

Are you tough enough to handle the truth about acquiring muscle mass?

If so, you had better already be sick of the all the glitzy "bodybuilding" magazines. These magazines generally comprise three separate elements:

- 1) overpowering full page advertising from a huge variety of supplement companies all guaranteeing that they are the best;
- 2) dozens of pictures of half naked fitness women;
- 3) a multitude of pictures of professional bodybuilders accompanied by their written accounts of what exactly made them so "huge."

Understand this:

1) The supplement company advertising is just that.....advertising. In other words, a dazzling picture accompanied by a tag line less than thirty words designed to capture your imagination and to make you believe in whatever fantasy the ad guys are spinning. Muscle Tech can bombard you with great ads promising you the secret stuff to guarantee you unimaginable growth, just like Winston can bombard you with ads selling you on how desirable, cool and sporty you will be smoking their brand of tobacco. The scientific truth is different; Winston cigarettes kill and many highly advertised brands like Muscle Tech consistently fail quality control tests run by reputable labs. *Strike One for the magazines.*

2) Looking at beautiful, half naked fitness women will not make you big....ok, let me change that.....it might make you "big" but it won't help you to get larger biceps, a broader back or more ripped delts. *Strike Two for the magazines.*

3) The narratives "written" by one bodybuilder or another telling you exactly what they did to add 80 pounds of ripped lean muscle are extremely misleading. First, they are rarely really written by that person. In nearly every case, the writing is actually done by the magazine's hidden editorial staff. Although the bodybuilder may give some general input, most often, the actual information contained in the articles is a result of a group of writer's creative processes. Certainly, you are not going to read the true story of experimental steroid stacks and so forth. So discount the training programs as well. If they are not lies, and most are, then they are harmful. Does anyone really believe that a muscle juiced with 7 illegal anabolic steroids behaves the same as a "natural" muscle? Really! *Strike three.* The magazines are OUT.

Here is the truth. If a person trains correctly, fuels their body properly and takes full advantage of the legal, natural, cutting edge, ergogenic supplements readily available in today's international market, they will grow larger, better performing muscle over time than will their drug aided counterparts. Yes, it will be a slower process, definitely. But the growth will last a lifetime and you will have a healthier body to enjoy.

MUSCLE GROWTH:

Non-Refutable Scientific Principles.

Muscle growth, in a word, is **HYPERTROPHY**. That is, the enlarging of muscle cells which already exist in the body. When you say you want to gain size or muscle mass what you are actually saying is that you want to enlarge the size of the muscle cells that already exist in your body. You can't and won't add muscle cells; no one can. Not on this earth. But enlarging the one's you have can make the difference between a 150 lb. weakling and a 210 pound Tarzan. Hypertrophy, that's the goal.

Hypertrophy occurs when a muscle adapts to **"OVERLOAD."** Overload simply refers to a very heavy weight. The heavier the weight, the greater the muscle overload. The greater the overload, the more the hypertrophy or growth.

In order to continue to grow larger and larger muscle, the muscle must be subjected to heavier and heavier weights. This process is called **"PROGRESSIVE OVERLOAD."**

Muscle actually grows according to a process scientists refer to as **"OVERCOMPENSATION."** In other words, when fueled properly, the muscle that is subjected to overload in the form of very heavy weight, will first experience stress, then recover and finally grow. It adapts to the stress state and overcompensates to ready itself for future muscle stresses.

The success and rate of hypertrophy or muscle growth is dependent on **"MUSCLE FIBER RECRUITMENT."** Generally, the more fast twitch fibers that are activated, the better the muscle growth. During the process of progressive overload, there is a natural increase in the number and type of muscle fibers activated. For example, light weights lifted for a large number of reps, recruit a majority of slow twitch muscle fibers which have a very minimal capacity to grow. Heavy weights recruit both the slow twitch fibers and fast twitch fibers. It is the fast twitch fibers that account for a majority of hypertrophy. As heavier weights are employed, the more fast twitch muscle fibers are recruited and the more the muscle grows. As you can see, the whole process is really very simple.

The tricky part is understanding the best way to bio-mechanically achieve overcompensation, how to fuel the body properly to endure greater stress and how to fuel the muscle for optimal recovery.

Section One: INSIDER TRAINING.

For maximal overcompensation to occur, you must train the muscle with **"INTENSITY."** By intensity, we mean that the muscle must continue a given movement until it can no longer contract positively. When a muscle can no longer contract positively, **"MUSCLE FAILURE"** occurs. In other words, overcompensation has happened. It is most important that you realize that the key here is to get to muscle failure quickly. True overcompensation of the fast twitch (type IIB) muscle fibers only occurs when very heavy weights are employed for a very short time. Muscle failure is not compatible with a large amount of exercise. For most non-beginners, overcompensation occurs in the first 30 seconds or, in other words, in the time it takes to complete 4-6 reps.

For overcompensation to occur, it is also important that you eliminate all extraneous movement from the specific exercise. Extraneous movement creates GENERAL MOMENTUM, a big enemy to specific muscle overcompensation. In other words, in every set you should strive to achieve a non-momentum aided, smooth, controlled movement through the entire range of motion. The angle of force makes no difference whatsoever. The key is to eliminate momentum. That is what exercise **FORM** is all about. So when you begin a set think more about the elimination of general extraneous momentum rather than how your wrist should be turned, etc. When a muscle fires forcing a contraction, it is an "all or none process;" the angle of force is a functionally useless concern. It is as impossible to train a tiny part of a general muscle as it is to "spot reduce" body fat.

It is actually rather easy for you to plan a gym program that maximizes the opportunity for HYPERTROPHY to occur. Just remember the basics:

MUSCLE WARM-UP;
MAXIMUM INTENSITY TRAINING FOR SHORT DURATIONS;
REST and RECOVERY;
HYPERTROPHY or MUSCLE GROWTH.

STEPS IN BUILDING YOUR PROGRAM:

Step 1: Choose three or four training days a week. Do not try to train five or six days a week. Recovery will be impossible and your muscle growth will suffer.

Step 2: Choose to do full body workouts each day or choose to do body part splits such as back and biceps on one day, legs on another day, etc.

Step 3: Ideally, work the muscle no more than 9 sets a week totally. Those 9 sets include all warm-up sets. We recommend three sets per chosen exercise. For example, if you choose Bench Press for your Chest.

First Set: The first set is a warm-up set of 12 reps with 50% of your one rep max.

Second Set: The second set is a "set-up" set with 10 reps at 65% of your one rep max.

Third Set: The third set is the critical work set. It should be done **TO FAILURE** with 80% of your one rep max.

If you fail between 4-6 reps, life is perfect. Remember we said this was the ideal "time" range for muscle intensity stress to predispose growth. If you are able to get 7 reps or more, we recommend two things. A second work set with 85% of your max done to failure. And raising the weights by 5% the next day you use that particular exercise.

Section Two: FUELING YOUR MUSCLE.

As we discussed earlier, in order to achieve overcompensation, in addition to the proper exercise routine, it is absolutely critical that you fuel the body maximally to endure greater stress and fuel the muscle for best recovery. You will need a solid program of both food and non food fuels. One will not substitute for the other. You will need both.

Food Fuels:

Food fuels are carbohydrates, protein and fat that comprise the various whole foods that you eat. Food fueling for muscle growth need not be complex. There are two fundamental rules that you should follow:

1. Every person training for maximum muscle hypertrophy needs to ingest a minimum of 1 1/4 - 1 1/2 grams of protein per pound of body weight daily. This will allow the body to stay in **POSITIVE NITROGEN BALANCE**. Positive Nitrogen Balance means that more nitrogen is being retained by the body than is being released. Nitrogen is constantly being lost through exercise, breathing, sex, perspiration and excretion. The only way you have to replenish your critical muscle building nitrogen store is through protein intake.
2. Adjust the total amount of carbohydrates and fats ingested to equal 60-70 percent of your total daily calories with the protein equaling the remainder. The actual ratio will depend on how defined you would like to keep your appearance; the higher the proportion of protein, the more the definition.

At the end of this booklet we have attached a simple form to help you to track your food fuel totals. We recommend you pay careful attention to this food selection area if you want maximal muscle growth results.

Non Food Fuels: The Bull s Eye Approach.

Modern supplementation is like trying to hit a one inch bulls-eye with a shot gun from 30 yards. You may get a few pellets in the center but a majority of them will miss the target completely. Let us change that for you right now. We are going to put a sniper's rifle in your hands and point you directly at the bulls-eye. It's your choice whether to pull the trigger or not.

Earlier we said that for the muscle to grow you needed a heavy, short duration physical stimulus and a suitable recovery period. Bio-chemically, in order to achieve maximal muscle growth there must be three factors present:

First, there must be nutrients such as protein, vitamins and minerals present to be used in the muscle building process. These may be obtained directly from your food fuels. Sometimes, however, people find it easier to increase their protein intake using a protein powder or high protein drink or bar.

Second, during weightlifting, the muscles require tremendous amounts of immediate energy to accomplish each individual contraction. This energy is made available primarily from Adenosine Triphosphate (ATP). Although the need for ATP may increase more than one thousand fold during intense exercise, ATP can only be stored in the muscles in extremely small quantities. For maximally intense muscle work to occur, then, the "used" ATP needs to be remade constantly during the muscle work. Bio-chemically, this is accomplished when Adenosine Diphosphate (ADP) receives a phosphate molecule which turns it back into ATP. The natural amino acid **Creatine**, which is found in many meats and fish, acts as the primary re-supplier of ATP for high intensity muscle building by providing phosphate to ADP allowing it to turn into ATP during exercise. The main purpose behind Creatine supplementation is to provide the energy to allow a muscle to contract more intensely, more often.

Third, there needs to be an adequate supply of "biochemical materials" present such as hormones, growth factors or their intermediates. Please pay attention to the fact that we said hormones rather than testosterone. Sure testosterone is a critical hormone for building mass and strength but it is not the only important hormone. In fact, attempting to naturally increase testosterone in a willy-nilly scatter gun fashion, like most everyone does today, sometimes actually inhibits muscle growth and can keep you small!

Hormones: Testosterone. Progesterone. Estradiol. Dehydroepiandrosterone (DHEA). What you are going to learn right now is how to build a better body, legally, through the miracles of modern **natural** biochemistry.

TESTOSTERONE:

Let's discuss testosterone first. Testosterone is the primary muscle building hormone. It is so powerful that there are thousands of bodybuilders all over the United States sitting in jail for buying or selling straight testosterone substances.

There are five ways to increase testosterone for muscle building:

1. Inject or take orally a synthetic testosterone compound (i.e. illegal anabolic steroid drug);
2. Naturally increase the level circulating testosterone and decrease the rate of circulating testosterone that is being converted to dihydrotestosterone (DHT);
3. Increase muscle receptor affinity for testosterone;
4. Inject synthetic Luteinizing Hormone (LH);
5. Increase internal natural Luteinizing Hormone (LH) production.

Forget #1; training in jail is not all it's cracked up to be. And forget #4; it is totally impractical. The last three would fall into legal natural alternatives. The easiest and least powerful of the three is #5. Increasing LH is pretty simple with the plant sterol Tribulus Terrestris. As little as 500 mgs. daily will help to increase testosterone although the up side increase is probably only around a 30% raise in serum testosterone. Not bad compared to doing nothing, but not terribly powerful either.

So let's look carefully at the last two:

- a) naturally increasing the level of circulating testosterone and decreasing the rate of circulating testosterone that is being converted to dihydrotestosterone (DHT) and;
- b) increasing muscle receptor affinity for testosterone.

If we can achieve these, we can have a powerful natural super anabolic effect on muscle. Not only that but you will feel more energized and have an increased resistance to injury and illness. Let's look carefully at each specific step of the process. Success, here, is in the details.

First, we need to increase the circulating rate of testosterone. To do this we will use the Prohormone Androstenedione. Now and then a foolish article written by a newspaper journalist will appear calling Androstenedione a steroid drug. This is simply not true. Androstenedione is a legal dietary supplement (nutrient) sold in health food stores worldwide. It is not a drug; it is a substance produced by the adrenal gland and is also found in the pollen of scotch pine trees. It is

possible with as little as 200 mgs. of Andro to increase circulating testosterone by 200-400 percent.

But just popping Andro by itself isn't the answer. Why? Simple; it may not work by itself. You see Andro requires conversion to testosterone by an enzyme referred to as 17-beta-hydroxy dehydrogenase. So the best bet for creating maximal circulating testosterone would be to take Andro and at the same time somehow increase the levels of the converting enzyme. Makes sense, right?

Enter our next key hormone, progesterone. One of progesterone's main effects in man is to increase 17-beta-hydroxy dehydrogenase. Fortunately, it is easy to effectively increase progesterone with the plant sterol *Dioscorea Villosa*. *Dioscorea Villosa* is another name for a specific type of Yam (potato type tuber) that grows in certain areas of Asia and Africa. So a combination of Androstenedione (Scotch Pine Pollen) and *Dioscorea Villosa* (Asian Potato) will insure maximal circulating testosterone.

Ok, now you know more than most people out there trying to add muscle. But the truth is that simply increasing circulating levels of testosterone is not good enough, either, because of the body's natural tendency to convert testosterone to dihydrotestosterone (DHT). When this happens the muscles are robbed of an opportunity to have their receptors snag testosterone from the bloodstream. It is the testosterone reaching the muscles that allows for strength and size gains, not just increasing the serum levels of testosterone.

If you are following all this, the solution is simple, right? All we need to do is figure out how to naturally block the conversion (metabolization) of circulating testosterone to dihydrotestosterone (DHT).

Enter our third favorite hormone Estradiol. Estradiol! That's for women! Not only that, but we bet you are used to reading all that advertising out there trying to sell you on estrogen blocking substances. Why on earth would anyone want to increase estrogen?

Forget all the pseudo scientific advertising mumbo-jumbo; here's the reality. Estrogen is a powerful mass producing hormone. In fact, many of the illegal anabolic steroid substances that are most effective contain both testosterone and estrogen. The problem really is that estrogen, WHEN TAKEN IN HIGH AMOUNTS DIRECTLY INTO THE BLOODSTREAM, can also cause quite a few unwanted side effects such as enlarged, sore nipples and bloating, etc. So you definitely don't want to be doing steroid drugs or even popping your girlfriend's birth control pills. The fact is, it's not estrogen itself that causes the problems. The problems are caused by introducing estrogen in massive amounts directly into your system.

The good news and truth about estrogen is that a mild, natural raise in estrogen will not cause you negative side effects. In fact, a natural mild increase in estrogen will create a more anabolic environment for muscle growth and, most importantly, will inhibit the enzyme which metabolizes testosterone to DHT. Believe it or not, slightly elevated estrogen will also have a few other positive benefits. All the recent scientific research backs up this fact!

We have a problem though. Remember we raised our progesterone levels earlier to help convert androstenedione to testosterone. The problem is that raising progesterone actually lowers estrogen levels and therefore raises DHT levels. So we definitely need a method of naturally elevating estrogen. If we can do this we have the final piece of the puzzle.

Fortunately, raising estrogen naturally is also a breeze. This can be done very efficiently with **our fourth natural hormone substance DHEA** and with a simple yet powerful nutrient compound called Boron Proteinate which is a mineral type nutrient that can be found in apples. DHEA is a powerful metabolic intermediate leading to the creation of testosterone (the more the natural increase, the merrier), estrone and estradiol, which are very bio-active forms of estrogen. Boron Proteinate donates a hydroxyl (OH-) ion to "near" estradiol making it physiologically active.

The final effect of all this is exactly what we were shooting for the perfect muscle building bulls-eye; increasing the level of circulating testosterone and decreasing the rate of circulating testosterone that is being converted to dihydrotestosterone (DHT) and increasing muscle receptor affinity for testosterone.

To summarize: remember the key supplement items making all this possible: Creatine, Androstenedione, Dioscorea Villosa, DHEA and Boron Proteinate.

Now, you might be wondering if there is any downside to this program. Frankly, only one. Since your system will be highly anabolic, you will have to take this into consideration when planning for fat burning and definition. If definition is a concern, I would recommend expanding your thinking to encompass two further hormones that we have yet to discuss; Nandrolone and Human Growth Hormone (HGH).

Nandrolone is a highly lipotropic (fat burning) and fairly anabolic hormone occurring naturally in the body and in the plant kingdom as well. Nandrolone has a safe legal prohormone precursor called 19-Norandrostenedione. Taking 19-Norandrostenedione along with Androstenedione will insure that your system will be both anabolic and lipotropic.

Human Growth Hormone (HGH) is a highly lipotropic hormone whose secretion can be significantly enhanced by taking an amino acid called Gamma

Aminobutyric Acid (GABA) right before bed and/or by taking the simple amino acid L-Glutamine during the day.

If muscle definition and body fat maintenance/loss is a concern, you should definitely add 19-Norandrostenedione, GABA and Glutamine to your program.

To make things easier we have put together finished programs with the highest quality products at the lowest possible price.

Generally, we have used Outlaw Bodybuilding Biosciences products. Outlaw was one of the two original Andro type product on the market and was the product featured in last summer's New York Post article regarding Mark McGwire, which gave birth to the recent Prohormone phenomenon. It is our feeling that Outlaw is a premier brand and also the national brand that is offered at the most reasonable price.

The following are the products we used to build the programs:

1. Outlaw Androstenedione 100 mg. capsules 60's
2. Outlaw 19-Norandrostendione Complex 100 mg. capsules 60's
(50 mgs. of Androstenedione and 50 mgs. of 19-Norandrostendione each)
3. Outlaw HR-70 Super Prohormone Stack 250 mg. 36's
4. Outlaw No Ban 7 Sterol Stack 660 mg. 36's
5. Outlaw Mass Production 650 mg. 60's
(500 mg. Tribulus Terrestris, 100 mgs. Androstenedione, 50 mgs Yohimine alkaloids).
6. Outlaw Triple Mass 278 mg. 60's
(250 mgs. Dioscorea Villosa, 25 mgs. DHEA, 3 mgs. Boron Proteinate)
7. Team XL Cut to the Max 100 grams
(pure GABA hcl powder)
8. L-Glutamine pure powder 300 grams or 750 grams
9. Team XL pure Micronized Creatine Monohydrate 1000 grams or 250 grams

Andro and related prohormone products are best protected during digestion by neutralizing stomach acid. We recommend a TUMS or some baking soda and water prior to taking these products.

Basic Bulls-Eye: before training/after training/ off days

Mass Production	2	0	0
Androstenedione	0	1	1
Triple Mass	2	0	2
Creatine Monohydrate (250 g)	5 grams anytime		

Suggested Retail \$105.00; our price \$49.95 or 2/\$89.95

Basic Bulls-Eye with Definition: before training/after training/ off days

Mass Production	2	0	0
19-Norandro Complex	0	2	2
Triple Mass	2	0	2
Creatine Monohydrate (250 g)	5 grams anytime		
GABA	2 grams before bed		

Suggested Retail \$152.00; our price \$69.95 or 2/\$124.95

Bulls-Eye Pro: before training/after training/ off days

Mass Production	1	0	0
No Ban	2	0	1
Androstenedione	2	1	1
Triple Mass	2	0	2
Creatine Monohydrate (1000 g)	5 grams anytime		

Suggested Retail \$165.00; our price \$74.95 or 2/\$134.95

Bulls-Eye Pro with Definition: before training/after training/ off days

No Ban	2	0	1
HR 70	1	0	1
Androstenedione	1	1	0
Triple Mass	2	0	2
Creatine Monohydrate (1000 g)	5 grams anytime		
GABA	5 grams before bed		
Glutamine (300 grams)	2 grams twice daily		

Suggested Retail \$235.00; our price \$109.95 or 2/\$199.95

