

Advanced



Mass Building

by 'The Muscle Nerd', Jeff Anderson

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Getting The Most From This Manual

If you flipped over to the Training Journal and bypassed this part of your guide, then you have a LOT to learn about building muscle!

Besides, it wouldn't do you much good.

You see, you're probably used to seeing simple workout guides that tell you to "do this exercise for this many reps and this many sets".

Forget it!

That's for "beginner" trainees who tear out the pages from this month's muscle mag and take it to the gym as their "plan".

Unfortunately, this is an all too familiar reality for most of the lifters out there.

Buying five bodybuilding magazines and pouring through their pages trying to dodge the glitzy supplement ads in your search for that one "magic bullet" that will FINALLY help you slap on some new mass is the equivalent of trying to ask someone for directions in New York City.

You'll get SEVERAL different opinions on how to reach your destination...and you'll STILL end up in the ghetto desperately seeking the right way to your goal.

Well guess what...that's all about to end RIGHT HERE...RIGHT NOW!

You see, too many people have been brainwashed into thinking that if you bust your butt in the gym and force feed yourself endless cans of tuna, you'll build muscle.

But as you'll see from this program, there are SEVERAL elements of the muscle building process that MUST be addressed if you want to move past your "BEGINNER" rank and move up to fight with the big boys!

And to help you get started as quickly as possible, I've broken everything down in a simple step-by-step process so you'll be able to understand every element of the advanced strategies I'm about to train you in.

In fact, I've added a few extra little "tools" to help you along the way...

A Word From The "Nerd"...

Hey there!



Yep...that's me on the left and after completing my books, I always like to go back through and make sure I've covered every single point I needed to.

And when I do, I ALWAYS find several areas where I feel a little "extra emphasis" is needed (or just a great stop to crack a joke or two)!

So from time to time you'll see my smiling face pop up just to add a comment or two (or 50) to be absolutely sure you understand the material and how to implement it you're your own program for some SERIOUS RESULTS!

Ok, I think that about does it and if you're ready to begin your "combat training" then I am!

Let's get started...

Meet The “Muscle Nerd”!

Short of bringing my “pocket-protector” to the gym, the nickname given to by my sadistically cruel gym buddies is actually probably well deserved.

I was the “geeky guy” at the gym who would always be seen sitting on the weight bench, hunched over my handy little notepad, scribbling down every last detail of my workout and results to be able to scientifically analyze what **WORKS**...and what was a complete waste of time when it came to building muscle while burning fat.

Laugh if you must...

...but it was these notes that lead to some of the most remarkable discoveries in natural bodybuilding and my ultimate step-by-step roadmap to amazing muscle growth that I detailed in my best selling program **Optimum Anabolics** (www.OptimumAnabolics.com).

In fact, my discoveries have made such a dent in traditional thinking about how to build muscle and burn fat that even some **PRO BODYBUILDERS** are using the “natural hormone triggering” process I discovered as an alternative to steroids in their own program...

...and **IT WORKS!**

But what you may NOT know about me is that I spent 10 years serving my country in the U.S. Army as a light-infantry soldier.

As a leader in several infantry units, I’ve trained soldiers all around the world...in 4 feet of snow; in drenched clothes in the freezing rain; under the searing heat of the desert sun; slicing through vines and elephant grass in jungles; neck-deep in swamps...you name it!

And ironically, besides actual combat training, I’ve also received specialized military training as a Master Fitness Trainer and “Weight Control Specialist” where I discovered some of the most advanced training concepts ever devised.



Advanced Mass Building Secrets

My follow on career after the military has led me on a never-ending search for the true “secrets” of fitness and the yet-to-be-discovered breakthroughs that lay out there, just WAITING to be revealed.

And I’ve made it my goal to not only unearth the most cutting edge advancements in the scientific world of muscle building and fat burning...but also to SHARE them with my loyal clients who have found my programs to be so powerful.

Here’s a look at some of my other programs based upon my research...

Other "Muscle Nerd" Programs...

Combat The Fat

The ULTIMATE FAT BURNING GUIDE to show off your new muscle!

Discover how the training techniques of the U.S. Military can take you step-by-step to 6-PACK ABS!

www.CombatTheFat.com

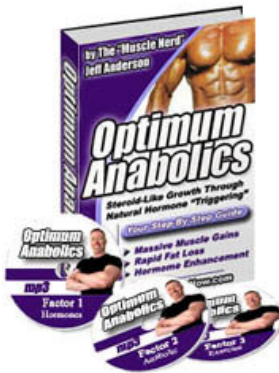


Optimum Anabolics

If your goal is to BUILD MUSCLE...Optimum Anabolics has proven to be the ULTIMATE MASS BUILDER on the planet over and over again!

The "before & after" pictures speak for themselves!

www.OptimumAnabolics.com



Homemade Supplement Secrets

For the serious athlete who uses supplements, find out why you should NEVER buy your supplements "off the shelf"!

Learn how to easily MAKE YOUR OWN SUPPLEMENTS and save up to 98% while making formulas that are even BETTER than the name brands!

www.HomemadeSupplements.com



Underground Chest Training Secrets

Listen in as some of the world's TOP TRAINERS weigh in on 57 of their very BEST TIPS for accomplishing ONE THING... MASSIVE PECS!

www.UndergroundChestTraining.com



Perfecting Your Training Cycles

The following is a sample of a powerful **year-round training cycle** using products I've specifically designed for each phase.

Jan – Mar: I slow down on mass building and start to burn more fat while continuing to build muscle. [Optimum Anabolic's](#) natural hormone “triggering” is a great choice as it does double duty for building muscle and burning fat. I also sometimes slip in a muscle-specific specialization program (like [Underground Chest Training Secrets](#)) to bring up lagging body parts.

Apr – Aug: I like to stay “super lean” through the summer and start burning fat early to avoid muscle loss at low body fat levels. My [Combat The Fat](#) program takes me all the way through summer at 6% body fat and shredded abs! You can still build muscle...but it's NOT your primary focus if you want to get to very low body fat levels.

Sep – Dec: Time for total “mass building” with [Advanced Mass Building Secrets](#) to start stocking up on some serious muscle again!

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Muscle Building / Fat Burning Cycle Product: Optimum Anabolics Optional: Specialization Program											
			Fat Burning Cycle Product: Combat The Fat								
								Mass Building Cycle Product: Advanced Mass Building			

Enlist In The Iron Army

Are you an “IRON SOLDIER”?

Do you spend so much time lifting weights that you’ve had to have your mail forwarded over to your local gym just to make sure you get it?

Are your sofa end tables made of four cement blocks with a 45 lb weight plate laid on top?

Do you have 3 or more muscle mags stocked in your bathroom for your private “reading time”?

If you answered “yes” to any of these questions, then welcome to the “IRON ARMY”!

And have I got a mission for YOU!

In fact, you’re about to set out on full scale ASSAULT on rotten genetics...idiotic “expert advice” extracted from worthless 14 year old forum posters...and those frustrating plateaus that are holding back your TRUE muscle-building potential.

And I KNOW you know what I’m talking about...

I mean, remember when you first started working out?

Anything and everything worked and each day seemed to show new and amazing results, right?

But as time passed, your body became more stubborn to workouts, and the quick growth you became accustomed to slowed down...and eventually stopped altogether.

It’s easy to understand why because our bodies are actually designed to be naturally resistant to packing on freaky amounts of muscle.

Yes...DESIGNED!

To explain WHY, we have to travel far back in time to when we climbed out of the primordial swamps, threw on our saber-tooth thongs and strolled across the volcanic landscape in search of unsuspecting mammals and sexy cave-hotties to bonk on the head with a club and drag back to our dens.

You see, our normal activity of the time necessitated a body that was built more for ENDURANCE since we traveled all day over long distances in search of food.

Only OCCASIONALLY did we require brute strength (such as when we needed to fight our local tribesmen for control over the clan).

So given these “requirements” and the fact that food could become very SCARCE at times in the absence of corner grocery stores, we needed to conserve and process our body’s energy reserves as efficiently as possible.

Since muscle requires much more “energy” for the body to maintain it, our bodies naturally evolved to only build and maintain just enough to help us accomplish our normal activities, without getting too “big” where it became a burden for our stored energy reserves.

Now skip ahead a few hundred thousand years and while our GOALS have changed and we now realize that the way to attract a mate is to build a better body (arguably MUCH more complicated than simply bonking them over the head and dragging them back to our den), our genetic makeup has remained virtually the EXACT SAME as when we were playing Flintstones.

Thus we are left with the frustrating task of busting our butts in our quest for slabs of rock hard muscle while working with inferior genetics as a foundation.

But YOU are determined to overcome these obstacles, aren’t you?

Of course you are!

That’s why you signed up for this little mission I’m about to take you on, right?

Great!

Because I’m about to introduce you to some of the most advanced bodybuilding “weaponry” you’ll ever find for pushing your muscle building efforts to their FULL POTENTIAL!

Advanced Bodybuilding...Becoming A "95%'er"!

Having enlisted in this "bodybuilding battle plan", my guess is that you're one of two people...

1. You already think of yourself as an "Advanced Bodybuilder" and you're looking for some new "secrets" to add some variety to your training, or...
2. You're an "Intermediate Bodybuilder" aspiring to join the ranks of the elite "soldiers" who have attained "Navy SEAL" level results in the gym.

A Word From The "Nerd"...

The only other alternative is that you're a complete BEGINNER who failed to heed my warning about buying this program without having a foundational understanding of what I call the "8 Anabolic Factors.



If THIS sounds more like you, my suggestion is to pick up my best-selling muscle manual "Optimum Anabolics" (www.optimumanabolics.com) and begin there.

Yes, it's still an "advanced" mass building program...but it thoroughly covers in depth some of the foundational principles you'll build upon while STILL delivering incredible results.

Fortunately, these two programs are designed to actually work TOGETHER so whether you're a beginner or even ADVANCED...having BOTH of them is your very best "battle plan" for maximizing your mass gains!

Of course the word "advanced" is pretty subjective, right?

I mean, what does it REALLY mean to be "ADVANCED"?

For most of the guys I come across, it means they work their ass off in the gym, drink a lot of protein shakes, and pop testosterone-booster supplements like they're Pez candy.

But I've got some news for you...that's not even close!

Getting your results to the next “rank” in the iron game comes down to knowledge of the correct PRINCIPLES of building muscle...and actually PRACTICING those principles so they yield new, lean muscle mass.

What “principles” am I talking about?

To keep things simple, I like to break down the entire “muscle game” into 4 general areas:

- 1) Exercise
- 2) Nutrition
- 3) Supplementation
- 4) Mental Focus & Intensity

Let’s take a quick look at these areas and break them down a bit further so you can fully understand what I mean...

Exercise –

- **Knowledge:** Are you using a program that correctly stimulates the anabolic response you’re seeking? (e.g. – muscle fiber activation, hormone enhancement, maximum recovery, frequency, etc.)
- **Practice:** Are you training with your program as it’s been designed? or just piecing together certain elements with articles you’ve taken out of magazines?

Nutrition –

- **Knowledge:** Does your nutrition program support your body composition goals? (e.g. – proper ratio of nutrients, calorie targets, nutrient timing, body type, etc.)?
- **Practice:** How well are you “sticking” to your nutrition program on a daily basis?

Supplementation –

- **Knowledge:** Do you know which supplements are PROVEN effective for your specific fitness goals and challenges?
- **Practice:** Are you TAKING those supplements as prescribed? (e.g. – daily, in the right amounts, and at the right time of day)

Mental Focus & Intensity –

- **Knowledge:** Do you know how to achieve maximum intensity in your workouts and support your “mind-muscle connection”?
- **Practice:** Are you training at the right intensity during your workouts and staying focused throughout your training?

Bottom line...how well you address each of these areas toward your SPECIFIC GOAL will determine your level of achievement.

Unfortunately, most people aren't following a program that even ADDRESSES these factors, let alone addresses them CORRECTLY!

Many of the so called “advanced” programs come straight from the pages of the muscle mags and are offered by steroid-juiced pro bodybuilders.

But working HARDER doesn't necessarily mean you're working at an ADVANCED level!

In fact, attempting some of these programs shoots you straight back down to “BEGINNER” level results as you soon discover WHY the pro's are able to train this way...better muscle through PHARMACEUTICAL ENGINEERING!

So while someone may be 100% compliant on the “PRACTICE” side of their program (meaning they're following their prescribed training, nutrition and supplementation program with full dedication and focus)...

...they may only score a 60% score on the “KNOWLEDGE” end because they're following an ineffective TRAINING routine, EATING the wrong way for their body type, and taking the wrong SUPPLEMENTS for their needs.

Now ideally, someone who is truly set on seeing maximum growth will end up in the **75% - 100%** compliance range taking into consideration the quality of their program design and their commitment to sticking with it.

Not everyone is able to achieve this rank and frankly not everyone even CARES to be at this level.

If you're the “Average Joe”, you may be completely happy with adopting a killer workout program for the gym but not too committed to your nutrition program.

This may leave you somewhere in the 50-60% zone and with small, but acceptable, gains.

If you're a competing pro natural bodybuilder, in order to create a "contest-ready" body, you would need to be at 100% compliance (how about 110%?!) to achieve that level of mastery.

It's up to YOU what level of muscle growth you want to achieve and where you want to end up.

My goal with this "ADVANCED" program is to transform you from wherever you are NOW to as close to a "95%'er" as you're willing to go.

I'll provide you with a killer ADVANCED WORKOUT ROUTINE that will school you on concepts even many PRO lifters don't understand or utilize in their routines...

I'll offer you some ADVANCED NUTRITION TIPS and MEAL PLANS that will help you fine tune your diet while providing you with valuable SHORT CUTS to getting the nutrients you need to build muscle while burning fat...and make it as EASY as possible...

I'll show you how to CUSTOM DESIGN YOUR SUPPLEMENT PROGRAM to best support your fitness goals (and save a TON of money in the process!)

And finally...I'll teach you the ADVANCED MENTAL INTENSITY TACTICS that will give you the powers of a Jedi Master over the "mind-muscle" connection needed for even GREATER and FASTER GAINS.

Yes, we're about to head off into BATTLE together

So if you're ready to accept your mission and work toward becoming one of the "95%'ers" at your gym...let's begin with the area most guys are drooling over anyway...

...your WORKOUTS!

Advanced Mass Training: How To Unleash A “Shock & Awe” Campaign On Your Muscles!

Anyone watching international headline news during military campaigns has probably heard the term “shock and awe” used during the initial stages of a major combat campaign.

“Shock and awe” is a military doctrine attempting to destroy an enemy’s will to fight through an overwhelming barrage of incredible firepower.

Attack aircraft, bombing, and artillery are combined to blanket a target zone with so much firepower that the enemy’s only choice is to surrender.

Indeed, this much concentrated force has proven very effective throughout history to eliminate the enemy’s will to resist.

As a member of the military, I can tell you that “shock and awe” is a formidable combat strategy...VERY effective...and I believe the same principles apply when it comes to advanced bodybuilding tactics and the key to continued growth.

Applying the tactics I’ll cover in this program will be like unleashing an unforgiving barrage of destruction on every muscle group, forcing it to complete SURRENDER to your will and be FORCED into growing to new dimensions.

In fact, over the next several pages, I’m going to load you up like Rambo with the most advanced weaponry imaginable for the mass building battlefield.

And it all starts with first issuing you your “PRIMARY WEAPON” as you prepare for combat.

Here’s what I mean...

As a soldier in the Army, our primary weapon (when I was a hard-charging young stud) was the M16-A1 rifle.

EVERYONE learned how to carry it...shoot it with laser-like accuracy...disassemble it... clean it....reassemble it...

Hell...we spent so much time with that beautiful piece of metal that some of us

even NAMED it! (A bit demented I agree.)

Yes, the M16 rifle was our “primary” weapon to head off into battle.

But it was ALSO a very versatile weapon!

We learned how to “fix” a bayonet on the end of it for “close quarter combat”.

You could select “single shot” mode or spray a “fully automatic” fury of bullets with the turn of a little switch.

It offered a scope attachment for long range accuracy if needed.

It even allowed the attachment of the M203 Grenade Launcher under the barrel so you could shoot either mini-bombs, flares to light up the surrounding area, or other munitions!

Talk about being a “one man Army”!

Well, likewise, the bodybuilding strategy that will be YOUR “primary weapon” in this advanced program revolves around using a “SUPERSET” structure.

In the simplest definition, “supersets” take your target muscle group to the absolute limit by performing a combination of two different exercises, one right after the other.

For example...

Let’s say you’re targeting your CHEST and you choose two different exercises to use...for example **Dumbbell Flyes** and **Bench Press**.

Done in SUPERSET fashion, you would first do one set of Dumbbell Flyes and then go into one set of Bench Presses.

This would equal ONE SUPERSET.

Once completed, you would go BACK to the Dumbbell Flyes again before switching BACK to another set of Presses to complete your second superset.

A Word From The "Nerd"...



There's also one other term you'll need to learn and that is a **SUPERCYCLE**.

Basically, once you've completed all of your supersets for the number you planned (let's say you went back and forth 3 times), that would be **ONE** complete **SUPERCYCLE**

This is different than how most guys lift as they usually perform one single exercise for a certain number of sets and **THEN** move on to another piece of equipment and another exercise.

The benefits of using supersets include:

- Stimulating **MORE MUSCLE FIBERS** than a "standard" bodybuilding set
- Naturally jacking up **GROWTH ENHANCING HORMONES** for fast muscle growth
- Increasing muscle energy by improving **MITOCHONDRIAL DENSITY** in the cell
- Allowing a shorter yet more **INTENSE** training session for you to get in the gym...do your damage...and leave with the **BEST RESULTS** in the shortest time possible.

But although you may have heard of supersets before and (hopefully) are using them in your current training program, most brainwashed bodybuilders view the superset as more of a "plateau buster" strategy and only use it once they see the gains stop.

Others think that if you "overuse" supersets, they'll lose their effectiveness.

Wrong on **BOTH** accounts my friend!

In fact, it's quite the opposite!

Supersets are the optimum way to structure your training program to **AVOID** plateaus from happening in the first place...

...IF done correctly and IF you use the advanced strategies I'm going to reveal to you!

In fact, like the M16 rifle, I'm going to show you just how versatile supersets can be by COMBINING DIFFERENT VARIABLES to make them even MORE powerful!

That's right...I'm going to show you how to "fix bayonets" to the traditional superset structure to create your own "one man Army" training program charged up and ready to conquer your local "iron jungle"!

Put these strategies into place and you can keep your muscles primed for super growth year round!

So now, let me issue you the remainder of your weapons arsenal to lock-n-load for battle...

Your Weekly Weapons Arsenal

Ok, so you now know that “supersets” are going to be your primary “weapon system” for your advanced training program.

But just as what makes the M16 such a powerful weapon for armies around the world is its ability to use various “add-on” variables and options, the REAL power of the superset is its ability to utilize additional variables to completely change their focus and effectiveness.

Let’s go back to the rifle analogy for a minute to explain what I mean...

Remember, the M16 can have a bayonet knife attached to the end...it allows a scope attachment...it can either shoot one bullet at a time or go fully automatic just by holding down the trigger...and it can even shoot small “bombs” out of an additionally attached “secondary weapon”.

The reason for all of these add-on features?

So that you could easily adapt to a changing environment where you would need to fight different “enemy”!

If you were in your foxhole and were being attacked by enemy that were well covered, you would use a scope and a single shot mode in order to be more accurate with your aim.

If they started charging, you could load up your M203 Grenade Launcher and take them out 2-3 at a time (or even blow up small vehicles)!

If they started to overrun you or you were (zoinks!) out of ammo (although I don’t think we would say “zoinks!”)...it’s time to “fix bayonets” and get ready for close combat!

Different weapon variables for a different fighting focus.

THAT is how I’m going to approach the core superset structure!

You see, by changing up different training “variables”, I’m going to show you how to MULTIPLY the effects of how most guys use supersets and see results that FAR SURPASS what these “amateurs” are getting.

In fact, there are actually SEVERAL ways to combine tactics into a superset design, with each combination having a SEPARATE effect on your muscle fiber stimulation and growth activation.

The precise integration of each of these variables is what makes this “shock and awe” campaign so powerful.

It forces your body to adapt continuously to new stimuli and triggers new growth.

Let's go over some of the specific variables you'll combine in your 4-WEEK BATTLE PLAN...

- Exercise Biomechanical Classification
- Fiber Type Activation
- Hormone Activation
- Repetition/Weight Relation
- Rest Periods

Let me explain each of these variables a bit more so you understand how we'll be combining them later on...

Variable #1: Exercise Classification

Most exercise selections are broken down into two classifications when it comes to biomechanics: **COMPOUND EXERCISES** and **ISOLATION EXERCISES**.

Compound Exercises

A compound exercise involves two or more joint movements, and they have the reputation of being the real “mass builders” of the exercise selections.

Most compound exercises fall into a category of either a *pushing* or *pulling* movement.

A pushing movement would be the **bench press**, for example, which stresses primarily the pectorals, and secondarily the front and sides of your shoulders as well as the triceps.

A pulling movement would be **barbell rows**, which stress the back and biceps.

The most powerful compound exercises you're probably most aware of include **squats, bench presses, dead lifts and rows**.

Why Compound Exercises?

Here's why compound exercises have so much "street credibility" and need to be included in your muscle-building program:

Compound exercises...

- ➔ **Trigger the largest total number of muscle fibers in one lift movement.**

Compound exercises target one area of the body, but they also require work from secondary muscle groups for a more complete workout.

For example, in an **incline dumbbell press**, your chest muscles (pectorals) are doing about 60-75% of the work, and your deltoids and triceps pick up the rest of the load.

Likewise, the **barbell curl** targets your biceps, but your back and shoulders also help lift the weight.

- ➔ **Allow you to use heavier weights to really push your muscles to the limit and pack on mass quicker.**

"Lift heavy or go home!" right?

While I'm NOT a big fan of focusing on the amount of weight you lift, there IS a place for lifting "heavy" if you want to maximize your gains.

The problem is, most guys get it completely WRONG!

I'll show you how to use compound exercises to lift heavy...and SMART to get the results you're looking for!

- ➔ **Stimulate the central nervous system by making your muscles work together more efficiently.**

Triggering muscle growth is a systematic process of forcing your central nervous system (CNS) to begin the muscle growth process.

Activating your CNS is CRITICAL to seeing advanced bodybuilding results!

➡ **Increase density and thickness of the muscle cells.**

By using heavy weights for compound movements, you activate a type of muscle fiber that is more prone to increasing capillary density in your muscle tissue and expanding into additional “SATELLITE CELLS” for continued growth. (More on this in a few minutes.)

➡ **Develop “strength” and “power”.**

Lifting more weight requires more STRENGTH and compound exercises are ideal for adding more and more plates to the bar to lift “heavy”.

Yes, as you can see, compound exercises are the 4-STAR GENERALS of the exercise kingdom!

BUT...they're limited in their overall value to your results if used ALONE.

That's where ISOLATION EXERCISES come in to save the day!

Isolation Exercises

Isolation exercises are like the “snipers” of the exercise categories.

These types of exercises target one specific muscle group and work it exclusively while sparing the smaller “supporting” muscle groups which tend to fatigue quicker.

For example, **dumbbell flies** focus in on isolating the chest muscles very well...and **don't** require a lot of work from the triceps or shoulders in the process the way that a compound chest exercise like the **bench press** does.

While in the bench press, your smaller triceps usually give out before the larger chest muscles do (leaving your chest with sub-maximum fiber stimulation)...the flies don't have this problem.

They may not stimulate a larger total number of muscle fibers the way compound exercises do...but their ability to really blast a specific muscle to smithereens more than makes up for what they lack in overall power generation!

Why Isolation Exercises?

Here are some other reasons why isolation exercises have a place in your weapon arsenal...

Isolation Exercises...

➡ **Increase targeted muscle fiber stimulation**

Whereas compound exercises work the target muscle at 60-75%, isolation exercises hit the targeted muscle at 80-90%.

For example, the forearms and delts contribute a lot of the effort for compound exercises like barbell curls, but in an isolation exercise like **preacher curls**, the biceps are doing almost all the work.

➡ **“Muscle Shaping”**

While ultimately it's your personal GENETICS that will determine the actual “shape” of your muscle, by using isolation exercises to focus on specific areas of a muscle group, you CAN coach problem areas into developing more than others.

This can help you develop more symmetry and detail in how your body “looks” overall once the muscle is slapped on.

➡ **“Pump” your muscles for massive size bursts**

The localized “pump” that is so celebrated by bodybuilders is the result of massive amounts of blood and water rushing to the muscle in order to transport oxygen and “fuel” to the area you're working.

While some dismiss this process as a mere “ego booster”, the fact is that it actually “trains” the muscle to be bigger by increasing the size and number of the capillaries in your muscles and making the blood pathways larger to accommodate the flood.

Inside the cells themselves, the mitochondria “power generators” increase in size to produce more energy and therefore generate more POWER.

Now again, some misguided bodybuilders claim that isolation exercises AREN'T effective at building muscle mass.

They're insane!

Looking at all of the advantages we just went over, it's easy to see that isolation exercises lead to larger muscles, and last I checked...that's EXACTLY what we're looking for!

No one can deny that exercises like the **preacher curl** and **concentration curl** isolate your biceps very effectively...AND have the ability to add piles of muscle to your arms.

Now let's take a look at the second variable we'll be manipulating in your "Shock And Awe" campaign...

Variable #2: Fiber Type Activation

Next, we'll classify exercises by how they affect the different types of muscle fibers.

You see, your muscle fibers are actually composed of several different "sub-types" (7 to be exact!) and they ALL react differently to different types of training across a spectrum of stimulation and function.

To add SIZE, your key will be to target as many of these 7 types as possible with your training. Now, I've already built in FULL STIMULATION of all types into the programs, so right now you only need to concern yourself with TWO TYPES,

- **Type I – slow-twitch fibers**
- **Type II – fast-twitch fibers**

Slow-twitch fibers react slowly to your body's commands. They have greater endurance, and are therefore the focus of sports like distance running, bicycling, and rock climbing.

Fast-twitch fibers produce greater speed. You use them when you need explosive speed and power in your movements. Sports like sprinting and powerlifting focus on developing these muscles.

But remember...to grow BEYOND your body's normal limits, you MUST target ALL of your muscle fibers and to do that, you're going to need to train across that FULL SPECTRUM of stimulation.

Again...this is BUILT into the system to make it a no-brainer for you so to make things really SIMPLE, we'll focus on just the two main types since manipulating THESE in the way I'll show you is what allows us to hit ALL the other types!

Now, SLOW-TWITCH fibers require FASTER repetition movements, and fast-twitch fibers train best using SLOWER, deeper movements.

Slow-twitch fibers also thrive on the **CONCENTRIC** phase of an exercise for growth and development.

A Word From The "Nerd"...



This is also called the “exertion” phase – the lifting, pushing, or pulling movement.

The important thing to remember about the concentric phase of an exercise is that you don't need to move the weight quickly.

You just have to **try** to move it as quickly as you can.

Fast-twitch fibers on the other hand are most stimulated during the **ECCENTRIC** phase of the exercise.

A Word From The "Nerd"...



This is also called the relaxation phase or the “negative” phase.

For example, if you perform a **bench press**, the **concentric** phase is when you push the weight up, extending your arms.

The **eccentric** phase of the exercise is when you lower the weight down to your chest.

In this “shock and awe” advanced program, you'll actually be mixing up your focus on both of these muscle fiber types.

Variable #3: Hormone Activation

Finally, we'll classify training approaches by how they trigger NATURAL anabolic hormone secretion in order to gain more mass while burning away fat.

Your hormones play a HUGE role in your ability to pack on size and there are various ways to elevate your body's own natural levels WITHOUT the use of supplements or dangerous steroids.

A Word From The "Nerd"...



Of course my program Optimum Anabolics (www.optimum-anabolics.com) is the ultimate "anabolic mass gaining program, if you're looking to trigger a natural flood of testosterone and growth hormone, but in the context of this program, we're going to take a different approach.

Variable #4: Repetition/Weight Relation

The next variable for our exercise arsenal digs a bit deeper into fiber-type activation by looking at how you train for "strength" vs. "size".

Contrary to what most bodybuilding enthusiasts believe, training for "strength" and "power" is NOT the same as training for "size".

The reasons for this tap back into muscle fiber stimulation as each fiber type has a PRIMARY role when it comes to the application of force.

Remember, fast-twitch fibers are primarily responsible for providing "power" and strength, but their energy supply is LIMITED and typically stops activating after about 10-12 seconds.

This is just long enough to knock out about 4-6 repetitions of a heavy weight before hitting failure.

HEAVY WEIGHTS with LOW REPETITIONS — and a focus on the "negative" aspect of the repetition movement — are what build strength and power the best.

When training for SIZE, going for the “pump” with lower weights and higher repetitions will primarily force more blood and lactic acid into the muscle tissue to cause the veins, capillaries, and muscle cells themselves to THICKEN and EXPAND to new dimensions.

While you WILL gain some strength while training for size...and you WILL gain some size while training for strength...these two elements always play either a PRIMARY or SUPPORTING role in each method – NEVER BOTH!

This advanced program will utilize BOTH methods however to fully stimulate each muscle type in the way in which it is DESIGNED to respond, forcing BOTH muscle fiber types into maximum activation.

Additionally, these rep/weight ranges are combined with exercise selection to determine the best exercises for each approach.

Variable #5: Rest Periods

The amount of REST you take in between your exercise sets also plays a contributing factor in how your body responds to the training stimuli.

On any all-out, balls-to-the-wall set you perform, you're body burns through a TON of chemical reactions to provide your muscles with the blood, oxygen, and fuel to power through the thrashing you're forcing them through.

In the context of this program and the training variable we're discussing, I'm only going to focus on a few of these fuel sources and how they affect the anabolic process.

These are the ones that will have the most impact on your training and are most affected by your rest periods, and ultimately the activation of new muscle growth.

These fuel sources are ADENOSINE TRI-PHOSPHATE (ATP), BLOOD GLUCOSE, and GLYCOGEN.

ATP (Adenosine Triphosphate):

ATP is your body's most readily available fuel source stored directly in the muscle cells. It is capable of generating a LOT of power, but the main effects only last for about 5-10 seconds.

This is the main energy source you use for the first few seconds of any “power” movements such as when you lift a barbell or perform a pushup.

The good thing is that ATP is also very quickly re-supplied in the muscle cells.

This is why you're able to get the barbell back off the rack to knock out some more reps even though a minute earlier it was about to come crashing down on your throat as you reached muscular exhaustion.

Blood Glucose

This simple form of sugar floats freely in your bloodstream to be burned quite quickly as a direct fuel source.

But we're NOT talking about a "lot" of sugar here!

In fact a healthy, normal size man typically has only about 5 GRAMS of sugar circulating in your blood at any one time. That's ONLY about as much sugar as in ONE SMALL SUGAR PACKET you find at a restaurant.

While your body is burning up blood sugar, it's simultaneously tapping into your "stored sugar" fuel source... muscles' glycogen.

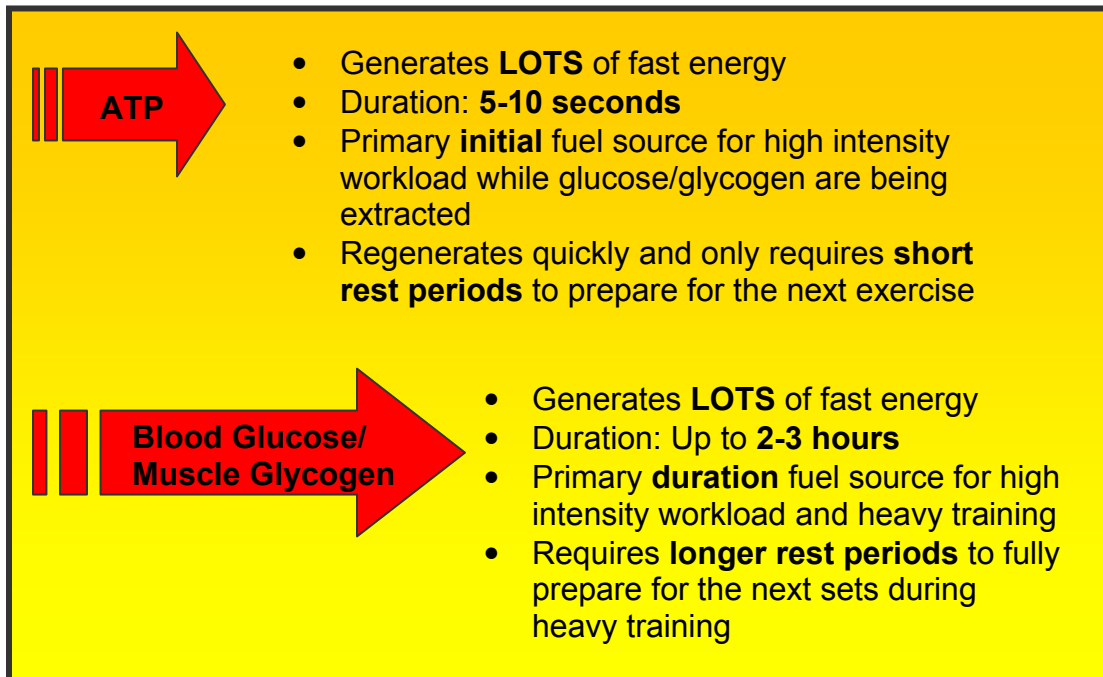
Glycogen

Glycogen is a form of sugar stored within your muscles and picks up the slack when your ATP and blood sugar "jumpstart" has exhausted itself. Again, like ATP, it's VERY easily used by the body and actually lasts much longer at generating energy.

Muscle glycogen is your main extended fuel source for when your training sets extend beyond the initial 10 seconds or about 4 heavy repetitions.

Glycogen has the ability to generate LOTS of power and for much longer than ATP, but it has its limits as well. While your body can store as much as 2-3 hours of glycogen in your muscles, it takes longer to be re-supplied and requires longer rest periods between sets to allow sufficient "stand by" fuel to be available for the next heavy sets.

For clarification, here's how the fuel sources we're working with for this program relate to rest periods and your ability to put your all into the training variables we'll be using...



Using this information later as we discuss the program structure, you'll see why **VARYING** your rest periods between exercises changes not only how much or how hard you will be able to train...but also how your body triggers the **ANABOLIC GROWTH PROCESS!**

Advanced Bodybuilding: Anabolic Ambush Through “Muscle Confusion”

In military combat operations, there is one tactic that is most feared...the “AMBUSH”.

An ambush is when you line up along a strategic section of a highly trafficked road or walkway where it is likely the enemy will be coming by.

For example, when we would conduct training operations on base, one of our units would be the good guys and the other unit would play the “enemy”.

By tracking our “enemy’s” movements, we could identify predictable patterns and make a pretty good guess at where they were and where they were headed.

With this information, we would plan an attack well ahead of them on a route that we suspected they would take to their next destination.

Then, lying hidden in the woodline or in or behind buildings, we would wait for them to come into our “kill zone”.

Traveling up the road, unaware of our presence, the other unit had no clue what we had in store for them...until it was too late!

On a coordinated command, all of us would fire at the other training unit with a surprise attack that was short, powerful, and VERY effective...and then we would retreat back to the safety of our command post before the enemy knew what hit them.

This type of overwhelming attack strategy creates MASSIVE confusion in the minds of the “enemy”!

First, our opponents had to figure out what exactly is happening to them after they were simply taking a pleasant little walk down the road and then slammed with the shock of loud explosions and gunfire!

“What is happening?”

”Where is the enemy?”

”Where are the shots coming from?”

But THEN they also have to determine how they are going to REACT to this shocking new “threat”.

“Where can I safely take cover to not get hit?”

“Where should I shoot back?”

“Should I run?”

“Should I fight?”

“Where are my fellow soldiers?”

“Etc...”

This is the same approach we’ll take with this advanced bodybuilding program as we employ the “muscle confusion” ambush attack strategy.

You see, the “bad guys” were unaware of our ambush in our training because they had traveled that road without ANY problems in the past.

Since they had never been attacked there before, they didn’t expect to get “hit” and so they became psychologically LAZY and UNAWARE.

Likewise, your body can get used to training patterns you employ in the gym and when it gets used to the same workout program week after week, it adapts to the stimuli and eventually gets “LAZY” and doesn’t feel a “NEED” to continue with the same rate of progress you were making.

It’s learned to become very efficient at that one training style and your body LOVES “efficiency” because that means less work for the same results.

However, this is EXACTLY what you DON’T want if your goal is to continue growing muscle!

You want to keep your body guessing at what “attack” you’re throwing at it and force it to keep adapting along the way so it has no choice but to remain in an anabolic state.

We’re going to accomplish this “anabolic ambush” through a few different methods as you progress through this program...

Each week, I’ll introduce you to a new advanced bodybuilding strategy that utilizes a different combination of training variables.

Each combination provides a different stimuli to your anabolic process and hits your muscles from a different attack angle.

By switching up these tactics each week you essentially “confuse” your muscles

so they never get a chance to adapt to your training!

The result?

Continuous muscle gain!

A Word From The "Nerd"...

PLUS I'm ALSO going to take it one step further...

With each new week in the program, I'm going to introduce to you some additional advanced strategies that will absolutely **TURBO-CHARGE** your gains!



We're talking **CUTTING EDGE TECHNOLOGY** specifically **DESIGNED** for the variable combinations of that week!

But I also have to **WARN YOU**...

A few of these "advanced techniques" will be familiar to some of you who are more "experienced"...and some may be totally **NEW** to you.

Regardless of your familiarity with these techniques, the sad fact is that nearly **EVERYONE** I discuss them with (including some **PRO BODYBUILDERS!**) have failed to realize exactly how these techniques are best implemented in a **TOTAL MASS BUILDING PROGRAM!**

For them to be effective **BEYOND** the typical "plateau buster", they **MUST** be used in the proper combination...in the correct way...and in precisely as I'm about to show you...or they're **COMPLETELY USELESS!**

You'll see **EXACTLY** what I mean as I describe each week in detail so let's get started with the attack strategies for **WEEK 1** of your **4-WEEK ADVANCED MASS GAINING BATTLE PLAN**...

Advanced Mass Building – Week 1: “Operation Hormone Surge”

Operation “Hormone Surge” is going to be a very fast-paced, killer of a week!

Like a military “troop surge” that aims to increase the volume of soldiers to overwhelm an enemy, this week will allow you to NATURALLY skyrocket your anabolic hormones to overwhelm your muscles with “backup support” to jack up your muscle gains AND burn away body fat.

You won't be going “heavy”, but you WILL be leaving the gym with a full understanding that you've had a SERIOUS workout!

Here's your “Mission Briefing” on how this week breaks down...

Mission Objective:

Phase 1 of your 4-week “assault” is designed to strike each muscle group with laser-like precision by using a highly intense, “rapid fire” workout.

Part of the reason for the variable combinations I'll go over is to prepare your muscles for increasingly heavier work in the following weeks.

Too often, “amateur” bodybuilders try to increase the amount of weight they're pushing before their muscles' connective tissues (like ligaments, tendons, and cartilage) have a chance to adapt to the increasing stress.

The result?

The potential for a crippling INJURY that can take you COMPLETELY off the battlefield for weeks, months...or perhaps even PERMANENTLY.

Lifting weights is more than just “muscling up a weight”.

There are a whole lot of other factors that need to be addressed in order for you to maximize your gains.

Through WEEK 1's variables, you'll begin priming your muscles to handle the heavy workloads that are coming up.

A Word From The "Nerd"...

But DON'T make the mistake of thinking this is going to be a "cake walk"!



The primary reason for the combination of these variables is to skyrocket your body's hormonal response to this specific style of training and you'll be busting your ass in this INTENSE training session!

In fact, the ADVANCED TACTIC I'm going to be sharing with you in a few minutes is specifically tailored to jumpstart your body's NATURAL release of growth hormone and testosterone to force your body into an anabolic state.

Let me share it with you now...

Week 1 Advanced Training Tactic: "Lactic Acid Training"

When you train your muscles very intensely for an extended period of time in one workout, your cellular PH level turns very acidic due to the buildup of lactic acid in the muscle.

I'm sure you've experienced this as that "burning" sensation you feel at the end of a high-repetition set of exercise or even in the soreness you feel the day after an intense workout.

This is a natural reaction of the body in response to high volume training or endurance related sports.

Now normally, the presence of lactic acid in the muscles isn't such a good thing.

As the PH level of your muscles lowers to more acidic levels, they can't contract efficiently and you reach muscular failure much quicker.

That's why for heavier sets, you need more rest in between so your body can buffer the damage you've done, regenerate, and be prepared for the next set.

But for this one short cycle, your goal is to do the exact OPPOSITE this week in order to take advantage of the short term benefits lactic acid DOES have to offer.

You see, research has discovered that when your body has a build up of lactic acid, one of the natural responses is to signal your pituitary gland to release both GROWTH HORMONE and TESTOSTERONE...two of the most powerful muscle-building/fat blasting chemicals you could ever hope to have as allies!

And to prime your body for a massive hormone dump to build some serious size, you need to focus on a LOT of exercise volume and NOT give your muscles a chance to buffer the lactic acid you're actually trying to create.

If you rest too long, you end up taking giant mama-steps backwards and can miss out on the temporary hormone explosion this type of training can create.

In addition to increases in natural hormone production, the high volume "lactic acid training" structure increase the amount and size of the capillaries in your muscles, which GREATLY increases blood supply to your muscle tissue and continues to build over time as you incorporate this technique.

More blood supply means MORE NUTRIENTS shuttled to your muscles to help them recover...BIGGER PUMPS from your training...and BIGGER MUSCLES from the increased number of capillaries and increased cell volume.

In other words...get ready for some SERIOUS GROWTH as you progress through the entire program and build upon Week 1's foundation!

Advanced Mass Building Battle Plan: Week 1

CODE NAME:	"OPERATION HORMONE SURGE"
Mission:	<ul style="list-style-type: none"> • Naturally elevate growth hormone levels • Naturally elevate testosterone levels • Condition ligaments and tendons for heavier workload
SUPERSET VARIABLE STRUCTURE	
Variable 1: (Exercise Classification)	<ul style="list-style-type: none"> • Isolation exercises supersetted with isolation exercises
Variable 2: (Fiber Type Activation)	<ul style="list-style-type: none"> • Type 1 (Slow Twitch): Primary • Type 2 (Fast Twitch): Secondary
Variable 3: (Hormone Activation)	<ul style="list-style-type: none"> • High activation • Primary cycle objective
Variable 4: (Rep/Wt Relation)	<ul style="list-style-type: none"> • High Repetitions • Low Weight
Variable 5: (Rest Periods)	<ul style="list-style-type: none"> • No rest between exercises and supersets
Advanced Training Tactics:	<ul style="list-style-type: none"> • "Lactic Acid Training"

Week 1 Superset Variable Structure:

Variable 1: Exercise Classification

The superset format for this week will take advantage of combining TWO ISOLATION EXERCISES for the SAME MUSCLE GROUP performed back-to-back with very little help from the other “supporting” muscles.

In some cases with your exercise selection, this will mean targeting a different muscle head within the same group (like rear delts with front delts).

In other cases, it may mean simply combining different “movements”, such as Straight Arm Pull Downs to the front with Straight Arm Rows for a back training superset.

A Word From The “Nerd”...



Don't worry if some of these exercises or workout strategies seem strange to you.

The companion WORKOUT GUIDE will take you through every single day, STEP-BY-STEP to eliminate any confusion.

By combining isolation exercises in a superset fashion for the same muscle group, you can really target those muscles and feel the contraction more than you can with compound exercises.

The end result is more symmetry, better “shape” of your overall muscle group, and incredible definition.

Add to this the mind-blowing “pumps” you'll feel from the intensely isolated barrage of muscle fiber destruction and you'll need to turn sideways just to get through the locker room door!

And remember...just because an exercise is labeled as an “isolation” exercise does NOT mean it's not a “mass gainer”.

You WILL gain muscle mass!

It will just be more specifically targeted.

Week 1 Exercise Classification Variable:

Superset **ISOLATION** exercises with **ISOLATION** exercise of the same muscle group for highly targeted muscle fiber stimulation.

Variable 2: Fiber Type Activation

The supersetting method you'll be using in Week 1 will primarily target your Type 1 "slow twitch" muscle fibers.

You'll be using an explosive, fast repetition speed in a "pumping" fashion and no real concern for the "negative" range of the rep.

Fast and furious my friend!

Week 1 Fiber Type Activation Variable:

Primarily target your **TYPE 1** "slow twitch" muscle fibers with high volume, "pumping" repetitions.

Variable 3: Hormone Activation

Triggering natural anabolic hormone release is the **PRIMARY** objective in this week's mission statement!

By using the methods I'll explain further at the end of this Mission Briefing, you'll create an "environment" in your muscles that naturally stimulates your pituitary gland to open up the floodgates on the muscle-building hormones through what is called the "lactic acid response".

Now let me clarify that there is **NO NEED TO FEAR** "hormone activation"!

You're **NOT** going to turn into some genetic "mutant" with a forehead like a caveman.

Since you're triggering your body's own NATURAL hormone release, you won't have to worry about any UN-natural side effects.

Week 1 Hormone Activation Variable:

Unleash a flood of GROWTH HORMONE and TESTOSTERONE through the body's NATURAL "lactic acid response" to high volume training.

Variable 4: Repetition/Weight Relation

When you perform isolation exercises and use such a small, targeted group of muscles with little backup from your other muscle groups, you DON'T want to go very heavy.

Instead, you're looking to take advantage of a much higher range of repetitions using a low amount of weight.

This approach is what helps you to achieve that hard-charging "pump" while developing your connective tissue and signaling your pituitary gland to start the flow of growth hormone for gaining size.

How many reps are we talking about?

Well, normally you're looking at about 12-15 reps per set.

But THIS week, we're taking a whole different approach...

THIS week, you're looking at up to 50 REPS PER SET!

A Word From The "Nerd"...



Ok, I know this sounds absolutely INSANE, but stay with me here for a minute.

It will all make sense very soon! ;-)

Week 1 Repetition/Weight Relation Variable:

Use **EXTREMELY HIGH REPETITIONS** and **LOW WEIGHT** to generate a massive “pump” while triggering natural hormone release.

Variable 5: Rest Periods

Rest periods?

Ahhhh...who needs REST PERIODS?!

I promised you “fast and furious” and that’s exactly what I’m going to deliver during this week!

In order to optimize your body’s natural hormone release, you’re going to be using a method that doesn’t allow you to hang out near the yoga studio schmoozing the red-headed instructor!

You’re there to BUILD...not work on Friday’s late-night activities!

Besides...if I do my job right, you’ll be spending Friday night nursing your poor tired muscles sipping on a protein shake instead of sucking on a beer trying to work your “magic pickup artist” skills at the local watering hole!

Week 1 Rest Period Variable:

NO REST between any of your exercise supersets.

Now let’s put it all together so you can see how this week’s training routine will look...

Week 1: Putting It All Together

Here’s an example of what a Week 1 training day may look like:

Let’s say it’s “Shoulders Day”...

Advanced Mass Building Secrets

From the Exercise Tables you have to choose from, you'll select only ONE isolation exercise from Table 1 and ONE exercise from Table 2.

You'll use just these TWO EXERCISES for the ENTIRE WORKOUT!

Let's say you chose a "Barbell Front Raise" and a "Towel Rear Delt Pull Back"

You'll step up to the Barbell Front Raise and choose a weight that you'll be able to perform for about 50 repetitions. (It will take some testing to get the right weight down, but try to get as close to 50 reps as you can before you hit muscular failure.)

You're going to VERY quickly perform each repetition in a short 1-2 second rep speed up and equally fast on the way down.

A Word From The "Nerd"...



You're not trying to yank the weight back to the starting position...just let it fall naturally on its own without worrying about "fighting" it.

You want it at the starting position as FAST as possible with no resistance on the negative at all.

Now do NOT bounce the weight!

Make sure your repetitions are fast but CONTROLLED for safety!

Once you reach total muscular failure around 50 repetitions and can't lift the weight any more, IMMEDIATELY move on to your second exercise of the superset and do the same thing (in this case, ~ 50 reps to failure of the "Towel Rear Delt Pull Back")

As soon as you've reached total muscular failure on your second exercise...

Yep...you guessed it...go IMMEDIATELY back to your first exercise and start pumping out as many repetitions as you can!

NO REST in between...and don't worry about changing the weight you used on your first set.

You WON'T be able to do the same 50 reps or so you did the first time, but you'll STILL be working at a VERY high volume and probably be able to do around 30-35 reps.

Once you've reached muscular failure again...it's on to the second exercise once again to do the exact same thing.

You'll keep supersetting between these two exercises with NO REST and NO WEIGHT CHANGE until you've completed a total of up to 12 SETS of each exercise (24 total sets for the workout)!

By the end of your training session, you may only be cranking out 5 or 6 repetitions of each exercise.

Doesn't matter!

You've accomplished your goal and you're going to be PUMPED and "FEELING THE BURN"!

And so will your endocrine system as it starts unloading a steady stream of anabolic hormones to start mopping up the place!

Advanced Mass Building – Week 2: “Operation Tangle Foot”

While Week 1 blasted away at your unsuspecting Type 1 muscle fibers with a seemingly never-ending barrage of rapid reps, Week 2 is going to change things up a bit and bring out some “big guns” to begin pounding away at your major muscle groups.

No more “Mr. Nice Guy”...it’s time to load some plates on that bar!

But to really get in and strike deep into the belly of your muscles, you have to get past your enemy’s “front line” obstacles.

Let me give you another story from my military days...

When I served in the 10th Mountain Division light-infantry, our mission was to infiltrate enemy territory on foot, find our target, and strike our objective quickly to get in and get the hell out of there as fast as possible.

But of course the enemy would do everything they could to keep us from entering into their fortress.

They would create a series of obstacles in our path that would slow us down just long enough for them to blast away at us with artillery and machine gun fire.

One of the most effective obstacles we found especially troubling was called “TANGLE FOOT RAZOR WIRE”.

This was a kind of barbed wire called “concertina” that was placed horizontally in a crisscross pattern about 12 inches off the ground.

When you try to cross it, your feet and clothing get caught in the very sharp barbs, effectively tripping you and dragging you down into the rest of the wire.

And the WORST part is the MORE you struggle to free yourself...the MORE it tangles you up until your stuck helpless like a fly on flypaper.

Since we were “foot soldiers” and didn’t have a giant tank to help us get over the wire and on to our objective, we would be caught struggling to free ourselves from the clutches of the tiny razors that lined the wire while the enemy easily

mowed us down with machine guns.

But then we found the SOLUTION!

Before storming the objective, we would designate four soldiers to “sacrifice” themselves and literally assume the role of a “human bridge” over the concertina for the rest of us to cross!

It worked like this...

As we near the obstacle “kill zone” of wire at the designated time of attack, the first of the four brave (or stupid) soldiers runs up to the wire and throws his body onto the closest batch of the wire.

It doesn't really hurt when you're all padded up with combat gear and you're not writhing around like you're in a strip club jello wrestling match...you just lay down and let your weight bring the first section of wire down to the ground.

And next...here comes soldier #2...who literally RUNS across the back of soldier #1 and lays down on the next set of wire, DOUBLING the human bridge, bringing the entire team closer to clearing the obstacle.

Up steps #3 who repeats the process, running on the backs of #1 and #2 to lay down on the next section of wire...and so on.

In just less than a minute's time, four soldiers have made a “human bridge” across an obstacle that at one point stopped a whole platoon of recruits...and now we all just run across on their backs straight through the obstacle and headed to smell the sweet scent of victory!

Ok, enough of my flashback. Here's how this program works for your Week 2 workout...

Mission Objective:

In attempting to use compound exercises to build mass in your major muscle groups, your smaller muscle groups oftentimes give out way before you ever get a chance to hit all of the muscle fibers you need to stimulate massive growth in your larger muscles.

For example, a lot of guys finish their chest workouts feeling like they ended up

working their triceps more than their chests.

Sound familiar?

Well, because your triceps and delts, often reach failure before your pectorals, the result is that your chest might not be sufficiently stimulated for growth because your arms and shoulders gave out prematurely.

The same way that we had to get past the tangle foot wire in order to hit deep into the enemy's stronghold, YOU have to get past the tendency of your smaller muscle groups (like your triceps) tiring out too quickly before you can really get in and do some damage to the deep muscle fibers of your target muscles (like your chest).

That's the whole focus of Week 2...and here's the Advanced Tactic that's gonna allow you to do...

Week 2 Advanced Training Tactic: "Pre-Exhaustion Training"

The method of using an ISOLATION exercise followed closely with a COMPOUND exercise for the SAME MUSCLE GROUP is an advanced bodybuilding concept known as "PRE-EXHAUSTION TRAINING".

As the name would indicate, since your smaller muscles become too tired to let you really pound away at your larger muscle groups, the key is to find a way to work your major muscles FIRST through the use of an ISOLATION movement that places as little stress as possible on your smaller supporting muscles.

When you've hit muscular failure with your ISOLATION movement, you've essentially "pre-exhausted" your larger, targeted muscle group.

Then, when you come in with the big mass-producing COMPOUND exercise, you continue your assault on your primary targets while your smaller muscle groups are still relatively fresh and able to help you achieve your goal.

For example, let's say you do a set of Lateral Dumbbell Raises to target your middle deltoids.

This is an ISOLATION exercise that doesn't involve a lot of arm strength.

After this exercise, you would move on to a COMPOUND movement like a Dumbbell Military Press. This is a POWERFUL mass-building exercise but

besides working your shoulder muscles, it also requires some help from your triceps (among other “supporting” muscles).

If you’d begun your workout with the presses, you may find that your arms give out before you max out on deltoid muscle stimulation.

But since you’ve already exhausted the shoulders with the Lateral Raises, you can actually USE your triceps more to lift a heavier weight and focus on the SLOW NEGATIVES that will really allow you nail your Type 2 muscle fibers that would have missed out otherwise.

Advanced Mass Building Battle Plan: Week 2

CODE NAME:	"OPERATION TANGLE FOOT"
Mission:	<ul style="list-style-type: none"> • Bypass inherent workout obstacles to strike deep into your major muscle groups to hit as many fibers as possible • Avoid "supporting muscle" fatigue that prevents you from really hitting your target muscles
SUPERSET VARIABLE STRUCTURE	
Variable 1: (Exercise Classification)	<ul style="list-style-type: none"> • Isolation exercises supersetted with compound exercises
Variable 2: (Fiber Type Activation)	<ul style="list-style-type: none"> • Type 1 (Slow Twitch): Shared Primary • Type 2 (Fast Twitch): Shared Primary
Variable 3: (Hormone Activation)	<ul style="list-style-type: none"> • Moderate-to-high activation • Secondary cycle objective
Variable 4: (Rep/Wt Relation)	<ul style="list-style-type: none"> • High Repetitions/Low Weight Followed By... • Low Repetitions/High Weight
Variable 5: (Rest Periods)	<ul style="list-style-type: none"> • Increased rest after first exercise • Little rest between supersets
Advanced Training Tactics:	<ul style="list-style-type: none"> • "Pre-Exhaustion Training"

Superset Variable Structure:

Variable 1: Exercise Classification

Supersetting Isolation Exercises with Compound Exercises

Your first exercise is more of a “setup” exercise in the superset combination you’ll use for this week’s training.

First you’ll start out with an ISOLATION exercise that will hit your larger muscle groups WITHOUT much help from the smaller “supporting muscles”.

Then, you’ll immediately come in with a serious MASS-BUILDING COMPOUND exercise for the same muscle group while your supporting muscles are still relatively fresh and able to provide maximum output to push some heavy weight!

Week 2 Exercise Classification Variable:

Superset ISOLATION exercises with COMPOUND exercises of the same muscle group to coordinate a duel attack that hits deep into the target muscles.

Variable 2: Fiber Type Activation

The superset format for this week is going to combine 2 different strategies back to back to really nail BOTH your Type1 and Type 2 fiber types.

Your ISOLATION exercise is strategically planned FIRST in the superset to beat the hell out of the Type 1 muscle fibers of your target muscle.

Then, you’ll come in with the second exercise, a COMPOUND movement, to zero in on your Type 2’s for some heavy damage!

It's time to break out the BIG GUNS!

Week 2 Fiber Type Activation Variable:

Target **BOTH** your **TYPE 1** “slow twitch” fibers and your **TYPE 2** “fast twitch” fibers by combining the individual focus of two types of exercise strategies that work **TOGETHER** to accomplish one mission...**MASSIVE MUSCLE!**

Variable 3: Hormone Activation

As you start to work more muscle fibers and start targeting your muscles as a “team” with compound exercises, you start to trigger natural anabolic hormone release from a different approach...a very **EFFECTIVE** approach!

The overall workload on your muscles increases as you begin to work with heavier weights and start doing some damage to those Type 2 fibers.

The result will be a “distress call” to your endocrine system that signals the need for backup hormone help.

Basically, the more muscle mass you're using to knock out your workout, the greater the “distress call”...and the more growth hormone and testosterone is released.

Although “hormone activation” isn't your **PRIMARY** objective this week, it will still remain **HIGH** and it's a nice little bonus for enlisting more help from your Type 1 muscle fibers!

Week 2 Hormone Activation Variable:

Keep your body's release of **GROWTH HORMONE** and **TESTOSTERONE** naturally **HIGH** by targeting a larger number of overall muscle fibers and working your muscle groups as a combined unit.

Variable 4: Repetition/Weight Relation

Since you'll be targeting BOTH muscle fiber types in this week's superset combinations, you're going to need to use two DIFFERENT approaches and work them in tandem to capitalize on both of their strengths.

As explained earlier, your first set of ISOLATION exercises is meant to work on your muscles' Type 1 fibers so your repetition range will remain HIGH for this set...but NOT as high as in Week 1.

Your goal will be to knock out about 12 – 15 REPETITIONS before hitting total muscular failure on your first ISOLATION set.

Because you've focused in on using your major muscle groups without burdening your smaller muscles too much, you'll be ready to go right into your "heavy" set to pummel your Type 2 fibers.

You'll do this by loading up the weight on the bar for your second set so you can work on the REAL hallmark of Type 2 fiber training...HEAVY NEGATIVES!

A Word From The "Nerd"...



During the "eccentric" stage of your repetition (such as when you LOWER the bar to your chest when performing a bench press), you primarily use your Type 2 fibers, right?

But while most guys simply DROP THE WEIGHT quickly and focus solely on the "concentric" phase (pushing up), they really miss out on "taxing the 2's"!

Working "heavy" and using a SLOW, CONTROLLED ECCENTRIC MOVEMENT, (i.e. "NEGATIVES") you REALLY fire up your fast twitch muscle fibers as they perform the primary role they were designed for.

For the second set in Week 2's supersets, you'll be targeting just 4-6 REPETITIONS using a heavy weight that's about 80% of your 1 REP MAXIMUM (1RM).

You'll perform this exercise with a FAST concentric movement to get the bar to the "top" position, and then fight the weight as it descends using a SLOW REP SPEED where you slowly count out 4 SECONDS before it reaches the bottom of the movement.

But what if you don't KNOW your 1RM and don't want to figure it out the hard way by seeing just how much you can load up on a barbell without it crashing down on your cranium?

Don't worry! There's a **SIMPLE** way to help you figure it out without having to update your will.

Here's what to do...

1. Use the chart on the following page to determine your **1-REP MAX** by looking up the **WEIGHT** you normally lift for your compound exercises (bench press, squats, pull downs, etc.) on the **LEFT SIDE**, while looking across the **TOP** for the number of **REPS** you're normally able to perform until you've reached muscular failure (without assistance) for that exercise.
2. Run your finger across the page and find where these two numbers intersect and you'll have your **ESTIMATED 1-REP MAX!**
3. After you've determined your 1-rep max, multiply this number by **.8** to find your "working" weight range of 80%.

A Word From The "Nerd"...

Here's an example...

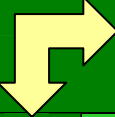


Let's say you're working CHEST and you can do 9 REPS of a bench press with a weight of 155 before hitting failure on your first set.

Well, using the chart I've given you on the next page, your estimated 1 REP MAX is about 199 lbs.

Multiply 199 by .8 to get 80% of your 1RM and you'd get about 159 so you would use a weight of 160 for your FIRST SUPERSET on your second exercise.

1 Rep Max Reference Chart

How To Determine Your 1-Rep Max										
	Number of Reps Until Muscular Failure									
	2	3	4	5	6	7	8	9	10	
Weight Used For Compound Exercises	55	58	60	61	63	65	67	69	71	72
	65	69	71	73	75	77	79	81	83	86
	75	79	81	84	86	88	91	94	96	99
	85	90	92	95	98	100	103	106	109	112
	95	100	103	106	109	112	115	118	122	125
	105	111	114	117	121	124	127	131	135	138
	115	122	125	128	132	136	139	143	147	152
	125	132	136	140	144	147	152	156	160	165
	135	143	147	151	155	159	164	168	173	178
	145	153	157	162	166	171	176	181	186	191
	155	164	168	173	178	183	188	193	199	204
	165	174	179	184	189	195	200	206	212	217
	175	185	190	195	201	206	212	218	224	231
	185	196	201	206	212	218	224	231	237	244
	195	206	212	218	224	230	236	243	250	257
	205	217	223	240	247	253	261	268	276	283
	215	227	233	240	247	253	261	268	276	283
	225	238	244	251	258	265	273	281	288	297
235	248	255	262	270	277	285	293	301	310	
245	259	266	273	281	289	297	306	314	323	
255	270	277	285	293	301	309	318	327	336	

Now another note on how much weight to use...

Unlike Week 1, where you kept the same weight throughout the entire training session, your goal for Week 2 is to reach muscular failure at a PRESCRIBED repetition count.

As you move on to your next rounds of supersets, you'll need to DROP the amount of weight you do on your subsequent sets so you can still reach muscular failure AT your target repetitions.

You will NOT use 80% of your 1RM throughout the set...just on your FIRST SET to get things started.

Remember...your goal is to hit "failure" AT or around your target reps!

In the Advanced Bodybuilding Workout Guide, you'll see sample workouts for each week so you'll know exactly how to structure your training day.

Week 2 Repetition/Weight Relation Variable:

Use **HIGH REPETITIONS** (~ 12 – 15 reps) and **LOW WEIGHT** for your first exercise of the superset and then **LOW REPETITIONS** (~ 4 – 6 reps) with **HEAVY WEIGHT** for your second exercise.

Variable 5: Rest Periods

While Week 1 was a fast and furious flurry of repetitions designed to build up lactic acid, you were only working with a light set of weights.

To push the kinds of pounds you're going to need for your second set to target your Type 2 muscle fibers, you're going to allow your body to build up its reinforcements and provide you with the levels of strength you need to get the most out of your heavy sets.

Research has shown that after an all-out intense set of exercise taken to muscular failure, you need between 1-3 minutes to be able to lift the maximum amount of weight for your next set.

For Week 2, we'll be using the middle of this range with a 2 MINUTE REST after your first exercise of your supersets to make sure you have the strength you'll

need for your upcoming MONSTER set.

Then you'll use just a 1 MINUTE REST after you COMPOUND set to regenerate some ATP for the next round of HIGH VOLUME REPS.

Week 2 Rest Period Variable:

2 MINUTE rest period between each **SET** of your supersets and then wait **1 MINUTE** after your **SECOND** exercise before going starting your superset over again.

Week 2: Putting It All Together

Ok, let's look at a sample workout for Week 2...

This time we'll use "Chest Day"!

From the Exercise Tables you have to choose from, you'll select an ISOLATION exercise from Table 1 and a COMPOUND exercise from Table 2 for your first SUPERCYCLE.

You'll use just these TWO EXERCISES for the first supercycle and then 2 DIFFERENT exercises for your SECOND supercycle!

Let's say you chose a "Incline Dumbbell Flyes" followed by "Barbell Bench Press".

First you'll get on the incline bench and perform your first set of flyes using a set of dumbbells that allows you to reach total muscular failure at about the 12 – 15 rep range.

Once you've reached exhaustion, set down the weight and hit your stopwatch.

You'll wait a full 2 MINUTES to gain enough strength back to get the most out of your SECOND set of your superset where you'll now get on the flat bench and knock out a set of Barbell Presses of a weight that is 80% of your 1RM.

You should only be able to get to about 4-6 reps as you really focus on the NEGATIVES where you lower the weight for a FULL 4-COUNT, fighting it all the way down.

A Word From The "Nerd"...



Be sure to have a spotter that can help you with that last repetition.

Your chest will be toast on that LAST NEGATIVE and you'll most likely need help to get the bar back up on the rack.

If you don't have the help of a spotter, stick with an exercise like Dumbbell Presses where you can simply drop the weights at the bottom of your last rep.

At the end of your COMPOUND set, you only need to rest 1 MINUTE before going back to your first exercise and starting all over again.

And remember...in order to reach your target reps, you're most likely going to need to reduce the amount of weight you're using.

Otherwise, you probably weren't working HARD ENOUGH on your previous sets!

Now once you're done with 4 SUPERSETS using these exercises, you've completed 1 SUPERCYCLE...and you'll then move on to choose 2 other exercises from the designated tables for your 2nd SUPERCYCLE.

This will give you a total of 16 SETS for all your exercises.

Advanced Mass Building – Week 3: “Operation Deep Cell”

Ready for a rest yet?

Well, you won't find it in Week 3! ;-)

This is going to be another fast-paced week that will leave your muscles screaming for relief.

But I promise you that when you get done with each day's training, the hormone surge you'll actually FEEL will give you enough ammo to tell your whiney muscles to “shut up and start growing!”

You'll still be combining “heavy” with “pump” sets, but the combination you'll use in this week is more geared toward jacking your growth hormone and testosterone levels back up and leave the gym with a MASSIVE PUMP that will make it hard to wipe the smile off your face all damn day!

It's time for Week 3's “operations orders”.

And what better way to start than with another “war story”, eh?

Mission Objective:

For a couple of years in my military service, I was chosen to take part in an experimental project that tested a new method of attacking the enemy.

Our team was known as the “Deep Cell” Attack Team and our objective was to defeat the enemy NOT by hard-charging straight up the middle through their front line defenses...

...but rather destroy them from the REAR by taking out their resupply means (ammo, food, water, etc.) and their command and control structure.

By focusing DEEP in enemy territory and eliminating support for their front line soldiers, by the time OUR front line troops met the enemy head on, the other side was tired, hungry and demoralized to a point where they were practically giddy

with relief at the opportunity to SURRENDER and trade in their weapons for a nice peanut butter and jelly sandwich.

Easy pickings!

In Phase 3 of your 4-week advanced bodybuilding “battle plan”, you’re going to take a similar approach through another specific combination of superset variables.

You see, YOUR mission for WEEK 3 is to first strike DEEP into the “enemy territory” of your TYPE 2 muscle fibers with a heavy COMPOUND SET to really blast them with some heavy artillery!

The first “Advanced Training Tactic” I’m about to share with you will take care of THAT...trust me!

But this is only HALF the battle.

Once you’ve worn down your major muscles with your COMPOUND set, your supporting muscles will be dead-dog tired!

But that’s a PRIME OPPORTUNITY to come in and pound away at your targeted muscles with a quick set of ISOLATION repetitions that will “extend” your set beyond the initial destruction...and take NO PRISONERS!

This final “pump set” will again leave you feeling like your muscles are going to rip right through your skin and the resulting “lactic acid” response will scream “Mayday” to turbo charge your anabolic hormone release!

So let me introduce you to your “Deep Cell Weapons Of MASS CONSTRUCTION”...

Week 3 Advanced Training Tactics: “Cheat Reps” & “Drop Set Power Pumps”

“Cheat Reps”:

I’ll be the first one to tell you that using STRICT FORM and a FULL range of motion is critical to maximizing stimulation of a muscle group when performing any exercise and preventing injury.

Unfortunately, as far as I can tell, only about 10% of the gym population even has a clue about how to PROPERLY perform an exercise the right way from start to

finish.

Looking to the left and to the right at your local gym, you'll see guys NOT going to FULL EXTENSION on their repetitions and flopping around like a guppy out of water as they try like hell to hoist up a weight that's simply TOO MUCH for them to handle.

Mucho EGO...piquito brain cells!

This is called a "Cheat Rep" in bodybuilder language which simply means you purposefully do whatever you can to get the bar up at the sacrifice of good form...but it's often used WAY too much and in the WRONG capacity.

Most guys see "cheating" the bar up (for exercises like the Barbell Curl) or down (if you're talking about exercises like the Lat Pull-Down) as an "advanced" technique for getting in that one LAST CONTRACTION with their muscle flexed.

Once they get the bar to the PEAK CONTRACTION POINT, they simply drop the weight back to the starting position with a "mission accomplished" attitude.

WRONG ANSWER!

This strategy SCREAMS "Beginner" in my book!

But in the hands of an "advanced" bodybuilder, "cheating" the bar up CAN greatly benefit you...IF you know how to do it...and do it RIGHT!

As we discussed earlier, most high volume bodybuilding training can leave you with untapped Type 2 muscle fibers that have a HUGE potential for growth and THAT'S where "cheating" comes in...

You see, the REAL purpose of the "cheat rep" is to get the weight to the "up" position (for exercises like the Barbell Curl, etc.) or "down" position (for ones like the Pull Down)...and then FIGHT against gravity as best you can with a slow controlled negative that drives your fast twitch fibers INSANE!

Once your SLOW TWITCH muscle fibers give out on you from your CONCENTRIC phase of the exercise, they've essentially "thrown in the towel" and trying to kill them with one last curl won't do a damn thing for you.

BUT...if you can use your body momentum to get the weight to where you AREN'T relying on your slow twitch muscle fibers any longer, you can STILL use the NEGATIVE phase of the exercise to your advantage as you start wailing away at your FAST TWITCH fibers!

And THAT'S how you'll be using them in WEEK 3.

Because by incorporating one single "CHEAT REP" at the end of your compound sets, you can EXTEND your Type 2 muscle fiber stimulation BEYOND normal ranges of effectiveness.

Yes, your follow-on set of an ISOLATION exercise will help you with this problem...but first, you'll give one last thrashing to your Type 2 fibers at the end of your COMPOUND EXERCISE by "cheating" the bar/dumbbell/etc. to the end of the CONCENTRIC phase of the exercise.

But it's important to note here that you CAN overdo it on this powerful of a technique.

So in this program, you'll always limit the number of cheat reps you do to no more than 4 REPS for each workout...the LAST 2 SETS of each SUPERSET using your COMPOUND exercises.

A Word From The "Nerd"...



Again, it will all become much clearer once you see how the Workout Guide is structured.

I've taken care of everything and will take you through every single set step-by-step.

So now that see the VALUE...let's "school" you on the 3 proper ways you can safely (and effectively) "cheat" the weight back up to get to those AWESOME HEAVY NEGATIVES...

3 Methods of "Cheating"

"Cheating" basically falls into three different approaches:

1.) Partner Assisted Cheating:

This is probably the safest way to “cheat” because you can rely less on YOUR body and get some help from a partner.

For an exercise like the Barbell Curl, all they may need to do is place a couple of fingers under the bar to help you get past your last “sticking point” and then let you fight the weight down for the last rep.

For an exercise like Presses (for your chest), I don't recommend using a barbell. Once you find the bar sitting on your chest after fighting it all the way down, you don't want to send your buddy to the Emergency Room with a herniated disc from trying to single handedly bend over to lift 155 lbs off on his own.

You're better off sticking with DUMBBELL exercises so you can just let the weights go at the bottom.

2.) Weight Momentum:

This “cheating” technique uses the WEIGHT itself as the main method of getting it back up to the position where you can begin your negative.

For example, if you're doing a Standing Dumbbell Curl, you may “swing” the weight forward and up so it builds up some momentum and helps you get it to the top contraction point.

Then you would use very strict form in performing the negative as you fight the weight back down.

3.) Body Momentum:

This method relies on your BODY as the means to get the weight to where you need it before knocking out your last negative.

For example, take a look on the next page for a simple way to use this method for the Standing Barbell Military Press...



If you were to perform a Standing Barbell Military Press and found you couldn't get the weight up on your own with strict form any more (Figure 1), you could bend down slightly like you were going to do a "squat" (see Figure 2 above)...

...and then you'd quickly stand back up, effectively "hopping" the bar to full extension above your head, ready to fight it back down (Figure 3).

Another method that's proven useful for exercises like the Standing Dumbbell Curl is to use your KNEES to "kick up" the weight to the very top position.

Just rest the dumbbell on one knee and hoist it up by quickly raising your knee and then do the other side.

Whatever method you choose, your first consideration should ALWAYS be SAFETY!

The last thing you want is to try to attempt a Barbell Squat or other exercise that leaves you exhausted at the bottom of the repetition with no way to get the weight off of you and it comes crashing down causing an injury!

Train SMART!

If you've never tried "cheating" in this way before, jump down to a lower weight at the end of your set to get the feel for it before attempting heavier weights.

Here are some other **Safety "Don'ts"**...

When “Cheating”, ***DO NOT...***

- Cheat until after you reach initial muscular failure.
- Cheat on exercises that require you to balance your body at the end of the negative or that rely too much on muscle groups like your lower back or knees or you could risk injury. **Dead lifts** and **squats** are excellent examples. Instead, use machines or dumbbells for the second sets of your COMPOUND exercises on these days.
- “Bounce” the bar off your body to get momentum!
- Swing the bar with excessive force. You don’t want to twist your body around while holding on to a weight any more than you have to.
- Try to lift too much weight. Your body will try to tell you when you’re attempting too much...LISTEN TO IT!

Now, on to your next Advanced Training Tactic for WEEK 3...

“Drop Set Power Pumps”:

By following up your “heavy” COMPOUND exercise with a lighter weight ISOLATION exercise, you have a wide open opportunity to kick your muscles while they’re down...and blast them with a punishing PUMP to show them who’s boss!

Here’s how you do it...

IMMEDIATELY after your last repetition of your COMPOUND set, you’re going to switch to your chosen ISOLATION exercise and drop down in the amount of weight you normally use (hence the name “Drop Set”).

Your target muscles will already be whimpering from the abuse so you probably won’t be able to lift much weight, but your goal is to knock out 12-15 REPETITIONS of your isolation exercise as quickly as possible.

A Word From The "Nerd"...



Don't worry about your "negatives"!

You just want to pump your muscles up for one last thrashing with a bonus lactic acid blast to jumpstart your hormone surge again.

Let the weight fall on its own without fighting it since you're focusing on just the CONCENTRIC portion of the exercise.

But we're NOT done yet because I have a special little "gift" for you at the end of your set...

As soon as you hit MUSCULAR FAILURE on this ISOLATION SET, you're going to completely REST THE WEIGHT for 5 SECONDS.

Just keep the weight by your side or racked so you're not using ANY muscular energy at all.

Then, after your 5 second "mini-rest period", you're going to VERY QUICKLY knock out 5 MORE REPS in rapid succession for a final "kick to the balls" of you slow twitch fibers!

Oh, you're gonna LOOOOOOOOOOVE this one! ;-)

And remember...you MUST give yourself a good 2-MINUTE REST PERIOD after each of these sets in order to prepare for your next COMPOUND set of the superset.

This is VERY important!

After one set, you'll see why!

Let's go ahead and break down your Week 3 "Deep Cell Attack" mission...

Advanced Mass Building Battle Plan: Week 3

CODE NAME:	"OPERATION DEEP CELL"
Mission:	<ul style="list-style-type: none"> • Work with heavier weights while muscles are at their strongest • Stimulate hormonal response for the benefit of major muscle groups through "extension sets" • Generate a killer "pump" to finish off your workout and prime your muscles for increased size
SUPERSET VARIABLE STRUCTURE	
Variable 1: (Exercise Classification)	<ul style="list-style-type: none"> • Compound exercises supersetted with isolation exercises
Variable 2: (Fiber Type Activation)	<ul style="list-style-type: none"> • Type 1 (Slow Twitch): Shared Primary • Type 2 (Fast Twitch): Shared Primary
Variable 3: (Hormone Activation)	<ul style="list-style-type: none"> • High activation • Primary cycle objective
Variable 4: (Rep/Wt Relation)	<ul style="list-style-type: none"> • Low Repetitions/High Weight Followed By... • High Repetitions/Low Weight
Variable 5: (Rest Periods)	<ul style="list-style-type: none"> • No rest after first exercise • Extended rest period between supersets
Advanced Training Tactics:	<ul style="list-style-type: none"> • "Cheat Reps" • "Drop Set Power Pumps"

Superset Variable Structure:

Variable 1: Exercise Classification

Supersetting Compound Exercises with Isolation Exercises

In Week 3 you're going to take advantage of training your heavier sets when you're at your very strongest...the very beginning of your workout.

Your goal is to go heavy on your initial set with a COMPOUND exercise that will use a large number of muscle fibers at the first stage of your supercycles.

To make this first set REALLY max out on its effectiveness, you'll need to make sure you get in that one last "money rep" that let's you get past your exhausted smaller "supporting" muscles we talked about earlier.

You'll do this by incorporating one single "CHEAT REP" at the end of the each set once you're effectively warmed up enough.

Your next set of ISOLATION exercise will come in with a follow up PUMP that will make you look and feel like the INCREDIBLE HULK!

Week 3 Exercise Classification Variable:

Superset **COMPOUND** exercises with **ISOLATION** exercises of the same muscle group to start the set strong and end with a post set "PUMP".

Variable 2: Fiber Type Activation

Week 3 again doesn't discriminate in its choice of fiber types to target.

The COMPOUND movement you'll start with is again designed to work away at your "fast twitch" Type 2 fibers as much as possible.

Following up with an ISOLATION exercise in all of your supersets allows you to

burn straight through to your Type 1 “slow twitch” fibers while they’re lying there vulnerable from your initial beating.

The result is a “piggy-backed” MASSIVE PUMP at the end of each set to extend your path of destruction beyond your initial Type 2 shocker.

Try not to cry on the gym floor, ok?! ;-)

Week 3 Fiber Type Activation Variable:

Target **BOTH** your **TYPE 2** “fast twitch” fibers and your **TYPE 1** “slow twitch” fibers through **HEAVY NEGATIVES** followed by a **MASSIVE PUMP**.

Variable 3: Hormone Activation

Week 3, like Week 1, is a prime time to activate your body’s hormonal response to training.

Since you’re combining COMPOUND and ISOLATION exercises again, you have the benefit of targeting a HUGE number of muscle cells that will in itself trigger your body’s release of GROWTH HORMONE and TESTOSTERONE.

But unlike the guys who simply like to “go heavy” all the time, that last “drop set pump” from your ISOLATION follow up set is what is REALLY going to not only make sure you’ve dug deep into your muscle fibers...but ALSO trigger a buildup of lactic acid in your muscles which, combined with your heavy sets, jack up your hormonal response, unleashing a FLOOD of muscle-building chemicals!

Enjoy the surge!

Week 3 Hormone Activation Variable:

Carry out a 2-phase “attack” to activate your body’s natural hormone release by hitting a **LARGE** number of muscle cells while creating a **LACTIC ACID RESPONSE** with “set extenders”.

Variable 4: Repetition/Weight Relation

Week 3 is an obvious flip-flop of the exercise order you had in Week 2 for your supersets.

But that doesn't change HOW you target each set of muscle fibers to stimulate them for growth they way the "prefer".

The only difference is that on your COMPOUND exercise sets which start the whole supercycle, you'll be adding in a Type 2 "fast twitch" ANNIHILATOR by "cheating" the bar up so you can fight it all the way down.

This extra little act of giving your Type 2 fibers "the finger" REALLY digs deep into the core of your muscles and you're going to start off with the same 80% of your 1RM to begin your training.

Your goal...4-6 REPETITIONS for your first sets of the superset to keep it HEAVY.

As in Week 2, you'll perform your COMPOUND exercise with a FAST concentric movement to get the bar to the "top" position, and then fight the weight as it descends using a SLOW REP SPEED (4-second count) as you lower it down to the bottom of the movement.

And you know the deal with the ISOLATION exercise in your second set of each superset...aim for about 12 – 15 repetitions at a FAST rep speed so you can put the finishing touches on your wounded enemy!

Week 3 Repetition/Weight Relation Variable:

Start with **HIGH WEIGHT** (80% 1RM to start) with **LOW REPS** (4 – 6) for your first superset exercise and follow up with a set of **HIGH REPETITIONS** (12 – 15) and **LOW WEIGHT** to generate a massive "pump" while triggering natural hormone release.

Variable 5: Rest Periods

I hope you're ready for this week because it's going to be filled with another bout of relentless repetitions that never seems to end!

You see, IMMEDIATELY after you've finished your first set of the COMPOUND

exercise, you'll launch into your second ISOLATION exercise set...with NO REST!

The purpose of this is to really go for the burn so don't waste any time in getting to your "pump set"

But we don't want to send you out of the gym in an ambulance, do we?

You'll get a much needed break after your second exercise by "teasing" your body with a solid 2-MINUTE REST PERIOD as you prepare for the next round of torture!

Week 3 Rest Period Variable:

NO REST between your first and second exercises and a **2-MINUTE REST PERIOD** between "supersets".

Week 3: Putting It All Together

You're gonna LOVE Week 3 of your training!

Let me give you an example of how it will run and you'll see why...

This time let's use "Back Day" as an example, ok?

We'll say you choose your first COMPOUND exercise to be the "Wide Grip Lat Pulldown" and your second exercise is a "Straight Arm Pulldown" ISOLATION movement.

After your warmup sets as outlined in your companion WORKOUT GUIDE, you'll step up to the Pulldown Machine loaded up with 80% of your 1RM (we'll say it's 165 lbs).

You'll pull the weight down as FAST as you can to get it to the very BOTTOM of the movement where the bar is at your upper chest.

THEN...you'll FIGHT the bar as it head's back to the top so it takes a full 4 SECONDS to get back to "start".

Once you've reached muscular exhaustion at 4-6 reps, you'll IMMEDIATELY step off the machine and reduce the weight so you can quickly move straight into your Straight Arm Pulldown" exercise for a MASSIVE PUMP in the 12-15 rep range.

As soon as your muscles give out and you can't do another repetition, you're going to let the bar go all the way to its starting "rest point" where you're not supporting ANY of the weight...and count slowly to "5".

At the end of that 5 SECOND WAIT, you're going to QUICKLY knock out 5 MORE FAST REPS of the Straight Arm Pulldown for one last little "PUMP FEST"!

Once you're done, you'll start your stopwatch to make sure you get a full 2 MINUTE REST PERIOD in before you go back and start again.

Advanced Mass Building – Week 4: “Operation Copperhead”

Ok, it's time to grow some hair on your back!

Week 4 of this program is made for the “monster” in you because you'll finally get to rack some weight worthy of someone with the body you now have under construction.

You won't have to worry about puffing out your chest to make yourself look bigger any more...I have a few little surprises for you that will take care of that naturally!

It's all covered in your final set of “Advanced Training Tactics”

Time for your last mission briefing...

Mission Objective:

In preparation for a 1-month “Desert Warfare” training maneuver, my military unit set out on a quest...

...to show the Army the powerful potential of a relatively “unused” weapon system known as the “Copperhead”.

You see, the “Copperhead” was a highly explosive munition fired out of a large artillery piece (cannon), but it had a special little feature that made it especially effective...

You see, as a Forward Observer in the military, it was MY job to head out behind enemy lines and locate unsuspecting “targets of opportunity”.

One of the special little “gadgets” I was armed with was “laser” system that allowed me to place an invisible beam on an intended target, such as a tank, without them even knowing it (until it was too late).

I would then radio in the location of the “enemy” back to the artillery and they would fire a Copperhead round toward that location.

Now the Copperhead was a new generation of “smart bombs”, armed with a laser tracking device.

So basically, wherever I point my laser...THAT’S where the bomb will hit...and I could place it right on the rear tag of your underwear if I wanted to!

We’re talking “SURGICAL REMOVAL” here!

Now, prior to our scheduled training maneuvers in the military’s “National Training Center” for DESERT WARFARE, the “record” for the most number of “training kills” for the Copperhead round was just 6 confirmed hits.

But OUR Company Commander was on a mission!

With a fat cigar sticking out of his mouth just prior to our departure to the giant sandbox, he issued a challenge...

“A case of beer to the Team that can set the NTC record for the most Copperhead ‘kills’ and really show those ‘dirt devils’ what our unit can do!”

Wow...a CASE OF BEER?!

To a soldier, that’s like FREE LIQUID GOLD! ;-)

I turned to my team and with a wink of my eye, I told them that beer was as good as OURS!

And once we hit the desert, our first training battle gave me an opportunity to test our skills.

Hidden high on a desert mountain top behind “enemy” lines with my Recon Team, I zeroed in on an unsuspecting convoy of tanks parked and waiting by the road.

It was like shooting fish in a barrel!

I called in their location, requesting the Copperhead rounds to be launched at 30 second intervals until I say “stop”.

Breaking out my laser device, I carefully zeroed in on the front tank’s “soft spot”.

Since this was just a “training” exercise, we weren’t talking about REAL rounds here, so the training evaluator that was with me confirmed that I had the correct location and called in to the “enemy” evaluator to start throwing down the

simulated explosives.

When my first “simulated rounds” hit the enemy, they were caught with their pants down!

By the time they realized that the simulated attack was on and had started up their vehicles to high tail it out of the “kill zone” I had nailed 6 CONFIRMED “KILLS”!

We had already TIED the NTC record...on the VERY FIRST DAY!

As the next few weeks’ training continued, my team proceeded to be the biggest thorn in the Desert Warfare Center’s history as we launched Copperhead after Copperhead when the “enemy” least expected it.

By the end of the training we had blown away the old record with our 27 CONFIRMED “KILLS”!

A Word From The “Nerd”...



We even earned the nickname “Killer Fist” and stories of our success were whispered throughout the training staff and enemy ranks as a force to reckoned with!

Yes, we had become a LEGEND at the Desert Warfare Center...

...but more importantly...we got that FREE CASE OF BEER! ;-)

So what does this have to do with Week 4 of your Advanced Bodybuilding Battle Plan?

Well you see, our goal this week is to specifically target, with “Copperhead precision”, your Type 2 “fast twitch” muscle fibers with some SERIOUS FIREPOWER!

You’ll be going “extra heavy” this week!

But we’re going to throw in one little extra step to your supersets...

...a “laser guided fiber blaster” that will allow you to claim VICTORY over your

“2’s” and force them to jack up your strength to new dimensions!

Want to know how you’ll do it?

All in due time soldier.

All in due time!

Week 4 Advanced Training Tactic: “Super Negatives”

By now, it’s engrained in your cranium that the way to train your Type 2 “power” fibers is through SLOW, HEAVY NEGATIVES.

This is where they shine and Week 4 is a total “Fast Twitch War Zone”.

But just when your Type 2 fibers reach the point where they’ve had enough at the END of your SUPERCYCLES, you’re going to launch a surprise SNEAK ATTACK that will leave no prisoners!

You’re going to use something I call a “Super Negative” and it works like this...

First, you’re ONLY going to be focusing on TWO “BIG MOVER” COMPOUND EXERCISES for the whole workout.

Again, you’ll use your CHEAT REPS for the LAST 2 SUPERSETS for each exercise.

BUT...on the very LAST set of both of your exercises, you’ll IMMEDIATELY drop the amount of weight you have on the bar by approximately 50-60%.

THEN...right away you’ll lift the bar up to the “top” of the exercise movement (meaning the END of the CONCENTRIC phase of that exercise) one more time and do a SUPER-SLOW NEGATIVE that is a total FAST TWITCH FIBER BLASTER.

Your goal is to fight the bar down so it takes approximately 1 FULL MINUTE to lower the weight back to the start point (i.e. – the end of the ECCENTRIC movement).

The best way I’ve found to accomplish this is to start out slow at the first few inches of the descent of the weight.

A Word From The "Nerd"...



It will seem REALLY "easy" at first, but remember...

...your Type 2 fibers don't have a lot of stamina so they'll start to give out on you VERY quickly.

ESPECIALLY since you've already reached exhaustion in your initial sets of the exercise and your final CHEAT REPS.

Try to "hold" the weight at about 1/3 of the way "down" in the movement.

This will probably be at about 10 – 20 seconds into your slow negative and you just want to try to pause there for a few seconds.

Then start lowering the weight down more...SLOWLY...until you reach about HALFWAY through the range of motion...and pause again.

At this point, your "2's" will be screaming for relief and THIS is where you start to get into a mental tug-of-war for control over who's going to "win".

DON'T give in!

At about that halfway point is when you want to try to LIFT THE WEIGHT BACK UP AGAIN!

Most likely you WON'T be able to do this!

Doesn't matter...the act of "FIGHTING" is what you're trying to accomplish and as you unwillingly start to lose strength and find the weight (or your body) descending against your will, know that you've done your part.

The important thing to remember is to FIGHT to keep the weight up throughout the ENTIRE movement until you can't hold it any longer and your targeted muscles completely GIVE OUT.

Now, a few points here...

First...if you're having a hard time picturing the superset structure and where SUPER NEGATIVES fit into your workout, don't worry...

...it's all set up in your Workout Guide for you to follow along.

It will all make sense when you've reviewed Week 4 in the program.

Second...DO NOT use this with an exercise that you're going to find yourself in a giant pickle when you can no longer lift the weight any longer.

If you try this with a Barbell Squat for example, you're going to be in a world of hurt at the bottom of your movement when your legs give out on you, right?

Instead, an exercise like the Leg Press with the safety skids on will be your best bet.

My favorite?

BODYWEIGHT NEGATIVES!

Your "Super Negative" exercise does NOT need to be the SAME exercise as your previous sets.

For example, for ARMS, you may have started with a Barbell Curl as your compound movement, but for your "Super Negative", you may opt to "jump" up the top position of an Underhand Pull Up and fight your BODYWEIGHT down.

Same for Squats...as in doing a Bodyweight Squat holding on to a weight plate may work best.

Bench Press...on to a final SUPER SLOW Pushup "negative", starting at the "up" position and fighting your body weight all the way back down to the ground!

You get the picture.

Be creative...but BE SAFE!

Advanced Mass Building Battle Plan: Week 4

CODE NAME	"OPERATION COPPERHEAD"
Mission:	<ul style="list-style-type: none"> • Build massive amounts of strength • Stimulate growth through fiber-activation cycling • Overload Type 2 fibers through targeted set extensions
SUPERSET VARIABLE STRUCTURE	
Variable 1: (Exercise Classification)	<ul style="list-style-type: none"> • Compound exercises supersetted with Compound exercises
Variable 2: (Fiber Type Activation)	<ul style="list-style-type: none"> • Type 1 (Slow Twitch): Secondary • Type 2 (Fast Twitch): Primary
Variable 3: (Hormone Activation)	<ul style="list-style-type: none"> • Moderate-to-high activation • Secondary cycle objective
Variable 4: (Rep/Wt Relation)	<ul style="list-style-type: none"> • Low Repetitions/High Weight
Variable 5: (Rest Periods)	<ul style="list-style-type: none"> • Extended rest periods between each superset and supercycle
Advanced Training Tactics:	<ul style="list-style-type: none"> • "Super Negatives"

Superset Variable Structure:

Variable 1: Exercise Classification

Supersetting Compound Exercises with Compound Exercises

Week 4 = HEAVY!

And to push the kind of weight we're talking about, you're going to need the help of ALL of your "muscle allies".

That's where COMPOUND exercises come in...and that's EXCLUSIVELY what you'll be training with this week.

No more ISOLATION exercises...just the big, heavy duty MASS BUILDERS that will make your Type 2 fibers fear for their very existence!

By focusing solely on COMPOUND exercises, you send a direct order to your muscles that their mission this week is to bring out the BIG GUNS and develop some serious STRENGTH and POWER.

The end result is a whole new focus for your muscles that keeps them confused about your "mission"...and this "MUSCLE CONFUSION" is what avoids training plateaus...and keeps them GROWING!

Week 4 Exercise Classification Variable:

Superset **COMPOUND** exercises with **COMPOUND** exercises of the same muscle group to develop some **SERIOUS STRENGTH** and **POWER**.

Variable 2: Fiber Type Activation

Yes, Week 4 is going to stretch the limits of strength and power development through a HEAVY combo of mass-building COMPOUND exercises...

...and “HEAVY” is what your Type 2 “FAST TWITCH” muscle fibers are ALL ABOUT!

Your “2’s” were BUILT for STRENGTH and they function at their best during the ECCENTRIC phase of your repetitions.

In Week 4, you’re going to give them the special treatment they deserve and have been waiting for since Week 1 when you “played favorites” with your SLOW TWITCH fibers.

By using COMPOUND exercises and focusing on HEAVY NEGATIVES, you finally give your Type 2 fibers a chance to show you what they’re REALLY made of.

But you’re not going to stop there...

The “SUPER NEGATIVE” tactic I laid out for you is strategically placed at the end of each exercise on your LAST SET to allow you to jack up the activation of your Type 2 fibers like rocket fuel in a motor scooter!

Week 4 Fiber Type Activation Variable:

Target your **TYPE 2** “fast twitch” fibers by using **HEAVY NEGATIVES** in your **COMPOUND** supersets.

Variable 3: Hormone Activation

Week 4 takes a different approach to anabolic hormone activation.

Since you won’t be training with high volume ISOLATION exercises, you won’t see as much of a lactic acid response...but that’s NOT necessarily a BAD thing.

Too much focus on “Lactic Acid Training” can create an environment where muscle growth is actually SUPPRESSED due to increased acidity.

In Week 4, you’re going to give your body a chance to buffer out some of the lactic acid with lower volume training...BUT continue to request hormone “backup support” through an increase in HEAVY training.

While hormone activation ISN'T your primary focus during this week, you WILL be maintaining a "need" for increased natural secretion to keep up with the demands from your muscles.

Week 4 Hormone Activation Variable:

Maintain **MODERATE** levels of natural hormone response while allowing your body cycle **OUT** of a heightened acidic environment for continued muscle growth.

Variable 4: Repetition/Weight Relation

Since Week 4 is your "heavy" week and primarily focused on your Type 2 muscle fibers, you know there's only ONE WAY to train...

HEAVY weights...LOW REPS...and a stress on the NEGATIVES!

The only difference from the way you've BEEN training this way will be the addition of the CHEAT REP + SUPER NEGATIVE "fast twitch" ANNIHILATOR at the end of each superset.

For the amount of weight to use, start off with the same 80% of your 1 REP MAXIMUM you learned about earlier, though you KNOW you may need to strip off a wee bit of weight on each subsequent set in order to hit your target repetitions.

For your repetition SPEED, you'll need to get the weight up quickly (which DOES incorporate your SLOW TWITCH fibers), but your goal is just to get it to the end of the concentric phase so you can FIGHT the bar through a slow 4-COUNT ECCENTRIC movement to blast away at your FAST TWITCH fibers.

THAT'S your ultimate goal!

If you can do MORE than 6 REPETITIONS...you're NOT using enough weight!

Likewise, you're going to need to keep dropping a little bit of weight on your subsequent sets in order to keep hitting your target reps of 4-6.

You're just going to have to use your judgment and experience on how much you need to take off the bar.

Then, at the END of your FINAL SET of your “supercycle”, you’re going to make a BIG DROP in the amount of weight you use in order to accomplish the advanced technique of the SUPER NEGATIVE.

Week 4 Repetition/Weight Relation Variable:

Start with HIGH WEIGHT (80% 1RM to start) for each exercise and adjust the amount of weight for each set so you ALWAYS reach muscular failure between 4-6 REPS.

Variable 5: Rest Periods

BIG GUNS require BIG AMMUNITION!

And Week 4 is DEFINITELY your “Week of the Big Guns”!

To power through each massive reputation like a battle tank, your muscles are going to need to be topped off with all the fuel it can get hold of.

For that reason, you’ll need to take a full 2 MINUTE break in between each and every set!

Don’t rush through this one!

Research has shown that when trying to push the most weight, the optimum rest period is between 2-3 minutes before wrapping your hands around the bar for your next round of torture.

So after each and every set, look at your stopwatch and track your break and give your body the maximum time it needs to bring breathing back to normal and regenerate ATP levels to maximum potential.

Week 4 Rest Period Variable:

Take a full **2-MINUTE REST PERIOD** between each and **EVERY SET** to regain normal breathing patterns and fully regenerate ATP for maximum strength potential.

Week 4: Putting It All Together

If you ever wanted to know what it felt like to train like a POWERLIFTER, WEEK 4 will give you an inside glimpse because you're gonna get a chance to really push some plates!

Take a look at a typical battle as we use "Shoulders Day" as an example...

First, you want to start out with a couple of good warmup sets to make sure your muscles, ligaments, and tendons are ready for the workload.

2 sets of 12-15 reps WITHOUT going to failure should do it.

Now, you want to pull out a couple of BIG MOVERS from your designated Workout Tables that work your shoulders from a couple different angles.

For this example, I'm going to use the Standing Barbell Press and the Dumbbell Shrugs.

First up...I like to go with the Shrugs!

Grab a set of nice heavy set of dumbbells and really get a powerful contraction at the top of the movement where your shoulders try to touch your ears.

This is a VERY short range of motion so you'll only be inching it down slowly to really work on the NEGATIVE until you get to the bottom of the movement.

After you've completed your 4-6 reps and can't lift it any more, just rack the weights and give yourself a good 2 MINUTE REST.

Once you've fully recovered at the end of 2 minutes, grab on to a loaded up barbell and snatch it up to UPPER CHEST LEVEL to begin at the "start" position.

Heave the weight up to just short of "lockout" above your head using a weight that makes your shoulders surrender in a scream for MERCY within 4-6 reps.

After 2 MORE MINUTES of a rest, you'll go back to the Shrugs for the start of your second superset.

As you'll see from the Workout Guide Journal for this week, you'll continue in this superset fashion for 4 SETS.

On your 5th and 6th SUPERSETS , once you reach exhaustion on your LAST REP, you're going to CHEAT the bar back to through the CONCENTRIC movement to get in one last DEEP, DEEP NEGATIVE.

A Word From The "Nerd"...



For example, with your Dumbbell Shrugs, you may use your BODY MOMENTUM to "hop" the dumbbells to the TOP position...

...and then fight it back down for your big NEGATIVE.

For the Standing Military Press, just bend your knees some and again, use your BODY MOMENTUM to help you get the barbell back up in the air so you can get in that ONE LAST NEGATIVE REP!

But it's your 6th SUPERSET that's REALLY going to torch your 2's...

Because after that last CHEAT REP is over, you're going to rack the weight and then IMMEDIATELY pick up a weight that's only about 40-50% of the weight you just lifted and again get it up to the end of the CONCENTRIC MOVEMENT.

You may even have to cheat the bar up again...but your goal is to FIGHT that bad boy down as hard as you can for as close to 1 MINUTE as possible.

DON'T let your MIND "whuss out"!

You ONLY give in once your SHOULDER MUSCLES have completely burned out and won't LET you keep the weight in the air any longer.

Do this for your 6th SET for each of your exercises and you're DONE...

...in more ways than one!

“Instinctive Training”

Well, you’ve now advanced your battlefield credibility beyond “beginner” or even “Intermediate” status...to a full-on “ADVANCED” soldier!

So what do you do after your 4 Week Advanced Bodybuilding Battle Plan?

Ahhhhh...NOW you’ve stumbled upon the TRUE hallmark of an “Advanced” lifter!

You see, for a true “soldier”...the battle NEVER ends!

Once one “enemy” lies defeated, you stock back up on ammo and head off to the next battle.

Only THIS TIME...you’re even MORE “deadly” to your training plateaus because you’re armed with MORE knowledge about your bitter sworn “enemy”...your personal GENETIC LIMITATIONS!

You know that not EVERYONE is created equal.

You see, one of the true BEGINNER mistakes that so many guys make is NOT understanding HOW training is creating composition changes inside their body.

In other words, how does YOUR body react to SPECIFIC training methods?

You may have a higher ratio of SLOW TWITCH muscle fibers.

You may therefore respond very DIFFERENTLY to each training phase than someone who has a higher ration of SLOW TWICH muscle fibers.

There are other factors that affect your results as well, but the point is that to continue to make significant gains in packing on some SERIOUS MUSCLE MASS, the better you can get to know your body, the more you will GROW!

In the ranks of “Advanced Lifters” this is known as “INSTINCTIVE TRAINING” and it’s almost like having a “PSYCHIC CONNECTION” with your muscles.

I talk a little bit about this in my audio program “

Therefore you have to progress to the point where YOU are training INSTINCTIVELY and customize your own PERSONAL training program!

With each phase of this program, you will know more about how your specific body type responds to different phases of training.

And it is THIS information that you'll use to your advantage as you map out your next ATTACK PLAN.

But in order for you to do this, you must FIRST be "paying attention" to what your body has to tell you.

That means CLOSELY TRACKING your progress through each phase of the program!

By recording both your muscle gains and your fat losses at the end of each week's training, you can get a picture of how your body is responding to this level of training.

I earned my nickname "The Muscle Nerd" because I was an avid "tester" and you would ALWAYS find me sitting on the end of a weight bench recording every element of my training...

How much I lifted...how many sets...reps...how I felt...which exercises worked best...YOU NAME IT!

If you're not recording your workouts AND your progress, you may as well put your "Hello! I'm a Beginner" name tag back on your sweatsuit!

You just failed your final exam!

Now, your bonus, "Advanced Bodybuilding Workout Guide" will provide you with all the ammo you need to lock and load on your training journal.

It's laid out in an easy step-by-step format that takes ALL of the guesswork out of the equation.

So now, let's get you geared up to learn how to REALLY track your progress...

You see, most "beginners" simply use a combination of the MIRROR and the SCALE to give them their feedback.

Ok, we ALL do, right?

However, both of these methods can be DECEIVING to say the least.

The mirror often shows us exactly what we want to see ("Man! Just look at the size of my chest after only **ONE WORKOUT!**")

And those ups or downs you see on the scale may mean gains in **FAT**, or even worse....loss of **MUSCLE!**

So how **CAN** you determine your progress?

If you really want to know if your gains and losses are muscle or fat, there's a simple formula you can use.

Don't worry...you won't have to break out your old algebra books for this one.

Just follow along with the "Muscle Nerd"...

If math scares you, don't forget that I've included your AGT 5000 software program that does all of this

Step 1: Step on the scale.

You need a baseline measurement of your weight for figuring out the rest of the formula.

Step 2: Measure your bodyfat.

While there are several ways to accomplish this, one of the easiest and least expensive ways is to use a bodyfat caliper.

Nowadays, you can pick up one up for around \$20 that will do the trick.

Follow the instructions with the device to determine the ratio of lean weight to fat in your body.

Step 3: Multiply your weight by your measured bodyfat percentage to find out how much fat you're lugging around.

Record your answer for future measurements

Example: 185 lbs. X 17.5% (or .175) = 32.4 lbs of fat

Step 4: Subtract the amount of fat (in pounds) from your original bodyweight in Step 1.

Example: 185 lbs. (original weight) – 32.4 lbs (of fat) = 152.6 lbs lean weight

This calculation **WILL** tell you how much **LEAN WEIGHT** you're currently carrying.

However, this first measurement will **NOT** tell you how much muscle you have since your lean weight is also made up of bones, organs, hair, etc.

What it **DOES** give you is your baseline measurement to compare with future measurements since any gains you make in **LEAN** bodyweight should only come from **MUSCLE**.

Step 5: Perform Steps 1-4 again approximately 3-6 weeks later. Then compare your results with your previous reading.

Example: Let's say your first measurements were...

Weight – 187 lbs
Bodyfat % Reading – 17.5%

$187 \times 17.5\% = \text{about } 32.7 \text{ lbs of fat}$
 $187 - 32.7 = 154.3 \text{ lbs lean bodyweight}$

Now, for your second measurements you get...

Weight – 190 lbs
Bodyfat % Reading – 16%

$190 \times 16\% = \text{about } 30.4 \text{ lbs of fat}$
 $190 - 30.4 = 159.6 \text{ lbs of lean bodyweight}$

If you now compare your second readings with your first, you can see that...

You've **GAINED** 5.3 lbs of muscle (from 154.3 lbs lean in first reading to 159.6 in the second); and...

You've **LOST** 2.3 lbs of fat (from 32.7 lbs of fat in first reading to 30.4 lbs in the second).

Short of breaking out the slide rule from my pocket protector, this is the easiest way I can teach you how to determine if your current program is helping you meet your goals.

Just use this formula at regular intervals in your program (I like to do it every week but you don't need to be that anal retentive about it).

Every 2 to 4 weeks is fine) and you'll have no doubts what's working and what isn't.

And FINALLY...

The next thing I want you to do at the very END of this program, may in fact prove to be the HARDEST WEEK yet...

You see, after you've completed this 4 week program, I actually want you to TAKE A WEEK OFF!

A Word From The "Nerd"...

That's right...NO TRAINING whatsoever!

Why?



Because the "muscle building process" actually takes about 7 days to complete its cycle.

This is approximately how long it takes your body to deal with the "damage" you caused in the gym and REBUILD the muscle fibers BIGGER and STRONGER than before.

So by taking another snapshot of your body composition through your measurements for the week AFTER you've completed this program, you get a better understanding of your own PERSONAL INTENSITY TOLERANCE.

Let me explain further...

"Instinctive training" means you' have a deep, personal understanding about how your body responds to your bodybuilding program.

It goes FAR past what "beginner" bodybuilders grasp as they continue to pull out random workouts from magazines and wander aimlessly around the gym.

By taking a week off after this intense week of training, you'll possess the priceless feedback you need to better craft your own program and adjust it for even BIGGER GAINS.

Just follow along with the chart on the following page...

If After 1 Week Off From Training:	Then Adjust Your Program By:
<p>Your calculations show a <u>DECREASE</u> in lean muscle mass...</p> <p>You're either OVERTRAINING or UNDERTRAINING!</p>	<p>Next try a 5-Week cycle (doing Weeks 1-4, plus Week 1 again); take another week off and then test again.</p> <p>If NO change or increase is seen, see respective options below.</p> <p>If another DECREASE is seen between the end of Week 4 and your second "week off test period", then switch to a 3-DAY workout for 4-WEEK cycles.</p>
<p>Your calculations don't show <u>ANY</u> changes in muscle or fat composition...</p> <p>You have a "rapid recovery system" that can withstand a high volume of training!</p>	<p>Stick with the same 4-Week cycles but for the 5th week, instead of taking it completely off, train on the same body parts on the same days with 4 sets of 4-6 reps (1 minute rest periods) for each muscle group but do NOT go to failure at all!</p> <p>Do this by using a weight you could use for 7-8 reps before failure but STOP at 4-6 reps.</p>
<p>Your calculations show an <u>INCREASE</u> in lean muscle growth...</p> <p>You're either in a perfect workout structure or have the ability to train MORE!</p>	<p>You have several choices:</p> <ol style="list-style-type: none"> 1.) Stick with the same exact structure (4 weeks on – 1 week off); or... 2.) On 5th week, perform light training WITHOUT going to failure (as in situation above); or... 3.) Test doing the 3-Day workout TWICE a week (i.e. – Days 1-3, 1 rest day, Days 1-3 (same workout) AGAIN...another rest day...then transition to the next week's workout structure. Take a full week off after the 4 weeks of training.

You'll see EXACT workout plans for each option listed above in your bonus Mass Building Workout Guide.

But now it's time to take a look at the next phase of your "Advanced Education"...

Advanced Mass Building Nutrition

I don't want to insult your intelligence here.

If you bought this "Advanced" program then I SHOULD assume that you at least have a working knowledge of the "basics" of how to eat to build muscle.

But I'm always amazed at how many "experienced" lifters I talk to that are still confused (whether THEY think they are or not) about how they should be eating to build muscle.

I guess it's no wonder...

I mean, there's so much misinformation floating around about bodybuilding nutrition that it's easy to get lost.

Open up a fitness magazine one month and you'll find an article telling you to follow a high protein – low carb diet plan.

Pick up the next month's issue of the VERY SAME magazine and you'll find 4 feature articles telling you how IMPORTANT carbs are for gaining mass.

So which is it?

Well, in MY humble opinion, although eating a healthy diet is CRUCIAL for gaining muscle, people try to make it much more complicated than it really is.

If you've seen any of my other work, you know that I'm not a big fan of counting calories or measuring out my food.

Oh sure...there's value in it and doing so WILL help you better regulate what you're putting in your body.

But the reality is that it's also TOO MUCH WORK!

So while I COULD take you through 10-15 pages of telling you how to figure out how to count every calorie...how to deduct the "thermic effect" of nutrients...and come up with an anal-retentive eating guide...I know you're gonna ignore anyway!

So instead, I thought I'd take a different approach.

You see, my thought is that if I make your nutritional program as simple and easy-to-follow as possible, then you'll stick with it much better than you have with the other so called "bodybuilding" diets you've been on.

And if I can get you to stay on track for the next 8 weeks, you'll have developed the true mark of a dedicated bodybuilder...INSTINCTUAL NUTRITION!

A Word From The "Nerd"...



Don't worry...that's just a fancy word for the supernatural power of simply looking at a plate of chicken, potato, and broccoli and being able to rattle off the exact protein, carb, and fat breakdown in 3.7 seconds.

Once you've mastered a true "understanding" of food...what it is...how it affects your gains...how to take advantage of certain "shortcuts" to eating right...it all becomes SECOND NATURE and no longer an obstacle to maximizing your progress.

So to begin, let me give you the obligatory "introduction" to your food so I can make sure you really DO have that basic understanding we'll be building upon...

Food: It's Not Just For "Survival" Any More!

Yes, we humans require 6 essential nutrients to stay alive: protein, carbohydrates, fats, vitamins, minerals and water.

But as a bodybuilder, we also look at the food we take in as the raw building materials we use for the growth and maintenance of new muscle tissue.

And believe it or not, HOW you look at your food this way actually can play a big role in how successful in using it to build mass and burn fat.

What do I mean by this?

Well, when you stop looking at food as simple gratification for your hunger pains and start looking at it as "construction materials", you can get a better perspective on the quality of the "structure" you're creating.

Consider this...

There are about 30 to 50 trillion cells in the human body.

Every single day, you trade in about 300 billion or so of them through a constant process of shedding, excreting, dissolving, and rebuilding.

In fact, did you know that our skin is replaced every 2 WEEKS...

...our blood supply is replaced every 3 MONTHS...

...and we basically have an entirely NEW BODY every 6 MONTHS?

So when I say that your body is "under construction", I mean that quite LITERALLY!

Now picture a giant construction site bustling with tough burly men (and women!) with hard hats and hairy backs (with the possible exception of the women), all working together to build a skyscraper.

You know they need mega huge equipment such as cranes, bulldozers, dump trucks, jack hammers, etc.

But they ALSO need the right building materials to create the final structure: nails, screws, bolts, quality steel & concrete, perhaps bricks...you get the picture, right?

Well imagine if YOU, as the construction site manager, deliver to your workers SUBSTANDARD building materials...

Watered down concrete...steel beams with fractures in them... ¼ inch bolts when you need 6 inch bolts...only 50% of the nails that are required, etc.

Can you imagine what the final building project will look like when it's finished?

The first heavy wind that blows and that skyscraper is going to fall over and take out 3 city blocks with it!

Now, in my analogy, the "equipment" you'll be using on constructing your muscle-bound body is going to be your training program in the gym...and the "building materials" can be looked at as the nutrients you provide for the creation of all this new muscle.

Unfortunately most guys are not only using improper equipment (as in a poorly designed bodybuilding program), but their "building material" diet is the equivalent of a house made of cardboard and duct tape!

They're eating the wrong ratio of nutrients...the wrong KIND of nutrients...in some cases TOO MANY of certain types of foods...and in other cases NOT ENOUGH of certain types of foods.

So let's break this down a little bit more by quickly going over how to dial the correct number on each of your 6 NUTRIENTS.

Protein: The Building Blocks Of Life..And MUSCLE!

All proteins, whether they come from animal sources or from plants, break down into a composite of individual amino acids.

These amino acids are then used in the construction and repair of every single cell in your body as well as make up everything from digestive enzymes to hormones.

Unlike carbohydrates and fats which are your body's PRIMARY sources for fuel, you can't "store" extra protein so your body needs a never-ending supply of it in order to maintain all of your cellular regeneration process and especially your maintenance of, and increase in, lean muscle mass.

When calculating protein consumption, I like to use a factor of 1.14 grams of protein per pound of LEAN body mass (NOT "total body weight" as most calculations will tell you).

But again...I want to make this as easy as possible for you and all you need to worry about in this program is that you're taking in enough protein to build the muscle you'll be working on in your workouts.

So as long as you follow the step-by-step meal plans I've provided, it will serve as an excellent foundation for you to build on.

But just as important as HOW MUCH protein you take in, is WHEN you're consuming your protein.

So let me share with you 4 VERY IMPORTANT RULES when it comes to your daily protein intake:

Protein Rule #1: Consume A Serving Of High Quality Protein In Every Meal

Because you'll be tearing yourself apart in the gym, your muscles will be working overtime throughout the day and night at recovery and muscle building.

So your body is going to need an on-going supply of amino acids to keep feeding your muscles with the raw nutrients it needs to repair itself and increase in size and strength.

Therefore, EVERY SINGLE MEAL will include a serving of muscle-promoting, fat-burning protein!

Protein Rule #2 : Consume 2 SERVINGS Of Protein Immediately After Your Workouts

Weight training is all about causing "microfibrillar damage" to your muscle cells to force them to repair themselves bigger and stronger than before.

That repair process will help you build more muscle, increase in strength, AND burn more fat.

And IMMEDIATELY after a workout, your muscles are BEGGING for some additional "support" to begin the recovery process so they need MORE PROTEIN than usual.

While your body can usually only break down and use about 30-40 grams or so of protein per meal, it can actually handle up to about 25% of your total daily protein requirement in its "SUPER-NEEDY" state right after your workouts.

So by consuming 2 SERVINGS of protein IMMEDIATELY after your workouts, you're supplying your muscles with the proper supply of amino acids it needs to maximize its recovery

Protein Rule #3: Consume A Serving Of Protein About 1 Hour Before Going To Bed

When you sleep, your body goes into "REPAIR MODE" where it helps you recover from the day's "work".

This is a key opportunity for your body to BUILD MUSCLE and BURN FAT...yes...WHILE YOU SLEEP!

But to do its job, it needs PROTEIN and since you're about to go into a 6-8 hour fasting period, you need to give it one more shot of protein's amino acids so it has the raw materials needed to repair and build your muscle tissue.

A "slow digesting" protein is often used at night so your best options may be a bowl of low or non-fat cottage cheese or a protein shake using non-fat milk, some yogurt, frozen fruit and a scoop of protein powder.

Protein Rule #4: Consume A Serving Of High Quality Protein First Thing In The Morning

Ok, so while you were sleeping, your body was basically in a "starved" state without any food, right?

And you've been working your muscles pretty hard so when you first get up in the morning, they'll already be looking for some re-supply, so the quicker you can feed them with some protein, the better.

As soon as you can upon waking, fix yourself a HIGH PROTEIN breakfast and start your day in muscle building mode!

Carbohydrates...Friend or Foe?

When you're in "mass building" mode, the last thing you want to do is go into a "low carb" fad diet.

Save that for when you "lean out" at the end and switch to a real "fat burner" mode like the one I have at www.CombatTheFat.com.

So for now, you'll notice that the meal plans I've provided do have you eating a good portion of carbohydrates to help fuel your workouts and combat muscle loss.

The carbohydrates you'll consume are basically broken down into two types: FAST metabolizing and SLOW metabolizing.

You see, when you consume carbs you increase the amount of "sugar" in your bloodstream...and your body DOESN'T like a lot of sugar floating around.

So to regulate your blood sugar levels, you secrete a hormone called INSULIN whose job is to flush away the excess sugar.

The first place your body will try to send the excess sugar is straight into your muscles in the form of stored energy called “glycogen”.

But if your muscles are already maxed out on glycogen, the next place for the sugar to be stored is on your waist, butt, and thighs in the form of BODY FAT.

Now some carbs are metabolized very quickly (called “High Glycemic” carbs) and cause a rapid rise in blood sugar and therefore also “spike” insulin levels very rapidly in response.

Therefore, the more high-glycemic carbohydrates you consume, the more likely you are to gain fat...NOT the kind of “MASS” we’re looking to build here if we can help it.

In contrast, LOW GLYCEMIC carbs are broken down SLOWLY by the body and don’t “spike” your insulin levels so you’re less likely to convert them into body fat.

PLUS...low glycemic carbs provide you with long term energy that can really help you power through your workouts and maintain energy levels throughout the day while supporting lean muscle growth.

To give you a better perspective, here are some examples of each class of carbohydrates....

Low Glycemic Carb Examples	High Glycemic Carb Examples
<p>Oatmeal</p> <p>Pasta</p> <p>Whole Grain Bread</p> <p>Whole Grain Cereals</p> <p>Brown Rice</p> <p>Quinoa</p> <p>Sweet Potatoes/Yams</p> <p>Fresh Raw Fruits</p> <p>Fresh Vegetables</p> <p>Note: Some higher calorie fresh fruits are categorized as “High Glycemic”. These include Bananas, Mangoes, and any Dried Fruits)</p>	<p>White Bread</p> <p>White Rice</p> <p>White Potatoes</p> <p>Sugared & Non Whole Grain Cereals</p> <p>Cakes & Cookies</p> <p>Candy</p> <p>French Fries</p> <p>“Processed” Foods</p>

Now just like with PROTEIN, there are some simple “Carb Rules” you’ll want to pay attention to...

Carbohydrate Rule #1: Consume One Serving Of HIGH GLYCEMIC Carbohydrates IMMEDIATELY After Your Workouts

While your goal IS to reduce the insulin spike caused by rapid blood sugar levels from high glycemic meals, there IS one exception to this rule when that insulin spike can actually HELP you.

Immediately after an intense workout, you have what is called a “metabolic window of opportunity” when your body has used up blood sugar and muscle glycogen to fuel your training.

In this depleted state, your muscles are actually LOOKING for a “sugar re-supply” and by immediately consuming a HIGH GLYCEMIC post-workout meal, the resulting insulin spike will quickly feed your muscles the nutrients they need to begin the repair cycle INSTEAD of triggering fat storage.

This basically gives you about a 30-60 minute window after your training where you SHOULD consume foods that are HIGH in sugar to help your muscles recover and build up stronger and stronger.

Carbohydrate Rule #2: Avoid Consuming A Lot Of Carbs Within About 3 HOURS Before Going To Bed.

At night, your body’s metabolism slows WAY down and doesn’t have the same level of resources for breaking down carbohydrates like it does during the day.

That means that night time munching on cereal, crackers, or any other carbs are more likely to be turned into BODY FAT while you sleep.

However, consuming a small amount of easily digestible carbs such as a piece of fresh fruit is fine and can easily be added to some yogurt or cottage cheese for a nighttime snack that will help you build muscle while burning fat as you sleep.

The Skinny On Fats

Dietary fat was probably pretty happy when everyone started picking on carbs as the new villain on the block because throughout “diet history”, it was the nutrient voted most likely to make you FAT!

The truth lies somewhere in between though because while there are nasty fats that will slather your arteries with life-threatening gunk, there are actually GOOD FATS that will HELP YOU in your muscle-building goal!

For example, your body actually uses fat in the production of TESTOSTERONE...and by now you MUST know the importance “T” plays in your ability to build muscle and burn fat, right?

Advanced Mass Building Secrets

But you do need to be careful to not overindulge because while protein and carbs both contain 4 calories per gram, fat actually has over TWICE as many calories per gram (9 to be exact) so it's extremely easy to get too many calories too quickly when a large part of your diet is made of fat.

Add to that the fact that fat by its very nature CANNOT be stored as muscle glycogen and you have a recipe for a body fat disaster.

Your meal plans are already structured to make sure you get the right amounts of healthy fats, but here's a chart to help you determine the difference between the GOOD and BAD ones as you make adjustments to your daily meal plans based upon your body type later on...

Avoid At All Costs!	Limit To 10% Of Total Intake	Very Good Source Of Healthy Fat	Excellent Source Of Healthy Fat	Excellent Source Of Healthy Fat
Trans-fatty acids (Processed foods; margarines)	Saturated fats (animal products; dairy)	Poly-unsaturated Omega-6 fats (plants; plant oils; flax seed oil)	Poly-unsaturated Omega-3 fats (fish; fish oils; flax seed oil; sunflower oil, safflower oil; corn oil; soybean)	Mono-unsaturated fats (avocados; olive oil; canola oil; nuts; flax seed oil)

I know choosing the right foods can get confusing, so to help you get a better grasp of how to make the RIGHT CHOICES when it comes to these 3 NUTRIENTS, I've included a chart on the next page that takes into consideration ALL of the attributes you need to consider.

Hopefully this will give you some clarity when planning out your meals.

Proteins	Carbohydrates	Fats
Best Choices		
Whey Protein	Green Vegetables	Flax Seed Oil
Sushi	Fresh Fruits	Extra Virgin Olive Oil
Wild Caught Salmon	Raw Honey	Canola Oil
Halibut	Wild Berries	Avocado's
Poached/Boiled Eggs	Dried Fruits (After workouts)	Ghee (Clarified Butter)
Turkey Breast	Beans & Lentils	Raw Almonds
Venison	Squash & Yams	Raw Walnuts
Buffalo	Mana Bread	Pumpkin Seeds
Cottage Cheese	Oatmeal	
Sardines	Brown Rice	
Soy Milk		
Ostrich		
OK Choices		
Chicken Breast	Potatoes (w/Skin)	Cheese
Leg Of Lamb	Pita Bread	Peanut Butter
Soy Protein	Plain Yogurt	Canola Mayonnaise
Fat Free Milk	Commercial Pasta	
Canned Tuna		
Poor Choices		
Pork Ribs	Most Breakfast Cereals	Creamed Soups
Fried Eggs	Pasteurized Juice	Regular Mayonnaise
Ground Beef	Candy	Butter
Hot Dogs	Cookies	Margarine
Sausage	White Bread	
Deli Meats	Sugar	
Whole Milk		

Vitamins & Minerals: Your Body's Nuts & Bolts

It always amazes me how so many bodybuilding enthusiasts are spending oodles of money on the latest “hormone-boosting wonder supplement” but wouldn't even THINK of taking a multi-vitamin/mineral supplement.

Yeah, I get it...vitamins are about as sexy as walking in on your parents in the middle of a Kama Sutra session, right?

But again...when you look at your nutrition from the perspective of “construction materials”, you'll find that vitamins and minerals make up the literal STRUCTURE of your body!

Just as you can't build a skyscraper with fishing line and duct tape, you can't build the body of a champion without the proper amounts of all of the essential vitamins and minerals.

What's that you say?

You eat a “balanced diet” and you get all of your vital nutrients from your meals?

Guess again my friend!

With the degradation of our farming and food supply, reliance on improper meal planning, over-processed food, pesticides, and even the poor nutrition we provide for cattle, farm-raised fish, and other mass produced animal food sources, it's virtually IMPOSSIBLE for you to get all the nutrition you need from your diet now matter how committed you are!

Now, I'm not going to go into each and every vitamin and mineral and explain what they do and how much you need.

There are more than enough resources on the internet to find that information.

But what I WILL leave you with is that if you're not taking an “athlete-focused” multi-vitamin/mineral complex each and every day, you're shortchanging yourself of some REAL muscle gains...plain and simple!

To think that the addition of just this one little supplement could have a more dramatic impact on your personal muscle gains than ANY of the glitzy, glamorous “bodybuilding” supplements you see in the magazines...and will cost you a hell of a lot less!

Does that put things in perspective for you?

Water: The Ultimate “Supplement”

You know those muscles you’re trying to pump up to super human proportions?

Well guess what...they’re actually made up of about 75% WATER!

Yeah, that’s right...your muscles are MOSTLY comprised of just plain old H-2-O!

Yet most guys limit their water intake to a few trips to the water fountain in between sets at the gym.

A Word From The “Nerd”...

Did you think that all those cans of diet soda during the day would be all you’d need to stay hydrated?

Or maybe you’re taking the “athlete’s path” and sucking down sugary sports drinks because these are “made” for you and you need the “electrolytes”?



Sorry but the absolute best nutrient you can put in your body is just plain old water...and the better the quality...the better your performance.

So called “sports drinks” are LOADED with sugar because they’re actually meant to only be consumed during strenuous, duration sports when your blood sugar and glycogen levels drop.

During these times, the quick replenishing of sugar in your body provides the immediate fuel you need to power through your event...but if you’re NOT in the middle of a high-intensity activity, these types of beverages only lead to insulin spikes and fat gains.

Same thing goes for fruit juices, store bought fruit smoothies, and even a lot of the new “fitness waters”.

Drink about eight 16 oz glasses of water throughout the day (about a gallon) and you’ll increase nutrient absorption, workout performance, AND “cell volumization” to increase the actual SIZE of your muscles.

Customizing Your Nutrition By Body Type

One problem I see with a lot of the bodybuilding nutrition articles I see is that many offer a simple “eat these foods” nutrition strategy leading readers to assume that one single meal plan will work for EVERYBODY!

That’s just complete NONSENSE!

You know that even on a very BASIC LEVEL, skinny “hardgainers” CANNOT follow the same calorie targets as someone with a SLOWER metabolism or they’ll just STAY SKINNY and never see the true potential for their muscle gains.

But even beyond this, your personal “BODY TYPE” can play an important role in how you should be eating as well.

Here’s what I mean...

There are basically 3 TYPES of “bodies” based upon overall structure and metabolism.

They are the “**Endomorph**”, “**Mesomorph**”, and the “**Ectomorph**”.

I’ll go further into these 3 general body type configurations in just a bit, but first you must understand that there ARE differences in how each person who falls into these categories should eat to reach the same goal...adding muscle mass while maintaining naturally lean levels of body fat.

Think you already know which category YOU fall into?

Maybe...but there’s a problem here...

Often times, people call themselves “skinny” ectomorphs simply because they have a “hard time” gaining muscle.

Or someone may tag themselves as having a “slow metabolism” because they step on the scale and know they need to lose 30-40 lbs.

The REALITY may be that NEITHER of these people may be correct in their assessment. Instead, they could simply be WAY off in either their TRAINING or their DIET...or BOTH!

Labels such as “hardgainer” or “big boned” can quickly become excuses for lack of knowledge or commitment to a proper exercise and nutritional program so I’ve included a simple test on the next page that a friend of mine, Paul Becker (www.trulyhuge.com) created to help you determine your personal “body type”...

Body Type Test		
1) My bone structure is:		
(a) Very Large	(b) Large to Medium	(c) Small to Frail
2) My body tends towards:		
(a) Carrying too much fat	(b) Being lean and muscular	(c) Being too skinny
3) My body looks:		
(a) Round and soft	(b) Square and rugged	(c) Long and tenuous
4) As a child I was:		
(a) Chubby	(b) Normal	(c) Too thin
5) My activity level is:		
(a) Sedentary	(b) Fairly Active	(c) Over active, can't sit still
6) My approach to life is:		
(a) Laid back	(b) Dynamic	(c) Worrisome
7) My metabolism is:		
(a) Slow	(b) Just right	(c) Too fast
8) People tell me:		
(a) I should lose some weight	(b) Stay the same, that I look fine	(c) I should gain some weight
9) If you encircle your wrist with your other hands middle finger and thumb:		
(a) Middle finger and thumb do not touch	(b) Middle finger and thumb just touch	(c) Middle finger and thumb overlap
10) Concerning my weight, I:		
(a) Gain weight easily, but find it hard to lose	(b) Gain or lose weight fairly easily and stay about the same weight	(c) Have trouble gaining weight
11) I am hungry:		
(a) Almost all the time	(b) Just at meal times	(c) Rarely
← # of "a" scores	← # of "b" scores	← # of "c" scores

Continue on to the next page for the Step 2...

Body Type Test Scoring:

- Multiply the number of “a” answers by 1
- Multiply the number of “b” answers by 2
- Multiply the number of “c” answers by 3
- Add them up and divide by 11.
- Look below at the number you came up with.
- Note: If you come up with a fraction, you can simply round down or up depending on which number is closest. But if you’re right in the middle, for example 1.5, then you are somewhere in between those two body types and recommendations would be for a “middle” approach between both recommendations.

Your Personal Body Type Classification:

Your Score:	Your Body Type:
1	Endomorph (Proceed to Page 104)
2	Mesomorph (Proceed to Page 106)
3	Ectomorph (Proceed to Page 108)

Choosing & Adjusting Your Diet

Now that you’ve nailed down your personal body type, the next step is to:

1. Choose your meal plan
2. ADJUST your meal plan based upon YOUR “body type”

Remember...gaining mass by your body type ISN'T just about how many CALORIES you take in.

Each body type has DIFFERENT ways that it processes food based upon hormone makeup, metabolic preferences, and nutrient processing.

Once you proceed to the appropriate page for YOUR classification (as directed in the chart above, you’ll be given specific tips for how to eat for YOUR body type as well as how to ADJUST your meal plans for a more CUSTOMIZED NUTRITION PROGRAM.

Meet The Endomorph...

Endomorphs: You gain muscle easily but have a tendency to gain fat along with it. You really have to watch what you eat in order to avoid gaining too much weight and have a hard time losing body fat.

Endomorph Characteristics:

- Soft body
- Flabby
- Underdeveloped muscle tone
- “Rounder” shape
- Trouble losing weight
- Generally gains muscle easily but can’t see definition due to above average body fat level
- Higher than average insulin sensitivity



Endomorph Nutrition Tips:

Endomorphs typically have trouble losing weight, mostly due to a slow metabolism. Eating 4 to 6 small meals a day will help to speed it up, making it easier to lose weight even when consuming the same amount of calories.

Meals high in carbohydrates should not be eaten one right after another, since this will train the body to use carbohydrates as a primary source of fuel rather than fat.

The majority of calories consumed by endomorphs should be eaten early in the day, and late night meals should be completely avoided.

Keep the protein intake high since it's not easily stored as fat on your body, but focus on fresh fruit and vegetables as you move into the evening and closer to bedtime. This is when your metabolism slows way down and weight is most commonly gained when meals are eaten close to bedtime.

Eating fresh fruit will help you feel "full", but not load you up with extra calories that will be stored as fat while you sleep.

Limit your "dry carb" intake (like breads, pasta, etc.) at least 3 hours before going to bed and instead, take in some cottage cheese or yogurt with fresh fruit to provide your body with protein it can use during the night to help your muscles recover...and grow!

Also, drinking lots of water is essential for all body types...but especially for endomorphs. It will help to speed up metabolism as well as rid the body of toxins, making weight loss and muscle mass gain much easier in the long run.

Endomorph Meal Plan Calculation

Step 1: Choose the bonus Meal Plan that corresponds to the respective "Calories/Day" based upon your goal below...

Goal: Gain Weight

(_____ X 16) - 500 = _____ Calorie Meal Plan
Current Bodyweight

Goal: Maintain Weight/Build Muscle/Burn Fat

(_____ X 13) - 500 = _____ Calorie Meal Plan
Current Bodyweight

Goal: Lose Fat/Maintain Muscle

(_____ X 10) - 500 = _____ Calorie Meal Plan
Current Bodyweight

Step 2: Adjustment your daily nutrient intake by consuming approximately **125 grams more PROTEIN** throughout the day in **addition** to what's called for in the meal plans:

Meet The Mesomorph...

Mesomorphs: You have a naturally “athletic” build and can gain muscle with little effort and without much additional body fat.

Mesomorph Characteristics:

- Athletic build
- Hard, muscular body
- “Mature” appearance
- “V-shape” appearance with wide shoulders and thinner waist
- Upright posture
- Gains or loses weight easily
- Grows muscle quickly and can maintain with minimal effort
- Naturally higher levels of testosterone and growth hormone



Mesomorph Nutrition Tips:

Mesomorphs are the ones who have it pretty easy with their diet and can easily follow a more “balanced” approach.

To maximize their gifted genetics, they should consistently eat a healthy diet, spread out between 4 to 6 meals each day, with a more balanced approach to their nutrient intake.

Although mesomorphs have it much “easier” and have a wider buffer zone for foods they can safely eat and still see results, this can often lead to OVERCONFIDENCE and result in an inefficient diet.

Many mesomorphs tend to overconsume in alcohol and fast foods while straying away from their exercise schedule because they feel they don’t need to be that diligent.

The mesomorph should instead focus on using his awesome genetics to their full potential and make the rest of us as envious as possible.

Mesomorph Meal Plan Calculation

The meal plans provided are geared more toward the mesomorph body type so simply choose the bonus Meal Plan that corresponds to the respective "Calories/Day" based upon your goal below...

Goal: Gain Weight

$$\underline{\hspace{2cm}} \times 17 = \underline{\hspace{2cm}} \text{ Calories/Day}$$

Current Bodyweight

Goal: Maintain Weight/Build Muscle/Burn Fat

$$\underline{\hspace{2cm}} \times 14 = \underline{\hspace{2cm}} \text{ Calories/Day}$$

Current Bodyweight

Goal: Lose Fat/Maintain Muscle

$$\underline{\hspace{2cm}} \times 11 = \underline{\hspace{2cm}} \text{ Calories/Day}$$

Current Bodyweight

Note: No adjustments are needed for the meal plans for mesomorphs.

Meet The Ectomorph...

Ectomorphs: You're the "skinny" type and have a difficult time gaining any weight at all, seemingly regardless of how much you train or eat.

Ectomorph Characteristics:

- Thin
- Flat chest
- Delicate build
- Body has "young" appearance
- Has trouble gaining weight
- Muscle growth takes longer
- Easily loses muscle gains even when progress is shown
- Dominant thyroid gland with need for high activity
- Possible problems sleeping



Ectomorph Nutrition Tips:

Gaining weight is usually an issue for men with this body type because of a hypersensitive hormonal system that demands lots of energy to maintain. This need for energy taps into the body's fat stores as well as muscle tissue for its needs so you'll need to add a lot more calories than other body types to feed your energy requirements AND "feed the muscle"!

Because ectomorphs have such a high metabolism and less muscle, eating more protein (which is the most thermogenic of all the nutrients) can make it even harder to gain weight so a shift to a more CARBOHYDRATE-HEAVY diet will allow the body to avoid tapping into muscle and protein intake for their energy needs and jumpstart the growth of lean muscle tissue.

Gaining weight becomes much easier when you change your focus from just eating "more food" throughout the day, and instead focus on eating smaller meals that are packed full of dense calories such as nuts, natural dried fruit, low fat cottage cheese, and whey protein shakes.

Since ectomorphs have sensitive energy needs and often feel crashes throughout the day and can crave sweets for a quick pick-me-up. These smaller meals will create a constant "feed" of muscle building protein, carbs, and healthy fats to give your body the nutrition it needs to build muscle and avoid energy crashes.

A lot of "skinny guys" feel that they can eat food all day long and still not gain any weight. This can lead to an improper diet because they feel they can easily eat "junk food" without the fear of gaining fat.

But eating high calorie foods with no nutritional value will only make it harder to achieve an ideal body, so aim for foods that are rich in calories, vitamins, and nutritional value and don't resort to fast food as the path to a "bigger body".

Ectomorph Meal Plan Calculation

Step 1: Choose the bonus Meal Plan that corresponds to the respective "Calories/Day" based upon your goal below...

Goal: Gain Weight

(_____ X 18) - 500 = _____ Calorie Meal Plan
Current Bodyweight

Goal: Maintain Weight/Build Muscle/Burn Fat

(_____ X 15) - 500 = _____ Calorie Meal Plan
Current Bodyweight

Goal: Lose Fat/Maintain Muscle

(_____ X 12) - 500 = _____ Calorie Meal Plan
Current Bodyweight

Step 2: Adjustment your daily nutrient intake by consuming approximately **125 grams more CARBOHYDRATES** throughout the day in **addition** to what's called for in the meal plans:

Nutritional Tips, Tricks & Tactics

Let's face it...

We muscle monkeys LOVE a good workout...but when it comes to planning out our meals, we don't particularly care for becoming a Rachel Ray in the kitchen (although most guys wouldn't mind HAVING Rachel Ray in their kitchen).

We don't want to mess around with measuring out all of our food and counting all our calories.

We don't want to slave over a hot stove for 45 minutes making some complicated meal just to get in a few grams of protein.

So my goal has always been to make the critical area of "eating to build muscle" as simple as possible and easy to practice on a DAILY basis.

You see, I think one of the true hallmarks of an "advanced" bodybuilder is the ability to work SMARTER rather than MORE...so I'm going to give you some shortcuts that will instantly elevate you to your PhD in iron pumping nutrition.

One feature of this program is your ready-made meal plans and the simple adjustments based upon your specific body type.

I can't make it any easier than that, right?

But even THESE won't do you any good if you can't implement them every single day.

So let me share with you some tips for mapping out your WEEKLY and DAILY meal plans to make eating to gain mass a no-brainer...

Weekly Planning

In the Army we had a saying...

"Prior Planning Prevents Piss Poor Performance!"

It was drilled into our craniums that we don't attempt ANY task without first knowing what our objective is and mapping out how we're going to be successful.

Well, consider each week of this program as your own "military mission" and the meals you're going to prepare are your "ammunition".

You need the RIGHT ammunition to back up your “big guns” so you’ll first need to plan how much and what “type” of ammo you’ll have to request from the “Supply Sergeant” (aka – the grocery store).

Fortunately the meal plans provided also offer you a grocery list to go along with each of them. Again...SIMPLICITY is key, right?

But as you master this part of your bodybuilding program, you’re going to be able to become more creative and start mapping out your own meal plans and I want to make sure that you’re planning your missions with all the “enemy intelligence” you can collect.

Step 1: Plan Your Weekly Meals

Don’t just try to fly by the seat of your pants during the week!

A lot of guys end up staring into the abyss of their refrigerator or pantry hoping that some glimmer of brilliance will reach out and slap them across the face with the perfect meal idea.

This usually just ends up as a fistful of crackers and a protein shake!

By planning your meals ahead of time and having all of the ingredients ready and waiting, you no longer have to try to throw something together at the last minute.

You’ll save TIME...MONEY...and you’ll end up with a MUCH better diet that’s geared toward full-on MUSCLE BUILDING!

In fact, you’ll be AMAZED at how much EASIER you’ll find sticking to your daily nutrition can be with just this little bit of prior planning.

So make some copies of the next page and keep them on standby for planning out AT LEAST the next 3 DAYS of meals.

You can use recipes from the “5 Minute Muscle Meals”...grab some of your favorite recipes from your Bonus Meal Plans...or find your own either online or from your favorite “healthy” recipe book.

Weekly Meal Plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							

Step 2: Prepare For Grocery Combat

Your local grocery can be a virtual MINEFIELD to navigate!

In fact, there's a whole SCIENCE grocers and product distributors use to strategically place the most UNHEALTHY foods in locations were you're MOST LIKELY to see and buy them!

To make things worse, the product MANUFACTURERS have even learned all the loopholes they need to make their product packaging lure you into thinking you're doing something GOOD for your body when in fact, their product is so unhealthy, the dumbest laboratory rats would turn their nose up at it!

So let me offer you some reinforcements and show you some REAL battle-tested techniques for maneuvering around the grocery store battlefield...

- **NEVER Go Grocery Shopping Hungry**

It's important that you eat a meal RIGHT BEFORE you go to the grocery store because if you're hungry, you're MORE likely to start reaching for the Twinkies and potato chips because your body has this insatiable craving for food.

And you KNOW that when you're in "CRAVING MODE", you're NOT jonesing for a CARROT, right?

You want FATTY, SWEET, SALTY, STARCHY, WONDERFULLY RICH foods that you can shovel in your mouth at the speed of sound!

So avoid this threat altogether and make sure you eat BEFORE you shop for WHAT to eat during the week.

- **Map Out Your Grocery Shopping With A Detailed Inventory List**

Included on the next page is a grocery list that you can use to PRE-PLAN for the upcoming week's meals.

Make copies of this chart and stick one up on your refrigerator so you can check off the food that you're going to need to shop for

Plan out your meals ahead of time...and STICK TO THE LIST!

The Bodybuilder's Grocery List

<p>Fresh Produce</p> <p>Fruit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Avocados <input type="checkbox"/> Bananas <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Pears <input type="checkbox"/> Plums <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwi <input type="checkbox"/> Apricots <input type="checkbox"/> Nectarines <input type="checkbox"/> Peaches <input type="checkbox"/> Berries <input type="checkbox"/> Oranges <input type="checkbox"/> Grapefruit 	<p>Dairy Products</p> <p><i>Choose low-fat or non-fat</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Cheese <input type="checkbox"/> Cottage Cheese <input type="checkbox"/> Ricotta Cheese <input type="checkbox"/> Eggs <input type="checkbox"/> Egg Substitute <input type="checkbox"/> Egg Whites <input type="checkbox"/> Healthy Butter Alternative (Like SmartBalance) <input type="checkbox"/> Milk <input type="checkbox"/> Soy Milk <input type="checkbox"/> Sour Cream <input type="checkbox"/> Tofu <input type="checkbox"/> Yogurt 	<p>Staples</p> <ul style="list-style-type: none"> <input type="checkbox"/> Natural Peanut Butter <input type="checkbox"/> Almonds <input type="checkbox"/> Walnuts <input type="checkbox"/> Brown Rice <input type="checkbox"/> Wild Rice <input type="checkbox"/> Whole Wheat Flour <input type="checkbox"/> Lentils <input type="checkbox"/> Quinoa <input type="checkbox"/> Dry Beans <input type="checkbox"/> Split Peas <input type="checkbox"/> Vanilla Extract <input type="checkbox"/> Raw Sugar (Sucanut) <input type="checkbox"/> Sugar Substitute <input type="checkbox"/> Maple Syrup <input type="checkbox"/> Canola Oil <input type="checkbox"/> Extra Virgin Olive Oil <input type="checkbox"/> Cooking Spray <input type="checkbox"/> Dried Fruit <input type="checkbox"/> Flax Seeds <input type="checkbox"/> Pasta <input type="checkbox"/> Pasta Sauce 	<p>Canned Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tuna <input type="checkbox"/> Tongul <input type="checkbox"/> Chicken <input type="checkbox"/> Crab <input type="checkbox"/> Sardines <input type="checkbox"/> Black Beans <input type="checkbox"/> Kidney Beans <input type="checkbox"/> Pinto Beans <input type="checkbox"/> White Beans <input type="checkbox"/> Garbanzo Beans <input type="checkbox"/> Lima Beans <input type="checkbox"/> Tomatoes <input type="checkbox"/> Soup (Low Sodium) <input type="checkbox"/> Broth (Non-Fat)
<p>Vegetables</p> <ul style="list-style-type: none"> <input type="checkbox"/> Asparagus <input type="checkbox"/> Artichokes <input type="checkbox"/> Bell Peppers: Red/Green <input type="checkbox"/> Broccoli <input type="checkbox"/> Cauliflower <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Eggplant <input type="checkbox"/> Peas <input type="checkbox"/> Green Beans <input type="checkbox"/> Lettuce: Red/Dark Green <input type="checkbox"/> Cabbage: Red/Green <input type="checkbox"/> Collard Greens <input type="checkbox"/> Salad Mix <input type="checkbox"/> Spinach <input type="checkbox"/> Tomatoes <input type="checkbox"/> Mushrooms <input type="checkbox"/> Cucumbers <input type="checkbox"/> Onions <input type="checkbox"/> Green Onions <input type="checkbox"/> Potatoes <input type="checkbox"/> Sweet Potatoes/Yams <input type="checkbox"/> Zucchini/Squash <input type="checkbox"/> Garlic 	<p>Breads</p> <p><i>Choose whole grain with at least 4g fiber per slice</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Bagels <input type="checkbox"/> English Muffins <input type="checkbox"/> Whole Wheat Pizza Crust <input type="checkbox"/> Rolls <input type="checkbox"/> Whole Grain Tortilla (Low Fat) <input type="checkbox"/> Whole Wheat Bread <input type="checkbox"/> Whole Wheat Pita 	<p>Meat/Poultry/Fish</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chicken Breast <input type="checkbox"/> Precooked Chicken Strips <input type="checkbox"/> Turkey Breast <input type="checkbox"/> Lean Ground Beef <input type="checkbox"/> Ground Chicken or Turkey <input type="checkbox"/> Round Steak <input type="checkbox"/> Pork Tenderloin <input type="checkbox"/> Fresh Fish Fillets (Halibut, Orange Roughy, Wild Salmon, Red Snapper) <input type="checkbox"/> Scallops <input type="checkbox"/> Shrimp <input type="checkbox"/> Venison <input type="checkbox"/> Canadian Bacon <input type="checkbox"/> Lean Ham <input type="checkbox"/> Lean, Los-Sodium Deli Meats 	<p>Frozen Foods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Strawberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Peaches <input type="checkbox"/> Mixed Berries <input type="checkbox"/> Asparagus <input type="checkbox"/> Broccoli <input type="checkbox"/> Cauliflower <input type="checkbox"/> Soybeans <input type="checkbox"/> Mixed Vegetables <input type="checkbox"/> Corn <input type="checkbox"/> Spinach <input type="checkbox"/> Squash <input type="checkbox"/> Cooked Shrimp <input type="checkbox"/> Lite Fish Sticks <input type="checkbox"/> Fish Fillets <input type="checkbox"/> Scallops <input type="checkbox"/> Healthy Frozen Dinners
<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> Honey <input type="checkbox"/> Horseradish <input type="checkbox"/> Low-Fat Salad Dressing <input type="checkbox"/> Mayonnaise (Canola) <input type="checkbox"/> Mustard <input type="checkbox"/> Ketchup <input type="checkbox"/> Salsa <input type="checkbox"/> Vinegar 	<p>Beverages</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bottled Water <input type="checkbox"/> Diet Soda <input type="checkbox"/> Coffee <input type="checkbox"/> Tea (Black, Green) 	<p>Snacks</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whole Wheat Crackers <input type="checkbox"/> Popcorn <input type="checkbox"/> Ice Cream <input type="checkbox"/> Fruit Sorbet <input type="checkbox"/> Whole Grain Tortilla Chips <input type="checkbox"/> Guacamole <input type="checkbox"/> Hummus 	<p>Personal & Household Products</p>

Step 3: Stockpile Your Weekly Nutrition Ammunition

Ok, here's a little trick I picked up from a friend of mine who is a professional nutritionist and works with everyone from pro bodybuilders to busy executives...

First, pick a day out of the week where you have a little bit of extra time.

Not that much time...just an hour or two will do. (Sundays often work well because that's when most people have off from work and don't really have that much to do.)

With your meals planned for the week, figure out which ones you can prepare ahead of time and set to work on pre-cooking, pre-proportioning, and pre-packaging in a factory style setup.

Having Chicken Caesar Salad for lunch a few times this week and Chicken Parmesan for dinner on Friday?

Pre-cook three chicken breasts...dice up two of them for your salads and package the other one up to pull out for Friday's dinner.

Snacks?

Pack a few plastic baggies with the right amount of mixed fruit for a protein smoothie and throw them in the freezer.

Four small plastic containers that will hold just the right amount of cottage cheese for four high-protein snacks at work?

Six small airtight plastic bags filled with a handful of mixed nuts and pumpkin seeds? PERFECT!

1-2 hours later and you'll have a refrigerator, freezer, and pantry all set up with your upcoming week's nutritional reinforcements all ready to go!

Daily Planning

Now let's defeat the "I'm too busy to plan my meals!" excuse because this is where a LOT of people go wrong when it comes to staying on track on a DAILY schedule.

And it all starts from the time you get up...

I mean who ISN'T busy in the morning?

You KNOW you're not very well organized...

You're trying to get the kids ready for school...

YOU'RE trying to get ready for work...

And because there's just not enough time to do it all RIGHT, you end up hitting the HIGH PRIORITY items first...and end up sacrificing a good breakfast AND getting your "healthy" lunch together in time to get out the door.

When lunchtime comes, your grumbling stomach whines until you give in and either hit the fast food joint down the road or resort to microwave meals or, worse yet...vending machine madness!

A Word From The "Nerd"...

Sound familiar?

Like we say in the military..."Prior Planning Prevents Poor Performance!" so lets see how we can make those mornings easier for you, eh?



Look, I CAN'T somehow slow down time and I KNOW you're not going to set your clock ahead an extra 15 minutes to have more time in the morning...so why would I even attempt it?

You'd just hit the snooze alarm an extra time anyway, right?

No...the secret to smooth mornings and well prepared meals for the day lies in just a few little hours of prep-time and you'll see just how stress-less it can be to eat healthy EVERY day!

Now think about what that does for your mornings...

Instead of rushing to get ready and then realizing you don't have time to throw anything together, you simply grab the pre-measured containers of food for that day - the chopped up chicken breast, that cottage cheese, and that frozen fruit, pour out the measured non-fat milk you'll need - and then stick it into a small insulated cooler.

Throw in some fresh fruits and vegetables to have throughout the day whenever you get hungry and literally within just 4-5 MINUTES you're all set!

A Word From The "Nerd"...



Another recommendation I can offer for the “workplace challenged” lifters out there is to keep a small individual sized blender at work for a quick protein smoothie snack.

You can buy these very inexpensive appliances at any large department store and they're small enough to even fit in a drawer at work.

In fact the container you blend it in is ALSO a cup so you just take it straight back to your desk or wherever you work.