

— THE MUSCLE NERD —

*Presents*

# OPTIMUM ANABOLICS

— by Jeff Anderson —



**Steroid Sized Muscles Through  
Natural Hormone Programming**

## **NOTICE**

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

This publication is presented for information purposes only. Neither grow-muscle-now.com nor CQC International, LLC assume any liability for the information contained herein. The Information contained herein reflects only the opinion of the author and is in no way to be considered required practice. Specific medical advice should be obtained from a licensed legal health practitioner. Consult your physician before you begin any diet, exercise, or training program.

The contents of this publication are fully protected by copyright law. Any other posting or distribution without written consent from the author will be a violation of copyright law and violators will be prosecuted.

**TABLE OF CONTENTS**

**SECTION 1 3**

- Getting the Most From This Manual
- Introduction
- The 8 Anabolic Factors

**SECTION 2 15**

- Factor 1 – Hyper-Adaptive Cycling
- Factor 2 – Body Part Training Frequency
- Factor 3 – Training Session Length
- Factor 4 – Exercise Selection and Form
- Factor 5 – Number of Repetitions and Weight
- Factor 6 – Repetition Speed
- Factor 7 – Rest Cycles
- Factor 8 – Diet

**SECTION 3 113**

- Putting It All Together
- The Optimum Anabolic Principles

## GETTING THE MOST FROM THIS MANUAL

If you're like most guys, you're tempted to simply turn to the chapter on "Putting It All Together" and then begin our killer workout routine. That's because most "muscleheads" see bodybuilding as merely hoisting weights up and down, over and over, slowly increasing the weight, under some misguided concept that **THIS** is what builds muscle.

These are the guys who are always on the lookout for that "magic routine" that has eluded them for so long.

### DON'T MAKE THAT MISTAKE!

As you'll learn, there are **SEVERAL** elements that **MUST** be addressed if you're **EVER** going to surpass your genetic growth potential. Skip any **ONE** of these elements and you'll find yourself on the fast track to frustration.

Now I know you're not going to like hearing this, but...

**IMPORTANT:** READ THIS MANUAL ALL THE WAY THROUGH BEFORE BEGINNING YOUR PROGRAM!

I've written this manual in a very "no nonsense" approach in order to avoid wasting any of your time with a bunch of fancy scientific words. I have no need to feed my ego by giving you the impression I'm some laboratory geek in a white lab coat testing mutant Bulgarian bodybuilders all day long.

I want you to get out on the gym floor in the **QUICKEST** time possible, **BUT** I want you to be armed with the **ADVANCED KNOWLEDGE** needed to put that time to good use.

If you skip a chapter, thinking you "already know" everything you need to know about that training factor, you could be setting yourself up for a **BIG** disappointment.

**But don't worry, I'll be there every step of the way...**

### A Word From The "Muscle Nerd"...

"See? This is my happy little face!



After completing this book, I read it back through from the beginning and found several points that I felt needed...well, a little 'extra emphasis.' (OK, I also like to hear myself talk!)

So from time to time throughout this book, I'll jump in just to add my 'two cents'. Just think of me as your **PERSONAL GUIDE** to finally realizing the explosive gains you've been searching for all your life."

Now here's another little tool I think you'll appreciate...

We'll be covering a **LOT** of information in this book...information that is **ANYTHING** but common knowledge, even among the most **PROFESSIONAL** bodybuilders who rely on anabolic steroids for their massive gains. So in order to make sure you don't miss out on **ANY** important information, I'll summarize key concepts and highlight them with **THIS** little tool...

#### **Optimum Anabolic Principle # 0:**

Look in these blue boxes for a summary of the most important details from the information being covered.

**BUT...**

**DON'T** try and take a shortcut by jumping from principle to principle. You'll miss out on the **CRUCIAL DETAILS** that make it worth highlighting in the first place!

Well, there you have it! I've sufficiently warned you of the dangers of skipping ahead in this book, **AND** I've given you a couple of "extra emphasis" tools to make sure you get the most important details from all of the information I've **JAMMED** into these pages. The ball's in **YOUR** court!

**So here's what I want you to do NOW...**

If you've already been busting your ass in the gym, training 3-4 days or more per week...

### **TAKE A WEEK OFF!**

You'll understand why later, but for now just plan on using that week to review this manual and fully prepare for your fiery return!

If you're relatively **NEW** to bodybuilding, or it's been a **WHILE** since you've been in the gym, take the next week to introduce your body to what it's about to experience.

In order to avoid overloading your body to the point of "shutdown" it's wise to begin a light exercise routine to prepare your muscles, joints, and ligaments for the upcoming barrage.

I've included a sample **PRE-PROGRAM WORKOUT** at the beginning of **BONUS # 1** that you can use as a guide. It's worked well for my clients who are just starting out or getting back into the gym.

But **BE CAREFUL...**

You **DON'T** want to go **ALL OUT** to the point you can barely move the next day. That would defeat the whole purpose of the first 3 weeks of the **OPTIMUM ANABOLICS PROGRAM**.

Besides, if what you're looking for is an **INTENSE** workout session...

## **THE REAL WORK IS COMING UP!**

## INTRODUCTION

Let me introduce you to **JOE HARDGAINER**. You see, Joe is very typical of the bodybuilders trying to pack on muscle in today's gyms.

Determined to look like "those guys" in the magazines, he signs up for his membership at the local gym, buys his weight lifting gloves and belt, and all the other "essential" tools for packing on the pounds, and begins his quest.

At the gym, he follows the lead of all the other "muscle heads" and begins bench pressing, curling, and squatting the most weight he can. Like the other mis-informed wanna-be's, he thinks that working **HARDER** and **HARDER**, steadily increasing the weight on the bar, will force his body into growth beyond his wildest dreams.

He makes some gains...enough to keep him pushing on, but soon finds himself **STAGNATED**.

Not seeing any more strength or size development, Joe decides to go the **NEXT LEVEL**. He looks around the gym for the biggest iron-pumping "consultant" he can find that also looks friendly enough to talk to.

### *A Word From The "Muscle Nerd"...*



"In case you haven't figured it out just yet, **EVERY** gym is nearly **REQUIRED** to have **AT LEAST** one psycho, pro-wanna-be who is **MORE** than willing to enlighten any local admirer about how a 'real man' packs on slabs of muscle.

He'll be the one trying to catch everyone's attention by screaming like a gorilla as he sends the weights crashing to the floor on his last repetition."

That's where "**BIG JAKE**" comes in. Joe approaches Big Jake to inquire about the secret to his bulging biceps. Big Jake tells Joe **EVERYTHING** he knows about what exercises to choose, how much weight to use, what to eat, and what "secret" supplements to use. Joe sets out once again, following everything Big Jake tells him, positive he now has the missing links to maximum growth.

Fortunately, **SOME** of what Big Jake told Joe was enough to move him out of his plateau...temporarily! Within three weeks, he finds his strength and size stalemated again.

Frustrated, Joe decides to turn to the “**EXPERTS**”. He goes to the local grocery store and picks up every **BODYBUILDING MAGAZINE** they have and begins his research.

Obviously, with arms and legs the size of telephone poles and a chest the size of a small SUV, **ANYTHING** these pros have to say **MUST** be gospel...

*“Try my pre-contest workout!”*

*“I swear by Company X’s Anabolic Activator Potion!  
Why, just **LOOK** at the size of my arms!”*

Oh, and then there are all of the ads for the top secret supplement discoveries promising you god-like powers from the “latest” in scientific research...

*“Gain 30 pounds of solid muscle in only 6 weeks...**GUARANTEED!**”*

*“Clinically proven to increase testosterone up to 98%!”*

*“Anabolic hormones will increase a staggering 250%!”*

*“Buy **OUR** product!”*

*“**NO...buy OURS!**”*

Confused and frustrated, Joe spends a **SMALL FORTUNE** on supplements and is back in the gym. He’s loaded with tips from all the pros and has so many “secret potions” running through his veins, he could be declared “off limits” as a **TOXIC WASTE DUMP!**

Again he makes a small gain, only to find it **WITHER AWAY** as he finally hits...

**“THE WALL”**

The wall is that place that all beginner and novice bodybuilders hit when they realize that building muscle is a **HELL** of a lot harder than those hulking professionals in the magazines make it look.

Now comes the moment of **TRUTH**. Kind of like when you found out that wrestling was fake and there was no Easter Bunny!

### A Word From The "Muscle Nerd"...



"My apologies to those of you who **STILL** didn't know about wrestling and the Easter Bunny!"

Here are the **FACTS**...

**FACT:** **ALL** of those pro bodybuilders trying to coax you to purchase the next wave of **NATURAL** supplements **GUARANTEEING** massive growth, got that big **NOT** from the "natural" supplements they're marketing...but rather by pumping massive quantities of **ANABOLIC STEROIDS** through their veins!

**FACT:** The killer "pre-contest" and "mass-building" routines these pros "let you in on" are enough to throw **ANY** bodybuilder into chronic **OVERTRAINING** without the aid of a serious dose of dangerous growth hormone.

**FACT:** The bodybuilding supplement market is a **MULTI-MILLION DOLLAR** industry that's supported by well-intentioned, serious seekers such as **YOURSELF** who fall prey to ads and articles designed for **ONE THING**...to take **YOUR** hard-earned money!

**FACT:** Supplement manufacturers and gyms all follow the "**6-Month rule**" of marketing. Basically, **6 months** is how long research has shown it takes the average "seeker of strength" to join a gym, purchase the supplements they're **CONVINCED** they need, reach "**the WALL**" where they see no more gains, get frustrated, and **QUIT** their workout program.

**FACT:** Those same bodybuilding magazines that project an air of "objectivity" actually **OWN** many of the supplements they're advertising and are recommending in their magazines.

Here's a short list of the **WORST OFFENDERS**...

Magazine	Product Line
Flex	Weider Supplements
Muscle & Fitness	Weider Supplements
MuscleMag	MuscleTech
Muscular Development	Twinlab
Muscle Media	EAS

These companies weren't stupid. They realized early on that they could sell you a magazine full of great looking, perfectly sculpted mountains of muscle to make you feel puny, and **THEN** offer you ad after ad of expensive supplements with pumped up scientific claims to milk you for even **MORE** of your dough!

*"So where's a guy to turn for REAL information on how to build muscle?"*

Welcome to **OPTIMUM ANABOLICS**! You see, I've discovered how to take a perfectly **NATURAL** "defense mechanism" of the body and use it to actually **PROGRAM** your muscles to grow **FAR** beyond their genetic potential.

You're about to learn the amazing secret of...

## **HYPER-ADAPTIVE CYCLING!!!**

*A Word From The "Muscle Nerd"...*

*'Hyper-What-Who?!'*



"Don't worry...it may seem like a big word now, but I'll break this relatively simple process down **STEP – BY – STEP** throughout this manual.

In the end, you'll have **ALL** the tools you need to **FINALLY** reach your goals for **MASSIVE GROWTH!**

However, while applying **HYPER-ADAPTIVE CYCLING** principles to your bodybuilding program will **ABSOLUTELY** be the most **IMPORTANT** step you ever take toward packing on slabs of muscle...

### I WON'T STOP THERE!

In fact, in the pages that follow, I'll also provide you with the most comprehensive information **EVER** available on how to surpass your genetic limits for muscle growth! Together we'll break through all the myths and obstacles that have kept you from reaching your full potential of growth.

You see, I've identified a total of **8 ANABOLIC FACTORS** that **MUST** be addressed if you're **EVER** going to maximize your muscle gains!

By manipulating these 8 factors to create the perfect anabolic environment, you'll provide the right stimuli to thrust your body's **NATURAL** growth systems into overdrive for as **LONG** as you wish...

### WITH NO PLATEAUS!

But first, you **MUST** fully understand **ALL** of the factors and how they affect your ability to grow muscle.

Here's a **QUICK PEEK** at what's coming up as I cast away all of the B.S. we've been fed throughout the years by weight room "advisors", greedy supplement manufacturers, and steroid-pumping pros paid giant marketing fees...



## **FACTOR 1 - HYPER-ADAPTIVE CYCLING**

We may as well begin by getting into the real **MEAT** of the program! That's why you forked over the money to check out this "muscle manual" in the first place, isn't it?!

The highly controversial new approach of **HYPER-ADAPTIVE CYCLING**, when applied to both your workout program **AND** your diet is the **SINGLE MOST ADVANCED** training technique **EVER** discovered for **NATURALLY** turbo charging your body's own anabolic hormone production...**WITHOUT STEROIDS!**

But don't worry about the specifics of **HYPER-ADAPTIVE CYCLING** as you read through the material. I'll guide you **STEP-BY-STEP** through the process in other chapters of this book so you can design your very own program customized for **YOUR** personal goals!

## **FACTOR 2 - BODY PART TRAINING FREQUENCY**

This chapter is **GUARANTEED** to raise a few eyebrows out there. I'll explain why you're your **CURRENT** program is probably shortchanging your gains...if not **CAUSING** you to actually **LOSE MUSCLE**. Then I'll show you **EXACTLY** how to arrange your workout schedule to maximize your efforts.

## **FACTOR 3 - TRAINING SESSION LENGTH**

Don't be lured into those grueling workout marathons used by steroid-pumping pros! I'll show you the **PERFECT** time range for spiking your **TESTOSTERONE** levels and **WHY** you need to **RUN**, not walk, away from the weights at the end of this range...**WHETHER YOU'VE COMPLETED YOUR WORKOUT OR NOT!!!**

## **FACTOR 4 - EXERCISE SELECTION AND FORM**

Not all exercises are created equal! While some are **IDEAL** for building the mass you're looking for, others are **LESS** effective at stimulating your muscles to achieve a **MAXIMUM** anabolic response.

I'll rank the **BEST** exercises for **EVERY SINGLE BODYPART** and explain how to combine the **STRENGTHS** of some to overcome the **WEAKNESSES** of others.

Likewise, the **FORM** in which you perform each repetition will **ALWAYS** make or break your progress. After reading this chapter, you'll be able to walk into **ANY** gym and see why **90%** of the men there will **ALWAYS** be wanna-be's!

**FACTOR 5 - NUMBER OF REPETITIONS AND WEIGHT**

What's the difference between a 15-rep set of exercises and a 6-rep set? Quite a bit since your muscles will respond **COMPLETELY** different from each strategy! In this chapter, you'll learn the **PERFECT REP ZONE** for building the **MOST** muscle, and how to apply **SPECIFIC** repetition counts to literally **PROGRAM** your body to **GROW!**

**FACTOR 6 - REPETITION SPEED**

Most bodybuilders **BLINDLY** pump weights up and down, oblivious as to how their muscles are designed to make this happen. I'll show you how an **AMAZING SECRET** will actually **DOUBLE YOUR GAINS** from the very **SAME** exercise!

**FACTOR 7 - REST CYCLES**

If you haven't learned yet, let me be the first to tell you...you're muscles **DON'T** get bigger in the gym! They get bigger when your body is at **REST** and your muscle cells have time to repair themselves, bulking up for the next attack.

But I'm not simply talking about the amount of sleep you get each night. In this chapter, I'll show you how to **SPECIFICALLY** control your rest periods **DURING** your workout to best influence your **HYPER-ADAPTIVE CYCLES** and shift your anabolic hormones into **ULTRA HIGH GEAR!**

**FACTOR 8 - DIET**

All of these factors put together won't do a **DAMN THING** for you if you don't provide the body with the proper nutrients for growth. I've always been disappointed at the lack of detailed information on how to construct the **BEST** diet to pack on the pounds. Add in all the confusing "expert" advice and the latest fad diets, and it's easy to see how your search can lead to **FRUSTRATION!**

**LOOK NO FURTHER!** In this chapter, I've compiled the most **COMPREHENSIVE** approach to personalizing your diet to maximize your growth of new muscle mass **AND** decrease unwanted fat stores to let those abs shine through!

**BUT BE FOREWARNED...**

**THIS IS NOT, I REPEAT NOT, JUST A "BASIC" DIET LESSON!!!**

In fact...the application of **HYPER-ADAPTIVE CYCLING** to your **DIET** is going to **BLOW YOUR MIND!** If you find it hard to “empty your glass” of knowledge and be open to **NEW CONCEPTS** not exactly “popular” in the bodybuilding arena, you may have a hard time with this chapter.

**BUT...**if you’re willing to give my arguably “insane” approach to nutrition a solid try then I **GUARANTEE** you’ll experience gains like **NEVER BEFORE!**

### *A Word From The “Muscle Nerd”...*

“Well, there you have it...the **8 ANABOLIC FACTORS** in a nutshell.



As you can see, **EVERY SINGLE FACTOR** is important in the body’s attempt to break down and develop new muscle tissue. That’s why those “magic” killer routines you read about in the muscle mags don’t even come **CLOSE** to creating the results they promise...

### **THEY ONLY FOCUS ON 1 OR 2 FACTORS AT BEST!**

While most other programs are based upon hype and airbrushed before-and-after pictures, the **OPTIMUM ANABOLICS PROGRAM** is based upon **PROVEN** bio-physical principals which are manipulated to allow your body to grow in a **TURBO-CHARGED** environment!

But, unlike the advice Joe Hardgainer received, the answer won’t **ALWAYS** be to work **HARDER**. In fact, in the **OPTIMUM ANABOLICS PROGRAM** you’ll...

1. Finish every workout in **SHORTEST** time possible...**GUARANTEED!**  
(Remember that social life you used to have?);
2. Realize **EXPLOSIVE** gains in both **SIZE** and **STRENGTH** (**WITHOUT** the **PLATEAUS** normally experienced with **OTHER** programs);
3. Eat **MORE** food, feel **FULLER**, and burn **MORE** fat;
4. Feel **LESS FATIGUED** and have **MORE ENERGY**;

However, anytime you start messing with the body’s biophysical processes, you’re **BOUND** to realize some **SERIOUS CONSEQUENCES!**

**SO, JUST SO YOU CAN’T SAY I DIDN’T WARN YOU...**

## wARNING:

Within just a **FEW WEEKS** of beginning the **OPTIMUM ANABOLICS PROGRAM** you may notice some of the following **SIDE EFFECTS...**

- Skyrocketing **SELF-CONFIDENCE**;
- **WOMEN** paying much closer attention to you as you walk by;
- Occasional unsolicited sneers from **MEN** who are trying to convince themselves that **“YOU AIN’T ALL THAT!”**;
- Constant **INTERRUPTIONS** at the gym from dedicated lifters eager to learn **YOUR** secrets of putting on so much freakin’ muscle;
- Increase in your **LIBIDO** and **SEXUAL PERFORMANCE** (thereby increasing your chances of being stalked by **SEX-STARVED WOMEN**)!

### *A Word From The “Muscle Nerd”...*



“If you’re willing to accept these **‘RISKS’**, let’s not waste any more time.

The **MOST ADVANCED BREAKTHROUGH IN NATURAL HORMONE PROGRAMMING EVER DISCOVERED** awaits **YOU!**

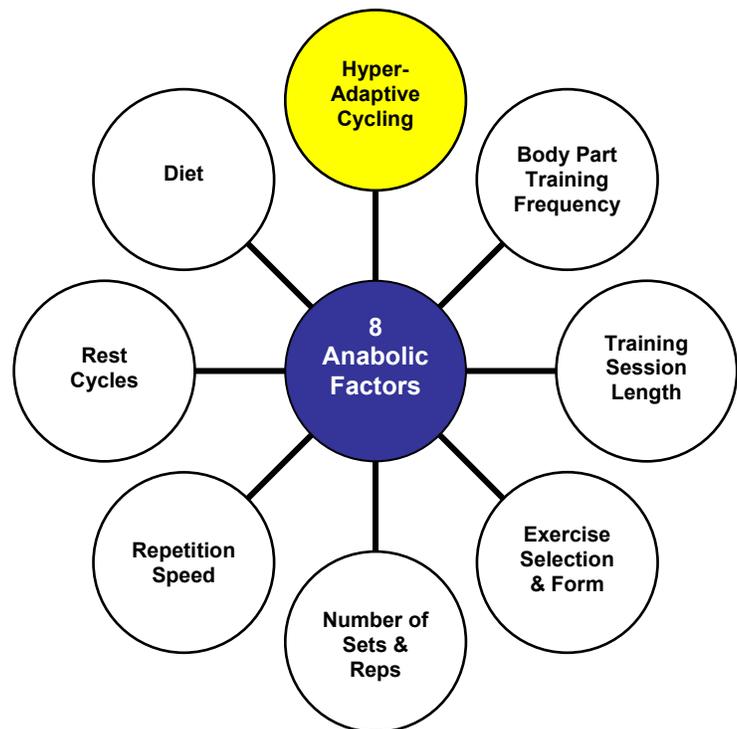
Are you ready to begin your journey to finally developing the body you’ve **ALWAYS** dreamed of?

**THEN LET’S GET STARTED!”**

## FACTOR 1 - HYPER-ADAPTIVE CYCLING

The body is a very complex soup of biological processes designed for only **ONE** purpose...**SURVIVAL!** Every single action that takes place is meant to keep you alive. With this objective, the human body has evolved over **THOUSANDS** of years to develop a series of natural **ADAPTIVE** mechanisms in order to be fully prepared for any danger you may face, natural or unnatural.

For example, it takes more effort for your body to build and maintain **MUSCLE TISSUE** than it does to build and maintain **FAT**.



Therefore, in order to balance your body composition so you have **JUST ENOUGH** muscle to meet your needs, yet not **TOO MUCH** where it becomes a burden to maintain, your body is in a **CONSTANT** process of building that muscle (**ANABOLISM**) and breaking it down (**CATABOLISM**).

That ratio of muscle is based upon the **DEMANDS** you place on your body.

Whenever you lift an object heavier than you're accustomed to during your "regular" activities, you cause **STRESS** to the muscle tissue resulting in microscopic tears in the muscle cells. The body **IMMEDIATELY** begins working to repair this "injury" utilizing proteins from your diet, anabolic hormones such as testosterone, and a few other "support systems".

In fact, not only will the body **REPAIR** the muscle, but, thinking this may be a new **ON-GOING** demand on that part of the body, it will also **ADAPT** to the new demands by building the cells up even **BIGGER** in order to be **FULLY PREPARED** for the next "attack".

It's **THIS** process that we attempt to manipulate in order to look more like those "no-necks" in the muscle mags.

However, too **MUCH** stress without the proper support can result in **OVERTRAINING**. In this condition, the body has reached a "**CRISIS STATE**" where it's unable to effectively repair and rebuild the muscle.

Once again the body will **ADAPT** to the excessive demands by actually **HALTING** the growth of muscle tissue. In fact, your body will **EVEN** begin to break the muscle cells down to use as **FUEL**, catabolizing your bodybuilding efforts.

Stay in this mode for an extended period of time and your body can enter a condition of **CHRONIC OVERTRAINING** in which muscle cells break-down at an **INCREASED RATE**, causing you to lose even **MORE** of your hard-earned gains!

But things aren't so rosy on the other end of the spectrum either! If there's too **LITTLE** stress (yes, I'm talking to you couch potatoes!), your body can enter a state of **UNDERTRAINING**.

Since the body has no "**NEED**" to grow any more muscle (OK, this is a polite way of saying you're "lazy"), it will again **ADAPT** to the **DECREASED** demands by reducing unneeded muscle cells until it has **JUST ENOUGH** to perform the required tasks.

Again, stay in this state for too long by limiting your exercise program to locating the remote control or showing your friends how you can open a beer bottle with your teeth, and you can enter a state of **CHRONIC UNDERTRAINING**. This is where you **REALLY** start losing the "battle of the bulge"!

### *A Word From The "Muscle Nerd"...*

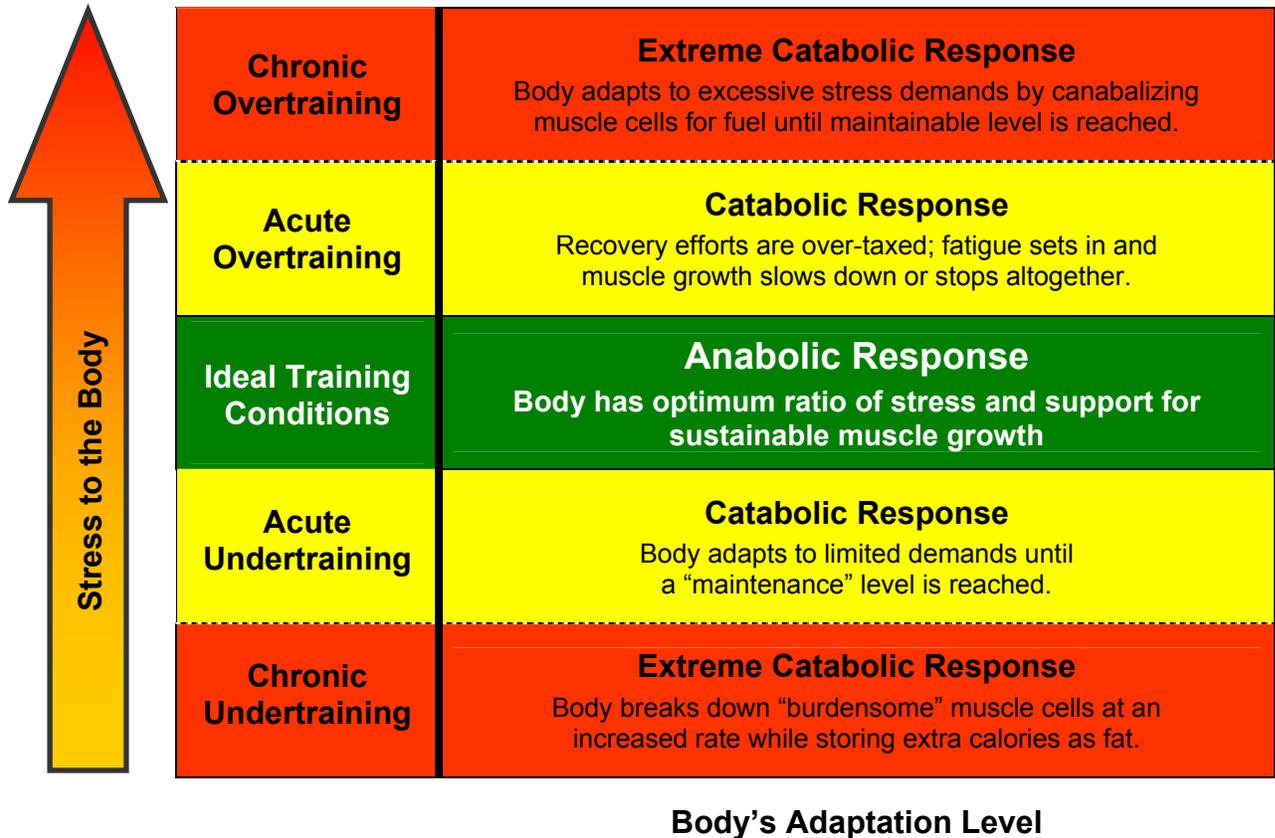


"No wonder the average Joe is so **FRUSTRATED** with his lack of growth!

Too **MUCH** stress...too **LITTLE** stress! Who would've thought getting huge could be so **CONFUSING** when all those giants in the magazines make it all sound so **EASY**, right?"

However, if you provide the **RIGHT AMOUNT** of stress to the body, while simultaneously providing the **RIGHT CONDITIONS** for growth, you'll be able to grow muscle on top of muscle, day after day, for as **LONG** as you wish.

If we could look at a chart illustrating these processes it would look like this...



Now that you understand that building muscle is really nothing more than manipulating the body's own **ADAPTIVE** abilities, let's talk about how you can actually **TRICK** the body into building the **MOST** muscle in the **SHORTEST** time possible!

**ENTER...HYPER-ADAPTATION!**

Hyper-adaptation is a process by which your body actually OVER-ADAPTS to the demands you place on it by calling upon certain defense mechanisms.

This is most evident in people who go to **EXTREME** measures of dieting by **DRASTICALLY** dropping the amount of calories they eat in order to lose weight.

Although there will be **SOME** initial weight loss, **THOUSANDS** of years of evolution have programmed the body to **DEFEND** itself by conserving as much “fuel” as possible for energy while it’s being “**STARVED**”.

The most readily available fuel source, and the easiest to store, is **FAT!**

Therefore, the body ends up “**ADAPTING**” to the loss of calories by **SHUTTING DOWN** fat burning in an attempt to survive literal **STARVATION!**

But things get even **WORSE**...once the person **GIVES UP** and starts eating “normal” again, their body has **NO WAY** to know if it’ll be “starved” again in the near future, and actually **HYPER-ADAPTS** by storing even **MORE** fat than before in order to get “prepared”!

### A Word From The “Muscle Nerd”...

“That’s right...the overweight person actually **PROGRAMMED** their body to get even **FATTER!**”



Bad news, huh?

### Now the **GOOD NEWS**...

This same “defense” mechanism of the body can be used “**TRICK**” your body, **FORCING** your **MUSCLES** to grow far beyond their genetic potential...with a special little **TWIST!**

Here’s how it works...

---

As you’ve seen, once muscular stress levels increase **BEYOND** what your body can fully recover from, a “**CRISIS STATE**” is reached. In order for your body to “**DEFEND**” itself, muscle **GROWTH** stops while muscle **LOSS** starts.

But let’s see what happens when your muscles **FINALLY** get the break they’ve been begging for...

Since your body has **NO IDEA** what demands you have in store for it over the next few days and weeks, it can **ONLY** rely on what you've **BEEN** doing over the **PREVIOUS** few days and weeks.

In other words, if you've gradually **INCREASED** the intensity of your workout over the previous few weeks, your muscles are actually temporarily **PROGRAMMED** to expect the workload to **CONTINUE** to increase, anticipating an eventual "crisis state"!

However, should you suddenly switch gears and **DECREASE** the workload on your muscles, your body **WON'T** just kick back and relax...at least not **IMMEDIATELY!**

Instead it will take **FULL ADVANTAGE** of this break in the action by **TURBO-CHARGING** the adaptive process. During this **HYPER-ADAPTIVE** process, your muscles will grow **BEYOND** their perceived "need" as they attempt to prepare for the next thrashing they've been **PROGRAMMED** to expect.

The **HYPER-ADAPTIVE** process gets even **MORE** interesting when you look at things from a **DIET** perspective...

As everyone probably knows by now, **PROTEIN** is your body's **PRIMARY** nutritional need for growing new muscle tissue.

### *A Word From The "Muscle Nerd"...*



"Pick up **ANY** bodybuilding magazine or book and they'll have you loading up your daily protein intake anywhere between **.5 grams** per pound of bodyweight, to up to **5 GRAMS** per pound of bodyweight!

More on how much you **REALLY** need for growth when we cover **FACTOR 8 - DIET**. But for right now, I have a little surprise for you...

Did you know that your body is capable of building even **MORE** muscle during periods when you ingest almost **NO PROTEIN?!**

Sounds a little **CRAZY**, huh? Here's how it works...

When stress loads continue to increase and protein is nearly non-existent for the necessary recovery and rebuilding process, your body once again is forced into a “**CRISIS STATE**”.

Fortunately, over the past **THOUSANDS** of years your body has developed a “back up” muscle building system that kicks into high gear only under very **SPECIFIC** conditions.

When your body is attempting to repair the damage you’ve done in your workout, but **CAN’T** find the protein it needs to build the muscle back up, it sends a “9-1-1 call” to your potent anabolic hormones such as **TESTOSTERONE**, **INSULIN-LIKE GROWTH FACTORS** (IGF), and **GROWTH HORMONE** (GH) forcing them to **GREATLY INCREASE** production in order to pick up the slack.

### *A Word From The “Muscle Nerd”...*



“That’s right...you can actually **GROW** massive amounts of muscle **WITHOUT** all the mountains of protein you’ve been brainwashed into thinking you need!

As a matter of fact, during short periods of extreme protein restriction, increases in growth hormone **ALONE** have been known to rise up to **1000%** above their normal levels!

No, that’s **NOT** a typo.....up to **ONE THOUSAND PERCENT!**”

---

This is a perfect example of how our bodies have learned to **ADAPT** to an ever-changing environment!

### **BUT THE GROWTH DOESN’T STOP THERE...**

Let’s not forget the powers of **HYPER-ADAPTATION!**

Since your body is only able to make changes based upon the limited input it received from its **RECENT** experience, when you finally provide the protein your muscles are so desperate for, your muscular system has **NO WAY** of knowing whether it will **CONTINUE** to get the protein it needs to make the needed repairs.

Therefore, not **ONLY** will your anabolic hormone levels continue at an **INCREASED** production level, but in order to effectively prepare for **ANOTHER**

potential drought of protein, your body will respond by **GREEDILY** stuffing **AS MUCH PROTEIN** into the muscle cells as possible.

The obvious result is **BIGGER** (and I mean **MUCH BIGGER**) muscles!

*"OK,OK! So how can I take advantage of these  
HYPER-ADAPTIVE principles?!"*

Getting a little impatient, are we? Ok, I guess it's time to pull all of this together now...

By strategically manipulating **SPECIFIC** growth factors at **SPECIFIC** points in the **OPTIMUM ANABOLICS PROGRAM**, you'll actually **RECREATE** that "crisis state", forcing your dormant hyper-adaptive defense system to kick into overdrive.

Using your customized **OPTIMUM ANABOLICS PROGRAM WORKOUT** (developed in **BONUS #1**) you'll alternate between a 3-week **PROGRESSIVE LOAD PHASE** and a 3-week **HYPER-ADAPTIVE CYCLE**.

During the **PROGRESSIVE LOAD PHASE**, you'll gradually **INCREASE** stress loads, programming your body to work **HARDER** and **HARDER** to recover from your workouts. By the end of your third week of all-out effort, your ability to fully recover should just about be **MAXXED OUT** and you'll be nearing that dreaded **CATABOLIC ZONE**.

### *A Word From The "Muscle Nerd"...*



"I'll introduce you to the variety of ways you'll use the **8 ANABOLIC FACTORS** to increase stress loads in the chapters that follow.

For now, just remember that this focused increase is **CRUCIAL** to the success of the next phase!"

That's when you'll suddenly initiate a 3-week **HYPER-ADAPTIVE CYCLE**, quickly **DECREASING** stress levels.

Your body, already **PROGRAMMED** to expect another **INTENSE** assault soon, will respond by **FORCE-FEEDING** your muscles with everything it's got in order

to effectively repair and **BUILD** as much muscle as possible in preparation for the next attack!

By the end of your **HYPER-ADAPTIVE CYCLE**, your muscles have begun to “catch on” that the workload has decreased enough to start ditching some of that “excess” muscle.

Ahhhh....not so fast there!

Time to shock those muscles **BACK** into submission by initiating yet another **PROGRESSIVE LOAD PHASE**, stimulating even **MORE** muscle growth and gearing up for yet **ANOTHER** “quantum growth” phase of **HYPER-ADAPTIVE CYCLING**.

This structured programming and re-programming **KEEPS** your muscles in a never-ending anabolic “guessing game” where its **ONLY** option is to **GROW!**

### **BUT WE'RE NOT FINISHED YET...**

While you systematically cycle your workload at the gym by manipulating several of the **8 ANABOLIC FACTORS** addressed in this manual, you'll **ALSO** take advantage of one of the most controversial concepts to **EVER** hit the bodybuilding world...**PROTEIN DEPRIVATION!**

Every **6 WEEKS** in your custom-tailored **OPTIMUM ANABOLICS PROGRAM**, you'll initiate a **3 WEEK** period of **EXTREME** protein restriction, limiting your intake to only about **30 GRAMS PER DAY!**

In response, your muscles will send a distress call to your body's anabolic hormone supply sites, signaling a desperate need for **EMERGENCY BACKUP!**

As a result, **TESTOSTERONE**, **IGF-1**, and **GROWTH HORMONE** production will skyrocket, shooting your gains through the roof!

**A Word From The "Muscle Nerd"...**

"I can hear it now...

**'WHAT?! 30 grams per day?! You must be INSANE!'**

I **TOLD** you I was going to challenge your current bodybuilding beliefs! But think about this...



Those gigantic freaks in the muscle mags were able to **FAR** surpass their genetic limits through **STEROIDS!**

**A STEROID IS NOT PROTEIN!**

They activate and greatly enhance the body's **ANABOLIC HORMONE** system...the same thing **YOU** will be doing **NATURALLY** by closely following the steps in the **OPTIMUM ANABOLICS PROGRAM!**"

But this only works for a short period of time. After this 3-week period you'll re-introduce a **HYPER-ADAPTIVE CYCLE DIET** with a little extra protein "kick" for the next 3 weeks. And you know what happens next, right?

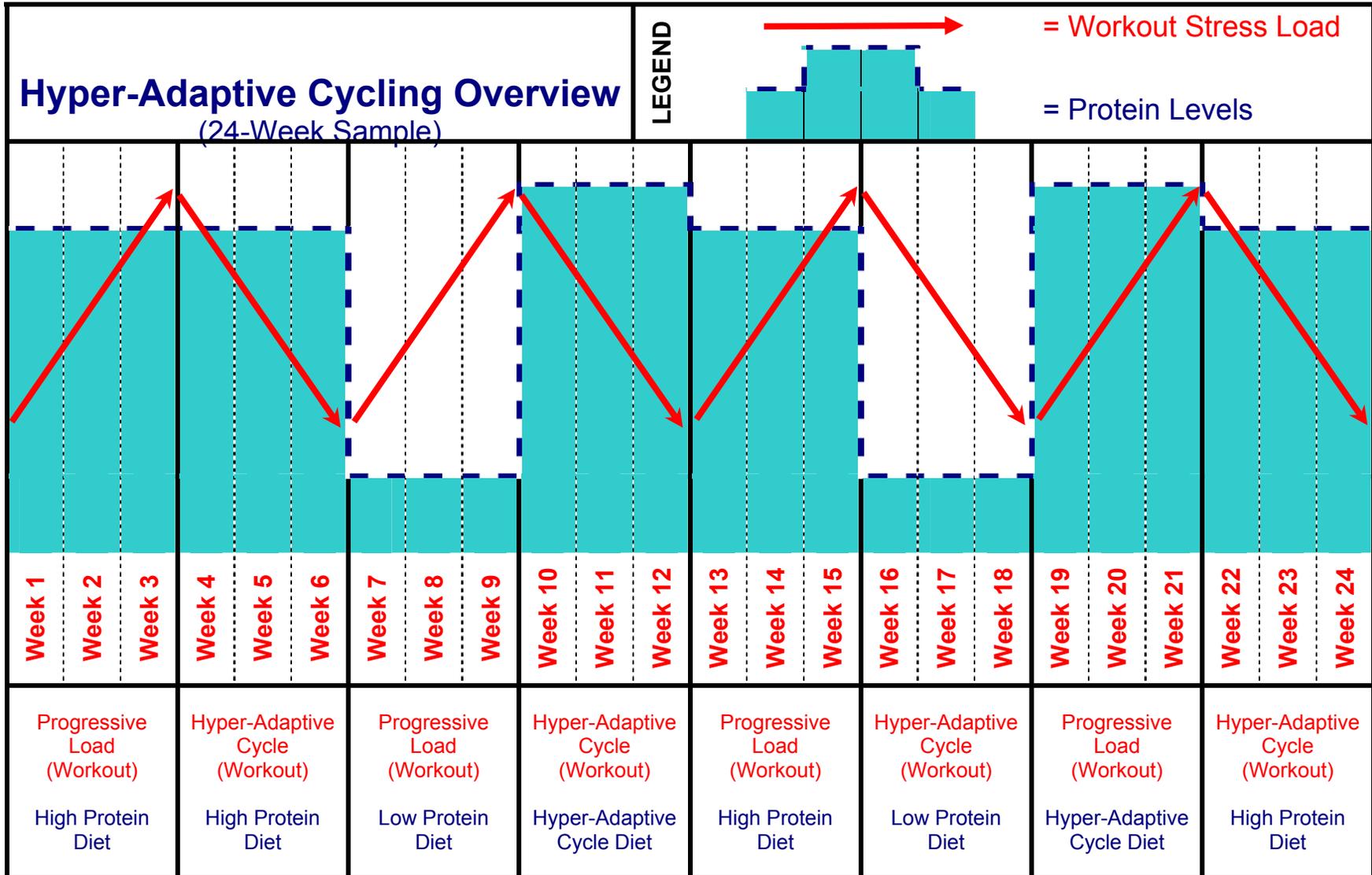
Yup, you guessed it!

Your muscles will soak up all that "extra" protein like a **SPONGE**, pumping up your **ARMS, CHEST, BACK, SHOULDERS,** and **LEGS** like **NEVER** before!

**Optimum Anabolic Principle #1:**

Integrate **HYPER-ADAPTIVE CYCLES** into your **WORKOUT** and **DIET** programs for maximum growth **WITHOUT** plateaus!

Although I'll guide you through the entire **HYPER-ADAPTIVE CYCLING** process when you customize your workout and diet later in this manual, let's take a quick "peek" at a 24 week example of the **OPTIMUM ANABOLICS PROGRAM**, shall we?



## FACTOR 2 - BODY PART TRAINING FREQUENCY

if you go to the gym often enough to get to know the “regulars”, it won’t take you long to observe their workout routines and schedules.

If you were keeping track, you’d find that **MOST** of them gravitate all week long to the **SAME** equipment, doing the **SAME** exercises, thinking that the **MORE** they work a body part, the **MORE** it will grow.

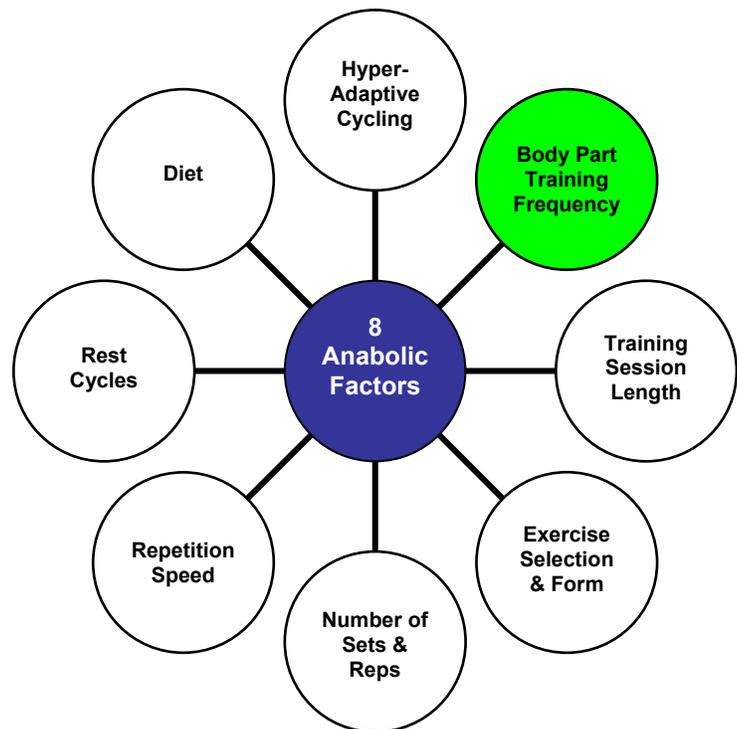
### NOT EVEN CLOSE!

Look...every guy would **LOVE** to build a chest that you could set a beer bottle on top of. But hitting the bench press 2 – 3 times a week will **NOT** get you there!

As we discussed earlier, bodybuilding is a process of purposefully **DAMAGING** the muscle tissue (short of injury of course) which stimulates the body to **RECOVER** and build it up even stronger for the next workout for that **SPECIFIC** body part.

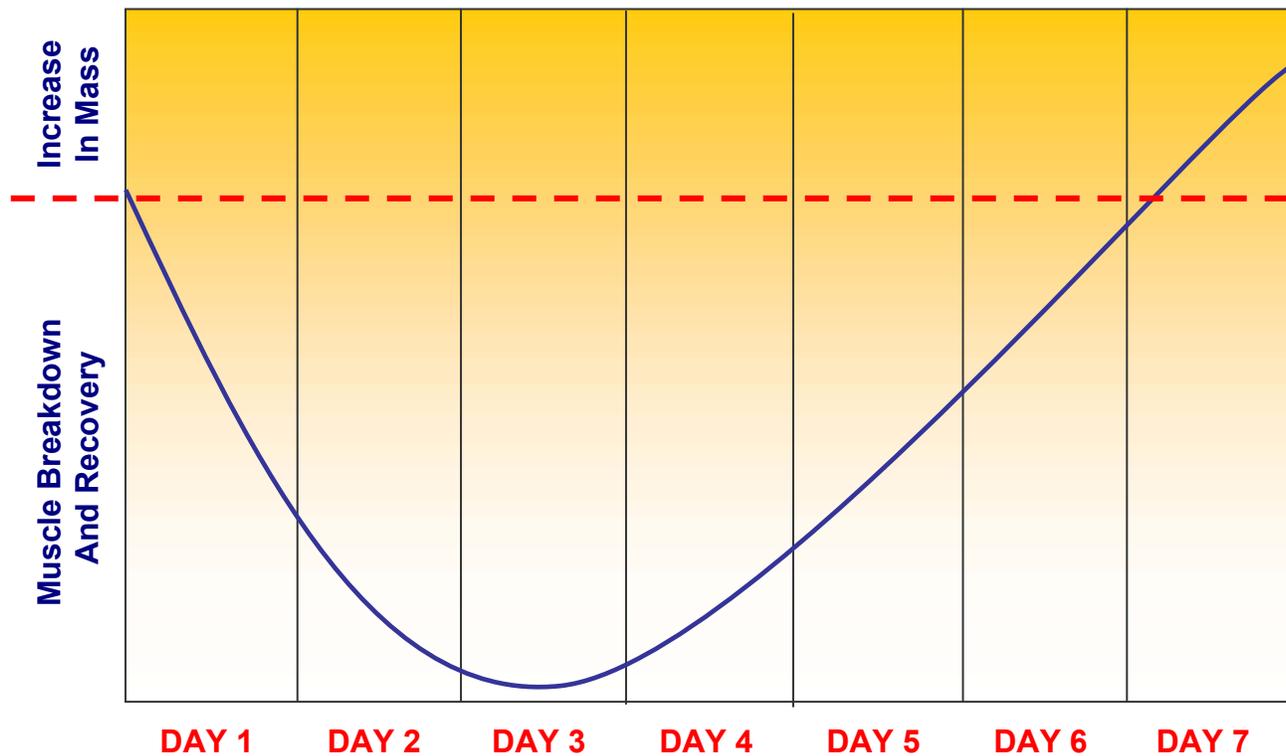
Following your workout of a targeted body part, your muscles follow a relatively **SPECIFIC** timeline for **PROCESSING** the damage, fully **RECOVERING** from that damage, and then **GROWING** the muscle tissue for **INCREASED MASS** before it can be ready for another focused lifting set for **THAT** body part.

In general, it goes something like this...



As illustrated in the graph below, following your workout (and we're talking about an all-out, balls-to-the-wall effort here), your muscles take approximately **3 DAYS** to fully **BREAK DOWN** and excrete the damaged tissue, preparing for the next phase of recuperation.

**RECOVERY** and **INCREASE** in **MUSCLE MASS** then takes **ANOTHER 3-4 DAYS** before that bodypart can again be targeted for **PRIMARY** emphasis in your workout.



So you see, except for one exception (you'll learn which one), working a body part **MORE** than **ONCE** a week is absolute **NONSENSE!**

Can you imagine what the graph above would look like if, on Day 4 or 5, you hit that body part **AGAIN** with a focused workout?

You would be hard-pressed to make it into that all-important...

**"ANABOLIC ZONE"!**

**A Word From The "Muscle Nerd"...**

"Maybe this little analogy will help put things in perspective...

When you get a tiny scratch on your hand, it takes about 4-6 days or so, with the right care, to fully heal. The deeper the scratch (that is, the more 'damage') or the less care given, the **LONGER** it takes to heal right?



If you **CONTINUED** to scratch your hand in the same place a couple of times a week, how long do you think it would take to **FULLY** recover?!

**FOREVER**, right?!

Well, the same principles apply to your **MUSCLE'S** ability to fully recover from the damage caused during your workouts. If you keep 'damaging' the muscle cells, they won't be able to repair themselves fast enough to be ready for your next workout.

Worst of all...you'll see very little, if **ANY** growth of muscle mass when you look in the mirror!"

**Optimum Anabolic Principle #2:**

**NEVER** target a specific body part more than **ONCE PER WEEK!**

Of course, this timeline can vary upon different factors. Certain body parts **HEAL** faster than others; certain **SUPPLEMENTS** can speed recovery time; and **GENETICS** can also play an important role.

But overall, this 7-day timeline will provide you with the **ABSOLUTE BEST** opportunity to grow the kind of muscle mass you're looking for.

*"OK, now that I've learned this 'valuable lesson',  
what's the **BEST** way to schedule each body  
part into my workout program"*

Ahhh, I thought you'd **NEVER** ask!

While there are countless opinions on **WHICH** order to work the muscle groups throughout the week (and I've tried them **ALL!**), the following lineup has proven to be the most **EFFICIENT** and **PRODUCTIVE**...

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Shoulders	Arms/Abs	Legs	Back	Chest/Abs	Off or HIIT Workout (See Factor 4)	

Of course you can adjust the actual workout and rest days according to your own schedule. The one I've shown above works great if you're a Monday through Friday kind of a guy and want the weekends off.

Also, if you happen to miss a workout along the way, you have the ability to make it up on Day 6 or 7. **FLEXIBILITY** really helps!

In any case, adjust the days you workout any way you see fit...just stay in the **SAME BODY PART ORDER!**

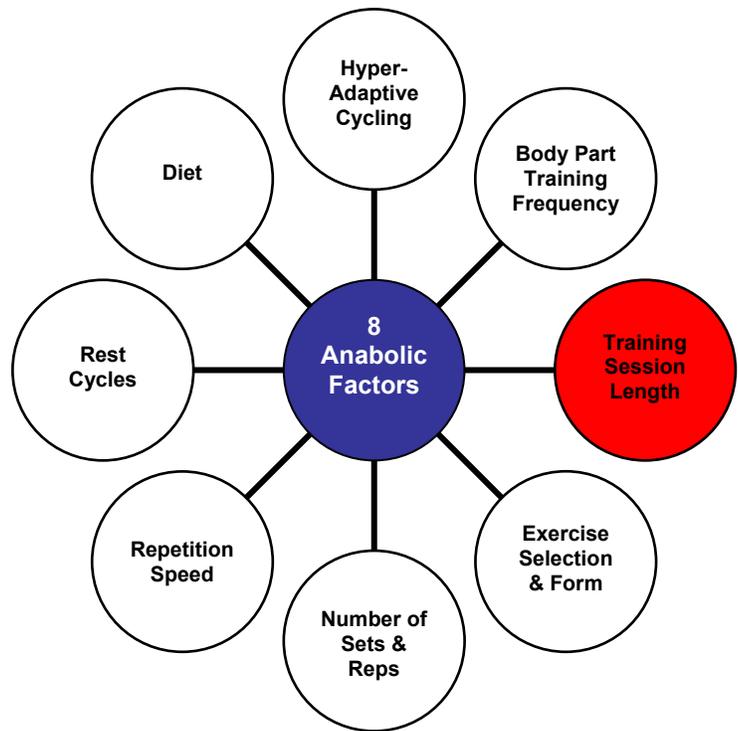
## FACTOR 3 - TRAINING SESSION LENGTH

How many times have you read “Steroid Steve’s” killer workout routine that won him the Mr. Universe title 12 years running?

You know the one...it follows a long article on Steve’s “top secret” tips on how to build your chest the way **HE** did and takes **2 HOURS** or **MORE** to complete in the gym.

Of course Steve left out the photos of his medicine cabinet filled with the most popular **ANABOLIC STERIODS** among the professional bodybuilding world today.

I mean...



**THAT WOULD DEFEAT THE WHOLE *PURPOSE* OF THE ARTICLE NOW, WOULDN'T IT?!**

I'm sure it seems **MUCH** more practical for professionals paid large sponsorship fees from gyms and supplement companies to lure every young, red-blooded male into the gym with the idiotic notion that the **LONGER** the workout, the **MORE** muscle you'll build.

That means **MORE** gym fees and **MORE** supplement sales for combating the **CHRONIC OVERTRAINING** these workouts will cause!

**Forget it!!!**

Unless you plan to ignore the risks of adding harmful chemicals to your current workout routine, let me set you straight on how much of your precious time should be spent grunting out reps in your local sweat-box...

The fact is, the human body can only withstand so much punishment before it **SHUTS DOWN**. And in the case of a heavy weight training program, that limit is **60 MINUTES** of solid effort at a **MAXIMUM!**

After 60 minutes, your testosterone levels **DRASTICALLY** decrease (by up to a whopping 80%!)

### *A Word From The "Muscle Nerd"...*



"Don't forget... **TESTOSTERONE** is the **KEY** muscle-building hormone that's going to **FINALLY** allow you to surpass your genetic potential!

You want to avoid **ANY** decrease in 'T' levels...at **ALL COSTS!**"

In addition to this damaging blow to your hormone system, workouts longer than 60 minutes will **INCREASE FATIGUE**, both mentally and physically, resulting in the need for even **LONGER** recovery periods.

And let's not forget the **MOTIVATION** factor...

With the prospect of a long, grueling, lifting session ahead of you, how **INSPIRED** are **YOU** going to be to pick up your gym bag and head on out for yet another exhausting trip to the gym ...

**ESPECIALLY** when those marathon workouts **AREN'T** producing the results you're looking for?!

I'D have a **HELL** of a time getting **FIRE UP** too!

When it comes to planning how long you should devote to each training session, remember this important rule...

### **Optimum Anabolic Principle #3:**

Limit your workouts to **60 MINUTES** or **LESS...PERIOD!**

**A Word From The "Muscle Nerd"...**

"I need you to take this rule **VERY SERIOUSLY!**



When you're at the gym, keep a close eye on your watch. As soon as you've reached 60 minutes of exercise in your workout...

You need to **LEAVE!**

I don't care if you only have 1 or 2 sets left to complete your workout...get the **HELL** out of the weight room! Those last few sets will actually do more to **EAT UP** the progress you just made during that first hour than it will to **STIMULATE** new muscle growth"

But now you're faced with a dilemma, aren't you?

*"How can I get the most benefit from the 60 minute window of opportunity I have to workout?"*

Well, in the **OPTIMUM ANABOLICS PROGRAM** you'll use **SUPERSETS** to maximize **EVERY SINGLE MINUTE** you spend on the gym floor.

If you're not familiar with a **SUPERSET**, it goes something like this...

You'll do one set of an exercise for a particular bodypart, followed almost **IMMEDIATELY** with another exercise, usually of an opposing muscle group.

Because the muscle used for the **FIRST** exercise is not really putting out a lot of effort for the **SECOND** exercise, it's better able to regenerate in time for the next set. The first muscle group is in what we call an "**ACTIVE RECOVERY PHASE**" during the second exercise.

In effect, you're able to perform **2 SETS** of exercises in a **MUCH SHORTER** period of time!

For example, you might choose to do a set of bicep **DUMBBELL CURLS**, followed **IMMEDIATELY** by a set of tricep **DUMBBELL KICKBACKS**. Your triceps aren't being taxed in the curls and your bi's aren't taxed in the kickbacks.

After a short rest period, you'll alternate back to your first exercise and start all over again. Once you've completed the prescribed number of supersets for those exercises (called a "**SUPERCYCLE**"), you'll move on to the **NEXT** pair of exercises.

**Optimum Anabolic Principle #4:**

**SUPERSET** exercises of **OPPOSING** muscle groups to take advantage of **ACTIVE RECOVERY** periods!

But in the **OPTIMUM ANABOLICS PROGRAM** you'll **ALSO** take advantage of supersets combining **ISOLATION** and **COMPOUND** exercises.

***A Word From The "Muscle Nerd"...***



"An **ISOLATION** exercise, such as seated leg-extensions, uses a single-joint movement and really **ISOLATES** the specific muscle you're trying to target.

**COMPOUND** exercises, such as the barbell squat, move the body through **MORE** than one joint movement and incorporate supporting stabilizer muscles, effectively working the body as a **WHOLE** unit.

Here's why...

Have you ever left a chest workout feeling that you've worked your **TRICEPS** more than your **CHEST**?! Don't worry, **EVERYONE** has.

That's because your **SMALLER** muscle groups (like your triceps) often give out **BEFORE** your **LARGER** muscle groups (like your pectorals). In the end, you might **NOT** be stimulating your **CHEST** enough for growth simply because those **TRI'S** couldn't hold their own!

To combat this, the **OPTIMUM ANABOLICS PROGRAM** uses isolation exercises **FIRST** in your superset in order to "**PRE-EXHAUST**" a larger muscle group. Then you'll come in with a mass-building **COMPOUND** exercise, **REALLY** hitting those larger muscle groups **HARD**!

Need another example?

Let's stick with your chest workout! You may choose an **ISOLATION** exercise, let's say **INCLINE DUMBBELL FLYES**, and a **COMPOUND** exercise such as the **FLAT BENCH PRESS**.

Since the incline flies **DON'T** use your **ARM MUSCLES** as much to execute the movement, the **CHEST MUSCLES** are doing **MOST** of the work! By the time you hit them with a heavy bench press in the next set, they're **ALREADY** partially damaged from the flies!

This means **MAXIMUM** stimulation for growth for those **LARGER** muscle groups!

**Optimum Anabolic Principle #5:**

**SUPERSET** a combination of **ISOLATION** and **COMPOUND** exercises to **"PRE-EXHAUST"** large muscle groups!

***A Word From The "Muscle Nerd"...***

"If you're not already structuring your workouts as supersets, you're wasting a **LOT** of precious time!

Using this principle in the **OPTIMUM ANABOLICS PROGRAM**, you'll perform up to **20 – 30 SETS PER WORKOUT!**



If you're still a little confused about how you'll structure supersets into your workout...

**FEAR NOT!**

I'll break it down for you **STEP-BY-STEP** once you get to your fully customized **OPTIMUM ANABOLICS WORKOUT** in **Bonus #1**"

## FACTOR 4 - EXERCISE SELECTION AND FORM

One of the most frequently asked questions I get from bodybuilders frustrated with their lack of gains is...

*"What's the best exercise for targeting my chest/arms/back...?"*

Fair enough question considering the **HUNDREDS** of exercises out there jockeying for position in your workout program.

Things get even **MORE** complicated once you take your first look around the weightlifting area of the gym.

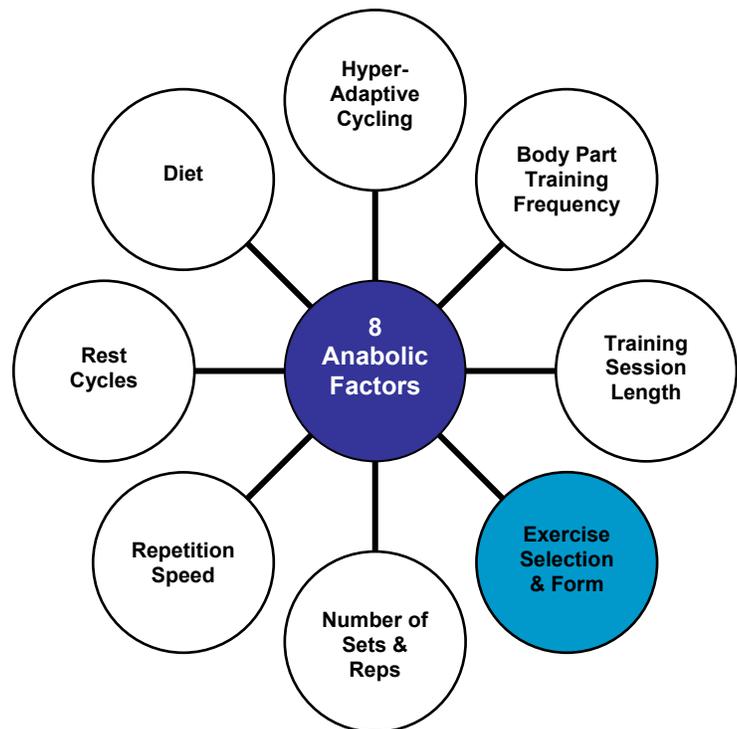
I mean, who **WOULDN'T** be confused about what exercise to do with all of the high-tech **MACHINES** lined up across the gym floor?

Besides attempting to convince you that they have the absolute **LATEST** in technology to give you the "edge" on reaching your goals, health clubs use these contraptions to **LURE** you into a one-on-one **CONSULTATION** to teach you how to **USE** them properly. This also gives them time to **SELL** you on their customized **FITNESS PROGRAMS, PERSONAL TRAINERS, and EXTENDED CONTRACTS**, all for a small (yeah, right!) fee of course.

It's called **MARKETING** folks...and it **WORKS!**

The average Joe has been lead to believe that machines **MUST** be superior to free-weights because...well...they're **MACHINES!**

These training "aids" were created to make it "easier" for the average person to target specific body parts safely. But those of us looking to pack on mountains of



muscle are anything **BUT** average! So the marketing experts for these companies had to come up with another angle. Enter one of the most ludicrous **MYTHS** in the bodybuilding community...that using **MACHINES** to better **ISOLATE** a specific muscle group will result in **MORE** growth for those muscles!

### NOT TRUE!

While these machines **WILL** allow you to better isolate a specific muscle, they are **ABSOLUTELY NOT** the most effective way to stimulate **REAL GROWTH!**

Here's why...

Your body is designed to work as a **WHOLE** in **EVERYTHING** you do. From the way your muscles are **CONNECTED** to one another and the way smaller muscle groups are placed to **SUPPORT** larger muscle groups, to how your brain works to **INTEGRATE** all of the functions of your muscles for balance, contraction, and stabilization, whenever you lift **ANY** weight.

The more you isolate a specific muscle group without incorporating all of the other support systems, the **LESS** efficient your workout will be. Using **COMPOUND EXERCISES** allows you to best **INTEGRATE** all of your muscles to work as a unit, as they were **DESIGNED** to do. They also allow you to lift **MORE** weight, resulting in **MORE** growth for your **WHOLE** body!

Likewise, when you work the body as a unit, your brain receives a **MUCH** stronger "9-1-1 call" for recovery, thereby sending a **MUCH** stronger signal to your **CENTRAL NERVOUS SYSTEM**. In response, the call goes out for **MAXIMUM** reinforcements to begin the "repair and rebuild" process.

### A Word From The "Muscle Nerd"...

"Think of it this way...



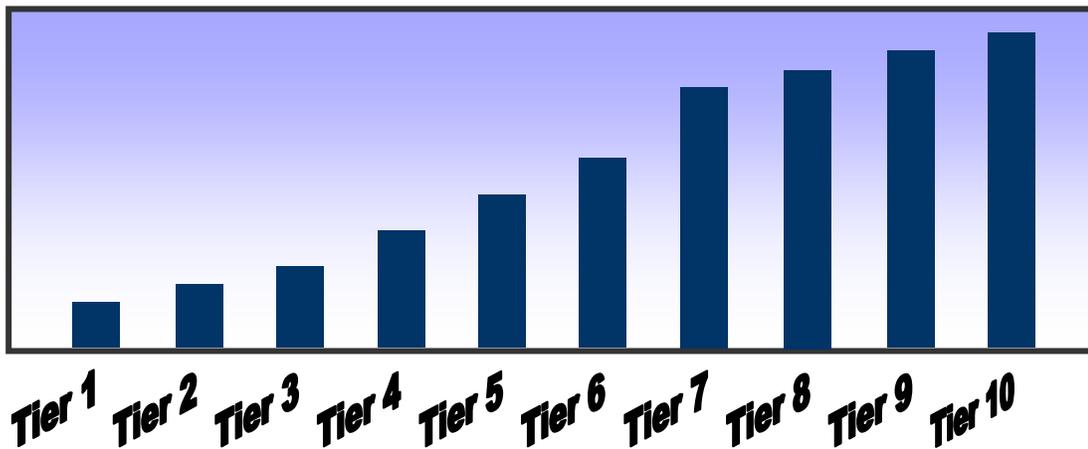
If your local **9-1-1 OPERATOR** received a call about an **ISOLATED FIGHT** happening in a park and a call about a **RIOT** happening downtown, which incident do you think she would dispatch assistance to first?

Get the picture?"

That’s **NOT** to say isolation movements **DON’T** have a role to play. Remember that in the **OPTIMUM ANABOLICS WORKOUT**, you **WILL** use isolation movements to “**PRE-EXHAUST**” the muscle group before coming in with a heavy-hitting **COMPOUND** exercise to do some **REAL** damage!

But let’s get back to choosing **WHICH** exercises to add to your program. There are, in fact, **VARYING DEGREES** of isolation among exercises, just as certain compound exercises are **BETTER** at working the body as a unit than others.

I’ve categorized each of the exercises you’ll use in the **OPTIMUM ANABOLICS PROGRAM** into **10 TIERS**. Although there **ARE** some exceptions, here’s a general picture of how they stack up against each other in effectively stimulating the mind-central nervous system-muscle connection for **MAXIMUM GROWTH**.



<b>TIER 1</b>	<b>ISOLATION</b> exercises using <b>MACHINES</b>
<b>TIER 2</b>	<b>COMPOUND</b> exercises using <b>MACHINES</b>
<b>TIER 3</b>	<b>ISOLATION</b> exercises using <b>BARBELLS</b>
<b>TIER 4</b>	<b>ISOLATION</b> exercises using <b>CABLES</b>
<b>TIER 5</b>	<b>ISOLATION</b> exercises using <b>DUMBELLS</b>
<b>TIER 6</b>	<b>ISOLATION</b> exercises using <b>BODYWEIGHT</b>
<b>TIER 7</b>	<b>COMPOUND</b> exercises using <b>BARBELLS</b>
<b>TIER 8</b>	<b>COMPOUND</b> exercises using <b>CABLES</b>
<b>TIER 9</b>	<b>COMPOUND</b> exercises using <b>DUMBELLS</b>
<b>TIER 10</b>	<b>COMPOUND</b> exercises using <b>BODYWEIGHT</b>

In order to better illustrate the difference in effectiveness of a few of the tiers, let's take a look at one of the most **POPULAR** muscle groups guys are looking to develop...the **BICEPS!**

Nearly **ALL** the guys at the gym gravitate to the standing barbell or EZ-bar curls for gaining mass. This would be considered a **TIER 7** exercise.

However, because the hands are locked into a stationary position throughout the movement, it's **IMPOSSIBLE** to work the bicep through its **FULL** range of motion!

The **STANDING** or **SEATED TWISTING DUMBBELL CURL**, a **TIER 9** exercise, allows you to start with the palms facing **IN** at your side and **TURN** them as you lift the weight until you finish at the top with the palms facing **UP** and slightly turned to the **OUTSIDE**. This takes the bicep and other stabilizer muscles through the full range of motion they were designed for and recruits **THOUSANDS** more muscle fibers using the **SAME** amount of effort!

#### *A Word From The "Muscle Nerd"...*

"To demonstrate my point, try this little exercise...

Put one hand on your bicep.



Now, keeping your palm **UP** and **STATIONARY**, as if you were holding a **BARBELL**, 'curl' your arm up, feeling the movement of your bicep muscle.

Now, complete the same movement, only this time start with your palm facing **IN** toward your body at the bottom, and slowly turn your palm **UP** while simultaneously curling your arm as if you were holding a **DUMBBELL**.

Feel how much more of the bicep muscle is recruited using the **FULL** range of motion?"

But now compare these to the **CLOSE-GRIP CHIN-UP**, a **TIER 10** exercise.

Because your body must now consider the "danger" of lost balance while it's contracting the muscles to pull you up, the brain **AUTOMATICALLY** sends a

“distress signal” to the central nervous system, calling the biceps’ **STABILIZER** muscles into a **HEIGHTENED** state of stimulation in order to stay safe.

The end result is **MORE** muscle fiber stimulated at a **HIGHER INTENSITY!**

**Optimum Anabolic Principle #6:**

**ALWAYS** select exercises with the **HIGHEST** levels of **MIND – CENTRAL NERVOUS SYSTEM – MUSCLE** connection!

***A Word From The “Muscle Nerd”...***



“Fortunately, in the **OPTIMUM ANABOLICS WORKOUT** we take advantage of **ALL** the most effective exercise types! They all have their place and it’s important to know how to use them **TOGETHER** in order to support the entire plan.

Don’t worry...I’ll show you **SPECIFIC** examples of the **BEST MASS-BUILDING EXERCISES** for each muscle group in just a few minutes.

But first, we have another **IMPORTANT** topic to cover...”

---

While there **ARE** exercises that are **MOST EFFECTIVE**, and some that are just downright **INEFFECTIVE**, the **BEST** exercise in the world won’t do a **DAMN THING** for muscle development if it’s not performed **CORRECTLY!**

Remember, your goal in the gym is to recruit as many muscle fibers of a **SPECIFIC** bodypart as possible to stimulate growth.

Yet you can walk into **ANY** gym around the world and you’ll see knucklehead after knucklehead flopping their bodies all over the place trying to lift **MORE** weight than they can effectively handle.

It may challenge your ego a little bit, but if you’re **SERIOUS** about packing on slabs of muscle...

**FORGET ABOUT THE WEIGHT ON THE BAR!!!**

One of the biggest **MYTHS** perpetuated in the bodybuilding community for **YEARS** is that you have to **LIFT** big in order to **GET** big!

**THAT'S A BIG FAT LIE!**

*A Word From The "Muscle Nerd"...*



"Even the "Austrian Oak" himself, **ARNOLD SCHWARZENEGGER**, would only work out with **60 lbs.** for his dumbbell flye exercises!

While that may seem like a lot to **YOU**, it's **NOTHING** compared with what other even **NON**-professional bodybuilders can work with. But I don't think **ANYONE** can argue with the amount of freaky growth old Arnie has achieved with his chest!"

Your **MUSCLES** can't read the numbers on the weights! All **THEY** care about is whether they're working the muscle **ENOUGH** to **STIMULATE NEW GROWTH!**

By following the "lift big" philosophy, uneducated bodybuilders have fallen prey to **SLOPPY FORM**, thinking that if they aren't lifting **MORE** than last week, they **HAVEN'T** grown any new muscle! Again...**NOT TRUE!**

Next time you're in the gym, look around for guys who are performing **STANDING BARBELL CURLS** and watch them closely. Most likely they have the bar so stacked with weight they have to rely on using their body's **MOMENTUM** to "rock" the weight up! What a **WASTE!**

Relying on the **MOMENTUM** of your body to lift a weight **DEFEATS** the whole **PURPOSE** for lifting the weight to begin with!

Now, keep watching them. You'll also notice that nearly all of them don't even lower the bar **ALL THE WAY DOWN** before curling it back up!

There's a reason they don't do this...it's **HARD!** That's because it works the muscle **MORE**, so it requires **MORE EFFORT!** Guys would much rather load up a bar in an attempt to "impress" everyone with the amount of weight they can lift, than focus on performing the exercise **CORRECTLY!**

If you don't take the muscle through a full **RANGE OF MOTION**, fully extending your arms **BEFORE** raising it again, you're putting in a **WHOLE LOTTA EFFORT** and missing a **WHOLE LOTTA MUSCLE!**

**Optimum Anabolic Principle #7:**

**ALWAYS** choose a weight that allows you to reach your target reps while still maintaining **SUPER-STRICT FORM** and **FULL RANGE OF MOTION!**

***A Word From The "Muscle Nerd"...***

"Since I've chosen to look at arms in discussing form, here's a great little **TRICK** to ensure you're using **FULL RANGE OF MOTION**...



Any time you're doing a **CURLING** exercise of any kind (including **PULL-UPS**) and your arms are in the 'down' position, momentarily **FLEX** your **TRICEP!**

Since the only way to do this is in a **FULLY EXTENDED** position, you'll be absolutely sure to get the most from every single repetition.

This **ONE PRINCIPLE** alone is sure to at almost **DOUBLE** your gains in arm development and help you **AVOID** wasted **TIME** and **EFFORT** in the gym!"

---

But now, let me pass on a little secret that's been hailed by some of the pros as one of the most overlooked "tricks" for ensuring you get the **MOST** muscle stimulation from every single set...

**VISUALIZATION!**

Basically, the idea is to actually "picture", in your mind, your body transforming while you're performing each exercise. Here's how...

As you lift the weight, imagine that the muscles you're trying to target are **EXPANDING** more and more with **EVERY** repetition, **STRAINING** to the point where they're ready to **BURST** through your skin.

By doing this, you'll force your body to focus **SPECIFICALLY** on the muscles you're trying to work. In other words, the **BODY** will follow where the **MIND** will lead.

### A Word From The "Muscle Nerd"...

"Ok, I know it sounds a little silly to think that your **MIND** could play that much of a role in building physical muscle.



But let me tell you, it wasn't until I mastered this principle that I managed to actually **FEEL** the difference in how much my muscles have been worked.

Try it and I absolutely **GUARANTEE** that **YOU** too will feel the difference!"

Ok, one final word on form...

Ensuring proper form for any exercise begins with how you **START** the exercise. As soon as you lay your hands on the weight, follow this simple "**5 – STEP PREPARATION PLAN**" to ensure your form will get off to a good start:

5 – Step Pre-Lift Preparation Plan	
Step 1	<b>CENTER</b> your body, whether standing or lying on the bench.
Step 2	Check that your <b>SPINE</b> is in a neutral position. <b>DON'T</b> round your back or hunch your shoulders and keep a natural curve in your <b>LOWER BACK</b> .
Step 3	Pull your <b>STOMACH</b> muscles in, keeping them tense
Step 4	Squeeze your <b>BUTTOCKS</b> muscles (as if you were trying to hold back urinating). You may laugh but this will help you transfer some <b>SERIOUS POWER</b> into your exercise movements and stabilize your <b>ABDOMEN</b> .
Step 5	Keep your <b>HEAD</b> stable, in a natural position, and looking straight. Moving your head will change your entire spinal structure and risk injury.

Now it's time to take a closer peek at your workout program...

In the following pages, I've listed **ALL** of the exercises you'll use in the **OPTIMUM ANABOLICS WORKOUT** and **RATED** them according to their overall ability to **STIMULATE** the targeted muscle group for **MASS**.

Additionally, all of the exercises have been divided into separate "**TABLES**". This will come into play a little later as you structure your own fully-customized **OPTIMUM ANABOLICS WORKOUT** in **BONUS # 1**.

As an added "perk", I've given you the low-down on some **KEY POINTS** to remember on **FORM** for each of the exercises prescribed in this program, ensuring you get the **MOST** out of **EACH** and **EVERY** rep!

### *A Word From The "Muscle Nerd"...*

"In the tables that follow, you may notice that some exercises have received a lower rating than others, yet seem more **EFFECTIVE** for targeting **SPECIFIC** muscles.



For example, while **SQUATS** are rated the **BEST** for overall leg development, **CALF RAISES** work the calves **BETTER** than squats.

True...but remember that these exercises are rated according to how well they support a goal of building total **MASS**. **SQUATS** work **MORE** of the leg muscles and contribute **MORE** to overall leg size!

But don't worry. In looking to create a well-proportioned physique, you'll **STILL** hit **ALL** of the leg's muscle groups in the **OPTIMUM ANABOLICS WORKOUT!**"

Take the time now to familiarize yourself with the exercises you'll be using and study the correct form for each. I can't stress enough how important **CORRECT FORM** is to reaching your goals. It's one of the **BIGGEST** reasons why all those other guys at the gym look the same week after week, month after month, year after year.

But now it's finally time for the **BIG UNVEILING!** Ready to take a look at your "**ARSENAL**" of exercises for the next several weeks?

# Boulder Shoulders

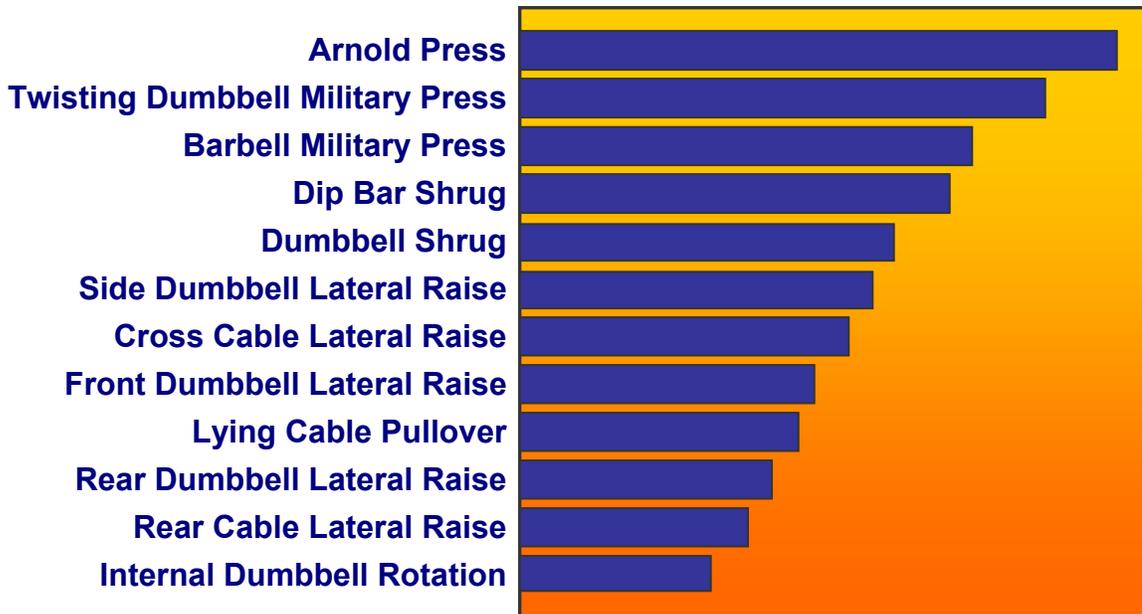


Table 1
Front Dumbbell Lateral Raise
Lying Cable Pullover
Internal Dumbbell Rotation

Table 2
Rear Dumbbell Lateral Raise
Rear Cable Lateral Raise
Dip Bar Shrug
Dumbbell Shrug

Table 3
Arnold Press
Twisting Dumbbell Military Press
Barbell Military Press

Table 4
Side Dumbbell Lateral Raise
Cross Cable Lateral Raise

**FORM NOTES - SHOULDERS****Arnold Press**

- Variation of dumbbell press that hits all 3 deltoid heads
- Start with palms facing you and rotate as you press up, finishing with palms facing out
- DON'T lock out arms at top
- Reverse rotation to starting position

**Twisting Dumbbell Military Press**

- Start with palms facing each other for better range of motion
- Finish at top with palms facing front
- DON'T lock out arms at top

**Barbell Military Press**

- Hands slightly wider than shoulder width
- Keep head straight
- NEVER go BEHIND neck!
- DON'T lock out arms at top

**Dip Bar Shrug**

- Support yourself on a dip bar with arms almost fully extended, elbows only slightly bent
- "Press" your body up while arms remain in place
- Pause, then lower to start

**Dumbbell Shrug**

- Hold dumbbells at your side slightly in front of body
- Keep head straight while shrugging shoulders up
- Rotate shoulders back and down to start; change direction half way thru reps

**Side Dumbbell Lateral Raise**

- Keep arms slightly bent
- Raise arms rapidly to shoulder level
- DON'T allow wrists to travel above elbows

**Cross Cable Lateral Raise**

- Grab low cables opposite to the working arm
- Keep arms slightly bent
- Raise arms rapidly to shoulder level
- DON'T allow wrists to travel above elbows

**Front Dumbbell Lateral Raise**

- Hold dumbbells at side
- Raise straight arm rapidly to just above shoulder level
- Palms should be turned slightly UP at top position

**Lying Cable Pullover**

- Lie on ground with feet toward low cable pulley
- Using rope attachment, raise straight arms rapidly over head

**Rear Dumbbell Lateral Raise**

- Kneel on floor supported by non-working hand
- Looking straight ahead, raise dumbbell rapidly to shoulder level
- DON'T allow wrists to travel above elbows

**Rear Cable Lateral Raise**

- Kneel on floor supported by non-working hand and with working hand furthest from low cable
- Raise straight arm rapidly to shoulder level
- DON'T allow wrists to travel above elbows

**Internal Dumbbell Rotation**

- From a standing position, hold dumbbell at side
- Rapidly raise slightly bent arm across body until dumbbell touches opposite shoulder
- Try not to "curl" weight, taking stress of shoulder

# High-Amp Arms

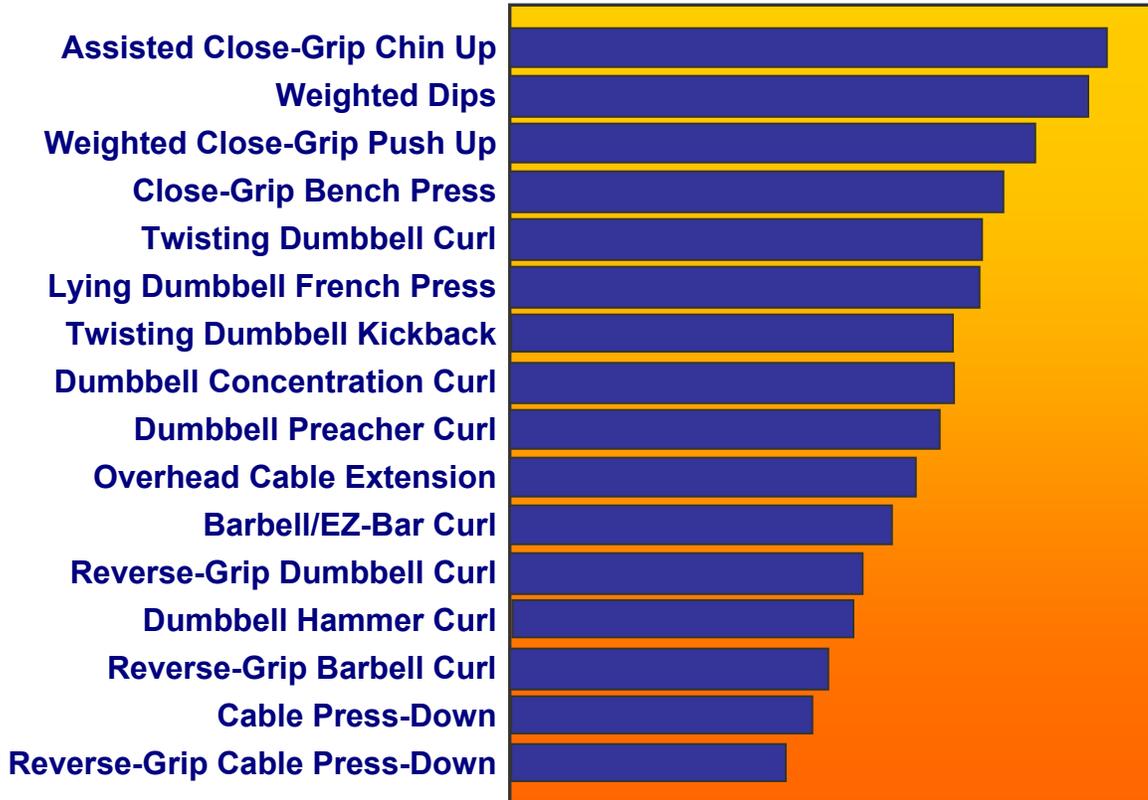


Table 5
Dumbbell Concentration Curl
Dumbbell Preacher Curl
Reverse-Grip Dumbbell Curl
Reverse-Grip Barbell Curl

Table 6
Twisting Dumbbell Kickback
Overhead Cable Extension
Cable Press-Down
Reverse-Grip Cable Press-Down

Table 7
Assisted Close-Grip Chin Up
Twisting Dumbbell Curl
Barbell/EZ-Bar Curl
Hammer Curl

Table 8
Weighted Dips
Weighted Close-Grip Push Up
Close-Grip Bench Press
Lying Dumbbell French Press

**FORM NOTES - ARMS****Assisted Close-Grip Chin Up**

- Use an underhand grip, hands about 6-12 inches apart
- Have a partner assist by "hooking" arm under ankles
- Concentrate on contracting biceps, NOT pulling with back
- You MUST fully extend arms at the bottom!
- NEVER swing body for momentum

**Weighted Dips**

- Difference between dips for chest and triceps is "focus"
- For tri's, keep body upright; do NOT lean forward or bring feet up behind you
- Keep elbows close to body
- Lower until elbows at 90°
- Explode up to full extension and squeeze
- Only add weight if able to exceed target reps

**Weighted Close-Grip Push Up**

- Hands about 8 inches apart
- Keep elbows pointed toward feet with upper arms close to body
- Lower body with hands at upper chest level
- Explode up to full extension and squeeze
- Have a partner assist by pushing down on shoulders if able to exceed target reps

**Close-Grip Bench Press**

- Use barbell or EZ-bar with hands about 8 inches apart
- Keep elbows pointed toward feet with upper arms close to body
- Lower bar to upper chest
- Explode to full extension and squeeze

**Twisting Dumbbell Curl**

- Begin with dumbbell at side, palms facing body
- Curl rapidly with upper arms close to side
- Twist dumbbell while curling until pinky turned toward chin at top (supinated)

**Lying Dumbbell French Press**

- Lie on flat bench, arms extended, palms facing out
- Keep upper arms locked bending ONLY at elbows
- Lowering dumbbells toward forehead, rotating until palms facing in
- Reverse, squeezing tri's

**Twisting Dumbbell Kickback**

- Kneel on bench with working elbow at hip and palm facing forward
- Keep elbow close to body and twist dumbbell on movement until palm facing away and SQUEEZE

**Dumbbell Concentration Curl**

- Seated on bench, let working arm hang down
- Keep upper arm locked and curl rapidly while turning pinky toward chin
- Squeeze and fully lower

**Dumbbell Preacher Curl**

- Works better if you reverse position on preacher bench by leaning body on pad and hang over edge
- Follow same instructions for Concentration Curl

**FORM NOTES – ARMS (CONT'D)****Overhead Cable Extension**

- Grasp high cable with rope attachment
- Face away leaning forward with elbows at temples
- Keep upper arms locked, fully extend and squeeze

**Barbell / EZ-Bar Curl**

- Keep hands slightly closer than shoulder width
- DON'T rock weight for momentum or allow elbows to move forward
- Fully extend at bottom!

**Reverse-Grip Dumbbell Curl**

- Keep palms facing down throughout movement
- Keep elbows close to side and don't allow to move forward
- Squeeze at top

**Dumbbell Hammer Curl**

- Palms always face in toward body (sideways)
- Don't turn wrist or allow elbow to move forward
- Squeeze at top

**Reverse-Grip Barbell Curl**

- Grasp bar with hands at shoulder width with palms facing down
- Keep elbows close to side and don't allow to move forward
- Squeeze at top

**Cable Press-Down**

- Use overhand grip with V-bar or rope attachment
- Keep arms close to side and bend only at elbow
- Fully extend and squeeze at bottom
- Don't raise arms beyond 90° at top

**Reverse-Grip Cable Press-Down**

- Use underhand grip with single-grip attachment, working one arm at a time
- Follow same instructions as Cable Press Down

# Awesome Abs

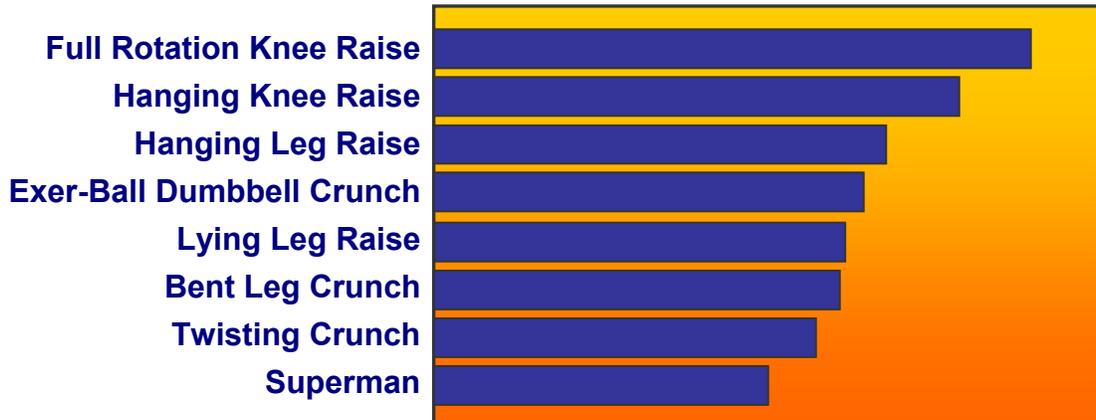


Table 9
Exer-Ball Dumbbell Crunch
Bent Leg Crunch
Twisting Crunch
Superman

Table 10
Full Rotation Knee Raise
Hanging Knee Raise
Hanging Leg Raise
Lying Leg Raise

**FORM NOTES – ABS****Full Rotation Knee Raise**

- Hang from chin-up bar
- Rapidly twist hips to left or right (alternate with each set) bringing knees up toward chin
- Continue rotation by lowering down other side in a circular pattern
- Concentrate on bringing knees up toward chin by rounding back slightly during movement
- DON'T swing body for momentum

**Hanging Knee Raise**

- Hang from chin-up bar
- Rapidly kick knees up toward chin, rounding back slightly during movement
- Hold and squeeze at the top
- DON'T swing body for momentum

**Hanging Leg Raise**

- Hang from chin-up bar with back slightly rounded and toes pointing forward
- Raise legs up to horizontal position until at 90° with body
- Keep toes pointing up
- Hold and squeeze
- DON'T swing body for momentum

**Exer-Ball Dumbbell Crunch**

- Lie back on exer-ball with feet wide and stable
- Grasp low-weight dumbbell with both hands at upper chest level
- Curl head and shoulders up until back just above horizontal while "pressing" dumbbell up and behind head
- Squeeze hard at top

**Lying Leg Raise**

- Lie on back with hands grabbing sturdy equipment or furniture behind head
- Raise legs rapidly to 90° with body
- Squeeze abs for 3-count and slowly lower legs to floor

**Bent Leg Crunch**

- Lie on back with legs bent
- Keep hands at ears or crossed on chest
- Raise only head and shoulder blades off ground
- Don't pull head up with arms
- Contract abs at top

**Twisting Crunch**

- Lie on back, legs bent and cross one leg over other so ankle is on other leg
- Put hand opposite bent leg behind head
- Without pulling head, bring elbow toward opposite knee
- Switch sides after target reps

**Superman**

- Lie on stomach with hands fully stretched out to front
- Raise arms, shoulders and legs off ground at same time
- Squeeze and hold for 3-count

# Lumberjack Legs



Table 11
Forward Dumbbell Lunge
Leg Extension

Table 12
Backward Dumbbell Lunge
Seated Leg Curl
Lying Leg Curl

Table 13
Standing Calf Negatives
Donkey Calf Negatives
Seated Calf Negatives

Table 14
Barbell Squat
Deadlift

**FORM NOTES – LEGS****Barbell Squat**

- Keep bar on traps, 1-2 inches below back of neck
- Feet shoulder width turned out slightly
- Keep back straight, maintaining lumbar curve and head up
- Squat until thighs parallel to floor – NO DEEPER
- Explode up in controlled manner
- DON'T lock out legs at top

**Deadlift**

- Keep feet parallel and shoulder width
- Grasp bar with overhand grip, slightly wider than shoulder width
- Keep back straight, maintaining lumbar curve and head up
- Stick out chest while straightening legs
- DON'T "hunch" back, let shoulders slump, or arms bend

**Forward Dumbbell Lunge**

- With dumbbells at side, step forward with one leg
- Touch back knee lightly to floor
- Maintain sight of big toe over knee
- Keep back straight and arms loose
- Return to starting position and alternate legs

**Backward Dumbbell Lunge**

- With dumbbells at side, step backward with one leg
- Touch back knee lightly to floor
- Maintain sight of front leg's big toe over knee
- Keep back straight and arms loose
- Return to starting position and alternate legs

**Leg Extension**

- Don't lock out knees at full extension
- Keep toes pointed up and out throughout movement
- Squeeze quads at top

**Seated Leg Curl**

- Keep natural curve of lumbar without arching back
- Keep feet pointing away from body with ankles at 90° angle
- Squeeze hamstrings in bent contraction
- Never relax legs between reps

**Lying Leg Curl**

- Keep natural curve of lumbar without arching back
- Keep feet pointing away from body with ankles at 90° angle
- Squeeze hamstrings in bent contraction
- Never relax legs between reps

**Standing Calf Negatives**

- Keep back straight throughout movement
- Lift weight with both legs, squeezing at top
- Remove one foot, rotate working foot outward slightly
- Lower body slowly while contracting calf

**Donkey Calf Negatives**

- Keep legs straight throughout movement
- Lift weight with both legs, squeezing at top
- Remove one foot, rotate working foot outward slightly
- Lower weight slowly while contracting calf

**FORM NOTES – LEGS (CONT'D)**

<b>Seated Calf Raise</b>
<ul style="list-style-type: none"><li>• Lift weight with both legs, squeezing at top</li><li>• Remove one foot, rotate working foot outward slightly</li><li>• Lower weight slowly while contracting calf</li></ul>

# Barnyard Door Back

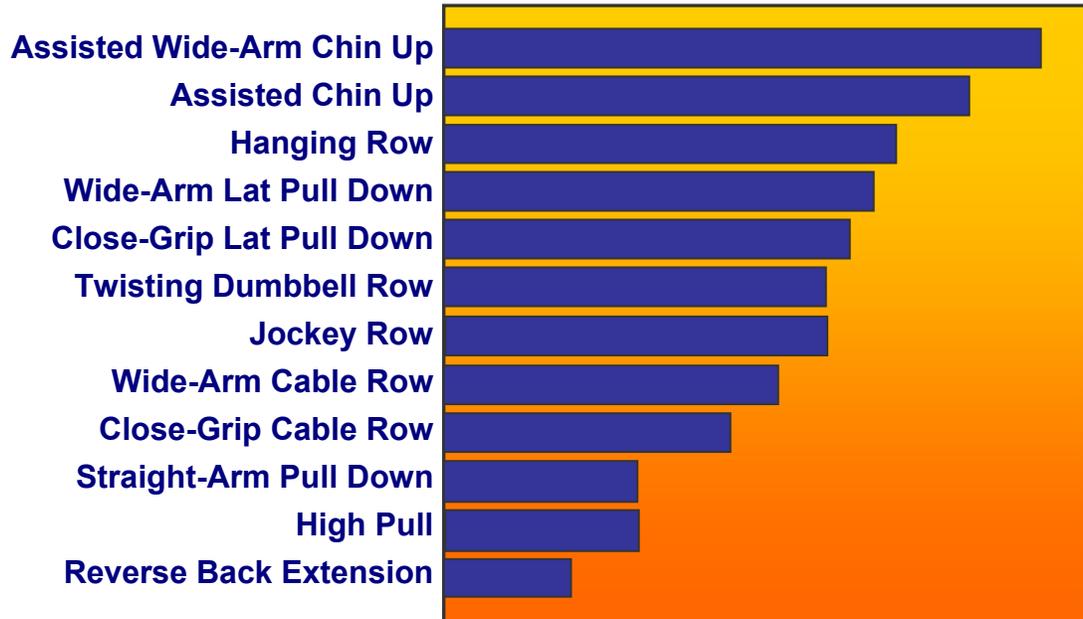


Table 15
Hanging Row
Twisting Dumbbell Row
Jockey Row
Wide-Arm Cable Row
Close-Grip Cable Row
Straight-Arm Pull Down
Reverse Back Extension

Table 16
Assisted Wide-Arm Chin Up
Wide-Arm Lat Pull Down
Assisted Chin Up
Close-Grip Lat Pull Down
High Pull

**FORM NOTES – BACK****Assisted Wide-Arm Chin Up**

- Keep grip wide with palms facing away
- Have a partner assist by “hooking” arm under ankles
- ALWAYS start each rep fully extended at bottom
- Use hands as “hooks” and focus on pulling elbows down rather than pulling body up
- Squeeze shoulder blades together at top (imagine squeezing a pencil between them)

**Assisted Chin Up**

- Keep grip at shoulder width with palms facing away
- Have a partner assist by “hooking” arm under ankles
- ALWAYS start each rep fully extended at bottom
- Think of hands as hooks and focus on pulling elbows down rather than pulling body up
- Squeeze shoulder blades together at top (imagine squeezing a pencil between them)

**Hanging Row**

- Grab barbell resting above ground about 3’ (such as on lowest setting of squat rack)
- Elevate feet on exer-ball or other structure so feet are about the same height as bar
- Keep body straight and raise body to bar at nipple line
- Add weighted belt or vest when possible

**Wide-Arm Lat Pull Down**

- Keep grip wide with palms facing away
- ALWAYS start each rep fully extended at top
- Use hands as “hooks” and focus on pulling elbows down rather than pulling body up
- Squeeze shoulder blades together at bottom (imagine squeezing a pencil between them)

**Close-Grip Lat Pull Down**

- Use close-grip attachment with palms facing each other
- ALWAYS start each rep fully extended at top
- Think of hands as hooks and focus on pulling elbows down rather than pulling body up
- Squeeze shoulder blades together at bottom (imagine squeezing a pencil between them)

**Twisting Dumbbell Row**

- Fully extend arm at bottom with palms facing to rear
- Pull dumbbell to armpit area while twisting dumbbell until palms facing toward body
- Keep head up and back straight
- Squeeze back at top of movement

**FORM NOTES – BACK (CONT'D)****Jockey Row**

- Hold a low, close-grip cable while leaning body back in a “V” shape – legs straight, head down, and arms fully stretched to front
- Pull handle into chest while moving into a “horse jockey” position – head up, legs parallel to floor
- Squeeze shoulder blades together and return to start

**Wide-Arm Cable Row**

- Use wide-arm attachment
- Always keep back arched and head up
- DON'T lean forward at start position
- Pull bar to upper chest with elbows turned out
- Squeeze shoulder blades together and return to start

**Close-Grip Cable Row**

- Use close-grip attachment
- Always keep back arched and head up
- DON'T lean forward at start position
- Pull handle to lower chest, pulling shoulders down and back
- Squeeze shoulder blades together and return to start

**Straight-Arm Pull Down**

- Stand facing cable machine gripping lat bar attachment at shoulder width
- Keeping arms straight but not locked, pull bar down to upper thigh
- Focus on using back muscles as much as possible

**High Pull**

- This is a variation of the deadlift, only use light weight on the barbell to avoid being a “leg exercise”
- Keep back straight and feet parallel just over shoulder width
- Raise bar rapidly to shoulder level, with arms only very slightly bent
- Arms should be only very slightly bent so bar is suspended AWAY from body
- Lower slowly to start

**Reverse Back Extension**

- Lay face down on flat bench (the higher the better) with legs off bench
- Grasp onto sides of bench for support
- Keeping legs straight, raise as one unit to just above buttocks level
- Hold for 1-2 count before lowering

# Chiseled Chest

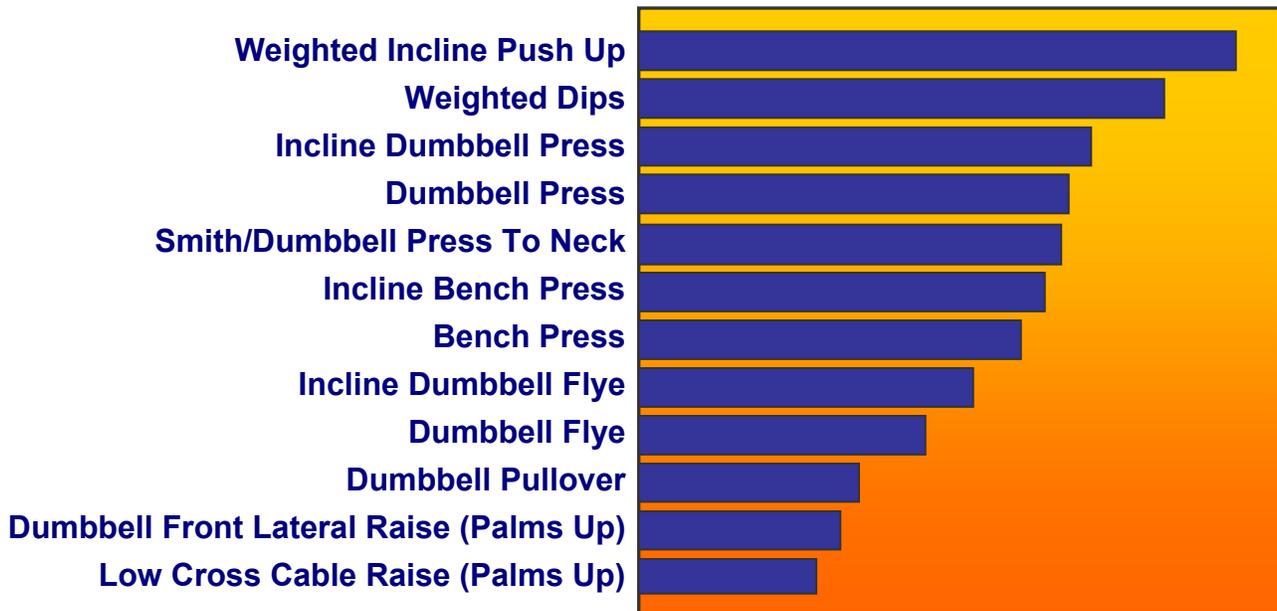


Table 17
Incline Dumbbell Flye
Dumbbell Flye
Dumbbell Pullover
Dumbbell Front Lateral Raise (Palms Up)
Low Cross Cable Raise (Palms Up)

Table 18
Weighted Incline Push Up
Weighted Dips
Incline Dumbbell Press
Dumbbell Press
Smith/Dumbbell Press To Neck
Incline Bench Press
Bench Press

**FORM NOTES – CHEST****Weighted Incline Push Up**

- Elevate feet on bench
- Use push up bars or dumbbells to allow deep stretch at bottom
- Keep body straight throughout movement
- Have a partner assist by pushing down on shoulders if able to exceed target reps

**Weighted Dips**

- Difference between dips for chest and triceps is 'focus'
- For chest, let body lean forward and bring feet up behind you with legs bent
- Lower until elbows at 90°
- Keep focus on chest and explode up
- DON'T lock elbows at top
- Add weight if able to exceed target reps

**Incline Dumbbell Press**

- Keep bench incline below 30° to avoid using shoulders
- Hold dumbbells at shoulders like holding suspenders
- Raise quickly, moving elbows back and up, twisting dumbbell until palms facing toward feet
- DON'T lock out arms at top

**Dumbbell Press**

- Hold dumbbells at shoulders like holding suspenders
- Raise quickly, moving elbows back and up, twisting dumbbell until palms facing toward feet
- DON'T lock out arms at top

**Smith/Dumbbell Press To Neck**

- ALWAYS use Smith machine or dumbbells for safety...NEVER use a straight bench press!!!
- With shoulder-width position, lower bar or dumbbells to neck
- Keep elbows pointing out and raise quickly
- DON'T lock out arms at top

**Incline Bench Press**

- Keep bench incline below 30° to avoid using shoulders
- Lower bar down high on chest
- Raise bar keeping elbows out
- DON'T lock out arms at top

**Bench Press**

- Keep hands slightly wider than shoulder width
- Lower bar to just above nipple line
- Never bounce weight off chest
- DON'T lock out arms at top

**Incline Dumbbell Flye**

- Keep bench incline below 30°
- Keep arms slightly bent
- Lower weight slightly below shoulder height
- Keep chest tight throughout entire movement
- Focus on squeezing pecs together at top of movement

**Dumbbell Flye**

- Keep arms slightly bent
- Lower weight slightly below shoulder height
- Keep chest tight throughout entire movement
- Focus on squeezing pecs together at top of movement

**FORM NOTES – CHEST (CONT'D)**

<b>Dumbbell Pullover</b>	<b>Dumbbell Front Lateral Raise (Palms Up)</b>	<b>Low Cross Cable Raise (Palms Up)</b>
<ul style="list-style-type: none"> <li>• Start with dumbbell held vertical over chest with both hands</li> <li>• Keep arms rigid with elbows at 45°</li> <li>• Lower to good stretch of chest and ribcage</li> <li>• Squeeze chest while raising weight back to start</li> </ul>	<ul style="list-style-type: none"> <li>• Stand holding dumbbells with palms facing forward and arms at sides</li> <li>• Keep arms straight and raise both hands to shoulder level, palms facing ceiling</li> <li>• Squeeze chest at top</li> </ul>	<ul style="list-style-type: none"> <li>• Grab handles of low pulleys with both hands</li> <li>• Keep arms straight and raise both hands to shoulder level, palms facing ceiling and nearly touching each other</li> <li>• Squeeze chest at top</li> </ul>

**A Word From The “Muscle Nerd”...**

“Well, there you have it! **ALL** of the most effective exercises you’ll be choosing from when you start customizing your workout included in **BONUS # 1** of the **OPTIMUM ANABOLICS PROGRAM**.

Don’t be tempted to substitute your own exercises for those listed in the program. Each exercise has been carefully selected and scrutinized for effectiveness in stimulating growth.



There are **MANY** exercises I see guys doing in the gym (some of them are just plain **ODD**) that don’t work the body the way it was designed to function.

Stay with what we know **WORKS!**

But now let’s move on...because no discussion about exercise selection would be complete if it didn’t answer the age-old question...

**‘Should bodybuilders looking for SIZE do CARDIO EXERCISE?’**

To cardio or **NOT** to cardio?...That seems to always be the question, huh?

It’s long been thought that if you want to build **MUSCLE**, you shouldn’t waste time doing cardiovascular exercises like aerobics, cycling, running, etc. And there’s some **TRUTH** to that...

Since there just isn't enough muscle **CONTRACTION** from aerobic exercise, it'll do very little to spur your muscles to **GROW**. I mean, when was the last time you saw a buff marathon runner?

But when it comes to your **MUSCLES**, there's no use in **BUILDING** them if you can't **SEE** them, right?!

The problem is that everyone's been brainwashed into believing that weight training builds muscle and cardio burns fat. But did you know that **WEIGHT TRAINING** can help you burn fat up to **53% MORE EFFECTIVELY** than cardio exercise?

Here's why...

It takes more effort for your body to build and maintain **MUSCLE** than it does to maintain **FAT**. This "effort" causes your body to expend calories by calling upon your body's **FAT STORES** for fuel. The more lean **MUSCLE** you're building, the more **FAT** your body will burn to **MAINTAIN** that muscle.

In fact, studies have shown that your body will burn fat **2 – 3 HOURS LONGER** following an intense **WEIGHT LIFTING** session than it will after an **AEROBIC** workout session!

### **THAT'S RIGHT...2-3 HOURS LONGER!**

However, if you **REALLY** want to turn up the heat on your fat-burning furnace, adding a shot of **HIGH INTENSITY INTERVAL TRAINING** on your days off will help dissolve that layer of flab covering your washboard abs.

Here's how to take advantage...

High Intensity Interval Training (HIIT) involves a combination of aerobic exercise and higher intensity "wind sprints". By alternating short durations of different aerobic exercises of anywhere from 30 seconds to 5 minutes each, you prevent your body from adapting to your workout, forcing it to work **HARDER** and burn **MORE** fat.

The following **20-MINUTE HIIT WORKOUT** performed on one or both of your days off will go a long way to helping you see your abs again...

<b>OPTIMUM ANABOLICS HIIT WORKOUT</b>			
<b>Workout Phase</b>	<b>Exercise</b>	<b>Time</b>	<b>Intensity Level *</b>
<b>Warmup</b>	▶ Bike	5 minutes	1
<b>Workout</b>	▶ Jump Rope	3 minutes	2
	▶ Treadmill	5 minutes	2
	▶ Wind Sprint * *	30 seconds	3
	▶ Bike	3 minutes	2
	▶ Rowing Machine	4 minutes	2
	▶ Jump Rope	3 minutes	2
	▶ Wind Sprint	30 seconds	3
<b>Cool Down</b>	▶ Bike	5 minutes	1
<p><b>* Intensity Levels:</b> <b>1</b> – Breathing rhythmically, but able to carry on a full conversation  <b>2</b> – Breathing deeply but able to carry on a broken conversation  <b>3</b> – “Winded”! Work hard enough to feel a burn in your muscles and have to catch your breath but avoid <i>extreme</i> or painful exertion</p>			
<p><b>** Wind Sprints:</b> For some, this may mean an all-out “balls-to-the-wall” sprint; for others it may only be a simple light jog. Doesn’t matter! As long as you <b>FEEL</b> winded, you’ve done your job.</p>			

**A Word From The “Muscle Nerd”...**



“If your gym doesn’t have a track to perform wind sprints, you can adjust the workout above by bringing it outdoors and substituting a faster paced jog for the treadmill and rowing machine exercises.

Or you can substitute any other type of aerobic exercise into the mix...punching a heavy bag, cardio-kickboxing, use a couple of secured bungi cords for a make-shift rowing machine...whatever!

**BE CREATIVE!”**

## FACTOR 5 - NUMBER OF SETS AND REPETITIONS

There are a lot of different camps out there expounding the benefits of various set, repetition and weight schemes.

- High Reps/Low Weight;
- Low Reps/High Weight;
- Mid-Range Reps/Pyramiding Weight;
- Drop Sets; 1-Rep Sets; Forced Repetitions; Giant Sets....and the list goes on!

While each of these programs can be beneficial if used correctly, they each have a **VERY SPECIFIC** effect on how muscle is developed.

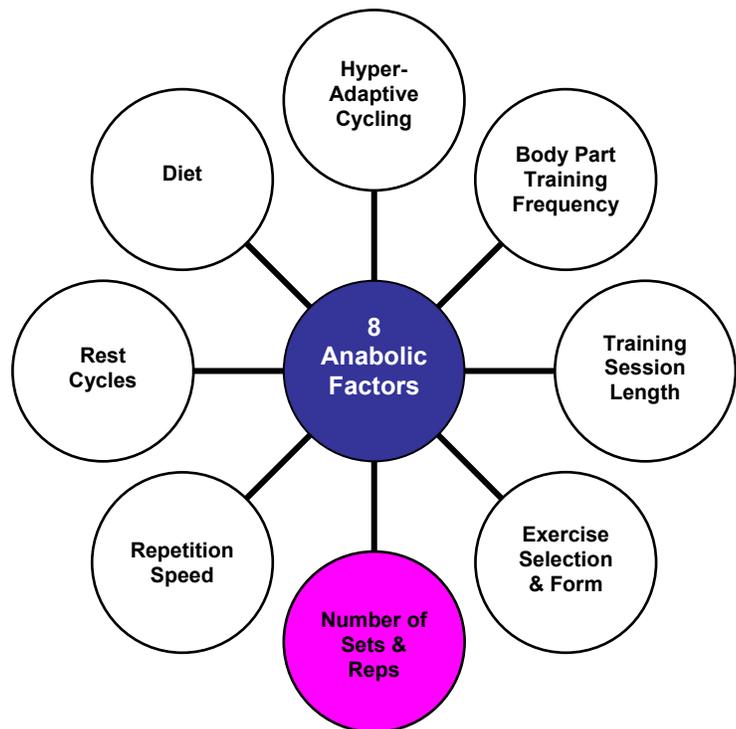
For example, if you were to follow the Low Reps/High Weight program you would certainly develop an incredible amount of **POWER**. That's great if you have aspirations of becoming a powerlifter or participating in such sports as shot put, javelin, or arm-wrestling.

But if you've purchased this manual because you're **SERIOUS** about getting **BIG** (and I mean **REAL BIG**) then I suggest you stay away from the "low rep" schemes. They'll do very **LITTLE** for increasing the **SIZE** of your muscles!

*"So what DOES work?"*

Well, let me tell you...if there's one (more) thing that bothers me, it's listening to some full-on musclehead sprinkling his advice around the local sweatbox that **CAN'T** back it up with some pure, unquestionable **LOGIC**!

Too many novices in the "iron jungle" are **BLINDLY** following the suggestions of other uninformed lifters or, worse yet, the extreme agenda of some bodybuilding magazine.



As you (and those around you) watch your whole body start to nearly **POP** out of your skin with your new muscle growth, **YOU** will now be the one that everyone will go to for advice!

When they do, I want you to be able to give them an answer that's based on **FACT** and your **PROVEN** results. Therefore, it's important you **LEARN** the **FACTS** of how **REPETITION COUNT** plays a factor in your growth. So...



...CLASS IS IN SESSION!

**FIRST LESSON:** If you're looking to increase **SIZE**, you **MUST** understand the...

**"POWER OF THE PUMP"!**

You know what I'm talking about...that feeling after your last excruciating rep of a dumbbell curl...that moment when you can **FEEL** your bicep busting through your skin and you can't **HELP** but strike a pose in front of the mirror, admiring your hard work!

That famous "pump" is really just a temporary increase in muscle size and hardness due to increased blood and water flow as it rushes to the muscle's aid faster than it can leave.

But the effects go **FAR** beyond that celebrated moment in front of the mirror.

That pump is like a Marine Drill Sergeant **SCREAMING** at your body to...

**"GROW, GROW, GROW!!!"**

In response to the forced pooling of blood and water, your muscles are actually **TRAINED** to expand the **SIZE** and **FUNCTION** of the muscle tissue in order to handle the increased load.

The muscle cells themselves begin to **THICKEN**, the capillaries within the muscle grow in **NUMBER** and **SIZE** to hold more fluid, and "satellite" stem cells split off to form **NEW** muscle fibers, already pre-programmed for growth.

**A Word From The "Muscle Nerd"...**

"It's kind of like a factory having to build an addition to the building to keep up with an **INCREASE** in production demands."

In addition, the buildup of lactic acid in the muscle (you may experience this as the "burn" you feel after you exercise) helps trigger the production of testosterone and other growth hormones to begin the needed repairs to the muscle tissue.

So in the end it comes down to this...

**If you don't feel the PUMP...you didn't do DIDDLY for GROWING MUSCLE!**

**"Now, how does this affect the number of SETS and REPETITIONS I perform for each exercise?"**

While **ANY** exercise you do over and above opening your bag of potato chips will call for increased blood flow to the muscles, what **YOU'RE** looking for is the simultaneous **MUSCLE CONTRACTION** that will put up a "roadblock", forcing that blood to pool up in the muscle.

To do this, you'll need to work at a **MUCH** higher repetition range than those looking to increase **POWER** alone.

Studies have show that you get the **MAXIMUM** muscle pump from working out in the **8 – 15 REPETITION RANGE**. To get the **MOST** growth for your valuable time spent in the gym, you'll need to stay in this zone.

Any **MORE** than that and you risk not getting **ENOUGH** muscle contraction to make a difference; any **LESS** and you'll develop strength, but very little **SIZE**.

**Optimum Anabolic Principle #8:**

Go for the "**PUMP**" by lifting **8 – 15 REPETITIONS** per exercise!

And now on to **LESSON #2...**

In order to maximize the full benefits of **HYPER-ADAPTIVE CYCLING**, you **MUST** know how to manipulate the number of sets and repetitions used during your **PROGRESSIVE LOAD PHASES** and your **HYPER-ADAPTIVE CYCLES**.

Remember, during the **PROGRESSIVE LOAD PHASE** of the **OPTIMUM ANABOLICS PROGRAM** you're trying to steadily **RAISE** the stress load on your muscle's ability to recover, programming them to expect **CONTINUED** increases.

To accomplish this, you'll add **ONE MORE SET** for each exercise every week of this 3-week cycle, while **GOING FOR BROKE** when grunting out every last repetition to **MUSCULAR EXHAUSTION**.

**Optimum Anabolic Principle #9:**

During **PROGRESSIVE LOAD** periods, **INCREASE** the number of **SETS** each week and bring each set's **REPETITIONS** to **MUSCULAR FAILURE!**

***A Word From The "Muscle Nerd"...***

"A word of **CAUTION** here...

**DON'T** follow the lead of those uninformed wanna-be's at the gym who you see having a '**SPOTTER**' help them **FORCE** out a **FEW MORE REPS** after they can't lift the bar on their own anymore.

This goes **BEYOND** muscular failure!



Even though the use of a spotter **IS** recommended for **SAFETY** reasons in helping you get the **LAST REP** back on the rack, **DON'T** use them to force repetitions **BEYOND** your muscle's own abilities.

Once you can absolutely no longer get the weight up on your **OWN**, your muscle fibers have **QUIT FIRING** and any additional 'forced reps' won't do anything but risk **INJURY** and **GREATLY** increase your recovery time!

Reach failure on your own using all of the form factors outlined in the **OPTIMUM ANABOLICS PROGRAM** and you've done **ALL** the **DAMAGE** you need to get the **GROWTH** you want!"

By the end of the third week of your **PROGRESSIVE LOAD PHASE**, you'll be able to actually **FEEL** the increased strain on your body's ability to fully recover from your workouts.

### **AHHH...BUT HELP IS ON THE WAY!**

During the following **HYPER-ADAPTIVE CYCLE**, you'll quickly **DECREASE** the number of **SETS** you perform, while simultaneously **LIMITING** the amount of **EFFORT** applied to your **REPETITIONS**.

In fact, during this 3-week cycle, you'll **ONLY** use enough weight that will allow you to go **2 - 3 REPS SHORT** of muscular failure at or about your target reps.

#### **Optimum Anabolic Principle #10:**

During **HYPER-ADAPTIVE CYCLES**, **DECREASE** the number of **SETS** you perform and execute **ONLY** enough repetitions to go **2 - 3 REPS SHORT** of **MUSCULAR FAILURE!**

#### ***A Word From The "Muscle Nerd"...***

"That's right! You **WON'T** even go to muscular failure during your 3-week **HYPER-ADAPTIVE CYCLE!**

Anyone who has spent **ANY** time on the weight room bench has come to recognize when you only have **ONE MORE REP** left in them. Normally, this is where you would go for broke and grunt that last rep out.



I'm telling you that during your **HYPER-ADAPTIVE CYCLES...**

**DO NOT GO FOR THOSE LAST REPS!  
PUT THE WEIGHTS DOWN!**

This will give your body the break it needs to 'catch up' on its strained recovery efforts, forcing the muscles to grow **BEYOND** their 'required' capacity in preparation for the **NEXT** demanding round of iron pumping."

## FACTOR 6 - REPETITION SPEED

Your muscle fibers are composed of several different “sub-types”. But for the purposes of adding **SIZE** there are only **2 TYPES** you should be concerned with:

**Type 1 – fast-twitch fibers (white)**

**Type 2 – slow-twitch fibers (red)**

**FAST-TWITCH FIBERS**, as their name would suggest, are able to produce much greater speed and are the ones you use when you need explosive **POWER** in your movements. These fibers are most often developed for such sports as sprinting, and powerlifting.

**SLOW-TWITCH FIBERS**, on the other hand, are slow-reacting, and therefore better tailored for **ENDURANCE** related sports such as running, bicycling and rock climbing.

In bodybuilding though, muscle is muscle, and the **MORE** the **BETTER**. To grow beyond your genetic limits you **MUST** build it **ALL**, effectively stressing **BOTH** muscle types.

Since these muscle fibers perform two separate functions, they each require a **DIFFERENT** form of **STIMULATION** in order to grow.

Those feisty little fast-twitch fibers require **FASTER** repetition movements. These are the fibers **MOST** in use during the **CONCENTRIC** phase of an exercise. (The “concentric” phase refers to the lifting, pushing, or pulling movement of the weight.)



Keep in mind though, that it's **NOT** important for the weight to actually **MOVE** fast through this phase. As long as you're **TRYING** to move it as quickly as possible, you're using your fast-twitch fibers effectively, even if you're **STRUGGLING** to get the weight up inch by inch!

Slow-twitch fibers on the other hand are the fibers most called upon during the **ECCENTRIC** phase of the exercise (the action of lowering the weight back down to the starting point, often referred to as the "negative phase") and are best targeted using **SLOWER** repetitions.

### A Word From The "Muscle Nerd"...

"Let me add some clarity here on the **CONCENTRIC** and **ECCENTRIC** phases of a repetition...



If we use the bench press as an example, the **CONCENTRIC** phase happens when you push the weight up from your chest, extending your arms.

On the other hand, the **ECCENTRIC** phase of the exercise happens when you lower the weight back down to your chest."

These slow-twitch fibers are often the most neglected but are actually **VERY** important to bodybuilders for a couple of reasons...

**FIRST:** Since your goal in lifting weights is to strategically "damage" the muscle cells, you **MUST** understand that doing **SLOW "NEGATIVES"**, which primarily target **SLOW-TWITCH FIBERS**, creates **TWICE AS MUCH DAMAGE** to the cells as focusing on the concentric, or pushing/pulling movement of the exercise!

**SECOND: SLOW TWITCH FIBERS** stick around **LONGER** than fast twitch fibers! This is **BIG NEWS** since, as you may recall, **BUILDING** muscle is only **HALF** of the equation. You're **ALSO** fighting not to **LOSE** muscle due to catabolism.

Since slow twitch fibers retain their size longer than fast-twitch fibers, your body won't have to fight as hard at maintaining muscle size and can concentrate on building **MORE** muscle on **TOP** of that muscle!

**A Word From The "Muscle Nerd"...**

“Look around the gym sometime and watch as most, if not **ALL** of the lifters are simply focusing on getting the weight **UP**, only to drop it back down as **QUICKLY** as possible, completely neglecting the opportunity to hit those slow-twitch fibers for **MAXIMUM** growth!

**WHAT A WASTE OF TIME AND ENERGY!**

As you can see, if you only train **HALF** of your muscle fibers effectively, you're only going to get **HALF** as much **GROWTH!**”

In the **OPTIMUM ANABOLICS PROGRAM**, you'll target **BOTH** muscle fibers in **EVERY SINGLE REPETITION**, by incorporating both fast **AND** slow movements as you raise and lower the weight.

Here's how it's done...

On the **CONCENTRIC** phase of the movement, you need to **EXPLODE** with power, moving the weight up (or pulling it back, depending upon the exercise) as quickly as is safely possible while **STILL** maintaining **PERFECT FORM!** This should take a count of **1 - 2 SECONDS**.

Then begin to lower the weight back to the starting point with a slow, deliberate “4-count”, **FIGHTING** it all the way!

**Optimum Anabolic Principle #11:**

Use an **EXPLOSIVE 1 - 2 SECOND** movement during the **CONCENTRIC** phase of your repetitions!

Use a **SLOW, DELIBERATE “4-COUNT”** movement during the **ECCENTRIC** phase of your repetitions!

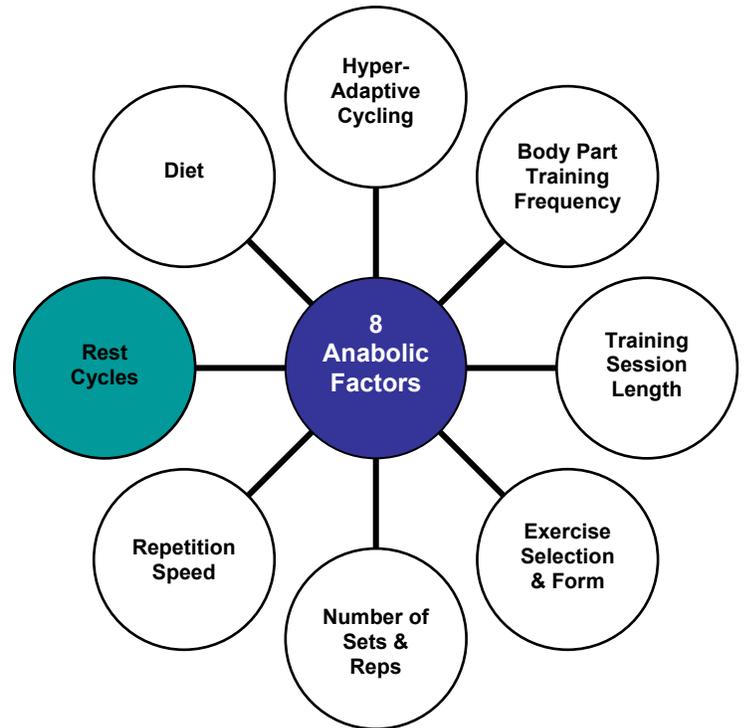
## FACTOR 7 - REST CYCLES

Bottom line? No matter how it may **FEEL** during your workout, your body **DOESN'T** grow a **SINGLE OUNCE** of new muscle while you're busting your ass in the gym!

Rather, growth happens when your muscles are **RECOVERING** from the damage you've inflicted and they can make the needed repairs, building the muscle cells **THICKER** and **STRONGER** for the next "attack".

In other words, recovery doesn't happen unless your body is at **REST**, either **AFTER** an exercise, or **AFTER** your workout.

In between sets, **REST PERIODS** function as a lull in the attack, allowing your muscle cells to regenerate their stores of **ADENOSINE TRIPHOSPHATE (ATP)** to give you the energy to move on to the next set for that muscle.



### A Word From The "Muscle Nerd"...

"Ooops...Another big word!



Basically **ATP** is your muscle's **PRIMARY** source of energy when you're hoisting those massive weights around. It supplies a **LOT** of power, but only for a very **SHORT** time.

Fortunately, your **ATP** stores start to recharge **IMMEDIATELY** after you set the weights down. That's why you're once again able to bench the **SAME** weight on the next set, even though it nearly dropped on your head as you reached **MUSCULAR EXHAUSTION** a few minutes earlier."

I'll talk more about structuring your workout rest periods, and most importantly, how to structure them to maximize your benefits in the **OPTIMUM ANABOLICS PROGRAM**, in just a few moments. But first, let's start with one of the most **VITAL** links in the muscle-building chain...**SLEEP!**

That's right...the **REAL GROWTH** you're looking for happens when you're **FAST ASLEEP**, dreaming of scantily clad babes rubbing lotion all over your bulky frame!

In fact, the **BIGGEST** release of **GROWTH HORMONE** within your body occurs after you've been asleep **30 – 60 MINUTES**. For the **REST** of the night, your muscle "construction crew" is hard at work using your body's anabolic hormones and nutrients as mortar for repairing and reinforcing your muscle tissue.

### **WHILE YOU SLEEP...THEY'RE WORKING THE LATE SHIFT!**

The longer you let the recovery crew work (that is, the longer you **SLEEP**) the more muscle rebuilding they can get done. That means giving these little guys a minimum of a full **7-8 HOUR** shift **EACH AND EVERY NIGHT**.

#### *A Word From The "Muscle Nerd"...*

"I know, I know! You were maybe looking for something a little more exciting than 'get 8 hours sleep each night'.



**But get it through your noggin now...**

While many of you may think that those '6-hours' of shut-eye you're **USED** to getting is enough, it's really only letting you '**GET BY**'.

If you're truly **COMMITTED** to getting **HUGE**, dedicate yourself to **7-8 HOURS** and I **PROMISE** you'll see your gains **SKYROCKET!**"

#### **Optimum Anabolic Principle #12:**

Get at least **7-8 HOURS SLEEP** each and every night!

Here are some **GREAT TIPS** to make sure you get a good night's sleep...

<b>SNOOZE OR YOU LOSE</b>	<b>SCHEDULE</b> your sleep time each night. Get to bed at the <b>SAME TIME</b> each night and set your alarm for the <b>SAME TIME</b> each morning... <b>EVEN</b> on your days off.
	Make your bedroom a <b>TEMPLE</b> for sleep. Avoid <b>WORKING</b> , <b>WATCHING TV</b> , or <b>EATING</b> in bed.
	<b>DON'T EXERCISE</b> within <b>3 HOURS</b> of going to bed.
	<b>DON'T</b> eat <b>LARGE MEALS</b> within <b>3 HOURS</b> of going to bed.
	Avoid <b>CAFFEINE</b> , especially within <b>5-6 HOURS</b> of going to bed.
	<b>DON'T</b> drink <b>ALCOHOL</b> within <b>3 HOURS</b> of going to bed.

Ok, I admit talking about **SLEEP** as a growth factor is kind of **BORING**. But here's where we pick up steam...

There's a direct relationship between the amount of **REST** needed **BETWEEN SETS** and the **INTENSITY** of your workout.

The **SHORTER** your rest periods between sets, the more **INTENSE** your workout will be, resulting in **INCREASED STRESS** to the body's recovery systems.

That sounds pretty bad, right?

Well normally I would say "yes", but if you remember, increasing the stress to your body's recovery systems is **EXACTLY** what the **OPTIMUM ANABOLICS PROGRAM** is all about!

As you steadily increase the number of sets and repetitions during your **PROGRESSIVE LOAD PHASE**, you'll **ALSO** steadily **DECREASE** the amount of rest in between each of your sets.

Again, this structured pattern of decreased rest periods effectively **PROGRAMS** your body to expect very little mercy in between each lift. It's forced to work harder and harder to finish your workouts until, after 3 weeks of exhaustive effort,

recovery efforts have reached **CRITICAL MASS** and you're just starting to kiss the **ACUTE OVERTRAINING ZONE**.

**Optimum Anabolic Principle #13:**

Steadily **DECREASE** workout rest periods during your **PROGRESSIVE LOAD PHASES!**

By now you should know what to expect next...

During your following 3-week **HYPER-ADAPTIVE CYCLE**, you'll give the body that much-needed break it's been longing for.

That's right...this is the point where you generously **INCREASE** rest periods between each set!

As you've already learned, since your body is now **PROGRAMMED** to expect a continued **FAST-BREAK** workout routine, it will **HYPER-ADAPT** to its previous lack of support by using this time to **DRASTICALLY SPEED UP** the recovery process!

**Optimum Anabolic Principle #14:**

Drastically **INCREASE** workout rest periods during **HYPER-ADAPTIVE CYCLES!**

***A Word From The "Muscle Nerd"...***



"I've already worked out all of the rest times you'll use for both the **PROGRESSIVE LOAD PHASE**, and the **HYPER-ADAPTIVE CYCLES** in **BONUS #1**, the **OPTIMUM ANABOLICS WORKOUT**.

All you'll have to do is plug in the exercises you want to use from the tables provided and off you go to the most impressive gains you've **EVER** made!"

## FACTOR 8 - DIET

Working your muscles in the **GYM** is the **EASY** part of building muscle. As long as you follow all of the principles in the **OPTIMUM ANABOLICS PROGRAM**, you **WON'T** have to worry about properly stimulating your muscles for growth.

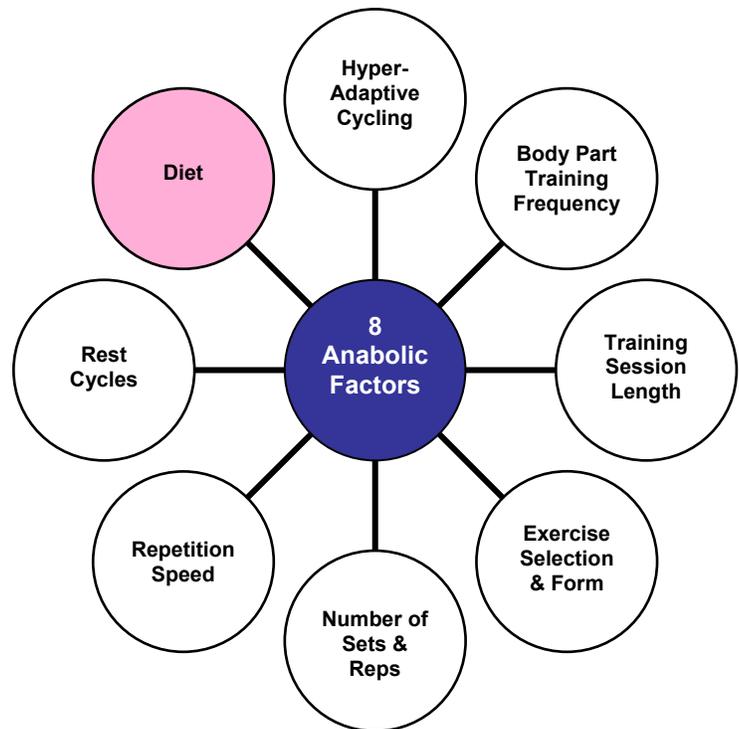
Too often however, diet is completely forgotten as one of **THE** most important support factors for building muscle. If you don't **EAT**, you don't **GROW...PERIOD!**

Not eating a diet containing **ALL** of the building blocks you need for your body's recovery is like hiring a burly team of construction workers to build a house and not giving them the bricks!

In most cases, if growth isn't happening, it can usually be traced back to an inadequate diet. In this section, I'll give you the "down and dirty" of what you need to eat in order to bulk up.

But, true to my promise, I'm **ALSO** going to introduce you to one of the most **CONTROVERSIAL** diet principles to **EVER** rock the bodybuilding world...

### PROTEIN DEPRIVATION CYCLING!



**A Word From The "Muscle Nerd"...**

"Yes, we'll finally get into the guts of applying the powerful principles of **HYPER-ADAPTIVE CYCLING** to your all important diet. I know you're going to be **AMAZED** at the results!

But first you **MUST** know the ins and outs of how your diet will affect your ability to pack on slabs of muscle. I can tell you right now...

...**MOST** of what you've been told is **PURE B.S.!**"

---

Basically, you ingest food and liquids that are made of one, two, or all of three kinds of nutrients...**CARBOHYDRATES, PROTEINS, and FATS**. Your body uses these nutrients to maintain all biological functions that happen in the body...and there are **MANY**.

In fact, your entire body is **CONTINUOUSLY** shedding, excreting, and dissolving cells with every breath you take. These are replaced by new cells made **ENTIRELY** from the nutrients you ingest.

"So what does this mean to ME?"

Well, basically...

- Your **SKIN** is replaced every **2 WEEKS**
- Your **BLOOD SUPPLY** is exchanged every **3 MONTHS**
- You **LITERALLY** have a **NEW BODY** every **6 MONTHS!**

Now take a look at what you've **BEEN** eating. If your diet consists of **BIG MACS** and **DING DONGS**...you'll have a **BODY** made of **BIG MACS** and **DING DONGS!**

The slogan "You **ARE** what you **EAT**." should be taken quite **LITERALLY!**

In the **OPTIMUM ANABOLICS PROGRAM**, diet is addressed with a focus on providing your body with the proper support needed to fully recover and **BUILD** quality muscle cells to replace the ones destroyed during your workouts and through normal activity.

We'll talk about how **MUCH** of each nutrient to take and **WHEN**, but we'll **ALSO** focus on one other important component of the bodybuilder's biological toolbox...

### TESTOSTERONE!

Ahhh yes...that wonderful chemical that makes men "**MEN**", strikes fear into our enemies, and puts "lead in our pencils"! Most men know of testosterone's role in stimulating **SEX DRIVE**, but it has other functions as well (as if we **NEEDED** another reason!).

To name a few, **TESTOSTERONE...**

## TESTOSTERONE BENEFITS

Buils <b>LEAN MUSCLE</b>
Reduces <b>BODYFAT</b> levels
Increases <b>ENERGY</b>
Balances <b>BLOOD SUGAR</b> in the body
Increases <b>NEUROMUSCULAR EFFICIENCY</b>
Improves <b>SEXUAL PERFORMANCE</b>
Lowers <b>CHOLESTEROL</b> levels in the body
Protects against <b>HEART DISEASE</b>
Improves <b>MOOD</b>

Testosterone's role is **SO** important to bodybuilders that it shares a **KEY** focal point in the **OPTIMUM ANABOLICS PROGRAM** diet. The amount of protein, carbs, and fat you'll include in your daily meal plan will not only be **CUSTOM-TAILORED** to your individual goals, but will also be calculated at a ratio best designed to spark your own **NATURAL** testosterone production.

But let's start with the essentials first...

## PROTEIN: Mortar for your muscles!

Essentially, if you extracted all of the water out of your body, what you'd be left with is a dried out lump comprised mostly of protein! More than **HALF** of everything in your body is made of protein...your organs, brain, hemoglobin, and yes...your **MUSCLES!**

Of all the nutrients you consume, protein is the **ONLY** one the body uses **SPECIFICALLY** for repairing and growing muscle tissue. And since in the **OPTIMUM ANABOLICS PROGRAM** we intend to do a **LOT** of damage to your muscles, it makes sense you'll need a **LOT** of protein to build them back up.

But the question you're probably wondering is...

### "HOW MUCH PROTEIN IS ENOUGH?"

The United States Recommended Daily Allowance (USRDA) of protein is only about **.35 grams** of protein per pound of bodyweight. The problem is that the studies they used to come up with this number are based upon **SEDENTARY** individuals, **NOT** athletes using strength training to **BUILD** muscle!

Take the other side of the argument and listen to the supplement companies and their professional bodybuilding representatives and they'd have you believe that you need up to **14 TIMES** that much protein. That amount of protein running through your body can prove to be a very **TOXIC** mistake!

One of the biggest problems with all of these studies is the use of **BODYWEIGHT** to determine protein needs. You see, your muscles (as well as organs, brain, and other cells of the body) use protein for maintenance. However...

### **BODYFAT DOES NOT NEED OR USE PROTEIN FOR MAINTENANCE!**

Whatever protein is left over from repairing and building muscle is either **BURNED** as fuel or **EXCRETED** from the body. (This is why those 8 protein shakes you drank every day sent you to the toilet 12 times a day!) The excess protein is **NOT** stored as fat!

**A Word From The "Muscle Nerd"...**

"Read **ANY** bodybuilding magazine and they'll **ALL** tell you the same thing... 'consume X-amount of protein per **POUND** of bodyweight'.

This **PROVES** the lack of knowledge saturating the bodybuilding sport today. This rule is **SCIENTIFICALLY INCORRECT!**



Assume you have two guys who are both 200 lbs, planning their protein intake. One is **6' TALL** with **8% BODYFAT**, the other **5' TALL** with **30% BODYFAT**.

Knowing that fat **WON'T** use the protein consumed, would both guys use the same formula?

**HELL NO!**

The shorter, fatter guy would end up spending more time in the **BATHROOM** than in the **GYM!**"

---

For this reason, you'll use only your **LEAN BODYWEIGHT** to calculate your protein intake. During your **HIGH-PROTEIN** diet periods, you'll use a factor of **1.14 GRAMS OF PROTEIN** for each pound of **LEAN BODYWEIGHT**.

This will allow you to gain the **MAXIMUM** amount of muscle the body can physically develop while **AVOIDING** "over-excretion" and stress to your body.

**A Word From The "Muscle Nerd"...**

"To calculate your lean bodyweight, you'll need to break out your **ACCU-MEASURE BODYFAT CALIPER** included as **BONUS #2** of the **OPTIMUM ANABOLICS PROGRAM** and **BONUS #4**, the **ANABOLIC GROWTH TRACKER 5000 PROGRAM**.

Just plug in your bodyfat calculations from your bodyfat caliper into the **AGT 5000** and...

**PRESTO!**

Instantly you'll know how much of your bodyweight is **LEAN** and how much is **FAT!**"

Once you've determined your lean bodyweight, you'll use the calculation charts located on pages 89 - 96 to determine the amount of protein you'll need to consume each day to reach your goals.

**Optimum Anabolic Principle #15:**

During your **HIGH-PROTEIN** diet periods, consume **1.14 GRAMS** of **PROTEIN** per **POUND** of **LEAN** bodyweight each day!

But now it's time to **SHAKE THINGS UP** a little bit...

As outlined in Section 2, the **OPTIMUM ANABOLICS PROGRAM** allows you to **NATURALLY** turbo-charge your body's **ANABOLIC HORMONE** production through the **HYPER-ADAPTIVE CYCLING** process.

Every **6 WEEKS** in the **OPTIMUM ANABOLICS PROGRAM**, you'll initiate a **PROTEIN DEPRIVATION** period. That is, you'll **DRASTICALLY** reduce your daily amount of protein consumption.

How drastic is "**DRASTIC**"?

Well, during these **3 WEEK** deprivation periods, you'll consume only **30 GRAMS OF PROTEIN A DAY**, taken **IMMEDIATELY** after your workouts on those days that you exercise, and whenever you want on the days you don't.

To keep your calorie count high enough to continue to grow, you'll make up for the difference in calories by **INCREASING** your carb and fat intake.

***A Word From The "Muscle Nerd"...***



"Don't worry about the calculations right now. You know you can count on me to simplify things for you.

Just as I've provided calculation charts for determining your needs for protein, carbs and fats during your **HIGH-PROTEIN** diet periods, I've **ALSO** done the same for your **PROTEIN DEPRIVATION** periods.

You'll get all the help you need on pages 97 – 101."

**Optimum Anabolic Principle #16:**

During your **3-WEEK PROTEIN-DEPRIVATION** periods, consume only **30 GRAMS OF PROTEIN** a day, taken **IMMEDIATELY** after your workouts!

As your body looks for protein in your diet to help it rebuild the muscle damaged during your workouts, it'll come up almost **EMPTY**. In response, it'll send out that distress call causing your **TESTOSTERONE, GROWTH HORMONE,** and **INSULIN-LIKE GROWTH FACTOR-1** production to kick into **HIGH GEAR!**

***A Word From The "Muscle Nerd"...***

"Does the idea of cutting your protein consumption down to only **30 GRAMS** per **DAY** still make you shudder?"



Most bodybuilders (I was one of them!) have been brainwashed into thinking that it takes "**MAGIC PILLS**" to boost your anabolic hormone levels. That's why supplement companies have been marketing **PROHORMONES** and **TESTOSTERONE ENHANCERS** so heavily.

But **YOU** won't have to rely on **EXPENSIVE** (and mostly **WORTHLESS**) pill-popping to do what your body is **NATURALLY** capable of!"

Worried about how you're going to make it through 3-weeks without your meat and potatoes every meal? Here are some **QUICK TIPS** to help you cope...

Take your **multi-vitamin/mineral supplement** every day.

Have a ready supply of **fruits, vegetables,** and **nuts** on standby.

**Don't** be too concerned with the minimal amounts of protein you find in some of the foods you eat such as **nuts, beans,** and **grains**. Your body **won't** absorb them as efficiently as dairy, eggs, and meat (as you'll see on the next page.)

Try to eat **calcium-rich vegetables** such as **broccoli** to replace the calcium lost from not consuming as much dairy.

After this 3 week period, you'll **IMMEDIATELY** institute a **3-WEEK HYPER-ADAPTIVE CYCLE DIET** by adding just **ONE EXTRA PROTEIN MEAL** of about **30 GRAMS** of protein to your regular **HIGH-PROTEIN** diet each day.

This takes advantage of your body's **NATURAL HYPER-ADAPTIVE** abilities and your muscles will respond by **SOAKING UP** all that bountiful protein they've been so **DESPERATE** for.

### **YOU'LL GROW FASTER THAN EVER BEFORE!**

All you need to do is add just **ONE EXTRA PROTEIN MEAL**, consisting of about **30 GRAMS** of protein, somewhere in each day, preferably right **BEFORE** going to sleep. To get the most benefit and make it as easy as possible, I suggest a whey protein shake using fat free milk or water in order to avoid taking in excess carbohydrates or fat, especially if taking it right before bed.

After these 3 weeks, you'll go **BACK** to your regular **HIGH PROTEIN DIET** for the **NEXT 3 weeks** until it's time again for your **PROTEIN DEPRIVATION CYCLE**.

#### **Optimum Anabolic Principle #17:**

During your **3-WEEK HYPER-ADAPTIVE CYCLE DIET** periods, consume **ONE EXTRA PROTEIN MEAL**, of about **30 GRAMS** protein, each day!

#### **"WHICH TYPE OF PROTEIN SHOULD I EAT?"**

The best test for determining which protein you should consume is the use of **Biological Value (BV)**. This standard measures the amount of protein retained in your body per gram of protein absorbed. Basically, it's the protein that actually **STICKS AROUND** to do its job! The **HIGHER** the BV rating, the **BETTER** the protein is at building quality muscle.

#### **Optimum Anabolic Principle #18:**

Ensure the **BULK** of the proteins in your diet consist of the **HIGHEST** bio-available sources!

Use the following chart to determine which protein provides the **MOST** benefit...

Protein Source	BV Rating
Ion-Exchange Whey Protein/ Whey Protein Isolate	110 – 159
Whey Protein Concentrate	104
Whole Egg	100
Cow's Milk	91
Fish	83
Beef	80
Chicken	79
Casein (Found in milk and cheese products)	77
Soy	74
Rice	59
Wheat	54
Beans	49

**WHEN IS THE BEST TIME TO TAKE PROTEIN?"**

Since your body can only digest about **30 – 40 GRAMS** of protein in one sitting, it's important to spread your intake over **5-6 SMALLER MEALS**, spaced about **2 ½ to 3 HOURS** apart, throughout the day.

This has other benefits as well. For example...

- To build more muscle mass, you'll most likely have to **INCREASE** your calorie intake. Eating more frequent meals is a convenient way to add **MORE** calories to your diet.

- Your digestive tract can only take in so many nutrients in one sitting. Everything that **DOESN'T** get used just passes right on through your body.
- Frequent feedings will keep your **METABOLISM** in high gear as it forces your body to **BURN** calories as it continuously digests your food.
- Eating meals no later than 3 hours apart keeps your body in “**POSITIVE NITROGEN BALANCE**” for growth. (Basically, this means that there's always enough complete protein **AVAILABLE** in your bloodstream for when your body calls upon it for repair and growth of new muscle fibers.)

**Optimum Anabolic Principle #19:**

Distribute your required nutrient intake over **5-6 SMALLER MEALS** throughout the day!

Besides the requirement to eat several meals throughout the day, there are some **KEY OPPORTUNITIES** when your body has a **SUPER-CHARGED** demand for quality protein intake.

1. **RIGHT AFTER YOUR WORKOUT** – Immediately after you've completed your workout, your body is like a **GIANT SPONGE**, waiting for the raw materials it needs to effectively repair and build new muscle. Because of this increased need, this is the **ONLY** time you can safely take in more protein than usual and be sure it will go where it's most needed. During your **HIGH-PROTEIN DIET** periods, you'll take about **25%** of your daily-calculated protein intake **IMMEDIATELY** after your workout.
2. **FIRST THING IN THE MORNING** – Have you ever tried to go a **FULL DAY** without eating a single thing? It's **NOT** easy! But this is essentially what you do each night while you sleep. When you wake up, your protein levels are **WAY DOWN!**
3. **BEFORE YOU GO TO SLEEP** – Eating a **HIGH-PROTEIN/LOW-CARB/LOW-FAT SNACK** before you go to bed will help prevent the protein breakdown that naturally occurs while you sleep. Additionally, your body uses this deep rest period to do a great deal of its muscle repair. You wouldn't want to deprive your body of the essential building block it needs at this most crucial time, would you? A cup of cottage cheese works great because it breaks down slower while you sleep.

**Optimum Anabolic Principle #20:**

During your **HIGH-PROTEIN DIET** periods, take advantage of key growth opportunities for protein intake and consume **25%** of your required daily protein needs **IMMEDIATELY** after your workout!

**“WHAT ABOUT MEAL REPLACEMENTS AND PROTEIN POWDERS?”**

Well, eating 5-6 squares a day can be quite a **CHALLENGE**. Although there really isn't any research that shows meal replacements or protein powders are processed differently in the body, taking **2-3 PROTEIN SHAKES** a day can be both convenient **AND** help you avoid feeling bloated.

Additionally, I prefer to make my **POST-WORKOUT** meal a nutrient-dense shake since **LIQUIDS** are processed **FASTER** by the body. The quicker you can get the required nutrients to your waiting muscles, the better prepared they'll be to start the repair process.

**Optimum Anabolic Principle #21:**

Drink **2-3 PROTEIN/MEAL REPLACEMENT SHAKES** each day to help you consume the calories and protein you'll need for growth!

**CARBOHYDRATES: The misunderstood nutrient**

Carbs have been getting a lot of attention lately...and most of it is **BAD PRESS!** Diets have gone the way of extremely **LOW CARBS** to force the body to call upon its **FAT STORES** for fuel, thereby slimming down the waistline.

However, the problem with America's waistline doesn't **NECESSARILY** stem from eating too **MANY** carbohydrates. It comes from eating too many of the **WRONG** carbohydrates!

You see, just like protein (and fats as you'll see) not all carbohydrates are created equal. To simplify things, we can break them down into two categories: **HIGH-GLYCEMIC** and **LOW-GLYCEMIC** carbs.

**HIGH-GLYCEMIC CARBS** are known to force a sudden **RUSH** of glucose into your bloodstream. These include table sugar, processed foods, instant rice, white potatoes, candy bars, most breakfast cereals, etc. (a more comprehensive list is included in the table on page 80.)

The resulting glucose rush experienced when eating high-glycemic carbs causes your **INSULIN** to spike sharply and forces your body to use **ONLY** the **GLUCOSE** as **FUEL**, instead of **ALSO** drawing from your body's **FAT STORES**.

Even worse, since your body doesn't need any of the **FATS** you've also ingested, it has no choice but to simply throw them over with the other stores of blubber hanging around (literally) doing nothing for you.

### **BUT IT DOESN'T STOP THERE...**

Your body processes high-glycemic carbs very **QUICKLY**, so your stomach **EMPTIES** quickly. It then responds, as it's programmed to do, by signaling back to you that it needs **MORE** fuel, in other words...it's time to **EAT AGAIN!**

If you keep the cycle going by consuming even **MORE** high-glycemic carbs, you simply **REPEAT** this process. Your body gets used to living off the food in your stomach, socking away the carbs and fats it didn't use for fuel, around your waist.

But then there are the **GOOD CARBS!**

**LOW-GLYCEMIC CARBS**, such as milk, some fruits and vegetables, yogurt, pasta, nuts, etc. (see the table on page 80 for more examples), are **SLOWLY** absorbed by the body for use as fuel, and do **NOT** spike insulin.

The result is that your body relies **MORE** on your **FAT STORES** for fuel instead of what's in your stomach. You'll feel **FULLER** and **WON'T** experience the sharp highs and lows in your energy levels.

### **Optimum Anabolic Principle #22:**

Eat **LOW-GLYCEMIC CARBOHYDRATES** throughout the day!

There is, in fact, one instance when you can actually **BENEFIT** from consuming high-glycemic carbohydrates. **IMMEDIATELY AFTER YOUR WORKOUT**, your body will be extremely **DEPLETED** of muscle glycogen that it used for fueling the intense demand you just placed on them.

The resulting spike in glucose molecules from eating **HIGH-GLYCEMIC CARBS** is immediately snatched up by your thirsty muscles for storage as replaced glycogen and **PREVENTS** catabolism. Since the glucose is used up right away, your body **WON'T** experience the insulin spike normally associated with high-glycemic carbs, so you **DON'T** have to worry about fat storage.

**Optimum Anabolic Principle #23:**

Eat/drink about **100 GRAMS** of **HIGH-GLYCEMIC CARBS**  
**IMMEDIATELY** (within 1 hour) after your workout!

***A Word From The "Muscle Nerd" ...***

"**HIGH-glycemic/LOW-glycemic**... You've probably **NEVER** had to worry about this before have you?



Well, as they say, 'the proof is in the pudding!' and that 'pudding' will be lying right around your **WAIST** if you're spiking your insulin up and down from a diet high in sugars and processed foods.

Now, I'm not saying you have to eat **LEAVES** and **BARK** for the rest of your life! In fact, later on (page 104) I'll let you in on a little **TIP** that will help you stay **ON TRACK** with **ANY** diet program, and **STILL** allow you to indulge a bit!"

Table A: Glycemic Index (GI) Ratings of Common Foods

These are some of the most common foods and their measured GI rating. Other than immediately after you workout, it's recommended you eat foods with a GI rating of <b>70 or less</b> .					
Cereals		Fruit		Soups	
Bran	33	Cherry	23	Tomato	54
Oatmeal, long-cooking	49	Plum	25	Lentil	63
All Bran	69	Grapefruit	26	Split pea	86
Oat bran	85	Peach	30	Black bean	92
Oatmeal, instant	87	Pear	43	Snacks & Desserts	
Shredded Wheat	97	Grape	45	Sponge cake	59
Cheerios	106	Apple	49	Custard	59
Corn Flakes	112	Orange	54	Chocolate	70
Rice Krispies	120	Banana, green	56	Potato chips	77
Puffed Wheat	122	Kiwi	75	Popcorn	79
Puffed Rice	132	Mango	81	Ice cream	80
Breads, Grains & Pasta		Banana, ripe	90	Bran muffin	85
Rye, whole grain	42	Raisin	91	Angel food cake	95
Spaghetti, wheat	61	Apricot	94	Croissant	96
Spaghetti, semolina	67	Pineapple	94	Corn chips	105
Rye, pumpernickel	68	Watermelon	103	Donut	108
Couscous	66	Legumes		Waffle	109
Buckwheat	78	Peanuts	15	Jelly beans	114
Rice, brown	79	Soybeans, dried	25	Pretzels	116
Rice, white	81	Lentils	41	Rice cakes	117
Crackers, plain	100	Kidney beans	42	Dates	146
Whole wheat (bread)	100	Butter beans	44	Tofu "ice-cream"	155
White flour (bread)	100	Split peas	45		
Bagel	103	Chick peas (garbanzo)	47		
Dairy		Pinto beans	55		
Yogurt, non fat	32	Root Vegetables			
Milk, whole	39	Yam	59		
Milk, skim	46	Sweet potato	62		
Yogurt	44	Beet	64		
Custard	59	Potato, white, boiled	80		
Sugars		Carrot	92		
Fructose	32	Potato, mashed	104		
Sucrose	92	French fries	107		
Honey	104	Potato, baked	121		
Glucose	138	Parsnip	139		

## FATS: Can MORE be BETTER?

Yes, it's the dreaded "**F-WORD**"! It started off as the villain of the food pyramid, then it became Dr. Atkin's best friend. Now, high-fat diets are being beaten back down for raising cholesterol levels around the world.

### HERE'S THE "SKINNY" ON FATS...

While fats have teetered between hero and villain, research has shown that the **RIGHT KIND** of fats can actually...

- Significantly **INCREASE** the levels of testosterone in the body
- **REDUCE** the levels of heart-damaging cholesterol in your body
- Help you **LOSE BODYFAT** by prompting your body to use flab for **FUEL**
- **LOWER** muscle catabolism by sparing carbohydrate use as a fuel and allowing it to be used to repair muscle instead

Now, I could bore you with all the scientific analysis of high- and low-density lipoproteins (HDL and LDL) and triglycerides, but I'm going to assume you would rather I just cut to the chase. So in managing the amount of **HEALTHY** fat vs. heart-damaging cholesterol flowing through your body, simply remember this...

**LOWER LDL** in your bloodstream is **GOOD**

**LOWER triglycerides** in your bloodstream are **GOOD**

**HIGHER HDL** in your bloodstream is **GOOD**

### "SO WHAT ARE THE RIGHT KIND OF FATS?"

Now seems like the best time to restore the reputation of some of our fatty friends. Basically, we'll group fats into 5 different categories: **TRANS-FATTY ACIDS, SATURATED FATS, POLY-UNSATURATED OMEGA-3 FATS, POLY-UNSATURATED OMEGA-6 FATS,** and **MONO-UNSATURATED FATS.**

The following chart will show you which foods and oils belong in each category and which can play an important role in your diet...

<b>Fat</b>	<b>Total Cholesterol</b>	<b>LDL</b>	<b>Triglicerides</b>	<b>HDL</b>	<b>Verdict?</b>
<b>Trans-fatty acids</b> (Processed foods; margarines)	<b>Up</b>	<b>Up</b>	<b>Down</b>	<b>Down</b>	<b>Stay away!</b>
<b>Saturated fats</b> (animal products; dairy)	<b>Way up</b>	<b>Way up</b>	<b>Down</b>	<b>Up</b>	Limit to <b>10%</b> of total fat intake!
<b>Poly-unsaturated Omega-3 fats</b> (fish; fish oils; flax seed oil; sunflower oil, safflower oil; corn oil; soybean)	<b>Neutral</b>	<b>Neutral</b>	<b>Way Down</b>	<b>Neutral</b>	<b>YES!</b>
<b>Poly-unsaturated Omega-6 fats</b> (plants; plant oils; flax seed oil)	<b>Down</b>	<b>Down</b>	<b>Down</b>	<b>Up</b>	<b>More! More! More!</b>
<b>Mono-unsaturated fats</b> (avocados; olive oil; canola oil; nuts; flax seed oil)	<b>Down</b>	<b>Down</b>	<b>Down</b>	<b>Up</b>	<b>Yeah baby!</b>

**Optimum Anabolic Principle #24:**

Consume only **“GOOD FATS”** in your diet plan and eat/drink about **30 GRAMS IMMEDIATELY** after your workout to elevate **POST-WORKOUT** testosterone levels!

**Now let's put it all together...**

Ok, you've seen the good, the bad, and the ugly. It's time to custom-design a diet program specific to **YOUR** needs and goals. The charts beginning on this page will help you calculate your total calorie needs while rationing them out between proteins, carbs, and fat.

The meal plan you end up with is guaranteed to stimulate your **TESTOSTERONE** production into overdrive, allowing you to build the maximum amount of muscle possible while **BURNING** fat like a furnace. (Oh, and don't worry. I didn't forget about the **SEX DRIVE** thing!)

Let's get started...

**Your Personal OPTIMUM ANABOLICS Program Diet Plan**  
**(High Protein Periods)**

Enter the information requested, or calculation results in the space provided...

<b>Line 1</b>	<p><b>Your TOTAL bodyweight in pounds =</b></p> <p>(If using Kg, divide by 2.2 to determine your weight in lbs.)</p>	<p>_____ lbs.</p>
<b>Line 2</b>	<p><b>Multiply Line 1 x 11:</b></p> <p>Line 1 _____ X 11 =</p>	<p>_____</p>

Now we need to consider your **METABOLIC FACTOR** into the calculations...

***A Word From The "Muscle Nerd"...***



"As you know, everyone's **GENETIC METABOLISM** plays a major role in how they gain or lose weight.

To personalize your own diet plan you **MUST** account for your own metabolism!"

We'll use **THREE CATEGORIES** of metabolism to continue the calculations. Before you move on, compare yourself with the following definitions...

<b>SLOW METABOLISM</b>	<ul style="list-style-type: none"> <li>• You tend to gain weight very easily no matter <b>WHAT</b> you eat</li> <li>• You just <b>LOOK</b> at a Big Mac and your pants get tighter</li> <li>• Your "6-pack" looks more like a <b>KEG</b></li> </ul>
<b>MODERATE METABOLISM</b>	<ul style="list-style-type: none"> <li>• You generally find it <b>EASY</b> to maintain your weight as long as you don't overdo the junk food and beer</li> <li>• Your body looks generally <b>FORMLESS</b> from any angle</li> <li>• You're <b>DESPISED</b> by the people in the other two categories</li> </ul>
<b>FAST METABOLISM</b>	<ul style="list-style-type: none"> <li>• You can eat all the pizza you want and <b>NEVER</b> seem to gain a pound</li> <li>• You get <b>DEATH THREATS</b> from Overeaters Anonymous dropouts on a binge</li> <li>• French <b>SUPER-MODELS</b> tell you that you look thin</li> </ul>

Now, after determining which category best describes **YOU**, find your personal metabolic factor using the following scale:

<b>METABOLIC FACTOR %</b>			
	<b>Under 30 years old</b>	<b>30 – 40 years old</b>	<b>Over 40 years old</b>
<b>Slow Metabolism</b>	<b>30%</b>	<b>25%</b>	<b>20%</b>
<b>Moderate Metabolism</b>	<b>40%</b>	<b>35%</b>	<b>30%</b>
<b>Fast Metabolism</b>	<b>50%</b>	<b>45%</b>	<b>40%</b>

Now, on to the **NEXT STEP...**

<b>Line 3</b>	<p><b>Multiply Line 2 by your Metabolic Factor % from above:</b></p> <p style="text-align: center;">Line 2 _____ X _____ % =</p>	<hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> (Your Metabolic Factor)
<b>Line 4</b>	<p><b>Find your maintenance calorie requirement:</b></p> <p style="text-align: center;">Line 2 _____ + Line 3 _____ =</p>	_____ calories (Calories/day needed to <b>SUSTAIN</b> your current condition)

Now let's determine your daily **PROTEIN** requirements. The **REST** of your caloric needs will then fall into place.

<b>Line 5</b>	<p><b>Enter your bodyweight in pounds:</b></p>	_____ lbs.
<b>Line 6</b>	<p><b>Enter your bodyfat %:</b>                  (Use the Accumeasure bodyfat caliper included as a bonus in your program.)</p>	_____ %
<b>Line 7</b>	<p><b>Find your LEAN bodyweight by subtracting Line 6 from Line 5:</b></p> <p style="text-align: center;">Line 5 _____ - Line 6 _____ % =</p>	_____ lbs.
<b>Line 8</b>	<p><b>Find your daily PROTEIN requirements by multiplying Line 7 by 1.14 (g):</b></p> <p style="text-align: center;">Line 7 _____ X 1.14 (g) =</p>	_____ grams of protein per DAY

Now that we know how many grams of **PROTEIN** you need each day, we can find out how many grams of **CARBOHYDRATES** and **FAT** you'll need.

In the **OPTIMUM ANABOLICS PROGRAM** diet, we divide the rest of your caloric needs, after determining how many calories will come from protein, **EQUALLY** among carbohydrates and fat.

We know that **PROTEIN** contains **4 CALORIES** per gram, as do **CARBOHYDRATES**. **FAT**, on the other hand, contains more than **TWICE** the calories at a whopping **9 CALORIES** per gram. This is why fat has been so closely linked to flab...those calories can **REALLY** add up compared with protein and carbs.

We'll now use these numbers to calculate your daily **CARB** and **FAT** intake...

<b>Line 9</b>	<p><b>Calculate your daily caloric intake from protein by multiplying Line 8 by 4 (calories):</b></p> <p style="text-align: center;">Line 8 _____ X 4 (calories/gram) =</p>	<p>_____ calories/day</p>
<b>Line 10</b>	<p><b>Calculate the remaining number of calories needed after determining protein needs by subtracting Line 9 from Line 4:</b></p> <p style="text-align: center;">Line 4 _____ - Line 9 _____ =</p>	<p>_____ remaining calories/day</p>

**What do you want to do?**

Determining the rest of your daily caloric needs depends upon your personal goals. Do you want to stay the same weight but build muscle while burning fat? Are you looking to shed a few pounds while working toward better muscle definition? Or are you looking to bulk up while burning some unwanted bodyfat?

Choose which goal best fits **YOU** and continue with the appropriate calculations by completing **ONLY** those lines geared toward your goal. Here's how to proceed:

**Do you want to...**

Stay <b>same</b> weight / burn fat / build muscle?.....	<b>Continue with Lines 11 – 12</b>
<b>Lose</b> weight / burn fat / tone muscle?.....	<b>Skip to Lines 13 – 15</b>
<b>Gain</b> weight / burn fat / build muscle?.....	<b>Skip to Lines 16 – 18</b>

Goal: Stay same weight / burn fat / build muscle		
<b>Line 11</b>	<p><b>Calculate the number of CALORIES per day needed from carbs and fat (50/50) by dividing Line 10 by 2:</b></p> <p style="text-align: center;">Line 10 _____ ÷ 2 = _____</p> <p><b>(Answer is the same for carbs and fat)</b></p>	<p>_____ calories/day from <u>carbs</u></p> <p>_____ calories/day from <u>fats</u></p>
<b>Line 12</b>	<p><b>Calculate the number of GRAMS per day needed from carbs and fat by dividing the calories per day by 4 for carbs and by 9 for fats:</b></p> <p style="text-align: center;"><b>(Carbs):</b> Line 11 _____ ÷ 4 = _____</p> <p style="text-align: center;"><b>(Fats):</b> Line 11 _____ ÷ 9 = _____</p>	<p>_____ grams carbs/day</p> <p>_____ grams fat/day</p>

**Example #1 (High-Protein Periods):**

**Jim (36 years old; 185 lbs.; 16% bodyfat; moderate metabolism)**

<b>Line 1</b>	Total bodyweight in pounds =	185 lbs	
<b>Line 2</b>		185 X 11 =	2035
<b>Line 3</b>	Metabolic factor –	2035 X 35% =	712
<b>Line 4</b>		2035 + 712 =	2747 (maintenance calories)
<b>Line 5</b>	Total bodyweight in pounds =	185	
<b>Line 6</b>	Bodyfat % =	16%	
<b>Line 7</b>		185 - 16% =	155 (lean bodyweight)
<b>Line 8</b>		<b>155 X 1.14 =</b>	<b>177 (grams/day – protein)</b>
<b>Line 9</b>		177 X 4 =	708 (calories from protein)
<b>Line 10</b>		2747 – 708 =	2039 (calories remaining)
<b>Line 11</b>		2039 ÷ 2 =	1020 (calories/day – carbs & fat)
<b>Line 12</b>		<b>1020 ÷ 4 =</b>	<b>255 (grams/day – carbs)</b>
		<b>1020 ÷ 9 =</b>	<b>113 (grams/day – fat)</b>

Goal: Lose weight / burn fat / tone muscle		
Line 13	Subtract 500 calories from your remaining caloric needs (Line 10): Line 10 _____ - 500 (calories) =	_____ remaining calories/day
Line 14	Calculate the number of CALORIES per day needed from carbs and fat (50/50) by dividing Line 13 by 2:  Line 13 _____ ÷ 2 = (Answer is the same for carbs and fat)	_____ calories/day from <u>carbs</u>  _____ calories/day from <u>fats</u>
Line 15	Calculate the number of GRAMS per day needed from carbs and fat by dividing the calories per day by 4 for carbs and by 9 for fats:  ( <u>Carbs</u> ): Line 14 _____ ÷ 4 (calories) = ( <u>Fats</u> ): Line 14 _____ ÷ 9 (calories) =	_____ grams carbs/day  _____ grams fat/day

**Example #2 (High-Protein Periods):**

**David (42 years old; 225 lbs.; 24% bodyfat; slow metabolism)**

<b>Line 1</b>	Total bodyweight in pounds =	225 lbs	
<b>Line 2</b>		225 X 11 =	2475
<b>Line 3</b>	Metabolic factor: 2475 X 20% =	495	
<b>Line 4</b>		2475 + 495 =	2970 (maintenance calories)
<b>Line 5</b>	Total bodyweight in pounds =	225	
<b>Line 6</b>	Bodyfat % =	24%	
<b>Line 7</b>		225 - 24% =	171 (lean bodyweight)
<b>Line 8</b>		<b>171 X 1.14 =</b>	<b>195 (grams/day – protein)</b>
<b>Line 9</b>		195 X 4 =	780 (calories from protein)
<b>Line 10</b>		2970 – 780 =	2190
<b>Line 13</b>	2190 – 500 (calories/day) =	1690	(calories remaining)
<b>Line 14</b>		1690 ÷ 2 =	845 (calories/day – carbs & fat)
<b>Line 15</b>		<b>845 ÷ 4 =</b>	<b>211 (grams/day – carbs)</b>
		<b>845 ÷ 9 =</b>	<b>94 (grams/day – fat)</b>

Goal: Gain weight / burn fat / build muscle		
Line 16	Add 500 calories to your remaining caloric needs (Line 10): Line 10 _____ + 500 (calories) =	_____ remaining calories/day
Line 17	Calculate the number of CALORIES per day needed from carbs and fat (50/50) by dividing Line 16 by 2: Line 16 _____ ÷ 2 = (Answer is the same for carbs and fat)	_____ calories/day from <u>carbs</u> _____ calories/day from <u>fats</u>
Line 18	Calculate the number of GRAMS per day needed from carbs and fat by dividing the calories per day by 4 for carbs and by 9 for fats: ( <u>Carbs</u> ): Line 17 _____ ÷ 4 (calories) = ( <u>Fats</u> ): Line 17 _____ ÷ 9 (calories) =	_____ grams carbs/day _____ grams fat/day

**Example #3 (High Protein Periods):**

**Paul (26 years old; 150 lbs.; 9% bodyfat; fast metabolism)**

<b>Line 1</b>	Total bodyweight in pounds =	150 lbs.	
<b>Line 2</b>		150 X 11 =	1650
<b>Line 3</b>	Metabolic factor:	1650 X 50% =	825
<b>Line 4</b>		1650 + 825 =	2475 (maintenance calories)
<b>Line 5</b>	Total bodyweight in pounds =	150 lbs.	
<b>Line 6</b>	Bodyfat % =	9%	
<b>Line 7</b>		150 - 9% =	137 (lean bodyweight)
<b>Line 8</b>		<b>137 X 1.14 =</b>	<b>156 (grams/day – protein)</b>
<b>Line 9</b>		156 X 4 =	624 (calories from protein)
<b>Line 10</b>		2475 – 624 =	1851
<b>Line 16</b>		1851 + 500 (calories/day) =	2351 (calories remaining)
<b>Line 17</b>		2351 ÷ 2 =	1176 (calories/day – carbs & fat)
<b>Line 18</b>		<b>1176 ÷ 4 =</b>	<b>294 (grams/day – carbs)</b>
		<b>1176 ÷ 9 =</b>	<b>131 (grams/day – fat)</b>

Phew! That's a lot of math, huh? Well, let's sum it all up and compile your very own **PERSONALIZED** nutrition plan that'll provide your muscles with the precise building blocks they'll need for **QUANTUM GROWTH...**

<b>Your Personal <u>High-Protein</u> Diet Plan</b>		
<b>Protein</b>	(Remember Optimum Anabolic Principle #19)  Line 8 _____ X 25% =	_____ grams <b>IMMEDIATELY</b> after workout  <b>(Answer A)</b>
	Line 8 _____ - <b>(Answer A)</b> ÷ 5 (meals) =	_____ grams per remaining 5 meals
<b>Carbs</b>	(Remember Optimum Anabolic Principle #22)	100 grams (high GI) <b>IMMEDIATELY</b> after workout
	_____ - 100 (g) ÷ 5 (meals) = "Carb" answer from Line 12, 15, or 18 (depending upon your goals)	_____ grams per remaining 5 meals
<b>Fats</b>	(Remember Optimum Anabolic Principle #23)	30 grams <b>IMMEDIATELY</b> after workout
	_____ - 30 (g) ÷ 5 (meals) = "Fat" answer from Line 12, 15, or 18 (depending upon your goals)	_____ grams per remaining 5 meals

OK, now it's time to make a **SEPARATE** plan for your **3-WEEK PROTEIN DEPRIVATION PERIODS**. You'll use the **SAME** calculations, only this time, instead of determining your protein requirements based upon your lean bodyweight, **EVERYONE** will use a daily amount of only **30 GRAMS!**

Here's another set of tables to simplify your calculations in determining how to distribute the **REST** of the calories needed to reach your personal goals...

**Your Personal OPTIMUM ANABOLICS Program Diet Plan**  
**(Protein Deprivation Periods)**

Enter the information requested, or calculation results in the space provided...

<b>Line 19</b>	<p>Calculate the remaining number of calories needed for your <b>PROTEIN DEPRIVATION</b> periods by subtracting <b>120 calories</b> (equal to your <b>30 grams of protein</b>) from <b>Line 4</b> of your previous tables:</p> <p align="center">Line 4 _____ - 120 =</p>	<p>_____ remaining calories/day</p>
----------------	---	---

**What do you want to do?**

Time to revisit your **GOALS** from the previous calculations. Use the **SAME** goal you chose for your **HIGH-PROTEIN DIET** periods and continue with the appropriate calculations by completing **ONLY** those lines geared toward your goal. Here's how to proceed:

**Do you want to...**

Stay <b>same</b> weight / burn fat / build muscle?.....	<b>Continue with Lines 20 – 21</b>
<b>Lose</b> weight / burn fat / tone muscle?.....	<b>Skip to Lines 22 – 24</b>
<b>Gain</b> weight / burn fat / build muscle?.....	<b>Skip to Lines 25 – 27</b>

Goal: Stay same weight / burn fat / build muscle		
<b>Line 20</b>	<p>Calculate the number of <b>CALORIES</b> per day needed from carbs and fat (50/50) by dividing Line 19 by 2:</p> <p style="text-align: center;">Line 19 _____ ÷ 2 =</p> <p style="text-align: center;">(Answer is the same for carbs and fat)</p>	<p style="text-align: right;">_____ calories/day from <u>carbs</u></p> <p style="text-align: right;">_____ calories/day from <u>fats</u></p>
<b>Line 21</b>	<p>Calculate the number of <b>GRAMS</b> per day needed from carbs and fat by dividing the calories per day by 4 for carbs and by 9 for fats:</p> <p style="text-align: center;"><u>(Carbs)</u>: Line 20 _____ ÷ 4 =</p> <p style="text-align: center;"><u>(Fats)</u>: Line 20 _____ ÷ 9 =</p>	<p style="text-align: right;">_____ grams carbs/day</p> <p style="text-align: right;">_____ grams fat/day</p>

**Example #1 (Protein Deprivation Periods):**

**Jim (36 years old; 185 lbs.; 16% bodyfat; moderate metabolism)**

	<b>Total daily protein intake =</b>	<b>30</b>	<b>(grams/day)</b>
<b>Line 4</b>	(From previous tables) =	2747	(maintenance calories)
<b>Line 19</b>	2747 – 120 =	2627	(calories remaining)
<b>Line 20</b>	2627 ÷ 2 =	1314	(calories/day – carbs & fat)
<b>Line 21</b>	<b>1314 ÷ 4 =</b>	<b>329</b>	<b>(grams/day – carbs)</b>
	<b>1314 ÷ 9 =</b>	<b>146</b>	<b>(grams/day – fat)</b>

Goal: Lose weight / burn fat / tone muscle		
Line 22	Subtract 500 calories from your remaining caloric needs (Line 19): Line 19 _____ - 500 (calories) =	_____ remaining calories/day
Line 23	Calculate the number of CALORIES per day needed from carbs and fat (50/50) by dividing Line 22 by 2:  Line 22 _____ ÷ 2 = (Answer is the same for carbs and fat)	_____ calories/day from <u>carbs</u>  _____ calories/day from <u>fats</u>
Line 24	Calculate the number of GRAMS per day needed from carbs and fat by dividing the calories per day by 4 for carbs and by 9 for fats:  (Carbs): Line 23 _____ ÷ 4 (calories) = (Fats): Line 23 _____ ÷ 9 (calories) =	_____ grams carbs/day  _____ grams fat/day

**Example #2 (Protein Deprivation Periods):**

**David (42 years old; 225 lbs.; 24% bodyfat; slow metabolism)**

	<b>Total daily protein intake =</b>	<b>30</b>	<b>(grams/day)</b>
<b>Line 4</b>	(From previous tables) =	2970	(maintenance calories)
<b>Line 19</b>	2970 – 120 =	2850	(calories remaining)
<b>Line 22</b>	2850 – 500 (calories/day) =	2350	(calories remaining)
<b>Line 23</b>	2350 ÷ 2 =	1175	(calories/day – carbs & fat)
<b>Line 24</b>	<b>1175 ÷ 4 =</b>	<b>294</b>	<b>(grams/day – carbs)</b>
	<b>1175 ÷ 9 =</b>	<b>131</b>	<b>(grams/day – fat)</b>

Goal: Gain weight / burn fat / build muscle		
<b>Line 25</b>	Add 500 calories to your remaining caloric needs (Line 19): Line 19 _____ + 500 (calories) =	_____ remaining calories/day
<b>Line 26</b>	Calculate the number of CALORIES per day needed from carbs and fat (50/50) by dividing Line 25 by 2: Line 25 _____ ÷ 2 = (Answer is the same for carbs and fat)	_____ calories/day from <u>carbs</u> _____ calories/day from <u>fats</u>
<b>Line 27</b>	Calculate the number of GRAMS per day needed from carbs and fat by dividing the calories per day by 4 for carbs and by 9 for fats: <u>(Carbs)</u> : Line 26 _____ ÷ 4 (calories) = <u>(Fats)</u> : Line 26 _____ ÷ 9 (calories) =	_____ grams carbs/day _____ grams fat/day

**Example #3 (Protein Deprivation Periods):**

**Paul (26 years old; 150 lbs.; 9% bodyfat; fast metabolism)**

	<b>Total daily protein intake =</b>	<b>30</b>	<b>(grams/day)</b>
<b>Line 4</b>	(From previous tables) =	2475	(maintenance calories)
<b>Line 19</b>	2475 – 120 =	2355	(calories remaining)
<b>Line 25</b>	2355 + 500 (calories/day) =	2855	(calories remaining)
<b>Line 26</b>	2855 ÷ 2 =	1428	(calories/day – carbs & fat)
<b>Line 27</b>	<b>1428 ÷ 4 =</b>	<b>357</b>	<b>(grams/day – carbs)</b>
	<b>1428 ÷ 9 =</b>	<b>159</b>	<b>(grams/day – fat)</b>

Ok, let's pull all of your information into a comprehensive chart you can easily follow during your 3-week **PROTEIN DEPRIVATION** periods...

<b>Your Personal <u>Protein Deprivation</u> Diet Plan</b>		
<b>Protein</b>	Consume ALL <b>30 GRAMS</b> of your daily protein requirement <b>IMMEDIATELY</b> after your workout	
<b>Carbs</b>	(Remember Optimum Anabolic Principle #22)	<b>100 grams (high GI)</b> <b>IMMEDIATELY</b> after workout
	$\underline{\hspace{2cm}} - 100 \text{ (g)} \div 5 \text{ (meals)} =$ "Carb" answer from Line 21, 24, or 27 (depending upon your goals)	$\underline{\hspace{2cm}}$ grams per remaining 5 meals
<b>Fats</b>	(Remember Optimum Anabolic Principle #23)	<b>30 grams</b> <b>IMMEDIATELY</b> after workout
	$\underline{\hspace{2cm}} - 30 \text{ (g)} \div 5 \text{ (meals)} =$ "Fat" answer from Line 21, 24, or 27 (depending upon your goals)	$\underline{\hspace{2cm}}$ grams per remaining 5 meals

**A Word From The "Muscle Nerd"...**

"Ahhhh yes...those lovely **PROTEIN DEPRIVATION CYCLES!** Sorry guys, there's no way to sugar coat this. These 3-week cycles will remind you of the days when you were 4 years old and your neighbor dared you to eat dirt and tree bark! But it goes by fast and **JUST WAIT** until you feel the **TESTOSTERONE SURGE!**

Seriously...it's really not all that bad and you'll get used to the diet in no time. Although it's difficult to offer a meal plan for each day of this cycle, here's some additional advice I can offer based upon how I have made it through these cycles...

Basically, have **LOTS** of **FRUIT, VEGETABLES, WATER** and **NUTS** on hand. (Mmmmmmm...sounds delicious doesn't it?)



I eat a **LOT** of **OATMEAL** and **RAW OAT BRAN** and put either some **OLIVE OIL, FLAX SEED OIL,** or **PEANUT BUTTER** in it to make it more palatable.

**FRUITS** and **NUTS** make up the mainstay of the rest of my diet. Mainly because it's so easy to count carbs and fats, but also because they're the most filling.

**MEXICAN FOOD**, without the meat of course, is also a great option, and don't forget **PASTA** without meat sauce! **THAI** and **CHINESE FOOD** are also good options because of the tasty combinations of vegetables and noodles in their dishes.

As you can see, there are a **LOT** more options than you may have thought! All you really have to do is pretty much **CUT OUT DAIRY AND MEAT** (including eggs, poultry, fish, etc.) from your diet and you'll find it pretty easy to stay on track.

Oh, and remember...**DON'T** worry too much about the small amounts of protein found in the nuts, breads, and pastas you consume during your protein deprivation cycles. With a lower **Biological Value (BV) Rating**, they won't affect you enough to make that much of a difference."

"So what am I supposed to do now? Carry a calculator around with me and measure all my freakin' food?"

Don't worry, you don't have to be **THAT** brutal. But if you're **SERIOUS** about reaching your goals, a little homework is all you'll really need. You'll be surprised how easy it will be for you to learn **WHAT** foods you can eat and how **MUCH** to put on your plate.

Here's what you need to do...

For the next **2 WEEKS**, read the nutrient label located on the packaging of every food you put in your mouth. As close as you can, try to consume the amounts of **PROTEIN, CARBS** and **FAT** you're allowed for the meal you're eating according to your **PERSONAL DIET PLANS** from your previous calculations.

Write the total amount of protein, carbs and fat for each item into a small notebook you can use as a simple **DIET JOURNAL**. It won't take long to see just how close you are to your target and where you need to adjust.

The only tools you should need are a set of **MEASURING CUPS** and **SPOONS**, and a small **SCALE** if you have one. Now, I know **MOST** people **DON'T** have a scale, and besides, who wants to measure their food out at a restaurant?

Well, here's a quick way to "eye" your portions and guess the right amount:

Food Portion...	Looks something like...
1 tsp of butter, mayo, jam, etc.	the tip of your thumb
1 Tbsp of salad dressing	½ a golf ball
1 oz sausage link	a shotgun shell
1 oz cubed cheese	four stacked dice
1 oz shredded cheese	a ping pong ball
3 oz beef, chicken, fish...	a deck of cards
4 oz dry spaghetti	the diameter of a quarter
½ cup ice cream	a tennis ball
1 cup cooked rice or pasta	a tight fist
8 oz lasagna	two stacked hockey pucks

Here's another **GREAT TIP**...

You already **KNOW** what your **DAILY** needs are for grams of proteins, carbs, and fat. Instead of trying to **ADD UP** all of your grams per meal and **THEN** subtract them from your daily requirements, simply **SUBTRACT** the number of grams at **EACH MEAL** from the **PREVIOUS** tally.

Here's how it works...

If you know you need **156 grams of protein**, **294 grams of carbs**, and **131 grams of fat** each day, **START** with these numbers in the morning when you wake up.

Morning workout? OK, your first meal was a post workout shake with **39 grams of protein**, **100 grams of carbs** (**HIGH-GLYCEMIC**, right?!) and **30 grams of fat**.

Now if you're like me and need to take off your shoes to count past 10, just whip out your trusty **DIET JOURNAL** and a **PENCIL** and do the calculations...

	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>
(g) needed for the day	156	294	131
(g) from current meal	- 39	- 100	- 30
<b>(g) left for rest of the day</b>	<b>117</b>	<b>194</b>	<b>101</b>

Now, a couple hours later you eat a small bowl of pasta with a half can of tuna dumped in it and some olive oil sprinkled on top (touch of fresh basil?), washed down with 8 oz. of whole milk. Add up all of the protein, carbs and fat from everything in your meal and you come up with a total of **24 grams of protein**, **30 grams of carbs**, and **16 grams of fat**. Now pick up where you left off...

	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>
(g) left after last meal	117	194	101
(g) from current meal	- 24	- 30	- 16
<b>(g) left for rest of the day</b>	<b>93</b>	<b>164</b>	<b>85</b>

---

**A Word From The "Muscle Nerd"...**

---

"Get the picture?



As the day goes on you can **REALLY** plan your meals better because you know **EXACTLY** how many grams you have left to meet your goals.

Too **LITTLE** fat for the day? Grab a handful of **NUTS!**

Need **MORE** protein but have hit your **LIMIT** on carbs? Blend up a scoop of **PROTEIN POWDER** with some **WATER!** (Hey, it's really not as bad as you may think!)"

---

The adjusting of your diet is so much easier when you track what you have **LEFT** to eat for the day. In no time you'll be doing the calculations in your head and you'll know just how many grams of protein, carbs and fat are in your favorite meals. It'll be child's play for you...I promise!

---

**A Word From The "Muscle Nerd"...**

---



"Now, just so you can't accuse me of being a total 'diet-dictator', here's a little secret that will bring you some relief **AND** actually help you stay on track with your diet..."

---

It's a known fact that most diets, whether for muscle building or fat loss, **FAIL** because once a person 'cheats' they usually end up cheating **BIG** and then give up completely.

I say if you're going to cheat...**EMBRACE IT!**

Here's what I mean...

Take **ONE DAY** out of the week. On this day, go ahead and eat...

**WHATEVER THE HELL YOU WANT!**

That's right, go ahead and splurge! This little 'break' serves a dual purpose.

Besides taking care of those little ‘cravings’ that are guaranteed to pop up along the way (for me it was Big Macs!), you’re actually allowing yourself a little ‘reward’ to look forward to each and every week.

Knowing this break is coming will help you stay committed to your mass building/fat loss diet the **REST** of the week.

Now, a few special notes...

First, while this day can be **ANY** day from your workout week, I’ve always found it best to make it on the first of my two days off. This provides an **IMMEDIATE** reward for your hard work and still allows you to get the proper nutrients the day before you get back into the meat grinder.

Second, if you’re in one of your 3-week **PROTEIN DEPRIVATION CYCLES**, be sure to **STAY** with your 30 gram **MAXIMUM** protein consumption. Sorry, you don’t get to stray from this principle during those three short weeks.

This may be your biggest challenge, but it will pay off **BIG** in the end.

And lastly, this one day you give yourself is the **ONLY** day you should consume any alcoholic beverages.

That may be aiming a little too high for some, but think about this...

Studies have shown conclusively that your performance the day after consuming alcoholic beverages is decreased by a whopping **20%**! That’s a **HUGE** decrease, and one that you shouldn’t let rob you of getting the maximum gains possible.

### *A Word From The “Muscle Nerd”...*



“Well, I hope this break will help you stay focused on meeting your goals. I’m a firm believer in moderation being key to staying committed.

Let’s move on to another important, yet easily overlooked, element of your diet...”

## Hydration Information

While your body is made up of **60% WATER**, your muscles are actually made up of a whopping **80%**. When you force your body into overdrive by taking on an intense exercise regimen like the **OPTIMUM ANABOLICS PROGRAM**, you start to tap into those reserves by sweating.

This **ESPECIALLY** hurts bodybuilders for a number of reasons...

1. When you work out, you significantly **RAISE** your **CORE BODY TEMPERATURE**. This added internal heat can drastically **DECREASE** your performance levels since your muscles will unnecessarily be fatigued due to lack of hydration. Drinking **COLD WATER** (which is absorbed **FASTER** by the body than room temperature or warm water) will actually help cool you from the **INSIDE** and **INCREASE** your workout performance.
2. You could simply **PASS OUT!** If you lose only **1%** of the water in your body – that’s only a little more than a **POUND** for a 180 lb. guy – fatigue can set in and you’re at a **MUCH** greater risk of **HEAT EXHAUSTION**.
3. **RECOVERY** slows down. Your body relies on the **WATER** in your system to **MOVE** all of those nutrients it needs to repair and grow muscle to the cells that have been damaged. If your water tank is low, delivery of these nutrients through the body will look something like a Los Angeles freeway at 5:00 pm on a Friday.
4. As ironic as it may seem, when you **DON'T** drink enough water, your body **ADAPTS** (as it’s programmed to do!) by actually **RETAINING** more fluids. This will give you a **TIRED, PUFFY** look, **HIDING** those newly developed muscles. By downing the proper fluids, your body has no reason to hold onto any extra and your biceps will once again **BULGE**.

### *A Word From The “Muscle Nerd”...*



“Very few people get the amount of good clean water they need each day, but as you can see, bodybuilders **ESPECIALLY** need to make sure they’re plenty hydrated.

But I’m sure I know what your next question is...”

*"So how MUCH do I need to drink?"*

That answer will be different for everyone. But generally, if you follow these guidelines, you should stay **PLENTY** hydrated to ensure maximum performance:

<b>Before your workout</b>	<ul style="list-style-type: none"> <li>• Drink at <b>LEAST 1 – 2 CUPS</b> of <b>WATER</b> before you begin training</li> </ul>
<b>During your workout</b>	<ul style="list-style-type: none"> <li>• Drink about a <b>HALF A CUP</b> of <b>WATER</b> every <b>5 – 10 MINUTES</b> while you're training</li> </ul>
<b>Throughout the day</b>	<ul style="list-style-type: none"> <li>• Try to consume a total of about a <b>GALLON</b> or <b>MORE</b> of water throughout the day</li> <li>• Buy a one-liter bottle of water and take a few swigs every <b>5 – 10 MINUTES</b> or so. Refill the bottle at the sink 2 – 3 more times and you're "good to go"</li> <li>• Avoid soft-drinks and coffee/tea...they <b>DON'T COUNT</b> toward your gallon</li> <li>• You should have to use the bathroom about every hour or so...any <b>MORE</b> than that and you may be overdoing it</li> </ul>

***A Word From The "Muscle Nerd" ...***



"Getting in a habit of drinking a **GALLON** or more of water each day is a challenge for some people, but believe me...you **NEED** it!"

**Optimum Anabolic Principle #25:**  
 Keep your body properly hydrated **BEFORE, DURING,**  
 and **AFTER** your workouts!

## What About Supplements?

Although following the guidelines I've given you in the **OPTIMUM ANABOLICS PROGRAM** will do **FAR** more for building real muscle than any supplement can give you, there are a few (and I do mean only a **FEW**) that can provide some benefits for achieving your goals.

But you must remember this...

A body **BUILT** with supplements, **RELIES** on supplements!

In other words, as soon as you start taking supplements to help you achieve the muscle, your body becomes dependent on the additional support to **MAINTAIN** what you've gained.

This principle applies to practically every aspect of bodybuilding. That's why, as a simple example, if you gain 20 pounds of muscle by following a workout program and then suddenly stop working out, your body, in its quest to find its balance for only meeting the new demands, will begin shedding "excess" muscle it no longer needs.

This can be seen in its most extreme by taking a look at bodybuilders who resort to anabolic steroids to get the muscle they want. Sure, they get bigger faster. But they also get **SMALLER** faster as soon as they stop pumping the "juice" through their veins!

### A Word From The "Muscle Nerd"...

"I have a good friend who, through 'proper' use of anabolic steroids, got up to a massive 245 lbs of rock hard muscle! At 6' 4" and only 5% bodyfat, he was one **BIG SON-OF-A**...well, you get the picture.



But when he finally went off the juice, he shot straight down...

**to only 155 POUNDS!**

Take it from me, '**FAKE**' muscle is only temporary and not worth the problems it can cause. But through the **OPTIMUM ANABOLICS PROGRAM**, you'll soon find out that...

**REAL MUSCLE LASTS!**

But there **ARE** a few supplements that can give you an added edge to reaching your goals.

Here's my list of the **REAL PERFORMERS**...

## **PERFORMANCE ENHANCEMENT**

**SUPPLEMENT:** Creatine Monohydrate

**USES:** Creatine can significantly boost your power and strength by helping your body quickly regenerate your Adenosine Tri-Phosphate (ATP) stores during your workout (for more information on ATP see page 69). This regeneration gives you more energy during your workouts and allows you to work harder, creating more stimulation for your muscles.

Additionally, creatine can produce a small amount of rapid weight gain due to an increase in muscle water content.

**POSSIBLE SIDE EFFECTS:** None recorded. But make sure you drink **PLENTY** of water while supplementing, as creatine can increase dehydration rates.

**DOSAGE:** 20 grams per day spread out over four 5-gram doses for 6 days to "saturate" the muscles. Then take about 5 grams per day to "maintain" levels.

For best results, cycle creatine supplementation 8 weeks on, 4 weeks off.

Also, even **SMALL** amounts of **CAFFEINE** can block the effects of creatine. To take full advantage of its benefits, lay off the coffee, tea, and caffeinated soft drinks until your 4-week "off" cycle.

**TESTOSTERONE BOOSTER/CORTISOL BLOCKER**

**SUPPLEMENT:** Acetyl-L-Carnitine (ALC)

**USES:** ALC increases production of **DOPAMINE** (a potent “feel-good” hormone) in the brain and subsequently also increases **TESTOSTERONE** levels in the body. At the same time, it’s been useful in reducing the amount of muscle-stealing **CORTISOL** brought on by exercise.

ALC has also been known to increase alertness, mental focus, and reaction speed.

**POSSIBLE SIDE EFFECTS:** Due to “stimulant-like” effects, using ALC after 3 pm may disrupt your sleep.

**DOSAGE:** 1000 – 2000 mg in early morning; 1000 – 2000 mg around noon.

**MUSCLE BUILDER**

**SUPPLEMENT:** Protein Powders/Meal Replacement Powders (MRP’s)

**USES:** Protein Powders and MRP’s are a convenient, nutritious way to add extra calories to your diet while providing the amino acids essential for muscle growth.

**POSSIBLE SIDE EFFECTS:** None recorded. Although be sure to consume **LOTS** of water to help process the protein and flush out waste.

**DOSAGE:** 1.14 grams of protein per pound of **LEAN** bodyweight. (See Factor 8 for information on determining your personal daily requirements.)

## **MUSCLE BOOSTER**

**SUPPLEMENT:** Liquid Amino Acid Concentrate

**USES:** Protein molecules are much too big by themselves to fit through the walls of your muscle cells. Therefore they must first break down into smaller amino acids, pass through the cell walls and reconstruct on the other side. Liquid amino acid supplements are already broken down and reach their target quicker.

The time when this is most useful is **IMMEDIATELY** after your workout when your body is primed for a quick burst of muscle building aminos to begin the recovery and rebuilding process.

My suggested supplement is **TwinLab's Liquid Amino Fuel**. It's cheap and effective!

**POSSIBLE SIDE EFFECTS:** None recorded.

**DOSAGE:** 3 Tablespoons taken **IMMEDIATELY** after your workout. Let the liquid sit under your tongue for 30 seconds before swallowing for faster absorption (Be sure to count the grams of protein toward your total post-workout protein meal.)

## **MUSCLE MAINTENANCE**

**SUPPLEMENT:** Multi-Vitamin/Mineral/Anti-Oxidant Supplement

**USES:** Although a proper diet should provide all of the proper building blocks for muscle growth and maintenance, the reality is that few people eat enough of the right kinds of foods to meet their needs. A good multi-vitamin/mineral supplement containing anti-oxidants can help fill in the gap, especially for bodybuilders needing larger supplies of nutrients.

Vitamins and minerals are **NOT** optional if you want to build muscle. Muscle growth depends upon several internal functions and without the proper supply of the vitamins and minerals to support them, your muscles will **NEVER** reach their full potential.

**POSSIBLE SIDE EFFECTS:** None recorded.

**DOSAGE:** Stick with reliable manufacturers and follow the recommended dosage. To be sure you're getting a vitamin that will digest well, take one tablet or capsule and place it in a small cup of warm vinegar. If the pill dissolves or breaks up into small pieces within 30 minutes, then it'll digest in your stomach for the body's use. Also consider liquid supplements as a worthwhile alternative.

## **MUSCLE SAVER**

**SUPPLEMENT:** L-Glutamine Powder

**USES:** Glutamine is the most common amino acid found in your muscles (61%) and plays a key role in protein synthesis. During intense training, Glutamine is quickly depleted, decreasing strength and recovery ability.

Supplementing with L-Glutamine reduces muscle breakdown and aids in the secretion of Human Growth Hormone (HGH). In fact, recent studies have shown that L-Glutamine supplementation can increase HGH levels by as much as **400%**.

**POSSIBLE SIDE EFFECTS:** None expected. (However excessive doses can cause upset stomach. Many supplements now have L-Glutamine added already so read the ingredients to see how much you're already getting.)

Also, there have been a few studies that have proposed that over time, L-Glutamine supplementation can increase ammonia levels in the body. If this is a concern (personally, I've never had a problem) then it's suggested to use L-Glutamine with Alpha Ketoglutarate (AKG) added to it. Several manufacturers are offering this combination...at a **MUCH** higher price.

**DOSAGE:** Take about 5 grams added to a beverage, twice a day. Drink **IMMEDIATELY** after your workout and before going to bed.

## PUTTING IT ALL TOGETHER

Well, there you have it! All the tools you need to pack on those bulging muscles that have eluded you for so long.

### NOW IT'S UP TO YOU!

All of this information means **NOTHING** if you don't put some **ACTION** behind it, but I have faith in you! I know from experience that if you walk through that gym door armed with a **PLAN**, you're **10 TIMES** more likely to succeed in meeting your goals.

### BUT YOU MUST STICK TO THE PLAN!

All of the principles I've outlined for you are complete **NECESSITIES** if you **EVER** hope to surpass your genetic potential. I assure you that **ALL** of the training factors have been thoroughly **RESEARCHED** and **PROVEN** with **REAL RESULTS!**

If you decide that **FACTOR 3** (as an example) is total "B.S." because some **STEROID-PUMPING MUTANT** wrote something different in a muscle magazine article about his **OWN** workout routine, you just got **DUPED!**

### A Word From The "Muscle Nerd"...



"Stick with the **HYPER-ADAPTIVE CYCLING** principles I've given you and follow **ALL** of the other **ANABOLIC FACTORS** and I **PROMISE** you that the results you get will be nothing short of **AMAZING!**"

To help you put your very own **OPTIMUM ANABOLICS PROGRAM** together, I've compiled each chapter's principles into **ONE PLACE** beginning on the next page. Keep this page close by and review it at least **ONCE EVERY DAY** for the next **WEEK**.

If **LASTING MUSCLE** is what you're after, the principles provided in the **OPTIMUM ANABOLICS PROGRAM** **MUST** become **SECOND NATURE!**

**THE OPTIMUM ANABOLICS PRINCIPLES**

**FACTOR 1 – HYPER-ADAPTIVE CYCLING:**

**Optimum Anabolic Principle #1:**

Integrate **HYPER-ADAPTIVE CYCLES** into your **WORKOUT** and **DIET** programs for maximum growth **WITHOUT** plateaus!

**FACTOR 2 – BODY PART TRAINING FREQUENCY:**

**Optimum Anabolic Principle #2:**

**NEVER** target a specific body part more than **ONCE PER WEEK!**

**FACTOR 3 – TRAINING SESSION LENGTH:**

**Optimum Anabolic Principle #3:**

Limit your workouts to **60 MINUTES** or **LESS...PERIOD!**

**Optimum Anabolic Principle #4:**

**SUPERSET** exercises of **OPPOSING** muscle groups to take advantage of **ACTIVE RECOVERY** periods!

**Optimum Anabolic Principle #5:**

**SUPERSET** a combination of **ISOLATION** and **COMPOUND** exercises to **“PRE-EXHAUST”** large muscle groups!

**FACTOR 4 – EXERCISE SELECTION AND FORM:**

**Optimum Anabolic Principle #6:**

**ALWAYS** select exercises with the **HIGHEST** levels of **MIND – CENTRAL NERVOUS SYSTEM – MUSCLE** connection!

**Optimum Anabolic Principle #7:**

**ALWAYS** choose a weight that allows you to reach your target reps while still maintaining **SUPER-STRICT FORM** and **FULL RANGE OF MOTION!**

**FACTOR 5 – NUMBER OF SETS AND REPETITIONS:**

**Optimum Anabolic Principle #8:**

Go for the “**PUMP**” by lifting **8 – 15 REPETITIONS** per exercise!

**Optimum Anabolic Principle #9:**

During **PROGRESSIVE LOAD** periods, increase the number of **SETS** each week and bring each set’s **REPETITIONS** to **MUSCULAR FAILURE!**

**Optimum Anabolic Principle #10:**

During **HYPER-ADAPTIVE CYCLES**, **DECREASE** the number of **SETS** you perform and execute **ONLY** enough repetitions to go **2 - 3 REPS SHORT** of **MUSCULAR FAILURE!**

**FACTOR 6 – REPETITION SPEED:**

**Optimum Anabolic Principle #11:**

Use an **EXPLOSIVE 1 - 2 SECOND** movement during the **CONCENTRIC** phase of your repetitions!

Use a **SLOW, DELIBERATE “4-COUNT”** movement during the **ECCENTRIC** phase of your repetitions!

**FACTOR 7 – REST CYCLES:**

**Optimum Anabolic Principle #12:**

Get at least **7-8 HOURS SLEEP** each and every night!

**Optimum Anabolic Principle #13:**

Steadily **DECREASE** workout rest periods during your **PROGRESSIVE LOAD PHASES!**

**Optimum Anabolic Principle #14:**

Drastically **INCREASE** workout rest periods during **HYPER-ADAPTIVE CYCLES!**

**FACTOR 8 – DIET:****Optimum Anabolic Principle #15:**

During your **HIGH-PROTEIN** diet periods, consume **1.14 GRAMS** of **PROTEIN** per **POUND** of **LEAN** bodyweight each day!

**Optimum Anabolic Principle #16:**

During your **3-WEEK PROTEIN-DEPRIVATION** periods, consume only **30 GRAMS OF PROTEIN** a day taken **IMMEDIATELY** after your workouts!

**Optimum Anabolic Principle #17:**

During your **3-WEEK HYPER-ADAPTIVE CYCLE DIET** periods, consume **ONE EXTRA PROTEIN MEAL**, of about **30 GRAMS** protein, each day!

**Optimum Anabolic Principle #18:**

Ensure the **BULK** of the proteins in your diet consist of the **HIGHEST** bio-available sources

**Optimum Anabolic Principle #19:**

Distribute your required nutrient intake over **5-6 SMALLER MEALS** throughout the day!

**Optimum Anabolic Principle #20:**

During your **HIGH-PROTEIN DIET** periods, take advantage of key growth opportunities for protein intake and consume **25%** of your required daily protein needs **IMMEDIATELY** after your workout!

**FACTOR 8 – DIET (CONT'D) :**

**Optimum Anabolic Principle #21:**

Drink **2-3 PROTEIN/MEAL REPLACEMENT SHAKES** each day to help you consume the calories and protein you'll need for growth!

**Optimum Anabolic Principle #22:**

Eat **LOW-GLYCEMIC CARBOHYDRATES** throughout the day!

**Optimum Anabolic Principle #23:**

Eat/drink about **100 GRAMS** of **HIGH-GLYCEMIC CARBS** **IMMEDIATELY** (within 1 hour) after your workout!

**Optimum Anabolic Principle #24:**

Consume only "**GOOD FATS**" in your diet plan and eat/drink about **30 GRAMS IMMEDIATELY** after your workout to elevate **POST-WORKOUT** testosterone levels!

**Optimum Anabolic Principle #25:**

Keep your body properly hydrated **BEFORE, DURING,** and **AFTER** your workouts!