

Big Kiwi

Muscle Building Secrets Unleashed!



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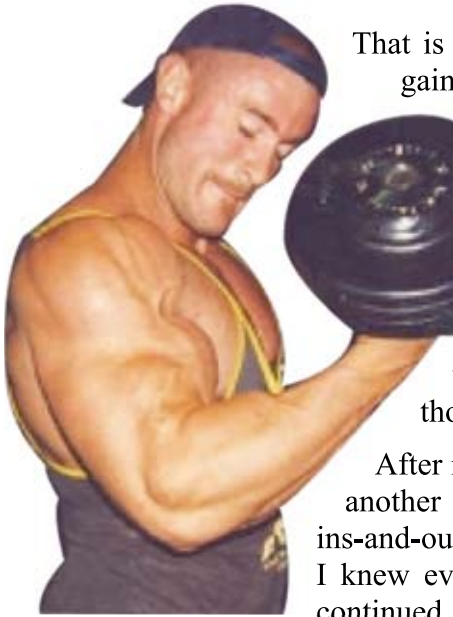
Introduction

My name is Justin Rys, a.k.a. “Big Kiwi”. I am a former Oceania, and a former Mr. Australasia. I have competed professionally against the best bodybuilders in the world, including Ronnie Coleman and Chris Cormier. I’m proud of my accomplishments, but the road to my success has been a long and difficult one. I would not have achieved my goals without my steadfast determination, motivation, and hard work. I was always a sportsman at school, and I played your typical sports like rugby and soccer. I also became a great sprinter. One day, as I was sprinting, I basically tore one of my quadriceps from the bone. The doctor concluded that my muscles were growing too fast for my tendons to keep up. As you can imagine, that put a fast stop to my sprinting career. Although I was good at athletics, I had never even thought about lifting weights until this point.



I didn’t know anything about supplements or weight training, but I started going to the gym for rehab and physical therapy. Being a sprinter, I had a lot of fast twitch muscle fibers that I thought would respond quite well to weight training.

So at seventeen years old, I started going to a gym called “Better Bodies” after school in my uniform. I really had no idea what I was doing, but I started lifting some weights and within the first three months I gained 20 kgs.



That is a ridiculous amount of weight gain for such a short period. People thought I was on steroids, but I didn't even know what those were at that stage !

I didn't know anything about muscle groups or body parts; I just thought I'd lift weights to heal my leg and get some veins to poke out because I thought that looked good.

After my first few months at the gym, another member tried to explain the ins-and-outs of weight training. Thinking I knew everything, I blew them off and continued to train the only way I knew how. After awhile, I decided it would be better to listen to someone who knew what they were talking about and I achieved even greater results.

After about five months of training I decided to talk to someone about competing in the Teenage Mr. Wellington bodybuilding show. I'll admit I was a bit nervous – being a little white boy, I thought it would be really hard for me to do well. However I did better than I thought I would: I weighed in at about two percent body fat and was absolutely shredded to the bone. People couldn't believe that I had only been training for a couple of months. I went on to compete in the Mr. New Zealand show and won Teenage Mr. New Zealand. I had so much fun running around in my underwear on stage that I thought this could be a good sport for me. It was

such a thrill to be in front of an audience and have people cheer for you. I went out there and had fun. From then on, I was hooked. I gave up all my other sports and concentrated on going to the gym for weight training. My parents and family all hated weight lifting, but it's what I was passionate about so I went at it one hundred percent. I don't like to do things by halves, so I just focused and did everything I could to reach the goals I set out for myself.

I decided that I wanted to take steroids after about a year of training. I thought steroids would help take me to the next level. I was able to find someone who sold them, and although steroids were more freely available in New Zealand at that time, they were still extremely expensive. Not having much money, I told my parents that I wanted to attend a personal training course and asked them to lend me the money for my first lesson.



I took that money, about \$500, and used it to do my first course of steroids. After that first course, I did another ten week long course of 250 mgs of testosterone per week. After about four weeks I had put on another 25 kgs to reach 112 kgs. People were absolutely amazed at the amount of weight that I was able to gain in such a short period of time. From then on, my goal was to achieve as much as I could for my training.

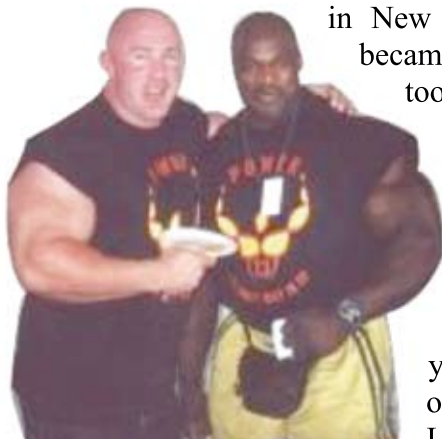
I eventually moved to the Gold Coast, and even though I still trained hard, I got caught up in the party lifestyle. As you know, partying doesn't mix very well with hard

training. I still grew in size, but between having no money for steroids and partying too hard, I didn't grow as well. I did win Mr. Gold Coast at twenty years old, and was competing at 105 kgs absolutely shredded to the bone. I also won Mr. Australasia during my time in the Gold Coast. I did enjoy my time in Australia, but although I was moving forward, I still wasn't where I wanted to be. I decided to come back to New Zealand and work towards becoming a professional bodybuilder. I wanted to stand up on stage with the best in the world.

Being a bodybuilder, you use a lot of supplements and performance enhancing drugs. This helped influence my leap into partying and I was exposed to an entirely different form of drugs, which I found very hard to say no to. I started getting caught up in taking party drugs like GHB and Ecstasy. I wanted to stop and concentrate on my training, but I didn't have the strong will I needed at that point. I did find that GHB was a great tool for weight training, and the best part was, it was totally legal in New Zealand at the time. GHB became my ultimate bodybuilding

tool; it was able to increase your strength, lower your recovery time, and give you an overall sense of wellbeing. It was also very easy to get and easy to use.

After training for many years I finally won the 1999 overall Mr. New Zealand title. I looked great and felt that I



thoroughly deserved my win – I was shredded, proportioned, and looked my best. Continuing on my path to stand on stage with the best in the world, I finally turned professional and started competing as a pro. I competed in the New Zealand Pro Show against the likes of Ronnie Coleman, Chris Cormier, and Marcus Ruhl. I also competed in Australia at the Australian Grand Prix. The top fifteen bodybuilders from the Olympia were at that show, so the Grand Prix was probably the hardest show of the year. Although I didn't place in the competition, I was still extremely proud of my accomplishment. I'd rather walk away empty handed after standing on stage with the best in the world, than compete against the worst and get a place. I really enjoyed my time in the pros. Not everything was fun and games though. I did see a lot of scary stuff and came to realize that the bodybuilding world has many deep, dark secrets. I did have fun with many of the professional bodybuilders as well. Chris Cormier is one of my good friends and we had a lot of fun times together.

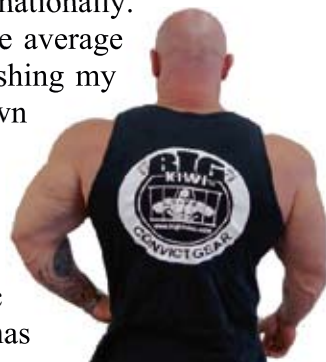
I never thought I'd go to prison, but I found myself there all the same. GHB had been legal to import and use for the past ten years, but the law changed: I got sentenced to ten-and-a-half years for importing GHB, a newly categorized Class B drug. I was classified as a high security prisoner, which put me in the same prison unit as murderers. I was unable to use any weights due to the security classification they placed on me. For a full year, the only weight training tools I had were lifting people and using objects like brooms, towels, and buckets. Unless you wanted to shrink to nothing, you had to

improvise. You had to do whatever you could to try and keep weight on and stop from shrinking. I starved in prison with the food they provided. We did get three meals a day, but it was all carbohydrates. I had to try and eat everyone else's food. That wasn't hard – I was big and ugly so they would always give it to me. I always expected prison to be a dangerous and dodgy place, but there were a lot of nice people in there. They were just people who made stupid mistakes.

Training in prison was definitely hard, and I don't recommend it. After about a year in prison, I was moved down in classification and was finally able to start working with some weights. We only had really light barbells and dumbbells so I still had to improvise. I'd have people stand on top of barbells or even hang from the end of a dumbbell. It was definitely dangerous, but luckily, everyone survived.

While I was in prison all I did was study subjects like business, drug and alcohol addiction, and marketing. I also started my own clothing brand, "Big Kiwi Convict Gear", which is sold nationally and internationally.

The line focuses on training gear for the average person who goes to the gym. After finishing my time in prison, I also founded my own gym, "Big Kiwi Convict Gear Training Studio", where I train people by using my own techniques. The basis of these techniques is what I want to talk to you about in this book. We've had fantastic results at the gym: One of my clients has gone from 240 kgs to 170 kgs ! I train many



females who want to lose body fat, as well as a lot of males (both young and old) who want to gain body weight and muscle mass. They all get good results by using the nutrition, training advice, and techniques we'll be talking about in this book. I know you'll get your best results if you follow these techniques as well. I don't want to see you spend thirteen or fourteen years making mistakes, like I did, to learn the correct way to train and what I'm going to teach you. I wrote this book to give people a basic understanding of weights, nutrition, and everything involved in weight training. There is such a general lack of knowledge that comes with training these days. So much money is spent on personal trainers and supplements, yet people still don't know exactly what works. I know my advice will be beneficial to you whether you're at a beginner, intermediate, or advanced level.

The best thing about weight training is you don't have to be a bodybuilder to get the benefits of it. Through my time at the gym I've met many different people from almost every sport, and weight training helps all of them: From rugby players and marathon runners to top jockeys and ballet dancers. Within the gym, it doesn't matter what you do as long as you know the proper nutrition, weight training techniques, and your goals. You can achieve everything you want. There are all types of people at the gym – the gym is the new meeting ground! You don't go out night clubbing to meet people anymore, you go to the gym. Want to go meet people, talk to people, and start a new life? Then let's get started.

Goals and Motivation

There can be many different goals for going to the gym. Some people are there to lose weight, some to gain muscle, and some are there just to feel good about themselves. Then there are the people who go the gym just to pose and use it as a place to pick up men or women. You'll also find many athletes training for their particular sport.

The first step is to clarify what your goals are for training. There are many different types of training routines and nutritional plans that can help you achieve your goals. For example, if you want to lose weight, you should have a weight training regimen that will help you increase your lean muscle mass. You will also have cardio training to help you lose fat and a nutritional plan to keep you healthy. Other people may want to increase their muscle mass. They may not want to be as big and ugly as me, but they still want to go to the gym. In that case, you'll want a weight training oriented regimen with the appropriate nutritional plan for gaining mass. If this is your goal, cardio won't be such a priority in your routine. Your workouts will need to be tailored to your specific goals.

Before you step foot inside the gym, I highly recommend you familiarize yourself with your goals. Otherwise, you won't have any targets to strive for, or measure yourself against, and you'll get nowhere. Before you begin training, these goals need to be written down on paper.

Not only will this give you a strong foundation, but it will help you monitor your progress against your goals and change your workouts accordingly. Make it a habit to weigh yourself every week. Take body fat measurements with calipers or a set of scales to measure your progress. Nothing is more liberating than seeing yourself move towards your goals! If you don't monitor your progress then you can't remain flexible and change your routine if you need to. Remember, just because you have goals that are different from the person next to you doesn't mean you're wrong or you should stop going to the gym. You're going to the gym for your own personal reasons.



I'll admit that the gym can be an intimidating place. If you feel a little self-conscious at the beginning, remember that you'll soon be ripped and lean. You're at the gym to achieve your goals. People who go the gym are generally great people, but there are those rare occasions when someone may be rude to you. If someone makes an unflattering comment about you when you're first starting out, they're telling you something really important: ***They're a moron.***

Take note and don't interact with that person anymore. We all had to start out in the gym once upon a time, so leave these "holier than thou" people to themselves...everyone else does! These people won't feel good about themselves no matter how much they work out, so they try to make you feel bad about yourself.

Realize this and move on to achieving your goals. The majority of the people there will be more than happy to help you when you ask for it.

Mentally, you need to be strong and focused because it is so easy to start training for a week and then never go back. If you aren't a strong and focused person you'll find it hard to make your goals a reality. If I'm describing you, get a friend and work out together. You always hear someone talk about how ripped they were a few years ago. Don't be that person ! They live in the past about their body type but they obviously weren't strong enough to keep going. They didn't continue to achieve their goals, they just left them. To me, that's nothing more than a waste of money and time. I've found that putting a picture of what you want to look like creates a good mental image and serves as a reminder of what you're working towards. This mental image will keep you more motivated than just writing your goals on paper. Words are easily overlooked sometimes, whereas an image can give you a clear picture of where you want to go. Use that image to help you during the hard days.

Having individual goals for individual workouts is another way to help you reach your larger goals. For example, try to bench press a certain weight a certain number of times, or try to squat a certain weight. The aim is to keep you motivated. By achieving the smaller goals, you'll inspire yourself to continue towards shedding the weight you want to lose.

I find that rewarding myself for achieving certain goals is a good way to keep me motivated. Sometimes, I'll go

out and buy a new outfit. Picturing how great a new outfit will look on you is a great way to get that extra rep out when you're really struggling. Once you have achieved a certain weight, you can even go out for a meal. This helps me too sometimes when I'm under pressure. Giving yourself these little gifts is a great way to reward yourself for your hard work and keep yourself motivated.

Maintaining your mental focus at the gym is often a hard thing to do. If you aren't mentally focused, you won't achieve your goals. You'll likely work during the day, and by the time you get to the gym you're exhausted. If this sounds like you, I suggest finding a training partner to meet up with after work.

That way you're helping them and they're helping you. We all lose our focus at the gym sometimes, especially when we're by ourselves, but try to recognize it and get yourself back on track.



Four Ways to Focus Your Mind – and four practical applications to motivate you

Written by Craig Elliot <http://www.Craig-Elliot.com>

Your mind is a powerful tool that can be used to keep you focussed, motivated and energised – whether as an athlete improving your performance, or someone wanting to lose weight.

But first you have to make things clear to your brain. You must “programme” it to be on-side with your goals.



You must determine what you want, and then be clear on why you want it.

1. Get clear on what you want

This goes beyond traditional goal-setting. We need to take things to another level to properly engage your mind-body system.

First, recognise the subtle difference between “doing something” and “what doing will give you”.

Start with this question:

“How will you know when you are there?”

Think about what you will see, hear, feel and know when you have achieved the changes, experiences and

results you want. This forces you to go there in advance in your mind.

Begin with a brainstorm of all the things you want and pick out the most meaningful scenarios and experiences of being there – draw out the things that have the most meaning, emotion and energy. Choose scenarios that, when you think of them, make you well-up with emotion. Know that these are the things worth shooting for – the things that are going to move you and keep you on track no matter what.

Write it out as if it is real now. Write it like a movie or a great book that lures you into the story. Read it through morning and night. Make sure you are the main character in the story; seeing it through your eyes. When you read it out; do it in a “**say, visualise and feel**” fashion. You really have to feel the feelings of being there.

When you do this you create new cells of recognition, you begin to literally create new roads in your brain that will take you to your goal.

This is one of the most powerful things you can do. In all my experience with modern psychology, I have found nothing better to engage your system and create a more efficient and direct path to the behaviour and results you want.

2. Harness the WHY! Power

The next ingredient adds more power and energy to what you want.

When you look behind what really moves someone to do something and keep doing it, you'll find it's "why" power that drives "willpower".

Simply put; if you have enough reasons, and big enough reasons to do something, you will do it.

Here is a quick way I recommend to get in touch with what you could call the **real drivers** of your behaviour. It will take your motivation to another level.

Grab a piece of blank paper, at least A4 size.

Draw a circle at the bottom of the page and write your goal inside (e.g. to lose weight) Beside that write some of the things you need to do to achieve your goal.

Then begin asking why (losing weight) is important to you.

Then write what is important about (that) i.e. each of the things that come out of your initial question – then question that too and so on.



Write these in rising and fanning circles, so you move up the page with a new word or phrase in each bubble

as you continue to question why **each successive thing** is important all the way up.

Here are the four central questions to use in this process:

1. What's important about? what else is important about.....?
2. Why is important ?
3. When I havewhat will that give me ?

So, for example, if health is something that comes up as important to you, then you must ask the same questions about health.

Keep questioning until you are sure you have exhausted all relevant reasons – I suggest even when you think you have it all, keep going or come back to it later.

You will know what the most powerful drivers that come up are for you. Then sit inside these most powerful reasons – imagine and feel what that will be like and view what needs doing from that perspective.

Once you have this, you have your most important reasons at a glance and in a way that usefully connects to what needs doing. This then becomes a powerful tool for staying connected to and coming through your most driving reasons each day to stay motivated.

3. Make your view serve you

Most people get lost relying on fresh desire, discipline, willpower and even logic to get them through.

In fact these faculties of mind are responsible for less than 10% of your behaviour. They will only really serve you well if you are attentive to your goal all the time – which would be well and good if other aspects of life didn't demand your attention too.

What I'm about to share now is the real secret to what most people call, motivation.

If you want to really stick to a more rigid eating plan or introduce training or more regular/intense training into your life; here is the bottom line. It's how you view it in mind, (what it means to you) what you link/associate in mind to doing it versus not doing it (or staying how you are).

Your mind drives your behaviour by association *not* by logic.

This is why no amount of logic seems to change anything. What becomes paramount then is; what do I associate to my goal? What have I linked in mind to my goal?

And here is the real crux of the matter – when you bring your goal to mind, how does it feel?

The most crucial part of the “will I do it or not do it?” deal is **emotion**.

Ultimately it comes down to how what you associate to something, **feels**. If the feeling is positive, you will

consistently move towards it, if the feeling is negative you will move away from it.

We are pretty simple. We gravitate towards pleasure and away from pain. So, on a personal level, you need to ensure that what you link in mind to your goal supports the behaviour, daily choices, direction and results you desire. How it feels to you is your guide and the telling factor – if you are not doing what you know you should then you need to change what you link in mind to it.

Doing this will literally set you free and allow you to break out of any negative cycles of the past.

The liberating thing to know is that it has little to do with what's outside of you and everything to do with how you present it to yourself inwardly.

4. Keep it to the fore

Anyone passionate and consistently motivated in a certain area, knows the importance of keeping their reasons for being passionate and motivated at the forefront of their mind.

Reminding yourself of, connecting to and coming through your “why” on a daily basis is the most powerful and effective way of staying on track. It will also connect you to the “what” in the most positive, motivating and useful way.

Remember these three R's - re-visit, re-view and re-mind.

You must make what you want a priority in your life both consciously and unconsciously – this is imperative in the beginning (the first month) until habit takes over.

We act on what's on our “important list” – on what's dominant on the screen of our mind. The way to get it on your important list is to first set things up as I have outlined and then revisit it regularly and keep it in your view. Otherwise, as you may have already experienced, life will get in the way .

Four motivation applications.

Here are some practical scenarios illustrating how this programme comes together and plays out in real life – and how you can further use what I've shared at ground level.

1. Two people wake up in the morning with the intention of going to the gym – one thinks about getting out of the warm bed, having to pack their gear, go out into the cold and then what they need to do when they get there.

The second person puts their attention on a fit and healthy vision for themselves and their life, reflects on why they want this, then casts their mind to how great it feels when they get active, how awesome it is

afterwards both physically and in having achieved what they set out to do, and then finally they think about how doing today's exercise will move them another step closer to their vision. Who do you think is going to get out of bed first?

2. Here are two sides to the same thing. When it comes to losing weight and living healthier, what is predominantly on the first person's mind is all they have to give up, all they can't have, what they are going to stop. Person two – knowing a little about their brain, comes from a place of what they are gaining (rather than what they will give up) what they will **choose** to start (not try to stop).

So the key is to shift your dominant focus to what you do want (not what you don't want). This is an intentional shift in view that seems so subtle and simple yet is very profound in terms of setting up a psychology that helps rather than hinders you. Psychology 101 says that whatever you focus on you'll get more of. Think "no chocolates". I bet you just thought about chocolates, didn't you?

So there is a big difference then between a focus on, for example, losing weight as apposed to a focus on being slim, fit and healthy. There is a big difference between saying "no more chocolates" as apposed to focussing on healthier food choices that you can have. What views could you shift to feel more positive and moved in relation to your objectives?

3. What's the true test of whether your eating plan or exercise programme will work for you? It's how you

feel when you think about it. Does it feel like a help, a support, something that you **want** to do and that is inspiring and pulls you towards it when you bring it to mind?. Or does it feel like a drag, a hassle, something you have to do that is more like a chore? It's not the exercise programme or even the diet that's the problem it's how you think and feel about it that makes the difference.

If it's all good then that's great – if not you have two choices: either adjust your plan or programme so it takes on a different appeal or adjust/refresh your attitude – the way you hold it in mind and how you think about it.

Actually there is a third choice – you can do a bit of both. Either way the key is to design programmes, rituals and organisational supports that make it easier to make the choices you want and that feel good so that you willingly do it again tomorrow.

What can you do to move from a feeling of having to, to one of **wanting to**?

4. Do a good day/bad day analysis to identify what works from a motivational perspective, then set out to intentionally create those conditions again. When you do make the right choices what's present and what's absent? This applies both internally and externally. Identify how you can recycle your successes to get more of what you want. For example, ask yourself: "what two things can I do tomorrow to increase the likelihood of that happening again?" Do what you have to do to schedule these in and re-remind yourself appropriately the next day.

“I know that when I move the alarm clock away from the bed, and when I set my shoes and gear up the night before, I make a point of committing to getting going regardless of how I feel in the morning – and then I get to bed before 10.30 – that’s when I always do it.”

This is a personal example of my own process to piece my own running ritual together.

Now that you have more Insights into the workings of your mind and how to use it to increase focus and motivation – I wonder how many more creative ways you could use all of the above to get yourself to do more of what you really want ?

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Introduction to the Gym for Beginners *

The gym is a core part of almost all sports these days. From rugby to soccer, athletes want to be the best at their sport. They need to be strong and they need to recover fast. The gym can help them achieve that. The gym helps these athletes strengthen their bodies, gain the best results and get them in shape to achieve their best performance.

Yet the gym isn’t only a place for athletes. People go to the gym for many different reasons. These days, our world is more health-conscious and people are more aware of their bodies and their health. This has helped the gym to become a part of everyday life for many

people. Everyone is unique and there are many different ways to train at the gym. From light weights with high repetitions (reps) to heavy weights with low reps, each style will do different things for your body. What works for one person might not necessarily work for another, so you need to define your goals and work within the system to find the best way to achieve those goals.

Weights are a crucial element of strength training; they help with fat loss, recovery, and are an integral part of having a good, healthy body. Other aspects of a balanced lifestyle, like nutrition and sleeping, will also boost your performance at the gym. We'll discuss these other major influences as we progress through the book.

There are also many different types of weights, such as free weights, hydraulic weights and stack weights. Personally, I feel that free weights give you the best gains, but each weight type works different areas of your body and are aimed for different goals. Some weights work major muscles, some work compound muscles, while others only work a particular muscle group.



I am a firm believer in using free weights for the majority of my exercises. Free weights encourage the use of your stabilizer muscles, and you can't cheat. You definitely get better results. Most people these days prefer to use the machines, but to me, they don't get half of the results that free weights do. With machines, people

can pretend that they can lift a lot of weight but the results just aren't there in the end. If you're really into using machines, try doing your main core exercises with free weights and then use the machines to finish off. If you ignore free weights, you'll be missing out on your maximum growth potential.

Cardio is also a key factor in the gym. As with weights, there are many different types of cardio machines in the gym and each one targets different areas of your body. Keep in mind that getting fit and losing fat are two completely different things when it comes to cardio. Figure out which one you're aiming for, and work up your heart rate to the level that will achieve that. I am a firm believer that you should incorporate cardio in your routine to keep your body healthy and complement your strength training. Working out with weights alone is not enough to stay lean and have a healthy body.

There are also many different types of gyms. Some gyms may be more for show while some gyms might have better personal trainers. You need to find out what type of gym best suits your training. You're the shopper, so make sure any gym you sign up for is going to meet your needs. Also, keep the little details in mind such as price and distance, since those can affect your commitment in the long run. Don't get lured by fancy, expensive gyms. Just because a gym is expensive doesn't mean that it has the best potential for helping you meet your goals.

Introduction to Nutrition

Nutrition is a key element to any weight training or gym program. If you don't have the proper nutrition, you will not get the results you desire. Many people make the mistake of thinking that just eating healthy food is enough to give your body the proper requirements it needs. Think again.

When you're training, your body is in need of proteins and amino acids to recover, so you need to increase your intake of those key ingredients. Also, limiting bad foods and fatty foods will help you reach your goals faster, but we all like to have the occasional meal of fish and chips so I always recommend you have a couple of cheat days each week in your diet (otherwise you'll start going mad!)

First, we need to break down the different types of food, which are proteins, carbohydrates, and fats. Proteins are any type of meat like chicken, fish, tuna, and egg yolks. There's also a lot of protein in milk, nuts, soy protein, as well as a whole range of other, different products.

The best foods to eat for protein are chicken, fish, and occasionally, red meat (to keep your iron levels high).

I also like to have the special meal of lamb or pork, but try to keep chicken, fish, and a few steaks as the main part of your diet.



We mainly eat carbohydrates for energy.

Carbs include food like pasta, potatoes, rice, and bread, which I don't recommend you eat too much of. There's

also simple carbs like fruit. Green, leafy vegetables are also great to eat as well. Our body uses carbs to give it energy to run on, while the protein is broken down to repair and grow our muscles. With that, fats are usually included along with these proteins and carbs, but I don't recommend having too much fat. You do need fat in your diet, but only a small percentage will do to keep you running properly. If you can, I'd suggest putting MCT oil in your meals to replace the fats that you'd be missing out on otherwise.

You should try to eat up to 6 meals a day – small meals, without too many carbs. This way your body can metabolize the food you're taking in. If you have too many large meals, your body can only use a certain percentage and then the rest is stored as fat or gets put out as waste. These small meals will keep you from getting hungry, too. Try to aim for 30 grams of protein and a maximum of four grams of fat with each meal. I only have carbs in the morning, early afternoon, and not too late at night. This gives me only three major meals of carbs, with the rest of my meals being made of up mostly of protein. Just remember, it's all about achieving a delicate balance. If you don't have carbs, fat or protein, you won't reach your goals. Each one of these is important to include in your diet. A high protein diet should be about 60% of the rule for your routine. Training, sleep/rest, recovery, and supplements make up the other 40%.

You must know what your goals are when creating your own nutritional program. For example, if your goal is to increase your fitness level and have more energy or

endurance, you will want to keep your carbohydrate intake high. If your goal is to burn fat in order to look lean, you'll want to keep your carb and fat intake low. When designing your own nutritional program, you should have at least 30-40 grams of protein per meal; the only thing you need to change is how much carbs and fat you eat.

Write down how many hours you have in any particular day, and split your meals evenly throughout the day. Make sure to take into account the times you train and when you go to bed. You don't want to have large meals before you go to bed since they will be held in your body as fat. I typically eat up to 14 meals per day, mainly because I need to. Otherwise I feel like I'm going to fall over. It's highly unlikely that you will need to eat as many meals as I do. Here is a basic nutritional plan. Use this as a guideline and then design your own plan to suit your specific goals:

Meal One

Cereal, egg whites, a protein drink and a piece of fruit

Meal Two

Forty grams of protein – chicken or fish

Meal Three

Forty grams of chicken and 30 grams of pasta

Meal Four

Thirty grams of tuna and a piece of fruit

Meal Five

One hour before your workout, eat 40 grams of protein and 40-50 grams of carbs, such as rice or pasta

Meal Six

Eat Meal Six after your workout. This should be a high protein meal with no carbs or fat.

Before Bed

Have a protein drink with no carbs

We will discuss supplements very shortly, but always try to have protein in your system about an hour-and-a-half before you go to the gym. This will give you the amino acids your muscles need to repair themselves right away. Another meal right after your workout will also help repair your muscles.

Post and Pre WorkOut

Pre and Post workout is a major part of a bodybuilder's routine. Without good pre and post practices then the workout can be hindered and even deemed useless. What I have to tell you now, is that you must take in the correct nutrients before and after your workout because without the correct nutrients or you are not going to get the muscle gains you desire. There is of course more to it than that !

So what do I eat before the gym ?

First of all, an hour before I go to the gym I try and have some complex carbohydrates and Protein which is usually a whey protein blend including a whey isolate protein and a whey concentrate protein, this is because the protein will stay working in my system before, during and after my workout. I choose to have this protein with complex carbohydrates because complex carbohydrates give energy for my workout. I also like to

have some simple carbohydrates before I go out and train as well, such as Honey.

One of my favourite meals before the gym is rolled oats with honey and fruit and a protein drink to flush it all down. I find it a very good appetiser before the gym because it gives me all I need Energy, Protein and the food is digested feeding me while I'm training and even after.

During My Workout

For most people I would recommend drinking powerade during a workout to replace potassium and sodium levels as well as keep you hydrated.

However I do something kind of different, I like to carry around the gym a pack of marshmallows. Why ? Not just because they taste nice but because they deliver my body some simple sugars, They're great for my energy and upping my natural insulin levels.

I also like to eat during my workout jelly lollies that get absorbed into my body easily so if you love lollies maybe this is good for you as well.



So if lollies are for you, make sure that you bring a big bag of lollies to the gym and between sets, eat away keeping in mind you need to be keeping hydrated and keeping your potassium and sodium levels replenished.

After the Gym

Right away as soon as you finish your workout you need to have a protein shake with a good set of branch amino acids in it to help get the protein absorbed right away to help your muscles recover and grow. I would recommend a protein that is a blend of Whey Protein concentrate and whey Protein Isolate. You also want to be having some simple sugars and some complex carbs. This will mean that as you are taking in your protein you will be naturally upping your insulin levels. If you do this right the protein will get into your system a lot easier and a lot faster.



Now obviously if you are cutting or preparing for a competition I wouldn't advise you to be chewing marshmallows throughout your training. However we are talking about building muscle here and In order to do that you need to know the above. This is the routine I use when I want to make some rock solid gains so now you can use it to for the same results.

Supplements

Supplements are an important part of any weight training regimen. Real food gives you the real gains, but supplements do help and have a role in achieving your goals.

First, a good sports multivitamin is very beneficial for growth. This will keep your body healthy and give it all the vitamins it needs. When you're training hard, you're getting rid of all these different vitamins and minerals through your sweat. Yet if your body doesn't have these essential building blocks, it won't grow.

You also need a good protein powder, preferably a whey isolate or whey isolate concentrate mix. These protein powders should be of high quality and taste good. Protein drinks supply you with the necessary proteins and amino acids you need to grow. I recommend having a protein drink 90 minutes before you train, right after your workout, and one before you go to bed.

Creatine also works well. The creatine monohydrate and an insulin spike will help you achieve some great results and give you some nice strength and size gains. You don't want to take in creatine on a constant basis because overuse of this supplement is not good for your kidneys. It will give you some good results, just watch your intake and use it in moderation. You can also use Kre-Alkalyn, which doesn't bloat you as much. I feel this is the superior version of creatine, as long as you use an insulin spike (like a simple sugar) with it. Kre-Alkalyn will give you very good results.

One supplement I've been using lately is nitrous oxide, which helps give more blood to your muscles and enhances your pumps. I feel the pumps I've gotten from this have helped me achieve some fantastic growth. I would thoroughly recommend using a good nitric oxide as a supplement.

There are so many supplements on the market that you could go broke trying them all. The ones I've listed above, as well as glutamine and ZMA, are worth the money. Most of the other supplements you see advertised are rubbish. They don't work; it's as simple as that. Eating the proper food and handling simple, basic supplements such as protein powder and whey isolates at the proper times will give you better results than all these other products that promise the world but deliver little. Plus, you'll save yourself from wasting a ton of money.



With so many of the supplements these days, you're just paying for the marketing. You're paying for the big brands to have a good bodybuilder as their spokesman.

There are a lot of products that are just as good, if not better than the ones you see advertised. Those products are often of a better quality, and will give you greater gains, for half the price.

Remember: Eating good, fresh chicken and meat is one of the best ways to grow. I used to rely on a lot of milk and protein drinks, but I found that I got the best results and gains from eating real food. As soon as I switched to

eating real food most of the time, my gains became much greater.

In order to make the right decisions when selecting your supplements you need to know the basics of what to really look for in a supplement to know that you are getting the most out of it. To give you an example of this, in my early days I was taking a Protein powder after every time I trained. It wasn't until after about a year of taking this one protein supplement that I was told it was not being absorbed efficiently as fast as it needed to be after my workout. This meant I was not getting the full use out of this powder. If I had known I needed an Isolate Protein instead of a Concentrate directly after my workout, my results could have been a lot better. I think it's vital that you understand what you need to know when selecting a supplement otherwise you will just get sold something that may not work from someone with little knowledge about how good it is for building muscle.

In order to build muscle you first of all need to understand the many different types of protein and how they can help you. Next is an article from my good friend Lyle McDonald which will teach you all you need to know about Protein

Protein for Growth by Lyle McDonald

<http://www.bodyrecomposition.com>

Protein Digestibility

Researchers define protein digestibility as the amount of protein absorbed into the body relative to the amount that was consumed. A quick note: researchers are actually measuring nitrogen absorption and excretion, rather than protein or amino acids per se, but I don't want to get into the technical details of that here.

So, for example, they might feed someone 50 grams of protein and then see how much comes out the other end. Let's say that 5 grams of protein show up in the poop. That means that 45 grams of the 50 grams ingested were actually absorbed and that protein would have a digestibility of 90% (45 grams absorbed/50 grams ingested = $0.90 * 100 = 90\%$). If 50 grams of protein were fed and 25 grams showed up in the poop, that protein would have a digestibility of only 50% (25 grams absorbed/50 grams ingested = $0.25 * 100 = 25\%$). Get it? I want to note that a lot of very silly claims are often made about protein digestibility.

Companies selling protein powders argue that the digestibility of their product is impossibly high, vegetarians usually ignore the research on this topic to claim that vegetarian proteins have higher digestibility than animal source proteins, on and on it goes. The research on this is extremely clear and I've reproduced the chart from The Protein Book on the digestibility of common foods below.

Food Source..... Protein Digestibility (%)

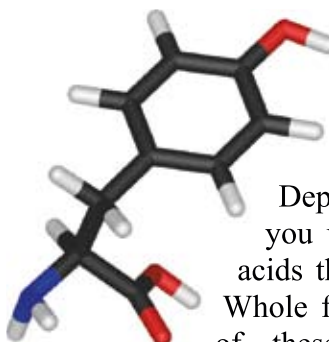
Egg.....	97
Milk and Cheese.....	97
Mixed US Diet.....	96
Peanut Butter.....	95
Meat and Fish.....	94
Whole Wheat.....	86
Oatmeal.....	86
Soybeans.....	78
Rice.....	76

Source: National Research Council. Recommended Dietary Allowances, 10th ed. National Academy Press, 1989.

Looking at the chart above, two major things stand out. The first is that, contrary to the occasional vegetarian claim, vegetable source proteins have a significantly lower digestibility than animal source proteins. This actually has relevance for an issue beyond the scope of this article: protein requirements. Because they provide less available protein from consumption, a larger amount

of vegetable proteins have to be consumed to meet human (or athletic) requirements.

The second is that commonly available animal-source food source proteins have extremely high digestibilities, 94-97%. This means that for every 100 grams of protein consumed, 94-97 grams are being digested and assimilated by the gut.



What are Amino Acids ?

Amino acids are simply the building blocks of protein.

Depending on which reference source you use, there are 18-22 different amino acids that occur in the human food supply.

Whole food proteins are simply long chains of these amino acids bonded together.

Typically whole food proteins are extremely long chains of amino acids, as I discussed in “What are good sources of protein ?”

In regards to digestibility, these long chains are cut into smaller and smaller chunks during digestion until only single amino acids and chains of 2-3 amino acids are actually absorbed.

I'd note that individual amino acids are often sold for either health or sports performance purposes. Readers may be familiar with the amino acid L-tryptophan which is often sold as a sleep aid. L-Tryptophan converts to serotonin in the brain which is involved in sleep. Take L-

tryptophan on an empty stomach and you get drowsy because of increased brain serotonin levels.

In the athletic realm, all kinds of products are available. The branched-chain amino acids (BCAA) L-leucine, L-isoleucine and L-valine have been pushed for years to athletes.

Another example is L-carnitine, an amino acid involved in fat metabolism that has been sold as a fat loss aid for years (it doesn't work by the way). I, myself, have recommended the amino acid L-tyrosine (which converts in the brain to adrenaline and noradrenaline) as part of a stimulant cocktail to improve performance.

You may be wondering what the 'L-' means above; it refers to the chemical structure of the amino acid (to be technical, it's an organic chemistry notation that stands for levorotary). There are also 'D-' amino acids (the 'D' stands for dextrorotary). The human body only uses the 'L-' form of amino acids; the 'D-' form can actually be toxic.

Essential vs. Non-essential Amino Acids

I should note that the amino acids are usually subdivided into essential amino acids and inessential or non-essential amino acids.

It's important to note that both are absolutely essential for life, the term inessential/non-essential simply means that those amino acids don't need to be obtained from the diet; the body can make them. The essential amino acids can only come from the diet; hence they are 'essential'.

I should also note things aren't actually quite this simple, some amino acids which are inessential under normal conditions can become essential under others; glutamine is perhaps the most well known example. Under normal conditions, extra glutamine is not essential, the body can make what it needs. However, under conditions of massive stress (such as blunt force trauma, burn injuries or sepsis), the body can't make as much glutamine as it needs; glutamine becomes conditionally essential under those conditions. While there are a few other odd exceptions to the essential/inessential distinction, they tend to be rare and not very relevant under most conditions, so I won't talk about them.

Why do Amino Acids matter ?

Now, as mentioned in What are good sources of protein ? After being broken down in the gut and intestine, proteins then appear in the bloodstream as amino acids. These are then used in the body for various processes such as the synthesis of new proteins.

Your heart, liver and many other organs are made of protein, skeletal muscle contains about 20% protein (most of it is actually water), your hair and skin is made of protein, there are numerous enzymes and liver proteins made in your body every day; all are synthesized from incoming amino acids from the diet.

Recall from what are good sources of protein - Speed of Digestion, that the tissues in the human body are in a constant state of turnover, which is the combination of

breakdown and re-synthesis. So skeletal muscle is being broken down and remade, so is hair, skin, etc. Of course, since no process in the body processed with 100% efficiency, some of the broken down amino acids are lost. That is, fundamentally, the basis for human protein requirements; the amino acids lost in the process of breakdown and re-synthesis have to be replaced from the diet. Otherwise, there will be a gradual loss of protein tissues in the body (as occurs in complete starvation). Lose enough body protein (about 40%) and you die.

Now, since the body is actually using specific amino acids for these various processes, it's actually a little more accurate to say that the body has specific 'amino acid requirements' rather than 'protein requirements' per se. I'd note that there is also a general 'nitrogen requirement' (that can only be met with dietary protein) but I don't want to get into that level of detail.

As a final note, I want to mention that the tissues in the human body that use proteins all use them in varying proportions and amounts. That is, the amino acid profile of say, your liver, or a specific enzyme may not be the same as skeletal muscle, hair or bone. Basically, the tissue you're focusing on will determine what the ideal amino acid profile 'might be'. I'll come back to this.

Back to Protein Quality

Now, as I mentioned in "What are good sources of protein" – Protein Quality, one of the determinations of

protein quality has to do with how well or poorly a given protein fulfills the amino acid requirements of the body and the above discussion basically explains why. Every day your body loses some amino acids which have to be replaced. One determinant of a protein's quality is how well it matches the body's need for those specific amino acids.

That is to say, it's conceivable that someone involved in a strength/power sport (powerlifting, bodybuilding, etc.) might require a different amino acid profile to support the growth of skeletal muscle; an endurance athlete might conceivably need a specific amino acid profile to support the synthesis of mitochondria (the powerhouse of the cell) or enzymes involved in energy production. This topic is drastically under studied.

But, simply (and of course this is discussed in great detail in *The Protein Book*), amino acid requirements can be sub-divided into the amino acid requirements needed to support basic health and bodily function (what most research deals with) and the amino acid requirements (if any) to optimize athletic performance.

Which doesn't make them all identical or equivalent mind you; there may be reasons (such as the presence or absence of other nutrients such as iron, zinc, or calcium, or the fatty acid profile) to choose one protein over another. But from the standpoint of amino acid profile, there isn't much of a functional difference between proteins (I'd note, rather tangentially, that recent work has suggested that fish protein per se seems to have benefits on insulin sensitivity, possibly due to the high

Taurine content). Which, as noted above, doesn't really address the issue of athletes and possible differences in requirements.

The Fat Content of Protein Foods

As with the issue of micro-nutrients, the presence or absence of dietary fat (either in terms of the quantity or quality) can impact on the choice of protein source. And this actually turns out to be a place where dietary fat content can vary massively, not only between protein sources but between different sources of the same protein.

As a singular example, while very lean red meat containing no more than 4 grams of dietary fat per 4 oz serving can be found at many stores (we get ours at Wal-Mart), it's equally possible to find cuts of red meat that contain 20-30 grams of fat in that same 4 oz serving; a 6 to 8 fold difference. Other protein sources can show similar variance. I'd note that while isolated protein powders are typically extremely low in fat, this isn't universal; there is actually a whole-egg protein that contains quite a bit of dietary fat, it's quite creamy tasting. With that said, I want to look at various whole food protein sources and how their fat intake might impact on whether or not they make a good protein source.



Red meat

As mentioned, the fat content of red meat can vary massively.

And while many have the idea that red meat is primarily a source of saturated fat, a quick look at the USDA database shows this to be false. Perhaps half of the fat content of beef is saturated with most of the rest being unsaturated, with a small amount of polyunsaturated fat usually present. I'd note that grass fed beef can actually have a better fatty acid profile than this.

Chicken

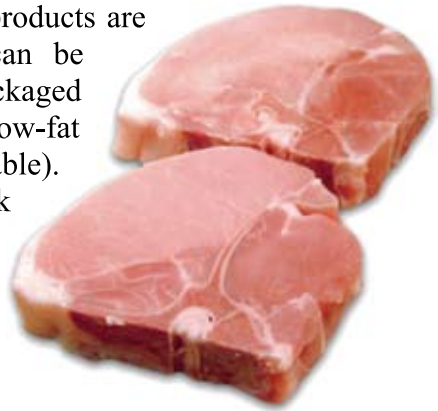
Like beef, the fat content of fowl can vary dramatically. Cuts such as the thigh can contain quite a bit of fat while a skinless chicken breast may be essentially fat free. The fatty acid profile is similar to meat meaning that, while there is some saturated fat, the majority of the fat is actually monounsaturated with a small amount of polyunsaturates present.



Pork

Generally speaking, pork products are often high in fat; this can be especially true for prepackaged lunch meats (I'd note that low-fat ham is fairly readily available).

A notable exception is pork tenderloin which is about as low-fat as the leanest chicken breast. Tasty, too.



Eggs

Whole eggs contain a moderate amount of fat, typically 5 grams in a single whole egg. I'd note that the white of the egg is essentially fat free and many fat-obsessed athletes have gone the egg white route for this reason. It's worth nothing in the context of protein quality that while whole eggs have an extremely high quality rating, egg whites are not so good. It's also worth noting that, Rocky movies notwithstanding, egg whites



appear to be digested terribly. That's in addition to any potential issues with salmonella poisoning. Cook your eggs before you eat them.

Now, eggs have been in a weird place nutritionally since the early ideas about blood cholesterol, many felt that due to the high cholesterol content (note again that dietary cholesterol has, at most a minimal impact on blood levels anyhow); if anything the saturated fat content of eggs was the bigger issue. At the same time, whole eggs are an extremely high quality protein and other nutrients in the eggs can be quite beneficial.

As it turns out, a lot of the scare over whole eggs turns out to be false, while a small percentage of people are sensitive even the American Heart Association has removed it's recommendations to limit egg intake. Clearly individuals trying to limit total fat intake may still wish to limit eggs (or make egg related dishes with a mixture of egg whites and fewer whole eggs).

Like red meat, while a portion of the total fat in eggs is saturated, nearly half is monounsaturated with the remainder being polyunsaturated. I'd note that, recently, high omega-3 eggs have become available, these are made by feeding chickens large amounts of omega-3 fatty acids which changes the fatty acid profile of the egg. I'd also note that, in the big scheme of things, unless someone is eating a tremendous number of eggs, obtaining a significant amount of w-3 in this fashion tends to be a losing proposition; it would be cheaper to eat normal eggs and take supplemental fish oils.

Fish

Like the other foods listed, the fat content of fish can vary massively. Low fat fish such as tuna is essentially fat free (hence it's popularity with athletes) while higher fat fish such as mackerel can contain perhaps 12 grams of fat per 3 oz serving. However, of some interest, and as the names suggest, fatty fish tend to be an excellent source of the healthy omega-3 fish oils. Quite in fact, much of the interest in the omega-3's came out of the observation that ethnic groups such as the Alaskan Inuit had low levels of heart attacks yet consumed a lot of oily fish. Fatty fish contain quite a bit of monounsaturated fats (about half of the total) with a small amount of saturated fat as well.



However, the reality is that, in my experience at least, most don't care for the fattier fish and trying to obtain a sufficient daily dose of omega-3 fish oils is probably unrealistic (I realize this comment is biased by my living in the United States where we just don't eat those kinds of foods). It can be done but I don't know, practically, how realistic is.

Dairy

Like the other foods discussed, the fat content of dairy foods can vary



massively. Non-fat dairy foods are essentially fat-free (perhaps 0.5 grams fat per 8 oz serving) while whole-fat dairy can contain up to 8 grams of fat per 8 oz serving, 1% and 2% dairy products some in between those values.

The fatty acid profile of milk is actually predominantly saturated with a small amount of monounsaturated fat and a very small amount of polyunsaturated fat. As noted above, milk appears to contain a small amount of the fatty acid CLA; while this has shown impressive anti-cancer and fat loss effects in animals, these effects have not been seen in humans. Even if CLA were valuable to humans, it would generally take supplementation to reach significant intake levels.

Beans and Nuts

Although not often thought of as protein foods, beans and nuts can actually provide some protein to the human diet. And while most beans (tofu is a notable exception) are extremely low in fat, nuts can contain quite a bit of fat. However, a majority of the fat in nuts tends to come from the healthier monounsaturates and polyunsaturates. For example, a 2 oz serving of peanuts contains roughly 12 grams of fat of which nearly half is monounsaturated and most of the rest is polyunsaturated; the saturated fat content is very small. While the high-fat content of nuts might predict that they could cause problems with



weight gain, as I discussed in the Q&A on Nut Consumption and Body Weight, the consumption of nuts doesn't appear to have negative effects on body weight as a general rule.

Soy

Although they are technically a bean, soy tends to have enough issue surrounding it to deserve it's own specific mention. Most of the issue having to do with soy have to do with the phytoestrogen content. Detailing this is far beyond the scope of the article although I spend quite a bit of time on the topic in The Protein Book. Unlike most beans, soy can contain some fat, a half block of tofu for example contains just under 7 grams of fat with about half of that coming from polyunsaturated sources, the remainder comes from an even split of saturated and monounsaturated fat.



If you would like to learn more from **Lyle Mcdonald** he has a lot of experience and some great ideas around nutrition. I fully recommend that you check out his website <http://www.bodyrecomposition.com>

What To Look For In A Supplement

The most important place on the container of any supplement is the ingredients column. You need to know what to look for to make sure your getting a good amount of what you need to build some serious muscle.

Protein Supplement:

Now it is no secret that you need Protein Powder in order to build and maintain muscle but how do you know what your taking is right for you ? I mean there are again like any supplement companies out there making all sorts of claims about what there product does and how good it really is. You would think that it would be easy to select but with Protein Isolates, Concentrates, Hydrolysed Whey, Calcium Caseinate, Soy Proteins, Blend Proteins, Casein Protein etc With so many proteins out there what do you need to know to be able to identify what is going to be best for reaching your goals ?

Types of Protein:

Whey protein makes up 20% of total milk protein. Whey is known as being an excellent source for amino-acids, this means that it will absorb better leading to more muscle growth and strength.

Casein protein makes up 80% of total milk protein. Casein Protein is slowly absorbed into the bloodstream so you are going to want to take this when your body isn't screaming out for Protein to repair muscle fibers or an empty stomach.

Soy protein is the most controversial of all protein types. While the soy groupies have gone to great lengths to label soy as a super food with magical effects, there is also a good amount of research that suggests soy protein may be contraindicated in many situations. Because of all the confusion, I suggest avoiding soy protein altogether and sticking to the other types listed.

Protein Blends are combinations of several types of protein blends such as whey protein concentrate, whey protein isolate, egg protein, casein protein, and soy protein. So what would the purpose of doing this? Well your going to get the full advantage of all different types of proteins which means each will be absorbed at a different rate this guarantees you results.

Whey hydrolysates or “peptides”, are powerful proteins that are more quickly absorbed; more so than any other form, since your body prefers peptides to whole proteins. What you need to know about this Protein is it aids in Protein Synthesis and is the most anabolic of all Protein Powders delivering the Protein into your bloodstream almost instantly.

These are the major types of protein and as you can see there is quite a selection you have when choosing. Each

type however has it's positives and negatives. So with that in mind what are the benefits of each of these:

Whey Protein:

Since this protein is absorbed very quickly the best time to consume it is with-in 2 hours after your training. Before training and in the morning as you will get fed the benefits from it right away.



Casein Protein:

This Protein is absorbed a lot slower then and other proteins and for that reason should only be used directly after your workout or at night. I would not recommend consumption in the morning however. This will also create an anti-catabolic environment.

Soy Protein:

Ummm... Just don't go there

Blend Proteins:

Using a blend creates an anabolic effect in the body which of course you need to have in order to build muscle. A blend works the best outside of 6 hours after your workout. A blend would be ideally used at night. You will also find that most protein products out there are Blends.

Whey Hydrolysates:

This Protein will enter the blood stream faster then every other making it the ideal protein for consumption Pre, during and Post your workout.

So now that we understand what the different Proteins are what is going to be the best for you? Well I know that I personally use Protein Isolate because I don't want to be juggling different Proteins round the place left right and centre. You need to think as well what type of Protein is going to suit you the best and your goals? Obviously there are certain proteins that we can already see are more suited to muscle building then others. I will take this into account over the next reviews. Ideally as you can probably see we are looking for a Blend Protein as this has all the different types of Protein meaning you will get a different absorption rate and also get the anti-anabolic effect from the Casein and the Catabolic effect from the Isolate.

Now that you know what the different types of ingredients are that go into protein products you need to learn to identify what type the protein powder your looking at buying is. In most cases if the protein is a Blend the first type of Protein registered on the list is the one that determines when the protein powder will be most effective. **Here are two comparisons**

Optimum 100% Whey: Vs Cyto-Sport Complete Whey:



1 Lbs. Extreme Milk Chocolate

Serving Size 1 Rounded Scoop (32 g)

Servings Per Container 14

Amount Per

Serving

Calories	130
Calories From Fat	15

		% Daily Value*
Total Fat	1.5 g	2%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	30 mg	10%
Sodium	100 mg	4%
Total Carbohydrate	4 g	1%
Sugars	1 g	
Protein	24 g	

Vitamin A 0%

Vitamin C 0%

Calcium 10%

Iron 2%

Not a Significant Source of Dietary Fiber

* Percent Daily Values are based on a 2,000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients

Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Cocoa (Processed With Alkali), Natural And Artificial Flavors, Lecithin, Creamer (Sunflower Oil, Maltodextrin, Modified Food Starch, Di-Potassium Phosphate, Tri-Calcium Phosphate, Tocopherols), Salt, Acesulfame Potassium, Aminogen®, Sucralose .

ALLERGEN INFORMATION: Contains Milk And Soy (Lecithin) Ingredients.



2.2 Lbs. Vanilla Bean

Serving Size 1 Scoop (22 g)

Servings Per Container 45

Amount Per Serving	% Daily Value*
Calories	90
Calories From Fat	15
Total Fat	1.5 g 2%
Saturated Fat	1 g 4%
Trans Fat	0 g
Cholesterol	50 mg 16%
Total Carbohydrate	1 g 0%
Dietary Fiber	0 g 0%
Sugars	1 g
Protein	18 g 36%
Calcium	117 mg 10%
Sodium	40 mg 2%
Potassium	105 mg 3%

* Percentage Daily Values are based on a 2,000 calorie diet.

Ingredients

Whey Protein Concentrate, Whey Protein Hydrolysate, Natural And Artificial Flavor, Acesulfame Potassium, Sucralose, Soy Lecithin

Allergen Statement: This Product Is Derived From Milk And Soy.

As you can see these are two different types of protein blends which means they are more beneficial at different times. The Optimum 100% Whey will be better Post workout whereas the Cyto-Sport Complete Whey is going to be more beneficial throughout the day or before bed.

Ideally when choosing a protein supplement you are going to want to buy both types of protein to get the most out of your training.

Creatine:

Creatine has to be a part of your training no matter what level for whatever goal. This supplement has to many benefits in the way of Muscle growth, Maintenance, strength and endurance. If you want to really see good gains you are going to have to understand what creatines work and which don't.

First of all what on earth is creatine ?

Well it's official name is actually methyl guanidine-acetic acid but to be honest I would not be able to throw this into any conversation with my clients with out coming off as a nerd or cracking up at the thought that someone ever thought of a name like this for such a simple compound. What Creatine (methyl guanidine-acetic acid) is, is a chemical formation of 3 amino-acids Arginine, Glycine and Methionine. Our liver has the ability to combine these there ingredients to form

Creatine. Creatine is actually produced in our system naturally in some foods we eat. However before I get onto what foods have creatine in them it's important to understand that the average person stores about 120grams in there body 96% of which are stored in there muscles.

So what does Creatine officially do ?

- 1. Provide additional energy for your muscles (Train longer and harder)**
- 2. Volumisation of your muscles (Increase Muscle Size)**
- 3. Buffer Lactic Acid build-up (Increases Recovery Time)**
- 4. Enhances Protein Synthesis (Helps absorption of Protein)**

“Is the 120 grams of creatine in my body enough?”

Maybe ! What happens when we work out is we use up the Creatine stored in our muscles. The whole point of taking a Creatine supplement is so when we do workout we can replenish the Creatine in our bodies a lot quicker. This will mean that we get the benefits of Creatine even though we have lost a lot of it due to working out.



How Much Creatine Should I Take ?

Well first of all when you think of what I have just said above it becomes obvious that Creatine is pretty much useless on rest days because you naturally already have all the creatine your body needs and It is not going to be replenished as a result. However when you do train that is a different story and you need this supplement then. So the amount of Creatine that is stored in your body is determined by your muscle mass and how much you weigh. For me weighing 300 pounds I need a lot more Creatine to replenish myself then say the beginner who may only be 160 pounds.

How Will I Know For Sure ?

Simple. Well the average person can't absorb any more then 1.5grams of creatine every 2 hours. This is because we have in our bodies this thing called a creatine transporter that regulates the amount that we can absorb. It acts like a gate opening and closing as we go. You also need to understand that to enhance your ability to further absorb Creatine you need to have a good combined mix of amino-acids and carbohydrates.

So now that we understand what creatine is, what it does, and how much we need it's time to find out what are the best ways we can get this Creatine through supplements. What we are looking for is a good combination of amino-acids, carbohydrates and a good monohydrate Creatine. If we can get extra boosts from the Creatine in the way of a Nitric Oxide then that is an added bonus

and will help us save money on having to buy this compound separately so this has to be taken into account when selecting the right supplement for you.

Here are two very popular Creatines on the market today where we can see the difference in ingredients.

MuscleTech CellTech HardCore Higher Power Micronized Creatine



Box Of 14 Fruit Punch

Serving Size 1 Packet (101 g)

Servings Per Container 14

Amount Per Serving	% Daily Value
Calories	320
Total Carbohydrate	75 g 25% *
Sugars	75 g †
Vitamin C (as Ascorbic Acid)	250 mg 417%
Phosphorus (as Dipotassium Phosphate)	180 mg 18%
Magnesium (as Magnesium Phosphate)	70 mg 18%
Chromium (as Chromium Polynicotinate) **	250 mcg 208%
Sodium (as Di-Sodium Phosphate)	140 mg 6%
Potassium (as Di-Potassium Phosphate)	150 mg 4%
Crea-Edge™	10 g †
Creatine Monohydrate, Creatin Anhydrous, Dicalcium Phosphate, Creatine Alpha-Ketoglutarate, Creatine Ethyl Ester HCL	
SMG™	2.5 g †
Taurine, Betaine HCL, L-Glutamine Alpha-Ketoglutarate	
Lipoic-Tech™	200 mg †
Alpha-Lipoic Acid	

* Percent Daily Values are based on a 2,000 calorie diet

† Daily Value not established

Other Ingredients

Dextrose, Natural And Artificial Flavors (Maltodextrin, Sugar, Modified Cornstarch, Potassium Benzoate [As Preservative]), Citric Acid, Calcium Silicate (as Anticaking Agent), Gum Blend (Modified Food Starch, Gum Acacia, Titanium Dioxide, Tri-Calcium Phosphate, Xanthan Gum, Citric Acid), Red Color Flecks (Gum Arabic, FD&C Red #40), FD&C Red #40, Silicon Dioxide (as Processing Agent)



500 Grams

Serving Size 5 Grams

Servings Per Container 100

Amount Per Serving	%DV
Creatine Monohydrate	5 g **

**Percent Daily Value has not been established.

Ingredients

Pure HPLC Certified And Laboratory Tested Creatine Monohydrate.

You can see that these two products are both creatines however they are very different, yes because one has a lot more in it then the other but that's not what we are looking at. The most important part to identifying what our needs are for Creatine are first of all looking at how much Creatine there is in the mix. Then identifying whether the product has the necessary amino-acids or Glucose (Dextrose) to be absorbed.

Now Muscle Tech has 3 grams of Creatine and Higher Power's Creatine has 5 grams per serve. Now we can only absorb a small amount of Creatine at a time so both products are fine in the way of "Creatine Contained".

The major factor separating these two is that Muscle Tech contains a ton of Dextrose (Glucose) that will cause a spike in the body's insulin levels. This spike will absorb the Creatine rapidly into the bloodstream resulting in a boost in Creatine levels and the benefits that come along with them.

Higher Power Creatine is just Creatine with no amino-acids or Dextrose which means that you will have to add in with the Creatine some BCAAs or Dextrose to help with the absorption of the Creatine into the blood stream. Depending on your goals your decision may be influenced as Dextrose can put on fat so is not ideal for a weight loss diet however is great for bulking. BCAAs are great for both.

These are two major factors when looking for a Creatine that will be effective. Most Creatines are good but need some amino-acids or Carbohydrates consumed with

them in order to be effective so keep that in mind when making your choice.

Multi-Vitamin Supplements

There are so many Multi-Vitamin supplements out there all promising the world. Do you really know what a Multi-Vitamin is though?

Most people take them without even

knowing why, they just know that

the adverts or there doctors said

they should take them. In order

to select a good multi-vitamin

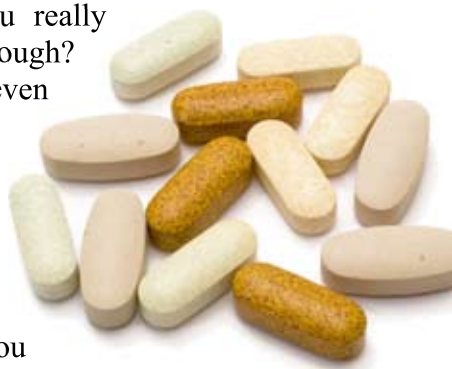
you do need a basic

understanding of what it is and

what it should do for you before you

choose one as there are so many out there and some

are basically crap.



What a multi-vitamin is or should be is a B-Complex and some additional vitamins and minerals. A B-Complex is the combination of the main B Vitamins B1, B2, B3, B5, and B6. B Vitamins of course give you energy which is a great part about the right multi-vitamins, They give you energy. A lot of people get the idea that the more vitamins and minerals that are listed on the back the better the product must be, which is so wrong. It's not about how many different ingredients there are in a multi-vitamin it's what dosages there are in each of the ingredients that is most important when selecting the right Multi-Vitamin.

I have my favourite Multi-Vitamin in front of me now, I chose this one because it has 125mgs of B Vitamins which is a lot when you compare it to other products like Centrum. You should be aiming for a product that has around 100mgs of Multi-Vitamins at least to guarantee the Multi is going to get you through your day energized and also fill the nutrient needs that we have as a result of not getting enough out of our food.

These B Vitamins are a sign of a good Multi-Vitamin so if you can find a product with a lot of these then chances are the other ingredients are also going to be good. Extra ingredients that you should look for in a Multi-Vitamin are: Selenium, Zinc, Boron, Selenium, Chromium and Iron.

These are going to be useful for topping up the nutrients you consume in your diet on a regular basis. Other ingredients you may find on the back are may be nutrients like Calcium and Magnesium. Now as these sound like good nutrients it doesn't mean that they are going to do anything for you. What you need to look at are the amounts contained in there as in most cases you will find there are tiny amounts contained in the product so you are much better just buying a separate Calcium Magnesium product instead so you know you are getting a good amount of these two nutrients.

Here are two products with ingredients to show you a good dosage that you should look for and a dosage so small you should stay clear of it.

150AST Multi Pro 32x



100 Capslets		
Serving Size: 1 Capslet		
Servings Per Container: 100		
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene) & (as Acetate, Incl)	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	200 mg	333%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as DL-Alpha Tocopheryls Acetate)	60 IU	200%
Vitamin K (as Phytonadione)	75 mcg	93%
Vitamin B1 (as Thiamin Hydrochloride)	30 mg	2000%
Vitamin B2 (as Riboflavin)	30 mg	1765%
Vitamin B3 (as Niacinamide)	30 mg	150%
Vitamin B6 (as Pyridoxine HCL)	30 mg	1500%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	30 mcg	500%
Biotin	300 mcg	100%
Vitamin B5 (as Pantothenic Acid)	30 mg	300%
Di-Calcium Phosphate	-Calcium 75 mg	8%
	-Phosphorus 45 mg	6%
Iron (as Ferrous Fumarate)	6 mg	33%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Chelate)	30 mg	200%
Selenium (as Selenium Amino Acid Chelate)	75 mcg	108%
Copper (as Copper Chelate)	2 mg	100%
Manganese (as Manganese Sulfate)	10 mg	500%
Chromium (as Chromium Chelate)	100 mcg	84%
Molybdenum (as Molybdenum Chelate)	80 mcg	106%
Potassium Chloride	-Chloride 36 mg	<2%
	-Potassium 40 mg	<2%
Silicon	30 mg	*
Tin (as Tin Chelate)	10 mcg	*
Vanadium (as Vanadium Chelate)	10 mcg	*
Boron (as Boron Amino Acid Chelate)	150 mcg	*
Nickel (as Nickel Protein Chelate)	25 mcg	*
* Daily Value not established		
Other Ingredients		
Croscarmellose Sodium, Microcrystalline Cellulose, Magnesium Stearate		

Centrum



Centrum® Tablets

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains

Vitamin A 3500 IU (29% as Beta-Carotene)
Vitamin C 60 mg
Vitamin D 400 IU
Vitamin E 30 IU
Vitamin K 25 mcg
Thiamin 1.5 mg
Riboflavin 1.7 mg
Niacin 20 mg
Vitamin B ₆ 2 mg
Folic Acid 400 mcg
Vitamin B ₁₂ 6 mcg
Biotin 30 mcg
Pantothenic Acid 10 mg
Calcium 200 mg
Iron 18 mg
Phosphorus 20 mg
Iodine 150 mcg
Magnesium 50 mg
Zinc 11 mg
Selenium 55 mcg
Copper 0.5 mg
Manganese 2.3 mg
Chromium 35 mcg
Molybdenum 45 mcg
Chloride 72 mg
Potassium 80 mg

Boron 75 mcg
Nickel 5 mcg
Silicon 2 mg
Tin 10 mcg
Vanadium 10 mcg

* Daily Value not established.

You can see that there are a lot of ingredients in both of these and you will be able to now draw direct comparisons for yourself looking at the ingredient lists. What I want you to first make a comparison on is the B Vitamins contained in each. As you can see in The Multi Pro 32X it has a good amount of B Vitamins (90mgs) whereas Centrum falls well short with only 2mgs of B Vitamins which is nothing!

I don't even need to go into the rest because you really don't need to be a doctor to see which is going to give you the best results here.

You need a good Multi-Vitamin this is an absolute must for your training. If you aren't getting in all the goodness you need you want perform as well and have less chance of growing to your full potential. It is not hard to identify a good Multi-Vitamin so don't be lazy or trusting of shop staff. Make sure you look and get the best Multi available for you.

Nitric Oxide

Nitric Oxide is a excellent product that you are going to want to take if you want to get the most out of your workout. I notice that when I take Nitric-Oxide my pumps are a lot harder, Veins become much more pronounced and my strength and size increases at a very good rate. For this reason I use Nitric Oxide and you should really to. The benefits of this product makes it an almost essential supplement in my books. You must remember with a supplement like this that if you want

the best results you are going to want to cycle it on and off maybe 12 weeks on 4 weeks off. This will mean that your body will not get used to it so quickly and you will get the most you can out of it.

Here is a bit of background info on Nitric oxides. Nitric Oxide is a free form gas that is produced in the body and is used by the body to communicate with other cells in the body. To produce this gas, enzymes in the body break down the amino acid Arginine.

Nitric Oxide is a molecule consisting of one atom of nitrogen and one atom of oxygen. The production of Nitric Oxide occurs when the amino acid L-arginine is converted into L-citruline through an enzyme group known as Nitric Oxide Synthase (NOS).

After much usage of all the different nitric oxides on the market I have come to the conclusion that the best way to find out what works is trying the brands that are most popular for yourself as some products work better for others depending on the person.

There are really two main categories for Nitric Oxide Products, one are those with extras included and the other is just a sole purpose Nitric Oxide Product.

BSN Nitrix:

**180 Tablets**

Serving Size 3 Tablets

Servings Per Container 60

Amount Per Serving % DV

Vitamin B9 (Folic Acid) 200 mcg 50%

ACE3 (Triple Action Nitric Oxide Matrix) 3000 mg **

L-Arginine AKG, L-Arginine Ethyl Ester, L-Citrulline

CRTS2 (Controlled Release Technology & Support System) 1565 mg **

Methocel™ (Micro-Polymer Hydrophilic Methylcellulose Ether Matrix) **

AVPT (Advanced Volumizing & Performance Technology) **

(Patents 5,965,596; 6,172,098; 6,426,361 And 6,680,294) Creatine Ethyl Ester-Beta-Alanine Dual Action Composite (CarnoSyn®), Sodium Creatine Phosphate Matrix, Creatinol-O-Phosphate-Malic Acid Interfusion, Creatine ABB™ (Creatine Alpha Amino-N-Butyrate) Phosphoplexx **

Di-Calcium Phosphate, Di-Potassium Phosphate, & Sodium Phosphate NAD (Nicotinamide Adenine Dinucleotide) **

** Percent Daily Value Not Established.

Other Ingredients

Magnesium Stearate, And Stearic Acid.

Allergen Warning: Manufactured On Equipment Which Processes Products Containing Soybeans, Shellfish, And Peanut Flavor.

BSN NO-Xplode:

**2.25 Lbs.****Grape**

Serving Size 1 Scoop (20.5 g) ††

Servings Per Container 50

Amount Per Serving % Daily Value†

Calories 25

Total Carbohydrates 6 g 2%

Sugars 0 g **

Vitamin B6 (Pyridoxine HCL) 25 mg 1,250%

Vitamin B9 (Folic Acid) 400 mcg 100%

Vitamin B12 (Cyanocobalamin) 120 mcg 2,000%

Calcium 75 mg 8%

Phosphorus 535 mg 54%

Magnesium 360 mg 90%

Sodium 235 mg 10%

Potassium 75 mg 2%

N.O.-Xplode™'s Proprietary Blend 18,000 mg **

(Contains A Patented Nutrient Suspension Matrix & Efforsorb™ Delivery System)

N.O. Meta-Fusion Patent Pending **

L-Arginine AKG, L-Citrulline Malate, RC-NOS™ (Rutacarpine 95%), L-Citrulline AKG, L-Histidine AKG, NAD (Nicotinamide Adenine Dinucleotide), Gynostemma Pentaphyllum (Leaves & Stem) (Gynenosides 95%)

AVPT (Advanced Volumizing & Performance Technology) **

Modified Glucose Polymers (Maltodextrin),

Di-Creatine Malate, Trimethylglycine, Creatine

Ethyl Ester -Beta-Alanine Dual Action Composite (CarnoSyn®), Sodium Bicarbonate, Sodium

Creatine Phosphate Matrix, Creatinol-O-Phosphate-Malic Acid Interfusion,

Glycocyamine, Guanidino Propionic Acid,

Cinnulin PF® (Aqueous Cinnamon Extract) (Bark), Ketosocaproate Potassium, Creatine ABB

(Creatine Alpha-Amino-N-Butyrate)

Ener-Tropic **

Xplosion™ (Patent Pending)

L-Tyrosine, Taurine, Glucuronolactone,

Methoxyxanthine (Caffeine), L-Tyrosine AKG,

MCT's (Medium Chain Triglycerides)(Coconut),

Common Periwinkle Vinpocetine 99%, Vincamine

99%, Vinburnine 99% (Whole Plant) **

Phospho-Electrolyte Replacements™

Di-Calcium Phosphate, Di-Potassium

Phosphate, Di-Sodium Phosphate

Glycerol Hydrating Polymers™ **

Potassium Glycero-phosphate, Magnesium

Glycero-phosphate, Glycerol Stearate

† Percent Daily Values are based on a 2,000 calorie diet

** Daily Value not established

Other Ingredients

Natural & Artificial Flavors, Citric Acid,

Sucralose (Splenda®), Acesulfame-K,

Potassium Citrate, FD&C Red #40, FD&C Blue #1,

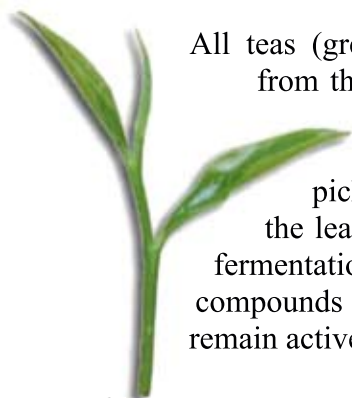
And Calcium Silicate.

You can also see these are two completely different products but both promise a lot. You are going to find this with most Nitric-Oxide supplements. For me personally I have tried every one of the popular brands and found Plasma Jet to work for me the best. I would encourage you to look for what you find works best for you and the best way is to try. Just don't overdo it and make sure that you cycle this product.

Fat Loss Supplements

There are a number of fat loss supplements all over the market all promising to turn you from the fat guy at the gym to the most ripped guy around. These are of course fake so when your looking for a fat loss supplement look past the fluff and get into the real effect that the product is going to have on you. Some of these ingredients you should look for are:

Green Tea Extract



All teas (green, black and oolong) are derived from the same plant, *camellia sinensis*. The difference is in how the leaves are prepared. Green tea is prepared by picking, lightly steaming and allowing the leaves to dry. Due to differences in the fermentation process, portions of the active compounds are destroyed in black tea, but remain active in green tea. The active constituents

in green tea, called catechins, have a powerful effect on body fat, accelerating both the loss of stored fat and reducing fat storage.

Tyrosine

The amino acid tyrosine is a building block for several important brain chemicals, including epinephrine, norepinephrine, serotonin, and dopamine, several of which help to regulate thermogenesis.

Caffeine

Clinical trials show that caffeine will boost the fat burning effects of exercise by up to 30%. Research also shows that caffeine improves performance during short term, high intensity exercise, such as weight training. In addition, caffeine tends to enhance the impact of other thermogenics, making them work better for longer.

Cayenne

Cayenne contains capsaicin, the compound that produces the 'hot' in hot peppers. Originally from South America, the cayenne plant is now used worldwide as a food and spice. Cayenne is known to



increase your metabolic rate, which is one reason why you get so hot and sweaty after eating spicy foods.

These are some basic ingredients that you can expect to be effective in aiding your fat loss. Make sure to check for these ingredients next time you go looking for a fat loss supplement when it's that time to diet again be sure to check what ingredients are on the back and select in relation to that not the fluff that the marketers produce with outrageous claims.

Two examples of weight loss products you will see on the market and their ingredients follow.

Nutrex Lipo 6:

Animal Pack Cuts:



120 Liqui-Caps

Serving Size 2 Liqui-Cap
Servings Per Container 60

Amount Per Serving	% Daily Value*
Synephrine HCL	20 mg *
Synthetic 99% Guggulsterones	20 mg *
Z&E 1:1	
Yohimbine HCL	3 mg *
Caffeine Anhydrous USP	200 mg *
Bioperine®**	5 mg *

* Daily Value not established

Other Ingredients

Vegetable Cellulose, Glycerin, Purified Water, Polysorbate 80.

**Bioperine® is a registered trademark of Sabinsa Corp.

This Product Utilized Only Natural Vegetable Capsules That Are Free Of Animal Products.



42 Paks

Serving Size 1 Pak
Servings Per Container 42

Amount Per Serving	% DV
Niacin (as Niacinamide)	15 mg 75%
Vitamin B6 (as Pyridoxine HCL)	2 mg 100%
Thermogenic Complex	575 mg
Synephrine	*
Octopamine	*
Tyramine	*
Epigallocatechin Gallate (EGCG)	*
L-Theanine	*
PEA (Phenylethylamine)	*
Lipotropic Complex	75 mg
Choline Citrate	*
Betaine HCL	*
Inositol Monophosphate	*
Metabolic Complex	900 mg
Guarana (22% Caffeine)	*
L-Carnitine	*
Diuretic Complex	750 mg
Dandelion Extract (Taraxol, Taraxerol)	*
Uva Ursi Extract (Arbutin, Methyl-Arbutin)	*
Thyroid Complex	175 mg
Guggul (2.5% Guggulsterones)	*
Soy Isoflavones	*
Insulin Potentiators	100 mg
Alpha-Lipoic Acid	*
Chromium Polynicotinate	*
Chromium Picolinate	*
Nucleotide Regulators	300 mg
Phosphate	*
Inosine	*
Phosphatidylcholine	*
Neurotransmitter Regulators	250 mg
St. John's Wort (0.3% Hypericin)	*
Tyrosine	*
Animal Cuts Complex	812 mg
Citrilene™ (Hydroxycitric Acid)	*
Grapefruit Extract (Naringin, Naringenin)	*
White Willow (Bark)	*
Phenylalanine (As L-Phenylalanine)	*
Ginger Root Extract (Gingerols, Shogaols)	*

* Daily Value (DV) not established

Other Ingredients

Bitter Orange Extract, Green Tea Extract, Cocoa Extract, Potassium Phosphate, Magnesium Phosphate, Magnesium Stearate, Gelatin, Stearic Acid

These are a couple of the major fat loss products on the market today. What you will also find is that there are a number of different fat loss categories out there on the market today all of which have their own uses. There are non-stimulant Thermagenics, Carb-Blockers, Fat Blocker, Thyroid Regulators, Appetite Suppressants, Cortisol Products and many others. There are so many out there it's hard to know what to go for. I would say stick with the trusted brands that are proving to get people results. A great way to find information on these are on forums as the members are honest and have no hidden agendas in most cases. So get away and do your research into what supplements to use as they are a key part to achieving what you want in your training program.

Always be smart when choosing your supplements. First things first: Set your goals. You need to know exactly what you're going to do to achieve those goals and how you're going to do it. Then, follow through and sort out a nutritional program for yourself. Make sure you understand as much as you can about lifting weights and how to use weights properly. Think about how you're lifting the weights; don't let the weights lift you. Think about your different muscles and use the muscle-mind link, rather than lift a heavy weight up and down blindly. You need to feel it in your muscle and know that each rep is bringing you one step closer to achieving your goals.

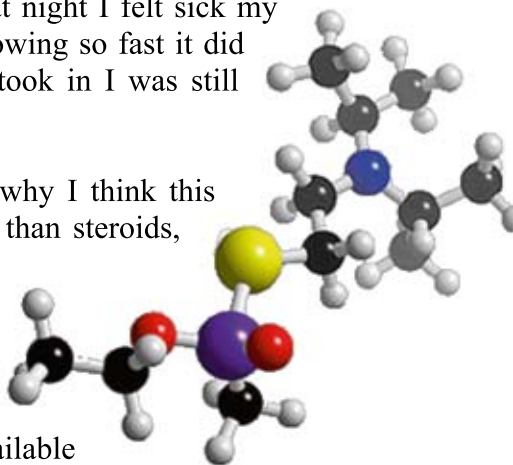
To end this section I thought I would give you a real gem on what's starting to become available in the supplement industry that I am currently experimenting with. I have been using an experimental version of natural IGF-1 which is taken sublingually.

The results from this have been absolutely awesome so far. I have been getting leaner stronger and my muscles maturing every single day. From a person who has used steroids , hgh and synthetic IGF-1 this is more potent and has given faster results than any of them !

I am the biggest sceptic when it comes to supplements and can't BELIEVE THE RESULTS I AM GETTING ! I would wake up so hungry at night I felt sick my body was so anabolic and growing so fast it did not matter how much food I took in I was still hungry.

Here is a bit more info into why I think this natural IGF-1 is more potent than steroids, hgh and synthetic IGF-1.

It seems when IGF1 is delivered in its natural matrix (i.e. with all the other Growth Factors in tact) it is more potent and bio available than synthetic IGF1.



Some extracts from the report to note are;

“IGF-1 is also known as somatomedin C and is actually far safer, yet just as potent as growth hormone itself. “

“IGF-1 Plus is a lipo sublingual spray, cold-processed extract of Cervi Parvum Cornu.”

“When harvested at the appropriate time the genus Cervus contains, as an extract, with a minimum of 2,500 nanograms per gram of IGF-1. It also contains IGF-2, a related hormone, and epidermal growth hormone, transforming growth hormone beta, nerve growth hormone (neurotrophin), as well as a host of other health-promoting factors.

One such factor is a newly described protein (67 amino acid chain) which has been demonstrated

in vitro studies show it to be more powerful as an anti-inflammatory than Dexamethasone, a common steroid used for arthritic pain. By combining IGF-1 and other growth.”

The dosage I am taking is 10,000 nanograms per sublingual shot taken twice per day straight after training with BCAA and protein and large amount of carbs. Without a doubt this is the best growth both from natural and artificial substances I have ever seen.

I recommend this to everyone who is serious about building some serious muscle fast.

I have added some more information on Natural IGF-1 at <http://www.bigkiwiunleashed.com/IGF1> by the time you visit it should be readily available so make sure that you check it out.

Basic Performance Enhancing Drugs

Let me be clear: I do not condone the use of performance enhancing drugs. However, I would like to educate people from my experience in using them. I want to tell you which ones worked, which ones didn't, and which ones did nothing at all.

Mild-Effecting Performance Enhancing Drugs



Let's start with Clenbuterol. Clenbuterol is a beta antagonist, which basically helps deliver oxygen around your system. This increases the uptake of the beta receptors. Clenbuterol is best used for cutting and also gives you a mild mass gain. You need to build your dosage slowly, since it can give you the shakes and make it hard for you to sleep. I found that, when training for competitions, Clenbuterol was one of the best fat burners I could take – it burned the fat, built muscles and worked really well for my body.

T3 and T4 are both thyroid enhancing drugs that help burn fat. T3 is a stronger version, but I don't believe it's

made anymore in New Zealand. T4 is a lesser version, but it still works well in burning fat.

Basic Anabolic Steroids

There are many different types of anabolic steroids, including oral and immunizable. The best steroid for mass growth is testosterone. Regardless of what anyone else says, testosterone is the key for growth. There are a lot of steroids with cool names that sound good, but you get the best muscle gains with testosterone. All testosterone is the same when it gets broken down in your body, so all those different esters like Enanthate and Propionate with a different half-life will all be the same when they are broken down. I have taken doses of over 3000 mgs of testosterone, but found that 1000-1500 mgs gave me the best results by far.

Out of the oral steroids, I found that Dianabol gave me the best results – getting my body stronger and harder. I also used Halo Testone, but it's hard to get around New Zealand. The strength and size I got from Halo Testone was just amazing. I'm a firm believer that with strength comes size and muscle gain. Other oral steroids, like Andriol, would only give you results for a couple of weeks, due to their natural ester. I found Anapolon to be



very toxic; it made you feel horrible when you were taking it and the gains were nowhere near the level that other drugs, like Dianabol, gave me. Winstrol tabs were very effective – especially the 50mg-100mg ones. I only used those when trying to harden up for competitions. Masteron tablets were also very effective; they were great for increasing your overall strength, size, and gain.

Let's move on to injectable anabolic steroids. Winstrol was good, but using it every day became painful since you had to take it as a shot. The same was true for Trenbolone; it was very effective and you could use it regularly since it moved in and out of your system very quickly. I was able to get high doses of Equipoise, which worked great for size gains, mass gains, and overall hardness. Everyone always raves about Deca, but it did nothing for me. I didn't like Deca at all. I did find that Insulin was very effective for muscle growth. Insulin helps with the uptake of glycogen, proteins, and amino acids into your muscles. You need to be careful when using this though, since it can make your blood sugar levels bottom out. I would use Insulin twice a day – right after training and again after cardio. I have also used GH before, but in very small quantities since it used to be very costly in New Zealand. Most of the pros in the United States use GH non-stop, doing 10-20 UIs a day, but I couldn't afford anything like that in New Zealand. It's a great product to keep the gains and hardness, but the expense was just too much for me at that stage.

I'll be delving deeper into performance enhancing drugs in a upcoming series, but this should serve as a rough

overview of the ones that worked well, and those that didn't.

Weight Loss

Nutrition is a crucial element when you want to gain mass from training. Most people think you need to have a high calorie diet in order to gain mass. You need to have a decent amount of calories, but you should get the majority of them from protein. Remember this: Protein intake is very important. Eat at least 30-40 grams of protein every one-and-a-half hours. Carbs are important but they are mainly just energy for your day and your workouts. Aim to have around three grams of protein per

kilogram of your weight, and eat a minimum of 8-10 meals per day. Also, try to work a decent amount of red meat into your diet. I believe the iron in red meat and the meat itself really lends itself well to helping gain mass.

Another key component to your nutritional plan is protein shakes. Protein drinks are a great way to get amino acids into your system, so drink one 90 minutes before you train, another right after you train, and one

more before you go to bed. When you sleep, your body is trying to rest and recover. This is the best time to get a good protein drink into your system. You want to have



those amino acids there to help repair and build your muscle tissue.

People tend to forget the importance of sleep and rest. If you're not sleeping enough during the night, or resting enough between your training sessions, you will not grow as well as you should. Your goal should be to get at least eight hours of sleep every night. I know this is hard for most people to aim for. It's very easy to get caught up in going out too much or enjoying yourself too much. Try not to get into this habit or you will not grow as fast as you could be. This doesn't mean that you can't go out every now and then, but stay committed to your training routine and make it a priority.

You need to aim for high weights, low repetition sets when trying to gain muscle mass. I always recommend using free weights. Aim to do four sets of 6-8 reps on your heavy sets. Try not to do too many exercises; you should do a maximum of three exercises per day. Any more than three and you're overtraining. You only need to be in the gym for one hour at a time. Any more than that, and again, you're overtraining. Get into the gym and go hard, but get out of there after one hour. Another training tip: It's very important to always have a training partner available. You can't expect to get out that extra rep or lift that extra bit of weight if you don't have someone there to spot you. You can't push yourself to the extreme limits that are needed to gain extra mass without a training partner.

Gaining Muscle Mass

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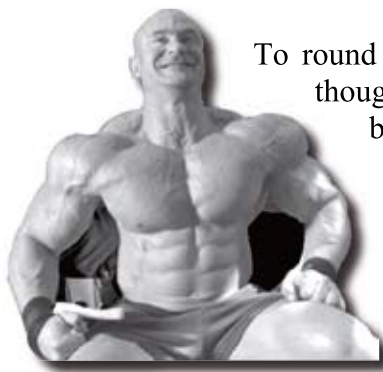
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What I Do To Pack On Masses Of Muscle



To round up the muscle building section, I thought I'd give you a real gem, a booster starter to get your muscle growth booming. I call this my "Natural Anabolic Boost Period". Why ? Because when I suggest most of my clients go onto this diet then on average they pack on 20lbs.

Do I have your attention ?

Now in order to do this naturally you are going to need to really shock your body into action. Your body gets too familiar with the norm and stops growing if you stick with the same things over and over again. This diet, because it is a mass gain diet, is ideal for skinny guys looking to pack on as much as possible in a short period of time but.....you are going to gain fat. You need to forget about that though and focus on how much muscle you are going to build. In general unless your diet is perfect and you have some amazing genetics, you are going to put on fat when you bulk up. You see the bodybuilders off season right ? When I bulk I'm no different, I want to put as much muscle on my frame as possible so I basically turn into a water buffalo a few times each year, I like to think of it as 2 steps forward 1 step back. It is worth it though.

So now that we have made that clear, how are we going to do it?

For starters you need to shock your body into action so for 15 days you need to stuff yourself with all the food you can get into you. I would recommend at least 5000 calories a day making sure that this includes at least 250 grams of protein so you can pack on that muscle.

You need to eat like I do !

Get food into your belly every 2 hours that you are awake.

Raise your water intake to about 12-15 cups of water a day at least and make sure you stock up on a good multi-

vitamin supplement, Creatine and a good protein supplement.

Train 5 times a week and stay away from the treadmill !

When you're training, make sure that you carry round a bag of jelly lollies or marshmallows to keep your natural insulin levels high. You really want to maximize your potential growth over the 2 weeks period that you're consuming all of those calories.

I would also recommend that if you are having trouble getting 5000 calories into your diet use a mass gainer such as mutant mass (This period is the only time that I would ever recommend this product).

Now after around that 2 week period your body is going to be reaching a plateau and if everything was done correctly you should have put on at least 5lbs of bodyweight.

At this time you are now going to want to cut back on the food for a week. Stop the supplements; don't exceed 2000 calories in one day. This is to get your body ready for its next shock. You must also make sure that the protein you consume is as lean as possible. Yes that does mean sticking with chicken and fish for a week. You also want to make your carbohydrates nothing major either, stick to veggies and fruit. This is basically just a maintenance phase. We are not looking to gain any more weight but we are certainly not trying to loose any either. I would recommend training just 3 – 4 times for that week.

It is normal in this week to notice a little bit of size coming off you when you look in the mirror. Don't worry it's just water leaving your system because your calorie intake is much less then before.

After that week we are back on it again eating like a horse for the next 2 weeks. At this stage your body's hormones will be creating an anabolic muscle building effect. It's basically the closest thing to being on steroids you can get without being on them. You are going to notice that your pumps at the gym get much bigger, you're packing on size with ease and that your strength is going through the roof.



Then just repeat these 2 weeks on 1 week off cycles for about 6 months.

If you do, you can expect to pack on about 14kgs if not more. I know when I do this I can put on up to 20kgs. After that 6 month period you will have grown much noticeably bigger. Probably to the size where your friends start accusing you of being on steroids. You will have still a fair amount of body fat to get off to let all your work really shine through. At this time you start your cutting phase lowering your body fat till you can go another 6 months of bulking again. This is the only way to pack on 'real size'; this is what the professionals use

as well. You see them off season quite chubby then suddenly they get lean again then go at it again.

Give it a go see what happens ! *

Training

One of the most important parts to training is not understood and barely taught by trainers. The magazines on the shelves certainly don't mention it and thus it is never truly understood by a lot of the people you see in the gyms where you workout. The big guys and the bodybuilders of course understand this concept though and it is a concept and practice that takes awhile to make automatic but is the only true way to guarantee you keep growing and packing on the pounds. I call this "The Feel" and as random as it sounds this is what I always keep in my mind when I'm lifting my weights day after day.

So what is "The Feel"? And why on earth is something so important not done by so many?

The Feel has been around from the start of course and it is not anything scientific but more common sense. It is very easy in the gym to go day after day and do the motions, lift the weights and get the food down you after. But when you are doing your exercises what are you thinking about? What are you doing with your body? And is there any connection? Because there should be! This is where it goes wrong. There is a huge difference to the results got when someone lifts the weights and goes through the motions and the person that lifts the

weights with the intention to tear as many fibres in the muscle as possible.

With that being said your compete focus when working a muscle should not be on how heavy you are lifting and not how many reps you are doing but making sure that you are feeling the maximum amount of tension possible on the muscle. This will guarantee that you are going to tear muscle fibres and you will know that what you have done has been useful. Early on in my weight training program I had no idea what I was doing and it was not until a bodybuilder at the gym I was at took me aside and told me how to actually build muscle that I starting going in the right direction. This tip was one of the most valuable I have learnt and its forgotten to often by gym goers.

Now when you are at the gym doing your workout there will be no excuses. Don't think about or focus on anything else but correct technique and feeling the maximum effects of the exercise in your muscle and you will grow !

Convict Training

I wasn't able to use weights at all for a full year while I was in prison. Even after I did gain access to some weights, they were very light. You have to make the best of any situation. Sometimes you'll go into a gym that doesn't have the right equipment, has bad equipment, or has hardly any equipment at all. You're always able to use something to train, you just have to improvise and get creative. I'll go through my training routine in prison to demonstrate my point. I would run my workouts on the same method as I would with normal weights – on a five days-on, two days-off split.



Chest

We started our chest exercises with press ups. We would do press ups with our own weight for the first set, and then have someone push down on you for the second set. We would add one more person pushing down on you for the third set and a fourth person for the last set, depending on how strong you were feeling.

We would do dips as a second exercise. We'd find a wall to use and do your first set of dips with no weights. For your second set we would get someone to stand on a chair and push directly down on you. That person would push on you a little more for the third set, and if you

didn't max out, they would push even harder for your fourth set or get someone else to push down on your legs.

For the third exercise we would do either decline or incline press ups. For incline press ups, we would put our feet on the ground and our hands, evenly spaced, on a raised bench. You would do the first set with someone lying on your back, and continue adding people for your second through fourth set. We would use the same concept for the decline press ups, except you would have your feet raised on the bench and do the press ups on the ground. There are a range of different exercises you can do with no weights for your chest.

Back

For back, we would do chin ups on a door frame. We would lift our own weight for the first set, and then gradually have people apply more and more pressure to your legs as you moved on in your sets.

Our second exercise would be bent-over rows. We would grab a towel and have one person lie in between your legs. You would bend over into your bent-over row position, have them lie within the towel, and do a row. For the second set you could have two people within the towel, lying on top of one another, and gradually increase the weight of the people for the third and fourth set.

After that we'd move on to single arm rows, still using a towel. One person would sit feet first and do a single arm row with another person using both arms to apply

pressure. To increase the weight, the other person would either apply more pressure or you could switch them out for a stronger person as you moved through your sets.

We also did lying rows for our back. You would lie on a table and have a towel wrapped underneath you. Someone would lie in the towel, and you would do rows, increasing the weight of the person or the number of people, depending on the different sets.



Arms

We would use a towel for bicep curls. Someone would hang onto the towel, applying more and more pressure as the sets increased.

There was also a number of inventive ways to do hammer curls. We would use buckets and increase the

amount of water we put in them as we moved through our sets. You could also do curls with a broomstick and add water bottles to the end of it. Depending on your set, you would either add more water or more bottles.

Dips were a great exercise for our triceps. You would do your first set with your own weight, and then get people with heavier weights to sit on your shoulders or your lap to make it harder. We would also do tricep kickbacks with water bottles, and gradually increase the weight of the bottles for our sets. Tricep extensions were done by holding a towel behind your head and having someone

push down onto the towel. As the sets increased, so did the pressure that the other person would apply.

Shoulders

Our first exercise would be shoulder presses. We used a broom and added water bottles or buckets to the ends of the broom. How much water or how many bottles we put on there would increase with each set. You could also use a towel, and have someone push down on it, or you could even use your hands. The other person would push down harder with each set or you found a heavier person for more pressure.

We would move on to side laterals, where someone would push on the sides of your arms while you tried to lift them up in a lateral, side motion. I also enjoyed doing reverse flies for my rear deltoids (deltoids). I would also do shrugs, where I'd take a towel and lift people, one lying on top of the other, between my legs.

Legs

Legs and quads were my favorite. We invented something called "Totem Pole Squats". For the first set, you would go up against a wall and squat one person sitting on your shoulders. For each set we would add another person, everyone sitting on top of the other. It sounds interesting but you have to see it to believe it. Sometimes we'd get up to fifteen feet high in the air, between people either sitting or standing on you! The

key with these squats was getting the weight in the right place. If it was in the wrong place, you would put major pressure on your spine and risk a huge injury. I got in trouble many times doing these in prison.

We would also do lunges with one person sitting on your shoulders. You would increase the weight of that person as the sets increased. We moved on to sissy squats. Even though you do these squats with little to no weight, they are one of the hardest, ugliest exercises known to man.

For hamstrings we would do stiff-legged hamstring curls. We used a towel to lift a person up from the ground, and increased the weight of that person as our sets increased.

Hamstring curls were the next exercise. One person would lie on a table and you would put a towel over their legs. Another person would lie on the ground and pull down on the towel, increasing the pressure with each set.

Calves were an easy muscle group to exercise. We would do donkey calf raises, with one person on your back to start and adding more people or more pressure as the sets increased. I would sometimes go up to three people on my back and two others pushing down on them, so you can lift quite a bit of weight with these



exercises. We also did standing calf raises, where one person would sit on your shoulders and another person would stand on them. These were all great exercises and your calves always seemed to get a really good work out, even though you had no machines or weights at all.

Abdominals

Abs were very easy – I'd just do my normal ab routine. I'd lie with my back on the ground and do a half crunch with my upper body, while bringing my lower body and legs in toward the middle as well. I would do sets of 300 crunches, 4-5 times per week. This would always give me a good pump and great results for my abs.

Overall, we did really well and made the most out of our convict training with having little to no weights at all. I don't feel I lost that much size, even though I had no food and no weights. Convict training was very successful and we used to get whole groups of people from our prison unit training at the same time. Most people really enjoyed it and achieved great results. There wasn't much else to do so it definitely helped with my boredom throughout the day.

Conclusion

To get the most out of this book, you need to internalize everything that we've talked about. You need to know your motivations, goals and why you're going to the gym. You need to understand the proper nutrition, how to train, and the different exercises we've discussed. Putting all these key ingredients together is what will help you achieve your goals. I recommend putting a picture of exactly what you want to look like above your bed to help keep you on the right path. You can also put your goal weights or the times you want to achieve above your bed as well.

Before you go to the gym, you need to have run through exactly which exercises you're going to do and how you're going to do them in your mind. Unless you do this, you won't be able to achieve everything you want. I think about everything I'm going to do at the gym before I get there. How am I going to do each exercise? Where do I want to focus my efforts? Where can I relax a bit more to make sure I have the strength to focus on my core areas for the day? Think about each set and each individual rep before you do them; know that you've already done them in your mind before you actually go through the process. These simple steps will keep you focused and make the gym something that you enjoy. You don't want the gym to be a chore; you want it to be fun! You want it to be something you look forward to doing every day.

Nutrition is a huge key to achieving your goals, and I can't stress that enough. Unless you know the basics of

nutrition and have a proper nutritional plan, you will not become your best. Don't waste money by going to a personal trainer or a nutritionist; you've just learned how to create your own nutritional program! This is crucial: You need to know you're feeding your body what it needs before and after your workouts in order to get the best results. Also, make sure to follow your nutritional plan when you're not working out.

Your goals will not be achieved by themselves. Get a plan together, get out there, and get training. Use everything that you've learned, go hard, and accomplish what you've always wanted. No one is going to do it for you. Never say no. You want it? Go get it. You will achieve your goals. You will make them happen.



*Please consult a doctor or health professional before embarking on any new fitness regime.

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