

# The Bio-Genetic Muscle Gain Program™

By  
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How To Gain Up To 35 lbs. Of  
Muscle In Only 12 Weeks!

A Plan Anyone Can Follow!

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## Notice

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

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

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

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## **Important - READ THIS FIRST!**

Why I wrote this e-book?

I've been where you are right now!

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

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

Let me tell you a story...

When I started working out about 11 years ago I tried everything you can imagine. I was just getting into bodybuilding and didn't know anything about nutrition, weight training, or supplements. The first place I looked for this information was the bodybuilding magazines at the local bookstore.

That was my first and biggest mistake!

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

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

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

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

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

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

A few assumptions about you:

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

After you finish the program:

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

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## A Letter From The Author

Dear Friend,

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

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

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

But you must do one thing.

Let it work for you!

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

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

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

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

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What do I mean?

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

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

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

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

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

Good Luck,  
Bryan Kernan  
President- Scientific Sports Supplements  
Email: [nobsbb@aol.com](mailto:nobsbb@aol.com)

## Foreword

### Can You Gain Up To 35 lbs. Of Muscle In Only 12 Weeks?

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

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

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

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

### How Much Muscle Do You Want?

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

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

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

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

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

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

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

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

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

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

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

## Here's An Example

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

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

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

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

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

Those 3 lbs. are going to come from your nutrition, training, and supplements. I will reveal how you can easily add 3 lbs. a week.

Once you have written down your goal; it's time to find a way to reach them.

In the following sections I will go into detail how to eat, train, and use supplements so you can easily reach the goals you set.

If you are ready let's get started!

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## Chapter One

### How I Stumbled Onto This System By Accident?

I first got involved in bodybuilding about 10 years ago. The main reason I started because frankly I just hated being skinny. I couldn't stand the fact that my clothes always looked baggy on me even when I had the smallest size on.

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

You've probably done something similar.

### My First Mistake

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

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

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Any new supplements, training program, or nutrition program I gave it a shot. I didn't just half ass it either. I followed the instructions to the letter.

The results I got my first few years were non existent. If you would have seen me before I started training and three years later you couldn't tell the difference.

Imagine how frustrated I felt, not seeing results for three years.

I didn't know what to do.

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

## **The Breakthrough**

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

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

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

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

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

## **The Turning Point**

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

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

But I didn't know what the best type was. I mean it seems every expert is recommending something different and it's downright confusing. They miss the main point about muscle growth. The total calories are where the muscle growth comes from.

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

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

## **Don't Be Confused By The Experts**

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

Once I discovered this important principle the next thing I needed to figure out was what are the best calories for muscle growth. I came up with a formula, which takes into account a person's body fat and total body weight.

This means the nutrition part of your program will be customized to your body type. (I'll go into this in more detail in part one of the system)

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

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

## I Turned To Other Sources Of Information

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

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

They conduct their own studies to find the best answers to muscle growth and recovery. So they know what works long before bodybuilders do. I've borrowed heavily from these studies and came up with some training principles that will make you grow like crazy.

The third part of my system is the supplement portion.

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

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

I will reveal this supplement stack in part 3.

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Read on to begin Part 1.

## Chapter Two

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

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

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

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

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

1. Find out how much body fat and lean muscle mass you have on your body right now
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2. Determine how many calories you need to take in order to grow from week to week
3. What percentage of calories should come from protein
4. What are the best sources of protein
5. What percentage of calories should come from carbohydrates
6. What are the best sources of carbohydrates
7. What percentage of calories should come from fats
8. What are the best sources of fats
9. How should you divide your meals up
10. What's the easiest way to consume a lot of calories
11. What to do if you don't have a strong appetite

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

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

This one will be customized to yours.

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

The very first step you need to do is:

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

It's very easy to find out how much lean muscle you have on your body. You just need to get a skin caliper, which measures your body fat percentage.

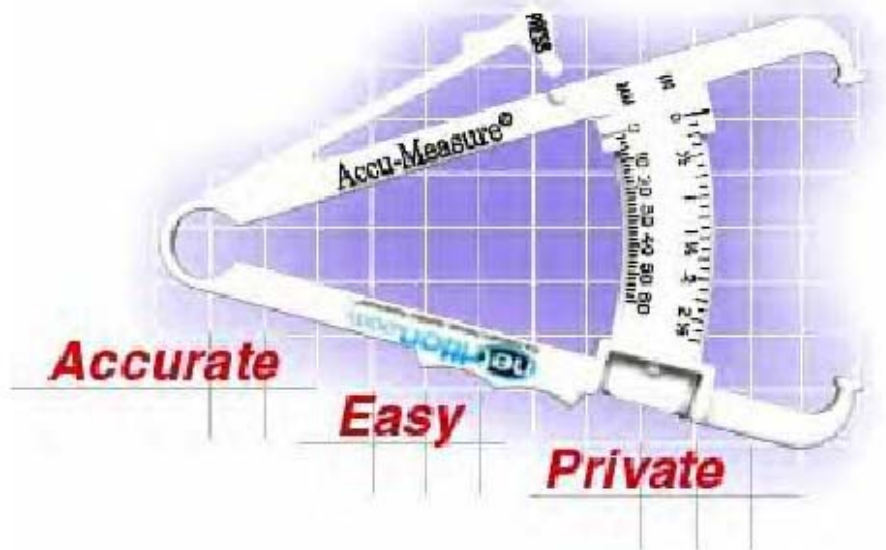
A good one is called Accu-measure and can be found online at:  
<http://www.netrition.com/cgi/goto.cgi?pid=123-0002&aid=1624>

**Note:** You must be connected to the Internet when you click on the above link.

With every caliper comes a little booklet on how to take the measurements from your body to find out how much body fat you have.

Here is a picture of what one looks like:





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





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

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

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

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

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

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

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

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

## Lean Muscle Mass And Body Fat Worksheet

Total Bodyweight \_\_\_\_\_

Body Fat Percentage \_\_\_\_\_

### Calculations

1.  $\frac{\text{Total Bodyweight}}{\text{Body fat Percentage}} = \text{Pounds of Body Fat}$

2.  $\frac{\text{Total Bodyweight}}{\text{Pounds of Body Fat}} = \text{Total Lean Body Mass}$

Total Lean Mass \_\_\_\_\_

Pounds of Body Fat \_\_\_\_\_

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## Determining Your Daily Calorie Intake For Maximum Muscle In Minimum Time

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

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

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

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

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

You may find you are putting on weight to fast.

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

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

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

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

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### **The Bio-Genetic Nutrition Formula**

The formula has three parts:

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

A. Find out your resting metabolic rate

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

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

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

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

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

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

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

$$135 \text{ lbs.} \times 10 + 1500 = 2850 \text{ calories}$$

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

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daily activities.

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

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

<u><b>Activity Index</b></u>
<b>Sedentary = 1.2</b>
<b>Moderate = 1.4</b>
<b>Active = 1.6</b>

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

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

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

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

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

$$\mathbf{2850\ calories \times 1.4\ activity\ factor = 3,990\ calories}$$

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

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Now as you know, you need a positive calorie intake to gain muscle. But you don't want to put on fat while you are doing it. So adding 500 calories will put you in the optimal range of gaining muscle without all the fat.

Here is the next step illustrating the additional 500 calories for muscle growth.

$$\mathbf{3,990 + 500 = 4490 \text{ total daily calories}}$$

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

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

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

## How Much of your Calories Should Come from Protein

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

The building blocks of muscle is protein.

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

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

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

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

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

The results were amazing and proved without a doubt how important protein plays in building muscle.

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

Based on the available research I would recommend no less than **2.5 grams of protein per pound of bodyweight** when trying to gain weight.

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

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

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

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

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

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

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

You would take your total body weight and multiply it by the 2.5 requirement of protein for muscle growth.

$$150 \text{ lbs. of total bodyweight} \times 2.5 = 375 \text{ grams of protein}$$

And since each gram of protein contains 4 calories:

$$375 \text{ grams of protein} \times 4 \text{ calories per gram} = 1500 \text{ calories}$$

1500 calories of protein would fill part of the 4490 calories.

This would leave 2990 calories left for carbohydrates and fats in the diet, which we will go into next.

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Now there are a lot of different protein supplements on the market, which can leave you a little, confused about which ones are the best. Some scientific studies have looked at this and discovered that casein has a slower digestion rate than whey protein.

This means it takes longer to absorb and releases the protein over a longer period of time keeping you in a longer anabolic state.

Whey protein has a quick absorption, which can be good after a workout, for getting protein quickly to your muscles when they need it most.

Each has their uses. I look for a combination supplement containing both, which covers both sides of the equation. I recommend you do the same.

## **What Are The Best Proteins For Muscle Growth?**

I have included a list of proteins you should center your diet around.

I have included some protein powders with the blend of casein and whey on the next page.

### **Proteins For Gaining Muscle Fast**

Lean steaks  
Lean Pork  
Cornish Hen  
Fish (any)  
Shellfish  
Lean Roasts  
Poultry (any)  
Quail  
Tuna  
Egg whites

**Protein powders that use a blend of casein and whey are:**

Biotest Low Carb Grow  
ISS Research Pro M3  
HDT ProBlend 55

On the following pages I have provided links to the proteins I recommend.  
You must be connected to the Internet when you click on them.

## Biotest Low Carb Grow



Chocolate Flavor:

<http://www.netrition.com/cgi/goto.cgi?pid=32-0007&aid=1624>

Vanilla Flavor:

<http://www.netrition.com/cgi/goto.cgi?pid=32-0008&aid=1624>

## HDT ProBlend 55



Swiss Chocolate:

<http://www.netrition.com/cgi/goto.cgi?pid=77-0713&aid=1624>

Alpine Vanilla:

<http://www.netrition.com/cgi/goto.cgi?pid=77-0712&aid=1624>

Strawberry Twist:

<http://www.netrition.com/cgi/goto.cgi?pid=77-0727&aid=1624>

## ISS Research Pro M3



Chocolate:

<http://www.netrition.com/cgi/goto.cgi?pid=113-0040&aid=1624>

Strawberry:

<http://www.netrition.com/cgi/goto.cgi?pid=113-0042&aid=1624>

Vanilla:

<http://www.netrition.com/cgi/goto.cgi?pid=113-0041&aid=1624>

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## How Many Of Your Calories Should Come From Fats?

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

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

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

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

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

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

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

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

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

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

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

The studies done on fats recommend about a 15 % of total calorie intake.

Using the previous example of 4,490 calories as the total daily intake here's how you would calculate your fat needs:

$$\mathbf{4,490 \text{ calories} \times .15 = 674 \text{ calories from healthy fats}}$$

And since 9 calories are in each gram you would divide the 674 calories by 9. (These numbers are based on the example we are using)

$$\mathbf{674 \text{ calories} / 9 \text{ grams of fat per calorie} = 75 \text{ grams of fat a day}}$$

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



### **Fats For Muscle Gain**

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

**Other healthy fat sources are:**

extra virgin olive oil

fish capsules

flaxseed oil

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

## Udo's Choice Blend Of Fats



**Click Here:**

<http://www.netrition.com/cgi/goto.cgi?pid=113-0041&aid=1624>

## Carbohydrates and your diet

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

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

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

A carbohydrate can be classified as high glycemic or low glycemic. The higher the glycemic index the more insulin that carbohydrate releases. Why is it important to know the difference?

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

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

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

After calculating the protein and fat needs of the example we have been using we have 2,316 calories left.

And at 4 calories per gram of carbohydrate that leaves 579 grams coming from carbohydrates.

Here's what the calculation would look like:

**2,316 calories left after fats and protein / 4 calories per gram of carb =  
579 grams of carbohydrates**

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

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## **Carbohydrates For Muscle Gain**

### **Fruits**

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

## **Carbohydrates For Muscle Gain (cont.)**

### **Vegetables**

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

## **Carbohydrates For Muscle Gain (cont.)**

### **Beans**

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

Breads

Rye

Whole grain

Pita bread

Sponge cake

Graham crackers

Whole wheat pita

Whole wheat tortillas

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

Rice

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

Bran rice is better than other rices

## **Carbohydrates For Muscle Gain (cont.)**

### **Dairy**

Dannon lite fruit yogurt Yogurt  
nonfat,sugar free Sherbert  
sugar-free Skim milk Whole milk  
Sour cream  
nonfat Cottage cheese Cheese  
Cream cheese  
Parmesan cheese  
Snacks  
Sponge cake  
Graham crackers  
Fig newtons  
Nutrasweet jellos  
Nutrasweet puddings  
Miscellaneous  
Sugar free gum  
Soy sauce Spices Catsup (normally high glycemic but  
eaten with protein like a hamburger is ok)  
Mustard Salsa (sugar free, no corn syrup added)  
Drinks  
Club soda  
Tonic water  
Coffee Tea (not instant)  
Seltzer Lemonade (w/ nutrasweet)  
Hot chocolate (sugar free)

## **Carbohydrates For Muscle Gain (cont.)**

### **Soup**

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

### **Chinese Food**

Chinese food has one of the lowest glycemic response take out or restaurant food.  
Do not eat the rice.  
Dim sum, steamed, seafood Crab meat soup Asparagus soup Hot and sour soup Shark fin soup Watercress soup Moo goo gai pan Chinese noodles, not fried Chicken with broccoli Chicken with chinese vegetables (no carrots or baby corn) Eggplant (not fried) Lo mein BBQ pork appetizer Stir fried green beans Shrimp with vegetables (no carrots or baby corn) Eggplant (not fried) Lo mein BBQ pork appetizer Stir fried green beans Shrimp with vegetables (no carrots or baby corn) Chicken in foil Fish and seafood dishes (no carrots or baby corn)

### **Sugars**

Fructose  
Nutrasweet  
Equal  
Aspartame  
Sweet N' Low Lactose



## Meal Frequency And Its Effects On Muscle Gain

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

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

For example, if you are consuming a total of 4,490 calories during the day you would do this:

$4,490 \text{ calories} / 6 \text{ meals} = 748 \text{ calories per meal}$  or you could do it by grams whichever one is easier for you.

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

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

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

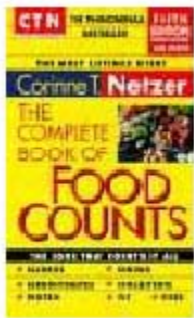
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## Some general tips on consuming so many calories:

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

## What To Do Now?

1. Buy your Accu-measure and find out your body fat percentage and lean body mass.
2. Fill in the worksheet in the Bonus Fast Start Guide to get your total calories, protein, carbs, and fat requirements.
3. Workout out your weight gain shakes according to your numbers, which will make up 3-4 of your meals.
4. Subtract the remaining calories and divide by 2-3 to find out how many calories each of your real meals will have.
5. Get the book



At

<http://www.amazon.com/exec/obidos/redirect?tag=weightgaincen-20&path=search-handle-form>

6. Use the food counts book to map out a daily food plan
-

## The Bio-Genetic Muscle Gain Fast Start Guide

### Finding out your targeted daily nutritional goals

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

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

Example:

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

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

Example:

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

$$\text{Step 4: } \frac{\text{Lean Body Mass}}{\text{Lean Body Mass}} \times 10 + 1500 = \frac{\text{Resting Metabolic Rate}}{\text{Resting Metabolic Rate}}$$

Example:

135 lbs. (Lean Body Mass) x 10 + 1500 = 2850 calories (Resting Metabolic Rate)

---

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

<u>Activity Index</u>
Sedentary = 1.2
Moderate = 1.4
Active = 1.6

Example:

2850 calories(Resting Metabolic Rate) x 1.4 (Activity Factor)=3990  
(Total Calories Required to Stay the Same Weight)

Step 6:  $\frac{\text{Total Calories To Stay Same Weight}}{\text{Weight}} + 500 = \frac{\text{Targeted Daily Calorie Intake}}{\text{Intake}}$

Example:

3990 calories (Total Calories Required to Stay the Same Weight) +  
500= 4490 calories (Targeted Daily Calorie Intake)

---

## Finding out your protein requirements

$$\text{Step 1: } \frac{\text{Total Body Mass}}{\text{Total Body Mass}} \times 2.5 \text{ grams/lb.} = \frac{\text{Total Protein Grams}}{\text{Per Day}}$$

Example:

150 lbs. (Total Body Mass) x 2.5 grams/lb. = 375 grams of protein per day

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

Example:

375 grams of protein per day x 4 calories per gram of protein = 1500 calories of protein

---

## Finding out your fat requirements

Step 1:  $\frac{\text{Targeted Daily Calorie Intake}}{\text{Total Fat Calories}} \times .15$

Example: 4490 calories x .15 = 674 Total Fat calories

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

Example: 674 Total Fat Calories / 9 = 75 grams of fat

---

## Finding out your carbohydrate requirements

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

Example:

4490 Targeted daily calories - 1500 calories of protein - 674 calories of fat = 2316 calories of carbs

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

Example:

2316 calories of carbs / 4 calories of carbs per gram = 579 grams of carbs

---

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

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

Total Calories of each

Targeted Daily Calorie Intake \_\_\_\_\_

Total Protein Calories for the Day \_\_\_\_\_

Total Carbohydrate Calories for the Day \_\_\_\_\_

Total Fat Calories for the Day \_\_\_\_\_

Total Grams of Each \_\_\_\_\_

Total Grams of Protein \_\_\_\_\_

Total Grams of Fat \_\_\_\_\_

Total Grams of Carbohydrates \_\_\_\_\_

Total Calories per Meal  
(Targeted Calories / 6 meals per day) \_\_\_\_\_



## The Bio-Genetic Muscle Gain Shake Recipe

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

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

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

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

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

---

<b>Nutritional Shake</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Calories</b>
2 cups of skim milk	26	16	0	180
Breyer's Yogurt Strawberry Bannana (1% fat)	50	9	3	250
2 scoops of protein powder	4	44	4	220
1/2 tablespoon of Udo's Choice Oil	0	0	12.5	112
<b>Totals</b>	<b>80</b>	<b>69</b>	<b>19.5</b>	<b>762</b>

This shake contains the following totals:

Protein: 69 grams

Carbohydrates: 80 grams

Fat: 19.5 grams

Total Calories: 762 calories

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

Protein: 207 grams

Carbohydrates: 240 grams

Fat: 58.5 grams

Total Calories: 2286 calories

---

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

## Bio-Genetic Tracker

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

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

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

---

Daily Journal

Targeted Daily Calorie Intake

Targeted Daily Protein Intake

Targeted Daily Carb Intake

Targeted Daily Fat Intake

<u>Meals</u>	<u>Protein</u>	<u>Carbohydrates</u>	<u>Fat</u>	<u>Calories</u>
Totals				

## Chapter Three

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

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

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

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

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

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

### Basic Weight Training Definitions

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

3. Set: A series reps. Most of the time they are given in ranges like 8-12. This means you would perform between 8 and 12 reps of a particular exercise.

4. Tempo: The lifting speed of one rep. If you are using a 4-1-2 tempo for the bench press you would lower the weight in 4 seconds, pause for 1 second on your chest and take 2 seconds to press the weight up.

5. Superset: A combination of sets of different exercises. An example of a superset would be the following: Doing one set of 8 reps on the bench press and immediately moving to perform 8 reps of the deadlift.

6. Compound movements: Exercises which involve the use of more than one muscle. When you bench press you are using your chest muscles and arm muscle together to lift the weight.

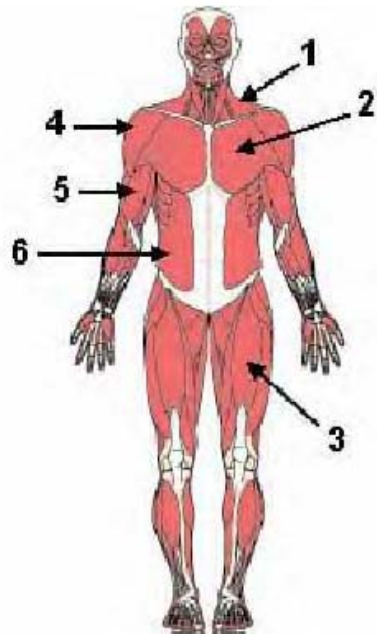
7. Isolation movements: Exercises that focus on one specific muscle. When you do preacher curls you are mainly using just your bicep muscles.

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

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

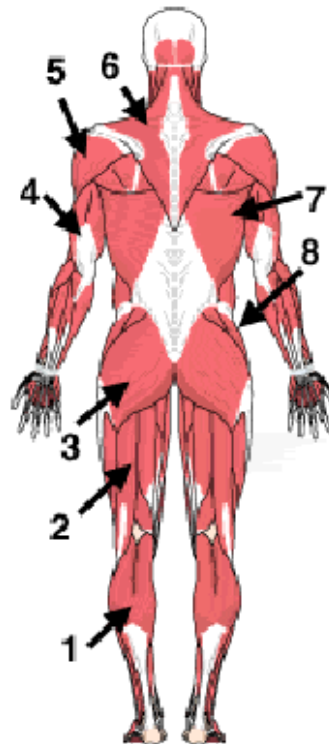
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## An Overview Of The Muscles You Will Be Training



1. Trapezius (Traps)
2. Pectorals (Pecs)
3. Quadriceps (Quads)
4. Deltoids (Delts)
5. Biceps (Bi's)
6. Abdominals (Abs)





1. Gastrocnemius (Calves)
2. Biceps femoris (Hamstrings)
3. Gluteus Maxmius
4. Triceps
5. Deltoid
6. Trapezius
7. Latissimus dorsi (Lats)
8. Abdominals

## Training Guidelines To Follow

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

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

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

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

Let's begin with the first principle.

### Use Compound Movements Instead Of Isolation Movements

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

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

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

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

---

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

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

<b><u>Compound Movements</u></b>
<b><u>Chest:</u></b> Bench press
<b><u>Legs and Lower Back:</u></b> Deadlift
<b><u>Legs:</u></b> Squat
<b><u>Back:</u></b> Bent-over row Chin-ups
<b><u>Biceps:</u></b> Barbell curls
<b><u>Triceps:</u></b> Tricep extensions
<b><u>Calves:</u></b> Standing calf raises
<b><u>Hamstrings:</u></b> Stiff-legged deadlifts

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

---

Some examples of isolation exercises are:

<u>Isolation Movements</u>
<u><b>Chest:</b></u> Dumbbell flyes
<u><b>Triceps:</b></u> Tricep pushdowns
<u><b>Biceps:</b></u> Preacher curls
<u><b>Legs:</b></u> Leg extensions
<u><b>Hamstrings:</b></u> Leg curls
<u><b>Calves:</b></u> Seated calf raises
<u><b>Back:</b></u> Pulldowns

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

---

## Use A Variety Of Rep Ranges

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

The different rep schemes for training goals are as follows:

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

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

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

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

## Focus your workouts around the squat and deadlift

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

For example, if you started squatting your chest will get bigger as a result.

No one is sure of the mechanism involved but I think it has to do with the overall hormonal effect squats have.

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

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

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

For example, one of the best powerlifting gyms in the country attributes 30-40 lbs. of muscle added to each beginner in the first year to these exercises.

That's how powerful they are!

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

---

## Keep rest periods between 1 and 1 1/2 minutes

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

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

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

## **Don't workout more than 4 days a week**

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

I know you see some guys training 5-6 days a week. In fact this is what most of the bodybuilding magazines recommend. The problem is the guys using these 5 and 6 day routines are using steroids so they recover very quickly.

Your recovery ability isn't anywhere near theirs so you'll have to train smarter.

## **Keep workouts under 45 minutes**

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

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



## Use superset exercises to get more work in

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

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

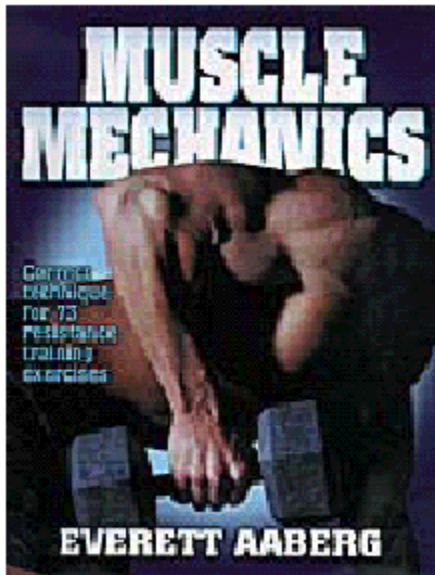
These are beneficial in several ways:

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

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

---

Important Note: Most of the exercises you should know but if you are not familiar you can check out the book Muscle Mechanics which you can get at [www.amazon.com](http://www.amazon.com) In the book it shows exactly how to perform each exercise correctly.



# **The Bio-Genetic Muscle** **Gain Workout**

## **Phase 1** **Preparation For Adaptation**

**Duration:** 2 weeks

**Frequency:** 3 workouts per week

**Exercises:** Bench Press, Seated Row, Deadlifts, Standing Calf Raise, Dumbbell curls, Tricep Extensions and Abdominal Crunches

**Note:** An exercise guide has been provided at the end of each phase section. A link is provided for each exercise. It shows the exercise being performed from beginning to end.

**Sets:** 3

**Rest:** 1 minute

**Reps:** 15-25

**Tempo:** 3-0-1

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

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

---

**Workout 1**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

---

3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**Workout 2**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**Workout 3**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

---



3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**Workout 4**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**Workout 5**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**Workout 6**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Bench Press A2- Seated Row		
B1- Deadlifts B2- Standing Calf Raise		
C1- Dumbbell curls C2- Tricep extensions		
D- Ab crunches		

## **Phase 1**

### **Exercise Guide**

#### **Bench Press:**

<http://www.exrx.net/WeightExercises/PectoralSternal/BBBenchPress.html>

#### **Seated Row:**

<http://www.exrx.net/WeightExercises/BackGeneral/CBSeatedRow.html>

#### **Deadlift:**

<http://www.exrx.net/WeightExercises/GluteusMaximus/BBDeadlift.html>

#### **Standing Calf Raise:**

[http://www.exrx.net/WeightExercises/Gastrocnemius/CBStandingCalfRaise  
Html](http://www.exrx.net/WeightExercises/Gastrocnemius/CBStandingCalfRaiseHtml)

#### **Dumbbell curls:**

<http://www.exrx.net/WeightExercises/Biceps/DBCurl.html>

#### **Tricep Extensions:**

<http://www.exrx.net/WeightExercises/Triceps/BBTriExt.html>

#### **Ab Crunches:**

<http://www.exrx.net/WeightExercises/RectusAbdominis/WtCrunch.html>

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## Phase 2 Muscle Growth Acceleration

**Duration:** 5 weeks

**Frequency:** 4 workouts per week

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

**Note:** An exercise guide has been provided at the end of each phase section. A link is provided for each exercise. It shows the exercise being performed from beginning to end.

**Sets:** 4

**Rest:** 1 1/2 minutes

**Reps:** 6-12

**Tempo:** 4-0-2

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

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

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1<sup>st</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press		
A2- Bent-over Row		
B1- Decline bench press		
B2- Chin-ups		
C1- Barbell curls		
C2- Tricep extensions		
D1- Dumbbell Curls		
D2- Tricep Pushdowns		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press		
A2- Bent-over Row		
B1- Decline bench press		
B2- Chin-ups		
C1- Barbell curls		
C2- Tricep extensions		
D1- Dumbbell Curls		
D2- Tricep Pushdowns		

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3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

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2<sup>nd</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

---

3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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3<sup>rd</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

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3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

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4<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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5<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

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3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

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6<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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7<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

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8<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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9<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

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3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

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10<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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11<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

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3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

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12<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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13<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

---

3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

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14<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

---

3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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15<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

---

3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

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16<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

---



3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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17<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press		
A2- Bent-over Row		
B1- Decline bench press		
B2- Chin-ups		
C1- Barbell curls		
C2- Tricep extensions		
D1- Dumbbell Curls		
D2- Tricep Pushdowns		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press		
A2- Bent-over Row		
B1- Decline bench press		
B2- Chin-ups		
C1- Barbell curls		
C2- Tricep extensions		
D1- Dumbbell Curls		
D2- Tricep Pushdowns		

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3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

---

18<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

---

3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

---

19<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

---

3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Dumbbell Bench Press A2- Bent-over Row		
B1- Decline bench press B2- Chin-ups		
C1- Barbell curls C2- Tricep extensions		
D1- Dumbbell Curls D2- Tricep Pushdowns		

---

20<sup>th</sup> Workout

1<sup>st</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

2<sup>nd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

---



3<sup>rd</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A1- Squats A2- Stiff-legged deadlifts		
B1- Leg extensions B2- Leg curls		
C1- Ab crunches C2- Trap shrugs		
D- Seated Calf Raises		

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## **Phase 2**

### **Exercise Guide**

#### **Dumbbell Bench Press:**

<http://www.exrx.net/WeightExercises/PectoralSternal/DBBenchPress.html>

#### **Bent-over Row:**

<http://www.exrx.net/WeightExercises/BackGeneral/BBBentOverRow.html>

#### **Decline Bench Press:**

<http://www.exrx.net/WeightExercises/PectoralSternal/BBDeclineBenchPress.html>

#### **Chin-ups:**

<http://www.exrx.net/WeightExercises/LatissimusDorsi/WtChinup.html>

#### **Squats:**

<http://www.exrx.net/WeightExercises/Quadriceps/BBSquat.html>

#### **Seated Calf Raise:**

<http://www.exrx.net/WeightExercises/Soleus/LVSeatedCalfRaise.html>

#### **Dumbbell curls:**

<http://www.exrx.net/WeightExercises/Biceps/DBCurl.html>

#### **Barbell curls:**

<http://www.exrx.net/WeightExercises/Biceps/BBCurl.html>

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**Tricep Extensions:**

<http://www.exrx.net/WeightExercises/Biceps/BBCurl.html>

**Tricep pushdowns:**

<http://www.exrx.net/WeightExercises/Biceps/BBCurl.html>

**Stiff-legged deadlifts:**

<http://www.exrx.net/WeightExercises/Hamstrings/BBStraightLegDeadlift.html>

**Leg extensions:**

<http://www.exrx.net/WeightExercises/Quadriceps/LVLegExtension.html>

**Leg curls:**

<http://www.exrx.net/WeightExercises/Hamstrings/CBLyingLegCurl.html>

**Trap Shrugs:**

<http://www.exrx.net/WeightExercises/TrapeziusUpper/TBShrug.html>

**Abdominal Crunches:**

<http://www.exrx.net/WeightExercises/RectusAbdominis/WtCrunch.html>

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## **Phase 3**

### **Massive Testosterone Release**

**Duration:** 5 weeks

**Frequency:** 4 workouts per week

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

**Note:** An exercise guide has been provided at the end of each phase section. A link is provided for each exercise. It shows the exercise being performed from beginning to end.

**Sets:** 5

**Rest:** 3 minutes

**Reps:** 4-6

**Tempo:** 2-1-0

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

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

**1<sup>st</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

**4<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**5<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

**2<sup>nd</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---

**4<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**5<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---



**3<sup>rd</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

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**4<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**5<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

**4<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

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4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

5<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---

**5<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

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**4<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
<b>A- Deadlifts</b>		
<b>B- Bench press</b>		
<b>C- One-armed row</b>		
<b>D- Barbell curls</b>		
<b>E- Lying Tricep Extensions</b>		

**5<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
<b>A- Deadlifts</b>		
<b>B- Bench press</b>		
<b>C- One-armed row</b>		
<b>D- Barbell curls</b>		
<b>E- Lying Tricep Extensions</b>		

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**6<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---

**4<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
<b>A- Squats</b>		
<b>B- Leg curls</b>		
<b>C- Standing calf raises</b>		
<b>D- Ab crunches</b>		

**5<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
<b>A- Squats</b>		
<b>B- Leg curls</b>		
<b>C- Standing calf raises</b>		
<b>D- Ab crunches</b>		

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**7<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

5<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

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**8<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---

**4<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**5<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---

**9<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

5<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

**10<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

5<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---



**11<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

**4<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**5<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

**12<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

5<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---

**13<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

**4<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**5<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

**14<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---

**4<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**5<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---



**15<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

5<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

**16<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---

**4<sup>th</sup>** set of each exercise

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**5<sup>th</sup>** set of each exercise

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---

**17<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

4<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

5<sup>th</sup> set of each exercise

Exercise	Weight	Reps
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

---

**18<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

---

**4<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**5<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

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**19<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

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**4<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

**5<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Deadlifts		
B- Bench press		
C- One-armed row		
D- Barbell curls		
E- Lying Tricep Extensions		

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**20<sup>th</sup> Workout**

**1<sup>st</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**2<sup>nd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**3<sup>rd</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

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**4<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

**5<sup>th</sup> set of each exercise**

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
A- Squats		
B- Leg curls		
C- Standing calf raises		
D- Ab crunches		

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## **Phase 3**

### **Exercise Guide**

#### **Squats:**

<http://www.exrx.net/WeightExercises/Quadriceps/BBSquat.html>

#### **Barbell curls:**

<http://www.exrx.net/WeightExercises/Biceps/BB Curl.html>

#### **Lying Tricep Extensions:**

<http://www.exrx.net/WeightExercises/Triceps/BBLyingTriExt.html>

#### **Leg curls:**

<http://www.exrx.net/WeightExercises/Hamstrings/CBLyingLegCurl.html>

#### **Abdominal Crunches:**

<http://www.exrx.net/WeightExercises/RectusAbdominis/WtCrunch.html>

#### **Bench Press:**

<http://www.exrx.net/WeightExercises/PectoralSternal/BBBenchPress.html>

#### **Deadlift:**

<http://www.exrx.net/WeightExercises/GluteusMaximus/BBDeadlift.html>

#### **Standing Calf Raise:**

<http://www.exrx.net/WeightExercises/Gastrocnemius/CBStandingCalfRaise.html>

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**One-armed row:**

<http://www.exrx.net/WeightExercises/BackGeneral/CBOneArmRow.html>

## Chapter Four

### Part 3: The Bio-Genetic Supplement Program

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

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

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

Here's what he said:

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

Out of all my research 2 supplements stood head and shoulders above the rest: Andro-Shock see <http://www.trulyhuge.com/andro-sh.htm> and Ecdy-Bolin see <http://www.trulyhuge.com/ecdy-bolin.htm>

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

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

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muscle producing programs in existence.

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

## How To Cycle These 2 Supplements

To get the most benefit from these supplements you are going to be using Andro-Shock 3 to 6 caps a day for 30 days, then Ecdy-Bolin 3 caps a day for 21 days. Then Repeat the cycle starting again with Andro-Shock. This gives your body a chance to go through a drastic growth spurt with minimum chance of side effects. Get these supplements at

<http://www.trulyhuge.com/supps.htm>



## **Conclusion**

I hope you realize the power you now hold in your hands. The power to transform your body beyond belief. I have given you the tools you need.

I am wishing you the best and invite your comments and questions sent to [nobsbb@aol.com](mailto:nobsbb@aol.com)

Best Wishes,  
Bryan Kernan

## Bonus #1:

### How I Gained Weight Fast With A "Fool Idea"

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

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

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

Let me explain.

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

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

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

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

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

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

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

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**Bonus #2:**  
**72 hour Weight Gain Secret**  
**(See results in the mirror in 72 hours**  
**with this secret supplement trick)**

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

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

<b><u>Bio-Genetic Creatine Cycle:</u></b>
Week 1: 0.16 g/lb. (grams of creatine per kilo of bodyweight)*
Weeks 2-5: 0.07 g/lb.
Week 6: Off
Week 7: 0.16 g/lb.
Week 8: 0.07 g/lb.
Weeks 9-12: Off

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

For the latest info on creatine see <http://www.trulyhuge.com/creatine.htm>

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### Bonus # 3:

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

This secret weight gain trick is a new way to take an old supplement.

Branched chain amino acids have been around for years. But they never gained popularity because of the little results they produced.

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

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

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

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

For example, if you weighed 150 lbs. you would do the following:  
 $150 \times .20$  grams of BCAA's / lb. = 30 grams of branched chain amino acids while you train.

A best one to use is called Nitrobol see <http://www.trulyhuge.com/nitrobol.htm>

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

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### Bonus #4:

## A Simple Food Trick Causes Unexplainable Rapid Weight Gain

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

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

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

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

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

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

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

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

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

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

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

The glutamine in the shake is for the raising of your growth hormone.

Taking the same shuttle theory and applying it we can get a dramatic increase in all these hormones with the ingredients in the shake.

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

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**A tip for the hardcore type: To increase the absorption rate even further you can put all these ingredients over a very low fire until the ingredients begin to dissolve into the water or grape juice. Remember don't bring it to a boil. Just heat it up enough for it to dissolve slowly.**

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

**16 oz. Grape Juice**

**0.5 grams of protein per pound of body mass**

**0.8 grams of carbohydrate per pound of body mass**

**0.05 grams of colostrum per pound of body mass**

**0.05 grams of creatine for every pound of body mass.**

**0.15 gram of glutamine per pound of bodyweight**

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

**95 grams of protein**

**80 grams of carbohydrate powder**

**30 grams of glutamine**

**10 grams of colostrum**

**10 grams of creatine**

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

**Mix in blender and chill before you workout.**

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