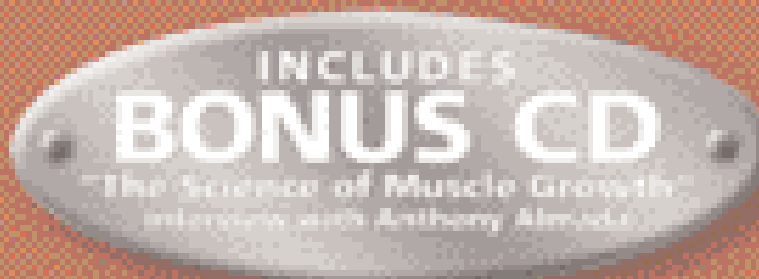


FEATURES: SHAWN PHILLIPS' 4-WEEK BLITZ WEIGHT-TRAINING PROGRAM & JOURNAL!

Are You Ready To INSTANTLY Accelerate Your Muscle Growth?

MAXIMUM GROWTH
4-Week Muscle Size and Strength Program

BY STEPHEN ADELÉ



“An Amazing New Breakthrough Program Blasted My Muscles to Never Before Imagined Growth (on My Entire Body)!”

That’s what you’ll be screaming to all your friends in the gym after you’ve completed my 4-Week Muscle Size & Strength Program when they urge you to tell them what you did to gain so much new rock-hard muscle! I promise.

Welcome to the world of “MAXIMUM GROWTH”!

Dear Friend,

What if I told you an amazing new breakthrough could make your body explode with new, dense, rock-hard muscle... faster than you ever thought possible?

What if I told you that you could accomplish this by working out as little as 30 to 45 minutes per day, no more than 4 times per week?

And what would you say if I told you that you could have a more powerful-looking chest, arms that impress nearly everyone, and confidence that makes you feel like you’re “on top of the world”?

...all this, despite any rotten genetics, sloppy proportions, or measly budget?

And to top it off, all in just 28 days?

You’d probably be skeptical, to say the least. Well, my friend, the fact is it’s absolutely, positively true. ***In fact, I guarantee it!***

That’s right. If you’re tired of banging your head against the wall—spending countless hours in the gym, with little or no success, ***I guarantee*** you’ll get a leaner, stronger, more muscular body than you ever imagined.

If fact, if you want to pack on new muscle, despite not being “genetically gifted”—even if you’re considered a “hard gainer”—***I guarantee*** you’ll be able to build the kind of body you never thought was possible.

If you already regularly work out at the gym (which I’m sure you do), I guarantee you’ll be able to break through any plateau and instantly move to the next level... where you’ll accelerate your muscle size and strength so fast your head will spin with disbelief.

I guarantee that this program is unlike any you’ve ever seen before and that you’ll get far better results in a shorter period of time, without working harder or longer... and with much less hassle. (Results that some guys spend year after agonizing year floundering to try and achieve!)

This program will work for you whether you’re fresh out of high school, over 50, out of shape, on the thin side, a husband, father, or single guy (or gal!) in your mid 20’s or 30’s or even 40’s.

In the first 10 days alone, you’ll notice dramatic, noticeable differences in your physique... And, after just 28 days, **you’ll be able to look in the mirror and actually be excited about what you see.**

Listen, if a guy like me, who’s not genetically gifted at all, can pack on impressive size—adding 2 inches to my chest and an inch on my arms—in less than a month, SO CAN YOU!!

(next page, please)

Hey, I know I'm not a huge, blown-out-of-proportion professional bodybuilder. And I'm not a world-class athlete either. But you know what, I know I look better than 98% of the other guys at my gym or by the pool (with my shirt off).

Make no mistake about it, my friend, I don't say this to brag. Rather, I know you and I are a lot alike. We both don't want to wear baggy shirts to hide our guts. We don't want to have to puff up our chests whenever we're trying to impress someone walking by. And, we both want increased self-confidence, more popularity, and a greater sense of strength and power.

That's why I wrote this book—MAXIMUM GROWTH—to show you exactly how to do it... to provide the answers you need to gain unsurpassed muscle size and strength, in the shortest amount of time!

As the Editor-in-Chief of the fastest growing, most talked about fitness and physique development magazine in the world, *Real SOLUTIONS*, I've been able to access my "inside connections" to the leading minds in the industry, uncover the most accurate, up-to-date information on physique enhancement, and combine that with my personal 15 plus years of weight training to put together a step-by-step, proven system that spells out exactly how to eat, train, and take supplements for MAXIMUM GROWTH!

Here's a "preview" of what you'll find in this breakthrough program:

1. **Introduction: Overcoming the Most Disastrous Muscle-Building Challenge** (Find out why most fitness advice is dead wrong!)
2. **The 10 Secrets Laws to Gain Strength and Build Muscle** (I'll uncover the real, scientifically proven truths to smarter, faster muscle growth!)
3. **A 25-page, day-by-day, 4-Week Blitz Weight-Training Program** (This one-of-a-kind program has been personally designed by renowned fitness authority, and best-selling author of *ABSolution*, Shawn Phillips!!)
4. **Pre- and Post-Body Measurement and Strength Tests** (Record and track your staggering results with these easy-to-follow journaling sheets!)

As a special bonus, this book also contains...

5. **A 48-minute audio CD, featuring an exclusive interview with nutritional and exercise biochemist, past-president of EAS®, and "step-father" of creatine, Anthony Almada.** (Our interview goes in-depth about the science of muscle growth and how to maximize your gains!)

And that's it. That's all I'm going to teach you, because...

That's all you need to know!

See, I decided when I wrote this book that it would be the way I had always wanted someone else to write something like this for me. Personally, I've always hated trying to read those big, heavy, fancy hard-covered books, filled with hundreds of pages of complicated, hard-to-understand nonsense. Instead, I knew the information you want and need to know about building a more muscular body can be explained without going into long, tedious chapters about biochemistry and other complicated stuff.

So, I didn't complicate this book with a bunch of "filler." I provided real, practical answers... explained in a simple, honest, straightforward way. That's why I've written this book just like I'd write a personal letter to a

(next page, please)

friend who was struggling to find the truth about which program or system to follow for making new gains in strength and muscle.

And you know what? I have a hunch (and hope), after you finish reading this book, you and I will become friends going forward too.

Now, take out a calendar... Count 28 days from today... Circle that date. Why? Because on the date, there's a good chance ***you will be incredibly stronger, much more confident, and significantly more muscular!*** It will not be magic, nor will it be your imagination. It will be the hard work you put into following MAXIMUM GROWTH! So let's get started.

Good luck, and I wish you continued success in your training endeavors.

With Respect,

A handwritten signature in black ink that reads "Stephen Adèle". The signature is written in a cursive, flowing style with a large initial 'S'.

Stephen Adèle

P.S. I encourage you to come visit me and my expert staff anytime you'd like... whether you have questions about the 4-Week Muscle Size and Strength Program, are stuck at a roadblock, or need additional information, simply go online to **www.TheMuscleSystem.com**, and drop us an email. I've even provided a special forum for you to talk to other people who are following Maximum Growth—where you'll find tons of useful tips, strategies, and even information not found in this book (like what you can expect each day as you follow the program—this alone is worth the visit.) There, you'll also have instant access to a free report where I uncover the 5 biggest hidden secrets to smarter, faster muscle growth! And please, don't forget to share your (impressive) results with me. I can't wait to hear from you!

Part 1 | 10 Secret Laws

Introduction

Why Almost Everyone Is Dead Wrong in How They Train, Eat, and Take Supplements If They Want to Gain Unsurpassed Size, Strength, and Power!



YOU WANT A BIG, POWERFUL-LOOKING CHEST, SHOULDERS LIKE CANNON BALLS, AND ARMS THAT GRAB ATTENTION NO MATTER WHAT SHIRT YOU'RE WEARING, RIGHT? You want a body you can be proud of, correct? Quite simply, you want a body that demands respect! Hey, I don't blame you. Make no mistake about it, nothing builds more confidence, respect, and power than a strong, healthy, muscular physique. Nothing.

Unfortunately, 98% of all guys totally “miss the boat” when it comes to understanding how to pack on dense, rock-hard muscle. It's very likely that outdated fitness advice may be the culprit which is killing your progress in the gym and holding back your potential. Make no mistake, if you want to build a more muscular, well-defined body, to follow what was once thought of as conventional wisdom, these days is dead wrong! Much of the advice given out is based on half-truths, unproven myths, and completely outdated information.

So what if I showed you how you can easily manipulate your

physiology to get serious growth, *without limits*, as fast as humanly possible? Sound impossible? It's not. Actually, it's quite easy to learn how. And, I've got the answers you need. Although it's not going to be easy to accomplish, I know you wouldn't still be reading this right now if it wasn't worth it. That's why I want to show you how to do it.

Maybe you're a little skeptical about now... Perhaps you've been here before: you purchased your gym membership and got your gym bag ready to go. (Or built a great home gym.) You're psyched. You're ready to start packing on pounds of rock-solid, head-turning muscle. When suddenly, the questions arise:

- ***When should I work out to get the best results?***
- ***What type of workouts should I do for maximum muscle gains?***
- ***Which exercises should I perform?***
- ***What type of foods should I eat?***
- ***What foods should I avoid?***
- ***What's the best time to eat for the greatest muscle gains?***
- ***How important are supplements, and which ones should I use?***

Quickly, your questions turn to doubts. With all of the conflicting messages from so many different sources out there, you're left more confused than ever before.

Sure, you could go ahead and spend countless hours in the gym, each and every day, maybe following this so-called expert's training approach or that latest "muscle-bound" diet fad... Unfortunately, you'd see little, if any, real results from your efforts. (Maybe you've already tried this approach?!) Because, sadly, if you don't have *all* of the answers to these questions, you're just wasting your time in the gym. Seriously.

And trial and error? That's certainly not the answer either. It's sure to only frustrate you. (Heck, you might even give up altogether!) I certainly don't want that.

Or... you can pay close attention to the 4-Week Program you've got in your hands and learn the right way to build unsurpassed muscle size and strength! You see, after years of training side by side with some of the industry's leading physiques, remaining close friends with more than a dozen professional bodybuilders, and continually engaging in lengthy discussions with noted researchers in muscular performance, I've carefully assimilated the "do and don'ts" from each of them. You could say I've learned from their mistakes and taken away "what works."

What's more, on top of my 15 plus years of weight training, I've poured countless hours into understanding the most recent scientific research in the areas of exercise physiology and performance enhancement—as well as results from people in the gym (real-world results). All to provide you with a scientifically proven, tried and tested guide to serious muscle-building success. The "core essentials" needed to

achieve success when it comes to packing on new rock-hard muscle mass, fast.


While there are a lot of things about building muscle size and strength that remain unknown, there are a number of fundamentals we know for sure. Over the last two to three years, several advancements have been made in nutrition and muscular performance, and they are also incorporated into this program. Still, many of the steps shown may seem too simplistic. But oftentimes, to be successful, you've got to go back to the "basics."

What matters most are results, and the 10 laws provided here are the **surefire secrets** to packing on more solid muscle and size in the coming months than most guys build in 5 or 6 agonizing years. In fact, you'll see faster and better results in only four short weeks if you follow this plan exactly how I spell it out! You'll be the kind of "naturally built" guy that demands respect and attention everywhere you go.


So pay attention, because **here's all you need to know to build rock-hard muscle and reach your maximum potential, as fast as humanly possible.**

By the way, remember to always seek the advice of your doctor before starting any exercise or nutrition program or taking any supplement. Although we've made every attempt to ensure the accuracy of the words and facts in this program, we cannot be made liable for any errors if they exist. This program is for informational purposes only and should not substitute for medical advice.

There. Now that we've got that out of the way... let's get on to uncovering the 10 secret laws that will make your body "explode" with new rock-hard muscle!




...to be successful,
you've got to go back to the
'basics.'



Chapter 1

Law 1

TRAIN WITH WEIGHTS



OKAY, SO RIGHT NOW YOU'RE SAYING TO YOURSELF, "THIS IS ONE OF THOSE 'WAY-TOO-BASIC,' COMMON-SENSE THINGS," RIGHT? Maybe you think I'm being a smart ass. Wait. Keep reading. We all know that weight training works, but how exactly do our muscles grow, and what's the "best" way to blast their growth? You're in luck, because I'm here to share the answers...

Resistance training (as in with weights) causes tiny (micro) tears in the muscle fibers. As muscle fibers heal, they come back bigger and stronger than before. There are basically two ways a muscle can grow. One way is through a physiological process called muscle hypertrophy. This occurs after the muscle fiber has been broken down, as a result of resistance training, and an environment is created where the fiber works to rebuild itself. During this time (given that adequate rest and nutrition are present), the muscle cells within the fibers will continue to expand, synthesizing amino acids and proteins, to prepare themselves for the next time you train. In essence, the greater the muscle fiber breakdown during a workout, the bigger the muscle will be when it heals after your rest period. With repeated weight-training sessions, the muscle cell will

continue to expand, and expand some more, as it approaches its maximum size.

Another way, although still in its beginning stage of acceptance in the scientific community (because studies have been performed only on rodents so far), is called hyperplasia. This is where a muscle cell reaches a certain size and splits, increasing the number of muscle fibers you have available, which, according to theory, makes room for more muscle growth.

Either way a muscle grows, only through resistance training can you achieve maximum gains. And the most favorable form of resistance exercise comes from using weights. Period. The only question left then...what's the optimal amount of sets and reps to do to induce the most muscle stress and to create the greatest muscular growth? Don't let this answer set you back; I'll explain it in greater detail in just a moment. The answer to this perplexing question is determined by the amount of weight used and the type of muscle being trained.

See, we are all born with different amounts of muscle fibers. Some of us have more fibers, and others have less. However,



one thing that's not different about us is that we are all born with two types of muscle fibers: slow-twitch (type I) and fast-twitch (type II). I'm not going to venture into any biochemical details about each of the muscle types. Let's just say, the key to trigger new muscle growth is to work both types of muscle fibers hard enough to cause them both to break down and rebuild. Here's how you can accomplish this...

Using a higher rep scheme with lighter weights (in the 12- to 20-rep range), you will break down the type I fibers, so they grow larger. Work out with fewer reps (in the 6- to 10-rep range), with a near maximum amount of weight, and plenty of fast-twitch (type II) muscle fibers will get the stimulus they need to respond.

So, it's safe to say you should alter your workouts to include high-rep days (anywhere from 12 to 20 reps for no more than 3 to 4 sets) and low-rep days (6 to 12 reps for no more than 4 to 5 sets). For maximum growth, it's been shown that you should work out with lower reps for three to four weeks, and then alter your workouts for three to four weeks, using higher rep days. And make no mistake about it, regardless of what you've heard, or read, a recent study in the *Journal of Strength & Conditioning* found that a one-rep maximum, all-out set won't do it. The study showed that incorporating increased levels of sets and reps into your training program will lead to improved strength. And just as disastrous, a whole body workout, consisting of multiple high-rep sets, won't do it either.

That's exactly why we included specific numbers of repetitions in each of the daily workouts found in the 4-Week Blitz Weight-Training Program (see Part III). Altering workouts, yet staying within the 6- to 20-rep range, will continually recruit both types of muscle fibers and help you get bigger,

stronger, faster. Just as important, don't let yourself get sucked into the common myth that you always need to train with extremely low reps (in the 3- to 5-rep range) for muscles to grow. Nope, not unless you're getting ready to compete in your local power-lifting competition should you risk training in this rep range. See, this type of training induces neuromuscular pathways (in other words, a stronger mind-muscle connection is created), rather than inducing muscular development. This is why a bodybuilder typically looks so much more physically appealing than a power lifter.

By the way, just in case someone who sees you training one day with higher repetition sets thinks it's a workout for sissies, simply show him a copy of this report and let him review the multiple scientific references at the end that refer to the amount of natural testosterone and growth hormone (hormones in the body that build muscle) released, which surge through your body as a result of high-rep workouts. He might start training with you, after he settles down.

...the key to trigger new muscle growth is to work both types of muscle fibers.



Chapter 2

Law 2

EAT MORE CALORIES, ESPECIALLY PROTEIN

IT'S EASY TO SEE THAT IF YOU FOLLOW A HAPHAZARD APPROACH TO EATING—gulping down foods whenever you feel like it or eating the typical three square meals a day and snacking on sugary and/or high-fat foods in between—you're likely to look like over 70% of Americans. Overweight and *outright fat!* If you want a body that loudly advertises your commitment to yourself, then you have to go above normal.

Here's the lowdown on foods for "maximum growth"...

While food won't make your muscles grow, it will provide the essential elements necessary for muscle recovery. See, when we eat foods, our bodies break them down to obtain the necessary fuel to sustain life and perform our daily activities, including working out. There are three possible fates for the foods you consume: 1) it can be used up or burned, 2) it can be stored in the muscles for use, and 3) it can be stored as bodyfat. Of course, the later is not what we want. Instead, we'll choose #2: stored in the muscles for use.

First off, it's a good idea to know how many calories you

should be shooting for per day. You can easily figure out your daily caloric intake by taking your bodyweight and multiplying it by 15 (if your goal is to gain bodyweight, that is). (So, for example, a 175-lb man would eat approximately 2,625 calories). It's not a perfect science, and it's not any more complicated than that, but it works. Believe me. Still, I'm not saying you have to run around all day counting every calorie you consume. Just be aware of how many calories—how much fuel—your body needs every day to build muscle.

Whenever you're considering what types of foods should make up those calories, remember this: all calories are not created equal. Think of it this way... fat requires only 2% of your body's energy to use it, carbohydrates require roughly 10% of that energy, whereas protein requires an astonishing 20% of your body's energy to burn it... that means, by consuming more protein, you're actually burning more calories each time you eat. (Yes, 20% of the calories in the protein are being burned just by eating it.)

Plus, protein's primary purpose is to provide the muscles with ample supplies of essential and nonessential amino acids to

rebuild the tiny tears in the muscle fibers. This process is known as protein synthesis. And amino acids, derived from proteins, are the building blocks for this process. Got it?

So to increase the body’s metabolic rate and amino acid/protein turnover in the muscle cells, it’s imperative that you consume more protein (probably a lot more than you’re consuming now!). Research from leading authorities on protein shows us that right around one gram of protein per pound of bodyweight (that is, the weight you want to weigh) or 30 to 35% of your daily caloric intake is adequate. This amount of protein is safe for supporting the metabolism and helping the body grow and maintain new muscle tissue. These proteins can be in the form of lean red meats, turkey, salmon, egg whites, protein powders, or nutrition shakes that contain whey and/or casein. So, in the example of our 175-lb man above, he would consume approximately 2,625 calories per day x 30% protein = 787 protein calories / 4 (calories per gram of protein) = 197 grams of protein per day.

Carbohydrates, then, should be consumed in the range of no more than 50% to 55% of your daily intake, avoiding simple carbs like jams, jellies, fruit juices, most breads and cereals, etc., and completely limiting sugary or refined carbs like donuts, cakes, sodas, candies, ice creams, most sugar-containing drinks/beverages, etc., and incorporating plenty of fibrous carbs like broccoli, corn, brown rice, various fruits, etc.

Scientific evidence has also shown that if we consume too many carbs (especially at one sitting), our bodies respond by causing a surge of insulin to be released. Insulin, a hormone, encourages muscle cells to take up more nutrients for storage, but unfortunately, it may also “transport” these excess carbs and fat to be stored.

The good news is, by adding more protein to each meal, you’ll “buffer” this insulin secretion, actually slowing the rate of absorption of carbohydrates into the blood. And more good news... eating protein also kicks up another hormone called glucagon (think of it as insulin’s opposing hormone), which can offset the fat-storing ability of insulin by helping dispose of it before it stores more fat. And, new studies offer evidence that glucagon’s release in the body may further stimulate the fat-burning cycle by encouraging fat to be freed up and more easily used as energy. Using our previous example, 2,625 calories per day x 50% carbohydrates = roughly 1,312 carb calories / 4 (calories per gram of carb) = 328 grams of carbs per day.

Fat, on the other hand, has the greatest propensity to be stored as fat. For that reason alone, it’s smart not take in more than 15 to 20% dietary fat in any given day. However, when you’re attempting to build muscle, you also don’t want your fat levels too low. As science has revealed, this can cause testosterone and growth hormone levels to drop. For this reason, it’s fine to eat foods low in fat. It’s also a good idea to add some good fats to your diet. Fats known as essential fats. These can be found in the form of flax, safflower, olive, or borage oil. Rest assured, these fats will help rev up your ability to pack on muscle. But be careful. Fat is still easier to store as fat. Be cautious about how much of these oils you consume on a daily basis.

So, when it comes to fats, our 175-lb man would consume 2,625 calories per day x 15% fats = roughly 394 fat calories / 9 (calories per gram of fat) = 44 grams of fat per day.

Keep this in mind: Missing your required proteins, carbs, and fats by a few grams here and there won’t hurt your chances of muscle-building success. So don’t stress over being exact. But skipping meals and following a haphazard approach to eating will instantly stop your muscle gains.

...one gram of protein per pound of bodyweight (that is, the weight you want to weigh) or 30 to 35% of your daily caloric intake is adequate.

Chapter 3

Law 3

GRAZE—EAT MORE FREQUENTLY



THE KEY WITH NUTRITION TO PACK ON MORE MUSCLE IS TO WORK WITH YOUR BODY, NOT AGAINST IT. To eat smart and more, not careless and less. If you eat the “right” type of foods, in the “right” amounts, at various times throughout the day, science has indicated your body will absorb and assimilate more of the foods you eat, and your body’s biochemical processes will become more efficient, which includes the ability to turn over more protein/amino acids to help rebuild muscle tissue faster. This is precisely what you want!

To do this, you need to spread your meals more evenly throughout the day, in five or six smaller meals, rather than two or three large meals (or an overindulgence in high-sugar/high-fat snacks whenever you’re hungry). See, science has shown that you can maximize the food’s absorption (so your body can use more of it); supply your body with a more stable (non-spiking) level of insulin—levels your body can adequately manage—and increase the amount of available amino acids that will steadily increase your body’s ability to build muscle throughout the day.

Meal frequency, or meal patterning, is really as simple as it

sounds—it’s about timing your meals. Here are the rules: never go more than a few hours (2 to 3 hours, while you’re awake) without eating a meal. This includes starting the day with a well-balanced, moderately low-fat, protein- and carb-containing meal. That’s why skipping breakfast, or any meal for that matter, is so damaging to our muscle-building efforts... because along with you, your muscles have just fasted for eight hours or so (depending on how many hours you’ve slept), and they’re literally starving for nutrients. And, if your muscles aren’t fed soon enough, they will begin to enter a stage known as catabolism, which is the breakdown of muscle tissue. (This is the absolute worst possible state to be in! You want to avoid this at all costs!)

Yet, by feeding the body more regularly, you help convince it there is no deprivation, no famine around the corner... and as long as protein is present, you’ll remain in an anabolic (or muscle-building) state and continually rebuild muscle cells.

On the following page is an example of what a typical day might look like, as far as your daily food intake (based on an average 175-lb man).

Here's an example of what a day might look like as far as your daily food intake (*again, based on an average 175-lb man*):
 For more sample daily meal plans for Maximum Growth, please visit www.TheMuscleSystem.com and click on "Meal Plans."

Sample Daily Food Intake	Protein (g)	Carbs (g)	Fat (g)	Calories
Meal #1 (7:00 a.m.)				
1 cup cooked oatmeal	6	25	2	142
6 egg whites (one whole egg)	24	6	6	180
1 cup of black coffee (sweetened with Splenda®)	0	0	0	5
1 protein shake (e.g., Designer Protein) mixed with one banana and 10 oz of water	21	31	3	225
Meal Total	51	62	11	552
Meal #2 (10:00 a.m.)				
1 meal-replacement shake (e.g., VitaPro or Myoplex) mixed with water or skim milk	42	20	2.5	280
1 medium-sized apple	0	21	0	80
Meal Total	42	41	2.5	360
Meal #3 (12:30 p.m.)				
Two 4-oz chicken breasts	54	0	6	284
1 cup of brown rice	5	46	2	218
20 oz of water	0	0	0	0
Meal Total	59	46	8	502
Meal #4 (4:00 p.m.)				
1 cup low-fat (1%) cottage cheese	28	6	2	163
1 large orange	1	17	0	69
10 oz of water	0	0	0	0
Meal Total	29	23	2	232
—Workout—(5:30 to 6:30 p.m.)—				
(6:45 p.m.)—[Post-Workout Supplement]				
1 serving of Meta-CEL	0	5	0	20
Meal #5 (7:30 p.m.)—[Post-Workout Meal]				
10 oz pasta, cooked (egg enriched)	15	70	5	375
3.5 oz lean ground beef (with tomato/pasta sauce)	27	12	19	330
Mixed green salad (with one Tbs olive oil/vinegar dressing)	0	0	14	119
1 large-sized apple	0	32	1	125
20 oz of water	0	0	0	0
Meal Total	42	114	39	949
(9:30 p.m.)				
1 serving of Meta-CEL	0	5	0	20
—Second serving on Workout Days—(before last meal of the day)—				
Meal #6 (10:00 p.m.)				
1 protein shake (e.g., Designer Protein) with mixed 8 oz of low-fat/sugar-free frozen yogurt and water	28	41	3	320
Meal Total	28	41	3	320
Daily Total	311 g	332 g	65.5 g	2,910
Daily Caloric % Total (approximate)	42%	46%	20%	

Chapter 4

Law 4

REST MORE OFTEN



SO YOU DON'T THINK TAKING TIME OFF FROM THE GYM FOR REST IS IMPORTANT, UH?! THINK AGAIN.

This is one of the most overlooked secrets to building a more muscular body. If you don't rest, you won't grow. Only through enough rest (which includes proper sleep) and an adequate number of days away from the gym (in between training) will the body be able to recover and rebuild itself. In fact, too much training can actually hurt your body and keep you from growing at all.

So how do you know if you are resting enough? Tough question, since everyone is different, and everyone has unique recovery times. But here's a shot at it, based on the latest science and some good ol' common sense.

For adequate recovery times between your rigorous workouts (of the same muscle group), consider this: the more intense your workout (speed of workout), and/or the heavier the load (weight), the longer the recovery; and the higher the volume (i.e., the number of reps), and/or the smaller the muscle group, the faster the recovery (often within 48 hours), and vice versa of course.

In general, most exercise physiology experts agree that you should not train a muscle group/body part if it's still sore, and then once the soreness subsides, I say give it another day on top of that to fully recover. (Remember, we want our muscles completely recovered so we can flame-baste them the next time we hit the gym—this way, we're sure they'll grow back bigger and stronger!)

One of the most common (and fatal) errors I see with weight trainers, both beginner and advanced alike, is over-training. Trapped by their "more is better" mentality, many of them seem to think if you train longer, harder, more often, you'll multiply your results. Nothing could be further from the truth. And, nothing could be more detrimental to your efforts to pack on muscle and gain strength than training muscle groups too frequently. In fact, over-training can significantly impede the body's ability to properly recover and rebuild itself. It also sets you up for fatigue, lethargy, deep tissue/muscle soreness, insomnia, and makes you more prone to injuries. (If you sense any of these symptoms coming on, try taking off a day or two more in between training sessions and see how you feel.)

And make no mistake about it, nothing is more important than a good night's sleep... especially if you're trying to build a muscular body! It's best, if you can, to get anywhere from six to seven hours of sleep per night... and you might even try to catch a few "extra" hours of sleep on the weekends from time to time. Though not the required therapeutic dose of eight hours, you'll likely find this is the optimal amount needed for your body to recover from the strenuous, exciting, hectic days of work and exercise. Any less, you might be a grouch. And, you've got to be smart enough to know (and feel) if your body has not fully recovered from the previous day. Remember, it is during the time when you're not training, while recuperation and repair are taking place, that your muscles are actually growing stronger and larger.

Studies have repeatedly shown that your body's biological recovery processes—muscle repair and immune functioning—occur during nighttime sleep. But more importantly, these processes occur only during our deepest hours of sleep, which will be impeded or stop altogether if we shorten our resting hours.

So, if you want to put your body in the "maximum growth" zone, and make your muscles grow, then you absolutely, positively must get adequate rest between your weight-training days... and get plenty of zzz's at night.

“...over-training can significantly impede the body's ability to properly recover and rebuild itself.”

Chapter 5

Law 5

DRINK MORE WATER... FILL YOUR MUSCLES



OK, SO YOU'RE EITHER SAYING TO YOURSELF, HERE'S ANOTHER ONE OF THOSE "ALL-TOO-COMMON, COMMONSENSE" THINGS, or, what's this guy talking about, "fill my muscles!?" Am I right? Well, let me explain...

See, you'd be surprised by just how many muscle-bound guys (and gals) claim they drink "plenty" of water, but if you followed them around throughout the day, you'd find they take in less water than a dried-up Death Valley cactus. Any chance this sounds like you?

Sure, we all "know" we should drink plenty of water, but do you? Really? Pay careful attention for a day and see how much you drink. It's probably safe to say you could use a drinking fountain close to your desk or you need a crash course on why water is so vitally important to your muscles, just to reignite your awareness.

Here are the facts (the amount of H₂O your body requires, daily, just to "live"): the average person loses 2 cups (16 oz) of fluid through normal perspiration. Another 2 cups (now mak-

ing a total 32 oz) are exhaled as water vapor during breathing. Together, the intestines and kidneys use about six cups a day. That brings our total daily water usage to a whopping 10 cups or 80 oz just to live—not including the added water loss resulting from perspiration during any heavy weight training or cardiovascular exercise.

Think water isn't important? *Think again!*

As science has revealed (and you've probably heard this plenty of times already), our muscles are made up of 70 to 75% water. So it's essential, make that imperative, that your muscles stay completely hydrated. Stay hydrated, and your muscles are sure to look fuller. Plus, get better pumps in the gym and, if your bodyfat is low enough, may appear more vascular. What's more, water initiates a cascade of biochemical processes within the body that are essential for everything from digestion to enhanced energy levels.

But we're not talking about drinking water when you're thirsty. As you may know, thirst is a sign your body is already slightly dehydrated! Not staying fully hydrated is a common

mistake made by many weight trainers and athletes. The importance of being properly hydrated for maximum muscle growth cannot be overlooked. Why? Even a slightly dehydrated muscle can lead to significant deficits in muscular output, performance decrements, not to mention the risk of sickness and, in severe cases, even death. Even a 3 to 4% drop in body water levels (signaled by thirst and muscle fatigue) can decrease your muscular contractions by 10 to 20%. Put your body through this sort of dehydration consistently and you can forget about gaining muscle!

Once again, a recent study presented at The Experimental Biology Conference confirmed that to combat dehydration, active people (those of us who engage in regular exercise) should drink at least 10 to 12 glasses (8 oz each) of water (this doesn't include tea, coffee, sodas, or juice) daily—always including during and after workouts or whenever your body is perspiring.

Keeping your muscles hydrated and full will keep them recovering faster and keep your muscle-bound results on track in the gym.

...our muscles are made up of 70 to 75% water. So it's essential, make that imperative, that your muscles stay completely hydrated.

Chapter 6

Law 6

INCORPORATE VARIETY INTO YOUR WORKOUTS



IMAGINE IF YOU HAD TO EAT THE SAME THING FOR BREAKFAST, LUNCH, DINNER (and all your meals in between), each and every day. Or, what if you had to listen to the same Barry Manilow song over and over and over again while driving in your car? B-o-r-i-n-g! Well, weight training is much the same. Keep doing the same workout over and over again, and your muscles are sure to get bored too. And when your muscles get bored, they don't grow. Period.

You need *variety* to continually stimulate your muscles. Ever wonder why when you start a new program, after about four to six weeks, you "hit a wall," a sticking point where you just don't seem to be making gains any more? Undoubtedly, lack of variety in the gym is one of the most common (and deadly) mistakes made by beginner and advanced weight trainers alike. And make no mistake, it will keep literally anyone from ever attaining their true potential for maximum muscle growth.

See, as explained by stress expert Hans Selye's general adaptation syndrome, the body goes through three distinct phases when confronted with a stress—which in our case includes

the stress of lifting weights—where the body finally adapts, hits a point of staleness, and stops responding to the stimulus (or responds in a very limited way at most). Basically, in the last phase, the body has completely adapted to the exercises and ceases to improve. This is oftentimes referred to as a plateau or sticking point.

Take the bench press, for example. When you first start doing bench presses, you're likely to make significant gains quickly. Yet you'll notice that after routinely performing this exercise for a month or so, your gains will be smaller than they were originally, despite your best efforts to work out harder or longer. Soon, you'll find yourself hitting a plateau. Why?

Your muscles work in tandem with the nervous system. Each time you lift a weight, you generate a stimulus within your central nervous system. Your muscle fibers then receive nerve impulses, and the muscle contracts. Repeat the same lift over and over, and eventually the nervous system/muscle connection begins to adapt until the impulses recruit less and less muscle fibers. Thus, your body basically goes into "sleep" mode while you perform that exercise. (Not literally, but you

get the point.) This is why you need to mix things up—add variety—which stimulates the muscles and nervous system. When this happens, the muscles are kept alert, in a constant state of shock, which keeps the muscles paying attention and in a never-ending grow, grow, grow phase!

So how do you add variety to your workouts? Simple. As Harley Pasternak, MSc., ACSM exercise physiologist, explains in his now famous Multi-Variable Training (MVT) program... **“to keep your gains continual, and bust through plateaus, you need to constantly change it up: add more weight (the most common way), change the number of repetitions or sets, mix up your exercises, the order you do them in, and the days you work out, the time (rest) between sets, concentrating on the negative (eccentric) versus the positive (concentric) part of the lift, change the sequence of exercises, or change the exercise itself, such as performing chest exercises with dumbbells instead of a barbell or incline bench instead of a flat bench. There are so many variables (new stimulus) to choose from. The key is, after you feel you’ve hit a plateau, to just pick one variable and change it for a workout, then another the next workout, and so on.”**

The bottom line, once you “hit the wall” (usually after four to six weeks of following the same routine) and your muscles aren’t getting any stronger, break away from the same old, same old routine and try something new on your next workout. You’ll keep your workouts interesting and build muscle much faster. Isn’t that what you want from your training program?

“...when your muscles get bored, they don’t grow. Period. You need *variety* to continually stimulate your muscles.”

Chapter 7

Law 7

USE A PROVEN MUSCLE-BUILDING SUPPLEMENT

IF YOU WANT TO GAIN MUSCLE MASS, FAST, you know it isn't going to happen if you follow some haphazard, lame training routine out of a popular "fitness" magazine. You know only a proven method of training will work. So why should you take a chance with your supplements then?

Okay, you could try one of those highly touted supplements like HMB, CLA, DHEA, or one of those new fad supplements like andro, myostatin-inhibitors, ecdysterones, nitric oxide, or whatever else is out there. The truth is, some of these supplements might actually work; there is some evidence that a couple of them may help you increase muscle mass. But, for others, there's zero, zilch, not a single shred of evidence that they could even grow a new hair on a mouse's back (let alone new muscle). As a result, the overall consensus for these supplements is hardly unanimous.

Where does this leave you? Well, wouldn't you rather use a supplement that's been proven, over and over again by the scientific community, to produce the type of results you're after? (That's a rhetorical question—of course you would!)

One supplement, which quite literally has been universally accepted by doctors, scientists, leading performance-nutrition researchers, and renowned exercise physiologists, has been shown to be effective in promoting lean body mass and enhancing size and strength. Combined with intense weight training and a diet chockfull of high-quality nutrients, this supplement may be able to help you finally blast your muscle growth through the roof by limiting the time it takes your muscles to recover and regrow—a process known as protein synthesis.

Branded as the "one that works," creatine monohydrate has been proven in the lab and in the real world to produce measurable results in lean body mass, size, and strength. You're probably thinking to yourself, "Creatine? That stuff's been around since the early 1990's... What's so special about it now?" Hold on a minute. Remember in the very beginning of this report, I mentioned that sometimes to be truly successful you've got to go back to the "basics"? The rudimentary, oftentimes fundamentals to gain mass? Well, look no further than creatine as a most essential part of your program. In fact, ask



10 experts or guys in the gym with any amount of muscle mass on their bodies, and more than half of them will tell you they're using some form of creatine.

But wait. A lot of advancements have been made in supplementation when it comes to creatine. First, there were the different forms of creatine... citrate, titate, blah, blah, blah... but there was never any real, solid research on any of them that showed they were superior to the most researched form, monohydrate. Then there were the novel delivery methods, like effervescent, but these tasted like battery acid and made your gut rot. Then came the high-sugar (like dextrose) forms of creatine formulas and cocktails. Yeah, just what the body needs—a shot of straight sugar... tons of extra “empty” calories that are more likely to turn into fat than muscle. No thanks.

Fortunately, new research surfaced by none other than the “step-father” of creatine, Mr. Anthony Almada (co-founder and past-president of EAS® and the person responsible for the first successful creatine monohydrate supplement called Phosphagen®). His new groundbreaking research has revealed that creatine, when combined with an exact amount of a special form of D-pinitol called Inzitol™ (an incredible “nutrient-driver”) may literally drive massive amounts of a vital nutrient into muscle cells and keep them there. The result? *Fuller, larger looking muscles!*

This astonishing new blend of creatine/Inzitol could potentially produce far superior results than those sugar-loaded creatine supplements, without any sugars (like dextrose) whatsoever. His research even showed you may be able to retain the creatine in your muscle cells longer too! This might not seem earth-shattering, but look at this way: keeping more creatine inside your muscle cells means you stay inside your

personal “**maximum growth zone**” during every workout... so you get results from every rep you do, every single set you perform, every time! You could turn yourself into a virtual muscle-growth factory, 24-7. (The kind of results that could build on itself like a muscular landslide!) How amazing is that?

Because of these startling results, there's even a prestigious patent currently pending for this truly revolutionary blend of creatine and the Inzitol form of D-pinitol, trademarked with the U.S. government under the name of Phosphitol™. And this exclusive combination can only be found in a new muscle-building supplement called Meta-CEL™.

Warning: Do not be misled. There are sure to be potential “copy-cats” or “knock-offs” who claim to have the same thing (Phosphitol complex), but make no mistake about it, my friend, they are not. While the basic raw materials can be reproduced, the precise combination and amounts used in the published study are unique, awaiting patent, and the way these bioactives are blended and processed is an expensive, exacting procedure. To ensure you are getting the “real thing,” look for the Phosphitol trademark. Phosphitol is available only in Meta-CEL... if you come across a product that is supposed to have real Phosphitol in it, and it does not have the U.S. serial Patent number 10\240611 (represented from the clinical trial) on the label, don't buy it! It's a counterfeit.

Please, don't waste your money on supplements that “might work” or on supplements your body can't handle—use a supplement that's been scientifically proven. Give your body exactly what you've been searching for to get the continuous, uninterrupted, massive muscle growth you've always wanted. Use a proven muscle-building supplement, like Meta-CEL.

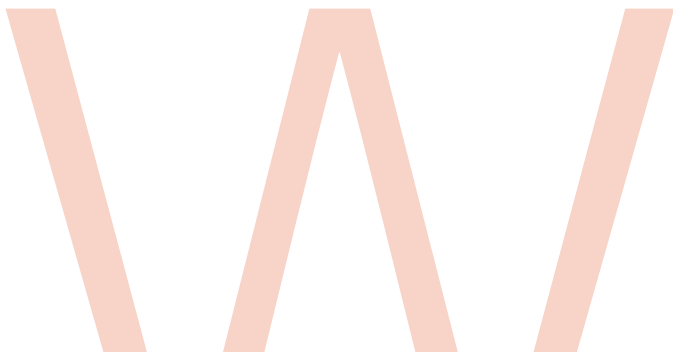
...this supplement
may be able to help you finally
blast your muscle growth
through the roof!



Chapter 8

Law 8

TRAIN BRUTALLY INTENSELY



WHAT IF I TOLD YOU THAT YOU COULD EASILY GET THREE TIMES THE PROGRESS (from your current workouts) with half the time in your gym? Sound impossible? It's not! It's called "intensity." Either you've got it, or you don't. That doesn't mean you can't, however, learn how to be much more intense and turn your routines into gut-busting, electrifying, results-producing workouts. In fact, once you apply intensity to your workouts, you'll trigger more muscle growth in the first 4 weeks than you probably ever have before... with only 4 workouts a week (at just 30 to 45 minutes each)!

Here's how...

First, spend less time chit-chatting. Idle gym gossiping between sets is a big no-no. To keep your intensity high, you should be resting no more than 45 to 120 seconds between sets (depending on the size of the body part of course—legs would require a little more time, whereas biceps might require only 30 to 45 seconds). But notice I said "a little more time." How many times have you seen guys sitting around between sets talking, walking by the cardio machines to

check out the women, or sitting on a bench wrapping their knees, getting themselves psyched up for their next set? Heck, on many occasions, I've walked in the gym, performed my entire workout, and left while some guy is still sitting on the same bench press on his eighth or ninth set. Look, the fact is, about 90% of all weight trainers (this might include you right now) spend their entire lives struggling like this in the gym.

Second, remember when I said you can't build new, stronger muscle fibers unless you damage these fibers... well, damage doesn't come in the form of wimping out at the end of your sets. You want to "push" yourself beyond your limits to cause serious damage to those muscle fibers. And you can do this on each and every set by simply following this rule: "When you can't do any more repetitions, do two more!" Push yourself to exhaustion on every set. Say you're shooting for ten reps, and you hit it... what are you stopping for? Push through your pain barrier and crank out a couple more reps. Even if you don't have a person spotting you, just do partial reps. Anything. Just get two more. During these "extra" reps, you will separate yourself from all others and pass them all up in


record time! You'll grow so fast, you'll begin to scare your workout partner.

Last, the shortest route to massive, unlimited muscle growth is to stick to the basic, "hard-core" exercises. Like barbell rows or deadlifts for that v-shaped back; barbell squats for those massive, sweeping thighs; bench presses for a thick, powerful-looking chest. And that goes for the smaller muscle groups too. Don't be afraid to do heavy barbell curls for your biceps or heavy military presses for your shoulders.


Most guys never discover a routine that will give them the constant, sustained growth they desire. That's because any program that simply skips out on the basic, fundamental "maximum growth" exercises is horribly incomplete—it ignores all of the lifts (like squats and deadlifts) that signal the body to send surges of growth-boosting hormones and cause you to grow—to gain both size and muscle.

You know, in your heart, this is true. Yet, most of the time you might want to skip over these "hardcore" lifts because they seem too difficult. Some guys will flounder like this for years. Don't be one of them.

For the most brutally intense physical workouts you've ever felt in your life, give the high-intensity method a try... it will *instantly* trigger new muscle growth—guaranteed!



... 'push' yourself
beyond your limits to cause
serious damage to those muscle
fibers.





Chapter 9

Law 9

CONSUME CARBS AND PROTEIN DURING YOUR “OPEN WINDOW”

SCIENCE SHOWS THAT YOU NEED TO EAT TO MAXIMIZE YOUR WEIGHT-TRAINING MUSCLE GAINS!

That’s a fact. Unfortunately, too many of us think nutrition is some sort of “exact science” and that it’s complex. It’s really not. In fact, it’s quite simple... I already informed you in Laws #2 and #3 to eat more calories more often. Now just remember this one additional “secret,” and you can’t go wrong. Are you ready? Here it goes...

Go straight home to your kitchen following your workout and eat yourself a high-carbohydrate, moderately high protein meal or meal-replacement shake.

Now I’m sure that doesn’t seem like “magic” or a true “secret,” but make no mistake about it, my friend, if you miss this vitally important meal, you might as well toss aside your muscle-building dreams and forget about increasing your strength. Let me explain.

There’s strong scientific evidence to suggest that right after you get done training, your body (and muscle cells) are starv-

ing for nutrients. They’re ready to suck up literally anything you put into them, and then some. This timeframe is called your “open window,” and it lasts only about 30 to 60 minutes after you train. After that, you can pretty much forget about it.

My theory on this controversial subject goes well beyond “post-workout recovery,” as the medical community refers to it, though. We are talking about slamming an over-abundance of muscle-building nutrients right into your muscle cells and keeping them there for full muscle-volumizer effects and speedier muscle-tissue repair and recovery. I’ll explain more on this in a minute. But for starters, we can achieve this by consuming a meal or a meal-replacement shake that contains a 3:1 ratio of carbs to protein.

Now, this is where some “experts” are probably going to argue with me here (suggesting it should be more like 4:1), but I’ll concur with the latest scientific theory, which clearly shows the 3:1 ratio is most optimal for post-workout recovery. In fact, a recent study at the Exercise Physiology and Metabolism Laboratory at the University of Texas at

Austin clearly proved that a 3:1 ratio of carbs to protein significantly raised muscle glycogen levels immediately after intense exercise.

Now, here's where most guys would just slam down a "recovery drink" or gorge on a giant bowl of pasta and consider that "good enough." But, since you're reading this report and because you want a body that loudly advertises the commitment you've made to yourself (and you're not going to settle for "good enough"), I'll let you in on another little secret: that type of thinking is dead wrong! See, you've got to pay careful attention to the type of carbs and type of protein you consume (within this 3:1 ratio). This is extremely important.

Let's look at carbs first. Half of your carbs should come in the form of what's called low-glycemic and the other half in higher glycemic carbs. Typically, this means you'd try and consume a starchy carb, something like brown rice, a yam, or oatmeal (low-glycemic) combined with a sugary-carb, such as a piece of fruit, like a banana or apple. So why the half-half carb? Well, I won't bore you with all the details, but here's the down and dirty... too many high-glycemic carbs can cause a sudden, uncontrollable rush of insulin in the body (whereas low-glycemic carbs do not cause such an unstable rush of insulin). Too much insulin, while semi-anabolic, and you quickly create an environment to store all of those "extra" calories as bodyfat. Clearly, this is not what we want. It's for this reason I recommend not eating more than half high-glycemic carbs. You especially want to avoid those dreaded fat-storing carbs like sugar and dextrose.

Next, let's take a close look at the types of protein you want to consume. I'd stick to the purest forms of whole-food, low-fat proteins you can find. This might include chicken breasts,

very lean red meat, tuna, salmon, or egg whites. Or, if you opt for a protein drink or meal-replacement shake instead, look for one that contains a good high-quality protein blend of milk proteins, caseinates, and whey concentrate and/or isolates.

Here's what a good post-workout meal should look like:

- Around 75 to 90 grams of carbohydrates (an even mixture of high and low glycemic).
- Anywhere from 25 to 30 grams of protein.

That's it! That's all you need to take advantage of the all-important, "open-window" for maximum growth.

...consume a meal or a meal-replacement shake that contains a 3:1 ratio of carbs to protein...following your workout.

Chapter 10

Law 10

USE THIS “ALMOST-SECRET” SUPPLEMENT IMMEDIATELY FOLLOWING YOUR WORKOUT



IF YOU'RE LIKE MOST GUYS, you've spent months, even years, “pounding your head against the wall”—trying desperately to pack on new muscle mass—but still aren't succeeding.

Now, if this sounds like you, then it's your lucky day. See, this is where it gets exciting...

Just imagine if you could amplify your muscle-repair and muscle-storage mechanisms by 100%! Wouldn't that mean you'd increase the size of the muscles as a result? Maybe even double their natural size? Well, as a recent study has revealed, the answer is “Yes!” And this can be pulled off by consuming a very specific creatine-containing complex immediately following your workouts.

Remember, though, your creatine *cannot* contain any damaging sugars like dextrose or sucrose! If it does contain harmful sugars like dextrose or sucrose, I've found, in my experience, you run the risk of “spilling over” your water and carbs, where they wind up outside the muscle cells and in between the skin...*exactly what you don't want*. And, you start to get the appearance of a smooth, puffy swimmer's physique. Yikes!

Plus, regardless of what some so-called “experts” may profess... too many sugars and carbohydrates in your diet can be counter-productive. Sure, you can get bigger, but it's probably not going to be from that much muscle. It's just an expensive way to increase calories, which may ultimately turn to fat and make it harder to pack on muscle. And it's hard to show off your hard-earned muscle when it's covered by ugly bodyfat. Don't you agree? That's why Meta-CEL, the new breakthrough muscle-building formula, was designed with no sugars (like dextrose), next-to-no carbohydrates, and only 20 calories per serving... to keep your gains in full throttle, so you can *see* every inch you add to your arms and chest.

Meta-CEL combines a patent-pending creatine complex/non-dextrose “nutrient-driver” blend called Phosphitol with Potentin, specifically developed to help you gain new muscle mass, quickly and safely, without adding an ounce of fat weight. What's more, it tastes just like that delicious tangy-sweet Country Time® Lemonade (or Orange Tang®) you used to drink as a kid, only it doesn't contain any nasty sugars like dextrose at all—instead it's sweetened with sucralose.


In a recent study evaluating the key Phosphitol complex

ingredients in Meta-CEL, some participants showed up to an 83% whole body creatine retention rate, which is simply phenomenal, considering that several studies have shown that greater muscle creatine retention means greater gains in fat-free mass! **To date, no studies have shown a retention rate of this magnitude. What's more, it's theorized that adding Potentin may push the absorption to an astonishing 100%!** This means as the muscle cells undergo complete "supersaturation" of the Meta-CEL compounds, they could reach their maximum volume—to appear fuller, rounder, and harder, and as a result, continue to build muscle faster and more efficiently.


To reiterate, you can drive the maximum amount of muscle-growth nutrients straight into your muscle cells by using the new muscle-building formula, Meta-CEL (right after your workout), then follow this 30 to 45 minutes later with your 3:1 carb and protein-containing meal, and you'll experience serious growth in a short period of time.

This powerful one-two punch will drive massive amounts of vitally important nutrients into the muscle cells... for a "supersaturating" effect to increase muscle synthesis and supply the muscles with everything they need to recover faster from the damage you've no doubt incurred as a result of your brutally intense weight training. Only next time, you'll come back bigger, stronger, and more intense!

For answers to the most frequently asked questions about Meta-CEL, read Part II (The Facts About Meta-CEL). And, for the complete story on Meta-CEL, how it was developed and the science it's based on, be sure to listen to the complimentary CD that accompanies this book—containing an exclusive interview with Anthony Almada, nutritional and exercise biochemist and advisor in the development of Meta-CEL.



...drive the maximum amount of muscle-growth nutrients right into your muscle cells by using the new breakthrough muscle-building formula Meta-CEL.



Chapter 11

Overview

A SUMMARY OF THE 10 SECRET LAWS



GRANTED, THERE ARE OTHER WAYS TO GAIN MUSCLE SIZE AND STRENGTH, but the tips described in this book constitute a unified set of “core essentials” needed to achieve success when it comes to packing on rock-hard muscle mass, fast. Ask any expert in the field of muscular performance or nutritional sciences, and they’ll likely agree with at least 9 of the 10 items laid out in this guide. So now you can stop imagining what life would be like with a bigger, stronger, more powerful-looking physique and start achieving it. (Believe me, if you follow these guidelines for at least 30 days, you’re sure to get noticed!) So what are you waiting for? Don’t be left behind.

To recap, here are the 10 secret laws to gain strength and build the most solid muscle (despite any rotten genetics, sloppy proportions, or measly budget):

- 1) TRAIN WITH WEIGHTS
- 2) EAT MORE CALORIES, ESPECIALLY PROTEIN
- 3) EAT FREQUENTLY
- 4) REST MORE OFTEN
- 5) DRINK MORE WATER... TO FILL YOUR MUSCLES!
- 6) INCORPORATE VARIETY INTO YOUR WORKOUTS
- 7) USE A PROVEN, SCIENTIFICALLY SUPPORTED MUSCLE-BUILDING SUPPLEMENT
- 8) TRAIN BRUTALLY INTENSELY!
- 9) CONSUME CARBS AND PROTEIN DURING YOUR “OPEN WINDOW”
- 10) USE META-CEL IMMEDIATELY AFTER YOUR WORKOUT

Part II

Q&A's

HERE ARE THE FACTS ABOUT META-CEL



Q: Who makes Meta-CEL?

A: Met-CEL was developed by Anthony Almada (B.Sc., M.Sc.), a leading sports nutrition researcher and co-founder of EAS®, in collaboration with the researchers at iSatori Global Technologies, the company who introduced LEAN SYSTEM 7 (triple-action fat loss activator)—the fastest growing, most effective fat-loss supplement available today.

Q: What is Meta-CEL, and how does it work?

A: Meta-CEL is a new dietary supplement designed specifically for individuals who are trying to gain lean body mass fast, without adding fat weight. Meta-CEL provides a precise synergistic blend of two revolutionary new complexes—the patent-pending *Phosphitol*™ and the exclusive *Potentin*™, shown in recent studies to help promote volumizer transport into muscle cells and increase lean body mass—safely and effectively, *without* the use of high amounts of sugars and/or carbohydrates, harmful pro-hormones, or pro-steroids.

Q: What are Phosphitol and Potentin, and how do they work synergistically within Meta-CEL?

A: Potentin and Phosphitol work synergistically within Meta-CEL to enhance two different functions in the body: **the highest achievable gut tolerance and increased myocellular (muscle cell) retention of creatine**—formulated to promote complete absorption (thereby avoiding any possible intestinal distress) and to enhance whole body creatine retention... all without adding unnecessary sugars or producing insulin spikes, which makes it ideal for “carbo-phobics” or calorie cutters.

First, *Phosphitol* contains a vital “energy-producing” compound stored in muscle cells. “Supersaturating” the muscles with elements in this revolutionary complex may “open the door” to new muscle growth by activating the muscle cells to respond to increased hydration within cells, which may assist in muscle cell development and gains in lean or fat-free mass.

Next, *Potentin* contains critical “nutrient-driving”

elements, which may increase the activity of existing creatine-specific proteins in muscle cells. Using **this compound may help “revolve the door” by potentiating or boosting the effects of Phosphitol and transporting its primary components into the muscle cells, to store them there and promote muscle cell volume.**

Together only in Meta-CEL, they offer a unique, research-driven solution, so you can achieve new gains in fat-free muscle mass. Fast!

Q: What kind of results can I expect from using Meta-CEL?

A: Although it’s literally impossible to say exactly how much muscle size and strength each person will gain from using Meta-CEL—obviously, as individuals differ, so will results—**numerous people have experienced extraordinary results (lean body mass gains of up to 7 to 10 lbs in as little as 10 days).**

Q: What does the research say about Meta-CEL?

A: In a recent study evaluating the key Phosphitol complex ingredients in Meta-CEL, some participants showed up to an 83% whole body creatine retention rate, which is simply phenomenal, considering that several studies have shown that greater muscle creatine retention means greater gains in fat-free mass! **To date, no studies have shown a retention rate of this magnitude. What’s more, it’s theorized that adding Potentin may push the absorption to an astonishing 100%!** This means as the muscle cells undergo complete “supersaturation” of the Meta-CEL compounds, they could reach their maximum volume—to appear fuller, rounder, and harder, and as a result, continue to build muscle faster and more efficiently.

Q: How do I take Meta-CEL for maximum results?

A: Meta-CEL is a delicious, easy-to-use dietary supplement drink mix that you simply stir into 8 oz of water. To achieve results similar to those found in the initial study, it is suggested you consume four servings of Meta-CEL for the first three days, followed by one to two servings daily. Consume two servings on training days, and one serving on non-training days.

Always consume one serving immediately following your workout, or right before an evening meal on non-training days. Remember, **Meta-CEL provides the exact science-based amounts of Phosphitol and Potentin, so it’s important to follow these usage instructions exactly.**

Q: Does Meta-CEL cause any side effects?

A: No significant side effects (except lean body mass gains) have been reported or observed in Meta-CEL users. **Meta-CEL contains no sugars like dextrose (it is sweetened with sucralose) or pro-hormones like “andro,” and it does not contain any “illegal” pro-steroids.**

Q: Does Meta-CEL come with a guarantee?

A: Every first purchase of Meta-CEL is backed by an **unconditional, no-questions-asked 60-day money-back guarantee.** Which means if, *for whatever reason*, after you’ve tried Meta-CEL, you aren’t completely satisfied with your results, simply return the unused portion (or used—we would like you to use the entire container to give it a fair chance), along with your original receipt, within 60 days of your initial purchase for a complete refund of the entire purchase price. That means there’s no risk to you, *whatsoever*, for trying it. That’s how confident we are of the results you’ll experience with Meta-CEL.

Q: WHERE CAN I FIND META-CEL?

A: Look for Meta-CEL at your nearest health-food store, supplement retailer, or gym. Or, if you can’t find it there, you can always visit them online at www.MetaCEL.com, or for faster service, call them direct (toll-free) at 1-866-688-7679 (press option #4), and an operator for Meta-CEL will be glad to help you locate your nearest supplement retailer—so you can get your hands on your own supply.

For more questions and answers about Meta-CEL (such as, other supplements you can take with it, whether you should take it with food, etc.), please visit us at www.MetaCEL.com

Part III

4-Week Blitz

WEIGHT-TRAINING PROGRAM

(personally designed by Shawn Phillips)



Shawn Phillips

THERE IS AN ALMOST 100% CHANCE that the weight-training program you are following right now is not optimal! (That is, at least, to grow muscle, of course.)

I bet it's safe to say you're either utterly frustrated or bored with the routine you've been following for months or even years. Or, you've "hit the wall." And no matter how much longer or harder you work out, you're still not able to break through it... and as a result, your gains in strength and muscle size have come to a screeching halt.

Reason is, conventional bodybuilding workouts are very inefficient. Standard, run-of-the-mill programs (like those you read about in "muscle" magazines or the ones you find free of charge at your local gym) either commit one, two, or all three of the most disastrous mistakes there are...

1) They over-train you or over work your muscles—preventing full recovery and, as a result, keep you from ever making the gains you're after.

- 2) They under-train you or under work your muscles—they don't "push" you hard enough to make any significant progress in your workouts.
- 3) They're too simplistic—they keep you from working the most basic muscle groups by avoiding the very "core," fundamental exercises necessary for maximum growth.

Thankfully, I've discovered a powerful weight-training program... one of the best I've ever come across.

Designed by renowned fitness authority, best-selling author of *ABSolution*, Shawn Phillips, this 4-Week Blitz Weight-Training Program is hands down the best way to train for greater muscle size and strength. In fact, it's the exact same program used by Shawn himself to pack on plenty of muscle mass, quickly! And it's the same "template" Shawn used to personally design numerous programs for world-class athletes as well as some of Hollywood's most fit and muscular "A-list" superstars.

Now, he's sharing it with you—in "Maximum Growth"!

It's not too simplistic. Nor is it technically advanced and hard to follow. It doesn't over-work your muscles—you'll work out no more than four days per week, with plenty of rest in between workouts. And, it certainly doesn't under-train you either—using advanced techniques such as "failures" gives you the ultimate "pump" and "burn" for maximum growth.

To achieve 100% success with this program, you need to combine the right exercises with the right number of reps and sets in just the right order, with an exact number of days of rest in between workouts, just as it has been spelled out for you! (This is vitally important!!)

You start by taking your body measurements, bodyweight, and bodyfat (which is optional)—see Appendix I. On day one of your workout program is a "strength test." I suggest you do this first, before you start your program, on the same day you take your bodypart measurements. See, at the end of the four weeks, you're going to measure your body parts again and take another strength test... only this time, you'll be impressed with the solid, noticeable results from the hard work you put in the gym! Next, you begin your weight training, full speed, as outlined in the following 4-week, day-by-day workout schedule.

To make it simple for you, I've created a full-page "calendar schedule" that tells you exactly what days and which muscle groups to train. All you do is check off your daily scheduled workout after you train. It's that simple! (The calendar is included on the next page). I suggest you hang it up on your refrigerator or some place you'll see it often. This way, you won't forget when to get yourself to the gym and do the right workouts (at the right times).

I've even provided a "sample workout page," so can you see, firsthand, how to use the daily workout sheets. Read this carefully, please. There are specific instructions that need to be followed to get the most out of your workouts (e.g.; rest times, # of reps, failure sets, etc.). It's really quite simple to understand, once you read through it.

By the way, one thing to consider... If you would like to perform any cardiovascular exercise, it's best to keep it to no more than 3 days per week for 20 to 25 minutes per session. A specific type of cardio Shawn follows, and the latest science supports, high-intensity, short intervals (sometimes called High-Intensity Interval Training or HIIT) is optimal for burning off excess bodyfat while preserving muscle mass.

Try and do your cardiovascular exercise on non-weight training days if you can. This way, you can "preserve" your energy reserves for those brutally intense weight-training sessions! If you don't have time on your non-training days and would rather do cardio exercise on your workout days, then please do it **after** your weight-training session, not before (like so many people do!)

Performing your cardio exercise before you workout will only deplete your body of the essential glycogen (energy) reserves it needs to train intensely. Basically, you'll be exhausted before you train, and you don't want that to happen.

Now, before we go on, I need to clarify something. When I say this weight-training program needs to be followed in just the right way—I mean it. You can't expect maximum results with a "hit or miss" system. So, let's get started... Turn the page if you're ready and willing to start the 4-Week Blitz Weight-Training Program.

...this 4-Week Blitz Weight-Training Program is hands down the best way to train for greater muscle size and strength.

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM TRAINING CALENDAR

Name:	4-Week Blitz	Maximum Growth
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Month: _____ Start Date: _____ Completion Date: _____

SUN	MON	TUE	WED	THU	FRI	SAT
	DATE: Strength Test/ Body Measure- ments Workout #1	DATE: Chest Shoulders Triceps Workout #2	DATE: Back Biceps Abs Workout #3	DATE: No Training	DATE: Legs Calves Workout #4	DATE: No Training
DATE: Chest Shoulders Triceps Workout #5	DATE: Back Biceps Abs Workout #6	DATE: No Training	DATE: Legs Calves Workout #7	DATE: No Training	DATE: Chest Shoulders Triceps Workout #8	DATE: Back Biceps Abs Workout #9
DATE: No Training	DATE: Legs Calves Workout #10	DATE: No Training	DATE: Chest Shoulders Triceps Workout #11	DATE: Back Biceps Abs Workout #12	DATE: No Training	DATE: Legs Calves Workout #13
DATE: No Training	DATE: Chest Shoulders Triceps Workout #14	DATE: Back Biceps Abs Workout #15	DATE: No Training	DATE: Legs Calves Workout #16	DATE: No Training	DATE: Chest Shoulders Triceps Workout #17
DATE: Back Biceps Abs Workout #18	DATE: No Training	DATE: Legs Calves Workout #19	DATE: No Training	DATE: No Training	DATE: Strength Test/ Body Measure- ments Workout #20	

HOW TO READ AND FOLLOW YOUR WORKOUT SCHEDULE

The workout page layout is very simple and easy to follow. It reads just like any book—left to right, top to bottom. This explanation is provided to make you aware of some of the more advanced techniques, like failure sets. On these sets, you shoot for the target reps as a minimum. Keep lifting until you can't do another rep, but never at the expense of your form!

Workout Header: This contains information about the workout, including your name, the date of the workout (simply fill this in each day), the workout # (of total workouts), and the time it should take you to complete the workout. The last column to the right is used to record the time you start and stop your workout as well as the total time your workout takes.

SAMPLE OUTPUT PAGE FOR 4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name: <i>Shawn B. Phillips</i>	Date: 5/05/03	Start Time:
4-Week Blitz	Workout # 1 of 20	Stop Time:
Maximum Growth	Est. Time: 45 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Chest	Bench Press	195 x 8		75 sec.	x
		235 x 8		120 sec.	x
		290 x 6		150 sec.	x
		290 x 6		150 sec.	x
		290 x 6	F	150 sec.	x
	Flat Dumbbell Flye	65 x 6		0 sec.	x
		55 x 8		60 sec.	x
		65 x 6		0 sec.	x
		55 x 8		60 sec.	x
		65 x 6		0 sec.	x
Shoulders	Seated Dumbbell Press	50 x 8		90 sec.	x
		65 x 8		120 sec.	x
		65 x 8		120 sec.	x
		55 x 8	F	120 sec.	x
Triceps	Triceps Pushdown	70 x 15		0 sec.	x
Biceps	Preacher Barbell Curl	65 x 15		75 sec.	x
Triceps	Triceps Pushdown	100 x 12		0 sec.	x
Biceps	Preacher Barbell Curl	90 x 12		90 sec.	x
Triceps	Triceps Pushdown	100 x 12		0 sec.	x
Biceps	Preacher Barbell Curl	90 x 12		90 sec.	x
Calves	Standing Calf Raise	350 x 10		120 sec.	x
		385 x 8		120 sec.	x
		400 x 8		120 sec.	x
		400 x 8		-	400 x 8

Weight x Reps: Sets 1-5 for bench press. I suggest doing a couple warm-up sets. Don't limit yourself to these for warm-ups—do what you need to do to get your muscles loose! This is your **GOAL** weight—you should reach it 98% of the time.

Rest Interval: The amount of time to rest before doing the next set!

Failure Set: Take this set to failure—do as many reps as you can! (Drop the amount of weight used, if needed, after completing the planned number of reps).

Journal: Use these spaces to record your goal workout weights and actual weights used as you go along. This great tool gives you important data to monitor your progress and refer to later.

The 5 Simple Steps to Journal Your Workouts:

1. Record the date and start time.
2. Begin on the top left of the page. (The first muscle group in this example is the chest; the first exercise is the bench press; first set is 195 lbs x 8 reps.)
3. Complete each set from top down. Note failure sets and rest intervals (the advanced techniques).
4. Finish the final set for the last exercise (at the bottom of each page), and record the stop time.
5. Calculate the total time and compare to the estimated time.

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name: <i>Shawn Phillips</i>	Date: <i>5/6/02</i>	Start Time: <i>6:15 AM</i>
4-Week Blitz	<i>Workout # 3 of 20</i>	Stop Time: <i>7:02 AM</i>
Maximum Growth	Est. Time: <i>41 min.</i>	Total Time: <i>47 minutes</i>

Group	Exercise	Goal	F	Rest	Actual
Back	Barbell Bentover Row	180 x 8		90 sec.	175 x 10
		200 x 8		120 sec.	200 x 8
		225 x 6		120 sec.	210 x 6
		225 x 6	F	120 sec.	220 x 6
	Narrow-Grip Lat Pulldown (Machine)	150 x 10		60 sec.	150 x 8
		165 x 8		90 sec.	165 x 8
		185 x 8		120 sec.	185 x 6
		185 x 8		120 sec.	185 x 6
Biceps	Barbell Curl	110 x 8		90 sec.	110 x 8
		120 x 8		120 sec.	120 x 8
		135 x 8		120 sec.	135 x 8
		135 x 8	F	120 sec.	135 x 10
	Incline Dumbbell Curl	40 x 8		75 sec.	40 x 8
		40 x 8		75 sec.	40 x 8
		40 x 8		75 sec.	40 x 6
		40 x 8		75 sec.	40 x 6
Abs	Lying Ab Crunch	0 x 12		60 sec.	0 x 12
		0 x 12		90 sec.	0 x 12
		0 x 10		105 sec.	0 x 10
		0 x 10		105 sec.	0 x 10
		0 x 10	F	-	0 x 15

A New Max!!

SAMPLE

What a burn!!

Notes:

Great day of training! Very strong and intense workout! Biceps got a massive pump!

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

5-REP MAX STRENGTH TEST DAY—PRE-MEASUREMENTS

Name:	Date:	Start Time:
4-Week Blitz	<i>Workout # 1 of 20</i>	Stop Time:
Maximum Growth	Est. Time: 20 min.	Total Time:

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	Primary Lift #1: [_____] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	Primary Lift #2: [_____] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	Primary Lift #3: [_____] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	Primary Lift #4: [_____] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

(Once completed, copy your strength test results onto your pre-measurement form / Appendix I)

Remember, after your four weeks are completed, you'll take another strength test and measure your body parts.

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 2 of 20	Stop Time:
Maximum Growth	Est. Time: 45 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Chest	Bench Press (Barbell)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Incline Dumbbell Press	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Seated Barbell Press	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Dumbbell Side Raise	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
Triceps	Close-Grip Bench Press (Barbell)	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		120 sec.	x
		x 6		120 sec.	x
	Triceps Pushdown (Machine)	x 12		90 sec.	x
		x 12		90 sec.	x
		x 12	F	-	x

Notes:

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 3 of 20	Stop Time:
Maximum Growth	Est. Time: 41 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Back	Barbell Bentover Row	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		120 sec.	x
		x 6	F	120 sec.	x
	Narrow-Grip Lat Pulldown (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Biceps	Barbell Curl	x 8		90 sec.	x
		x 8		120 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Incline Dumbbell Curl	x 8		75 sec.	x
		x 8		75 sec.	x
Abs	Lying Ab Crunch	x 12		60 sec.	x
		x 12		90 sec.	x
		x 10		105 sec.	x
		x 10		105 sec.	x
		x 10	F	-	x

Notes:

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 4 of 20	Stop Time:
Maximum Growth	Est. Time: 43 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Legs	Barbell Squat	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 6		150 sec.	x
		x 8	F	150 sec.	x
	Leg Extension (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Hamstring Leg Curl (Machine)	x 10		60 sec.	x
		x 10		90 sec.	x
		x 8		120 sec.	x
		x 8		120 sec.	x
		x 8		120 sec.	x
Calves	Standing Calf Raise (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		135 sec.	x
		x 8	F	-	x
Notes:					

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 5 of 20	Stop Time:
Maximum Growth	Est. Time: 41 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Chest	Bench Press (Barbell)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 6		120 sec.	x
		x 6	F	120 sec.	x
	Flat Bench Dumbbell Flye	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Seated Barbell Press	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Reverse Dumbbell Flye (Rear Delts)	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
Triceps	Triceps Pushdown (Machine)	x 12		90 sec.	x
		x 12		90 sec.	x
		x 12		90 sec.	x
	Lying Triceps Extension (Dumbbell)	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8	F	-	x

Notes:

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 6 of 20	Stop Time:
Maximum Growth	Est. Time: 37 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Back	Narrow-Grip Lat Pulldown (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Wide-Grip Lat Pulldown (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Biceps	Preacher Bench Barbell Curl	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
	Incline Dumbbell Curl	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
Abs	Leg Lift (Decline Bench)	x 12		75 sec.	x
		x 12		90 sec.	x
		x 10		120 sec.	x
		x 10		120 sec.	x
		x 10	F	-	x
Notes:					

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 7 of 20	Stop Time:
Maximum Growth	Est. Time: 35 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Legs	Barbell Squat	x 10		75 sec.	x
		x 10		120 sec.	x
		x 8		150 sec.	x
		x 8		150 sec.	x
		x 8	F	150 sec.	x
	Leg Extension (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Straight-Leg Dumbbell Deadlift	x 10		45 sec.	x
		x 10		75 sec.	x
		x 8		90 sec.	x
		x 8		90 sec.	x
		x 8		90 sec.	x
	Calves	Standing Calf Raise (Machine)	x 10		75 sec.
x 10				75 sec.	x
x 10			F	-	x
Notes:					

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 8 of 20	Stop Time:
Maximum Growth	Est. Time: 45 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Chest	Bench Press (Barbell)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Incline Dumbbell Press	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Seated Barbell Press	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Dumbbell Side Raise	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
Triceps	Close-Grip Bench Press	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		120 sec.	x
		x 6		120 sec.	x
	Triceps Pushdown (Machine)	x 12		90 sec.	x
		x 12		90 sec.	x
		x 12	F	-	x

Notes:

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 9 of 20	Stop Time:
Maximum Growth	Est. Time: 42 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Back	Barbell Bentover Row (Machine)	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		120 sec.	x
		x 6	F	120 sec.	x
	Narrow-Grip Lat Pulldown	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Biceps	Barbell Curl	x 8		90 sec.	x
		x 8		120 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Incline Dumbbell Curl	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
Abs	Lying Ab Crunch	x 12		60 sec.	x
		x 12		90 sec.	x
		x 10		120 sec.	x
		x 10		120 sec.	x
		x 10	F	-	x
Notes:					

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 10 of 20	Stop Time:
Maximum Growth	Est. Time: 41 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Legs	Barbell Squat	x 10		75 sec.	x
		x 10		120 sec.	x
		x 8		150 sec.	x
		x 8		150 sec.	x
		x 8	F	150 sec.	x
	Leg Extension (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Hamstring Leg Curl (Machine)	x 8		75 sec.	x
		x 8		90 sec.	x
		x 6		120 sec.	x
		x 6		120 sec.	x
		x 6		120 sec.	x
	Calves	Standing Calf Raise (Machine)	x 8		105 sec.
x 8				120 sec.	x
x 6				135 sec.	x
x 6			F	-	x
Notes:					

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 11 of 20	Stop Time:
Maximum Growth	Est. Time: 41 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Chest	Bench Press (Barbell)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Flat Bench Dumbbell Flye	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Seated Barbell Press	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Reverse Dumbbell Flye (Rear Delts)	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
Triceps	Triceps Pushdown (Machine)	x 12		90 sec.	x
		x 12		90 sec.	x
		x 12		90 sec.	x
	Lying Triceps Extension (Dumbbell)	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8	F	-	x

Notes:

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 12 of 20	Stop Time:
Maximum Growth	Est. Time: 36 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Back	Narrow-Grip Lat Pulldown (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Wide-Grip Lat Pulldown (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Biceps	Preacher Bench Barbell Curl	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
	Incline Dumbbell Curl	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
Abs	Leg Lift (Decline Bench)	x 12		45 sec.	x
		x 12		75 sec.	x
		x 10		105 sec.	x
		x 10		105 sec.	x
		x 10	F	-	x
Notes:					

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 13 of 20	Stop Time:
Maximum Growth	Est. Time: 41 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Legs	Barbell Squat	x 8		105 sec.	x
		x 8		150 sec.	x
		x 6		180 sec.	x
		x 6		180 sec.	x
		x 6		180 sec.	x
		x 8	F	180 sec.	x
	Leg Extension (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Straight-Leg Dumbbell Deadlift	x 10		45 sec.	x
		x 10		75 sec.	x
		x 8		105 sec.	x
		x 8		105 sec.	x
		x 8		105 sec.	x
Calves	Seated Calf Raise	x 10		75 sec.	x
		x 10		75 sec.	x
		x 10	F	-	x
Notes:					

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 14 of 20	Stop Time:
Maximum Growth	Est. Time: 46 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Chest	Bench Press (Dumbbell)	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		120 sec.	x
		x 6	F	120 sec.	x
	Incline Dumbbell Press	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		120 sec.	x
		x 6	F	120 sec.	x
Shoulders	Seated Barbell Press	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		120 sec.	x
		x 6	F	120 sec.	x
	Dumbbell Side Raise	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
Triceps	Close-Grip Bench Press	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		120 sec.	x
		x 6	F	120 sec.	x
	Triceps Pushdown (Machine)	x 12		75 sec.	x
		x 10		90 sec.	x
		x 10		-	x

Notes:

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 15 of 20	Stop Time:
Maximum Growth	Est. Time: 41 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Back	Barbell Bentover Row	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		120 sec.	x
		x 6	F	120 sec.	x
	Narrow-Grip Lat Pulldown (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Biceps	Barbell Curl	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		120 sec.	x
		x 6	F	120 sec.	x
	Incline Dumbbell Curl	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
Abs	Lying Ab Crunch	x 12		75 sec.	x
		x 12		90 sec.	x
		x 10		120 sec.	x
		x 10		120 sec.	x
		x 10	F	-	x
Notes:					

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 16 of 20	Stop Time:
Maximum Growth	Est. Time: 47 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Legs	Barbell Squat	x 8		105 sec.	x
		x 8		150 sec.	x
		x 6		180 sec.	x
		x 6		180 sec.	x
		x 6		180 sec.	x
		x 8	F	180 sec.	x
	Leg Extension (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Hamstring Leg Curl (Machine)	x 8		75 sec.	x
		x 8		90 sec.	x
		x 6		120 sec.	x
		x 6		120 sec.	x
		x 6		120 sec.	x
Calves	Standing Calf Raise (Machine)	x 8		105 sec.	x
		x 8		120 sec.	x
		x 6		135 sec.	x
		x 6	F	-	x
Notes:					

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 17 of 20	Stop Time:
Maximum Growth	Est. Time: 44 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Chest	Bench Press (Barbell)	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		120 sec.	x
		x 6	F	120 sec.	x
	Flat Bench Dumbbell Flye	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Shoulders	Seated Barbell Press	x 8		90 sec.	x
		x 8		120 sec.	x
		x 6		120 sec.	x
		x 6	F	120 sec.	x
	Reverse Dumbbell Flye (Rear Delts)	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
Triceps	Triceps Pushdown (Machine)	x 12		75 sec.	x
		x 10		90 sec.	x
		x 10		90 sec.	x
		x 10		90 sec.	x
	Lying Triceps Extension (Dumbbell)	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8	F	-	x

Notes:

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 18 of 20	Stop Time:
Maximum Growth	Est. Time: 35 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Back	Narrow-Grip Lat Pulldown (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Wide-Grip Lat Pulldown (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
Biceps	Preacher Bench Barbell Curl	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
	Incline Dumbbell Curl	x 8		75 sec.	x
		x 8		75 sec.	x
		x 8		75 sec.	x
Abs	Leg Lift (Decline Bench)	x 12		45 sec.	x
		x 12		75 sec.	x
		x 10		90 sec.	x
		x 10		90 sec.	x
		x 10	F	-	x
Notes:					

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

Name:	Date:	Start Time:
4-Week Blitz	Workout # 19 of 20	Stop Time:
Maximum Growth	Est. Time: 39 min.	Total Time:

Group	Exercise	Goal	F	Rest	Actual
Legs	Barbell Squat	x 10		90 sec.	x
		x 10		150 sec.	x
		x 8		180 sec.	x
		x 8		180 sec.	x
		x 8		180 sec.	x
	Leg Extension (Machine)	x 10		60 sec.	x
		x 8		90 sec.	x
		x 8		120 sec.	x
		x 8	F	120 sec.	x
	Straight-Leg Dumbbell Deadlift	x 10		60 sec.	x
		x 10		90 sec.	x
		x 8		105 sec.	x
		x 8		105 sec.	x
		x 8		105 sec.	x
	Calves	Seated Calf Raise	x 8		90 sec.
x 8				90 sec.	x
x 8			F	-	x
Notes:					

4-WEEK BLITZ MUSCLE SIZE AND STRENGTH PROGRAM

5-REP MAX STRENGTH TEST DAY—POST-MEASUREMENTS

Name:	Date:	Start Time:
4-Week Blitz	<i>Workout # 20 of 20</i>	Stop Time:
Maximum Growth	Est. Time: 20 min.	Total Time:

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	Primary Lift #1: [_____] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	Primary Lift #2: [_____] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	Primary Lift #3: [_____] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

Group	Exercise	Planned Wt.	Rest	Actual Wt.
Strength Test Day	Primary Lift #4: [_____] <i>(Choose any primary exercise, such as bench, squat, shoulder press, leg press, etc.)</i>	x 5	180 sec.	x 5

(Once completed, copy your strength test results onto your post-measurement form / Appendix I)

MAXIMUM GROWTH MUSCLE SIZE & STRENGTH PRE-MEASUREMENT FORM

To receive the guaranteed maximum results in muscle size and strength, take a few minutes of your valuable time before you start the 4-week Blitz Weight-Training Program and complete the following strength test and body part measurements.

Copy Your Pre-Muscle Size & Strength Measurements Here:

TIP: Choose four primary lifts, such as the bench press, barbell squat, shoulder press, barbell row, etc. to determine your 5-repetition maximum. Simply increase your weight used on each lift until you reach a full set of 5 repetitions, without help from a spotter. This is your 5-Rep Max. Please be cautious when lifting heavy weights. As a rule of thumb, don't ever go below four reps, and always keep a spotter on hand, just in case you reach complete muscle failure during your lift.

Date:	5-Rep Maximum Strength Test Description (bench, squat, shoulder press, leg press, etc.)	Weight Lifted (lbs) for 5 reps
Bodyfat %*:	Lift #1:	
	Lift #2:	
Bodyweight (lbs):	Lift #3:	
	Lift #4:	

(*Note: Bodyfat measurements are optional.)

Record Your Pre-Muscle Size & Strength Measurements Here:

TIP: Use a measuring tape or the new MyoTape (from Accufitness). Simply stretch the tape around the entire girth of each body part and measure. For example, to measure the chest: stretch the tape so it goes all the way around your upper body (not just across the front of your chest), at or about level with your nipples, under the armpits and across your shoulder blades. Do the same for each body part.

Body Part Dimensions	Measurement (in inches) <i>Use full circumference</i>
Chest:	
Shoulders:	
Waist:	
Quad (use the right leg only):	
Arm (use the right arm only):	

Remember, after your four weeks are completed, you'll take another strength test and measure your body parts (on the following page).

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About the Author:

As an avid weight trainer and one-time national competitive bodybuilder, **Stephen Adélé** has always had an intense interest in physique enhancement and muscular performance. With a burning desire to “know more” about human physiology, Stephen began following the latest scientific findings on performance-enhancement aids and their impact on the physique. It was then he was confronted with a world of confusing and oftentimes conflicting information and theories. Using real-world applications as a foundation, Stephen looked for scientific evidence to support his theories (which is the opposite of how this process “normally” works!). Stephen has since committed and dedicated his time to continually discovering and reporting the absolute “truths” about such topics as which exercise routines, nutrition plans, and supplements work and which ones don’t. Under the direction of Stephen as Editor-in-Chief, and working in tandem with co-founder Shawn Phillips, their “tell-it-like-it-is” publication, *Real SOLUTIONS* magazine, has quickly become the fastest growing, most talked about physique development magazine in the world—distributed in 12 countries—with a loyal and growing readership of over 150,000 weight trainers.

MAXIMUM GROWTH incorporates the many “inside connections” and lessons learned over the past 15 years in Stephen’s own pursuit of building a lean, muscular physique. This book combines the latest scientific research, real-world experiences, and a good dose of commonsense (something greatly overlooked in today’s world of over-hyped and under-performing “Holy Grail” tactics for building a respectable physique). Now, you have the answers you need to build muscle and gain strength *the right way!*

Acknowledgements:

Although there is a comprehensive list of references from textbooks, scientific journals, and various authors at the rear of this book, there are several people I am forever grateful to for making this book better than I ever envisioned. I am thankful to my wife, Julia, and our two little princesses, for their universal support and karmic goodwill; my parents, for believing in me from the very start; Shawn Phillips, for his massive contribution to my upbringing in this industry and continual inspiration to “raise the bar”; James O’Byrne, for his unyielding contributions and expert guidance to tighten up the science; Chris Ball, for helping work out the kinks; Anthony Almada, for providing his profound and insightful intellect to our project; Sue Mosebar, my all-star editor, for her “eagle eye”; and Marcus Knodle, our creative director, for making everything look “just right.” MAXIMUM GROWTH is dedicated to all those who seek to build the best body their genetics will allow.

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