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THE BOOK OF MUSCLE



Bodybuilding supplement
Secrets Revealed

Bodybuilding Supplement Secrets Revealed!

**How to gain up to 15 lbs. of muscle in 6 weeks using potent
"homemade" supplement stacks and mixes**

By
Lee Hayward & Bryan Kernan

**"Cutting-edge E-book Reveals Secrets to Turning Ordinary
Supplements Into "Turbo-Charged" Anabolic Compounds"**

Bodybuilding Supplement Secrets Revealed:

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Bodybuilding Supplement Secrets Revealed

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.

Use of the information provided is at the sole choice and risk of the reader.

Dear Friend,

I have been involved with bodybuilding for the past 10 years and I have seen fads, trends, and scams come and go. I've literally spent thousands of dollars on supplements, magazines, training systems, diets and weights in my effort to find the most powerful way to put muscle on fast.

I've also seen and studied how the supplement industry operates. Both as a customer buying up the latest craze, and as an "insider" with my own company. I must issue you a warning here. My discoveries will not only shock you but may make you a little upset. That's understandable. I felt exactly the same way when I first discovered this "inside information" of the supplement industry.

In this manual I'm going to reveal to you all I discovered. You won't have to waste the time, energy, or money the way I did to discover these secrets of supplements.

What secrets am I talking about?

How would like to turn ordinary supplements into super powerful anabolic agents? Cut your supplement bill in half and get twice the results? Sound impossible? **I will prove it to you by the time you finish this book.**

If you use just a fraction of what I reveal to here in this book, you will discover an amazing new way to convert supplements you buy at your local health food store, into anabolic compounds that will slap on slabs of muscle. You'll be light years ahead of the guys just popping in pills when ever its convenient.

I'll show you how to develop a workable plan to achieve the results you are after faster. I want you to go through this book at least two times. The first time, browse through it and get a feel for the type of supplement system you have in mind, according to your goals. The second time you go through, have a notebook and pen ready, so you can customize your own supplementation program.

Bodybuilding Supplement Secrets Revealed

Give the program you customize for yourself about two weeks to see significant results. You will notice changes right away, but allow two weeks to judge the final results on whether are not its working.

All right. Are you ready?

Let's get started!

Yours for a lean and muscular body,

Lee Hayward

Bryan Kernan

P.S.- Please feel free to email me your comments and ideas on supplementation that worked for you. Also send me your experiences from a supplement program you tried as a result of this book at

Lee@LeeHayward.com

Bonus #1- In order to get your lifetime updates for the book which will include new anabolic formulas and the latest news on some of today' cutting edge supplements send your first name, last name, and e-mail address to

Lee@LeeHayward.com

Bonus #2- (\$50 supplement consultation)- To get a critique and advice on how to change your supplement program to reach your goals quicker send your email to Lee@LeeHayward.com Include a copy of your current supplement program or I'll design you one from scratch just give me your weight, body fat %, height, and goals (i.e.- would like to get to 200 lbs. at 8% body fat, I 'm presently 175 lbs. at 14 %). Put **Bonus 2** in the subject heading plus this code RJF0128.

Bodybuilding Supplement Secrets Revealed

The Advertisements Only Tell Part of the Story

You've seen the advertisements for supplements in the magazines. The ridiculous claims made in some of these advertisements. Things like "Gain 5 lbs. in 8 days on super duper creatine", "Scientifically proven to burn fat now", "Gain 16 lbs. of muscle", and other claims made by the supplement companies to push their supplements on you. Of course if you dispute any of their claims, they can quickly show a scientific study that "proves" it does what is advertised.

The truth is, these advertisements are only telling you part of the story. They conveniently forget to tell you the study that "proves" beyond a shadow of a doubt the supplement works, was performed on some sickly person in the hospital who would have probably gained muscle on anything you gave them.

I'm not saying all supplements are bad. Yes I've seen some people gain 5 lbs. of muscle in 8 days on creatine; but they could have saved about 100 dollars buying the same product somewhere else at a cheaper price. There is a company in the US that produces about 40% of the creatine sold in the US stores. If you are willing to buy in bulk you can get a hefty years supply of the same creatine for less than 100 dollars.

But what about the "extra ingredients" in the creatine that gives it the boost? These are the "bells and whistles" supplement companies use to distinguish their product. (It also gives them something to talk about in their ads) There is a certain amount of creatine that can be absorbed by the muscle. After that you are disposing the rest of it in the toilet.

Generally all of the other supplements are guilty of the same scenario I've described above. It is becoming increasingly difficult to be a knowledgeable buyer of supplements. That is why I have written this book. Not only will I shatter everything you believe about supplements but I will show you how to take this newfound knowledge and make some of the most powerful supplements you have ever tried.

The "Ideal" Supplement Routine

I use the word ideal here because a supplement program involves many variables. Factors such as timing, cycling, and absorption can affect the potency of your supplements. Its important to remember you can't have everything perfect all the time, but the closer you get to that level, the more effective your supplement program will be.

Your goals will dictate what kind of supplement system you want to be on at a given time. If you are in a muscle building phase, you will want to structure your supplement program so it reflects this. If you want to get down to 5% body fat, you are going to follow a completely different routine.

It's important to remember that supplements are the "extra edge" you need in order to manipulate your body to do exactly what you want it to do.

Normally without supplements you could only take your body to certain predetermined genetic limit. After you reached this point, you would be stuck. With supplements you can get your body to explode through the genetic barrier, and get your body to do some amazing and impossible things.

The Primitive Supplement Program

Most supplement users don't give any thought to designing an effective supplementation program.

They see an advertisement in the magazines about some "hot" new product. They try it out for a few weeks and move on to the next item of choice. This is not the way to construct a supplement routine. With very little thought and money you can design a routine that far surpasses any of these advertisements claims.

Bodybuilding Supplement Secrets Revealed

The Supplement Companies Won't Like This Book

To be frank, this book is going to scare them! Not only am I revealing their most trusted secrets, but I am going to recommend you mix your own more potent supplements (and spend less money doing it) out of the basic supplements, than purchasing their overpriced ones.

I am going to help you turn your kitchen into your own mini-supplement factory pumping out better products than the big boys. Now don't get me wrong, there are some companies that make very good products from scratch (very few). These are very rare indeed. I believe in some of them so much I endorse them with no direct compensation from them whatsoever.

The supplement and bodybuilding industry is literally built on "secret" unwritten rules within the industry that everybody follows. Why? Because it makes them rich very quickly.

Anabolic Steroids

Never has there been an increasing desire by athletes, bodybuilders, and health enthusiasts to find an alternative to steroids. A muscle building system that packs on muscle fast, burns off fat faster and is very safe.

From the looks of it the supplement industry is using science to close the gap between natural supplements and steroids. However I will show you what's really going on. There are very few companies racing to bridge this gap. Others are using science to simply sell their supplements.

I believe this book will help close some of this gap for you. Can you really mimic the results of steroids with this book? Individual responses vary. But, I will promise if you follow these supplement recommendations to the letter. You will experience dramatic changes in your physique of at least 5 lbs. all the way up to 25 lbs.

The Future of Supplements

Supplements in the future will be a lot more thought out in design and implementation. With the introduction of creatine and other supplements it is now possible to mimic the effects of steroids naturally.

Right now the hot new topic in the supplement industry seems to be the absorption rate of a supplement. They are using liposome technology, transdermal technology, and time released technology to try and get higher concentrations of these supplements in your system.

I am hoping supplement companies will start looking at the reaction of supplements already in existence. For example, taking two highly potent supplements and combining them into different stacks and mixes so they produce more than the two would by themselves. For example, we know that the addition of dextrose increases the absorption rate of creatine. In this case 2+2 doesn't equal 4. It equals more like 6 or 7.

There are a lot of other supplements out there that lend themselves to synergy like the example I described. That's what this book is about. Mixing effective supplements to create a synergy of supplements. Just one of these synergy combinations can have explosive results for you.

Whether it's a post workout combination, pre-workout combination, or just adding a night time growth cocktail; you will find the best supplement program for you.

You are going to need to experiment with yourself and how your body reacts to certain supplements. Your body processes supplements different from everyone else. It's important that you find out how your body reacts. You probably already know how your body reacts to some supplements but I want you to get downright picky.

A Preview What This Book Has To Offer

I have designed this book to take you through each step one at a time, building on each other. At the end, you will be equipped with the knowledge to design your own supplement mixes right for your body. You will also be able to plug these mixes into a structured program based on your goals.

First I'm going to reveal to you how the supplement industry operates. From product to design all the way to marketing the final product. Here is where I reveal the secret rules they play by in order to make a profit. It will change the way you buy supplements forever.

In the second part I'm going to reveal to you the main supplements you need to be concerned with in your bodybuilding efforts. Yes, there are other supplements out there that I do not mention in the book. I only deal in what has been proven by science and experience. Try the ones here before you move onto the latest hype. They work!

The third part gets specific on how to combine these supplements so you can adapt it to your current diet and training program.

OK Let's get started!

A Peek Inside the Supplement Industry

In these next few pages I am going to give you an "insider's view of how the supplement industry operates. It will change the way you buy supplements forever. Are you ready for a no holds barred and unbiased view? OK. Here we go.

Supplement companies have only one goal in mind. To make a profitable product. They will go to great lengths, even lie, to try and get their supplements to be bought by you off the shelves of your local GNC or by calling a 1-800 number. This misleading (a politically correct way of saying lie) can take many different forms.

The biggest problem of misinformation of supplements comes from the bodybuilding magazines themselves. A lot of people (especially those new to the bodybuilding game) do not know most of these bodybuilding magazines also own supplement companies. Even some of these supplement companies use their magazines as a sort of advertisement.

These conflict of interests make it literally impossible to provide an objective viewpoint of a supplement. How can a supplement company publish an article in its magazine, which paints a negative (but true) picture of a supplement they sell.

Some of you may remember this happening with Bill Philips, former owner of Muscle Media and EAS supplements. In Muscle Media magazine he claimed the effects of HMB were similar to the effects of Deca. (A potent steroid)

Now, even if he thought this in the beginning stages of the development of the supplement, the real world results proved him wrong. So all he had to do was say he made a mistake. That we all make mistakes and he misjudged the potential of a product. Did he do this? No way! The reason he couldn't say he was wrong was because he knew taking back that statement would hurt EAS's HMB sales.

What I have just given you is a perfect example of the conflicts of interests within the bodybuilding and supplement industry. Hidden agendas are everywhere in this industry. I'm not going to bash Bill Philips like a lot of others try to do. After all when you are running a supplement company and a magazine and your supplement company is making 200 million a year which one would you go with?

I am just trying to educate you so you can always be on the lookout for these hidden agendas. To help you here is a list of magazines and their sister supplement companies.

<u>Magazine</u>	<u>Supplement Company</u>
Muscle & Fitness	Weider Products
Muscle Media	EAS
Muscular Development	Twinlab
Pump	SoCal
Muscle Mag	Robert Kennedy's Line/MuscleTech
Flex	Weider Products
Testosterone	Biotest

Note: Keep this list in mind when reading information on any supplements. It doesn't mean these supplements are useless. I have tried supplements from just about all of these. But it will help you decipher the hidden agenda.

Bodybuilding Supplement Secrets Revealed

Now you will be better at analyzing the information put out about supplements. The next secret of the supplement industry is about product manufacturing.

A lot of companies get their products made from a contract manufacturer. A contract manufacturer is a large company with the equipment and tools to get the materials needed for a specific product; and is able to put the product it together. They do this in large quantities for bodybuilding supplement companies.

For example if I wanted to start my own supplement company I would contract with one of these manufacturers. They would then get the creatine from one of the major suppliers and formulate a product with my label, and now I'm in business.

The point I am trying to make is almost all the creatine in the United States comes from a few major companies, which produce it in large quantities. They sell it to the contract manufacturers who put it into product form under safe conditions. After that, they slap a label on it and it is sent to the sports nutrition company for them to sell.

When it gets to the sports nutrition company they now have the task of coming up with a "story" so they can sell their product. There are different ways they can do this. Usually they tell the contract manufacturers to add some extra ingredients to make it different from other supplements. This is what I call the "bells and whistles" of a supplement. They do nothing to help the product perform better but they do give the company something to talk about in its advertising.

Note: Not all supplement companies do this. Some make their supplements from scratch.

Once the supplement is formulated the real task of selling the supplement begins. It usually involves some type of hype or exaggerated claims. (Supported by university studies of course)

Here are some pictures of what a supplement contract manufacturer is involved with.

Sealing



Encapsulating



Labeling



Mixing



Bottling



**Raw Materials
For Supplements**



**Capsules of
Raw Materials**



Some "Unwritten Rules" Supplement Companies Follow

In order for the supplement companies to make a profit, they follow some long established rules only known to a few "insiders".

The first rule is the 3-month rule. A lot of companies in the fitness and exercise industry have been aware of this rule for a long time. It states simply that the average person will join a gym, buy some home gym equipment, start a new diet, or buy supplements and quit by the 3rd month.

Why do they quit? My guess is its due to the exaggerated expectations created by the companies trying to sell the supplements. When the results are not achieved, the person gets frustrated at the lack of results and gives up.

This means there is no incentive for the company to develop a product that works. Or if they do produce a decent product it is one that produces a little results to keep the prospect coming back for the 3-month period.

Their only goal becomes to get as much money as they can out of that person over the course of the 3-month period. A moving crowd of people coming in and out allows them to continue this cycle over and over again and make lots of money in the process.

No money is spent on research and development to make a better product. It just goes straight into the pockets of the owners.

Another rule that goes along with the 3-month rule is the repeat rule. This keeps the prospect coming back to buy more of the same product because they think they noticed a little change. Whether it's the diet, supplements, or they just started training harder, they don't want to mess with a good thing so they buy the product again.

Be aware of this! Even a sugar pill will produce some kind of effect if I tell you just by putting it in your mouth your testosterone levels will explode. It's the power of the human mind that really produces the results.

You may not find any of this information exciting but I think it's critical to change your perspective of the industry before you move on to designing effective supplements. It will help lay the foundation for you to become better equipped with the knowledge to buy supplements for maximum muscle and minimum expense.

Now you know how supplements are designed and I can reveal to you how the basic supplements can be combined to produce a synergy of muscle growing compounds.

Throughout the rest of the book I want you to keep in mind what I have just shared with you about the supplement industry. The main point to get out of it is this:

Most products produced by supplement companies get there materials from the same place and they are designed to tell a sales story. They are not designed with what the interaction of the different supplement compounds will do when taken.

That is why this book was written. To help you design super effective supplements on your own. To empower you to take matters into your own hands. Are you ready? All right.

Lets get started!

How to turn supplements from your local health food store into "turbo charged" anabolic compounds

The goal of your supplement program is to get you maximum growth. Exercise and training are, of course, additional factors in your bodybuilding success. The diet is only part of the equation in maximizing your body's production of lean mass and minimizing muscle breakdown. Supplementation helps you to fully stimulate maximum anabolic drive and minimize the catabolic effects of exercise. To do this fully, and get optimal results, you'll need to customize your supplements to your body.

Many people looking to build more muscle and lose fat know supplements can get them the extra edge they need. Unfortunately, as we described in the previous section they have some strange ideas about what works and what doesn't.

What Approach Should You Take

The main purpose behind taking supplements is to increase the 3 key hormones of your body. These 3 include your testosterone, growth hormone, and IGF-1 (insulin growth factors). They play the most important part in putting muscle on your body.

We will be focusing all our attention on how to use basic supplements to create mixtures that maximize these hormone levels. In most of the supplements, I recommend you buy the powder form. This helps to increase the absorption rate of the compound when you start mixing these supplements together.

The main ingredients you will be using when creating these "anabolic compounds" are shown on the next pages.

In the next section I'm going to reveal to you what I believe to be very effective supplements. Ideally, you want to purchase all of these supplements in powder form, so you can mix them together and absorb them better.

All the ingredients I give here can be purchased at a health food store in one form or another. You can also order online at:

<http://totfit.safeshopper.com> I have included a picture of some products with the ingredient I recommend, as their main product. This will make it easier for you to look for it at your health food store.

Whey Protein Powder - (Meal replacements) These should already be the main stay of any supplement program. If you are not taking in at least 1 gram of protein per pound of bodyweight you are seriously limiting your results. Whey protein has the highest bioavailability of any protein. Its absorption rate is increased when taken after a workout. Because of this up to 1/2 of your total protein intake should be taken after your workout. I will go into further detail when I talk about the Big 3 Hormonal Cocktail which whey protein plays a big part in.



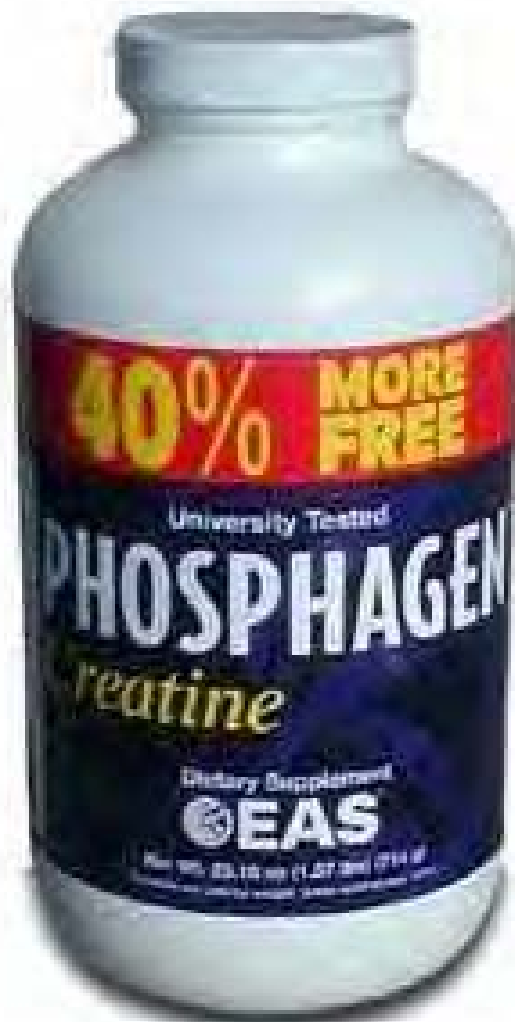
Next Nutrition was one of the first to bring whey protein to the market. However I use so much (and you should too) I buy my protein (Optimum Nutrition) in 5 lb. containers for around \$30 at: <http://totfit.safeshopper.com>

Maltodextrin (Carbohydrate Powder)- sold as carbohydrate drinks by the supplement companies. This is one of the most underused supplements by bodybuilders. It is also one of the most important. After a workout your body has been depleted of most of the carbohydrates in your body. Your muscles are screaming for some more. When you consume a high glycemic carbohydrate, like maltodextrin, your muscles will quickly absorb them. This allows us to use maltodextrin as a "shuttle" to transport other supplements into the muscle quickly.



Inside Tip: Instead of paying supplement prices from a bodybuilding company you can save a lot by buying maltodextrin from beer supply places. They sell it real cheap so you can buy a lot.

Creatine- Creatine monohydrate is absorbed by the muscle and is believed to increase the rate of protein synthesis in the body. A higher rate of protein synthesis puts the body into an anabolic state. EAS was the first to introduce it, but almost all creatine is the same. A company called Pfanstiehl makes about 40% of all the creatine produced in the US. You can get 1000 grams of creatine for about \$25 at: <http://totfit.safeshopper.com>



Bodybuilding Supplement Secrets Revealed

Glutamine- Glutamine is the most abundant amino acid in your muscles. It makes up about 1/3 of your entire amino acid pool. The army has used a ratio of glutamine in the muscles as a marker for overtraining. It has also been shown to increase recovery rate and growth hormone levels. You can get glutamine at discount prices at: <http://totfit.safeshopper.com>



Bodybuilding Supplement Secrets Revealed

Branched Chain Amino Acids- Amino acids are the building blocks of protein. They help aid in the repair, growth and development of muscle tissue. The 3 amino acids L-Leucine, L-Isoleucine, and L-Valine cannot be made within the body and therefore must be supplied through supplementation. Also helps raise your testosterone levels if taken during exercise.



Vitamin C- One of the most underrated bodybuilding supplements. I guess because it is so main stream and considered ordinary. It is involved in countless biochemical reactions within the body and aids the synthesis of collagen, which strengthens muscles and bones. You can get Vitamin C fairly cheap at most any grocery store or drug store.



Ribose- A carbohydrate used by all living cells and is an essential component in your body's energy production for your muscles. I tried ribose when it first came out and was very pleased with the results. However, I was taking 20 grams a day, which is considered a lot and very expensive. Basically it supplies energy to your muscles to keep them from going to failure. A very good thing.



Flaxseed oil- This is a fatty acid, which is rich in Omega-3 fats. These fats are essential for life and studies have shown an increase in these fatty acids can raise testosterone levels significantly. Supplementing your diet with 20-30% of flaxseed oil is a must for any bodybuilder serious about maximizing testosterone production.



Tribulus terrestris- A potent herb that has been shown in a number of scientific studies to raise testosterone levels by up to 30%. By raising your luteinizing hormone it directly raises your testosterone levels. Best used as a stack with pro-hormones.



Androdiol- This is a direct pre-cursor and metabolite of testosterone. Research has shown it converts to testosterone 3 times better than androstenedione by using a more efficient conversion.



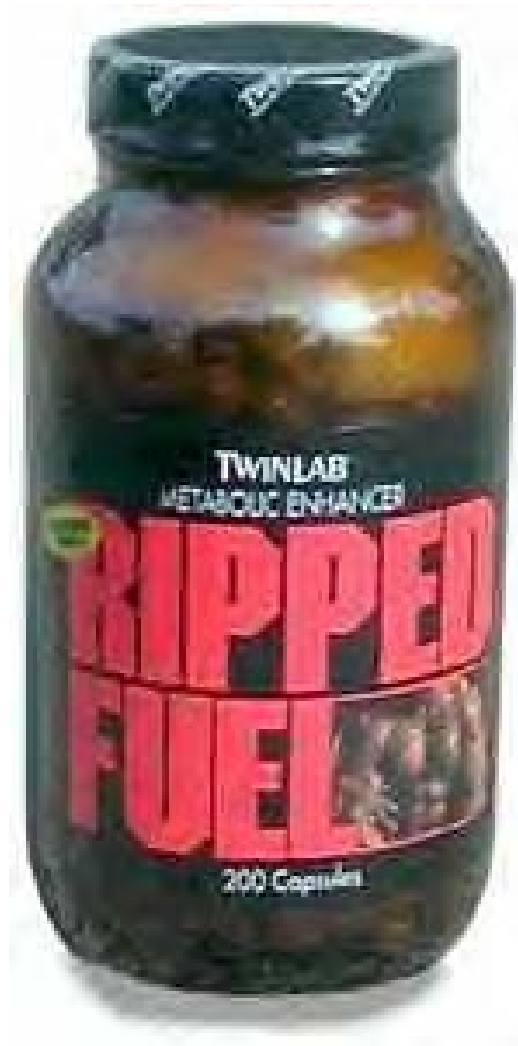
19-Norandrodiol- A precursor to nandrolone it converts at a rate 3 times more than regular norandrostenedione. Nandrolone is what Deca-Durabolin converts to in the body.



Saw Palmetto- Derived from a small palm tree. Its active ingredients have been found to inhibit the conversion of testosterone into dihydrotestosterone (DHT). DHT is a byproduct of some of the pro-hormone products and is associated with hair loss and other negative side effects.



Ephedrine- Also known as ephedra or ma huang. It is derived from an Asiatic shrub. When combined with caffeine and aspirin it can be a very potent fat-burner. But be careful! The FDA believes ephedrine may be related to 50 or more deaths in the U.S. Most of the serious injuries involve people with high blood pressure.



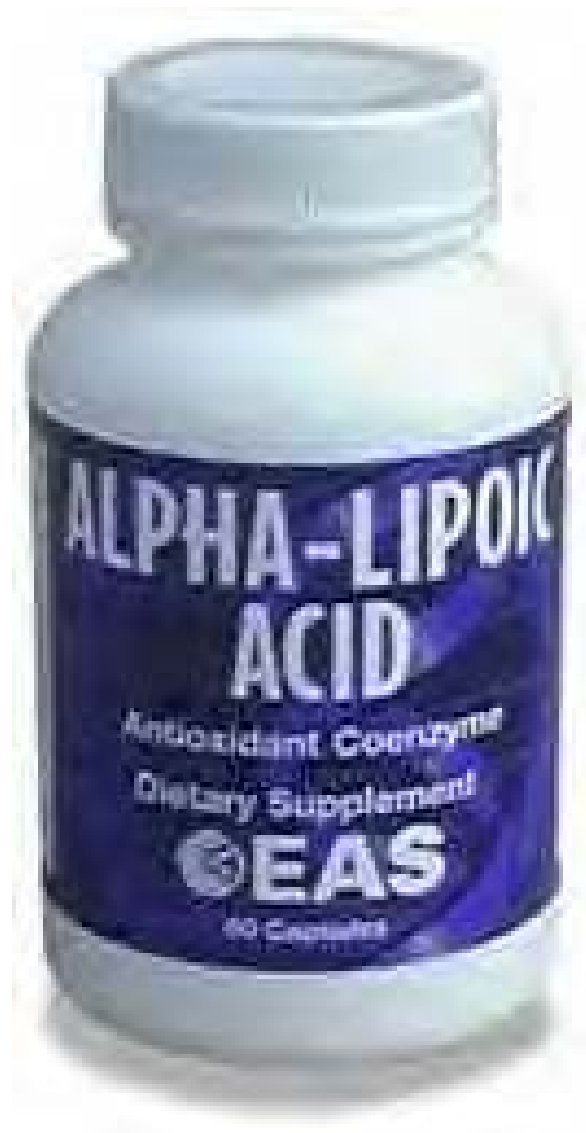
Guggulipid (guggulsterones)- An herb native to India which has been used a longtime in Ayurvedic medicine to treat obesity. Numerous studies confirm it raises thyroid hormone levels thereby increasing fat loss.



L-tyrosine- An amino acid precursor to epinephrine, norepinephrine, and dopamine. Helps prolong fat burning stacks like the ephedrine/cafeine/aspirin one.



Alpha lipoic acid- Studies show this compound mimics the effects of insulin without causing the negative side effects such as stimulation of fat deposits. It is also a good antioxidant.



Yohimbine- an herb that has been found to help the body utilize fatty acids while simultaneously increasing heat production. By increasing heat production more fat is burned off the body.



Phosphatidylserine- Studies have shown this supplement to have strong anti-catabolic effects. It blunts your adrenal glands initial exercise-induced spike of cortisol. By blunting the cortisol you tilt the testosterone/cortisol ratio in your favor.



Acety-l-carnitine- This supplement increases dopamine activity in the brain. By increasing dopamine levels before a workout you can be more awake and focused.



The supplements I have just reviewed in the previous section will be combined into different anabolic compounds. The formulas are in the next section. There are 7 different formulas right now. I am working on more and if you have any stacks or mixes that have worked well for you email me so I can share them with others. I will keep you updated of all additional formulas and supplements free of charge as a bonus for purchasing the book.

Vitamin and Mineral Charts

(Note: the recommended intake listed here is for active individuals i.e. athletes and people who exercise regularly.)

Vitamins

Vitamin A (carotene) – recommended intake 5000 IU/day

Is used for the formation and maintenance of skin, hair, and mucous membranes. Vitamin A helps with bone and tooth growth. It helps you see in dim light.

Best sources of vitamin A are: yellow and orange fruits and vegetables, green leafy vegetables, fortified oatmeal, liver, and dairy products.

Vitamin B1 (thiamine) – recommended intake 50 mg/day

Helps the body release energy from carbohydrates. Helps with growth and muscle tone.

Best sources of vitamin B1 are: fortified cereals and oatmeal, meats, rice, pasta, whole grains, and liver.

Vitamin B2 (riboflavin) – recommended intake 15 mg/day

Helps the body release energy from protein, fat, and carbohydrates.

Best sources of vitamin B2 are: whole grains, green leafy vegetables, organ meats, milk, and eggs.

Vitamin B3 (niacin) – recommended intake 25 mg/day

Involved in carbohydrate, protein, and fat metabolism

Best sources of vitamin B3 are: meat, poultry, fish, enriched cereals, peanuts, potatoes, dairy products, and eggs.

Vitamin B5 (pantothenic acid) – recommended intake 10 mg/day

Helps in release of energy from fats and carbohydrates.

Best sources of vitamin B5 are: meats, whole grains, legumes, fruits, and vegetables.

Vitamin B6 (pyridoxine) – recommended intake 15 mg/day

Helps build body tissue and aids in metabolism of protein.

Best sources of vitamin B6 are: fish, poultry, lean meats, bananas, prunes, beans, whole grains, and avocados.

Vitamin B12 (cobalamin) – recommended intake 6 mcg/day

Aids cell development, functioning of the nervous system, and the metabolism of protein and fat.

Best sources of vitamin B12 are: meats, dairy products, and seafood.

Bodybuilding Supplement Secrets Revealed

Biotin - recommended intake 500 mcg/day

Involved in metabolism of protein, fats, and carbohydrates.

Best sources of biotin are: grain products, yeast, legumes, and liver.

Folic acid – recommended intake 1 mg/day

Aids in genetic material development and involved in red blood cell production.

Best sources of folic acid are: green leafy vegetables, organ meats, peas, beans, and lentils.

Vitamin C (ascorbic acid) – recommended intake 3000 mg/day

Essential for structure of bones, cartilage, muscle, and blood vessels. Helps maintain capillaries and gums, aids in the absorption of iron. Helps boost the immune system and is good for reducing muscle soreness after a workout.

Best sources of vitamin C are: citrus fruits, berries, and vegetables

Vitamin D – recommended intake 600 IU/day

Aids in bone and tooth formation, helps maintain heart action and nervous system.

Best sources of vitamin D are: fortified milk, sunlight, fish, eggs, butter, and fortified margarine.

Bodybuilding Supplement Secrets Revealed

Vitamin E – recommended intake 1200 IU/day

Protects body cells, body tissue, and essential fatty acids from harmful destruction in the body. Helps boost the immune system and is good for reducing preventing some of the side effects from overtraining such as infection and sickness.

Best sources of vitamin E are: multigrain cereals, nuts, wheat germ, vegetable oils, and green leafy vegetables.

Vitamin K – recommended intake 125 mcg/day

Essential for blood clotting functions and helps strengthen bones.

Best sources of vitamin K are: green leafy vegetables, fruit, dairy products, and grain products.

Minerals

Calcium – recommended intake 1000 mg/day

Calcium helps strengthen bones, teeth, and muscle tissue. It regulates heartbeat, muscle action, nervous function, and blood clotting.

Best sources of calcium are: dairy products

Chromium – recommended intake 300 mcg/day

Chromium helps with glucose metabolism and it increases the effectiveness of insulin.

Best sources of chromium are: corn oil, clams, whole grains, and brewers yeast.

Copper – recommended intake 3 mg/day

Helps with the formation of red blood cells, bone growth and health. Works with vitamin C to form elasin.

Iodine – recommended intake 150 mcg/day

Iodine is a component of hormone thyroxine; it helps in the production of thyroid hormones, which control metabolism.

Best sources of iodine are: seafood and iodized salt.

Iron – recommended intake 30 mg/day

Iron helps with haemoglobin formation. Improves blood quality. Increases resistance to stress and disease.

Best sources of iron are: meats, organ meats, and legumes.

Magnesium – recommended intake 500 mg/day

Helps with acid / alkaline balance. Important in metabolism of carbohydrates and minerals. Can improve strength by increasing protein synthesis.

Best sources of magnesium are: nuts, green vegetables, and whole grains.

Manganese – recommended intake 5 mg/day

Helps with enzyme activation; carbohydrate and fat production; sex hormone production; skeletal development.

Best sources of manganese are: nuts, whole grains, vegetables, and fruits.

Phosphorous – recommended intake 1000 mg/day

Helps with bone development and is important in protein, carbohydrate, and fat utilization.

Best sources of phosphorous are: fish, meat, poultry, eggs, and grains.

Selenium – recommended intake 150 mcg/day

Protects body tissues against oxidative damage from radiation, pollution, and normal metabolic processing.

Best sources of selenium are: seafood, organ meats, meats, and grains.

Zinc – recommended intake 25 mg/day

Involved in digestion and metabolism. Important in the development of the reproductive system. Aids in healing.

Best sources of zinc are: meats, liver, eggs, seafood, and whole grains.

Electrolytes

Potassium – recommended intake 4000 mg/day

Helps with fluid balance. Controls activity of heart muscle, nervous system, and kidneys.

Sodium – recommended intake 3000 mg/day

Helps regulate fluid balance. Helps regulate acid/base balance in the bloodstream and facilitates active cellular transport across cellular membranes.

Eating a well balanced diet that includes lean meats, poultry, fish, fruits, vegetables, dairy products, and grain products will cover most of your vitamin and mineral needs. I also recommend that you take a multivitamin and mineral supplement capsule in the morning with your breakfast and another one in the evening with your dinner. This will ensure that you are getting ample amounts of vitamins and minerals in your daily diet. If you sweat a lot during the day (i.e. during workouts) you should also use table salt on your food to help replace lost sodium and prevent muscle cramps.

Note: you can usually find a drug store or supermarket brand of multivitamin / mineral supplements that contain the same potency as more expensive brands.

Formula 1: The Big 3 Hormonal Cocktail

The goal of this special homemade cocktail is to boost the 3 most potent muscle building hormones in your body. These 3 are growth hormone, testosterone, and IGF-1. Muscle growth is dependent on these 3 hormones. In fact, these hormones are responsible for putting the muscle you already have on you. Even if you don't work out!

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, and grape juice (optional).**

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

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

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.

Bodybuilding Supplement Secrets Revealed

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.

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

16 oz. Grape Juice
0.25 grams of protein per pound of body mass
0.8 grams of carbohydrate per pound of body mass
0.05 grams of creatine for every pound of body mass.
0.1 gram of glutamine per pound of bodyweight

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

50 grams of protein
80 grams of carbohydrate powder
20 grams of glutamine
10 grams of creatine
16 oz. Of grape juice (approximately 80grams of carbohydrates)

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

Formula 2: The Anti-Catabolic Workout Drink

This mixture of supplements is to be used at the beginning of your workout and throughout it. During your workout the body begins to break down muscle and use it as an energy source. If something is not supplemented in its place your muscles will be used up as energy. This drink will not only replace the energy source during your workout but will also boost your anabolic drive, so you come out one step ahead after your workout instead of one step back.

The ingredients used in this workout drink are: ribose, branched chain amino acids (BCAA), and glutamine.

These 3 supplements will enable your body to go through your workout and at the same time increase your rate of protein synthesis (a sure sign of anabolism), increase your growth hormone and raise your insulin. And as I mention before if insulin is in your system cortisol is out. Let's look at each ingredient and the role they play in this highly potent mixture.

In order to spare your muscle from being used up as an energy source in your workout, glutamine and ribose are the two supplements in this mix that help spare your hard earned muscle. The body will call upon the available glutamine and ribose to supply the energy for the workout.

The branched chain amino acids come into play by increasing both your growth hormone and insulin. This tilts your testosterone to cortisol ratio in the favor of testosterone. To put it simply, it throws your body into an anabolic state of growing muscle instead of breaking it down.

As a result, you come out ahead in your quest to gain muscle and not behind.

Now imagine combining this compound with the first one. Not only will you come out a step ahead after you take this one but you are already in a highly anabolic state even before you go to take your Big 3 hormonal compound. Combining the two will put your body into a hyper anabolic state packing on muscle at an unbelievable rate. You definitely need to try this!

Bodybuilding Supplement Secrets Revealed

Here are the ingredients for creating your anti-catabolic shake according to your bodyweight:

0.2 grams of whey protein per lean pound of bodyweight
5 grams of ribose every 200 lbs. (2.5 for every 100 lbs.)
10 grams of glutamine every 200lbs.

An example for a 200 lb. person with 10% body fat is as follows:

**** 38 grams of whey protein
5 grams of ribose
10 grams of glutamine**

Mix with water and start drinking 15 min before you start your workout and all during. Pace yourself and try to time it so you sip your last sip after your last rep.

****Note: whey protein contains all of the essential amino acids and is much cheaper then BCAA tablets.**

Formula 3: The Anabolic Bedtime Formula

In order to keep your body in a state of anabolic growth your body needs to constantly be supplied with amino acids throughout the day so your body can maintain and build muscle from them.

This becomes a problem when its time for you to go to bed. You are in effect fasting your body for eight hours giving it no supply of amino acids. The result is another step back in your quest to gain muscle. And as you should know by now the goal of these supplement complexes is to keep you moving forward at a rapid pace. We use the principle of momentum to give us quick muscle gains.

In order to overcome this anti-catabolic fasting state, you need to give serious thought to your bedtime shake. If you are not taking one right now I hope you realize you are losing muscle instead of gaining it.

The ingredients in this bedtime shake are: glutamine, protein (casein), and flaxseed oil.

These powders are mixed into a shake with a low carbohydrate. I like to mix them with milk and some strawberries or you could use an MRP.

Glutamine's role is to preserve your muscle and raise your growth hormone while you sleep. It will work in conjunction with the protein to spare your muscle and give it a constant supply of amino acids. The type of protein I recommend here is very important. It is the casein type in particular because it provides a steady slower paced release of amino acids into the blood stream, much longer than whey. Whey produces a sharp rise in amino acids because of its high bioavailability.

Because whey has a high absorption rate it would be better to use it in your Big 3 hormonal cocktail. This will get the protein into your muscle much faster then casein would especially at a time when you need it.

The flaxseed oil provides essential fatty acids, which have been proven by scientific studies to keep your testosterone levels elevated.

The ingredients are mixed as follows according to lean body mass:

16 oz. Of skim milk
1 cup of strawberries or blueberries*
5 grams of glutamine for every 100 lbs. of lean body mass.
20 grams of casein protein powder for every 100 lbs. of lean body mass*
1 table spoon of flaxseed oil for every 100 lbs. of lean body mass

An example of a bedtime shake for a 220 lb. person at 10% body fat is:

**16 oz. Of skim milk
1 cup of blueberries
10 grams of glutamine
40 grams of casein protein
2 table spoons of flaxseed oil**

***A Met-rx meal replacement can be used in place of the fruit and protein. The original version of Met-rx is a good source of casein protein.**

This shake is to be taken 10-15 min before bedtime.

Formula 4: The Hyper Fat Loss Compound

The three previous formulas have so far only dealt with packing on lean muscle. But there are times when you need to shed some extra fat.

The other formulas are pretty easy to put together because their ingredients are so readily available. With this one, you'll need to do a lot of extra homework trying to put this together. If that's too much trouble, I'll tell you some good supplements you can use that will be pretty close to the "ideal" fat burner. This section will also help you know what to look for when you are shopping for a fat burner.

When using this compound I am assuming you are on some kind of calorie restricted diet. An important point to remember when looking for a fat burner is what happens to your body when calories are restricted.

Your metabolism, which is responsible for burning calories, begins to slow down. Your thyroid, which is partly responsible for regulating your metabolism, begins to slow the conversion rate of a particular thyroid hormone (T3). When T3 levels decline your metabolism declines. This is an important argument for taking a fat burning, which does more than the ephedrine/caffeine/asprin stack. (ECA).

The ECA stack is a thermogenic compound, which is quite effective in burning off fat. But the effects diminish the longer you use it; and some people don't like the jittery feeling they get when they are on this.

In designing this compound I will assume you want the most potent, legal, fat burning compound on earth. If I do make this assumption, then some form of the ECA stack would be included in this formula. Our objective is to take this formula to a whole new level.

I mentioned earlier you needed to prevent T3 levels from declining while on a calorie restricted program. An ingredient called guggulstrones can help prevent this from happening and therefore it should be included in your fat burning stack.

L-tyrosine, which seems to improve the thermogenic effect of ephedrine based products like the ECA stack. Alpha lipoic acid has been shown to act as an insulin mimicker, which could help with insulin sensitivity and fat loss. And finally yohimbine, which helps the body utilize fatty acids and increases heat production in the body.

The ingredients in this highly potent fat burning stack is as follows:

200 mg of caffeine
200 mg of l-tyrosine
5 mg of yohimbine
25 mg of MaHaung (8% ephedra)
200 mg of guggul extract
200 mg Alpha lipoic acid
300 mg of aspirin

This should be taken 1-3 times a day.

Side note: Some companies manufacture a version of the ECA stack and another product, which contains l-tyrosine and guggul, extract. You could stack these two supplements for excellent results or mix your own according to the above recommendations.

Experiment with the dosing pattern no matter how much you weigh.

Formula 5: The Pre-Workout Anti-Catabolic Pill

The anit-catabolic effects of exercise has already been explained. This area of weight training is so crucial I have designed another formula to specifically address this area. In order to prevent yourself from going into a catabolic state, you can use this formula to help you.

When preparing your body for a workout you need to make every effort to make sure you will not only prevent catabolism but you also want to be ready mentally. This way you can put the maximum amount of effort into your workout.

The ingredients in this pre-workout formula are: branched chain amino acids (BCAA), acety-l-carnitine, and phosphatidylserine.

We have already talked about how BCAA's can prevent muscle breakdown and raise growth hormone and insulin while taking it during your workout. However in order to make sure you are in the anabolic state before you even begin working out you should take some a while before so it is in your system.

Acety-l-carnitine may increase dopamine levels in the body and raise testosterone. This has been added to the pre workout pill, because it will get you mentally alert for the workout. You will be able to achieve higher levels of concentration with it, in your workouts.

And finally, phosphatidylserine has been added to decrease cortisol levels in your workout. At moderate dosages it can be a good pre workout supplement.

A lot has been said of preparing your body to minimize the effects of the workout. Exercise is one of the most anabolic aspects of your total training routine. However it is also the most catabolic if you do not take the steps to prepare you body for the stress imposed by exercise.

Combining the 3 formulas I have given you, which are centered around the workout, specifically the Big 3 formula, the anti-catabolic, and this one, can have a dramatic impact on your entire physique. It is safe to say that it will catapult you to levels beyond your normal genetic potential.

The formula for this is as follows:

3-7 grams of acety-l-carnitine
10 grams of BCAAs
1000 mg of phosphatidylserine

This dosing is for every 200lbs.

So a 220 lb. man at 10% would use the following:

3-7 grams of acety-l-carnitine
10 grams of BCAAs
1000 mg of phosphatidylserine

Take 30 minutes before you workout.

Formula #6: The Extreme Testosterone Stack

It has long been the bodybuilder's dream to find an over the counter supplement that produces steroid-like results. While we are still along way away from mimicking the effects of steroids, the pro hormones that are coming onto the market are bridging this gap.

Two pro- hormones in particular are very interesting: 4-androstendiol and 19-norandrostendiol.

4-androstendiol has been shown to have the highest conversion rate to testosterone of any pro-hormone on the market. It's over three times more potent than the one Mark McGwire was using when he broke the home run record.

19-norandrostendiol doesn't convert to testosterone. It converts to the same thing Deca converts to in the body. Because these two work through a different pathway you can stack these two and come up with better results.

Now the only problem is avoiding some of the possible side effects of these two. That's where tribulus and saw palmetto come in on this stack. The tribulus keeps your natural hormone system from shutting down and giving you another testosterone boost within the body.

Saw palmetto makes sure most of the 4-andro is converted to testosterone with in the body.

Stacking all these together will make one potent combination. You should stay on this stack for 6 weeks at the most and then take a break. This will give your body a chance to normalize itself before you begin another cycle.

Here is a sample 6-week cycle you could use to dramatically pack on muscle mass:

Week	4-androstendiol	19-norandrostendiol	Tribulus	Saw Palmetto
1	300 mg/day	300 mg/day	1200 mg/day	200mg/day
2	250 mg/day	250 mg/day	1200 mg/day	200mg/day
3	200 mg/day	200 mg/day	1200 mg/day	200mg/day
4	150 mg/day	150 mg/day	1200 mg/day	200 mg/day
5	150 mg/day	150 mg/day	1200 mg/day	200 mg/day
6	100 mg/day	100 mg/day	1200 mg/day	200 mg/day

Look for the bottles containing 50 mg capsules so you can tailor the program accordingly. After you have completed the 6-week cycle take 2 weeks off before starting again.

This prescription stack is for every 200 lbs. of lean muscle mass. Adjust dosages for bodyweight.

Formula # 7: Secret "Bedtime" Trick Boosts Muscle Growth Dramatically

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, and add some creatine, glutamine, and colostrum to give your body a spike in growth hormone, testosterone, and IGF-1 levels.(formula #3 would be a good example of a middle of the night drink) 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.

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

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

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

Bonus # 3

Extreme Cuts: Fat-Loss Secrets Revealed

By
Lee Hayward & Bryan Kernan

A Confidential Special Report

A Look at the Ultimate Weapons in your Quest to Get Freaky Low Levels of Body Fat

Your body is designed to store fat easily. It is an emergency mechanism your body uses to prevent itself from starving. Your body still doesn't know there is a McDonalds around the corner and that when you are hungry you can hop into your car and get an extra value meal anytime you feel like it. It still thinks you in the jungle hunting saber tooth's and other animals to munch on.

Because your body is geared to put on fat you are going to need every supplement, diet tricks, and weight training routine to get rid of it. That's what this special report is all about. In it I'm going to reveal to you some of the best fat burning nutrients, tips, tricks, and secrets for getting your body shredded.

I will start with the fat-burning supplements. I'll go through each one so you know what to look for in a fat-burning supplement and what to avoid.

Let's begin.

Ephedrine- This has gotten a lot of bad press in the news in recent years but when used correctly can still be an effective fat burner. It became popular in the early 90's primarily as one of the main ingredients in the ephedrine/caffeine/aspirin stack. It worked very well by stimulating the nervous system. There are disadvantages you need to be aware of. It also gives some people a jittery feeling and may increase your blood pressure. Used in moderation and with other supplements it can be a very effective weapon against fat.

Caffeine- this is the second part of the ephedrine/caffeine/aspirin stack. It works on your nervous system through a different pathway than ephedrine. This is why it's a good idea to stack these two. When combined they give you an increase in metabolic rate, and help preserve lean muscle mass. So this supplement also gets a good grade when combined with ephedrine.

Phenylpropanolamine (PPA)- This was one you probably have seen in the news recently. The FDA banned it because it is believed to be a major cause in some heart strokes people were having. It was used in some famous cough medicines and diet products like Dexatrim. This ingredient was similar to ephedrine in the way it stimulated the nervous system except it didn't give you the jittery feeling associated with ephedrine. It was a very good product to use. I used it to burn lots of fat off my body. I didn't experience any problems with it but no use worrying about it any more; this product is no longer on the market.

SPECAIL REPORT ON EXTREME FAT LOSS TECHNIQUES

Yohimbine- this is another herbal fat loss supplement that works by another nervous system mechanism stimulation. It helps to signal to fat cells to release the fat inside the cell. Stacking this with ephedrine and caffeine will create a super synergistic fat burning compound, but it can also be dangerous. Yohimbine also raises your blood pressure so taking two herbs that raise your blood pressure and combining them might not be a good idea in some people's cases. You might be able to use this stack for very short periods of time alternating with a more moderate stack. Be very careful with this stack!

Guggul extract- this product supports an increase in your thyroid function allowing you to keep your metabolic rate up even on a calorie restricted diet. This product has been given considerable attention lately and for good reason. It works! This would be a good additive to something like the ephedrine/caffeine/stack.

Tyrosine- tyrosine is a precursor to products like ephedrine and when combined can increase the effectiveness of these supplements. It helps to turbo charge the ephedrine when combined in the stack.

To sum up this section on supplements look for products that contain these ingredients when seeking maximum fat loss. You can even mix and match to create a stack that works very well with your body. For example some fat loss supplements mimic the ephedrine/caffeine/aspirin stack and others use guggul extract, tyrosine and yohimbine as their main ingredients. Test different ones to see how your body responds.

Dieting for Fat Loss

When you are trying to lose fat you need to restrict your calories in order for your body's metabolism to burn off the extra fat. Every one knows this. But the body will quickly adjust its metabolic rate to the food consumed if you do not do certain things to prevent your body from adapting.

To keep your body from adapting you need to manipulate the variables of your diet in certain ways. Here they are:

Carbohydrates- you must consume low glycemic carbohydrates only. To prevent any insulin from being released into your body in sharp spikes center your diet around the low glycemic ones. When you get sharp rises in insulin in your body the fat cells are activated and called upon. Keep your insulin levels stable.

Protein- It is very important to keep your protein levels higher than normal. You will need at the very least 1.5 grams of protein per pound of bodyweight. This will keep your IGF-1 levels high and your muscle mass from being used as energy.

SPECIAL REPORT ON EXTREME FAT LOSS TECHNIQUES

Fat- Keep your fat intake at around 20-30%. Make sure your fat intake is mainly made up of the good fats like fish oil, flaxseed oil and olive oil. These fats will help your insulin levels stay steady which is the main goal of the diet.

Meal frequency- this is another important and often overlooked part of most people's diet. If you skip one meal your body will think its going into starvation mode and begin to store fat quickly. To keep this from happening, consume six meals every two to three hours. This will keep your metabolism in high gear.

Varying calorie intake- Every three days increase your calorie intake a little over maintenance level. For example if your maintenance calorie intake is 2500 calories and you begin your diet on Monday by restricting your calories to 2000 a day and continue to do so on Tuesday and Wednesday. On Thursday spike your calorie intake up to 2800 calories. This will keep your body from adapting to the low calorie intake and halt the fat burning process. The second time you spike your calories wait four days and the third time wait five days. Then start over with spiking your calorie intake every three days and so on and so on. This should be enough to keep your body guessing.

The main goal of your diet is to keep insulin levels steady by consuming low glycemic foods and meals very frequently. This plus the protein and supplements will preserve lean mass while burning fat.

Weight Training for Fat Loss

Your weight training program will be designed to burn the maximum amount of fat and at the same time preserve your lean muscle mass while you are in the gym.

To accomplish this you will need to turn your weight training routine into an aerobic event. In other words the rest between sets will be reduced dramatically, and the reps of each set will be increased. This helps to increase the growth hormone levels in your body and turns your body into a fat burning machine. To start with you will only be working out for three days a week. Below is a sample of the weight training schedule to burn fat.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Routine #1	Off	Routine #2	Off	Routine #3	Off	Off

SPECIAL REPORT ON EXTREME FAT LOSS TECHNIQUES

Th routines are very straight forward. They look deceptively simple but you will soon find out how much they demand from your body.

In the weight training system table you'll notice a 1 and 2 next to each exercise. These are to be performed right after each other. For example you would start with your first set of squats. When you are finished rest 60-90 seconds and then move on the your first set of bench press. Rest 60-90 seconds and go back to the squats and begin your second set.

It is important not to stray from the time frames are exercises because this is the key to keeping your body in the fat burning mode. The fat loss training system routines are below.

Routine #1 (1st 4 weeks)

Monday	Sets	Reps	Rest
A-Squats	3	10-12	60-90 sec
B-Bench Press	3	10-12	30-60 sec
			60 sec
A-Seated Row	3	10-12	30-60 sec
B-Shoulder Dumbell Press	3	10-12	30-60 sec
			60 sec
A-Legcurl	3	12-15	30-60 sec
B-Bicep Dumbell Curl	3	10-12	30-60 sec
			60 sec
A-Standing Calf Raise	3	20-25	30-60 sec
B-Tricep Extension	3	8-12	30-60 sec
			60 sec
Ab crunch	3	20-25	30 sec

SPECIAL REPORT ON EXTREME FAT LOSS TECHNIQUES

Routine #2 (2nd 4 weeks)

Wednesday	Sets	Reps	Rest
A-Leg Press	3	10-12	60-90 sec
B-Bent-over row	3	10-12	30-60 sec
			60 sec
A-Stiff-legged deadlift	3	10-12	30-60 sec
B-Shoulder Barbell Press	3	10-12	30-60 sec
			60 sec
A-Seated calf-raise	3	20-25	30-60 sec
B-Dumbbell Bench Press	3	10-12	30-60 sec
			60 sec
A-Barbell curl	3	8-12	30-60 sec
B-Tricep Kickbacks	3	8-12	30-60 sec
			60 sec
Ab crunch	3	20-25	30 sec

SPECIAL REPORT ON EXTREME FAT LOSS TECHNIQUES

Routine #3 (3rd 4 weeks)

Friday	Sets	Reps	Rest
A-Deadlift	3	10-12	60-90 sec
B-Bench Press	3	10-12	30-60 sec
			60 sec
A-Chin-ups	3	10-12	30-60 sec
B-Dips	3	10-12	30-60 sec
			60 sec
A-Dumbbell Incline curl	3	12-15	30-60 sec
B-Shoulder machine press	3	10-12	30-60 sec
			60 sec
A-Standing Calf Raise	3	20-25	30-60 sec
B-Forearm curls	3	8-12	30-60 sec
			60 sec
Ab crunch	3	20-25	30 sec

Conclusion

If you put to use these guidelines I have revealed to you in this special report you will find your body responding to these tips by burning fat at an unprecedented rate. And they all work too! I know because I have used them time and time again to get myself into shape in less than 12 weeks. Use them and send me your comments.

SPECIAL REPORT ON EXTREME FAT LOSS TECHNIQUES

Bonus #4 - Supplement Journal

Daily Supplement Journal

Date: 01-15-00

Goal for this supplement cycle- To gain 15 lbs. of muscle in 6

weeks

Formulas Used to Reach Goal: Formula # 1, 2, 6, _____,
_____, _____, and _____.

6:00 am	3:30 pm	
6:30 am	4:00 pm	
7:00 am	4:30 pm	
7:30 am	5:00 pm	
8:00 am	5:30 pm	Take Formula #6
8:30 am	6:00 pm	Workout Take formula # 2
9:00 am	6:30 pm	
9:30 am	7:00 pm	Take Formula #1
10:00 am	7:30 pm	
10:30 am	8:00 pm	
11:00 am	8:30 pm	
11:30 am	9:00 pm	
12:00 am	9:30 pm	
12:30 pm	10:00 pm	
1:00 pm	10:30 pm	
1:30 pm	11:00 pm	
2:00 pm	12:00 am	
2:30 pm	12:30 am	
3:00 pm	1:00 am	

Example

Daily Supplement Journal

Date: _____

Goal for this supplement cycle: _____

Formulas Used to Reach Goal: Formula # _____, _____, _____, _____, _____, _____, and _____.

6:00 am	3:30 pm
6:30 am	4:00 pm
7:00 am	4:30 pm
7:30 am	5:00 pm
8:00 am	5:30 pm
8:30 am	6:00 pm
9:00 am	6:30 pm
9:30 am	7:00 pm
10:00 am	7:30 pm
10:30 am	8:00 pm
11:00 am	8:30 pm
11:30 am	9:00 pm
12:00 am	9:30 pm
12:30 pm	10:00 pm
1:00 pm	10:30 pm
1:30 pm	11:00 pm
2:00 pm	12:00 am
2:30 pm	12:30 am
3:00 pm	1:00 am

Daily Supplement Journal

Date: _____

Goal for this supplement cycle: _____

Formulas Used to Reach Goal: Formula # _____, _____, _____, _____, _____, _____, and _____.

6:00 am	3:30 pm
6:30 am	4:00 pm
7:00 am	4:30 pm
7:30 am	5:00 pm
8:00 am	5:30 pm
8:30 am	6:00 pm
9:00 am	6:30 pm
9:30 am	7:00 pm
10:00 am	7:30 pm
10:30 am	8:00 pm
11:00 am	8:30 pm
11:30 am	9:00 pm
12:00 am	9:30 pm
12:30 pm	10:00 pm
1:00 pm	10:30 pm
1:30 pm	11:00 pm
2:00 pm	12:00 am
2:30 pm	12:30 am
3:00 pm	1:00 am

Daily Supplement Journal

Date: _____

Goal for this supplement cycle: _____

Formulas Used to Reach Goal: Formula # _____, _____, _____, _____, _____, _____, and _____.

6:00 am	3:30 pm
6:30 am	4:00 pm
7:00 am	4:30 pm
7:30 am	5:00 pm
8:00 am	5:30 pm
8:30 am	6:00 pm
9:00 am	6:30 pm
9:30 am	7:00 pm
10:00 am	7:30 pm
10:30 am	8:00 pm
11:00 am	8:30 pm
11:30 am	9:00 pm
12:00 am	9:30 pm
12:30 pm	10:00 pm
1:00 pm	10:30 pm
1:30 pm	11:00 pm
2:00 pm	12:00 am
2:30 pm	12:30 am
3:00 pm	1:00 am

Daily Supplement Journal

Date: _____

Goal for this supplement cycle: _____

Formulas Used to Reach Goal: Formula # _____, _____, _____, _____, _____, _____, and _____.

6:00 am	3:30 pm
6:30 am	4:00 pm
7:00 am	4:30 pm
7:30 am	5:00 pm
8:00 am	5:30 pm
8:30 am	6:00 pm
9:00 am	6:30 pm
9:30 am	7:00 pm
10:00 am	7:30 pm
10:30 am	8:00 pm
11:00 am	8:30 pm
11:30 am	9:00 pm
12:00 am	9:30 pm
12:30 pm	10:00 pm
1:00 pm	10:30 pm
1:30 pm	11:00 pm
2:00 pm	12:00 am
2:30 pm	12:30 am
3:00 pm	1:00 am

Daily Supplement Journal

Date: _____

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Formulas Used to Reach Goal: Formula # _____, _____, _____, _____, _____, _____, and _____.

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11:00 am	8:30 pm
11:30 am	9:00 pm
12:00 am	9:30 pm
12:30 pm	10:00 pm
1:00 pm	10:30 pm
1:30 pm	11:00 pm
2:00 pm	12:00 am
2:30 pm	12:30 am
3:00 pm	1:00 am
3:00 pm	1:00 am

Daily Supplement Journal

Date: _____

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12:00 am	9:30 pm
12:30 pm	10:00 pm
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Daily Supplement Journal

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Goal for this supplement
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Formulas Used to Reach Goal: Formula # _____, _____, _____, _____,
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12:30 pm	10:00 pm
1:00 pm	10:30 pm
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2:30 pm	12:30 am
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Daily Supplement Journal

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11:30 am	9:00 pm
12:00 am	9:30 pm
12:30 pm	10:00 pm
1:00 pm	10:30 pm
1:30 pm	11:00 pm
2:00 pm	12:00 am
2:30 pm	12:30 am
3:00 pm	1:00 am
3:00 pm	1:00 am

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12:30 pm	10:00 pm
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Daily Supplement Journal

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Formulas Used to Reach Goal: Formula # _____, _____, _____, _____, _____, _____, and _____.

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<u>8:30 am</u>	<u>6:00 pm</u>
<u>9:00 am</u>	<u>6:30 pm</u>
<u>9:30 am</u>	<u>7:00 pm</u>
<u>10:00 am</u>	<u>7:30 pm</u>
<u>10:30 am</u>	<u>8:00 pm</u>
<u>11:00 am</u>	<u>8:30 pm</u>
<u>11:30 am</u>	<u>9:00 pm</u>
<u>12:00 am</u>	<u>9:30 pm</u>
<u>12:30 pm</u>	<u>10:00 pm</u>
<u>1:00 pm</u>	<u>10:30 pm</u>
<u>1:30 pm</u>	<u>11:00 pm</u>
<u>2:00 pm</u>	<u>12:00 am</u>
<u>2:30 pm</u>	<u>12:30 am</u>
<u>3:00 pm</u>	<u>1:00 am</u>

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12:30 pm	10:00 pm
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1:30 pm	11:00 pm
2:00 pm	12:00 am
2:30 pm	12:30 am
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