simple and easy to manage. A baked turkey breast with rice and asparagus is my idea of an ideal dinner. Unfortunately, many people are not like me. They need exciting variety to help them get through their program. All I can say to those people is "It's just for 12 weeks. Get over it!" Isn't 12 weeks of healthy dietary change worth a whole new body? Thousands of people have achieved incredible physiques on just chicken breasts and a baked potato. Think about that.

With that said, below you will find some of my kitchen tips and tricks to help you get your meals together. Also, in the next chapter there are some very simple muscle gain and fat loss recipes that will help renew your taste buds and make you look forward to eating.

When dieting to lose fat, it is essential that you stick to your diet and cook all your own food! You must have total control over what you eat. You must abstain from eating all simple sugars, milk products and white flour products. When you do this, within 2 weeks you will immediately see a difference in your definition. When I say cooking, I do not mean some elaborate dish. Just put together the basics of what you need to fulfill your meal requirements.

The preferred method of preparing meats is to broil, roast, grill or bake them on a rack, so that the fat can drain away. Frying is not acceptable since the food is usually sitting in its own fat, becoming more and more saturated every second! Also, if your meat has any skin or fat on it, be sure to remove that before cooking.

When cooking vegetables, the preferred method is steaming, boiling or grilling. Make sure not to overcook them, and don't drown them in some sort of sauce or butter. The simpler the better.

PLANNING AND PREPARATION

More Cooking Tips:

- When making mashed potatoes, you can use chicken broth instead of milk, and Molly McButter is a pretty good butter substitute.
- When eating baked potatoes, instead of sour cream you can use low-fat cottage cheese with a little lemon juice, or plain yogurt seasoned with herbs.
- When choosing vegetables, fresh is best (from a vitamin standpoint), but canned or frozen is much more convenient. I usually use Birds Eye's frozen mixed vegetables. They take under 10 minutes to prepare and are very good. If you eat canned veggies, make sure that they contain no added sugars, salts, msg or fats
- Anytime you need to fry something like eggs, just use 2 or 3 sprays of any non-stick oil.
- To add more flavor to white or brown rice, cook with chicken broth (the kind with no msg) instead of water, or mix the two, half and half.
- To spice up plain grilled meats, take advantage of the many low fat, low calorie sauces available at your supermarket
- Sprinkle lemon juice and herbs on steamed veggies.
- Scrub potatoes, cook and serve with the peel for more fiber.
- Try marinating your meats in the refrigerator to add more flavor. A good beef marinade consists of 2 tablespoons of tarragon vinegar, 1 tbsp. of Worcestershire sauce, 1/4 tsb. of garlic powder, 1/8 tsp. of pepper and 1/4 cup of sliced onions. Pour this over the meat, and let it sit in an airtight container in the refrigerator for 3-6 hours

FAST FOOD & EATING OUT

You will be in this situation sooner or later: Eating out with friends, or caught away from home without your food. What do you do? Don't panic and skip your meals. There's always some safe selections available to help you get your required nutrients without breaking your diet too severely.

Restaurants

When eating at a restaurant, you should choose items that resemble your current diet, such as skinless chicken breast, or grilled fish (no oil), with a dry baked potato, steamed veggies or steamed rice. Try to avoid all oil, butter and sauces, as they will usually have too much fat, sodium and hidden sugars. When eating salads, remember to use only balsamic vinegar or bring your own fat-free dressing, which can also be used on your meat and carb. Watch for hidden dairy and sugar, though. Often "low-fat" means more sugar!

Try your best to estimate your portions, and don't feel as though you have to finish everything on your plate. Usually restaurant portions are too large. If you really feel weak, simply ask your server to wrap up half of your meal before he or she brings it out.

Estimating

Sometimes when you are eating out, or don't have the means to measure things, you can make an educated guess. Here are a few tips to help you:

- An ounce of raw meat or cheese is about the size of a golf ball.
- A piece of raw meat about the size of a deck of cards is about 4 oz.
- Four ounces of raw meat is equal to three ounces cooked. You will usually lose 25% of the total weight after cooking.
- A cup of most raw vegetables is about the size of a light bulb.

Fast Foods

Believe it or not, fast food restaurants, like Wendy's, McDonald's and Burger King, actually have a few decent items on their menus. Some chain restaurants now include meals that can give you some decent calories and nutrition. But don't go crazy and start super-sizing and ordering soft drinks. Just stick with the basics. Here are a few recommendations:

McDonald's

Item	Calories (g)	Protein (g)	Carbs (g)	Fat (g)
Grilled Chicken Deluxe (no special sauce, substitute ketchup or mustard)	300	27	38	5
Grilled Chicken Salad Deluxe	120	21	7	2

FAST FOOD & EATING OUT

Burger King

Item	Calories (g)	Protein (g)	Carbs (g)	Fat (g)
BK Broiler Chicken Sandwich (no mayo)	370	29	45	9
Broiled Chicken Salad (w/lite Italian dressing)	200	25	8	10

Taco Bell

Item	Calories (g)	Protein (g)	Carbs (g)	Fat (g)
Grilled Chicken Burrito (no sour cream, no cheese)	310	19	47	8
Grilled Chicken Soft Taco	180	14	21	5

Wendy's

Item	Calories (g)	Protein (g)	Carbs (g)	Fat (g)
Grilled Chicken Sandwich (no mayo)	310	27	35	8
Grilled Chicken Salad (lite Italian dressing)	200	25	9	8

Jack in the Box

Item	Calories (g)	Protein (g)	Carbs (g)	Fat (g)
Chicken Fajita Pita	280	24	25	9
Chicken Teriyaki Bowl (Eat only half)	670!!!	26	128	4
Garden Chicken Salad	200	23	8	9

Subway

Item	Calories (g)	Protein (g)	Carbs (g)	Fat (g)
Six-Inch Turkey Breast Sub (no mayo, no oil)	289	18	46	4

Boston Market

Item	Calories (g)	Protein (g)	Carbs (g)	Fat (g)
Turkey Carver Sandwich (no mayo, no cheese)	400			4
Chicken Carver Sandwich (no mayo, no cheese)	430	*These values were unavailable*		5
Turkey breast (no skin)	170			1
Chicken breast (1/4 white, no skin)	160			4

GROCERY SHOPPING

Shopping is an event all it's own, especially with all the nice packages designed to catch your attention. They all scream "Buy me, buy me." Well, ignore all that. Just get in there, get the stuff on your list, and that's it. Don't get sidetracked. That's the easiest way to start buying things you don't need.

How To Read Labels

I'm going to explain to you how to do something that the majority of Americans do incorrectly: read food labels. The first and last thing most people look at when reading a label is how many fat grams it has. That's good. If it's low, say 1-5 g, then people assume it's low fat. This is bad. Just because a product has a low amount of fat listed in the total fat area it does not mean it's low in fat. To get the true fat amount, you must take into account the serving size. For example, a regular 8 oz. container of Kraft Original Parmesan Cheese has 1.5 grams of fat per serving. Seems pretty low, right? Well, let's see. To find out the true fat content, first multiply the number of fat grams (1.5) by 9, to get the number of fat calories per serving (14 calories). Then divide that number by the total calories per serving (20). This will give you the percentage of fat you get for each serving of this product. After this calculation, I learn that this cheese is approximately 68% fat. This is not a good product for a low-fat diet!

Here's the formula again:

1. (Total grams of fat) x (9) = Total fat calories per serving
2. (Total fat calories per serv.) / (calories per serving) = Percentage of fat calories per serving

Thanks to a new rule, by the FDA, to help stop label deception, all food labels should have a new calculation termed "*calories from fat*". This is the first calculation above. Then, to get the percentage of fat for each serving, simply divide that number by the calories per serving (step #2 above).

Points To Remember:

- When buying beef, look for the most lean and the most pink. Brown colored meat is a sign of spoilage.
- When buying chicken, get breast meat only (it contains more protein and less fat than other parts). The same goes for turkey. When buying poultry, look for a pinkish color. If it is cream or light grey in color, don't buy it.
- When buying seafood, look for a bright color, and no strong fishy odor. The flesh should not be mushy.
- If at all possible, buy organic products. This will lessen your exposure to antibiotics and hormones that the government terms "harmless." Try to buy organic eggs, milk, beef, chicken and fish if you can.
- Stock up on herbs, spices and hot sauces (see next page).

GROCERY SHOPPING

This page contains a list of "free" foods and condiments, which you do not need to restrict when on my fat loss diet. Use them to help add spice and flavor to your diet.

Condiments

A-1 sauce or steak sauce
Bouillon, broth, consommé
Catsup, tomato
Cocoa, dry unsweetened
Chili sauce
Club soda, carbonated
Diet salad dressing (low fat, low sugar)
Dill pickle
Gelatin, unflavored plain
Gelatin artificially sweetened
Horseradish
Lemon or orange rind
Mustard, prepared
Nonstick cooking spray
Onion
Pickle relish
Pimiento
Salsa
Sauerkraut juice
Soy sauce (in moderation)
Tabasco sauce
Tomato paste
Tomato puree
Vinegar
Worcestershire sauce
Yeast, brewer's
Yogurt, plain

Drinks

Carbonated or mineral water
Cocoa powder, unsweetened
Coffee
Club soda
Tea
Tonic water, sugar-free

Seasonings

Allspice
Angostura bitters
Anise
Basil
Bay leaf
Caraway
Cardamom
Celery salt or seed
Chervil
Chili powder
Chives
Cinnamon
Cloves
Cumin
Curry
Dill
Extracts
Garlic
Ginger root
Marjoram
Mint
Mustard
Dry Nutmeg
Oregano
Paprika
Parsley
Pepper
Poppy seed
Poultry seasoning
Rosemary
Saffron
Sage
Sesame seed
Tenderizers
Thyme
Vanilla

Sugar-free Foods

Equal (aspartame)
Gelatin dessert, sugar-free
Gelatin, unflavored
Gum, sugar-free
Sprinkle Sweet (saccharin)
Sugar Twin (saccharin)
Sweet 'n Low (saccharin)
Sweet One (acesulfame K)
Sweet- 10 (saccharin)

[Note: artificial sweeteners do not create as large of an insulin response as real sugars, <u>but</u> they do create one, so use them only when necessary]

FOOD VALUES

The following tables contain the caloric and nutritional breakdown of many common foods. This list is not all-inclusive, as it only includes the foods that I have used most often. If you need a more extensive database, try one of the many nutrition books out there. One very exceptional one is by Corinne Netzer, called *The Complete Book of Food Counts*. It has everything! You can also download the *Food Components Database* from my downloads page (http://www.musclegaintips.com/downloads.html) It is a program that contains about 5,000 different foods and their nutritional values.

Proteins

Food (1 oz.)	**Calories** (g)	**Protein** (g)	**Carbs** (g)	**Fat** (g)
Chicken Breast (no skin)	35	8	0	1
Cod	30	6	0	0
Designer Protein (whey, 1 scoop)	85	28	0	1.5
1 Large Egg White	16	3	0	0
1 Large Whole Egg	75	6	1	5
Ground Beef (lean)	75	7	0	5
Halibut	40	8	0	1
Myoplex Plus	280	42	24	2
Myoplex Plus Deluxe	300	42	25	2
Myoplex Mass	500	33	75	7
Myoplex Lite	190	25	20	1.5
Precision Protein (whey, 1 scoop)	100	20	2	1
Salmon, fresh	40	6	0	2
Salmon (canned)	35	5	0	2
Swordfish	44	7	0	1
Shrimp (about 2 med. size)	30	6	0	0
Tuna, fresh	30	7	0	0
Tuna (canned, 1 oz.)	35	6	0	.5
Turkey Breast (no skin)	28	7	0	1
Vege Fuel (soy protein, 1 scoops)	60	15	0	0

Fats

Food	**Calories** (g)	**Protein** (g)	**Carbs** (g)	**Fat** (g)
Borage Oil (1 tbsp.)	128	0	0	14
Flaxseed Oil (1 tbsp.)	132	0	0	14
Olive Oil (1 tbsp.)	119	0	0	14
Peanuts (1 oz, dry roasted)	164	7	6	14
Peanut Butter (1 tbs.)	100	5	2	8
Pistachios (1 oz.)	172	4	8	15
Safflower Oil (1 tbsp.)	120	0	0	14
Sunflower Oil (1 tbsp.)	162	0	0	14
Udo's Choice (1 tbsp.)	132	0	0	14

FOOD VALUES

Carbohydrates

Food	Calories (g)	Protein (g)	Carbs (g)	Fat (g)
Baked potato (1 large, 8oz.)	220	5	51	0
Blackeye Peas (1 cup)	198	13	36	1
Brown Rice (1/2 cup, cooked)	109	2	23	1
Cottage cheese (1/2 cup)	80	18	3	1
Corn (1 cup, cooked)	180	5	41	2
Corn Tortilla (1, small)	67	2	13	1
Cream of Wheat (1/2 cup, cooked)	134	4	28	0
Kidney Beans (1 cup, cooked)	208	13	38	1
Lentils (1 cup, cooked)	230	18	40	1
Oatmeal (1/2 cup, cooked)	73	3	13	1
Pasta (dry, 1oz.)	105	4	20	.5
Popcorn (1 cup, plain)	31	1	6	0
Rice Cakes (1, no salt)	35	1	7	0
Ultra Fuel (16 oz., 1 serv.)	400	0	100	0
Wheat bread (1 slice)	61	2	11	0
White Rice (1/2 cup, cooked)	134	2	30	0
Yam (1, baked, 8 oz.)	220	4	53	0
Yogurt (plain, 1 cup)	160	10	14	8

Vegetables (high fiber)

Food (1 cup)	Calories (g)	Protein (g)	Carbs (g)	Fat (g)
Asparagus	44	3	8	0
Broccoli (raw)	24	3	5	0
Brussel Sprouts (4, cooked)	32	2	7	.5
Cauliflower (raw)	24	2	5	0
Celery (1 stalk, raw)	6	0	1	0
Cucumber	14	1	3	0
Eggplant (cooked)	27	1	6	0
Frozen mixed vegetables (1/2 cup)	40	2	9	
Green Cabbage (raw)	16	0	4	0
Greens (cooked)	30	1	6	0
Green Beans	44	2	10	0
Green Peas	126	8	11	0
Okra (cooked)	50	3	11	0
Onions (raw)	25	1	6	0
Spinach (raw)	12	1	5	0
Tomato (1 medium, raw)	25	1	5	0
Zucchini (cooked)	28	1	7	0

FOOD VALUES

Fruit

Food	Calories (g)	Protein (g)	Carbs (g)	Fat (g)
Green Apple (with skin)	81	0	21	0
1 Apricot	17	1	4	0
1 Banana	105	1	27	0
Berries (1 cup)	45	1	10	0
Cherry (10)	49	1	11	1
Grapefruit (1/2)	38	1	10	0
Grapes (1 cup)	58	1	16	0
Mango	70	1	17	0
Melon (1 cup)	55	1	14	0
1 Orange	62	1	15	0
Papaya (peeled, 4 oz.)	44	1	11	0
Peach	37	1	9	0
1 Pear	98	1	25	0
Pineapple (1 cup)	77	1	19	7
Plum (4 oz.)	62	1	15	7
Raisins (1 oz.)	83	1	23	0
Raisins (1 cup)	488	5	124	1
Tangerine	37	1	9	0

Miscellaneous

Food	Calories (g)	Protein (g)	Carbs (g)	Fat (g)
Betagen	10	0	2	0
Phosphagen HP	140	0	34	0

RECIPES (SAUCES)

Corn and Black Bean Salsa

Servings	Preparation time	Calories	Protein (g)	Carbohydrates (g)	Fat (g)
—	5 minutes	340	16	60	4

Ingredients:
1 cup of cooked black beans
1/2 cup of cooked corn (fresh or canned)
1/4 cup of diced onions
2 small chopped jalepeño pepper (leave out if you do not like spice)
1 diced tomato
1/3 cup of fresh chopped cilantro

Instructions: Drain the beans and corn then mix all ingredients together in a bowl. Refrigerate for at least 30 minutes. Use to spice up any plain meat or seafood dish.

Pico De Gallo

Servings	Preparation time	Calories	Protein (g)	Carbohydrates (g)	Fat (g)
—	5 minutes	23	1	5	0

Ingredients:
1 cup of seeded and chopped tomatoes
1 white onion, chopped
3 jalepeños, minced
1/4 cup of fresh chopped cilantro
3 tbsp. of fresh lime juice

Instructions: Combine all ingredients in a bowl and mix. Refrigerator for at least 30 minutes.

RECIPES (SAUCES)

Spicy Mustard Sauce

Servings	Preparation time	Calories	Protein (g)	Carbohydrates (g)	Fat (g)
—	5 minutes	180	8	16	12

Ingredients:
1/2 cup of spicy Dijon mustard
1/2 cup of fat free mayonnaise
1 tsp. of Lea & Perrins Worchester Sauce
1/4 tsp of black pepper
1/4 tsp of crushed red pepper

Instructions: Combine all ingredients and refrigerate for 30 minutes. Use as sauce for cooked meats.

Corn Salsa

Servings	Preparation time	Calories	Protein (g)	Carbohydrates (g)	Fat (g)
—	25 minutes	280	6	60	2

Ingredients:
1 cup of corn, cooked
3/4 cup of Pace Thick and Chunky picante sauce
1/2 cup of water
1 onion, chopped
2 jalepeños, chopped
1 red pepper chopped

Instructions: Mix ingredients in sauce pan, bring to a boil then reduce heat and simmer, covered for 20 minutes.

RECIPES (MEATS)

Mushroom Chicken (or turkey)

		Nutrients per serving (1 breast)			
Servings	**Preparation time**	**Calories**	**Protein (g)**	**Carbohydrates (g)**	**Fat (g)**
4	20 minutes	232	35	14	4

Ingredients:

1 can of Cream of chicken, or cream of mushroom soup
Four 4oz, skinless chicken breast halves
1/2 cup of sliced mushrooms
1/4 cup of chopped red onion
1/4 cup of non-fat milk
2 tbsp of lemon juice
2 tbsp of minced parsley
cooking spray

Instructions:

1. In a small bowl mix the soup, milk, lemon juice and parsley.
2. Spray pan with cooking spray and heat on medium. Add the chicken and cook on each side until brown (about 5 minutes). Remove from pan then add mushrooms and onions to pan and sauté for 2-3 minutes. Next stir in soup mixture.
3. Next, add the chicken to the mixture and reduce heat. Simmer covered for 10 minutes, or until chicken is no longer pink in center.

Lemon Chicken Marinade (or turkey)

		Nutrients per serving (1 breast)			
Servings	**Preparation time**	**Calories**	**Protein (g)**	**Carbohydrates (g)**	**Fat (g)**
4	20 minutes	177	32	1	5

Ingredients:

Four 4oz skinless chicken breasts
1/4 cup of lemon juice
1 tbsp of oregano
1 tbsp of parsley
Dash of garlic powder

Instructions:

Mix sauce in large bowl, add chicken. Cover and refrigerate overnight. Grill or bake chicken using marinade as a basting sauce.

RECIPES (MEATS)

Herb Crusted Chicken (turkey, fish or beef steak)

		Nutrients per serving (1 breast)			
Servings	**Preparation time**	**Calories**	**Protein (g)**	**Carbohydrates (g)**	**Fat (g)**
4	25 minutes	177	32	1	5

Ingredients:

Four 4oz skinless, boneless chicken breasts
Any blend of your favorite cooking herbs and spices (use equal parts of each):
Mrs. Dash (low salt version)
Crushed Red Pepper
Garlic and Onion powder
Italian Seasonings
Olive oil

Instructions:

1. Put about 1 tsp of oil in a large bowl. Take each breast and coat it with oil. Then add your spice mix. Make sure you heavily coat each chicken breast with the spices.
2. Next spray a pan with cooking spray and heat on medium.
3. Once the pan is hot, add the chicken and cook until brown on each side (about 5-7 minutes each side). If chicken is burning or cooking too fast, lower heat.
4. Remove once meat is no longer pink in center.

Beef Marinade (turkey or chicken)

Ingredients:

3 limes
1 tbsp of crushed red pepper
1 tbsp of coarse ground black pepper
1 tbsp of garlic powder
3 garlic cloves (minced)

Instructions:

This makes enough marinade for about 3 lbs of meat.

Mix all ingredients in a large container. Add meat. Squeeze the lime juice over each side of the meat and mix. Refrigerate the meat covered at least 3 hours. Once you are ready to cook, discard the excess marinade.

To lock in the flavor of this marinade, I suggest you sear your meat. Searing involves initially browning the meat on each side very quickly in a very hot pan. This takes about 2-4 minutes for each side. After it is browned, you will then reduce the heat and cook it until it reaches your desired doneness.

RECIPES (VEGGIES AND OTHER CARBS)

Rice with Beans & Jalepeños

		Nutrients per serving (1 cup)			
Servings	**Preparation time**	**Calories**	**Protein (g)**	**Carbohydrates (g)**	**Fat (g)**
6	15 minutes	188	8	48	1

Ingredients:

1.5 cups of instant white rice
1 can (16 oz) of pinto beans, rinsed and drained
1 cup of water (or 1 cup of chicken stock)
1/2 cup of picante sauce
1/2 cup of sliced green onions
3 diced jalepeño peppers

Instructions:

1. Bring to a boil the water, picante sauce and onions in a saucepan.
2. Next, stir in the rice, beans and peppers. Cover and remove from heat. Let stand for 10 minutes.

Garlic Mashed Potatoes

		Nutrients per serving (4 oz)			
Servings	**Preparation time**	**Calories**	**Protein (g)**	**Carbohydrates (g)**	**Fat (g)**
4	20 minutes	117	3	24	1

Ingredients:

4 red potatoes
3/4 cup of skim milk
2 cloves of minced garlic
1/4 tsp of garlic powder
1/4 tsp of pepper
1/2 tsp of Molly McButter (or any butter flavored spray)

Instructions:

1. Cook potatoes by either boiling or microwaving on high until done. Next, place all ingredients in a food processor and blend until smooth.

RECIPES (VEGGIES AND OTHER CARBS)

Chili Rice

		Nutrients per serving (1/2 cup)			
Servings	**Preparation time**	**Calories**	**Protein (g)**	**Carbohydrates (g)**	**Fat (g)**
4	30 minutes	140	3	33	0

Ingredients:

1 cup of rice (white or brown)
1 medium tomato, diced
4oz can of green chiles, drained
1/2 cup of green bell peppers, chopped
3/4 cup of chopped onion
3/4 cup of water
1/2 cup of chicken stock (no msg, low salt)

Instructions:

1. Sauté onions, and peppers in pot over medium heat until tender.
2. Next, add water, chicken stock, chilis, tomatoes and garlic. Bring to a boil.
3. Add rice. Cover, reduce heat to low, and simmer for 25 minutes, or until water has been completely absorbed by rice.

Sautéed Onions with Peppers (quick side dish for any meal)

		Nutrients per serving (1/2 cup)			
Servings	**Preparation time**	**Calories**	**Protein (g)**	**Carbohydrates (g)**	**Fat (g)**
2	30 minutes	100	3	23	1

Ingredients:

1 large onion, sliced
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1 green bell pepper, sliced
1/2 tsp of coarse black pepper
1/2 tsp of garlic powder
1/2 cup of water

Instructions:

1. Mix ingredients in skillet. Cover and cook on medium heat for 20 minutes.
2. After 20 minutes, remove cover, and continue cooking, stirring often, until the peppers are tender (about 10 minutes).

DIET SUBSTITUTIONS

In section D and E you will find a preset program based on my original workout. This includes the mass and fat loss diets that I have already created for you. I have tried to make them as simple and as easy to follow as possible. You can either follow them directly (which I recommend), or use them as a guideline to help create your own.

Many people have criticized me for the lack of variety in this diet. Well, I'm not a chef, and as I said earlier, and I don't like to cook. That's one more thing that I do not need to think about. I just want a meal that I can prepare quickly, and that will give me the correct amount nutrients. That's it

I typically don't use complicated recipes, they make things too complicated. Each meal will have a certain amount of protein and carbs that you need to ingest, and complicated recipes will make that difficult to track – especially on fatloss diets. To track things better, I try to keep things as simple as possible. I use sauces a lot to add variety.

I have found that using sauces can make an otherwise dull meal exciting. Just adding something like salsa to my eggs or chicken really makes them tasty. Spices do the same thing. Adding spicy touches like jalepeños or chili peppers really add flavor too.

Also, feel free to make any substitutions you like to personalize the diet to suit you. Remember, most foods are interchangeable. You can easily substitute one food for another provided it is in the same food group and same amount. For example, if you do not like brown rice (which I use a lot), you can substitute it with the same quantity of any carbohydrate you like. When you do this, make sure you get as close to the same amount of calories and other nutrients as you can. To do this properly, you must have the nutritional content of each serving to correctly size the meal.

So, if I substituted 1/2 cup of brown rice with a 4oz. baked potato, the switch would have close to the same amount of calories, carbs, protein and fat. If I used an 8 oz baked potato, then this would not be an equal substitution. I would not know this if I did not know my food values. This is essential. Most meats are easily interchangeable. The numbers will not be exact, but they are close enough. So you can easily substitute chicken for fish or lean beef, and vice versa.

Now, you know that most of your meals will contain both carbs and protein, so all you have to do is determine what carb and what protein YOU will be eating at each meal that will help you fulfill your daily nutrient/calorie requirements. From your list of quality protein sources, and carb sources, you must decide on what YOU want to eat at each meal

Quality Protein, Carb and Fat Sources

Protein	Carbohydrates	Fats
Whey protein	Potatoes (baked, hash browns)	Olive oil
Eggs	Sweet Potatoes, yams	Sunflower oil
Egg whites	Oatmeal, cream of wheat	Safflower oil
Chicken breasts	Beans	Flaxseed oil
Turkey Breasts	Any green leafy vegetable	Canola oil
Lean Beef	Bread	Nuts
Fish (tuna, salmon)	Pasta	
Protein bar	All cereals (hot or cold)	
Other seafood	All fruit	
Soy protein Isolate		
Tofu		

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DIET SUBSTITUTIONS

Common Substitutions

Substitute This	With This
Proteins	
Myoplex	Any meal replacement powder you like (Met-Rx, Lean Body), or any other high protein food like chicken, turkey, canned tuna, eggs, etc.
Precision Protein	Any other whey powder you like (Designer Protein), or any high protein, low fat food like egg whites, canned tuna, etc.
Chicken Breasts	Any other lean meat: Turkey, lean beef, fish, eggs, etc.
Eggs	Any lean meat, mrp or whey protein powder that you like.
Carbohydrates	
Brown Rice	Any other non-sugary carb that you like (white rice, potatoes, yams, rice cakes, popcorn, beans, tortillas, etc.
Vegetables	Any other non-sugary low calorie carb.
Salad	Any other non-sugary low calorie carb.
Fats	
Udo's Choice Oil	Flaxseed oil, sunflower oil, walnuts, borage oil, safflower oi.

If you are a Vegan

I'm not going to mislead you, your diet is probably the worst for gaining muscle. It may be possible, but it will be difficult. Vegan diets contain insufficient protein, and insufficient dietary fat for muscle building. That is why most vegans are very thin or soft with not much muscle tone — this type of diet is not your body's choice for building and maintaining muscle mass.

You can get more dietary fat from nuts and flaxseed oil, but the protein is another story. Vegetable protein simply does not increase your nitrogen retention enough to build or maintain muscle mass. In other words, most of the vegetable protein you eat will not be used to build muscle.

If you can't eat whey protein, then you will have to use soy protein isolate (SUPRO) as your definite source of protein for each day. You can still eat your normal diet, but include the soy. On the diet sheets, you would just substitute the soy protein wherever you see chicken, eggs or whey protein. The MRP is just a combination of carbs and protein, so you can mix your own by using the soy and any carb source you like.

All the other supplements should be vegan friendly (glutamine, Vitamin C, etc.)

C. Putting It All Together

MY ORIGINAL PROGRAM

How I Gained So Much Muscle

The 12 week program that enabled me to gain more than 30 lbs. of muscle was created using the concepts explained earlier in this manual.

I worked out 3 times per week, training each body part only once every seven days. I worked my muscles in the following groups:

Session 1: (Chest, Shoulders, Triceps)
Session 2: (Back, Bicep)
Session 3: (Legs)

This Is My Workout Routine:

- 2 warm-up sets (light weight, 8 reps) *with short rest period in-between*
- **4 heavy sets**
  - **1)** 6-8 reps
  - **2)** 4-6 reps
  - **3)** 2-4 reps
  - **4)** 1-2 reps
- 1 light set (6-12 reps), then superset to failure (8-12 reps)

(Please remember that a superset is done immediately after the main exercise set. You are not allowed any rest.)

I first did two warm-up sets just to get the joints loose, then did four sets using heavy weight, concentrating on prolonging the negative movement. For each set, I increased the weight just enough to keep me within the specific rep range for that set. My fourth set was the heaviest.

Since the weight got heavier each set, I was performing fewer reps each time. After my fourth heavy set, I then reduced the weight to a much lighter poundage and performed as many reps as I could to really exhaust the muscle group. Immediately after that, I did a superset to failure.

Since I train alone, I do not train to failure on most exercises. Just when my muscles begin to burn, and I feel myself becoming weaker, I stop. After I complete my last set, I then use the superset to finally blast my muscle to failure.

I can go to failure on supersets, because the supersets I use allow me to safely release the weight once my muscles fail. The supersets that I suggest are done on machines or with dumbbells, so you will not need a spotter. I use this technique quite often, since I do not use a personal trainer, and work I out early in the morning when the gym is quite empty.

MY ORIGINAL PROGRAM

Strength Testing

I cannot determine your starting weights, so you must do this yourself. What I did was simply pick one day to go to the gym to practice performing each exercise and test my strength levels.

First, I would warm up using the lightest weight I could for that particular exercise, concentrating on using the correct form. This is very important. You want to train your muscles to perform this exercise one way — the correct way. Then I would choose a light to moderate weight to test my strength. I'm basically looking for a weight that will allow me to perform 8-10 reps. This will give me a good starting point. Now, let's say, for example, that I was working my chest. I would warm-up with the flat bench press. I used no weight on the bar, so I was lifting 45 lbs. for 8 reps (the bar weighs 45 lbs.). Next, I would put a 25 lb. weight on each side, bringing the total weight up to 95 lbs. for my first heavy set. If I am only able to do seven reps, then I know for my first workout that 95 lbs. will be my starting weight for my first heavy set (the rep range for the first set is 6-8).

If, for example, during my strength test, my muscles failed after 4 reps, then I know that the weight is too heavy for my first set, but it is appropriate for my third set. I make a note of this, and set my first heavy set weight for my actual workout at around 75 lbs. My second set would then be 85 lbs., and my third set would be 95 lbs., etc.

From there, you should plan to increase the weight in small 5 lb. increments for each heavy set. If you find that five pounds is too much, then increase each set by 2.5 lbs. Though everyone is different, the goal is to find the weights that will cause your muscles to fatigue within the desired rep range.

Remember, on the first set you should be lifting a weight that you can only lift for 4-8 reps. If it takes you 9 reps before your muscles fatigue, then the weight is too light for that particular set. The next time you perform this exercise, simply add five pounds. If you can only do three reps, then the weight is too heavy for that particular set, so you should reduce the weight slightly the next time you perform that exercise. It may take you a few weeks to learn your strength levels, but once you do, you will know how many reps you should do at each weight.

You should aim to increase your load (weight) on each exercise, each week. In theory, you should progressively get stronger each week, but it does not always work that way. You may get stronger and stronger for 3 straight weeks, then get stuck for 2 weeks, then surge to new levels for 2 weeks. Everyone is different, and many factors can affect your strength (concentration, stress, health, fatigue, etc.). So, don't get too caught up on the numbers. Just get in there, and lift as much as you can. That's all you can do.

MY ORIGINAL PROGRAM

Changing Workout Parameters

About five weeks into my program, my size and strength gains began to slow. Soon my body stopped gaining weight altogether. I had hit my first plateau. To combat this "adaptation," I simply changed my workout parameters. I needed to stimulate my muscles in a different way. Though I could have changed it in many different ways, I decided to try a short but intense workout, where you perform ten sets of ten reps. It is know, by some, as German Volume Training.

I started the 10x10 training around week seven, and continued with it until week ten (for 4 weeks). This workout helped me to shoot past my first plateau. This is a great workout, but remember, there are many great workouts. I just happened to choose this one because it was different. Any change of my parameters would probably have given me the same result.

The 10x10 workout is quite painful, but very quick and intense. You will get an incredible workout in a very short amount of time. It also requires more rest than other workouts, because you are stimulating every muscle fiber for maximum effort.

To Perform the 10x10 Workout You Must:

- Train only 3 times per week, working each body part just once per week
- Pick a weight with which you can normally perform 20 slow reps. This may not seem like much, but by the 7^{th} or 8^{th} set, you will be wishing it was lighter! This weight should be about 60% of your 1 rep max.
- Do only one exercise per body part. After the core work is completed, you may perform a minimal amount of isolation work (using high reps and light weight). Typically, you will perform up to three sets of 10-15 reps
- Your tempo should be 1/0/1.
- You will rest only 90 seconds between sets. There is no exception to this. Do not increase the rest interval as you fatigue

If you do not wish to use the 10x10 workout, just use the alternate on page 240. To help avoid plateaus, this workout changes the type of exercises and the tempo.

12 WEEKS OVERVIEW

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 (Bulk)	**Workout 1** Chest, tri's, should.	Rest & Eat	**Workout 2** Legs	Rest & Eat	**Workout 3** Back, bicep	Rest & Eat	Rest & Eat
	Day 8	**Day 9**	**Day 10**	**Day 11**	**Day 12**	**Day 13**	**Day 14**
Week 2 (Bulk)	**Workout 1** Chest, tric., should.	Rest & Eat	**Workout 2** Legs	Rest & Eat	**Workout 3** Back, bicep	Rest & Eat	Rest & Eat
	Day 15	**Day 16**	**Day 17**	**Day 18**	**Day 19**	**Day 20**	**Day 21**
Week 3 (Bulk)	**Workout 1** Chest, tri's, should.	Rest & Eat	**Workout 2** Legs	Rest & Eat	**Workout 3** Back, bicep	Rest & Eat	Rest & Eat
	Day 22	**Day 23**	**Day 24**	**Day 25**	**Day 26**	**Day 27**	**Day 28**
Week 4 (Bulk)	**Workout 1** Chest, tri's, should.	Rest & Eat	**Workout 2** Legs	Rest & Eat	**Workout 3** Back, bicep	Rest & Eat	Rest & Eat
	Day 29	**Day 30**	**Day 31**	**Day 32**	**Day 33**	**Day 34**	**Day 35**
Week 5 (Bulk)	**Workout 1** Chest, tri's, should.	Rest & Eat	**Workout 2** Legs	Rest & Eat	**Workout 3** Back, bicep	Rest & Eat	Rest & Eat
	Day 36	**Day 37**	**Day 38**	**Day 39**	**Day 40**	**Day 41**	**Day 42**
Week 6 (Bulk)	**Workout 1** Chest, tri's, should.	Rest & Eat	**Workout 2** Legs	Rest & Eat	**Workout 3** Back, bicep	Rest & Eat	Rest & Eat
	Day 43	**Day 44**	**Day 45**	**Day 46**	**Day 47**	**Day 48**	**Day 49**
Week 7 (Bulk)	**Workout 1** (10x10) chest	Rest & Eat	**Workout 2** (10x10) legs	Rest & Eat	**Workout 3** (10x10) should., arms	Rest & Eat	Rest & Eat
	Day 50	**Day 51**	**Day 52**	**Day 53**	**Day 54**	**Day 55**	**Day 56**
Week 8 (Bulk)	**Workout 1** (10x10) chest	Rest & Eat	**Workout 2** (10x10) legs	Rest & Eat	**Workout 3** (10x10) should., arms	Rest & Eat	Rest & Eat
	Day 57	**Day 58**	**Day 59**	**Day 60**	**Day 61**	**Day 62**	**Day 63**
Week 9 (Bulk)	**Workout 1** (10x10) chest	Rest & Eat	**Workout 2** (10x10) legs	Rest & Eat	**Workout 3** (10x10) should., arms	Rest & Eat	Rest & Eat
	Day 64	**Day 65**	**Day 66**	**Day 67**	**Day 68**	**Day 69**	**Day 70**
Week 10 (Bulk)	**Workout 1** (10x10) chest	Rest & Eat	**Workout 2** (10x10) legs	Rest & Eat	**Workout 3** (10x10) should., arms	Rest & Eat	Rest & Eat
	Day 71	**Day 72**	**Day 73**	**Day 74**	**Day 75**	**Day 76**	**Day 77**
Week 11 (fat loss)	**Workout 1** Chest, tri's, should.	Cardio	**Workout 2** Legs	Cardio	**Workout 3** Back, bicep	Cardio	Rest
	Day 78	**Day 79**	**Day 80**	**Day 81**	**Day 82**	**Day 83**	**Day 84**
Week 12 (fat loss)	**Workout 1** Chest, tri's, should.	Cardio	**Workout 2** Legs	Cardio	**Workout 3** Back, bicep	Cardio	Rest

A SAMPLE DAY

To help you further understand how this program should work, I would like to take you through a day in my mass workout schedule.

Friday (Leg Workout)

6:30am: Wake up.

7 am: Eat Meal A and take my supplement Stack A.
At the same time, I prepare supplement Stack B and put it into a mini Tupperware container. I also grab a 16 oz. grape flavored Ultra Fuel out of the refrigerator and put it all in my gym bag.

8 am: ***Gym Workout (Legs)***
I start my session with a short, five minute warm-up on the stationary bike. During this time I'm concentrating on relaxing my muscles and trying to get psyched for my leg workout.

Squats
Once that is completed, I move over to the squat rack and do a few light stretches for my quads and hamstrings. I also loosen up my knees by doing some slow, deep knee bends and knee circles. Now I am ready to begin my squat routine.

I perform 2 warm-up sets with the bar and one 45 lb. plate on each side (135 lbs.). Each rep I perform is slow and deliberate — I try to keep proper form when I am warming up, to help my muscles remember the exercise mechanics. I squat all the way down on the warm-up just to get my hips and knees loose, but I will only go to parallel on my heavy sets.

After a short rest, I quickly add two more 45 lb. plates (225 lbs.) and squat 8 reps. Rest for 3 minutes, then I add two more 45 lb. plates (315 lbs.).

While my watch is beeping to tell me my 3 minute rest is up, I step up and squat 6 reps — barely. Breathing a little heavier, and feeling really dizzy, I put two more 45 lb. plates on the bar. Three minutes should give me enough time to put on my weight belt and get ready for 405 lbs. *Note: I try to use my weight belt as little as possible. Keeping it on for every exercise is unnecessary, and it prevents the development of crucial lower back and trunk stabilizer muscles. I only use it for really heavy weight, and then I take it off.*

I only get 3 short reps out of this, but that is within my range.

A SAMPLE DAY

For my final heavy set I put on two more 45 lb. plates (495 lbs.). I also ask a guy nearby to help spot me on this. When doing squats, I typically know when I can't do anymore reps, so I never get stuck at the bottom. But with such a heavy weight, I don't want to take any chances. I am only able to do 1 full rep. Oh well. Boy, am I dizzy and feelin' kinda' nauseated (this is normal). I get some help taking all the plates off, except for two on each side (225 lbs.).

I then do as many reps as I can do for my burnout set. It turns out to be almost 9. Now, here's the fun part.

After I rack the weight, I quickly move over to the leg extension machine where I put on about 100 lbs. and start doing a superset of as many as I can. I ended up doing 15 really painful reps, and that concludes my squat workout.

Stiff-Legged Deadlifts
After catching my breath, I perform 2 warm-ups with just the 45 lb. bar, taking care to stretch as much as I can at the bottom of the movement to loosen up my hamstrings.

I then put on two 45 lb. plates and perform 8 reps, concentrating on stretching at the bottom of the movement.

The other sets are as follows:
6 reps at 185 lbs.
4 reps at 205 lbs.
1 reps at 225 lbs.
Burnout set: 13 reps at 135 lbs.
I then immediately rush over to the lying hamstring curl machine and do 10 reps at 100 lbs.

Calve Raises
For calves, I choose to do strip sets, because I can really blast my calves in a very short amount of time. After my warm-up, I simply start with a light weight and do as many as I can, I then increase the weight and, without resting, do another set of as many as I can. I continue this pattern until the weight becomes too heavy for me to perform any reps, then I reverse. I reduce the weight and do as many as I can do, then, without resting, I decrease the weight again and do another set. I continue this until I reach my starting weight. During this session, I did 5 sets going up in weight and 5 sets going down, raging from 45 lbs. up to 180 and back down.

A SAMPLE DAY

Reverse Crunches
I do four sets of 15 reps, focusing on contracting my abs with each rep.

9 am: *Take Stack B*
After my workout, I immediately take a scoop of Phosphagen HP, 1 tablespoon of Glutamine, 1,000 mg of Vitamin C and wash it down with a small bottle of grape Ultra Fuel.

9:45: *Eat Meal B*
. Once I get home, I eat a huge meal consisting of protein, carbs and fat.

Since I have a few hours before my next meal, I decided to do some grocery shopping. I buy enough food for the next 3 days. After baking the chicken, I store it in Tupperware containers for use later on in the week. I also get to boil some eggs to take with me as emergency food. I sometimes eat these when away from home longer than expected.

1 pm: *Meal C and Stack C*

4 pm: *Meal D*
Nap 5-7pm.

7 pm: *Meal E*

10 pm: *Meal F and Stack D*

Study my actual diet and workout sheets starting on page 125, because they contain everything I did for the entire 12 weeks.

When you are ready, I have constructed diet and workout schedules based on this training method. The pre-set plans are in section D. All you need to know to get started is your current weight and when you will be working out.

Please understand that this program is best for skinny guys who have very little body fat. It is ideal for those who want to gain as much weight as possible in a very short amount of time.

If you are "skinny fat," (i.e. someone who is thin, but has very little muscle tone and a lot of body fat — usually around the waist and stomach area), this program may be too drastic for you. It could cause you to put on more body fat than you would like.

People who are "skinny fat" should use my current training program. It starts in section E, and is designed to minimize fat storage while gaining muscle mass.

STAYING MOTIVATED

Throughout your program, it is essential that you remain focused and motivated. This is sometimes easier said than done. It is easy to be motivated when everything is new and you are constantly making size and strength gains, but when they slow or cease, motivation decreases and you lose confidence in your system. This has happened to everyone at some point.

But don't doubt your program, whatever it may be. This is the true road to failure. Once you decide on a plan, you must see it through. Have enough confidence in yourself to realize that you chose the right methods.

I typically lose motivation at plateau levels (when I cease making any significant gains), or in the winter time (when it's cold outside and there is very limited daylight). To keep yourself on track, there are a few things I suggest that you do:

- Take a before picture, and keep it where you can see it everyday. This reminds you of what you used to look like, and what you will look like again if you stop training!

- Write down your specific goal on a piece of paper (for example: I want to gain 30 pounds of muscle and get my body fat below 6%), and either carry it with you everywhere, or hang it somewhere you will see it everyday.

- Find a photo of someone who has the physique that you are trying to attain. You must be realistic when choosing this. I happen to think that Arnold has a physique that I would like to have, but it will never happen. I don't have the genetics, and I do not want to spend my life in a gym. Just choose someone who is realistically achievable. Now hang that where you will see it everyday.

- Each time you look at your role model photo or read your written goal, you should visualize what you will actually look like at that goal and how you will feel.

- Take your physical measurements every two weeks. This is a gauge of how well your program is working for you. It will show you how far you have come. You will also see what is and what is not working for you.

- Give yourself a free day. Allow yourself one day out of the week to eat anything you want – without guilt.

Don't underestimate their power of these tips. I have found that visualization and "mental blueprinting" almost always manifests itself physically. No one knows why this stuff works, it just does. I'm proof.

My Personal Training Schedules and Diet

This section contains all the worksheets that I used to keep track of what I had to do and when. Please make sure you study them and understand what they are used for, because you will be using them for your program.

Body Statistics Sheet

Every 2 weeks, take your body measurements. Be as consistent as possible. Try to do this at the same time and day each time, also making sure that you have the same person help you each time. I say this because no method of body fat measurement is totally accurate. They all have a margin of error, but if you use the same equipment and use the same person to do it each time, you will have a consistent record to judge your progress. Also be aware that water retention and ingestion of food can fluctuate reading, so don't eat before, and record your statistics before you workout. To get your body fat percentage, measure all the sites listed below and use the calculations I provide.

		WEEK					
	Start	**2**	**4**	**6**	**8**	**10**	**12**
Weight	135	147	156	164	168	170	167
Tape Measurements							
Chest	33"	35 1/2"	36 1/4"	37 1/2"	38 3/4"	39 1/2"	39 1/4"
Waist	26 1/2"	28"	30"	31"	31 1/2"	31 1/4"	29 5/8"
Hips							
Shoulders							
Right Bicep	11 1/2"	12"	12 1/2"	12 3/4"	13"	13 3/4"	13 1/2"
Neck	13"	13 1/2"	13 1/2"	13 3/4"	14"	13 3/4"	13 1/2"
Right Calve	13"	13 1/2"	13 3/4"	14"	14"	14 1/8"	14"
Upper thigh	19"	20 1/4"	21"	21 3/4"	22 1/2"	22 1/4"	22"
Skin fold measurements (in millimeters)							
Pectoral/Chest (men only)	6	5	5	6	5	5	3
Right Tricep	4	4	4	4	3	3	2
Right Bicep	3	3	3	3	2	3	2
Suprailiac (1 inch above right Hipbone)	6	6	8	10	10	11	4
Lower back	10	9	10	10	10	10	8
Subscapular (Back)	7	8	9	9	10	10	8
Umbilicus (Stomach)	8	9	11	12	13	14	6
Right Calve	3	3	3	3	3	3	3
Thigh	6	5	6	5	4	4	4
Total skinfold measurements	**53**	**52**	**59**	**62**	**60**	**63**	**40**
Divide total skinfold by your weight (skinfold/weight)	.393	.354	.378	.378	.357	.371	.240
Percent fat:							
Men: Multiply result by 28	11%	10%	10.6%	10.6%	10%	10.3%	6.8%
Women: Multiply result by 30							
Pounds of fat (multiply weight by percentage, divide by 100)	15	15	16	16	17	17.5	11
Pounds of muscle (subtract pounds of fat from weight)	120	132	140	148	151	152	156

Mass Gaining Schedule (Week 1-10)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
7 am	**Meal A**, Stack A	**Meal A**, Stack A	**Meal A**, Stack A	**Meal A**, Stack A	**Meal A**, Stack A	**Meal A**, Stack A	**Meal A**, Stack A
8 am	No workout	No workout	Gym (session 1)	No workout	Gym (session 2)	No workout	Gym (session 3)
9 am			Stack B immediately		Stack B immediately		Stack B immediately
10 am	**Meal B2**, Stack B2	**Meal B2**, Stack B2	**Meal B** (within 1 hr.)	**Meal B2**, Stack B2	**Meal B** (within 1 hr.)	**Meal B2**, Stack B2	**Meal B** (within 1 hr.)
11 am							
12 pm							
1 pm	**Meal D**	**Meal D**	**Meal D**	**Meal D**	**Meal D**	**Meal D**	**Meal D**
2 pm							
3 pm							
4 pm	**Meal C**, Stack C	**Meal C**, Stack C	**Meal C**, Stack C	**Meal C**, Stack C	**Meal C**, Stack C	**Meal C**, Stack C	**Meal C**, Stack C
5 pm	Work 5-1	Work 5-1	Work 5-1	Work 5-1	Work 5-1		
6 pm							
7 pm	**Meal E**	**Meal E**	**Meal E**	**Meal E**	**Meal E**	**Meal E**	**Meal E**
8 pm							
9 pm							
10 pm	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D
11 pm							

Points to remember:

- Keep your workouts under 75 minutes
- Drink Stack B immediately after your workout.
- Eat a very large meal within 1 hour after your workout
- Eat every 3 hours
- Eat your last meal 30 minutes before bed
- Drink at least 89 oz of water

Notes: Meal B2 is a non-workout day meal only.

Mass Training Routine (Week 1-6)

- Use Heavy weight
- 5 min. on stationary bike to warm-up
- Rest 3 min between sets
- Tempo: 3/0/1
- Stretch muscles after workout.

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps)

	Sets						
Session 1 (Chest, shoulders, triceps)	**2 Warmups**	**1**	**2**	**3**	**4**	**Burnout**	**Superset**
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Flat Bench Press	8/45	8/135	6/155	4/175	2/195	10/115	
Incline Dumbell Flyes (superset to failure)							10/30
Shoulder Press	8/45	8/95	6/115	3/135	1/155	10/65	
Side Raises (superset to failure)							12/10
Shrugs (to failure)	8/30	8/50	5/60	3/70	2/80	12/40	
Dips (to failure)		15	15	13	12	11	
Tricep Pushdowns (superset to failure)							12/65
Crunches		25	23	22	20		
Session 2 (Legs)							
Squats	8/45	8/135	6/175	4/205	2/225	12/95	
Leg Extensions (superset to failure)							15/60
Stiff-Legged Deadlifts	8/45	8/95	6/115	4/135	3/155	9/85	
Hamstring Curl (superset to failure)							12/50
Calve raises (strip sets to failure)	from 25 lbs.	to 90 lbs.					
Reverse Crunches		15	15	12	10		
Session 3 (Back, bicep)							
Wide Grip Pull-ups (to failure)		10	10	8	6		
One-Arm Rows	8/30	8/50	5/60	3/65	2/70	10/40	
Latbar Pulldown (superset to failure)							11/60
Standing Dumbell Curls (to failure)	8/10	8/25	6/30	3/40	2/50		
EZ Bar Reverse Curls (multiple supersets)			5/20	5/15	5/10		
Crunches		25	25	23	23		

Mass Training Routine — 10x10 (Week 7-10)

- Use weight you can lift for 20 reps
- Perform only one exercise per body part
- Rest 90 seconds between sets
- Tempo: 3/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 10 sets of 10 reps (core exercises)
  - 3 sets of 10-15 reps for isolation work

			Sets									
Session 1 (Chest, back)	**2 Warmups**	**Weight**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
	reps/weight	(20 rep max)	reps	reps	reps	reps	reps	reps	reps	reps	reps	reps
Incline Dumbbell Press	15/20	40 lbs.	10	10	10	10	10	10	10	10	10	10
Barbell Rows (reverse grip)	12/45	135 lbs.	10	10	10	10	10	10	10	10	10	10
Pull-overs (3 sets, 10-15 reps)		35 lbs.	15	15	12							
Lat-Pulldowns (3 sets, 10-15 reps)		50 lbs.	15	14	14							
Decline board twisting Sit-ups			15	15	14	14						
Session 2 (Legs)												
Deadlifts (use proper form, or do leg press)	15/45	135 lbs.	10	10	10	10	10	10	10	10	10	10
Calve Raises (full stretch)	15/100	200 lbs.	10	10	10	10	10	10	10	10	10	10
Reverse Crunches			15	15	12	12						
Session 3 (Shoulders, arms)												
Bar Dips	no	bodyweight	10	10	10	10	10	10	10	10	9	9
Reverse curls w/EZ curl bar	12/20	40 lbs.	10	10	10	10	10	10	10	10	10	10
Lateral Raises (3 sets, 10 reps)		20 lbs.	10	10	10							
Tricep Pulldowns (3 sets, 10-15 reps)		40 lbs.	15	15	15							
Decline board twisting Sit-ups			15	15	15	13						

Mass Diet (Week 1-10)

135 lbs.

Weight Training Days (18x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,430	243	182	81
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B (Stack B)				
1 Myoplex	300	42	25	2
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
1 Ultra Fuel	400	0	100	0
	932	62	127	17
Meal C (Stack C)				
5 oz. Chx breast	175	40	0	5
1/2 cup brown rice	109	2	23	1
	284	42	23	6
Meal D				
3 eggs (boiled)	225	18	3	15
	225	18	3	15
Meal E				
5 oz. Chx breast	175	40	0	5
1 cup of veggies	50	2	5	1
	225	42	5	6
Meal F (Stack D)				
2 Precision Protein	200	40	4	2
1 tbsp Udo's	132	0	0	14
	332	40	4	16
Daily total	**2,430**	**246**	**187**	**76**

Non-Weight Training Days (18x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,430	243	182	81
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B2 (creatine)				
4 eggs	300	24	4	20
1 cup brown rice	218	4	46	2
	518	28	50	22
Meal C (Stack C)				
5 oz. Chx breast	175	40	0	5
1.5 cup brown rice	327	6	69	3
	502	46	69	8
Meal D				
1 Myoplex	300	42	25	2
1 tbsp. Udo's	132	0	0	14
	432	42	25	16
Meal E				
5 oz. Chx breast	175	40	0	5
1 cup of veggies	50	2	5	1
	225	42	5	6
Meal F (Stack D)				
2 Precision Protein	200	40	4	2
1 tbsp Udo's	132	0	0	14
	332	40	4	16
Daily total	**2,441**	**240**	**178**	**84**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat Loss Schedule (Week 11-12)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am		Thermo Stack		Thermo Stack		Thermo Stack	
7 am	**Meal A**, Stack A	Cardio (30-45 min.)	**Meal A**, Stack A	Cardio (30-45 min.)	**Meal A**, Stack A	Cardio (30-45 min.)	**Meal A**, Stack A
8 am	Gym (session 1)	**Meal A**, Stack A	Gym (session 2)	**Meal A**, Stack A	Gym (session 3)	**Meal A**, Stack A	
9 am	Stack B immediately		Stack B immediately		Stack B immediately		
10 am	**Meal B** (within 1 hr.)		**Meal B** (within 1 hr.)		**Meal B** (within 1 hr.)		**Meal B**
11 am		**Meal B,** Stack B		**Meal B,** Stack B		**Meal B,** Stack B	
12 pm							
1 pm	**Meal D**	thermo stack	**Meal D**	thermo stack	**Meal D**	thermo stack	**Meal D**
2 pm		**Meal C**, Stack C		**Meal C**, Stack C		**Meal C**, Stack C	
3 pm							
4 pm	**Meal C**, Stack C		**Meal C**, Stack C		**Meal C**, Stack C		**Meal C**, Stack C
5 pm	Work 5-1	**Meal D**, Work 5-1	Work 5-1	**Meal D**, Work 5-1	Work 5-1	**Meal D**,	
6 pm							
7 pm	**Meal E**		**Meal E**		**Meal E**		**Meal E**
8 pm		**Meal E**		**Meal E**		**Meal E**	
9 pm							
10 pm	**Meal F**, Stack D		**Meal F**, Stack D		**Meal F**, Stack D		**Meal F**, Stack D
11 pm		**Meal F**, Stack D		**Meal F**, Stack D		**Meal F**, Stack D	

Points to remember:

- Keep your workouts under 75 minutes
- Drink your Post-workout stack (stack B) immediately after your workout
- Eat every 3 hours
- No food 8-10 hours before cardio
- Eat your last meal 30 minutes before bed
- Drink at least 112 oz of water

Notes:

Fat Loss Training Routine (Week 11-12)

- Use lighter weight (reaching failure in 10-15 reps)
- Rest 1.5 min between sets
- Tempo: 1/0/1
- Start cardio 3-4 times per week
- 5 min on stationary bike to warm-up
- Exercise guidelines:
  - 1 warm-up sets (12 reps)
  - 3-4 work sets (10-15 reps)
- Stretch muscles after workout

	Sets				
Session 1 (Chest, shoulders, triceps)	**1 Warmup**	**1**	**2**	**3**	**4**
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Incline Bench Press	12/45	13/115	12/125	12/135	10/145
Flat Dumbell Flyes	12/10	13/20	13/30	10/35	10/40
Dumbell Side Lateral Raises	12/10	12/15	12/20	10/25	
Tricep Pushdowns	12/30	15/40	13/45	12/50	12/55
Crunches		25	23	20	20
Session 2 (Legs)					
Leg Press	12/135	13/225	12/275	10/300	10/320
Leg Extensions	12/40	12/50	12/60	10/70	
Hamstring Curl	12/40	13/50	13/60	11/70	9/80
Calve Raises	12/45	15/90	13/135	10/155	10/175
Reverse Crunches		15	15	12	13
Session 3 (Back, bicep)					
Wide Grip Lat-Pulldowns	12/30	15/60	13/70	12/80	10/90
Cable Rows	12/90	13/60	10/70	10/80	
Cable Curls	12/20	15/30	12/40	10/50	10/60
Crunches		25	25	23	23

Cardio

Tuesday, Thursday and Saturday 45 minutes.

Fat loss Diet (Week 11-12)

170 lbs.

Weight Training Days (10x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,700	170	128	57
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1 tbsp. Udo's	132	0	0	14
	292	35	2	15
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1.5 cup brown rice	327	6	69	3
	467	38	69	7
Meal C (Stack C)				
3 egg whites	48	9	0	0
1 cup of brown rice	218	4	46	2
	266	13	46	2
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
1 rice cakes	35	1	7	1
	211	26	8	9
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
	292	35	2	15
Daily total	**1,718**	**181**	**132**	**53**

Cardio Training Days (10x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,700	170	128	57
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1 tbsp. Udo's	132	0	0	14
	292	35	2	15
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1.5 cup brown rice	327	6	69	3
	467	38	69	7
Meal C (Stack C)				
3 egg whites	48	9	0	0
1 cup of brown rice	218	4	46	2
	266	13	46	2
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
1 rice cakes	35	1	7	1
	211	26	8	9
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
	292	35	2	15
Daily total	**1,718**	**181**	**132**	**53**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

D. Your Pre-Set Program

HOW TO USE THE PRE-SET PROGRAM

I have created preset diet and training programs for those who don't want to bother with creating their own. All the pages are included in this manual. If you would like to use my original plan, then simply follow the instructions below.

To get started with this plan, first remove the entire "**Weight training routine**" section (pages 140 to 152) and place it in your training log. This is your entire 12-week workout schedule.

Next, go to the "**Pre-Set Diet**" section (starting on page 153). Now find the mass diet that is closest to your weight. Remove that page and place it in your training folder. Next, remove all the pages from the "**Daily Schedules and Templates**" section (pages 176 to 181). These pages contain your diet specific, and a week-at-a-glance chart.

Here is what you should now have in your training folder:

- **Weight Training Routine.** (12 pages. One page for each week). During each workout, you will fill in your weight lifted and reps.
- **Mass Gain Diet (Week 1-10).** This is your diet for the next 10 weeks. Notice near the bottom of the page that it tells you how many calories you will be eating that day. This page also contains the supplement stacks. If you will not be taking a particular supplement, simply cross it off.
- **Body Statistics Sheet.** This page is for recording and calculating your body fat percentages, measurements and weight. You will fill in this sheet every two weeks.
- **Mass Gain Schedule (Week 1-10).** This is just what it says, your mass gaining schedule for week 1-10. This sheet, when filled out by you, will tell you what you should be doing every hour of the day. Please study my personal sheets as an example. Notice how the meals and supplement stacks are always paired the same way.
  - Meal A goes with Stack A
  - Stack B is taken immediately after you workout (on workout days only, on non workout days, take **only creatine** with meal B2)
  - Meal B eaten within one hour after workout (no stack)
  - Meal C goes with Stack C
  - Meal D and E (no stack)
  - Meal F goes with Stack D

HOW TO USE THE PRE-SET PROGRAM

- **Mass Gain Shopping List.** Use this page to record what foods and supplements you need to buy each week. I have already put the supplements on this page, so just circle the ones you will be buying.
- **Fat Loss Schedule (Week 11-12).** This needs to be filled out
- **Fat Loss Diet (Week 11-12).** Use the weight that is closest to your weight at the time you begin your fat loss phase
- **Fat Loss Shopping List**

Getting Started

First, you should organize these pages in a way that works best for you. I have found this order to be the most useful:

1) Mass Gain Schedule.
2) Mass Diet.
3) Weight Training Routine (Week 1-10). Put the current week's routine in the front side pocket
4) Shopping List.

During your fat loss diet:

1) Fat Loss Schedule.
2) Fat Loss Diet.
3) Weight Training Routine (Week 11-12)
4) Shopping List.

On the next few pages, you will be instructed how to fill out your Mass Gain and Fat Loss Schedules.

HOW TO USE THE PRE-SET PROGRAM

Creating Your Mass Schedule

First, you need to decide which 3 days you will be working out, and at what time. All your meals and everything you do will be centered around your workouts. You don't have to workout at the same time each day, but I do recommend giving yourself a rest day in between workouts. Do the best you can, within the confines of your personal schedule.

Now write that information in the appropriate areas on the sheet. Next fill in your meal times:

1) Place Stack B in the same box as your workout. To be taken immediately after your workout.
2) Place Meal A (or any meal you want besided meal D or B) and Stack A in the box above your workout. To be eaten one hour prior to your workout.
3) Place Meal B in the box immediately after your workout. This tells you to eat this meal within one hour after your workout.
4) Now place Meal F and stack D in the box before your bedtime. To be eaten 30 minutes to one hour before you go to bed.

The timing of these meals is very important. That's why I have you write them in first. Space your remaining meals and stacks (Meal C, Meal D, Meal E and Stack C) evenly throughout the remainder of your non-sleep hours. They should be schedule about 3 hours apart, but if they are closer, don't worry. Just try to be consistent, and **never go longer than 3 hours without eating!**

On non-training days, all of your meal sizes are exactly the same except for your post-workout meal (Meal B). On your non-training days, instead of Meal B, you will eat Meal B2 (a lower calorie meal). Finally, since you are not training on those days, you will not need to take your entire post-workout supplement stack (Stack B). Just take the creatine, glutamine and Vitamin C. I call this stack B2. Now fill in your meals on non-training days.

Note that the stacks are not connected the the meals, they are connected to when you are training. On weight training days, Stack A is taken with your pre-workout meal (usually Meal A), Stack B is taken immediately after your workout, Stack D is always taken with the last meal of the day (usually meal F, but not always). Stack C can be taken anytime during the day that it is convenient.

On non-weight training days, the stacks can be taken with any meal. Just spread them throughout the day. On non-weight training days, it's best to make sure that Stack A is eaten with the first meal and Stack D is taken with the last meal.

HOW TO USE THE PRE-SET PROGRAM

Don't assuming that you will be eating each meal in order. Most of the time, you will need to move the meals around. They are called A, B, C, D, E and F for reference, not because they must be eaten in that order.

Feel free to write in other important times, like your working hours, sleeping hours, and unusual occasions that may interrupt your schedule**. Also, don't forget to write in your free day!** OK, you now have your complete 24-hour schedule. Study it, memorize it, and follow it to the letter!

Fat Loss Schedule

The meals and stacks have changed, but the names are the same. One major difference is that you now have another stack which should be taken 2-3 times on cardio days only.

I choose to do my cardio on non-weight training days, but if you cannot do this, that's ok. Just make sure that you do the cardio first thing in the morning on an empty stomach, and that you eat before you train with weights.

1. First, decide when you are going to do your weight training. If it is the same as before, then simply copy the information over to your fat loss sheet or just use your mass sheet. If it is not the same, please go through steps 1-4 above

2. Next, decide on which days and time you will be doing cardio exercise and place those sessions in the appropriate boxes. Remember, this must be first thing in the morning before you eat!!!!!

3. Place your Thermo Stack in the box just before your cardio. You will take this 30 minutes to 1 hour before your cardio

4. On the same cardio days, place your next Thermo Stack <u>at least</u> five hours after you took your first. [Note: If you are taking a milder stack, then you may want to take it everyday.]

Now that all your paper work has been filled out, you are just about ready. All you need to do now is buy your supplements and take your body stats. I also suggest you take a before photo. This may sound silly, but it is a real eye-opener. You never really know how bad you look until you see yourself in a photo. This was a real motivator for me. I knew I was thin, but I never realized how thin! Everyday I looked at that skinny photo of myself and then I looked at a photo of a guy with the physique I would like to have. I imagined myself with his physique. This mental mapping helped me to stay focused throughout the program. You should do this also. It really does work.

MEASURING YOUR BODY FAT

To track your diet progress, it will be necessary for you to take your body fat and tape measurements every two weeks. Always take your tape measurements relaxed NOT flexed.

When taking your bodyfat measurements, firmly pinch the skinfold between your thumb and forefinger. Pull the skin and fat away from the underlying muscle, then take the measurement while still holding the skin. Sites marked with an (*)will require another person:

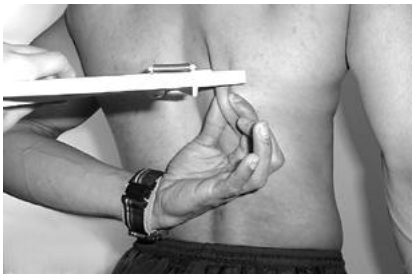
Pectoral/Chest

Right Tricep*

Right Bicep*

Suprailiac (hip)

Lower Back*



Subscapular*

Umbilicus (stomach near navel)

Right calve

Right Upper Thigh

The Calculations:

To calculate your measurements, add up the nine sites and then divide that total by your weight. Next, multiply that number by 28 (28 for men, 30 for women) and you will have your percentage body fat. To find out how many pounds that percentage equals, just multiply your weight by that percentage and then divide by 100. This will tell you how many pounds of fat you have. Here is again:

If my total site measurements equal 67mm, and my weight equals 185 lbs.:

- Then my percentage of body fat is (65/185) x 28 = **10.14%**
- That equals 18.76 pounds of fat ((10.14 x 185)/100) = 18.76 lbs.

Your 12-Week Weight Training Routine

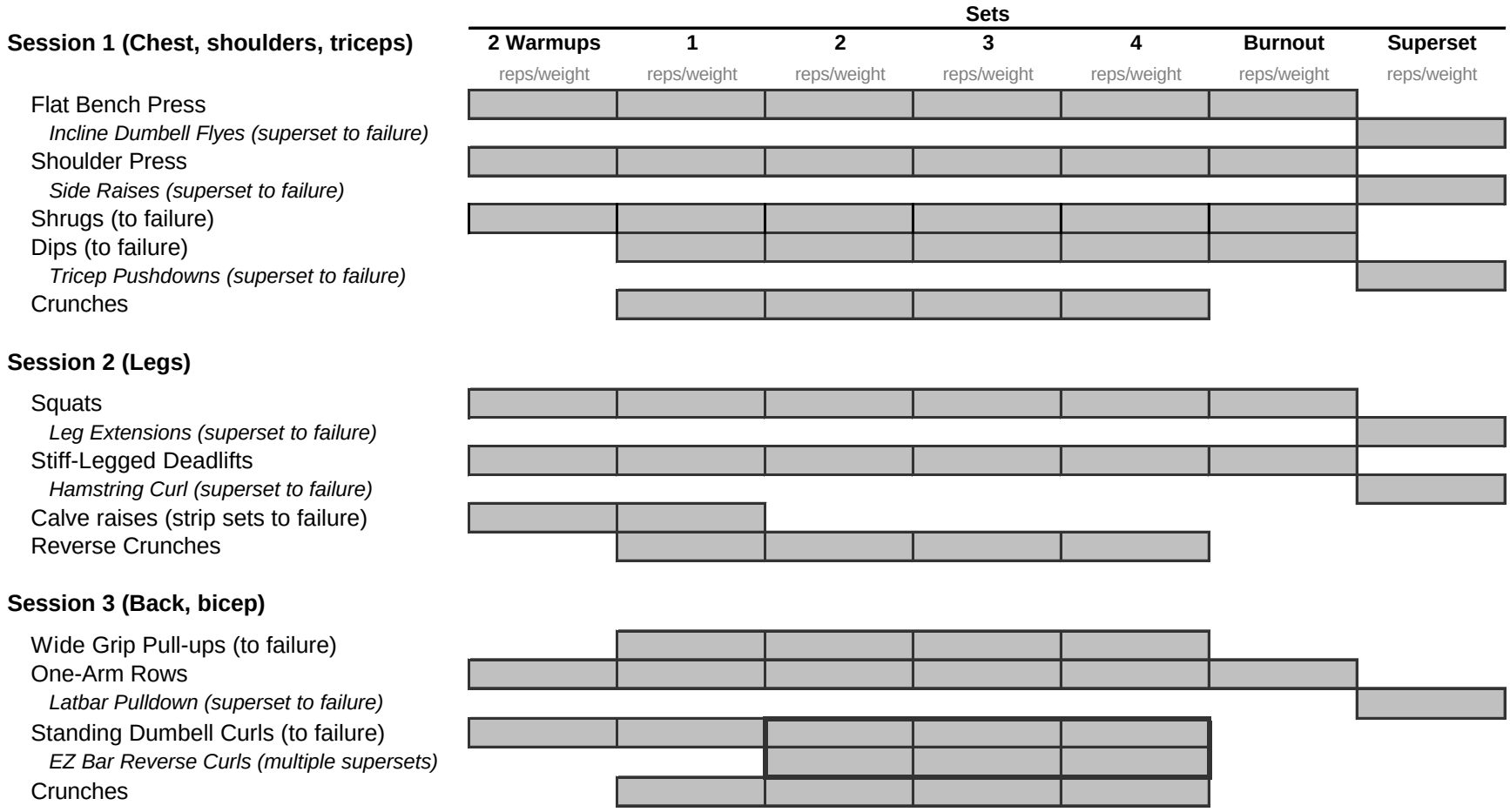
Remove this entire section and place it in your training folder.

Mass Training Routine

Week 1

- Use Heavy weight
- 5 min. on stationary bike to warm-up
- Rest 3 min between sets
- Tempo: 3/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps)

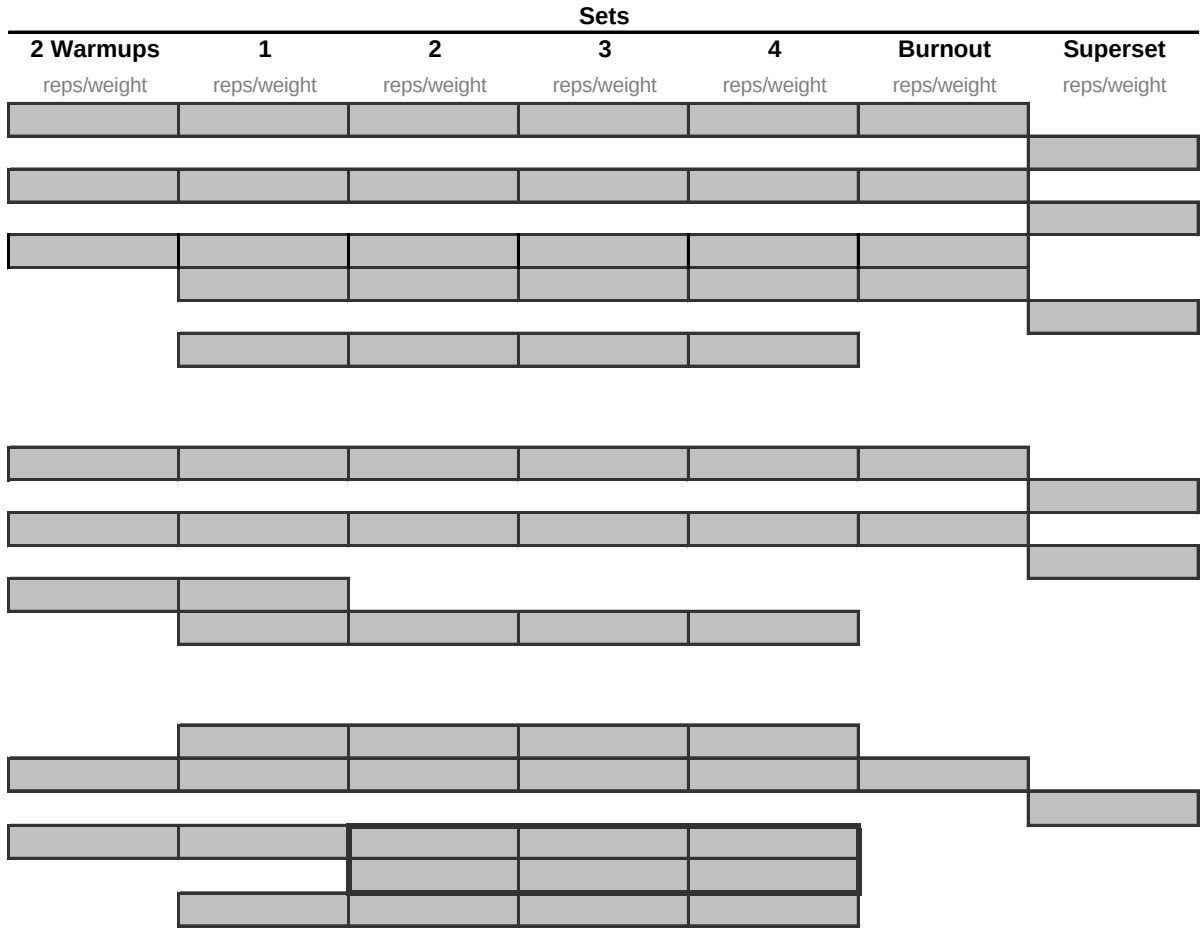


Mass Training Routine

Week 2

- Use Heavy weight
- 5 min. on stationary bike to warm-up
- Rest 3 min between sets
- Tempo: 3/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps)

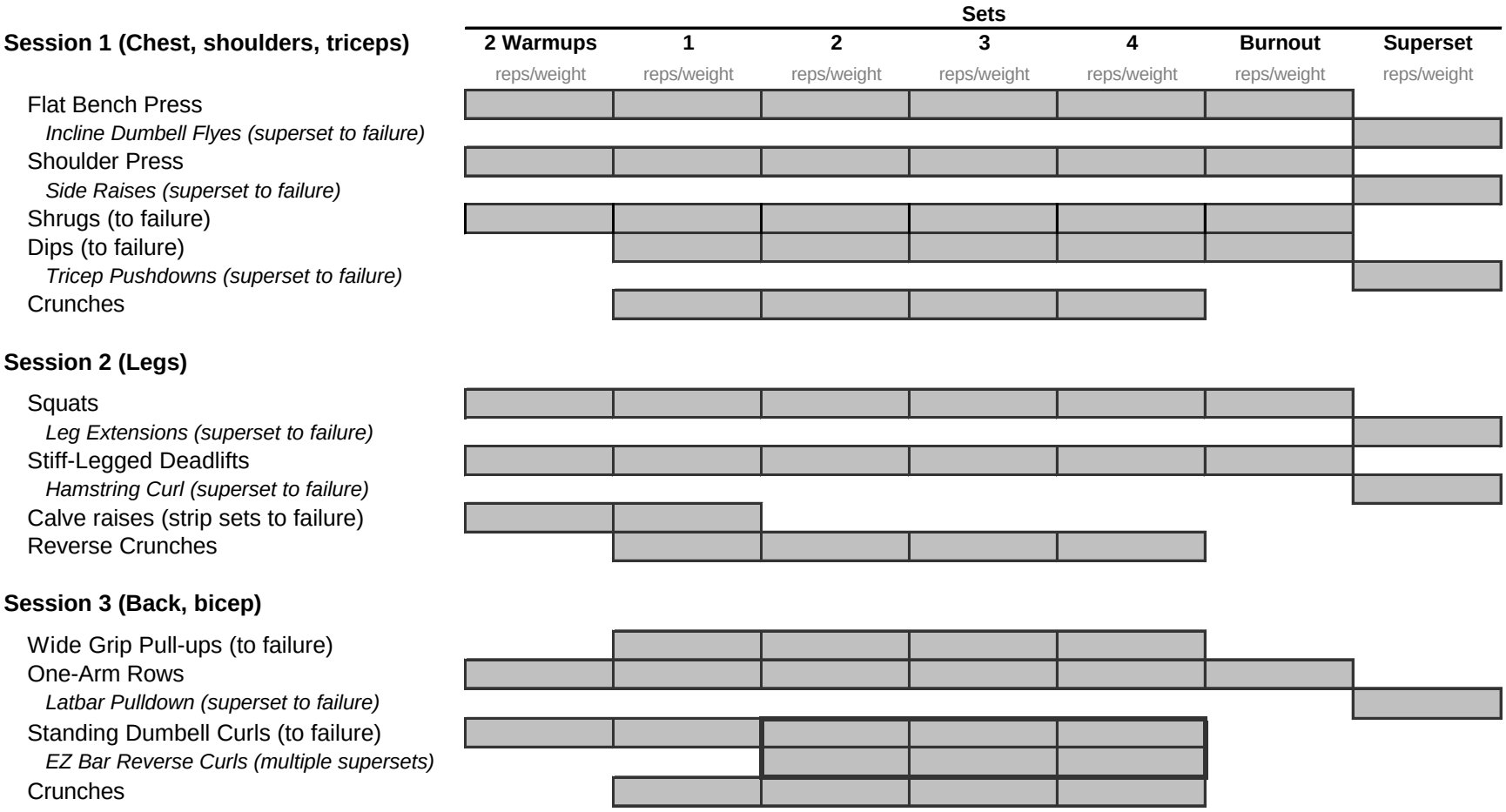


Mass Training Routine

Week 3

- Use Heavy weight
- 5 min. on stationary bike to warm-up
- Rest 3 min between sets
- Tempo: 3/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps)

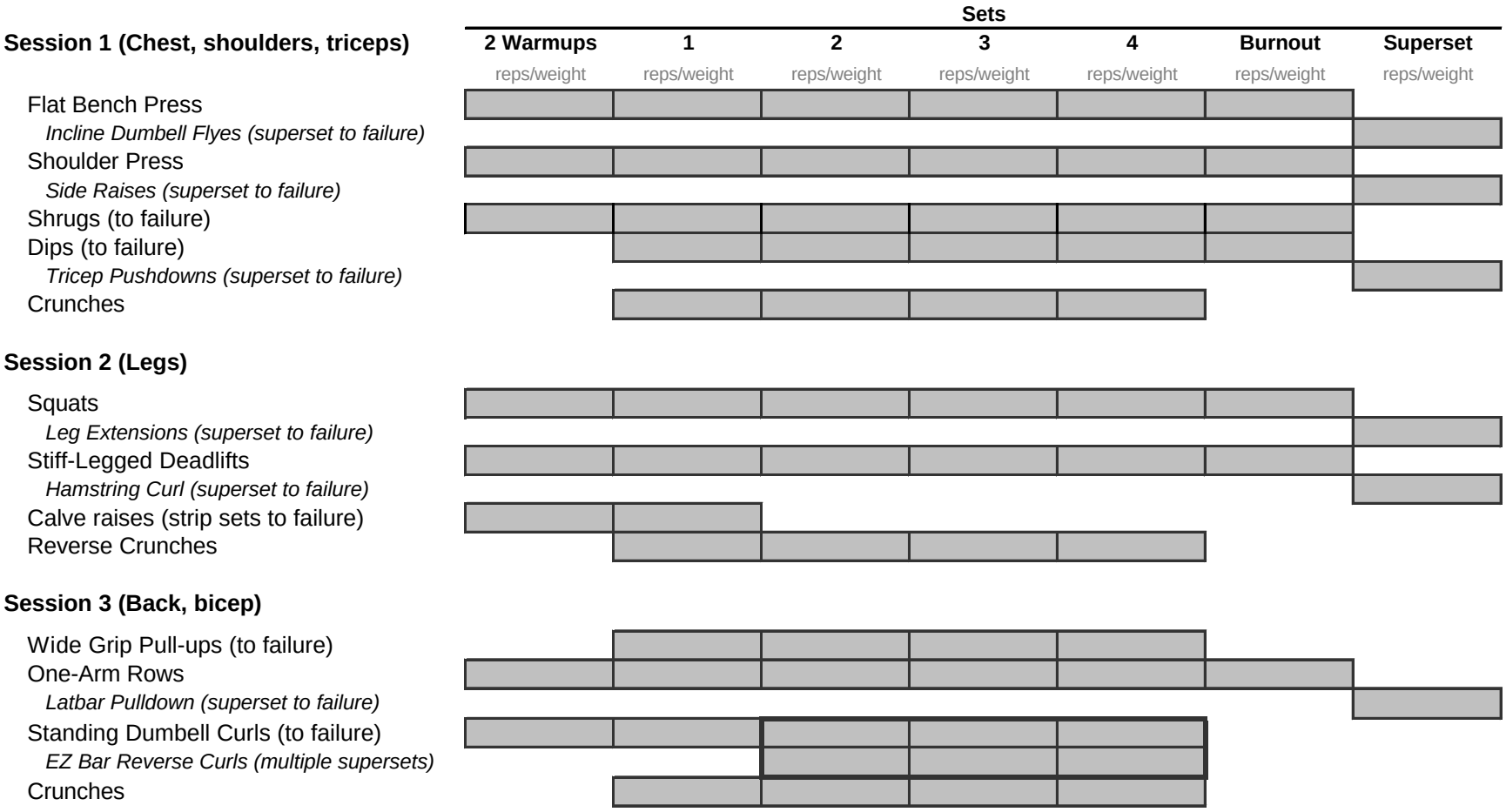


Mass Training Routine

Week 4

- Use Heavy weight
- 5 min. on stationary bike to warm-up
- Rest 3 min between sets
- Tempo: 3/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps)

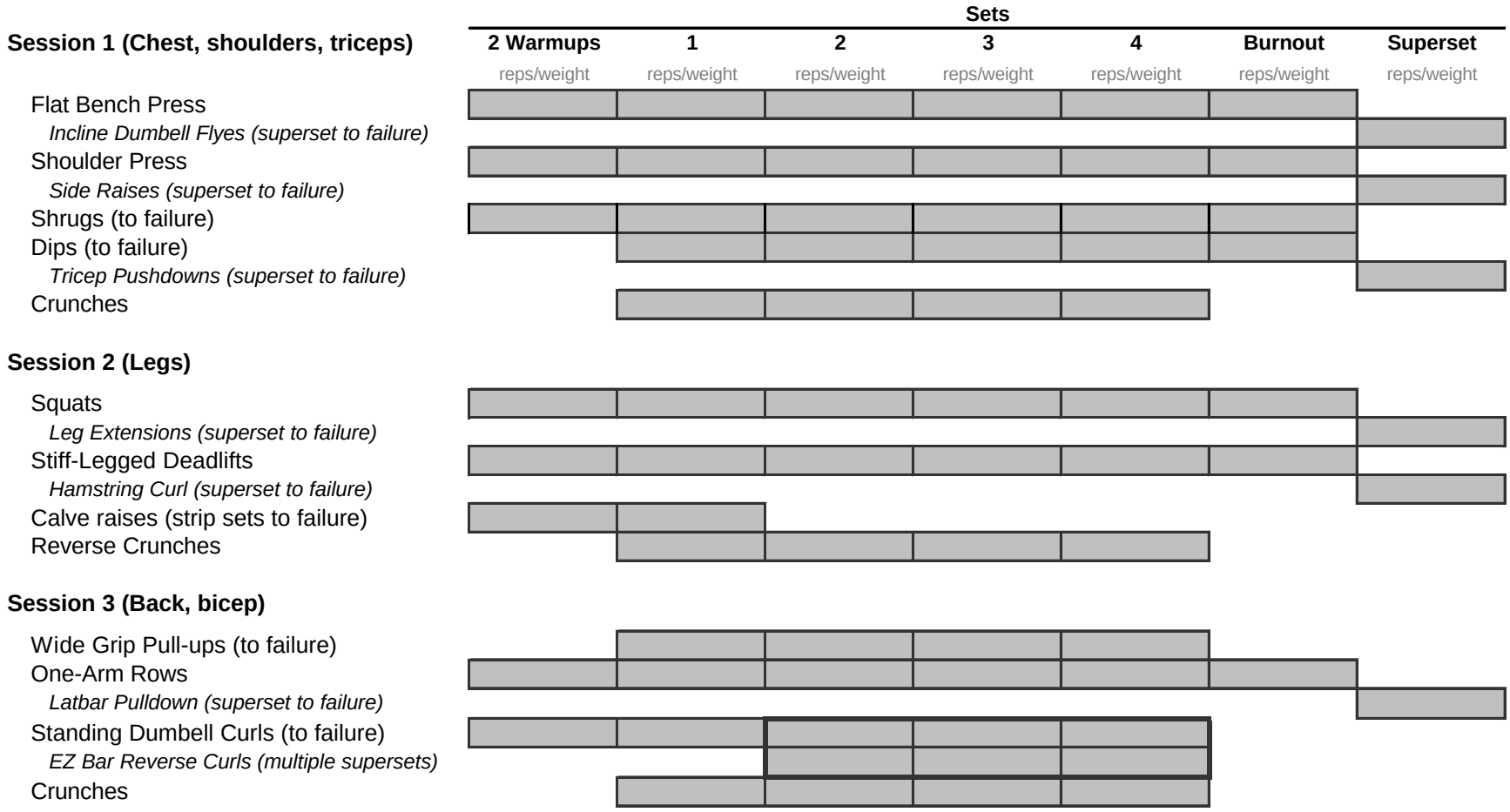


Mass Training Routine

Week 5

- Use Heavy weight
- 5 min. on stationary bike to warm-up
- Rest 3 min between sets
- Tempo: 3/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps)

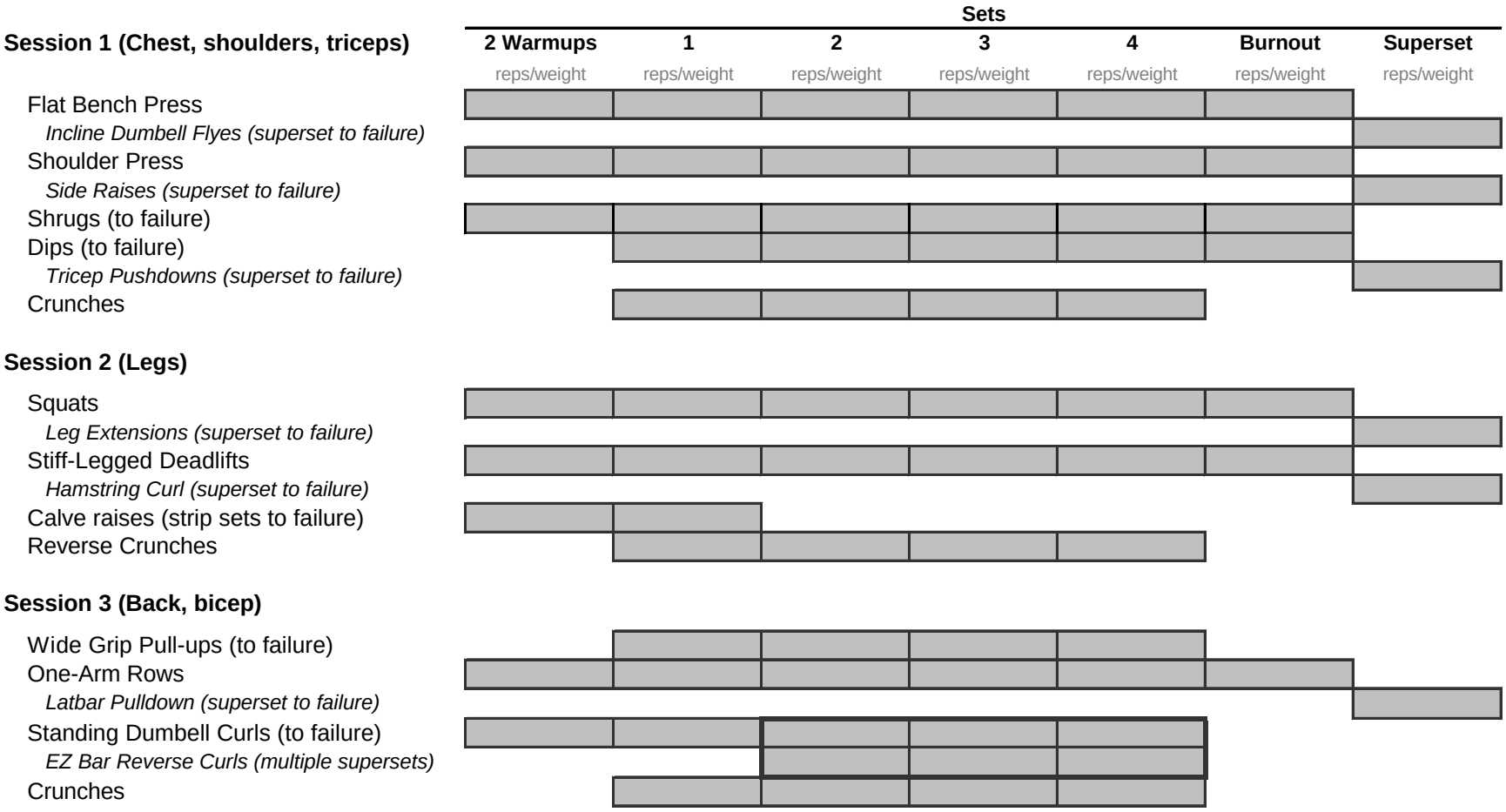


Mass Training Routine

Week 6

- Use Heavy weight
- 5 min. on stationary bike to warm-up
- Rest 3 min between sets
- Tempo: 3/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps)

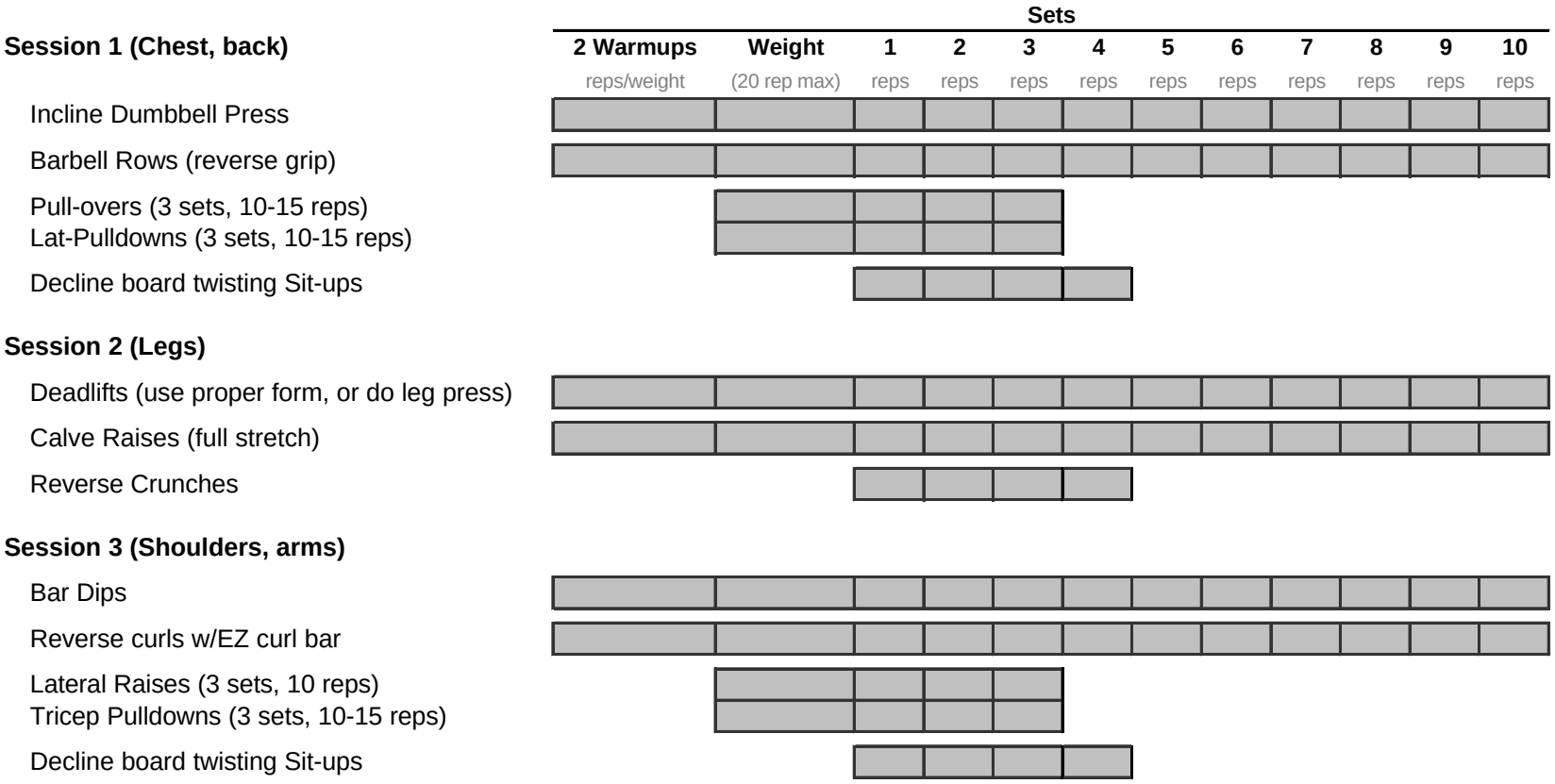


Mass Training Routine (10x10)

Week 7

- Use weight you can lift for 20 reps
- Perform only one exercise per body part
- Rest 90 seconds between sets
- Tempo: 1/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 10 sets of 10 reps (core exercises)
  - 3 sets of 10-15 reps for isolation work

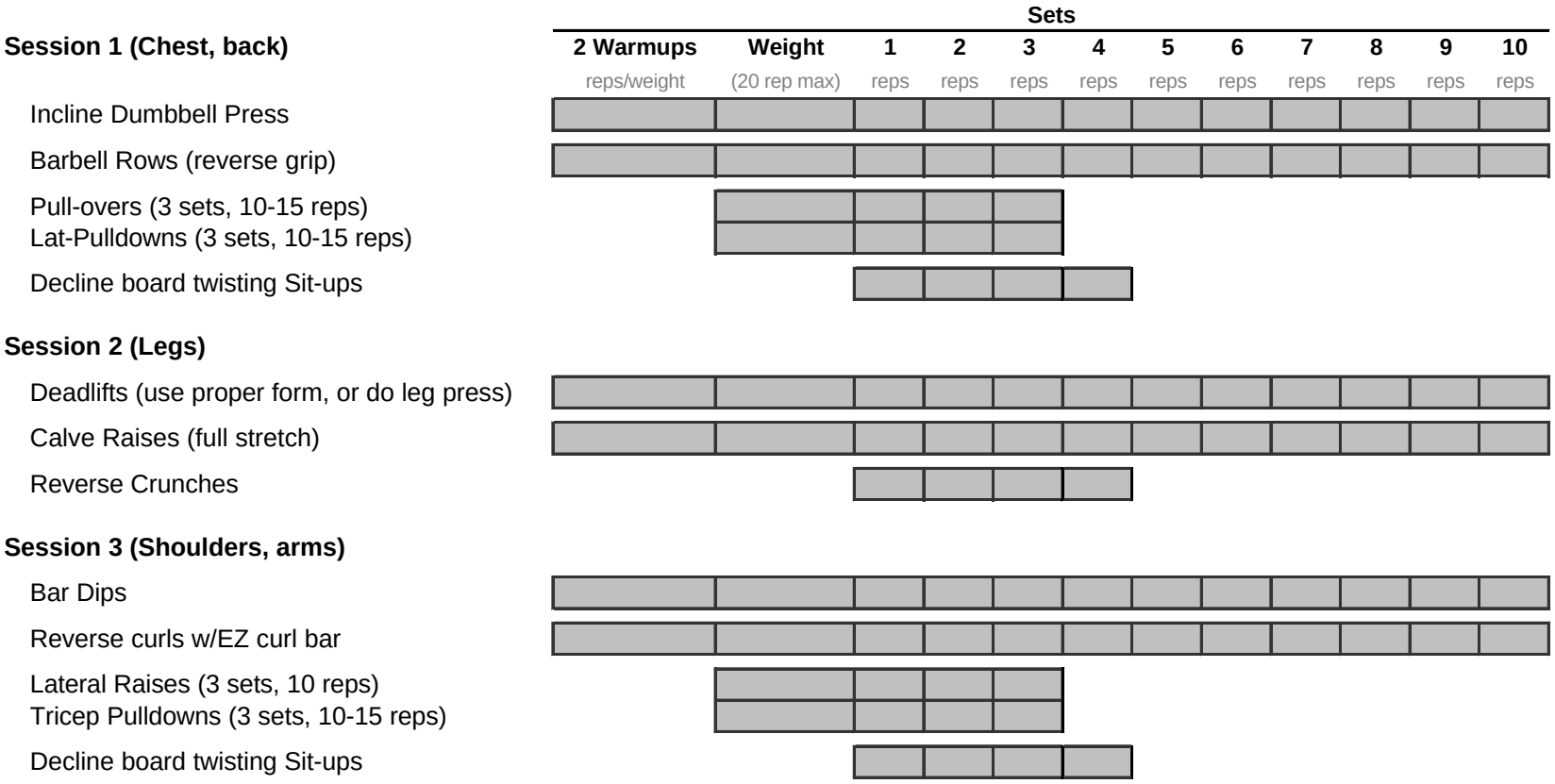


Mass Training Routine (10x10)

Week 8

- Use weight you can lift for 20 reps
- Perform only one exercise per body part
- Rest 90 seconds between sets
- Tempo: 1/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 10 sets of 10 reps (core exercises)
  - 3 sets of 10-15 reps for isolation work

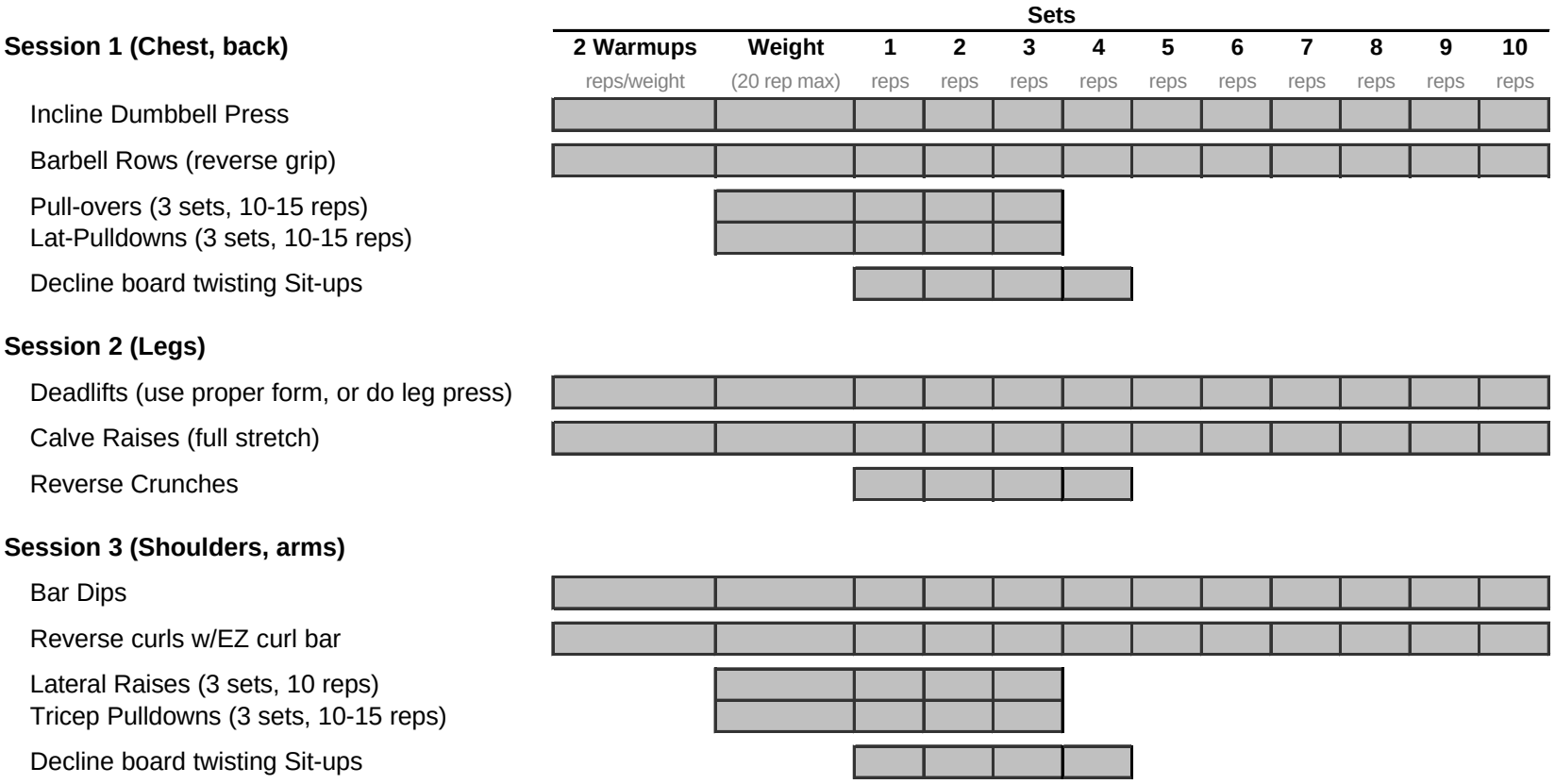


Mass Training Routine (10x10)

Week 9

- Use weight you can lift for 20 reps
- Perform only one exercise per body part
- Rest 90 seconds between sets
- Tempo: 1/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 10 sets of 10 reps (core exercises)
  - 3 sets of 10-15 reps for isolation work

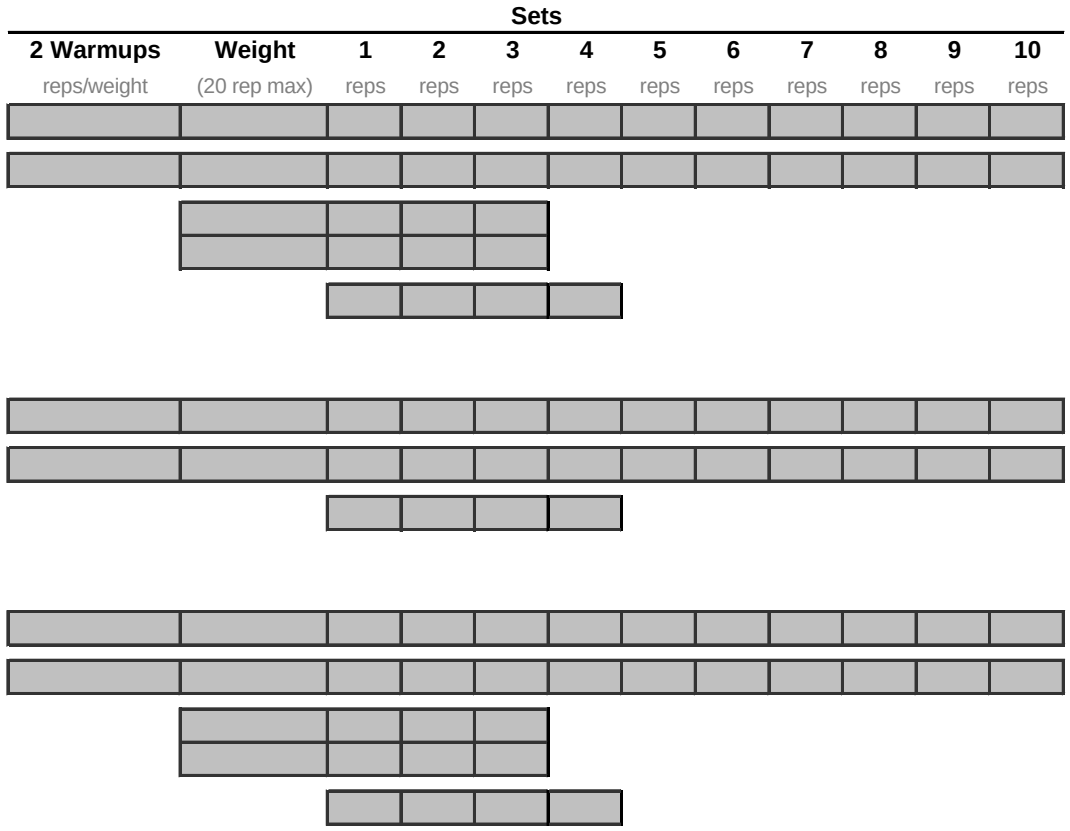


Mass Training Routine (10x10)

Week 10

- Use weight you can lift for 20 reps
- Perform only one exercise per body part
- Rest 90 seconds between sets
- Tempo: 1/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 10 sets of 10 reps (core exercises)
  - 3 sets of 10-15 reps for isolation work



Fat Loss Training Routine

Week 11

- Use lighter weight (reaching failure in 10-15 reps)
- Rest 1.5 min between sets
- Tempo: 1/0/1
- Start cardio 3-4 times per week
- 5 min on stationary bike to warm-up
- Exercise guidelines:
  - 1 warm-up sets (12 reps)
  - 3-4 work sets (10-15 reps)
- Stretch muscles after workout

Session 1 (Chest, shoulders, triceps)

	Sets				
	1 Warmup	1	2	3	4
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Incline Bench Press					
Flat Dumbell Flyes					
Dumbell Side Lateral Raises					
Tricep Pushdowns					
Crunches					

Session 2 (Legs)

Leg Press					
Leg Extensions					
Hamstring Curl					
Calve Raises					
Reverse Crunches					

Session 3 (Back, bicep)

Wide Grip Lat-Pulldowns					
Cable Rows					
Cable Curls					
Crunches					

Cardio

Fat Loss Training Routine

Week 12

- Use lighter weight (reaching failure in 10-15 reps)
- Rest 1.5 min between sets
- Tempo: 1/0/1
- Start cardio 3-4 times per week
- 5 min on stationary bike to warm-up
- Exercise guidelines:
  - 1 warm-up sets (12 reps)
  - 3-4 work sets (10-15 reps)
- Stretch muscles after workout

Session 1 (Chest, shoulders, triceps)

	Sets				
	1 Warmup	1	2	3	4
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Incline Bench Press					
Flat Dumbell Flyes					
Dumbell Side Lateral Raises					
Tricep Pushdowns					
Crunches					

Session 2 (Legs)

Leg Press					
Leg Extensions					
Hamstring Curl					
Calve Raises					
Reverse Crunches					

Session 3 (Back, bicep)

Wide Grip Lat-Pulldowns					
Cable Rows					
Cable Curls					
Crunches					

Cardio

Your Pre-Set Diets

Remove the Mass Diet that is closest to your weight and place it in your training folder. As your weight increases change to the corresponding diet. Use the fat loss diets when you are ready to "cut-up".

Mass Diet

100 lbs.

Weight Training Days (18x bodyweight, 40%-30%-30%)

	Daily Goal	1,800 Calories	180 Protein (g)	135 Carbs (g)	60 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	tbsp Udo's	132	0	0	14
		432	42	25	16
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1/2	Ultra Fuel (8oz.)	200	0	50	0
		500	42	75	2
Meal C (Stack C)					
4	oz. Chx breast	140	32	0	4
1/2	cup brown rice	109	2	23	1
		249	34	23	5
Meal D					
3	eggs (boiled)	225	18	3	15
		225	18	3	15
Meal E					
4	oz. Chx breast	140	32	0	4
1	cup of veggies	50	2	5	1
		190	34	5	5
Meal F (Stack D)					
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		232	20	2	15
Daily total		**1,828**	**190**	**133**	**58**

Non-Weight Training Days (18x bodyweight, 40%-30%-30%)

	Daily Goal	1,800 Calories	180 Protein (g)	135 Carbs (g)	60 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	tbsp Udo's	132	0	0	14
		432	42	25	16
Meal B2 (creatine)					
2	eggs	150	12	2	10
2	slices wheat bread	122	4	22	0
		272	16	24	10
Meal C (Stack C)					
3	oz. Chx breast	105	24	0	3
1	cup brown rice	218	4	46	2
		323	28	46	5
Meal D					
1	Myoplex	300	42	25	2
1	tbsp. Udo's	132	0	0	14
		432	42	25	16
Meal E					
3	oz. Chx breast	105	24	0	3
1	cup of veggies	50	2	5	1
		155	26	5	4
Meal F (Stack D)					
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		232	20	2	15
Daily total		**1,846**	**174**	**127**	**66**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

100 lbs.

Weight Training Days (10x bodyweight, 40%-30%-30%)

Daily Goal	1,000 Calories	100 Protein (g)	75 Carbs (g)	33 Fat (g)
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
3 oz. Chx breast	105	24	0	3
1 cup of veggies	50	2	5	1
	155	26	5	4
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
3 oz. Chx breast	105	24	0	3
1/2 cup brown rice	109	2	23	1
	214	26	23	4
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	212	17	1	15
Daily total	**991**	**113**	**77**	**27**

Cardio Training Days (10x bodyweight, 40%-30%-30%)

Daily Goal	1,000 Calories	100 Protein (g)	75 Carbs (g)	33 Fat (g)
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
3 oz. Chx breast	105	24	0	3
1 cup of veggies	50	2	5	1
	155	26	5	4
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
3 oz. Chx breast	105	24	0	3
1/2 cup brown rice	109	2	23	1
	214	26	23	4
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	212	17	1	15
Daily total	**991**	**113**	**77**	**27**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

110 lbs.

Weight Training Days (18x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,980	198	149	66
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B (Stack B)				
1 Myoplex	300	42	25	2
1/2 Ultra Fuel (8oz.)	200	0	50	0
	500	42	75	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1 cup brown rice	218	4	46	2
	358	36	46	6
Meal D				
4 eggs	300	24	4	20
	300	24	4	20
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
	232	20	2	15
Daily total	**2,012**	**198**	**157**	**64**

Non-Weight Training Days (18x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,980	198	149	66
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B2 (creatine)				
2 eggs	150	12	2	10
3 slices wheat bread	183	6	33	0
	333	18	35	10
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1 cup brown rice	218	4	46	2
	358	36	46	6
Meal D				
1 Myoplex	300	42	25	2
1 tbsp. Udo's	132	0	0	14
	432	42	25	16
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
	232	20	2	15
Daily total	**1,977**	**192**	**138**	**68**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

110 lbs.

Weight Training Days (10x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,100	110	83	37
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
3 oz. Chx breast	105	24	0	3
1 cup of veggies	50	2	5	1
	155	26	5	4
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
3 oz. Chx breast	105	24	0	3
1/2 cup brown rice	109	2	23	1
	214	26	23	4
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	212	17	1	15
Daily total	**1,057**	**113**	**77**	**34**

Cardio Training Days (10x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,100	110	83	37
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
3 oz. Chx breast	105	24	0	3
1 cup of veggies	50	2	5	1
	155	26	5	4
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
3 oz. Chx breast	105	24	0	3
1/2 cup brown rice	109	2	23	1
	214	26	23	4
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	212	17	1	15
Daily total	**1,057**	**113**	**77**	**34**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

120 lbs.

Weight Training Days (18x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,160	216	162	72
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B (Stack B)				
1 Myoplex	300	42	25	2
1/2 Ultra Fuel (8oz.)	200	0	50	0
	500	42	75	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1 cup brown rice	218	4	46	2
	358	36	46	6
Meal D				
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
3 eggs (boiled)	225	18	3	15
	457	38	5	30
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
	232	20	2	15
Daily total	**2,169**	**212**	**158**	**74**

Non-Weight Training Days (18x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,160	216	162	72
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B2 (creatine)				
3 eggs	225	18	3	15
1 cup brown rice	218	4	46	2
	443	22	49	17
Meal C (Stack C)				
5 oz. Chx breast	175	40	0	5
1 cup brown rice	218	4	46	2
	393	44	46	7
Meal D				
1 Myoplex	300	42	25	2
1/2 tbsp. Udo's	66	0	0	7
	366	42	25	9
Meal E				
5 oz. Chx breast	175	40	0	5
1 cup of veggies	50	2	5	1
	225	42	5	6
Meal F (Stack D)				
1.5 Precision Protein	150	30	2	2
1 tbsp Udo's	132	0	0	14
	282	30	2	16
Daily total	**2,141**	**222**	**152**	**71**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

120 lbs.

Weight Training Days (10x bodyweight, 40%-30%-30%)

Daily Goal	1,200 Calories	120 Protein (g)	90 Carbs (g)	40 Fat (g)
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	212	17	1	15
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
4 oz. Chx breast	140	32	0	4
1/2 cup brown rice	109	2	23	1
	249	34	23	5
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	212	17	1	15
Daily total	**1,193**	**129**	**77**	**43**

Cardio Training Days (10x bodyweight, 40%-30%-30%)

Daily Goal	1,200 Calories	120 Protein (g)	90 Carbs (g)	40 Fat (g)
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	212	17	1	15
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
4 oz. Chx breast	140	32	0	4
1/2 cup brown rice	109	2	23	1
	249	34	23	5
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	212	17	1	15
Daily total	**1,193**	**129**	**77**	**43**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

130 lbs.

Weight Training Days (18x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,340	234	176	78
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B (Stack B)				
1 Myoplex	300	42	25	2
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
1 Ultra Fuel	400	0	100	0
	932	62	127	17
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1/2 cup brown rice	109	2	23	1
	249	34	23	5
Meal D				
3 eggs (boiled)	225	18	3	15
	225	18	3	15
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
2 Precision Protein	200	40	4	2
1 tbsp Udo's	132	0	0	14
	332	40	4	16
Daily total	**2,360**	**230**	**187**	**74**

Non-Weight Training Days (18x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,340	234	176	78
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B2 (creatine)				
4 eggs	300	24	4	20
1 cup brown rice	218	4	46	2
	518	28	50	22
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1 cup brown rice	218	4	46	2
1 cup mixed veggies	50	2	10	1
	408	38	56	7
Meal D				
1 Myoplex	300	42	25	2
1 tbsp. Udo's	132	0	0	14
	432	42	25	16
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
2 Precision Protein	200	40	4	2
1 tbsp Udo's	132	0	0	14
	332	40	4	16
Daily total	**2,312**	**224**	**165**	**82**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

130 lbs.

Weight Training Days (10x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,300	130	98	43
Meal A (Stack A)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp. Udo's	132	0	0	14
	242	25	1	15
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1/2 cup brown rice	109	2	23	1
	249	34	23	5
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
	110	25	1	1
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	242	25	1	15
Daily total	**1,283**	**153**	**77**	**43**

Cardio Training Days (10x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,300	130	98	43
Meal A (Stack A)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp. Udo's	132	0	0	14
	242	25	1	15
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1/2 cup brown rice	109	2	23	1
	249	34	23	5
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
	110	25	1	1
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	242	25	1	15
Daily total	**1,283**	**153**	**77**	**43**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

140 lbs.

Weight Training Days (18x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,520	252	189	84
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B (Stack B)				
1 Myoplex	300	42	25	2
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
1 Ultra Fuel	400	0	100	0
	932	62	127	17
Meal C (Stack C)				
6 oz. Chx breast	210	48	0	6
1/2 cup brown rice	109	2	23	1
	319	50	23	7
Meal D				
3 eggs (boiled)	225	18	3	15
	225	18	3	15
Meal E				
6 oz. Chx breast	210	48	0	6
1 cup of veggies	50	2	5	1
	260	50	5	7
Meal F (Stack D)				
2 Precision Protein	200	40	4	2
1 tbsp Udo's	132	0	0	14
	332	40	4	16
Daily total	**2,500**	**262**	**187**	**78**

Non-Weight Training Days (18x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,520	252	189	84
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B2 (creatine)				
4 eggs	300	24	4	20
1 cup brown rice	218	4	46	2
	518	28	50	22
Meal C (Stack C)				
6 oz. Chx breast	210	48	0	6
1.5 cup brown rice	327	6	69	3
	537	54	69	9
Meal D				
1 Myoplex	300	42	25	2
1 tbsp. Udo's	132	0	0	14
	432	42	25	16
Meal E				
6 oz. Chx breast	210	48	0	6
1 cup of veggies	50	2	5	1
	260	50	5	7
Meal F (Stack D)				
2 Precision Protein	200	40	4	2
1 tbsp Udo's	132	0	0	14
	332	40	4	16
Daily total	**2,511**	**256**	**178**	**86**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

140 lbs.

Weight Training Days (10x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,400	140	105	47
Meal A (Stack A)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp. Udo's	132	0	0	14
	242	25	1	15
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1/2 cup brown rice	109	2	23	1
	249	34	23	5
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
2 rice cakes	70	2	14	1
	180	27	15	2
Meal E				
5 oz. Chx breast	175	40	0	5
1 cup of veggies	50	2	5	1
	225	42	5	6
Meal F (Stack D)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	242	25	1	15
Daily total	**1,388**	**163**	**91**	**45**

Cardio Training Days (10x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,400	140	105	47
Meal A (Stack A)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp. Udo's	132	0	0	14
	242	25	1	15
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1/2 cup brown rice	109	2	23	1
	249	34	23	5
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
2 rice cakes	70	2	14	1
	180	27	15	2
Meal E				
5 oz. Chx breast	175	40	0	5
1 cup of veggies	50	2	5	1
	225	42	5	6
Meal F (Stack D)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	242	25	1	15
Daily total	**1,388**	**163**	**91**	**45**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

150 lbs.

Weight Training Days (18x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,700	270	203	90
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B (Stack B)				
1 Myoplex	300	42	25	2
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
1 Ultra Fuel	400	0	100	0
	932	62	127	17
Meal C (Stack C)				
6 oz. Chx breast	210	48	0	6
1 cup brown rice	218	4	46	2
	428	52	46	8
Meal D				
3 eggs	225	18	3	15
	225	18	3	15
Meal E				
6 oz. Chx breast	210	48	0	6
1 cup of veggies	50	2	5	1
	260	50	5	7
Meal F (Stack D)				
2 Precision Protein	200	40	4	2
1.5 tbsp Udo's	198	0	0	21
	398	40	4	23
Daily total	**2,675**	**264**	**210**	**86**

Non-Weight Training Days (18x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,700	270	203	90
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B2 (creatine)				
1 Precision Protein	100	20	2	1
4 eggs	300	24	4	20
1.5 cup brown rice	327	6	69	3
	727	50	75	24
Meal C (Stack C)				
6 oz. Chx breast	210	48	0	6
1.5 cup brown rice	327	6	69	3
	537	54	69	9
Meal D				
1 Myoplex	300	42	25	2
1 tbsp. Udo's	132	0	0	14
	432	42	25	16
Meal E				
6 oz. Chx breast	210	48	0	6
1 cup of veggies	50	2	5	1
	260	50	5	7
Meal F (Stack D)				
2 Precision Protein	200	40	4	2
1 tbsp Udo's	132	0	0	14
	332	40	4	16
Daily total	**2,720**	**278**	**203**	**88**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

150 lbs.

Weight Training Days (10x bodyweight, 40%-30%-30%)

	Daily Goal	1,500 Calories	150 Protein (g)	113 Carbs (g)	50 Fat (g)
Meal A (Stack A)					
1	soy protein	60	15	0	0
1/2	Precision Protein	50	10	1	1
1	tbsp. Udo's	132	0	0	14
		242	25	1	15
Meal B (Stack B)					
4	oz. Chx breast	140	32	0	4
1	cup brown rice	218	4	46	2
		358	36	46	6
Meal C (Stack C)					
2	egg whites	32	6	0	0
1	cup of brown rice	218	4	46	2
		250	10	46	2
Meal D					
1	Soy protein	60	15	0	0
1/2	Precision Protein	50	10	1	1
2	rice cakes	70	2	14	1
		180	27	15	2
Meal E					
5	oz. Chx breast	175	40	0	5
1	cup of veggies	50	2	5	1
		225	42	5	6
Meal F (Stack D)					
1	soy protein	60	15	0	0
1/2	Precision Protein	50	10	1	1
1	tbsp Udo's	132	0	0	14
		242	25	1	15
Daily total		**1,497**	**165**	**114**	**46**

Cardio Training Days (10x bodyweight, 40%-30%-30%)

	Daily Goal	1,500 Calories	150 Protein (g)	113 Carbs (g)	50 Fat (g)
Meal A (Stack A)					
1	soy protein	60	15	0	0
1/2	Precision Protein	50	10	1	1
1	tbsp. Udo's	132	0	0	14
		242	25	1	15
Meal B (Stack B)					
4	oz. Chx breast	140	32	0	4
1	cup brown rice	218	4	46	2
		358	36	46	6
Meal C (Stack C)					
2	egg whites	32	6	0	0
1	cup of brown rice	218	4	46	2
		250	10	46	2
Meal D					
1	Soy protein	60	15	0	0
1/2	Precision Protein	50	10	1	1
2	rice cakes	70	2	14	1
		180	27	15	2
Meal E					
5	oz. Chx breast	175	40	0	5
1	cup of veggies	50	2	5	1
		225	42	5	6
Meal F (Stack D)					
1	soy protein	60	15	0	0
1/2	Precision Protein	50	10	1	1
1	tbsp Udo's	132	0	0	14
		242	25	1	15
Daily total		**1,497**	**165**	**114**	**46**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

160 lbs.

Weight Training Days (18x bodyweight, 40%-30%-30%)

	Daily Goal	2,880	288	216	96
		Calories	**Protein (g)**	**Carbs (g)**	**Fat (g)**
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	tbsp Udo's	132	0	0	14
		432	42	25	16
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1	tbsp Udo's	132	0	0	14
1	Ultra Fuel	400	0	100	0
		832	42	125	16
Meal C (Stack C)					
6	oz. Chx breast	210	48	0	6
1	cup brown rice	218	4	46	2
		428	52	46	8
Meal D					
2	Precision Protein	200	40	4	2
4	eggs	300	24	4	20
		500	64	8	22
Meal E					
6	oz. Chx breast	210	48	0	6
1	cup of veggies	50	2	5	1
		260	50	5	7
Meal F (Stack D)					
2	Precision Protein	200	40	4	2
1.5	tbsp Udo's	198	0	0	21
		398	40	4	23
Daily total		**2,850**	**290**	**213**	**92**

Non-Weight Training Days (18x bodyweight, 40%-30%-30%)

	Daily Goal	2,880	288	216	96
		Calories	**Protein (g)**	**Carbs (g)**	**Fat (g)**
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	tbsp Udo's	132	0	0	14
		432	42	25	16
Meal B2 (creatine)					
1	Precision Protein	100	20	2	1
4	eggs	300	24	4	20
1.5	cup brown rice	327	6	69	3
		727	50	75	24
Meal C (Stack C)					
6	oz. Chx breast	210	48	0	6
1.5	cup brown rice	327	6	69	3
		537	54	69	9
Meal D					
1	Myoplex	300	42	25	2
2	cups popcorn	62	2	14	0
1	tbsp. Udo's	132	0	0	14
		494	44	39	16
Meal E					
6	oz. Chx breast	210	48	0	6
1	cup of veggies	50	2	5	1
		260	50	5	7
Meal F (Stack D)					
2	Precision Protein	200	40	4	2
1.5	tbsp Udo's	198	0	0	21
		398	40	4	23
Daily total		**2,848**	**280**	**217**	**95**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

160 lbs.

Weight Training Days (10x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,600	160	120	53
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1 tbsp. Udo's	132	0	0	14
	292	35	2	15
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1 cup brown rice	218	4	46	2
	358	36	46	6
Meal C (Stack C)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
2 rice cakes	70	2	14	1
	246	27	15	9
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	242	25	1	15
Daily total	**1,578**	**167**	**115**	**52**

Cardio Training Days (10x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,600	160	120	53
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1 tbsp. Udo's	132	0	0	14
	292	35	2	15
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1 cup brown rice	218	4	46	2
	358	36	46	6
Meal C (Stack C)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
2 rice cakes	70	2	14	1
	246	27	15	9
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
	242	25	1	15
Daily total	**1,578**	**167**	**115**	**52**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

170 lbs.

Weight Training Days (18x bodyweight, 40%-30%-30%)

	Daily Goal	3,060 Calories	306 Protein (g)	230 Carbs (g)	102 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1.5	tbsp Udo's	198	0	0	21
		498	42	25	23
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
1	Ultra Fuel	400	0	100	0
		932	62	127	17
Meal C (Stack C)					
6	oz. Chx breast	210	48	0	6
1.5	cup brown rice	327	6	69	3
		537	54	69	9
Meal D					
2	Precision Protein	200	40	4	2
3	eggs	225	18	3	15
		425	58	7	17
Meal E					
6	oz. Chx breast	210	48	0	6
1	cup of veggies	50	2	5	1
		260	50	5	7
Meal F (Stack D)					
2	Precision Protein	200	40	4	2
1.5	tbsp Udo's	198	0	0	21
		398	40	4	23
	Daily total	**3,050**	**306**	**237**	**96**

Non-Weight Training Days (18x bodyweight, 40%-30%-30%)

	Daily Goal	3,060 Calories	306 Protein (g)	230 Carbs (g)	102 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1.5	tbsp Udo's	198	0	0	21
		598	62	27	24
Meal B2 (creatine)					
1	Precision Protein	100	20	2	1
4	eggs	300	24	4	20
1.5	cup brown rice	327	6	69	3
		727	50	75	24
Meal C (Stack C)					
7	oz. Chx breast	245	56	0	7
1.5	cup brown rice	327	6	69	3
		572	62	69	10
Meal D					
1	Myoplex	300	42	25	2
2	cups popcorn	62	2	14	0
1	tbsp. Udo's	132	0	0	14
		494	44	39	16
Meal E					
7	oz. Chx breast	245	56	0	7
1	cup of veggies	50	2	5	1
		295	58	5	8
Meal F (Stack D)					
2	Precision Protein	200	40	4	2
1.5	tbsp Udo's	198	0	0	21
		398	40	4	23
	Daily total	**3,084**	**316**	**219**	**105**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

170 lbs.

Weight Training Days (10x bodyweight, 40%-30%-30%)

	Daily Goal	1,700 Calories	170 Protein (g)	128 Carbs (g)	57 Fat (g)
Meal A (Stack A)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp. Udo's	132	0	0	14
		292	35	2	15
Meal B (Stack B)					
4	oz. Chx breast	140	32	0	4
1.5	cup brown rice	327	6	69	3
		467	38	69	7
Meal C (Stack C)					
3	egg whites	48	9	0	0
1	cup of brown rice	218	4	46	2
		266	13	46	2
Meal D					
1	Soy protein	60	15	0	0
1/2	Precision Protein	50	10	1	1
1/2	tbsp Udo's	66	0	0	7
1	rice cakes	35	1	7	1
		211	26	8	9
Meal E					
4	oz. Chx breast	140	32	0	4
1	cup of veggies	50	2	5	1
		190	34	5	5
Meal F (Stack D)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		292	35	2	15
Daily total		**1,718**	**181**	**132**	**53**

Cardio Training Days (10x bodyweight, 40%-30%-30%)

	Daily Goal	1,700 Calories	170 Protein (g)	128 Carbs (g)	57 Fat (g)
Meal A (Stack A)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp. Udo's	132	0	0	14
		292	35	2	15
Meal B (Stack B)					
4	oz. Chx breast	140	32	0	4
1.5	cup brown rice	327	6	69	3
		467	38	69	7
Meal C (Stack C)					
3	egg whites	48	9	0	0
1	cup of brown rice	218	4	46	2
		266	13	46	2
Meal D					
1	Soy protein	60	15	0	0
1/2	Precision Protein	50	10	1	1
1/2	tbsp Udo's	66	0	0	7
1	rice cakes	35	1	7	1
		211	26	8	9
Meal E					
4	oz. Chx breast	140	32	0	4
1	cup of veggies	50	2	5	1
		190	34	5	5
Meal F (Stack D)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		292	35	2	15
Daily total		**1,718**	**181**	**132**	**53**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

180 lbs.

Weight Training Days (18x bodyweight, 40%-30%-30%)

	Daily Goal	3,240 Calories	324 Protein (g)	243 Carbs (g)	108 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1.5	tbsp Udo's	198	0	0	21
		498	42	25	23
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
1	Ultra Fuel	400	0	100	0
		932	62	127	17
Meal C (Stack C)					
6	oz. Chx breast	210	48	0	6
1.5	cup brown rice	327	6	69	3
		537	54	69	9
Meal D					
2	Precision Protein	200	40	4	2
3	eggs	225	18	3	15
		425	58	7	17
Meal E					
6	oz. Chx breast	210	48	0	6
1	cup of veggies	50	2	5	1
		260	50	5	7
Meal F (Stack D)					
3	Precision Protein	300	60	6	3
2	tbsp Udo's	264	0	0	28
		564	60	6	31
Daily total		**3,216**	**326**	**239**	**104**

Non-Weight Training Days (18x bodyweight, 40%-30%-30%)

	Daily Goal	3,240 Calories	324 Protein (g)	243 Carbs (g)	108 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1.5	tbsp Udo's	198	0	0	21
		598	62	27	24
Meal B2 (creatine)					
1	Precision Protein	100	20	2	1
4	eggs	300	24	4	20
1.5	cup brown rice	327	6	69	3
		727	50	75	24
Meal C (Stack C)					
7	oz. Chx breast	245	56	0	7
1.5	cup brown rice	327	6	69	3
		572	62	69	10
Meal D					
1	Myoplex	300	42	25	2
4	rice cakes	140	4	28	0
1	tbsp. Udo's	132	0	0	14
		572	46	53	16
Meal E					
7	oz. Chx breast	245	56	0	7
1	cup of veggies	50	2	5	1
		295	58	5	8
Meal F (Stack D)					
2.5	Precision Protein	250	50	5	3
1.5	tbsp Udo's	198	0	0	21
		448	50	5	24
Daily total		**3,212**	**328**	**234**	**106**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

180 lbs.

Weight Training Days (10x bodyweight, 40%-30%-30%)

	Daily Goal	1,800 Calories	180 Protein (g)	135 Carbs (g)	60 Fat (g)
Meal A (Stack A)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp. Udo's	132	0	0	14
		292	35	2	15
Meal B (Stack B)					
4	oz. Chx breast	140	32	0	4
1.5	cup brown rice	327	6	69	3
		467	38	69	7
Meal C (Stack C)					
3	egg whites	48	9	0	0
1	cup of brown rice	218	4	46	2
		266	13	46	2
Meal D					
1	Soy protein	60	15	0	0
1/2	Precision Protein	50	10	1	1
1	tbsp Udo's	132	0	0	14
1	cup of popcorn	31	1	6	0
		273	26	7	15
Meal E					
4	oz. Chx breast	140	32	0	4
1	cup of veggies	50	2	5	1
		190	34	5	5
Meal F (Stack D)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		292	35	2	15
	Daily total	**1,780**	**181**	**131**	**59**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Cardio Training Days (10x bodyweight, 40%-30%-30%)

	Daily Goal	1,800 Calories	180 Protein (g)	135 Carbs (g)	60 Fat (g)
Meal A (Stack A)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp. Udo's	132	0	0	14
		292	35	2	15
Meal B (Stack B)					
4	oz. Chx breast	140	32	0	4
1.5	cup brown rice	327	6	69	3
		467	38	69	7
Meal C (Stack C)					
3	egg whites	48	9	0	0
1	cup of brown rice	218	4	46	2
		266	13	46	2
Meal D					
1	Soy protein	60	15	0	0
1/2	Precision Protein	50	10	1	1
1	tbsp Udo's	132	0	0	14
1	cup of popcorn	31	1	6	0
		273	26	7	15
Meal E					
4	oz. Chx breast	140	32	0	4
1	cup of veggies	50	2	5	1
		190	34	5	5
Meal F (Stack D)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		292	35	2	15
	Daily total	**1,780**	**181**	**131**	**59**

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

190 lbs.

Weight Training Days (18x bodyweight, 40%-30%-30%)

	Daily Goal	3,420 Calories	342 Protein (g)	257 Carbs (g)	114 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
2	tbsp Udo's	264	0	0	28
		564	42	25	30
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
1	Ultra Fuel	400	0	100	0
		932	62	127	17
Meal C (Stack C)					
7	oz. Chx breast	245	56	0	7
1.5	cup brown rice	327	6	69	3
		572	62	69	10
Meal D					
2	Precision Protein	200	40	4	2
4	eggs	300	24	4	20
		500	64	8	22
Meal E					
7	oz. Chx breast	245	56	0	7
1	cup of veggies	50	2	5	1
		295	58	5	8
Meal F (Stack D)					
3	Precision Protein	300	60	6	3
2	tbsp Udo's	264	0	0	28
		564	60	6	31
Daily total		**3,427**	**348**	**240**	**118**

Non-Weight Training Days (18x bodyweight, 40%-30%-30%)

	Daily Goal	3,420 Calories	342 Protein (g)	257 Carbs (g)	114 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1.5	tbsp Udo's	198	0	0	21
		598	62	27	24
Meal B2 (creatine)					
1	Precision Protein	100	20	2	1
4	eggs	300	24	4	20
1.5	cup brown rice	327	6	69	3
		727	50	75	24
Meal C (Stack C)					
7	oz. Chx breast	245	56	0	7
1.5	cup brown rice	327	6	69	3
		572	62	69	10
Meal D					
1	Myoplex	300	42	25	2
4	rice cakes	140	4	28	0
1	tbsp. Udo's	132	0	0	14
		572	46	53	16
Meal E					
7	oz. Chx breast	245	56	0	7
1/2	cup of rice	109	2	23	1
1	cup of veggies	50	2	5	1
		404	60	28	9
Meal F (Stack D)					
3	Precision Protein	300	60	6	3
2	tbsp Udo's	264	0	0	28
		564	60	6	31
Daily total		**3,437**	**340**	**258**	**114**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

190 lbs.

Weight Training Days (10x bodyweight, 40%-30%-30%)

	Daily Goal	1,900 Calories	190 Protein (g)	143 Carbs (g)	63 Fat (g)
Meal A (Stack A)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp. Udo's	132	0	0	14
		292	35	2	15
Meal B (Stack B)					
4	oz. Chx breast	140	32	0	4
1.5	cup brown rice	327	6	69	3
		467	38	69	7
Meal C (Stack C)					
3	egg whites	48	9	0	0
1.5	cup of brown rice	327	6	69	3
		375	15	69	3
Meal D					
1	Soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		292	35	2	15
Meal E					
4	oz. Chx breast	140	32	0	4
1	cup of veggies	50	2	5	1
		190	34	5	5
Meal F (Stack D)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		292	35	2	15
Daily total		**1,908**	**192**	**149**	**60**

Cardio Training Days (10x bodyweight, 40%-30%-30%)

	Daily Goal	1,900 Calories	190 Protein (g)	143 Carbs (g)	63 Fat (g)
Meal A (Stack A)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp. Udo's	132	0	0	14
		292	35	2	15
Meal B (Stack B)					
4	oz. Chx breast	140	32	0	4
1.5	cup brown rice	327	6	69	3
		467	38	69	7
Meal C (Stack C)					
3	egg whites	48	9	0	0
1.5	cup of brown rice	327	6	69	3
		375	15	69	3
Meal D					
1	Soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		292	35	2	15
Meal E					
4	oz. Chx breast	140	32	0	4
1	cup of veggies	50	2	5	1
		190	34	5	5
Meal F (Stack D)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		292	35	2	15
Daily total		**1,908**	**192**	**149**	**60**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

200 lbs.

Weight Training Days (18x bodyweight, 40%-30%-30%)

	Daily Goal	3,600	360	270	120
		Calories	**Protein (g)**	**Carbs (g)**	**Fat (g)**
Meal A (Stack A)					
1	Myoplex	300	42	25	2
2	tbsp Udo's	264	0	0	28
		564	42	25	30
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
1	Ultra Fuel	400	0	100	0
		932	62	127	17
Meal C (Stack C)					
8	oz. Chx breast	280	64	0	8
1.5	cup brown rice	327	6	69	3
		607	70	69	11
Meal D					
2	Precision Protein	200	40	4	2
3	Rice cakes	105	3	21	0
4	eggs	300	24	4	20
		605	67	29	22
Meal E					
8	oz. Chx breast	280	64	0	8
1	cup of veggies	50	2	5	1
		330	66	5	9
Meal F (Stack D)					
3	Precision Protein	300	60	6	3
2	tbsp Udo's	264	0	0	28
		564	60	6	31
Daily total		**3,602**	**367**	**261**	**120**

Non-Weight Training Days (18x bodyweight, 40%-30%-30%)

	Daily Goal	3,600	360	270	120
		Calories	**Protein (g)**	**Carbs (g)**	**Fat (g)**
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
2	tbsp Udo's	264	0	0	28
		664	62	27	31
Meal B2 (creatine)					
1	Precision Protein	100	20	2	1
4	eggs	300	24	4	20
1.5	cup brown rice	327	6	69	3
		727	50	75	24
Meal C (Stack C)					
8	oz. Chx breast	280	64	0	8
1	cup brown rice	218	4	46	2
		498	68	46	10
Meal D					
1	Myoplex	300	42	25	2
4	rice cakes	140	4	28	0
1	tbsp. Udo's	132	0	0	14
		572	46	53	16
Meal E					
8	oz. Chx breast	280	64	0	8
1	cup of rice	218	4	46	2
1	cup of veggies	50	2	5	1
		548	70	51	11
Meal F (Stack D)					
3	Precision Protein	300	60	6	3
2	tbsp Udo's	264	0	0	28
		564	60	6	31
Daily total		**3,573**	**356**	**258**	**123**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

200 lbs.

Weight Training Days (10x bodyweight, 40%-30%-30%)

	Daily Goal	2,000 Calories	200 Protein (g)	150 Carbs (g)	67 Fat (g)
Meal A (Stack A)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp. Udo's	132	0	0	14
		292	35	2	15
Meal B (Stack B)					
4	oz. Chx breast	140	32	0	4
1.5	cup brown rice	327	6	69	3
		467	38	69	7
Meal C (Stack C)					
8	egg whites	128	24	0	0
1.5	cup of brown rice	327	6	69	3
		455	30	69	3
Meal D					
1	Soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		292	35	2	15
Meal E					
4	oz. Chx breast	140	32	0	4
1	cup of veggies	50	2	5	1
		190	34	5	5
Meal F (Stack D)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		292	35	2	15
Daily total		**1,988**	**207**	**149**	**60**

Cardio Training Days (10x bodyweight, 40%-30%-30%)

	Daily Goal	2,000 Calories	200 Protein (g)	150 Carbs (g)	67 Fat (g)
Meal A (Stack A)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp. Udo's	132	0	0	14
		292	35	2	15
Meal B (Stack B)					
4	oz. Chx breast	140	32	0	4
1.5	cup brown rice	327	6	69	3
		467	38	69	7
Meal C (Stack C)					
8	egg whites	128	24	0	0
1.5	cup of brown rice	327	6	69	3
		455	30	69	3
Meal D					
1	Soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		292	35	2	15
Meal E					
4	oz. Chx breast	140	32	0	4
1	cup of veggies	50	2	5	1
		190	34	5	5
Meal F (Stack D)					
1	soy protein	60	15	0	0
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		292	35	2	15
Daily total		**1,988**	**207**	**149**	**60**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Your Daily Schedules and Templates

Fill these pages out and place them in your training folder. Use them to keep track of your body statistics and daily schedule.

Body Statistics Sheet

Every 2 weeks, take your body measurements. Be as consistent as possible. Try to do this at the same time and day each time, also making sure that you have the same person help you each time. I say this because no method of body fat measurement is totally accurate. They all have a margin of error, but if you use the same equipment and use the same person to do it each time, you will have a consistent record to judge your progress. Also be aware that water retention and ingestion of food can fluctuate reading, so don't eat before, and record your statistics before you workout. To get your body fat percentage, measure all the sites listed below and use the calculations I provide.

		WEEK					
	Start	2	4	6	8	10	12
Weight							
Tape Measurements							
Chest							
Waist							
Hips							
Shoulders							
Right Bicep							
Neck							
Right Calve							
Upper thigh							
Skin fold measurements (in millimeters)							
Pectoral/Chest (men only)							
Right Tricep							
Right Bicep							
Suprailiac (1 inch above right Hipbone)							
Lower back							
Subscapular (Back)							
Umbilicus (Stomach)							
Right Calve							
Thigh							
Total skinfold measurements							
Divide total skinfold by your weight (skinfold/weight)							
Percent fat:							
Men: Multiply result by 28	%	%	%	%	%	%	%
Women: Multiply result by 30	%	%	%	%	%	%	%
Pounds of fat (multiply weight by percentage, divide by 100)							
Pounds of muscle (subtract pounds of fat from weight)							

Mass Gaining Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							

Points to remember:

- Keep your workouts under 75 minutes
- Drink your Post-workout stack (stack B) immediately after your workout.
- Eat a very large meal within 1 hour after your workout
- Eat every 3 hours
- Eat your last meal 30 minutes before bed
- Drink at least _____ oz of water per day

Notes:

Fat Loss Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							

Points to remember:

- Drink your Post-workout stack (stack B) immediately after your workout
- Eat moderate meal within 1 hour after your workout
- Eat every 3 hours
- No food 8-10 hours before cardio
- Eat your last meal 30 minutes before bed
- Drink at least _____ oz of water per day

Notes:

Shopping List (mass)

Protein:

Carbs:

Veggies:

Supplements:

(Circle those you will be buying. I've crossed out the ones that don' t apply to your current diet)

Creatine:
- *Phosphagen*
- *Phosphagen HP*
- Other brand

MRP's
- *Myoplex Plus*
- ~~Myoplex Lite~~
- Myoplex Mass
- Met-Rx
- Lean Body
- MRP 44

Protein Powder
- *Designer Protein*
- *Precision Protein*
- Neo-Elite Whey
- VP2
- Osmo Whey
- ProPlex
- Prolab
- ~~*Vege Fuel*~~

EFA's
- *Udo's Choice*
- EAS' EFA
- *Flaxseed Oil*
- *Borage*
- *Safflower Oil*

Glutamine
- EAS GKG
- *EAS Cytovol*
- SuperGlu
- *Osmo*

~~HMB~~
- ~~EAS HMB~~
- ~~*EAS Betagen*~~
- ~~Mass Action~~

Carbs
- *Ultra Fuel* (powder)
- *Ultra Fuel* (liquid)

Vitamin/Minerals
- *Vitamin C*
- *Multi (no iron)*
- *NAC*

Vandyl Sulfate
- *EAS V2G*

Performance Enhancers
- Ultimate Orange
- *Neurogain*
- St. John's Wort

Prohormones
- *Substrate Solution's Diol Stack*
- Andro-6
- DHEA

~~Fat Burners~~
- ~~Ripped Fuel~~
- ~~SoCal Ultratherm~~
- ~~Substrate's Andro Heat~~
- ~~Diet Fuel~~
- ~~Hydroxycut~~
- ~~*Ephedrine*~~
- ~~*Vivarin*~~
- ~~*Aspirin*~~
- ~~*L-Tyrosine*~~
- ~~*Yohimbine*~~
- ~~*HCA (Citrimax)*~~
- ~~Phen-free~~
- ~~*Chromium Piccolinate*~~

Misc.
- ~~Glycerol~~
- Glucosamine
- Tribulus terrestris
- Coenzyme Q-10

Make copies before using this page

Shopping List (fat loss)

Protein:

Carbs:

Veggies:

Supplements:

(Circle those you will be buying. I've crossed out the ones that don' t apply to your current diet)

Creatine:
- *Phosphagen*
- ~~*Phosphagen HP*~~
- Other brand

MRP's
- ~~*Myoplex Plus*~~
- Myoplex Lite
- ~~Myoplex Mass~~
- ~~Met-Rx~~
- ~~Lean Body~~
- ~~MRP 44~~

Protein Powder
- *Designer Protein*
- *Precision Protein*
- Neo-Elite Whey
- VP2
- Osmo Whey
- ProPlex
- Prolab
- *Vege Fuel*

EFA's
- *Udo's Choice*
- EAS' EFA
- *Flaxseed Oil*
- *Borage*
- *Safflower Oil*

Glutamine
- EAS GKG
- *EAS Cytovol*
- SuperGlu
- *Osmo*

HMB
- EAS HMB
- *EAS Betagen*
- Mass Action

~~Carbs~~
- ~~*Ultra Fuel* (powder)~~
- ~~*Ultra Fuel* (liquid)~~

Vitamin/Minerals
- *Vitamin C*
- *Multi (no iron)*
- *NAC*

Vandyl Sulfate
- *EAS V2G*

Performance Enhancers
- ~~Ultimate Orange~~
- *Neurogain*
- St. John's Wort

~~Prohormones~~
- ~~*Substrate Solution's Diol Stack*~~
- ~~Andro-6~~
- ~~DHEA~~

Fat Burners
- Ripped Fuel
- SoCal Ultratherm
- Substrate's Andro Heat
- Diet Fuel
- Hydroxycut
- *Ephedrine*
- *Vivarin*
- *Aspirin*
- *L-Tyrosine*
- *Yohimbine*
- ~~*HCA (Citrimax)*~~
- *Phen-free*
- *Chromium Piccolinate*

Misc.
- Glycerol
- Glucosamine
- Tribulus terrestris
- Coenxyme Q-10

Make copies before using this page

E. My Improved 12-Week Program

WHAT AM I DOING NOW?

My Current Program

The program that I am currently using is basically a combination of the mass program and the fat loss program that I explained earlier in the manual. It involves cycling my diet and weight training schedule. I first read about this concept in a series of article in *Muscle Media Magazine.* Though I have altered it to better work with high-gain metabolisms, the goal of the diet is the same. To gain as much muscle as possible, without gaining fat.

What I do is alternate between a high calorie, high fat, heavy-eccentric training program and a low calorie, low fat, low intensity training program. This program has enabled me to continue to increase my weight while keeping my body fat low.

Because I switch programs at specific intervals, I avoid the usual strength plateaus. Once my body thinks it has adapted to one schedule, I switch it. It is continually kept off balance. It also helps me avoid overtraining injuries.

When I switch from my high intensity workout to my low intensity program, my body has a chance to recuperate and rest. Once I return to the heavy training, I am ready to increase my weights and lift heavier. This program is especially useful for guys who are thin, but have high body fat. It will help you to gain weight, while keeping your fat gain to a minimum.

If your current bodyfat is 8% or lower, You will start on the mass phase and closely monitor your bodyfat levels. Once your bodyfat reaches 12%, you will then switch to the fatloss phase. Then, once your bodyfat is lowered to about 8%, you will then switch back to the mass phase. This "cycling" can go on for as long as you like. I have been training in this fashion for almost 12 months, and I'm still making gains! If your bodyfat is higher than 8%, you will start with the fatloss phase and cycle in the same fashion.

I use my bodyfat percentage to determine the length of each phase, but some people use a set period of time. Two weeks has been suggested as an optimal rotation period because studies have shown that hormone levels peak and begin to decline after 14 days of overfeeding[29]. However, using the bodyfat method works best for me. Everyone is different, so, eventually you may discover a time frame that works better for your body.

[29] G.B. Forbes, et al., "Hormonal Response to Overfeeding," *Am. J. Clin. Nutr.* 49.4 (1989): 608-611.

WHAT AM I DOING NOW?

Mass Phase

The mass workout is exactly the same as my old workout. I still train with heavy weight, low reps, and concentrate on the eccentric movement. But to help promote more muscle growth, I focus more on getting a good deep stretch during my reps and during my rest periods.

For example, if I am doing calve raises, I make sure that I go all the way down until my calves are at their maximum stretch, then I press up to complete the rep. When I am on my three minute break, I also do a deep calve stretch, just holding there and relaxing for a few seconds. Unfortunately, you can't get a good stretch while performing some exercises, so you must stretch afterwards. Study the section on stretching. It has some examples of before, during and after stretching.

Stretching when your muscles are pumped is quite painful, but I highly recommend it. Doing this will gradually stretch your connective tissue, which in turn will allow your muscles to grow past their current size. Connective tissue is like a tight girdle around the muscle fibers, restricting their size. This is why guys who were once overweight find it much easier to gain muscle mass. Their connective tissue has already been stretched.

[Remember: Vitamin C has been shown to enhance the repair of connective tissue[30]]

Here's the breakdown for the mass phase:
Tempo of 3/0/1 for heavy sets
Tempo of 1/0/1 for supersets and light sets

- 2 warm-up sets (very light weight, 8 reps)
- **4 heavy sets**
  - **1)** 6-8 reps
  - **2)** 4-6reps
  - **3)** 2-4 reps
  - **4)** 1-2 reps then superset to failure (4-6 reps)
- Burnout set (12-15 reps), then superset to failure with a intense stretch after last rep

My mass diet still requires a lot of protein and fat. I will be eating enough calories to equal to 20 times my bodyweight! This is basically an overfeeding phase. I also make sure that my largest meal of the day is the one eaten immediately after my workout. **This is the only meal in which I recommend you gorge yourself**.

[30] J.C. Gessin, "Regulation of Collagen Synthesis in Human Dermal Fibroblasts in Contracted Collagen Gels by Ascorbic Acid, Growth Factors, and Inhibitors of Lipid Peroxidation," *Exp. Cell Res*. 206.2 (1996): 283-290

WHAT AM I DOING NOW?

After your workout your body needs all the nourishment it can get to replenish glycogen stores and begin repairing muscle. If eaten within one hour after your workout, there is very little chance that you will gain any body fat from this meal because of your body's increased nutrient uptake during this period. Though I have a specific meal plan for this phase, my diet is much less restrictive than in the fatloss phase. Just remember, no junk food.

Diet Phase

During this phase I concentrate on lowering my body fat and holding onto the muscle mass that I have. My weight training consists of using moderate weights with no supersets, and no burnout sets. I use a weight that allows me to complete around 10-15 reps to failure. To help elevate my metabolism and burn fat. I also do some form of aerobic exercise 4 times per week for about 45 minutes.

Here's the breakdown for the fat loss phase:
Tempo of 1/0/1 for sets
Rest 90 seconds between sets

1 warm-up sets (light weight, 8-12 reps)
3-4 moderate sets: 10-15 reps each.

During this period, I am on a very low calorie, low fat diet, and I am usually always hungry. I eat 10 times my body weight in calories. This fatloss diet is slightly different than the fatloss diet in Section D. The fatloss diets in Section D of the manual use a 40-30-30 nutrient profile, while my current fatloss diets contain 45% protein, 40% carbs and 15% fat. The fat intake is lowered because of the high fat intake during the mass diet. It is simply another way to cycle and re-adjust my metabolism. The protein and carb calories have been increased to make up for the lost fat calories.

Another major difference in my diet is when I eat my post cardio meal. In my previous workout, I could eat it as soon as I finished my cardio, but for my new program I cannot. I now **wait for a full 60 minutes before I have my first meal**. This is because my body still burning fat at an advanced rate for up to one hour after I finish exercising. On this diet there is no tolerance for eating out. To keep my body fat in check, I cook all my meals.

WHAT AM I DOING NOW?

Famine Mechanism

A final benefit of cycling my diet is the possible avoidance of the body's natural famine mechanism. This is when your body, in response to a prolonged low calorie diet, slows down your metabolism and fat burning mechanisms. It is basically trying to conserve energy and calories. You will know this is happening when your fat losses dramatically decrease as you continue to diet. The only way to avoid this problem is to either use steroids (thyroid drugs), or keep your body of guard by constantly changing your caloric intake.

During the fat loss phase, I also cycle my caloric intake every other day. This will further prevent my body from slowing my metabolism because it is constantly kept off balance. So, on cardio training days I eat slightly fewer calories than other days. This technique really works!

Why do I recommend eating so much protein?

Whether you believe it or not, the fact is: High protein diets build more muscle when incorporated with intense training. Low protein diets do not. Period. Only protein can build muscle. Carbohydrates and fat cannot.

Most of the information that you have read about protein intake probably does not apply those who are actively training. Most study data is ALWAYS referring to sedentary, non-active individuals. 40% protein is definitely too much for them, but not for us. Studies with both strength and endurance athletes have clearly indicated that exercise increases the need for protein and amino acids.[31, 32] Studies have also shown that the anabolic effects of intense training are increased by a high-protein diet.[33, 34, 35]

Most people, including physicians, do not know about the protein requirements of individuals who regularly participate in high intensity weight training. The harder and more intensely you train, the more important dietary protein becomes to maximizing the muscle building process.

Your body needs plenty of amino acids for repair, and if it does not get it through dietary protein, it will get it from muscle tissue

[31] J.E. Friedman, and P.W.R Lemon, "Effect of Chronic Endurance Exercise on the Retention of Dietary Protein," Int. J.Sports Med. 10 (1989):118-123.
[32] P.W.R. Lemon and F.J. Nagle, "Effects of Exercise on Protein and Amino Acid Metabolism," Med. Sci. Sports Exer. 13 (1981): 141-149.
[33] E.B. Fern, et al., "Effects of Exaggerated Amino Acid and Protein Supply in Man," Experientia 47 (1991): 168-172.
[34] H. Goranzon and E. Forsum, "Effect of Reduced Energy Intake Versus Increased Physical Activity on the Outcome of Nitrogen Balance Experiments in Man." Am. J. Clin. Nutr. 41 (1985):919-928.
[35] J.L. Walberg, et al., "Macronutrient Content of a Hypoenergy Diet Affects Nitrogen Retention and Muscle Function in Weight Lifters," Int. J. Sports Med. 9 (1988): 261-266.

WHAT AM I DOING NOW?

Is eating so much protein bad for you?

Large amounts of protein can put a strain on your kidneys. Uric acid is toxic by-product created from protein digestion (note: Most foods we eat stimulate the production of uric acid, not just protein. Foods like white flour, sugar oatmeal, spinach, mussels and alcohol all do this). Your kidneys and liver convert this toxin into less harmful substances (urea and ammonia) and excrete the substances in the urine. When you have a lot of urea in your system, your kidneys will have to work harder to keep your system clean. Frequent urination is a sign that your body is working harder to metabolize the excess protein.

This is a main reason why many who advocate high protein diets also recommend that you drink plenty of fluids, especially water. Water helps to keep the urea concentrations in the kidneys from becoming too toxic. Also, because adequate water continually flushes the kidneys and urinary tract, it prevents the buildup of uric acid salts and crystals that can cause gout.

There has been no major long-term study on the effects of a high protein diet on individuals or athletes with healthy kidneys. There was however, a study done in 1982 with patients who already had kidney problems. The high protein intake, did of course further degrade their kidney functions. Those with a history of kidney or liver problems should probably not be on a high protein diet.

To help your kidneys and liver to process the protein, there are a couple of nutrients that you can add to your diet:

- Pantothenic acid (a B vitamin) is necessary for the conversion of uric acid into urea and ammonia. Many people who suffer from gout are deficient in this vitamin which will result in excess uric acid accumulation.
- Foods that neutralize uric acid are strawberries and cherries. I recommend eating 1/2 pound of either per day.
- Celery juice increases the excretion of uric acid. It acts sort of like a diuretic.

Cycling your protein intake

After about 12 weeks of eating a high protein diet, I recommend taking a short break from this type of dieting. Just as your body adjusts to a specific training routine, or calorie level, it also adjusts to eating a high protein diet for prolonged periods of time. Your body becomes very efficient at synthesizing the needed protein and removing the excess as waste. It sometimes becomes so efficient that it removes more of it as waste instead of using it for muscle growth.

I suggest that you give your body a 2-3 week break. Don't cut out the protein, just lower it to about 20-30% of your total calories. Once you return to the high protein diet, your body will overcompensate and make use of most of the protein you ingest.

HOW TO USE THE PRE-SET PROGRAM

Overview — My Current Program

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Mass Phase until body fat reaches 12%	**Workout 1** Chest, tri's, should.	Rest & Eat	**Workout 2** Legs	Rest & Eat	**Workout 3** Back, bicep	Rest & Eat	Rest & Eat
	Day 57	**Day 58**	**Day 59**	**Day 60**	**Day 61**	**Day 62**	**Day 63**
Fatloss Phase until bodyfat reaches 8%	**Workout 1** Chest, tri's, should.	Cardio	**Workout 2** Legs	Cardio	**Workout 3** Back, bicep	Cardio	Cardio

To get started with this plan, first remove the entire "**workout section**" and place it in your training log (pages 193 to 204). This is your workout schedule. Since there is really no way to know how long you will be on each phase, I have just assumed three weeks for each phase. Make copies of your workouts sheets before using then.

Next, go to the "**Pre-Set Diet**" section, starting on page 205, and remove the mass gain diet closest to your current weight. Next remove all the pages from the "**Daily Schedules and Templates**" section (pages 228 to 233). These pages contain your diet specifics, and a week-at-a-glance charts.

Here is what you should now have in your training folder:

- **Weight Training Routine.** (12 pages). During each workout, you will fill in your weight lifted and reps. Remember, I have assumed that your cycles rotates every three weeks. However, your actual cycles may be longer or shorter than this. It all depends on how fast you gain or lose fat.

  Week 1, 2 and 3: (mass training)
  Week 4, 5 and 6: (fat loss phase)
  Week 7, 8 and 9: (mass training)
  Week 10, 11 and 12: (fat loss phase)

  If your bodyfat is higher than 8%, then you should start with the fatloss phase. If your bodyfat is 8% or lower, then start with the mass phase.

- **Mass Gain Diet.** This is your diet for of your mass phase weeks. Notice near the bottom of the page it tells you how many calories you will be eating that day. This page also contains the supplement stacks. If you will not be taking a particular supplement, simply cross it off. *Note: As your weight changes you will need to update your diet sheet with one closer to your new weight.*

- **Body Statistics Sheet.** This page is for recording and calculating your body fat percentages, measurements and weight. You will fill in this sheet every week, to monitor your bodyfat levels.

HOW TO USE THE PRE-SET PROGRAM

- **Mass Gain Schedule.** This is just what it says, your mass gaining schedule for your mass gaining weeks. (This sheet, when filled out by you, will tell you what you should be doing every hour of the day. Please study my personal sheets in Section C as an example. Notice how the meals and supplement stacks are always paired the same way.
  - Meal A goes with Stack A
  - Stack B is taken immediately after you workout (on workout days only, on non-workout days take **only creatine** with meal B2)
  - Meal B eaten within one hour after workout (no stack)
  - Meal C goes with Stack C
  - Meal D and E (no stack)
  - Meal F goes with Stack D

- **Mass Gain Shopping List.** Use this page to record what foods and supplements you need to buy each week. I have already put the supplements on this page, so just circle the ones you will be buying.

- **Fat Loss Schedule** . This is your schedule for all of your fat loss phases.

- **Fat Loss Diet**. This is your diet for the fat loss phases. Use the diet that is closest to your weight when you begin that phase

- **Fat Loss Shopping List**

Getting Started

First, you should organize these pages in a way that works best for you. I have found this order to be the most useful:

1) Mass Gain Schedule
2) Fat Loss Schedule
3) Weight Training Routine.
4) Mass Diet (updated with current weight)
5) Fat Loss Diet (updated with current weight)
6) Shopping Lists

Next, you need to fill out your Mass Gain and Fat Loss Schedules.

HOW TO USE THE PRE-SET PROGRAM

Creating Your Mass Schedule

First, you need to decide which 3 days you will be working out, and at what time. All your meals and everything you do will be centered around your workouts. You don't have to workout at the same time each day, but I do recommend giving yourself a rest day in between workouts. Do the best you can, within the confines of your personal schedule.

Now write that information in the appropriate areas on the sheet. Next fill in your meal times:

5) Place Stack B in the same box as your workout. To be taken immediately after your workout.
6) Place Meal A (or any meal you want besided meal D or B) and Stack A in the box above your workout. To be eaten one hour prior to your workout.
7) Place Meal B in the box immediately after your workout. This tells you to eat this meal within one hour after your workout.
8) Now place Meal F and stack D in the box before your bedtime. To be eaten 30 minutes to one hour before you go to bed.

The timing of these meals is very important. That's why I have you write them in first. Space your remaining meals and stacks (Meal C, Meal D, Meal E and Stack C) evenly throughout the remainder of your non-sleep hours. They should be schedule about 3 hours apart, but if they are closer, don't worry. Just try to be consistent, and **never go longer than 3 hours without eating!**

On non-training days, all of your meal sizes are exactly the same except for your post-workout meal (Meal B). On your non-training days, instead of Meal B, you will eat Meal B2 (a lower calorie meal). Finally, since you are not training on those days, you will not need to take your entire post-workout supplement stack (Stack B). Just take the creatine, glutamine and Vitamin C. I call this stack B2. Now fill in your meals on non-training days.

Note that the stacks are not connected the the meals, they are connected to when you are training. On weight training days, Stack A is taken with your pre-workout meal (usually Meal A), Stack B is taken immediately after your workout, Stack D is always taken with the last meal of the day (usually meal F, but not always). Stack C can be taken anytime during the day that it is convenient.

On non-weight training days, the stacks can be taken with any meal. Just spread them throughout the day. On non-weight training days, it's best to make sure that Stack A is eaten with the first meal and Stack D is taken with the last meal.

HOW TO USE THE PRE-SET PROGRAM

Don't assuming that you will be eating each meal in order. Most of the time, you will need to move the meals around. They are called A, B, C, D, E and F for reference, not because they must be eaten in that order.

Feel free to write in other important times, like your working hours, sleeping hours, and unusual occasions that may interrupt your schedule**. Also, don't forget to write in your free day!** OK, you now have your complete 24-hour schedule. Study it, memorize it, and follow it to the letter!

Fat Loss Schedule

The meals and stacks have changed, but the names are the same. One major difference is that you now have another stack which should be taken 2-3 times on cardio days only.

I choose to do my cardio on non-weight training days, but if you cannot do this, that's ok. Just make sure that you do the cardio first thing in the morning on an empty stomach, and that you eat before you train with weights.

5. First, decide when you are going to do your weight training. If it is the same as before, then simply copy the information over to your fat loss sheet or just use your mass sheet. If it is not the same, please go through steps 1-4 above

6. Next, decide on which days and time you will be doing cardio exercise and place those sessions in the appropriate boxes. Remember, this must be first thing in the morning before you eat!!!!!

7. Place your Thermo Stack in the box just before your cardio. You will take this 30 minutes to 1 hour before your cardio

8. On the same cardio days, place your next Thermo Stack <u>at least</u> five hours after you took your first. [Note: If you are taking a milder stack, then you may want to take it everyday.]

Now that all your paper work has been filled out, you are just about ready. All you need to do now is buy your supplements and take your body stats. I also suggest you take a before photo. This may sound silly, but it is a real eye-opener. You never really know how bad you look until you see yourself in a photo. This was a real motivator for me. I knew I was thin, but I never realized how thin! Everyday I looked at that skinny photo of myself and then I looked at a photo of a guy with the physique I would like to have. I imagined myself with his physique. This mental mapping helped me to stay focused throughout the program. You should do this also. It really does work.

Your Pre-Set Weight Training Routine

Remove this entire section and place it in your training folder.

Mass Training Routine

Week ____

- Use Heavy weight
- Rest 3 min between sets
- Tempo: 3/0/1
- 5 min. on stationary bike to warm-up
- Stretch muscles after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps)

	Sets						
Session 1 (Chest, shoulders, triceps)	**2 Warmups**	**1**	**2**	**3**	**4**	**Burnout**	**Superset**
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Flat Bench Press							
Flat Dumbell Flyes (superset to failure)							
ShoulderPress							
Lateral Raises (superset to failure)							
Dips (to failure)							
Tricep Pushdowns (superset to failure)							
Crunches							
Session 2 (Legs)							
Squats (high reps, light weight)							
Deadlifts (high reps, light weight, to failure)							
Calve Raises (strip sets to failure)							
Reverse Crunches							
Session 3 (Back, bicep)							
Wide Grip Pull-ups (to failure)							
Barbell Rows (reverse grip, to failure)							
Latbar Pulldown (superset to failure)							
Shrugs (to failure)							
Standing Cable Curls (to failure)							
Hammer Curls (multiple supersets)							
Crunches							

Mass Training Routine

Week ____

- Use Heavy weight
- Rest 3 min between sets
- Tempo: 3/0/1
- 5 min. on stationary bike to warm-up
- Stretch muscles after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps)

	Sets						
Session 1 (Chest, shoulders, triceps)	**2 Warmups**	**1**	**2**	**3**	**4**	**Burnout**	**Superset**
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Flat Bench Press							
Flat Dumbell Flyes (superset to failure)							
ShoulderPress							
Lateral Raises (superset to failure)							
Dips (to failure)							
Tricep Pushdowns (superset to failure)							
Crunches							
Session 2 (Legs)							
Squats (high reps, light weight)							
Deadlifts (high reps, light weight, to failure)							
Calve Raises (strip sets to failure)							
Reverse Crunches							
Session 3 (Back, bicep)							
Wide Grip Pull-ups (to failure)							
Barbell Rows (reverse grip, to failure)							
Latbar Pulldown (superset to failure)							
Shrugs (to failure)							
Standing Cable Curls (to failure)							
Hammer Curls (multiple supersets)							
Crunches							

Mass Training Routine

Week ____

- Use Heavy weight
- Rest 3 min between sets
- Tempo: 3/0/1
- 5 min. on stationary bike to warm-up
- Stretch muscles after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps)

	Sets						
Session 1 (Chest, shoulders, triceps)	**2 Warmups**	**1**	**2**	**3**	**4**	**Burnout**	**Superset**
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Flat Bench Press							
Flat Dumbell Flyes (superset to failure)							
ShoulderPress							
Lateral Raises (superset to failure)							
Dips (to failure)							
Tricep Pushdowns (superset to failure)							
Crunches							
Session 2 (Legs)							
Squats (high reps, light weight)							
Deadlifts (high reps, light weight, to failure)							
Calve Raises (strip sets to failure)							
Reverse Crunches							
Session 3 (Back, bicep)							
Wide Grip Pull-ups (to failure)							
Barbell Rows (reverse grip, to failure)							
Latbar Pulldown (superset to failure)							
Shrugs (to failure)							
Standing Cable Curls (to failure)							
Hammer Curls (multiple supersets)							
Crunches							

Fat Loss Training Routine

Week ____

- Use lighter weight (reaching failure in 10-15 reps)
- Rest 1.5 min between sets
- Tempo: 1/0/1
- Start cardio 3-4 times per week
- 5 min on stationary bike to warm-up
- Exercise guidelines:
  - 1 warm-up sets (12 reps)
  - 3-4 work sets (10-15 reps)
- Stretch muscles after workout

Session 1 (Chest, shoulders, triceps)

	Sets				
	1 Warmup	1	2	3	4
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Incline Dumbbell Press					
Pec Machine					
Dumbell Side Lateral Raises					
Bench Dips					
Crunches					

Session 2 (Legs)

Leg Press					
Leg Extensions					
Hamstring Curl					
Calve Raises					
Reverse Crunches					

Session 3 (Back, bicep)

Wide Grip Lat-Pulldowns					
Cable Rows					
Cable Curls					
Crunches					

Cardio

Fat Loss Training Routine

Week ____

- Use lighter weight (reaching failure in 10-15 reps)
- Rest 1.5 min between sets
- Tempo: 1/0/1
- Start cardio 3-4 times per week
- 5 min on stationary bike to warm-up
- Exercise guidelines:
  - 1 warm-up sets (12 reps)
  - 3-4 work sets (10-15 reps)
- Stretch muscles after workout

Session 1 (Chest, shoulders, triceps)

	Sets				
	1 Warmup	1	2	3	4
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Incline Dumbbell Press					
Pec Machine					
Dumbell Side Lateral Raises					
Bench Dips					
Crunches					

Session 2 (Legs)

Leg Press					
Leg Extensions					
Hamstring Curl					
Calve Raises					
Reverse Crunches					

Session 3 (Back, bicep)

Wide Grip Lat-Pulldowns					
Cable Rows					
Cable Curls					
Crunches					

Cardio

Fat Loss Training Routine

Week ____

- Use lighter weight (reaching failure in 10-15 reps)
- Rest 1.5 min between sets
- Tempo: 1/0/1
- Start cardio 3-4 times per week
- 5 min on stationary bike to warm-up
- Exercise guidelines:
  - 1 warm-up sets (12 reps)
  - 3-4 work sets (10-15 reps)
- Stretch muscles after workout

Session 1 (Chest, shoulders, triceps)

	Sets				
	1 Warmup	1	2	3	4
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Incline Dumbbell Press					
Pec Machine					
Dumbell Side Lateral Raises					
Bench Dips					
Crunches					

Session 2 (Legs)

Leg Press					
Leg Extensions					
Hamstring Curl					
Calve Raises					
Reverse Crunches					

Session 3 (Back, bicep)

Wide Grip Lat-Pulldowns					
Cable Rows					
Cable Curls					
Crunches					

Cardio

Mass Training Routine

Week ____

- Use Heavy weight
- Rest 3 min between sets
- Tempo: 3/0/1
- 5 min. on stationary bike to warm-up

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps) with stretch

	Sets						
Session 1 (Chest, shoulders, triceps)	**2 Warmups**	**1**	**2**	**3**	**4**	**Burnout**	**Superset**
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Flat Bench Press							
Flat Dumbbell Flyes/stretch (superset to failure)							
Seated Dumbell Press							
Dumbbell Lateral Raises (superset to failure)							
Close Grip Bench Press							
Overhead Tricep Cable ext./stretch (superset to failure)							
Decline Board Twisting Sit-ups							
Session 2 (Legs)							
Squats							
Leg Extensions (superset to failure)							
Stiff-Legged Deadlifts							
Hamstring Curl (superset to failure)							
Calve Raises (strip sets to failure)							
Reverse Crunches							
Session 3 (Back, bicep)							
Barbell Rows (to failure)							
Lat-Pulldown (to failure)							
Cable Rows/stretch (superset to failure)							
Incline Dumbell Curls/stretch							
Standing Hammer Curls (multiple supersets)							
Decline Board Twisting Sit-ups							

Mass Training Routine

Week ____

- Use Heavy weight
- Rest 3 min between sets
- Tempo: 3/0/1
- 5 min. on stationary bike to warm-up
- Hard muscle stretching once pumped and after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps) with stretch

	Sets						
Session 1 (Chest, shoulders, triceps)	**2 Warmups**	**1**	**2**	**3**	**4**	**Burnout**	**Superset**
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Flat Bench Press							
Flat Dumbbell Flyes/stretch (superset to failure)							
Seated Dumbell Press							
Dumbbell Lateral Raises (superset to failure)							
Close Grip Bench Press							
Overhead Tricep Cable ext./stretch (superset to failure)							
Decline Board Twisting Sit-ups							
Session 2 (Legs)							
Squats							
Leg Extensions (superset to failure)							
Stiff-Legged Deadlifts							
Hamstring Curl (superset to failure)							
Calve Raises (strip sets to failure)							
Reverse Crunches							
Session 3 (Back, bicep)							
Barbell Rows (to failure)							
Lat-Pulldown (to failure)							
Cable Rows/stretch (superset to failure)							
Incline Dumbell Curls/stretch							
Standing Hammer Curls (multiple supersets)							
Decline Board Twisting Sit-ups							

Mass Training Routine

Week ____

- Use Heavy weight
- Rest 3 min between sets
- Tempo: 3/0/1
- 5 min. on stationary bike to warm-up
- Hard muscle stretching once pumped and after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps) with stretch

	Sets						
Session 1 (Chest, shoulders, triceps)	**2 Warmups**	**1**	**2**	**3**	**4**	**Burnout**	**Superset**
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Flat Bench Press							
Flat Dumbbell Flyes/stretch (superset to failure)							
Seated Dumbell Press							
Dumbbell Lateral Raises (superset to failure)							
Close Grip Bench Press							
Overhead Tricep Cable ext./stretch (superset to failure)							
Decline Board Twisting Sit-ups							
Session 2 (Legs)							
Squats							
Leg Extensions (superset to failure)							
Stiff-Legged Deadlifts							
Hamstring Curl (superset to failure)							
Calve Raises (strip sets to failure)							
Reverse Crunches							
Session 3 (Back, bicep)							
Barbell Rows (to failure)							
Lat-Pulldown (to failure)							
Cable Rows/stretch (superset to failure)							
Incline Dumbell Curls/stretch							
Standing Hammer Curls (multiple supersets)							
Decline Board Twisting Sit-ups							

Fat Loss Training Routine

Week ____

- Use lighter weight (reaching failure in 10-15 reps)
- Rest 1.5 min between sets
- Tempo: 1/0/1
- Start cardio 3-4 times per week
- 5 min on stationary bike to warm-up
- Exercise guidelines:
  - 1 warm-up sets (12 reps)
  - 3-4 work sets (10-15 reps)
- Stretch muscles after workout

Session 1 (Chest, shoulders, triceps)

	Sets				
	1 Warmup	1	2	3	4
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Incline Dumbbell Press					
Pec Machine					
Dumbell Side Lateral Raises					
Bench Dips					
Crunches					

Session 2 (Legs)

Leg Press					
Leg Extensions					
Hamstring Curl					
Calve Raises					
Reverse Crunches					

Session 3 (Back, bicep)

Wide Grip Lat-Pulldowns					
Cable Rows					
Cable Curls					
Crunches					

Cardio

Fat Loss Training Routine

Week ____

- Use lighter weight (reaching failure in 10-15 reps)
- Rest 1.5 min between sets
- Tempo: 1/0/1
- Start cardio 3-4 times per week
- 5 min on stationary bike to warm-up
- Exercise guidelines:
  - 1 warm-up sets (12 reps)
  - 3-4 work sets (10-15 reps)
- Stretch muscles after workout

Session 1 (Chest, shoulders, triceps)

	Sets				
	1 Warmup	1	2	3	4
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Incline Dumbbell Press					
Pec Machine					
Dumbell Side Lateral Raises					
Bench Dips					
Crunches					

Session 2 (Legs)

Leg Press					
Leg Extensions					
Hamstring Curl					
Calve Raises					
Reverse Crunches					

Session 3 (Back, bicep)

Wide Grip Lat-Pulldowns					
Cable Rows					
Cable Curls					
Crunches					

Cardio

Fat Loss Training Routine

Week ____

- Use lighter weight (reaching failure in 10-15 reps)
- Rest 1.5 min between sets
- Tempo: 1/0/1
- Start cardio 3-4 times per week
- 5 min on stationary bike to warm-up
- Exercise guidelines:
  - 1 warm-up sets (12 reps)
  - 3-4 work sets (10-15 reps)
- Stretch muscles after workout

Session 1 (Chest, shoulders, triceps)

	Sets				
	1 Warmup	1	2	3	4
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Incline Dumbbell Press					
Pec Machine					
Dumbell Side Lateral Raises					
Bench Dips					
Crunches					

Session 2 (Legs)

Leg Press					
Leg Extensions					
Hamstring Curl					
Calve Raises					
Reverse Crunches					

Session 3 (Back, bicep)

Wide Grip Lat-Pulldowns					
Cable Rows					
Cable Curls					
Crunches					

Cardio

Your Pre-Set Diets

Remove the Mass Diet that is closest to your weight and place it in your training folder. As your weight increases change to the corresponding diet. Use the fat loss diet that is closest to your weight during your low calorie cycle.

Mass Diet

100 lbs.

Weight Training Days (20x bodyweight, 40%-30%-30%)

Daily Goal	2,000 Calories	200 Protein (g)	150 Carbs (g)	67 Fat (g)
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B (Stack B)				
1 Myoplex	300	42	25	2
1/2 Ultra Fuel (8oz.)	200	0	50	0
	500	42	75	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1 cup brown rice	218	4	46	2
	358	36	46	6
Meal D				
4 eggs	300	24	4	20
	300	24	4	20
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
	232	20	2	15
Daily total	**2,012**	**198**	**157**	**64**

Non-Weight Training Days (20x bodyweight, 40%-30%-30%)

Daily Goal	2,000 Calories	200 Protein (g)	150 Carbs (g)	67 Fat (g)
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B2 (creatine)				
2 eggs	150	12	2	10
3 slices wheat bread	183	6	33	0
	333	18	35	10
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1 cup brown rice	218	4	46	2
	358	36	46	6
Meal D				
1 Myoplex	300	42	25	2
1 tbsp. Udo's	132	0	0	14
	432	42	25	16
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
	232	20	2	15
Daily total	**1,977**	**192**	**138**	**68**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

100 lbs.

Weight Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,000	113	100	17
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
3 oz. Chx breast	105	24	0	3
1 cup of veggies	50	2	5	1
	155	26	5	4
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
3 oz. Chx breast	105	24	0	3
1 cup brown rice	218	4	46	2
	323	28	46	5
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Daily total	**1,034**	**115**	**100**	**21**

Cardio Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,000	113	100	17
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
3 oz. Chx breast	105	24	0	3
1 cup of veggies	50	2	5	1
	155	26	5	4
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
3 oz. Chx breast	105	24	0	3
1 cup brown rice	218	4	46	2
	323	28	46	5
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Daily total	**1,034**	**115**	**100**	**21**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

110 lbs.

Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	2,200 Calories	220 Protein (g)	165 Carbs (g)	73 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	tbsp Udo's	132	0	0	14
		432	42	25	16
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1/2	Ultra Fuel (8oz.)	200	0	50	0
		500	42	75	2
Meal C (Stack C)					
5	oz. Chx breast	175	40	0	5
1	cup brown rice	218	4	46	2
		393	44	46	7
Meal D					
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
3	eggs (boiled)	225	18	3	15
		457	38	5	30
Meal E					
5	oz. Chx breast	175	40	0	5
1	cup of veggies	50	2	5	1
		225	42	5	6
Meal F (Stack D)					
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
		232	20	2	15
Daily total		**2,239**	**228**	**158**	**76**

Non-Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	2,200 Calories	220 Protein (g)	165 Carbs (g)	73 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
2	rice cakes	70	2	14	0
1	tbsp Udo's	132	0	0	14
		502	44	39	16
Meal B2 (creatine)					
3	eggs	225	18	3	15
1	cup brown rice	218	4	46	2
		443	22	49	17
Meal C (Stack C)					
5	oz. Chx breast	175	40	0	5
1	cup brown rice	218	4	46	2
		393	44	46	7
Meal D					
1	Myoplex	300	42	25	2
1/2	tbsp. Udo's	66	0	0	7
		366	42	25	9
Meal E					
5	oz. Chx breast	175	40	0	5
1	cup of veggies	50	2	5	1
		225	42	5	6
Meal F (Stack D)					
1.5	Precision Protein	150	30	2	2
1	tbsp Udo's	132	0	0	14
		282	30	2	16
Daily total		**2,211**	**224**	**166**	**71**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

110 lbs.

Weight Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,100	124	110	18
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1 rice cake	35	1	7	0
	115	18	8	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
3 oz. Chx breast	105	24	0	3
1.5 cup of veggies	75	3	8	2
	180	27	8	5
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
3 oz. Chx breast	105	24	0	3
1 cup brown rice	218	4	46	2
	323	28	46	5
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Daily total	**1,094**	**117**	**110**	**22**

Cardio Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,000	113	100	17
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
3 oz. Chx breast	105	24	0	3
1 cup of veggies	50	2	5	1
	155	26	5	4
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
3 oz. Chx breast	105	24	0	3
1 cup brown rice	218	4	46	2
	323	28	46	5
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Daily total	**1,034**	**115**	**100**	**21**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

120 lbs.

Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	2,400 Calories	240 Protein (g)	180 Carbs (g)	80 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	tbsp Udo's	132	0	0	14
		432	42	25	16
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
1	Ultra Fuel	400	0	100	0
		932	62	127	17
Meal C (Stack C)					
5	oz. Chx breast	175	40	0	5
1/2	cup brown rice	109	2	23	1
		284	42	23	6
Meal D					
3	eggs (boiled)	225	18	3	15
		225	18	3	15
Meal E					
5	oz. Chx breast	175	40	0	5
1	cup of veggies	50	2	5	1
		225	42	5	6
Meal F (Stack D)					
2	Precision Protein	200	40	4	2
1	tbsp Udo's	132	0	0	14
		332	40	4	16
Daily total		**2,430**	**246**	**187**	**76**

Non-Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	2,400 Calories	240 Protein (g)	180 Carbs (g)	80 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	rice cakes	35	1	7	0
1	tbsp Udo's	132	0	0	14
		467	43	32	16
Meal B2 (creatine)					
4	eggs	300	24	4	20
1	cup brown rice	218	4	46	2
		518	28	50	22
Meal C (Stack C)					
5	oz. Chx breast	175	40	0	5
1	cup brown rice	218	4	46	2
1	cup mixed veggies	50	2	10	1
		443	46	56	8
Meal D					
1	Myoplex	300	42	25	2
1	tbsp. Udo's	132	0	0	14
		432	42	25	16
Meal E					
5	oz. Chx breast	175	40	0	5
1	cup of veggies	50	2	5	1
		225	42	5	6
Meal F (Stack D)					
2	Precision Protein	200	40	4	2
1	tbsp Udo's	132	0	0	14
		332	40	4	16
Daily total		**2,417**	**241**	**172**	**84**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

120 lbs.

Weight Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,200	135	120	20
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
2 rice cake	70	2	14	0
	150	19	15	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1.5 cup of veggies	75	3	8	2
	215	35	8	6
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup brown rice	218	4	46	2
	358	36	46	6
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Daily total	**1,199**	**134**	**117**	**24**

Cardio Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,100	124	110	18
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1 rice cake	35	1	7	0
	115	18	8	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
3 oz. Chx breast	105	24	0	3
1.5 cup of veggies	75	3	8	2
	180	27	8	5
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
3 oz. Chx breast	105	24	0	3
1 cup brown rice	218	4	46	2
	323	28	46	5
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Daily total	**1,094**	**117**	**110**	**22**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

130 lbs.

Weight Training Days (20x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,600	260	195	87
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B (Stack B)				
1 Myoplex	300	42	25	2
1/2 Precision Protein	50	10	1	1
1 tbsp Udo's	132	0	0	14
1 Ultra Fuel	400	0	100	0
	882	52	126	17
Meal C (Stack C)				
6 oz. Chx breast	210	48	0	6
1 cup brown rice	218	4	46	2
	428	52	46	8
Meal D				
3 eggs (boiled)	225	18	3	15
	225	18	3	15
Meal E				
6 oz. Chx breast	210	48	0	6
1 cup of veggies	50	2	5	1
	260	50	5	7
Meal F (Stack D)				
2 Precision Protein	200	40	4	2
1.5 tbsp Udo's	198	0	0	21
	398	40	4	23
Daily total	**2,625**	**254**	**209**	**86**

Non-Weight Training Days (20x bodyweight, 40%-30%-30%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,600	260	195	87
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 tbsp Udo's	132	0	0	14
	432	42	25	16
Meal B2 (creatine)				
4 eggs	300	24	4	20
1.5 cup brown rice	327	6	69	3
	627	30	73	23
Meal C (Stack C)				
6 oz. Chx breast	210	48	0	6
1.5 cup brown rice	327	6	69	3
	537	54	69	9
Meal D				
1 Myoplex	300	42	25	2
1 tbsp. Udo's	132	0	0	14
	432	42	25	16
Meal E				
6 oz. Chx breast	210	48	0	6
1 cup of veggies	50	2	5	1
	260	50	5	7
Meal F (Stack D)				
2 Precision Protein	200	40	4	2
1 tbsp Udo's	132	0	0	14
	332	40	4	16
Daily total	**2,620**	**258**	**201**	**87**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

130 lbs.

Weight Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,300	146	130	22
Meal A (Stack A)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
3 rice cake	105	3	21	0
	215	28	22	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1 cup brown rice	218	4	46	2
	358	36	46	6
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
	110	25	1	1
Meal E				
4 oz. Chx breast	140	32	0	4
1.5 cup of veggies	75	3	8	2
	215	35	8	6
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Daily total	**1,294**	**151**	**124**	**24**

Cardio Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,200	135	120	20
Meal A (Stack A)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
2 rice cake	70	2	14	0
	150	19	15	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1.5 cup of veggies	75	3	8	2
	215	35	8	6
Meal D				
1/2 Soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
	80	17	1	1
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup brown rice	218	4	46	2
	358	36	46	6
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Daily total	**1,199**	**134**	**117**	**24**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

140 lbs.

Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	2,800 Calories	280 Protein (g)	210 Carbs (g)	93 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	tbsp Udo's	132	0	0	14
		432	42	25	16
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1.5	Precision Protein	150	30	3	2
1	tbsp Udo's	132	0	0	14
1	Ultra Fuel	400	0	100	0
		982	72	128	18
Meal C (Stack C)					
6	oz. Chx breast	210	48	0	6
1	cup brown rice	218	4	46	2
		428	52	46	8
Meal D					
4	eggs	300	24	4	20
		300	24	4	20
Meal E					
6	oz. Chx breast	210	48	0	6
1	cup of veggies	50	2	5	1
		260	50	5	7
Meal F (Stack D)					
2	Precision Protein	200	40	4	2
1.5	tbsp Udo's	198	0	0	21
		398	40	4	23
Daily total		**2,800**	**280**	**212**	**92**

Non-Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	2,800 Calories	280 Protein (g)	210 Carbs (g)	93 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	tbsp Udo's	132	0	0	14
		432	42	25	16
Meal B2 (creatine)					
1	Precision Protein	100	20	2	1
4	eggs	300	24	4	20
1.5	cup brown rice	327	6	69	3
		727	50	75	24
Meal C (Stack C)					
6	oz. Chx breast	210	48	0	6
1.5	cup brown rice	327	6	69	3
		537	54	69	9
Meal D					
1	Myoplex	300	42	25	2
2	cups popcorn	62	2	14	0
1	tbsp. Udo's	132	0	0	14
		494	44	39	16
Meal E					
6	oz. Chx breast	210	48	0	6
1	cup of veggies	50	2	5	1
		260	50	5	7
Meal F (Stack D)					
2	Precision Protein	200	40	4	2
1	tbsp Udo's	132	0	0	14
		332	40	4	16
Daily total		**2,782**	**280**	**217**	**88**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

140 lbs.

Weight Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,400	158	140	23
Meal A (Stack A)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
3 rice cake	105	3	21	0
	215	28	22	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1 cup of brown rice	218	4	46	2
	358	36	46	6
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
2 rice cakes	70	2	14	1
	180	27	15	2
Meal E				
5 oz. Chx breast	175	40	0	5
1.5 cup of veggies	75	3	8	2
	250	43	8	7
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Daily total	**1,399**	**161**	**138**	**26**

Cardio Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,300	146	130	22
Meal A (Stack A)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
3 rice cake	105	3	21	0
	215	28	22	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1 cup brown rice	218	4	46	2
	358	36	46	6
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
	110	25	1	1
Meal E				
4 oz. Chx breast	140	32	0	4
1.5 cup of veggies	75	3	8	2
	215	35	8	6
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Daily total	**1,294**	**151**	**124**	**24**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

150 lbs.

Weight Training Days (20x bodyweight, 40%-30%-30%)

Daily Goal	3,000 Calories	300 Protein (g)	225 Carbs (g)	100 Fat (g)
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1.5 tbsp Udo's	198	0	0	21
	498	42	25	23
Meal B (Stack B)				
1 Myoplex	300	42	25	2
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
1 Ultra Fuel	400	0	100	0
	932	62	127	17
Meal C (Stack C)				
5 oz. Chx breast	175	40	0	5
1.5 cup brown rice	327	6	69	3
	502	46	69	8
Meal D				
2 Precision Protein	200	40	4	2
3 eggs	225	18	3	15
	425	58	7	17
Meal E				
6 oz. Chx breast	210	48	0	6
1 cup of veggies	50	2	5	1
	260	50	5	7
Meal F (Stack D)				
2 Precision Protein	200	40	4	2
1.5 tbsp Udo's	198	0	0	21
	398	40	4	23
Daily total	**3,015**	**298**	**237**	**95**

Non-Weight Training Days (20x bodyweight, 40%-30%-30%)

Daily Goal	3,000 Calories	300 Protein (g)	225 Carbs (g)	100 Fat (g)
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 Precision Protein	100	20	2	1
1.5 tbsp Udo's	198	0	0	21
	598	62	27	24
Meal B2 (creatine)				
1 Precision Protein	100	20	2	1
3 eggs	225	18	3	15
1.5 cup brown rice	327	6	69	3
	652	44	74	19
Meal C (Stack C)				
7 oz. Chx breast	245	56	0	7
1.5 cup brown rice	327	6	69	3
	572	62	69	10
Meal D				
1 Myoplex	300	42	25	2
2 cups popcorn	62	2	14	0
1 tbsp. Udo's	132	0	0	14
	494	44	39	16
Meal E				
7 oz. Chx breast	245	56	0	7
1 cup of veggies	50	2	5	1
	295	58	5	8
Meal F (Stack D)				
2 Precision Protein	200	40	4	2
1.5 tbsp Udo's	198	0	0	21
	398	40	4	23
Daily total	**3,009**	**310**	**218**	**100**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

150 lbs.

Weight Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,500	169	150	25
Meal A (Stack A)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
2 rice cakes	70	2	14	1
	180	27	15	2
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1.5 cup brown rice	327	6	69	3
	467	38	69	7
Meal C (Stack C)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
2 rice cakes	70	2	14	1
	180	27	15	2
Meal E				
5 oz. Chx breast	175	40	0	5
1.5 cup of veggies	75	3	8	2
	250	43	8	7
Meal F (Stack D)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	176	25	1	8
Daily total	**1,503**	**170**	**154**	**28**

Cardio Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,400	158	140	23
Meal A (Stack A)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
3 rice cake	105	3	21	0
	215	28	22	1
Meal B (Stack B)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal C (Stack C)				
4 oz. Chx breast	140	32	0	4
1 cup of brown rice	218	4	46	2
	358	36	46	6
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
2 rice cakes	70	2	14	1
	180	27	15	2
Meal E				
5 oz. Chx breast	175	40	0	5
1.5 cup of veggies	75	3	8	2
	250	43	8	7
Meal F (Stack D)				
1/2 soy protein	30	7	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	146	17	1	8
Daily total	**1,399**	**161**	**138**	**26**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

160 lbs.

Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	3,200 Calories	320 Protein (g)	240 Carbs (g)	107 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1.5	tbsp Udo's	198	0	0	21
		498	42	25	23
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
1	Ultra Fuel	400	0	100	0
		932	62	127	17
Meal C (Stack C)					
6	oz. Chx breast	210	48	0	6
1.5	cup brown rice	327	6	69	3
		537	54	69	9
Meal D					
2	Precision Protein	200	40	4	2
3	eggs	225	18	3	15
		425	58	7	17
Meal E					
6	oz. Chx breast	210	48	0	6
1	cup of veggies	50	2	5	1
		260	50	5	7
Meal F (Stack D)					
3	Precision Protein	300	60	6	3
2	tbsp Udo's	264	0	0	28
		564	60	6	31
Daily total		**3,216**	**326**	**239**	**104**

Non-Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	3,200 Calories	320 Protein (g)	240 Carbs (g)	107 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1.5	tbsp Udo's	198	0	0	21
		598	62	27	24
Meal B2 (creatine)					
1	Precision Protein	100	20	2	1
4	eggs	300	24	4	20
1.5	cup brown rice	327	6	69	3
		727	50	75	24
Meal C (Stack C)					
7	oz. Chx breast	245	56	0	7
1.5	cup brown rice	327	6	69	3
		572	62	69	10
Meal D					
1	Myoplex	300	42	25	2
4	rice cakes	140	4	28	0
1	tbsp. Udo's	132	0	0	14
		572	46	53	16
Meal E					
7	oz. Chx breast	245	56	0	7
1	cup of veggies	50	2	5	1
		295	58	5	8
Meal F (Stack D)					
2.5	Precision Protein	250	50	5	3
1.5	tbsp Udo's	198	0	0	21
		448	50	5	24
Daily total		**3,212**	**328**	**234**	**106**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

160 lbs.

Weight Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,600	180	160	27
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
2 rice cakes	70	2	14	1
	230	37	16	2
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1.5 cup brown rice	327	6	69	3
	467	38	69	7
Meal C (Stack C)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal D				
1 Soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
2 rice cakes	70	2	14	1
	230	37	16	2
Meal E				
4 oz. Chx breast	140	32	0	4
1.5 cup of veggies	75	3	8	2
	215	35	8	6
Meal F (Stack D)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	176	25	1	8
Daily total	**1,568**	**182**	**156**	**27**

Cardio Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,500	169	150	25
Meal A (Stack A)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
2 rice cakes	70	2	14	1
	180	27	15	2
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1.5 cup brown rice	327	6	69	3
	467	38	69	7
Meal C (Stack C)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal D				
1 Soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
2 rice cakes	70	2	14	1
	180	27	15	2
Meal E				
5 oz. Chx breast	175	40	0	5
1.5 cup of veggies	75	3	8	2
	250	43	8	7
Meal F (Stack D)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	176	25	1	8
Daily total	**1,503**	**170**	**154**	**28**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

170 lbs.

Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	3,400 Calories	340 Protein (g)	255 Carbs (g)	113 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
2	tbsp Udo's	264	0	0	28
		564	42	25	30
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
1	Ultra Fuel	400	0	100	0
		932	62	127	17
Meal C (Stack C)					
7	oz. Chx breast	245	56	0	7
1.5	cup brown rice	327	6	69	3
		572	62	69	10
Meal D					
2	Precision Protein	200	40	4	2
4	eggs	300	24	4	20
		500	64	8	22
Meal E					
6	oz. Chx breast	210	48	0	6
1	cup of veggies	50	2	5	1
		260	50	5	7
Meal F (Stack D)					
3	Precision Protein	300	60	6	3
2	tbsp Udo's	264	0	0	28
		564	60	6	31
Daily total		**3,392**	**340**	**240**	**117**

Non-Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	3,400 Calories	340 Protein (g)	255 Carbs (g)	113 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1.5	tbsp Udo's	198	0	0	21
		598	62	27	24
Meal B2 (creatine)					
1	Precision Protein	100	20	2	1
4	eggs	300	24	4	20
1.5	cup brown rice	327	6	69	3
		727	50	75	24
Meal C (Stack C)					
7	oz. Chx breast	245	56	0	7
1.5	cup brown rice	327	6	69	3
		572	62	69	10
Meal D					
1	Myoplex	300	42	25	2
3	rice cakes	105	3	21	0
1	tbsp. Udo's	132	0	0	14
		537	45	46	16
Meal E					
7	oz. Chx breast	245	56	0	7
1/2	cup of rice	109	2	23	1
1	cup of veggies	50	2	5	1
		404	60	28	9
Meal F (Stack D)					
3	Precision Protein	300	60	6	3
2	tbsp Udo's	264	0	0	28
		564	60	6	31
Daily total		**3,402**	**339**	**251**	**114**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

170 lbs.

Weight Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,700	191	170	28
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
2 cups of popcorn	62	2	12	0
	222	37	14	1
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1.5 cup brown rice	327	6	69	3
	467	38	69	7
Meal C (Stack C)				
3 egg whites	48	9	0	0
1.5 cup brown rice	327	6	69	3
	375	15	69	3
Meal D				
1 Soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
2 rice cakes	70	2	14	1
	230	37	16	2
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1/2 tbsp Udo's	66	0	0	7
	226	35	2	8
Daily total	**1,710**	**196**	**175**	**26**

Cardio Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,600	180	160	27
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
2 rice cakes	70	2	14	1
	230	37	16	2
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1.5 cup brown rice	327	6	69	3
	467	38	69	7
Meal C (Stack C)				
2 egg whites	32	6	0	0
1 cup of brown rice	218	4	46	2
	250	10	46	2
Meal D				
1 Soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
2 rice cakes	70	2	14	1
	230	37	16	2
Meal E				
4 oz. Chx breast	140	32	0	4
1.5 cup of veggies	75	3	8	2
	215	35	8	6
Meal F (Stack D)				
1 soy protein	60	15	0	0
1/2 Precision Protein	50	10	1	1
1/2 tbsp Udo's	66	0	0	7
	176	25	1	8
Daily total	**1,568**	**182**	**156**	**27**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

180 lbs.

Weight Training Days (20x bodyweight, 40%-30%-30%)

Daily Goal	3,600 Calories	360 Protein (g)	270 Carbs (g)	120 Fat (g)
Meal A (Stack A)				
1 Myoplex	300	42	25	2
2 tbsp Udo's	264	0	0	28
	564	42	25	30
Meal B (Stack B)				
1 Myoplex	300	42	25	2
1 Precision Protein	100	20	2	1
1 tbsp Udo's	132	0	0	14
1 Ultra Fuel	400	0	100	0
	932	62	127	17
Meal C (Stack C)				
8 oz. Chx breast	280	64	0	8
1.5 cup brown rice	327	6	69	3
	607	70	69	11
Meal D				
2 Precision Protein	200	40	4	2
3 Rice cakes	105	3	21	0
4 eggs	300	24	4	20
	605	67	29	22
Meal E				
8 oz. Chx breast	280	64	0	8
1 cup of veggies	50	2	5	1
	330	66	5	9
Meal F (Stack D)				
3 Precision Protein	300	60	6	3
2 tbsp Udo's	264	0	0	28
	564	60	6	31
Daily total	**3,602**	**367**	**261**	**120**

Non-Weight Training Days (20x bodyweight, 40%-30%-30%)

Daily Goal	3,600 Calories	360 Protein (g)	270 Carbs (g)	120 Fat (g)
Meal A (Stack A)				
1 Myoplex	300	42	25	2
1 Precision Protein	100	20	2	1
2 tbsp Udo's	264	0	0	28
	664	62	27	31
Meal B2 (creatine)				
1 Precision Protein	100	20	2	1
4 eggs	300	24	4	20
1.5 cup brown rice	327	6	69	3
	727	50	75	24
Meal C (Stack C)				
8 oz. Chx breast	280	64	0	8
1 cup brown rice	218	4	46	2
	498	68	46	10
Meal D				
1 Myoplex	300	42	25	2
4 rice cakes	140	4	28	0
1 tbsp. Udo's	132	0	0	14
	572	46	53	16
Meal E				
8 oz. Chx breast	280	64	0	8
1 cup of rice	218	4	46	2
1 cup of veggies	50	2	5	1
	548	70	51	11
Meal F (Stack D)				
3 Precision Protein	300	60	6	3
2 tbsp Udo's	264	0	0	28
	564	60	6	31
Daily total	**3,573**	**356**	**258**	**123**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

180 lbs.

Weight Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,800	203	180	30
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
2 cups of popcorn	62	2	12	0
	222	37	14	1
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1.5 cup brown rice	327	6	69	3
	467	38	69	7
Meal C (Stack C)				
3 egg whites	48	9	0	0
1.5 cup brown rice	327	6	69	3
	375	15	69	3
Meal D				
1 Soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1/2 tbsp Udo's	66	0	0	7
2 cups of popcorn	62	2	12	0
	288	37	14	8
Meal E				
4 oz. Chx breast	140	32	0	4
1.5 cup of veggies	75	3	8	2
	215	35	8	6
Meal F (Stack D)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1/2 tbsp Udo's	66	0	0	7
	226	35	2	8
Daily total	**1,793**	**197**	**176**	**33**

Cardio Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,700	191	170	28
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
2 cups of popcorn	62	2	12	0
	222	37	14	1
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1.5 cup brown rice	327	6	69	3
	467	38	69	7
Meal C (Stack C)				
3 egg whites	48	9	0	0
1.5 cup brown rice	327	6	69	3
	375	15	69	3
Meal D				
1 Soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
2 rice cakes	70	2	14	1
	230	37	16	2
Meal E				
4 oz. Chx breast	140	32	0	4
1 cup of veggies	50	2	5	1
	190	34	5	5
Meal F (Stack D)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1/2 tbsp Udo's	66	0	0	7
	226	35	2	8
Daily total	**1,710**	**196**	**175**	**26**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

190 lbs.

Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	3,800 Calories	380 Protein (g)	285 Carbs (g)	127 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
2	rice cakes	70	2	14	0
2	tbsp Udo's	264	0	0	28
		634	44	39	30
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
1	tbsp Udo's	132	0	0	14
1	Ultra Fuel	400	0	100	0
		932	62	127	17
Meal C (Stack C)					
8	oz. Chx breast	280	64	0	8
1.5	cup brown rice	327	6	69	3
		607	70	69	11
Meal D					
2	Precision Protein	200	40	4	2
3	Rice cakes	105	3	21	0
4	eggs	300	24	4	20
		605	67	29	22
Meal E					
8	oz. Chx breast	280	64	0	8
1/2	cup of lentils	115	9	20	1
1	cup of veggies	50	2	5	1
		445	75	25	10
Meal F (Stack D)					
3	Precision Protein	300	60	6	3
2	tbsp Udo's	264	0	0	28
		564	60	6	31
Daily total		**3,787**	**378**	**295**	**121**

Non-Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	3,800 Calories	380 Protein (g)	285 Carbs (g)	127 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
2	tbsp Udo's	264	0	0	28
		664	62	27	31
Meal B2 (creatine)					
1	Precision Protein	100	20	2	1
4	eggs	300	24	4	20
1.5	cup brown rice	327	6	69	3
		727	50	75	24
Meal C (Stack C)					
8	oz. Chx breast	280	64	0	8
1	cup brown rice	218	4	46	2
		498	68	46	10
Meal D					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
4	rice cakes	140	4	28	0
1	tbsp. Udo's	132	0	0	14
		672	66	55	17
Meal E					
8	oz. Chx breast	280	64	0	8
1.5	cup brown rice	327	6	69	3
1	cup of veggies	50	2	5	1
		657	72	74	12
Meal F (Stack D)					
3	Precision Protein	300	60	6	3
2	tbsp Udo's	264	0	0	28
		564	60	6	31
Daily total		**3,782**	**378**	**283**	**125**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

190 lbs.

Weight Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,900	214	190	32
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
3 rice cake	105	3	21	0
	265	38	23	1
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1.5 cup brown rice	327	6	69	3
	467	38	69	7
Meal C (Stack C)				
8 egg whites	128	24	0	0
1.5 cup of brown rice	327	6	69	3
	455	30	69	3
Meal D				
1 Soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
2 cups of popcorn	62	2	12	0
1/2 tbsp Udo's	66	0	0	7
	288	37	14	8
Meal E				
4 oz. Chx breast	140	32	0	4
1.5 cup of veggies	75	3	8	2
	215	35	8	6
Meal F (Stack D)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1/2 tbsp Udo's	66	0	0	7
	226	35	2	8
Daily total	**1,916**	**213**	**185**	**33**

Cardio Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,800	203	180	30
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
2 cups of popcorn	62	2	12	0
	222	37	14	1
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1.5 cup brown rice	327	6	69	3
	467	38	69	7
Meal C (Stack C)				
3 egg whites	48	9	0	0
1.5 cup brown rice	327	6	69	3
	375	15	69	3
Meal D				
1 Soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1/2 tbsp Udo's	66	0	0	7
2 cups of popcorn	62	2	12	0
	288	37	14	8
Meal E				
4 oz. Chx breast	140	32	0	4
1.5 cup of veggies	75	3	8	2
	215	35	8	6
Meal F (Stack D)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1/2 tbsp Udo's	66	0	0	7
	226	35	2	8
Daily total	**1,793**	**197**	**176**	**33**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Mass Diet

200 lbs.

Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	4,000 Calories	400 Protein (g)	300 Carbs (g)	133 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
2	rice cakes	70	2	14	0
2	tbsp Udo's	264	0	0	28
		734	64	41	31
Meal B (Stack B)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
2	tbsp Udo's	264	0	0	28
1	Ultra Fuel	400	0	100	0
		1,064	62	127	31
Meal C (Stack C)					
8	oz. Chx breast	280	64	0	8
1.5	cup brown rice	327	6	69	3
		607	70	69	11
Meal D					
2	Precision Protein	200	40	4	2
4	rice cakes	140	4	28	0
4	eggs	300	24	4	20
		640	68	36	22
Meal E					
8	oz. Chx breast	280	64	0	8
1/2	cup of lentils	115	9	20	1
1	cup of veggies	50	2	5	1
		445	75	25	10
Meal F (Stack D)					
3	Precision Protein	300	60	6	3
2	tbsp Udo's	264	0	0	28
		564	60	6	31
Daily total		**4,054**	**399**	**304**	**136**

Non-Weight Training Days (20x bodyweight, 40%-30%-30%)

	Daily Goal	4,000 Calories	400 Protein (g)	300 Carbs (g)	133 Fat (g)
Meal A (Stack A)					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
2	tbsp Udo's	264	0	0	28
		664	62	27	31
Meal B2 (creatine)					
2	Precision Protein	200	40	4	2
4	eggs	300	24	4	20
1.5	cup brown rice	327	6	69	3
		827	70	77	25
Meal C (Stack C)					
8	oz. Chx breast	280	64	0	8
1.5	cup brown rice	327	6	69	3
		607	70	69	11
Meal D					
1	Myoplex	300	42	25	2
1	Precision Protein	100	20	2	1
4	rice cakes	140	4	28	0
1	tbsp Udo's	132	0	0	14
		672	66	55	17
Meal E					
8	oz. Chx breast	280	64	0	8
1.5	cup brown rice	327	6	69	3
1	cup of veggies	50	2	5	1
		657	72	74	12
Meal F (Stack D)					
3	Precision Protein	300	60	6	3
2	tbsp Udo's	264	0	0	28
		564	60	6	31
Daily total		**3,991**	**400**	**308**	**127**

Stack A

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (20 mg)

Stack B

- Phosphagen HP (1 serving)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Vandyl Sulfate (40 mg)
- Ultra Fuel

Stack C

- Multi vitamin

Stack D

- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Fat loss Diet

200 lbs.

Weight Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	2,000	225	200	33
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
3 rice cake	105	3	21	0
	265	38	23	1
Meal B (Stack B)				
5 oz. Chx breast	175	40	0	5
1.5 cup brown rice	327	6	69	3
	502	46	69	8
Meal C (Stack C)				
8 egg whites	128	24	0	0
1.5 cup of brown rice	327	6	69	3
	455	30	69	3
Meal D				
1 Soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
3 cups of popcorn	93	3	18	0
1/2 tbsp Udo's	66	0	0	7
	319	38	20	8
Meal E				
5 oz. Chx breast	175	40	0	5
1.5 cup of veggies	75	3	8	2
	250	43	8	7
Meal F (Stack D)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1/2 tbsp Udo's	66	0	0	7
	226	35	2	8
Daily total	**2,017**	**230**	**191**	**35**

Cardio Training Days (10x bodyweight, 45%-40%-15%)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Goal	1,900	214	190	32
Meal A (Stack A)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
3 rice cake	105	3	21	0
	265	38	23	1
Meal B (Stack B)				
4 oz. Chx breast	140	32	0	4
1.5 cup brown rice	327	6	69	3
	467	38	69	7
Meal C (Stack C)				
8 egg whites	128	24	0	0
1.5 cup of brown rice	327	6	69	3
	455	30	69	3
Meal D				
1 Soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
2 cups of popcorn	62	2	12	0
1/2 tbsp Udo's	66	0	0	7
	288	37	14	8
Meal E				
4 oz. Chx breast	140	32	0	4
1.5 cup of veggies	75	3	8	2
	215	35	8	6
Meal F (Stack D)				
1 soy protein	60	15	0	0
1 Precision Protein	100	20	2	1
1/2 tbsp Udo's	66	0	0	7
	226	35	2	8
Daily total	**1,916**	**213**	**185**	**33**

Stack A

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Stack B

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)
- Chromium Piccolinate (200mcg)

Stack C

- Multi vitamin

Stack D

- Betagen (1 scoop)
- Glutamine (1 tsp.)
- Vitamin C (1,000 mg)

Thermo Stack

- 200 mg Caffeine (Vivarin)
- 25 mg ephedrine
- 300 mg aspirin

Your Daily Schedules and Templates

Fill these pages out and place them in your training folder. Use them to keep track of your body statistics and daily schedule.

Body Statistics Sheet

Every week, take your body measurements. Be as consistent as possible. Try to do this at the same time and day each week, also making sure that you have the same person help you each week. I say this because no method of body fat measurement is totally accurate. They all have a margin of error, but if you use the same equipment and use the same person to do it each week, you will have a consistent record to judge your progress. Also be aware that water retention and ingestion of food can fluctuate reading, so don't eat before, and record your statistics before you workout. To get your body fat percentage, measure all the sites listed below and use the calculations I provide.

		WEEK											
	Start	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**
Weight													
Tape Measurements													
Chest													
Waist													
Hips													
Shoulders													
Right Bicep													
Neck													
Right Calve													
Upper thigh													
Skin fold measurements (in millimeters)													
Pectoral/Chest (men only)													
Right Tricep													
Right Bicep													
Suprailiac (1 inch above right Hipbone)													
Lower back													
Subscapular (Back)													
Umbilicus (Stomach)													
Right Calve													
Thigh													
Total skinfold measurements													
Divide total skinfold by your weight (skinfold/weight)													
Percent fat:													
Men: Multiply result by 28	%	%	%	%	%	%	%	%	%	%	%	%	%
Women: Multiply result by 30	%	%	%	%	%	%	%	%	%	%	%	%	%
Pounds of fat (multiply weight by percentage, divide by 100)													
Pounds of muscle (subtract pounds of fat from weight)													

Mass Gaining Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							

Points to remember:

- Keep your workouts under 75 minutes
- Drink your Post-workout stack (stack B) immediately after your workout.
- Eat a very large meal within 1 hour after your workout
- Eat every 3 hours
- Eat your last meal 30 minutes before bed
- Drink at least _____ oz of water per day

Notes:

Fat Loss Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							

Points to remember:

- Drink your Post-workout stack (stack B) immediately after your workout
- Eat moderate meal within 1 hour after your workout
- Eat every 3 hours
- No food 8-10 hours before cardio
- Eat your last meal 30 minutes before bed
- Drink at least _____ oz of water per day

Notes:

Shopping List (mass)

Protein:

Carbs:

Veggies:

Supplements:

(Circle those you will be buying. I've crossed out the ones that don' t apply to your current diet)

Creatine:
- *Phosphagen*
- *Phosphagen HP*
- Other brand

MRP's
- *Myoplex Plus*
- ~~Myoplex Lite~~
- Myoplex Mass
- Met-Rx
- Lean Body
- MRP 44

Protein Powder
- *Designer Protein*
- *Precision Protein*
- Neo-Elite Whey
- VP2
- Osmo Whey
- ProPlex
- Prolab
- ~~*Vege Fuel*~~

EFA's
- *Udo's Choice*
- EAS' EFA
- *Flaxseed Oil*
- *Borage*
- *Safflower Oil*

Glutamine
- EAS GKG
- *EAS Cytovol*
- SuperGlu
- *Osmo*

~~HMB~~
- ~~EAS HMB~~
- ~~*EAS Betagen*~~
- ~~Mass Action~~

Carbs
- *Ultra Fuel* (pwdr)
- *Ultra Fuel* (liquid)

Vitamin/Minerals
- *Vitamin C*
- *Multi (no iron)*
- *NAC*

Vandyl Sulfate
- *EAS V2G*

Performance Enhancers
- Ultimate Orange
- *Neurogain*
- St. John's Wort

Prohormones
- *Substrate Solution's Diol Stack*
- Andro-6
- DHEA

~~Fat Burners~~
- ~~Ripped Fuel~~
- ~~SoCal Ultratherm~~
- ~~Substrate's Andro Heat~~
- ~~Diet Fuel~~
- ~~Hydroxycut~~
- ~~*Ephedrine*~~
- ~~*Vivarin*~~
- ~~*Aspirin*~~
- ~~*L-Tyrosine*~~
- ~~*Yohimbine*~~
- ~~*HCA (Citrimax)*~~
- ~~Phen-free~~
- ~~*Chromium Piccolinate*~~

Misc.
- ~~Glycerol~~
- Glucosamine
- Tribulus terrestris
- Coenzyme Q-10

Make copies before using this page.

Shopping List (fat loss)

Protein:

Carbs:

Veggies:

Supplements:

(Circle those you will be buying. I've crossed out the ones that don' t apply to your current diet)

Creatine:
- *Phosphagen*
- ~~*Phosphagen HP*~~
- Other brand

MRP's
- ~~*Myoplex Plus*~~
- Myoplex Lite
- ~~Myoplex Mass~~
- ~~Met-Rx~~
- ~~Lean Body~~
- ~~MRP 44~~

Protein Powder
- *Designer Protein*
- *Precision Protein*
- Neo-Elite Whey
- VP2
- Osmo Whey
- ProPlex
- Prolab
- *Vege Fuel*

EFA's
- *Udo's Choice*
- EAS' EFA
- *Flaxseed Oil*
- *Borage*
- *Safflower Oil*

Glutamine
- EAS GKG
- *EAS Cytovol*
- SuperGlu
- *Osmo*

HMB
- EAS HMB
- *EAS Betagen*
- Mass Action

~~Carbs~~
- ~~*Ultra Fuel* (pwdr)~~
- ~~*Ultra Fuel* (liquid)~~

Vitamin/Minerals
- *Vitamin C*
- *Multi (no iron)*
- *NAC*

Vandyl Sulfate
- *EAS V2G*

Performance Enhancers
- ~~Ultimate Orange~~
- *Neurogain*
- St. John's Wort

~~Prohormones~~
- ~~Substrate Solution's Diol Stack~~
- ~~Andro-6~~
- ~~DHEA~~

Fat Burners
- Ripped Fuel
- SoCal Ultratherm
- Substrate's Andro Heat
- Diet Fuel
- Hydroxycut
- *Ephedrine*
- *Vivarin*
- *Aspirin*
- *L-Tyrosine*
- *Yohimbine*
- HCA
- Phen-free
- *Chromium Piccolinate*

Misc.
- Glycerol
- Glucosamine
- Tribulus terrestris

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Appendix

MANUAL FREQUENTLY ASKED QUESTIONS

IMPORTANT POINTS TO REMEMBER

- Do not use capsule forms of flaxseed oil or Udos to get your required EFA's. Use the liquid only. If you use the capsules you will have to take over 40 capsules per day to get the same amount of oil in just three tablespoons.
- The best way to take your oil is to mix it with your protein powder or MRP. For convenience, you can also mix other supplements like glutamine, creatine powder with your MRP.
- Only drink one Ultra Fuel with your post workout stack IMMEDIATELY after your workout. Do not drink another one with Meal B. It is on the diet sheet to simply account for the calories.
- You can use the Ultra Fuel Powder if you can't find the liquid.
- The foods on your diet sheets are your ACTUAL meals. That is what you eat, nothing more.
- Do not add any additional exercises to the weight training program. It works.
- You can substitute any lean meat on the diet sheets for another lean meat.
- The water you use in your MRP is NOT a part of your total daily water requirement.
- Always weight your foods after cooking. Measure your meal portions after cooking.
- To load on creatine, take 5g of creatine, five times per day for five days to load.

Which program should I use? Your original program, or your current cycling program?

It depends on your goals. If you want to gain the most amount of weight possible in the shortest amount of time, then the original program will help you more than cycling. However, if you are concerned about gaining too much bodyfat, then you should use the cycling program. It will help you to gain muscle, while keeping your bodyfat low. If you are thin but have a high bodyfat percentage, you should use the cycling program because my original program may cause you to gain too much bodyfat.

Once I reach my goal, do I have to keep eating a high calorie diet and working out? Do I still need to take the supplements?

Once you reach your goal, you cannot stop training. Just because you've gained more weight does not mean that your body wants to be at that weight. Remember, if you have a fast metabolism, your body naturally wants to be thin, so you will constantly have to battle against that. If you stop eating enough calories or working out you will revert back to your previous condition. Working out for maintenance can be less demanding than working out to get stronger, but you still must train. Period. The frequency of your sessions will be determined by your body and your metabolism.

You can cut out the protein powders and MRP's as long as you get your protein requirements from other foods. If you can get enough protein in your diet without them, then you don't need them at all. They are a convenience. The vitamins, minerals, glutamine and EFA's should be taken indefinitely. These are general health supplements.

Do you recommend using weight gainer powders?

Normally no. In the past, most weight gainers consisted of just pure simple carbohydrates (sugar). They gave you a ton of calories, but they were empty calories which provided no muscle building properties. It would be like eating a lot of doughnuts. The only thing you would gain using those products was fat. To maximize your muscle gaining potential, your calories should consist not only of carbs, but fat and protein also. Remember, only protein builds muscle. Now, I believe that there are several companies that manufacture weight gainer powders with carbs and plenty of whey protein. These would be a better choice.

MANUAL FREQUENTLY ASKED QUESTIONS

What do I do if I haven't gained any weight on your program?

If you have not gained any weight after three weeks, you need to alter your diet and training because it is obviously not working for you. The most likely cause of this is 1) Not eating enough calories, 2) Training too much and 3) Not resting enough. My program has worked for many people, but there are some extremely resistant hardgainers out there that have to resort to drastic measures.

Change the workout

Here are the program alterations for everyone who has not gained any weight after following my program for at least three weeks. First, we need to cut down on your training. My workouts are shorter than most programs, but it may still be too much for some hardgainers. Remember, for us, less is best. We cannot afford to overtrain.

What I want you to do is simply cut out all of the supersets, and the burnout sets. So, on most exercises, you will just do two warm-up sets and four heavy sets. Since you are not using the supersets to get the final burnout any longer, you need to work harder on each heavy set. Keep the same rep range and tempo.

Increase your calories

Next, you need to increase your calories. I cannot how much of an increase you will need before you get results, but it may need to be substantial. I am reluctant to tell you to add additional supplements for your calories. I am aware of the value of real food and I thik that your additional calories should come from real food sources.

One of the best foods that is relatively inexpensive and easy to drink is milk. Adding milk to my diet has helped me get past plateau levels many times. This is partially because it enables you to get a lot of calories easily, and it is a great source of protein, fat and carbs. I don't do this for more than six weeks at a time, but when I need a size and strength surge, I always drink a gallon of milk per day and stick with compound exercises **only** during my workouts.

I don't suggest you start with a gallon. I want you to keep your current diet the same, and in addition, try to drink two quarts of whole milk. Two quarts of whole milk will add 1,200 extra calories, 64g of fat, 96g of carbs and 64g of protein. Don't drink it all at once. If you drink it throughout the day, you will get much better use out of the calories than if you just chugged it all at once. If you are training heavy and resting, this will have a profound effect on your physique! This is extreme, but it works.

Don't worry about the fat content of whole milk. You are not doing this for the long-term, but I do recommend that you get hormone free milk. Also, if you are lactose intolerant (most Asians and African Americans are), you should take a digestive enzyme (lactase) to help you digest the milk, otherwise it will go straight through you! If you are on the cycling program, drink milk only during the mass phase.

Get more rest

The final change to the program is simple — rest more. Try to get more restful sleep, try to relax and rest as much as you can throughout the day, and if possible, take a short 30 minute nap each day. This will play a large part in helping to slow your metabolism.

<u>Here are the changes again</u>:

1) Cut out the supersets and burnout sets during your workouts, increase your workout intensity
2) Drink two quarts of whole milk each day, in addition to your regular diet
3) Get more rest throughout the day

Follow these changes for the next three weeks and you will be happy with the results.

MANUAL FREQUENTLY ASKED QUESTIONS

How do I gain muscle and lose fat at the same time?

Many of you have expressed concerns about gaining too much body fat while on such a high calorie diet, and wonder if you should do some aerobic exercise to offset the weight gain. Absolutely not. That will be detrimental to gaining muscle. You either have to train and diet to gain muscle or lose fat. One or the other. If you are a true hardgainer, you cannot do both. If you try, you will not make any substantial progress either way. So, now is the time to gain weight. You will worry about losing fat later.

The fact is that there are no magic pills, powders, foods or exercises that will allow you to gain muscle and lose fat at the same time. It all is determined by your genetics and metabolism.

If you are naturally thin and have a difficult time gaining weight of any kind, it would be silly of you to think that you will be able to gain muscle while trying to keep your body fat low.

Most skinny guys want to gain more muscle, but are afraid of gaining body fat. They see all the bodybuilder photos and read the stories about people gaining pounds of muscle while losing pounds of fat — They want to do the same. When looking at these photos, you have to remember that most of these people do not have your body type. The majority of them are overweight and want to lose fat, not gain muscle.

"Well", you say, "what about those people who transformed their bodies? They lost fat and gained muscle". Yes, but almost all of these people were overweight, or had high levels of body fat. In other words, their metabolisms were, for the most part, slow. They simply dieted and trained for fat loss. Weight training helped them to tone up and slightly increase their muscle mass by replacing some of the fat with muscle. However, you will never increase your body mass far above your original starting weight on that type of diet.

For example, Big Joe weighs 189lbs with 18% body fat. This works out to be 34lbs of fat and 155lbs of muscle. He then goes on a fat loss diet and slowly diets down to a ripped 5% body fat at 168lbs, which is 8.4lbs of fat and 160lbs of muscle. He lost 26lbs of fat, and his weight only went down by 21lbs. So, looking that this we realize that he managed to also gain 5lbs of muscle. You can see that he has more muscle mass than when he started, and he looks totally ripped, but his weight decreased because his main goal was fat loss. He looks much better, and his measurements changed, but he only got bigger by five pounds.

If you are very thin, you cannot do this. Yes, your body fat will decrease, and this will also give you more muscle mass, but it will not increase your weight. You will just get much thinner. Big Joe was "big" to begin with, we are not.

To get the same results as Big Joe, you must first gain the weight, then concentrate on losing the body fat later. Joe had the size, he just needed to trim down. We do not have the size to work with, so we have to force our bodies to grow beyond our body's comfort range. This is the hard part. This is why if you want to grow beyond your current size, you have to diet for it specifically.

How can I increase my appetite?

I don't know of any over-the-counter products that will increase your appetite. Everything in this world is geared towards decreasing it. What you have to do is steadily increase your meals over a period of two weeks. First have three small meals, then four, then five then six. By the end of the first week you will be eating six small meals per day. During the second week, continue with the six meals, but increase their size.

What this will do is gradually get your body accustomed to large amounts of food, and help to expand your stomach size (yes this does happen). Eventually you will be hungry before each meal time. When I first started my program, I was never hungry. I had to force myself to eat at each meal. Thankfully, after about 2 weeks, my appetite grew. I was becoming hungry before each meal, and if I didn't eat my meal at the normal time, my body knew it — I would be starving.

MANUAL FREQUENTLY ASKED QUESTIONS

Won't eating so many eggs raise my cholesterol level?

Your body produces all the cholesterol it needs. Most of the cholesterol found in the blood and tissues come from this internal synthesis. Dietary cholesterol, found in all foods from animals, does not automatically raise blood cholesterol levels. Generally the body compensates for dietary cholesterol by synthesizing smaller amounts in the liver, by excreting more or by absorbing less.

Studies have shown that dietary fat has a direct relationship with testosterone production. An increase in dietary fat intake seems to bring on an increase in testosterone levels. The opposite is also true. A decrease in dietary fat intake is usually accompanied by a decrease in free testosterone levels.

Whereas saturated fats are the cause of many illnesses like heart disease, and cancer, Essential Fatty Acids (EFA) are unsaturated fats that are necessary for thousands of biological functions throughout the body. Since they cannot be manufactured by the body, the must be provided by your diet. Essentially, these are the only fats you will ever need. There are two types of EFA's, they are linoleic acid (omega-6) and linolenic acid (omega-3). Linoleic acid is primarily found in oils like canola, sunflower and safflower. Linolenic acid is found in cold water fish. It is also found in linseed oil. Oils that contain both fats include evening primrose, borage and my favorite, high lignen flaxseed oil.

These fatty acids not only help increase testosterone production, they aid in the prevention of muscle breakdown, help to increase your HDL level (good cholesterol) and assist in hormone production. As stated earlier, if your diet is too low in fat, your testosterone levels will decrease. That's what we don't want.

Saturated fats (found in all animal flesh, eggs, some vegetable oils) raise your LDL (bad cholesterol) level. This is the stuff that clogs arteries, but impossible to cut out of your diet completely. I do not believe that 3-4 eggs per day for 3 months will do much harm. Now if you did this for "years" you could cause a problem.

Scientifically speaking, there is little evidence to suggest that dietary sources of cholesterol have any significant effect on circulating blood fats.[36] As stated earlier, the liver appears to decrease its synthesis of cholesterol as more cholesterol is consumed in the diet. In one study, young men who ate up to 14 eggs a week (one egg contains about 250 mg of cholesterol) did not experience a significant increase in cholesterol levels.[37]

Blood vessel diseases such as atherosclerosis cannot be fully explained by cholesterol. Plaque that deposits itself inside blood vessels does not necessarily correlate with blood cholesterol levels.[38] In other words, having high cholesterol levels does not mean that you will have coronary or heart problems in the future. About half the U.S. adult population has total cholesterol levels less than 200, which is considered desirable. But it is a fact that just as many heart attacks occur among people with total cholesterol levels less than 200 mg/dL as occur among individuals with total cholesterol greater than 300 mg/dL.

To avoid heart or blood vessel problems in the future, it is recommended that you concentrate on RAISING YOUR HDL levels instead of concentrating on lowering your total cholesterol. Low HDL is the single strongest predictor of coronary heart disease.[39] Studies have shown that the potential for coronary heart disease is over two times greater when HDL cholesterol levels fall below 35 mg/dL.[40]

If you are really bothered by this, don't be. It's not that big of a deal. Just either use egg whites and slightly increase your EFA intake (olive oil or flaxseed oil) or use egg beaters. Many of my clients don't eat whole eggs, and that is their choice. I don't believe it has affected their progress.

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[36] McNamara DJ. Dietary cholesterol and the optimal diet for reducing risk of atherosclerosis. Can J Cardiol 1995;11:123G-126G.
[37] Vorster HH, et al. Egg intake does not change plasma lipoprotein and coagulation profiles. Am J Clin Nut 1992;55:400-10.
[38] Kaltenbach M. Is elevated cholesterol the cause of arteriosclerosis? Vericherungsmedizin 1995;47:112-6.
[39] Baker LL, Criqui MH. High- and low-density lipoprotein cholesterol: correlates in an older population. Prev Med 1985;14:155-64.
[40] Corti MC, et al. HDL cholesterol predicts coronary heart disease mortality in older persons. J Am Med Assoc 1995;274:539-44.

MANUAL FREQUENTLY ASKED QUESTIONS

What do you think about the diol stack? How would you include this in your diet with all the other supplements?

They have proven to raise testosterone levels, but I don't know of anyone who has gained a substantial amount of muscle using prohormones. I would suggest that you wait before adding this. However, if I were to use them, I would simply take the recommended dosage with Stack A and Stack B, and Stack D.

Avoid

- Androstenedione (also called androstene) — can convert directly into estrogen
- 19-nor androstenedione (also called norandrostene) — possible conversion into estrogen
- 5-androstenediol (also called 5-androdiol) — very high conversion into estrogen

Best choices (in order, with #1 being the best)

1) 4-androstenediol (also called Androdiol, or 4-AD) — most effective for the money because it produces higher testosterone levels than other products. Almost no estrogen conversion.
2) 19-norandrostenediol (also called norandrodiol) — Very difficult to convert into estrogen. Minimal side effects. Causes less skin and hair problems. Can interfere with erectile function in some men.

The Plan

To keep natural testosterone production high, you should:

1) Cycle usage. Start with two weeks on and then 4 weeks off. That should give your body enough time to recover.
2) Never take any prohormone in the evening or before bed. During that time your natural testosterone production should be low, and overnight your body will automatically step up production to elevate levels for the morning. This is the natural cycle.

Artificially high levels during the day will not affect natural production much, but if testosterone levels are high in the evening (due to the andro), your body will cut natural production to lower them.

This is also why you should not use the transdermal delivery systems. These products maintain constant levels of testosterone throughout the day. You also want your largest dosage before your workout. You just can't control this with the time release products.

Dosage

- Take 300mg of 4-androstenediol (or a stack with 19 norandrostenediol) up to three times per day.
- Take one dose 90 minutes before your workout and take one dose one hour after your workout. Make sure that your last dosage is no later than 6pm.

Whatever you decide, please be careful. These products have not been thoroughly examined and do carry some risk. If you have a family history of hypertension or heart problems, prohormones are not for you. If you are taking any medication for depression, appetite suppressants or ulcers, please consult your physician before use.

I did your chest, shoulders, and tricep workout at the gym and when I was finished I didn't feel tired.

You should not, this is not an aerobic or marathon session. Your goal is to work your muscles quickly and leave, not train until you absolutely cannot lift another weight. Remember, to get the full benefit of the workouts, you have got to go all out on the burnout set and supersets. Also, you should not be resting between those two sets. So after your fourth heavy set, you go immediately into the burnout set. Your only rest time is the time it takes to change the weight. Immediately after your burnout set, you perform your superset to failure.

MANUAL FREQUENTLY ASKED QUESTIONS

I was wondering if I should be getting sore the next few days after I workout, I am working out to failure each time but am not getting very sore, should I be?

Everyone responds differently. Some get very sore while others only mildly. Soreness is not an accurate way to judge the effectiveness of your workout. If you are following your training schedule, then you should be working your muscles enough.

I am following your program and I have noticed that I have begun to urinate an awful lot. It seems I am going about every half an hour. Is this normal? Could it be that I may be getting to much protein?

Your frequent urination is normal and caused by two things 1) you are drinking more water (like you should be) and 2) the increased protein consumption. Your kidneys are working to remove urea (the waste product of protein), from your bloodstream.

You say you don't go to failure on every set. how close to failure do you go. I'm used to going to failure on most sets and think that I wont work the muscle enough.

Since I train alone, I stop just short of failure on exercises that require a spotter. I know when I will not be able to do another rep so I stop there. If you train with someone or have a spotter, you can do the last rep, but that's it. Do not do any forced reps. Basically the spotter would be there to help you simply re-rack the weight. It is not necessary to train to failure to stimulate muscle growth. For muscle growth you only need to expose your muscles to stress it is not used to on a consistent basis. In other words lift heavier weight each workout and/or vary your time under tension (rep speed).

I can measure, say, my suprailiac five times in a row and get five different measurements. Do you place the points of the caliper near the fingers or near the bottom of the fold flush against the skin? Is it extremely important to keep this record instead of just using a scale and a tape-measure?

I usually take three measurements and then average them. Always place the caliper near the bottom of the fold, flush against your body. Try to pull the skin out as much as possible. It is necessary to record these measurements, because they gives you composition records instead of just girth increases or decreases. You use the caliper measurements in combination with your scale to determine if you are gaining muscle, gaining fat or losing muscle and losing fat. It's not an exact science so just be as consistent as you can.

How do you drink the Myoplex? I am trying to drink it, but I can't because it tastes too much like powder, and it's too thick.

I found that Myoplex is very thick also. Kinda like cake batter. I always drink it with about 32oz of water. It will have the consistency of chocolate milk. This way I can down it very quickly. Just keep adding water until you can drink the whole thing fast.

You say that we should be using a multi-vitamin that contains no iron. What is the reason for this?

Grown men do not need additional iron. We get enough from our food. Men and postmenopausal women should never take iron supplements unless they have iron-deficiency anemia, which is only diagnosed by blood tests. The body has no way to eliminate excess iron except through blood loss. Women who menstruate are protected from iron overload, obviously. Iron is also an oxidizing agent that can cause damage to the heart and arteries, and is a major risk factor in arteriosclerosis.

Sample Workout Templates/ Blank Template Pages

Week-at-a-glance (Mass)

AM WKT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
7 am	**Meal A**, Stack A	**Meal A**, Stack A	**Meal A**, Stack A	**Meal A**, Stack A	**Meal A**, Stack A	**Meal A**, Stack A	**Meal A**, Stack A
8 am	Gym (session 1)		Gym (session 2)		Gym (session 3)		
9 am	Stack B immediately		Stack B immediately		Stack B immediately		
10 am	**Meal B** (within 1 hr.)	**Meal B2**, Stack B2	**Meal B** (within 1 hr.)	**Meal B2**, Stack B2	**Meal B** (within 1 hr.)	**Meal B2**, Stack B2	**Meal B2**, Stack B2
11 am							
12 pm							
1 pm	**Meal D**	**Meal D**	**Meal D**	**Meal D**	**Meal D**	**Meal D**	**Meal D**
2 pm							
3 pm							
4 pm	**Meal C**, Stack C	**Meal C**, Stack C	**Meal C**, Stack C	**Meal C**, Stack C	**Meal C**, Stack C	**Meal C**, Stack C	**Meal C**, Stack C
5 pm							
6 pm							
7 pm	**Meal E**	**Meal E**	**Meal E**	**Meal E**	**Meal E**	**Meal E**	**Meal E**
8 pm							
9 pm							
10 pm	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D
11 pm							

Points to remember:

- Keep your workouts under 75 minutes
- Drink your Post-workout stack (stack B) immediately after your workout.
- Eat a very large meal within 1 hour after your workout
- Eat every 3 hours
- Eat your last meal 30 minutes before bed
- Drink at least 128 oz of water per day

Notes:

Week-at-a-glance (Mass)

PM WKT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
7 am		**Meal A**, Stack A		**Meal A**, Stack A		**Meal A**, Stack A	**Meal A**, Stack A
8 am	**Meal C**, Stack C		**Meal C**, Stack C		**Meal C**, Stack C		
9 am							
10 am		**Meal C**, Stack C		**Meal C**, Stack C		**Meal C**, Stack C	**Meal C**, Stack C
11 am	**Meal D**		**Meal D**		**Meal D**		
12 pm							
1 pm		**Meal D**		**Meal D**		**Meal D**	**Meal D**
2 pm	**Meal E**,		**Meal E**		**Meal E**		
3 pm							
4 pm		**Meal B2**, Stack B2		**Meal B2**, Stack B2		**Meal B2**, Stack B2	**Meal B2**, Stack B2
5 pm	**Meal A**, Stack A		**Meal A**, Stack A		**Meal A**, Stack A		
6 pm	Gym (session 1)		Gym (session 2)		Gym (session 3)		
7 pm	Stack B immediately	**Meal E**	Stack B immediately	**Meal E**	Stack B immediately	**Meal E**	**Meal E**
8 pm	**Meal B**		**Meal B**		**Meal B**		
9 pm							
10 pm		**Meal F**, Stack D		**Meal F**, Stack D		**Meal F**, Stack D	**Meal F**, Stack D
11 pm	**Meal F**, Stack D		**Meal F**, Stack D		**Meal F**, Stack D		

Points to remember:

- Keep your workouts under 75 minutes
- Drink your Post-workout stack (stack B) immediately after your workout.
- Eat a very large meal within 1 hour after your workout
- Eat every 3 hours
- Eat your last meal 30 minutes before bed
- Drink at least 128 oz of water per day

Notes:

Week-at-a-glance (Fat Loss)

AM WKT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am		Thermo Stack		Thermo Stack		Thermo Stack	
7 am	**Meal A**, Stack A	Cardio (30-45 min.)	**Meal A**, Stack A	Cardio (30-45 min.)	**Meal A**, Stack A	Cardio (30-45 min.)	**Meal A**, Stack A
8 am	Gym (session 1)	**Meal A**, Stack A	Gym (session 2)	**Meal A**, Stack A	Gym (session 3)	**Meal A**, Stack A	
9 am	Stack B immediately		Stack B immediately		Stack B immediately		
10 am	**Meal B** (within 1 hr.)		**Meal B** (within 1 hr.)		**Meal B** (within 1 hr.)		**Meal B**
11 am		**Meal B,** thermo stack		**Meal B,** thermo stack		**Meal B,** thermo stack	
12 pm							
1 pm	**Meal C**, Stack C		**Meal C**, Stack C		**Meal C**, Stack C		**Meal C**, Stack B2
2 pm		**Meal C**, Stack B2		**Meal C**, Stack B2		**Meal C**, Stack B2	
3 pm							
4 pm	**Meal D**		**Meal D**		**Meal D**		**Meal D**, Stack C
5 pm		**Meal D**, Stack C		**Meal D**, Stack C		**Meal D**, Stack C	
6 pm							
7 pm	**Meal E**		**Meal E**		**Meal E**		**Meal E**
8 pm		**Meal E**		**Meal E**		**Meal E**	
9 pm							
10 pm	**Meal F**, Stack D		**Meal F**, Stack D		**Meal F**, Stack D		**Meal F**, Stack D
11 pm		**Meal F**, Stack D		**Meal F**, Stack D		**Meal F**, Stack D	

Points to remember:

- Keep your workouts under 75 minutes
- Drink your Post-workout stack (stack B) immediately after your workout
- Eat every 3 hours
- No food 8-10 hours before cardio
- Eat your last meal 30 minutes before bed
- Drink at least 128 oz of water per day

Notes:

Week-at-a-glance (Fat Loss)

PM WKT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am		Thermo Stack		Thermo Stack		Thermo Stack	
7 am		Cardio (30-45 min.)		Cardio (30-45 min.)		Cardio (30-45 min.)	**Meal A**, Stack A
8 am	**Meal A**, Stack C	**Meal A**, Stack A	**Meal A**, Stack C	**Meal A**, Stack A	**Meal A**, Stack C	**Meal A**, Stack A	
9 am							
10 am							**Meal B**
11 am	**Meal B**	**Meal B,** thermo stack	**Meal B**	**Meal B,** thermo stack	**Meal B**	**Meal B,** thermo stack	
12 pm							
1 pm							**Meal C**, Stack B2
2 pm	**Meal C**	**Meal C**, Stack B2	**Meal C**	**Meal C**, Stack B2	**Meal C**	**Meal C**, Stack B2	
3 pm							
4 pm							**Meal D**, Stack C
5 pm	**Meal D**, Stack A	**Meal D**, Stack C	**Meal D**, Stack A	**Meal D**, Stack C	**Meal D**, Stack A	**Meal D**, Stack C	
6 pm	Gym (session 1)		Gym (session 2)		Gym (session 3)		
7 pm	Stack B immediately		Stack B immediately		Stack B immediately		**Meal E**
8 pm	**Meal E**	**Meal E**	**Meal E**	**Meal E**	**Meal E**	**Meal E**	
9 pm							
10 pm							**Meal F**, Stack D
11 pm	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D	**Meal F**, Stack D	

Points to remember:

- Keep your workouts under 75 minutes
- Drink your Post-workout stack (stack B) immediately after your workout
- Eat every 3 hours
- No food 8-10 hours before cardio
- Eat your last meal 30 minutes before bed
- Drink at least 128 oz of water per day

Notes:

Mass Training Routine (alternate routine)

- Use Heavy weight
- 5 min. on stationary bike to warm-up
- Rest 3 min between sets
- Tempo: 3/0/1
- Stretch muscles after workout

- Exercise guidelines:
  - 2 warm-up sets (8 reps)
  - 4 work sets (6-8 reps, 4-6 reps, 2-4 reps and 1-2 reps)
  - 1 burn-out set using first weight (6-12 reps)
  - 1 superset to positive failure (8-12 reps)

	Sets						
Session 1 (Chest, shoulders, triceps)	**2 Warmups**	**1**	**2**	**3**	**4**	**Burnout**	**Superset**
	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight	reps/weight
Incline Bench Press							
Flat Dumbbell Flyes (superset to failure)							
Seated Dumbell Press							
Cable Lateral Raises (superset to failure)							
Close Grip Bench Press							
Overhead Tricep Extensions (superset to failure)							
Decline Board Twisting Sit-ups							
Session 2 (Legs)							
Deadlifts							
Calve Raises (strip sets to failure)							
Reverse Crunches							
Session 3 (Back, bicep)							
Bent-Over Rows (reverse grip, to failure)							
Cable Rows (superset to failure)							
Lat-Pulldowns (to failure)							
Incline Dumbell Curls							
Standing Dumbell Curls (multiple supersets)							
Decline Board Twisting Sit-ups							

Week-at-a-glance

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							

Points to remember:

Notes:

Body Statistics Sheet

Every 2 weeks, take your body measurements. Be as consistent as possible. Try to do this at the same time and day each time, also making sure that you have the same person help you each time. I say this because no method of body fat measurement is totally accurate. They all have a margin of error, but if you use the same equipment and use the same person to do it each time, you will have a consistent record to judge your progress. Also be aware that water retention and ingestion of food can fluctuate reading, so don't eat before, and record your statistics before you workout. To get your body fat percentage, measure all the sites listed below and use the calculations I provide.

		WEEK					
	Start	2	4	6	8	10	12
Weight							
Tape Measurements							
Chest							
Waist							
Hips							
Shoulders							
Right Bicep							
Neck							
Right Calve							
Upper thigh							
Skin fold measurements (in millimeters)							
Pectoral/Chest (men only)							
Right Tricep							
Right Bicep							
Suprailiac (1 inch above right Hipbone)							
Lower back							
Subscapular (Back)							
Umbilicus (Stomach)							
Right Calve							
Thigh							
Total skinfold measurements							
Divide total skinfold by your weight (skinfold/weight)							
Percent fat:							
Men: Multiply result by 28	%	%	%	%	%	%	%
Women: Multiply result by 30	%	%	%	%	%	%	%
Pounds of fat (multiply weight by percentage, divide by 100)							
Pounds of muscle (subtract pounds of fat from weight)							

Body Statistics Sheet

Every week, take your body measurements. Be as consistent as possible. Try to do this at the same time and day each week, also making sure that you have the same person help you each week. I say this because no method of body fat measurement is totally accurate. They all have a margin of error, but if you use the same equipment and use the same person to do it each week, you will have a consistent record to judge your progress. Also be aware that water retention and ingestion of food can fluctuate reading, so don't eat before, and record your statistics before you workout. To get your body fat percentage, measure all the sites listed below and use the calculations I provide.

		WEEK											
	Start	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**
Weight													
Tape Measurements													
Chest													
Waist													
Hips													
Shoulders													
Right Bicep													
Neck													
Right Calve													
Upper thigh													
Skin fold measurements (in millimeters)													
Pectoral/Chest (men only)													
Right Tricep													
Right Bicep													
Suprailiac (1 inch above right Hipbone)													
Lower back													
Subscapular (Back)													
Umbilicus (Stomach)													
Right Calve													
Thigh													
Total skinfold measurements													
Divide total skinfold by your weight (skinfold/weight)													
Percent fat:													
Men: Multiply result by 28	%	%	%	%	%	%	%	%	%	%	%	%	%
Women: Multiply result by 30	%	%	%	%	%	%	%	%	%	%	%	%	%
Pounds of fat (multiply weight by percentage, divide by 100)													
Pounds of muscle (subtract pounds of fat from weight)													