No Nonsense Blueprints for Success
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IMPORTANT TIPS FOR SUCCESS

MEAL FREQUENCY
Eating 4-6 small meals spread about 2 ½-4 hours apart is important to your success in building muscle or losing fat. This doesn’t mean that you have to sit down at the table and eat a meal. You simply have to take in the proper amount of nutrients. Plan ahead. If you’re going to be in meetings or running errands all day, make a couple of shakes the night before or put a scoop or two of your favorite Beverly protein powder in a shaker bottle and add water when you’re ready to drink.

MEAL ORDER
The order of the meals isn’t as important as the content. There is a benefit to keeping your starchy carbs in the first half of your day for fat loss, but other than that, alter the meal order so it fits your schedule best and is easiest for you to adhere to.

Our diet plans normally designate meal #2 as a shake, but if you don’t have time to eat food for breakfast and prefer to “eat on the go”, drink a shake for your breakfast. If you like to eat food after training instead of a shake, eat your food. Again, the crucial factor is eating the right food types and the proper amount of calories and nutrients within the day.

FOOD PORTIONS
If you have a scale and can weigh your food, that’s fine, but it’s not essential. Don’t get overly caught up in weighing your food. What’s most important is consuming the right foods at each meal.

There are many food options out there now that make dieting and portioning a lot easier. Tyson Chicken Tenderloins make getting the right amount of chicken without a scale super easy. They’re about 2 oz per strip. If you need 6 oz, just grab 3 cooked tenders. If you like lean beef, buy a 2 lb package of meat. When you are ready to cook it, score the meat into 4 equal parts with your hand and pull off your 8 oz burgers. Uncle Ben’s Ready Rice bags are a life saving invention for dieters. With about 2 cups per bag, all you have to do is eat half of a bag for 1 cup. If you like to have potatoes instead of rice, get some baby red potatoes. Each small potato is about 3 oz a piece. Cook up a small bag. Grab 2 potatoes for a 6 oz serving.

Don’t be afraid of canned veggies if you don’t have access to fresh. Yes, they are generally higher in sodium, but you don’t have to worry about that (if you are concerned about the sodium, buy low sodium). Good old canned green beans are a staple for many dieters. Eat about one half can with each meal to up your veggie count for the day. These are just a few examples of how easy dieting can be. Why make it tougher on yourself than it needs to be?

Check out Practical Eating for Lean Muscle Part One: The Grocery Store, for great tips on buying foods to make dieting less stressful.

DIET LENGTH
This is plain and simple…you should follow a diet as long as it’s working. This may be 6 weeks, or it may be 12 weeks or longer. One of the worst mistakes people make is wanting to change a diet while it is still working. Give the diet and your body time to work. Don’t give up on it too soon.

If you’re following your diet, taking your supplements and training hard, you will see results! If a diet is working and you don’t have a strict deadline, try adding calories. The goal is always to keep your calories as high as possible while still reaching your desired results. Only cut calories when it’s necessary to continue losing fat.
SECTION 1: IMPORTANT TIPS FOR SUCCESS

SUPPLEMENTS
Don’t substitute cheaper grade supplements for the supplements listed on the diets. The reason that the supplements and the diets are tied together is that a Beverly International nutritional plan works in concert with the recommended Beverly supplements. To do the program alone without Beverly supplements, or with cheaper grade products, is a recipe for muscle loss. Also, fillers and binders found in cheaper grade supplements can keep you from losing fat and from reaching your goals with success.

If getting ready for a show or working toward a goal with a deadline, you might have to take all of the listed supplements to achieve your desired results. If you don’t have a strict deadline and you can’t fit all of the suggested supplements into your budget or are having trouble prioritizing the supplements for your goals, call 800-781-3475 and talk with a Beverly consultant.

You can still achieve results without taking every supplement listed. We are here to help you be sure you are taking the best supplements for your goals; and taking them properly. Remember, Beverly supplements are the best quality, highest grade supplements available. We can only guarantee that you will get the kind of results you read about in the No Nonsense Newsletter when using Beverly supplements.

WATER & BEVERAGES
Drink about a gallon of water for every 100 pounds of bodyweight each day. Make sure all other beverages are non-caloric: Crystal Light, diet sodas, coffee, and tea.
BEVERLY INTERNATIONAL BLUEPRINTS FOR SUCCESS

BEVERLY INTERNATIONAL’S MOST POPULAR SUPPLEMENTS

For over 40 years, Beverly International has earned a reputation for delivering the highest quality, research proven products on the market. Whether your personal goal is to build muscle, lose fat, increase strength, improve performance or all of the above, your results are 100% guaranteed with Beverly International.

While we can’t promise you that we’ll bring out a new product every month or purchase glitzy ads in your favorite fitness magazines; we can promise you research proven supplements that meet or exceed label claims, and always do what they say they do...produce results!

Our top of the line supplements aren’t the only thing that make us special. Our supplement consultant team is made up of real people who really care about you and your results. We are here to answer your questions, clear up confusion and provide clear cut solutions and practical education to help you get the results you want. We’re in this together.

Because of you, our valued clients, our no compromise – no nonsense supplements, and our more than 40 years in the bodybuilding industry, we remain the recognized leader in legitimate bodybuilding nutrition and supplements.

In this discussion we highlight our most popular Beverly International products; the products that people in your same situation have had the most success with. Our goal is to clearly explain what each product does and how it will best fit into your program. If after reading this you still aren’t sure which products are best for you; how to best take the products, or if you have any other questions at all, please...we want you to call us at 800-781-3475 and let one of our Beverly International consultants help you make the best choices for your personal goals.

ULTIMATE MUSCLE PROTEIN

What: Ultimate Muscle Protein is a convenient, easy to mix and great tasting blend of the highest quality proteins. It consists of 80% slow acting (micellar casein) and 20% fast acting proteins (whey isolate).

Who: UMP is your number one supplement choice if you want to build muscle and lose fat.

Why: Milk Protein Isolate, the main ingredient in UMP has been shown to be the best available protein for building muscle and while losing fat at the same time. UMP provides for a sustained release that feeds protein to your muscles for hours. It also contains added “critical cluster” aminos: glutamine, arginine, leucine, isoleucine and valine, the most important amino acids for building muscle.

How: Ultimate Muscle Protein is perfect in place of a meal, between meals, and after training. UMP is ideal before bed, as it feeds your muscles a timed released supply of aminos, keeping you in a positive nitrogen balance while you sleep.

MUSCLE PROVIDER

What: Muscle Provider is a premium, fast-acting protein blend. It consists primarily of Hydrolyzed Whey Protein (the most utilizable form of whey protein) and whey isolate. Lesser amounts of whey concentrate and egg white are included to maximize the amino acid profile.

Who: Athletes who want the highest quality whey formula available. If excellent taste, highest quality, easy digestion, complete utilization and proven results are important in a fast acting protein, Muscle Provider is for you.

Why: Muscle Provider has more hydrolyzed (pre-digested) protein than any other formula on the market. It won the 2008 Planet Muscle award for having the world’s strongest amino acid profile and unmatched EAA and BCAA content. Your direct benefit is much greater utilization and absorption than an average whey protein powder.

How: Muscle Provider is perfect whenever you want to get high quality protein into your muscles FAST. First thing in the morning, before you train and after your workout are perfect time to take Muscle Provider.

Fast Fact: Muscle Provider Chocolate is considered our best tasting and easy to mix protein powder. If you’re new to our proteins and you like Chocolate, this is where to start.
GLUTAMINE SELECT
What: A research based powder blend of l-glutamine and branch chain amino acids. It has a pleasant black cherry taste, mixes easily and contains no carbohydrates or fats. One scoop provides 5 g of pure l-glutamine and 3 g of pharmaceutical grade branch chain amino acids. Each container provides 60 servings.
Who: Just about anyone who engages in any sport or physical activity will benefit from Glutamine Select.
Why: Research has proven that Glutamine Select will help you get more reps, increase your strength, improve your recovery, and increase your lean mass. During cardio and endurance activities Glutamine Select will prevent muscle degradation.
How: Use before, during, and/or after training or cardio. You can also take Glutamine Select between meals to sustain blood sugar levels while dieting. It is best mixed in a water bottle or shaker cup and sipped.

LEAN OUT
What: Lean Out is an advanced fat transport formula. It provides a mega dose of natural occurring lipotropics (fat mobilizers), fat catalysts and related insulin stabilizing cofactors that are instrumental in the metabolism of fats. The nutrients in Lean Out help your body retrieve fat out of storage and utilize it as energy.
Who: People who want to reduce body fat, improve their heart health, improve their body mass index (BMI), increase their energy level, and who want to increase their lean body mass while they lose fat.
Why: Lean Out ensures that while on a diet you’ll activate stored bodyfat for extra energy and caloric needs instead of muscle. Even if not restricting calories, Lean Out still offers great benefit by stabilizing your insulin levels to prevent excessive fat gain and allow for fat loss.
How: Lean Out can be taken with or without food but most find they are more consistent when they take it with meals. Take 1 capsule with each meal/shake for the first two weeks, then increase to 2 capsules at each meal/shake.

7-KETO MUSCLEAN
What: 7-Keto is a non-stimulant, thermogenic agent that is clinically proven to increase metabolism and promote healthy weight loss.
Who: Anyone who wants to improve their metabolism, burn more calories, and lose fat.
Why: If you are following a diet, or even if your metabolism is just slowing down as a result of aging, 7-Keto is proven in double-blind research studies to double your rate of weight and fat loss. 7-Keto MuscleClean improves your metabolism and helps you burn more calories.
How: You can take 7-Keto with or without food. The best results come when you take 2 doses, about 8 hours apart. The full dose is 3 capsules twice a day. But you might have to work up to that amount if you are sensitive to caffeine.

ENERGY RESERVE
WHAT: Energy Reserve is pure L-Carnitine. Each tablets provides 600 mg.
WHO: For those who desire to reduce stored fat for energy. For those who are in the final stages of contest prep. Energy Reserve is also for those who want to increase testosterone receptivity and add muscle.
WHY: L-Carnitine is a co factor required to utilize stored fat for energy. It can also enhance muscle growth through a number of mechanisms supported by clinical research. It increases blood flow to muscles and improves testosterone receptivity which allows more testosterone to stimulate further muscle growth.
HOW: For enhanced fat loss take 1 Energy Reserve tablet and 2 Lean Out with each meal or shake during the last 6-8 weeks of your diet peaking plan. Muscle Growth: Take 2 Energy Reserve tablets with breakfast, 2 pre workout, 2 post workout, and 2 before bed.
DENSITY

What: Pharmaceutical grade (NOT animal grade), laboratory tested formula of the eight Essential Amino Acids

Who: Anyone who wants to build lean, dense muscle tissue. Density is the number 1, most important supplement for anyone who is training and dieting to compete as a bodybuilder or fitness athlete. It is also excellent for the person who has poor eating habits or compromised health issues. Top 3 priority supplement for precontest or maximum fat loss while retaining muscle.

Why: Density supplies the eight essential aminos that your body must have to manufacture any amino acid it needs for muscle repair and growth at any given time. Density is effective anytime that you want a rapid infusion of amino acids into your muscle.

Density is easy to take, no digestion is required, and it works within minutes.

How: There are numerous tested ways that have proven effective. The most popular times are with meals and before training. Density is also effective when taken upon arising, after training, or even between meals. Here are three effective protocols.

1. Take 2-5 Density with each meal depending on your size and budget.
2. First thing upon arising to immediately put your body into a positive nitrogen balance.
3. Before training (best), or immediately after training.

MUSCLE SYNERGY

What: Muscle Synergy is a science based formula that covers the three most important areas to the bodybuilder. It is designed to increase Nitric Oxide, increase muscle size and strength, and suppress muscle breakdown. The key ingredients are arginine, citrulline (these two are NO boosters); creatine; and HMB.

Who: Serious athletes who want to boost their size and strength; and those on restricted diets who do not want to lose any muscle size or strength.

Why: Muscle Synergy is a synergistic combination of potent bodybuilding ingredients. L-arginine and L-citrulline work together to give you the strongest NO pump; arginine and HMB together have been shown to preserve muscle under the most severe conditions; creatine and HMB are effective for strength and growth individually, but are much stronger when combined.

How: Take 16 tablets per day in two or more divided doses. Ideal times are upon arising and before training.

UP-LIFT: Hybrid Training Formula

WHAT: UP-LIFT is a low-carb hybrid training formula with three main functions: a Nitric Oxide matrix (arginine and L-citrulline), exercise performance matrix (beta-alanine, histidine, and betaine), and a mental acuity/energy matrix (L-tyrosine, rhodiola rosea, L-alanine and glycine). It’s for use before and during weight training and cardio.

WHO: Athletes who want to reduce rest periods, increase number of reps, buffer lactic acid for more muscle energy, increase endurance, improve recovery and increase mental alertness.

HOW: 2 scoops 20-30 minutes before training and/or cardio. If expecting an extended training session or if doing cardio immediately after training do 1-2 additional scoops in the middle of training session.

WHY: UP-LIFT will provide a better pump, help you get more reps with less rest, sharpen your training awareness and concentration, and give you more energy throughout your workout. You can get 90 minutes worth of training out of every 60 minutes of training.

Fast Facts:
- Glutamine Select is for recovery, UP-LIFT is for training.
- If size is your goal and you can afford to use Muscle Synergy and/or Creatine Select with UP-LIFT, we definitely recommend it.
- List of all ingredients is on the label. No proprietary blends. What you see is what you get.
- Uses aminos L-alanine and glycine for energy, instead of sugar and carbs. Actually promotes use of stored fat.
SECTION 2: BEVERLY INTERNATIONAL’S MOST POPULAR SUPPLEMENTS

CREATINE SELECT PLUS PHOSPHATES

WHAT: Creatine Select is a synergistic fusion of the most assimilable form of creatine with selected phosphates.

WHO: Athletes who want to increase size and strength.

WHY: Research has revealed that subjects taking a creatine plus phosphate mixture out performed those taking a creatine only mixture by nearly 300%. Beverly’s Creatine Select plus Phosphates has the exact research proven formula used in this research.

HOW: Creatine will work faster for you if you start with a loading phase.
   Loading Phase: To load Creatine Select take 1 scoop 4 or 5 times daily for the first 5 days.
   Maintenance Phase: Take (1-2) scoops daily before and/or after training. Take once daily on non-training days.

SUPER PAK

What: The Super Pak is a super potency vitamin/mineral packet. Each packet contains a total of nine tablets and gel caps comprising an all-inclusive, daily mega cycle of vitamin, mineral, and enzyme complexes. Each box contains 30 of these all-inclusive paks.

Who: The Super Pak is uniquely designed for hard training athletes including bodybuilders, fitness athletes, and anyone who works out for 200 minutes or more each week.

Why: The Super Pak is easy to use. You could open nine bottles of individual nutrients each morning, or take just one Super Pak. The nutrients in the exclusive Super Pak formula are essential for more than a thousand of your chemical and enzymatic processes. The Super Pak’s advanced formulation is designed to improve your metabolism, maximize your energy levels, and help you build muscle, lose fat, and perform at your peak potential.

How: Take one pak with your first or largest meal of the day.

MASS AMINO ACID TABLETS

What: Each Mass tablet contains hydrolyzed casein peptides. This means that Mass is made up of naturally occurring amino acids found in milk which have been partially digested to make them easier for humans to absorb. This process also destroys any allergenic properties associated with milk protein. There are 500 tablets per bottle.

Who: Athletes who want to increase muscle size and strength. Since Mass is produced from pure protein, it is free of fats, carbohydrates or any food additives so it is ideal for people who are on restricted diets. Anyone who is lifting weights will benefit from Mass.

Why: Mass Amino Acid Tablets are a rapid absorbing, pre digested protein source that acts almost like a trigger to force muscular gains. Taken before, during and after training it puts your body into a positive nitrogen balance (Positive Nitrogen Balance = Muscle Growth).

Taken with meals, Mass maximizes the amino acid profile of your whole food so you can squeeze more muscle building nutrition out of the foods you eat.

How: For maximum results take a daily allotment of 1 tablet per every 10lbs of bodyweight. Mass Aminos can be taken with meals (including shakes) or the full allotment during training as an advanced method for muscle mass gains. Example: 180lb person would take 18 tablets a day over 6 meals or 3 per meal.

ULTRA 40

What: Ultra 40 is a nutrient dense protein food (in tablet form) derived from raw Argentinean beef liver that is concentrated by vacuum drying at a low temperature. It is free of fats, carbohydrates, and any food additives.

Who: Anyone who wants to increase lean body mass, people who want more energy, anyone on a restricted diet, as well as those who are clinically stressed.

Why: Ultra 40 comes from grass fed, steroid free Argentinean beef and is the most potent liver product on the market. The concentration process removes unwanted calories and the addition of B-12 enhances protein metabolism.

How: Beginners start with 6 tablets per day, one or two tablets with each meal or shake. Intermediates and advanced take one tablet per every 10 lbs of bodyweight divided over four to six meals (and shakes).
PUTTING IT ALL TOGETHER

1st Step: The first step we need to take is to make sure that you currently receive our No Nonsense Newsletter. The No Nonsense Newsletter is our leading source of nutritional education.

2nd Step: Here’s a really brief summary of what works best for specific goals. Supplements for each program are listed in priority order to help you choose a supplement program to meet your goals and your budget. You can build your own supplement plan using the listed program as a guideline, or call us and we’ll help you choose the best supplements to reach your goal and fit your budget. (1-800-781-3475)

Prioritized List of the Best Supplements for the Figure Competitor or any female who wants to lose fat and improve her body composition.
1. Choose 1 or 1 each of the proteins listed below:

   a. Ultimate Muscle Protein best for losing fat while adding lean muscle
   b. Muscle Provider (the chocolate flavor is our best selling product)

2. Lean Out – helps you burn stored bodyfat. It is (next to a quality protein supplement) the most important supplement you can take.
3. Glutamine Select plus BCAAs – helps you recover and protects your lean muscle tissue.
4. 7 Keto MuscLEAN – improves your metabolism for continued fat loss.
5. Density – essential amino acids to build lean, toned muscles

Prioritized List of the Best Supplements for the individual who is training for a competition or for maximum fat loss.
1. Ultimate Muscle Protein (between meals and before bed) and Muscle Provider (before and/or after training)
2. Density (essential amino acids)
3. Lean Out and 7 Keto MuscLEAN (and Energy Reserve, too, the last 4 weeks)
4. Glutamine Select plus BCAAs
5. Ultra 40

Prioritized List of the Best Supplements for the off season bodybuilder or anyone who wants to add muscle while losing stored fat
1. Choose 1 or 1 each of the proteins listed below:
   a. Ultimate Muscle Protein best for losing fat while adding lean muscle
   b. Muscle Provider (the chocolate flavor is our best selling product)

2. Density or Mass aminos
3. Ultra 40
4. Glutamine Select
5. Lean Out

Prioritized List of the Best Supplements for the athlete who wants to gain the maximum amount of strength and muscle
1. Muscle Synergy
2. Mass Maker and Ultimate Muscle Protein or Mass Maker and Muscle Provider
3. Creatine Select plus Phosphates
4. Mass
5. Ultra 40

Everyday Supplements that everyone needs
1. Super Pak (for anyone who is serious about their workouts) or Ultra 4 (an advanced multi vitamin/mineral for the recreational lifter).
2. EFA Gold (essential fatty acids to improve your appearance, support fat metabolism, and improve energy levels).
MASTER FOOD LIST

This list should be used to make the best choices from each food category. You may substitute freely within each category any time you need a change of pace. For instance, if your diet calls for a 6 oz sweet potato and you just can’t eat one more sweet potato, you may substitute a cup of black beans. If you’re tired of having an apple with meal #2, eat 4 or 5 strawberries. This is your personal food guide.

PROTEIN

**Chicken Breast:** Fresh or frozen bagged, boneless, skinless chicken breast, bagged chicken breast tenderloins or ground white chicken breast are great lean meat choices. Rotisserie or baked whole chickens (breast meat only, skin removed) can also be found pre-cooked in most grocery stores for under $5 per chicken. This is a convenient and easy way to get in your protein without having to cook it yourself.

**Fish:** Canned or packets of tuna or salmon make eating protein a snap. Fresh or frozen tuna, salmon, cod, tilapia or snapper are great fish choices too.

**Turkey:** Ground turkey breast (90% lean or leaner) tastes terrific and is a nice change of pace from your everyday chicken or beef.

**Beef:** Ground beef (90% or leaner), filet, sirloin steak, round and flank are the leanest cuts of beef.

NON-STARCHY VEGETABLES

Asparagus, green beans, lettuce (all varieties), spinach, cauliflower, celery, cucumbers, onions, peppers (all varieties), squash (summer varieties only) and tomatoes

FRUITS

Apples, strawberries, cantaloupe, grapefruit, oranges, fresh peaches, raspberries, blueberries, pears, pineapple and bananas (limited)

STARCHY CARBOHYDRATES

Brown rice, sweet potatoes or yams, red potatoes, white potatoes, oatmeal cream of rice, beans (black, lima and kidney).

FATS

Cashew butter, almond butter, peanut butter, heavy whipping cream, flaxseed oil, olive oil, safflower oil, Paul Newman’s oil & vinegar dressing, EFA Gold, almonds and walnuts

FREE FOODS

Vinegar, lemon juice, lime juice, mustard, garlic, mushrooms, onions, scallions, lettuce, cucumber, citrus peels, chili peppers, dry seasonings, salt, pepper, sugar-free gum and sugar-free Jell-O

FREE BEVERAGES

Diet sodas, coffee, water, sparkling water, and tea
PHASE ONE NUTRITION — GAIN LEAN MUSCLE LOSE FAT

GOAL
Controlled fat loss while increasing lean body mass.

HOW TO MAXIMIZE MUSCLE AND MINIMIZE FAT; ACHIEVE A FAT-TO-MUSCLE TRANSITION

1. Nutrition is the key factor in gaining muscle and losing fat!
2. Not training. Train to build muscle – always!
3. Not cardio.
4. You should always tailor your training, cardio and nutrition to build muscle and lose fat.
5. Each extra pound of muscle means you can eat about 50 additional calories.

ACCELERATE FAT-TO-MUSCLE TRANSITION WITH CORRECT NUTRIENT RATIO

1. The most important factor in building – lean muscle tissue while losing fat is your ratio of protein, fats, and carbohydrates.
2. For most people 50% Protein, 20% Carbohydrate and 30% Fat is best for building muscle and losing fat at the same time.
3. Another important factor if you want to lose fat and gain muscle is total caloric intake.
4. You can almost always eat more calories with a 50 – 20 – 30 ratio than with a lower fat diet.
5. It is nearly impossible to gain lean muscle tissue when your calorie intake is below maintenance level.
6. To gain lean muscle you probably need between 12 and 18 calories per pound of bodyweight. Males can normally start with 15 calories per pound of bodyweight and females with 12-13 calories per pound of bodyweight.
7. Think of you bodyfat and lean muscle tissue as competing magnets. Each trying to attract the calories and carbs you eat to accumulate fat or build muscle respectively.
8. The more fat you have the more chance that any additional calories and/or carbohydrates will be stored as fat. The greater your percentage of lean muscle tissue, the more extra calories you will be able to eat.
PHASE ONE NUTRITION PLANS

PRIMARY GOAL: GAIN MUSCLE WHILE LOSING FAT

LEVEL 1 – FEMALE

GOAL
Increase and harden lean muscle, minimize fat, increase energy levels, and improve overall health. Your goal is controlled fat loss while increasing lean muscle.

SUPPLEMENTS
The most important supplement you can buy is protein powder. Muscle Provider and Ultimate Muscle Protein are the best – use whichever one you like best or call Beverly International (800) 781-3475 for assistance.

SUPPLEMENT SCHEDULE
Ultra 4 - take 2 Ultra 4 multi vitamins with breakfast and 2 more with dinner.
Lean Out Take 2 caps with each meal and shake.
Muscularity Take 2 capsules with each meal
Glutamine Select Mix 1-2 scoops in 8-16 oz water. Sip before or throughout training sessions.

MEALS
Eat 4-5 meals per day spaced 3-4 hours apart. Eat your last meal at least 1-2 hours before going to bed. Your goal will be to have 3 food meals and 1 or 2 protein shakes each day.

Breakfast
Basic Structure:
1 small serving protein
1 serving vegetables (optional)
1 serving complex or fibrous carbohydrate
Sample Meal: 3 egg white + 1 whole egg omelet w/vegetables; ½ cup oatmeal or ½ grapefruit

Mid Morning Snack
Protein Drink: 1-2 scoops protein in water (for flavor and variety you can add 1-2 tbsp almond butter or whipping cream per shake (1 tbsp fat per scoop of protein).

Lunch
Basic Structure:
1 medium serving protein
2-3 servings vegetables
Sample Meal: 1 medium turkey burger; 2 cups broccoli or 2 cups green beans; 4 strawberries

Mid Afternoon Snack
Protein Drink: same options as mid morning snack

Dinner
Basic Structure:
1 large serving protein
2-3 servings vegetables
1 serving fat (dressing)
Sample Meal: 1 large chicken breast; ½ can green beans; 2 cups salad vegetables; 2 tbsp vinegar & oil dressing

Weekly Cheat Meal – Choose one meal each week to eat whatever you want.
PHASE ONE NUTRITION PLANS

PRIMARY GOAL: GAIN MUSCLE WHILE LOSING FAT

LEVEL 2 – FEMALE

GOAL

Increase and harden lean muscle, minimize fat, increase energy levels, and improve overall health. Your goal is controlled fat loss while increasing lean muscle.

SUPPLEMENT SCHEDULE

Super Pak with meal #1
Lean Out 2 caps with each meal and shake
Density Take 2 tablets with each meal (or Mass Aminos – 2 per meal)
Glutamine Select Mix 1-2 scoops in 8-16 oz water. Sip before or throughout training sessions.
EFA Gold Take 3 capsules with meals #1 and #5

Additive: if your primary goal is to lose fat, take 7 Keto MuscLEAN twice daily.

If you have any questions about our other supplements be sure to call us at 1-800-781-3475. We want to help you get the best results possible.

Meal #1
1 whole egg + 3 egg whites
3 oz very lean meat
1/3 cup oatmeal - before cooking

Meal #2 (Choose one option)
Protein Drink with 1 scoop Ultimate Muscle Protein, 1 tablespoon healthy fat source (olive oil, flax oil, almond butter) or heavy cream, add enough water to make a shake or pudding the consistency you desire.
Whole food option: 4 oz lean beef or chicken or 1 can tuna, one small apple or orange

Meal #3
5 oz lean meat (chicken or other lean protein source)
1/2 cup cooked brown rice or 4 oz sweet potato
1 cup vegetables (broccoli, etc.) or 2 cups green salad with 2 tbsp vinegar and oil dressing

Meal #4
1 scoop Muscle Provider in 16 oz water

Meal #5
6 oz. salmon or very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc)
1 cup low carb vegetables
Salad with 1 tbsp vinegar and oil dressing
PHASE ONE NUTRITION PLANS

PRIMARY GOAL: GAIN MUSCLE WHILE LOSING FAT

LEVEL 3 – FEMALE

GOAL
Increase and harden lean muscle, minimize fat, increase energy levels, and improve overall health. Your goal is controlled fat loss while increasing lean muscle.

SUPPLEMENT SCHEDULE

Super Pak with meal #1
Lean Out 2 caps with each meal and shake
Density Take 2 tablets with each meal (or Mass Aminos – 2 per meal)
Glutamine Select Mix 1-2 scoops in 8-16 oz water. Sip before or throughout training sessions.
EFA Gold Take 3 capsules with meals #1 and #5

If your primary goal is to build muscle, add one serving Creatine Select before each workout.
If your primary goal is to lose fat, take 7 Keto MuscLEAN twice daily.

If you have any questions about our other supplements be sure to call us at 1-800-781-3475. We want to help you get the best results possible.

Note: In the meal plans below all meats are weighed prior to cooking.

Meal #1
1 whole egg + 3 egg whites
3 oz very lean meat
1/3 cup oatmeal - before cooking

Meal #2 (Choose one option)
Protein Drink with 2 scoops Ultimate Muscle Protein, 1 tablespoon healthy fat source (olive oil, flax oil, almond butter) or heavy cream, add enough water to make a shake or pudding the consistency you desire.

Whole food option: 4 oz lean beef or chicken or 1 can tuna, one small apple or orange

Meal #3
5 oz lean meat (chicken or other lean protein source)
1/2 cup cooked brown rice or 4 oz sweet potato
1 cup vegetables (broccoli, etc.) or 2 cups green salad with 2 tbsp vinegar and oil dressing

Meal #4
2 scoops Muscle Provider in 16 oz water

Meal #5
6 oz. salmon or very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc)
1 cup low carb vegetables
Salad with 1 tbsp vinegar and oil dressing

Meal #6 OPTIONAL (You can have this if you are hungry at the end of day – you don’t have to eat it every day unless you want to.)
OPTION A: Protein Shake or Pudding: 1 Scoop Ultimate Muscle Protein, add enough water to make a shake or pudding the consistency you desire
OPTION B: 6 egg whites with 1 cup of vegetables
PHASE ONE NUTRITION PLANS

PRIMARY GOAL: GAIN MUSCLE WHILE LOSING FAT

LEVEL 4 – FEMALE FIT FIGURE NUTRITION PLAN

GOAL
Increase and harden lean muscle, minimize fat, increase energy levels, and improve overall health. Your goal is controlled fat loss while increasing lean muscle.

SUPPLEMENT SCHEDULE

Super Pak with meal #1
Lean Out 2 caps with each meal and shake
Density Take 2 tablets with each meal
Glutamine Select Mix 1-2 scoops in 8-16 oz water. Sip before or throughout training sessions.
EFA Gold Take 3 capsules with meals #1 and #5
7 Keto MuscLEAN - You can take 7-Keto with or without food. The best results come when you take 2 doses, about 8 hours apart. The full dose is 3 capsules twice a day. But you might have to work up to that amount.

NOTE: If you’re caffeine sensitive, start with 1 cap in the am and 1 cap about 8 hours after your first dose (or right before training, but not too late or the caffeine might keep you up) for a week, then increase to 2 caps in the am and 2 in the afternoon for another week. After two weeks you can work up to the full dose of 3 caps in the am and 3 in the afternoon.

If you have any questions about our other supplements be sure to call us at 1-800-781-3475. We want to help you get the best results possible.

Note: In the meal plans below all meats are weighed prior to cooking.

Meal #1
Protein Source (choose 1 or 2 from the following)
A. 1 whole egg + 3 egg whites
B. 1 scoop Ultimate Muscle Protein
C. 3 oz. lean beef or chicken breast
In addition to the above have ½-cup oatmeal

Meal #2
Protein Drink: 2 Scoops Ultimate Muscle Protein as a shake or with less water as a pudding.
Or whole food option: 5 oz chicken or turkey breast, 5 strawberries or 1 peach

Meal #3
5 oz chicken (before cooking) or 6.5 oz. can of tuna in water
4 oz sweet potato or 1/2 cup cooked brown rice
1 cup vegetables (broccoli, etc.) or salad with 2 tbsp low cal dressing

Meal #4 (Post Workout)
2 Scoops Muscle Provider and 14 oz. water

Meal #5
6 oz lean beef, chicken, turkey, or fish
2 cups green vegetables or salad
PHASE ONE NUTRITION PLANS

PRIMARY GOAL: GAIN MUSCLE WHILE LOSING FAT

LEVEL 1 – MALE

GOAL
Increase and harden lean muscle, minimize fat, increase energy levels, and improve overall health. Your goal is controlled fat loss while increasing lean muscle.

SUPPLEMENTS
The most important supplement you can buy is protein powder, as your goal will be to have 3 meals and 2 snacks each day. Muscle Provider and Ultimate Muscle Protein are the best.

SUPPLEMENT SCHEDULE

Super Pak w/ breakfast.
Creatine Select Take 4 scoops per day for 5 days, then 1 scoop daily
Lean Out Take 2 caps with each meal and shake (if fat loss is primary goal).
Glutamine Select Mix 2 scoops in 16 oz water. Sip before or throughout training sessions.

MEALS
Eat 4-6 meals per day spaced 2-4 hours apart. Eat your last meal at least 1-2 hours before going to bed. Your goal will be to have 3 food meals and 1 or 2 protein shakes each day.

Diet

Breakfast
Basic Structure:
1 medium serving protein
1 or 2 servings complex or fibrous carbohydrate
Sample Meal: 6 egg white + 2 whole egg omelet w/vegetables; 1 cup oatmeal or 1 grapefruit

Mid Morning Snack
Protein Drink: 2 scoops protein + water - for flavor and variety you may add up to 2 tbsp almond butter or whipping cream per shake (for weight gain mix in 16 oz milk plus 2 tbsp whipping cream).

Lunch
Basic Structure:
1 large serving protein
2-3 servings vegetables
1 serving complex carbohydrate
Sample Meal: large turkey burger; 2 cups broccoli or 1 can green beans; 1 medium sweet potato

Mid Afternoon Snack
Protein Drink: same options as mid morning snack

Dinner
Basic Structure:
1 large serving protein
2-3 servings vegetables
1 serving fat (dressing)
Sample Meal: 1 or 2 large chicken breasts or lean beef patties; 1-2 cups green beans; 2 cups salad vegetables; 2 tbsp vinegar & oil dressing

Weekly Cheat Meal – Choose one meal out of one day each week to eat whatever you want.
PHASE ONE NUTRITION PLANS

PRIMARY GOAL: GAIN MUSCLE WHILE LOSING FAT

LEVEL 2 – MALE

DAILY SUPPLEMENT SCHEDULE

Super Pak w/ breakfast

Creatine Select Take 4 scoops per day with meals for the first 5 days, then 1 scoop daily

Mass Aminos Take 3 tablets with each meal or shake

Ultra 40 3 tablets per meal

Glutamine Select Mix 2 scoops in 16 oz water. Sip before or throughout training sessions.

* If 35 years or older take Quadracarn, 3 tablets three times daily

Optional Supplements for the Gain Muscle and Lose Fat program:

Up-Lift – take 2 scoops before training for pump, focus, and increased strength.

Muscle Synergy – if you want to continue to add muscle, get a great pump every workout, and can afford it – then Muscle Synergy is for you. You have to take enough though, eight tablets or 1 scoop of the new powdered version twice a day. Muscle Synergy is one of our very best supplements, we just don’t always recommend it to everyone because of the expense.

An economical way to use Muscle Synergy and Creatine Select during phase 1:

Weeks 1&2: Use Creatine Select as directed above.

Weeks 3&4: Take Muscle Synergy and Creatine Select together for the next two weeks.

Weeks 5&6: Creatine Select, no Muscle Synergy.

Weeks 7&8: Creatine Select and Muscle Synergy.

If you have any questions about our other supplements be sure to call us at 1-800-781-3475.

Meal #1

1 whole egg + 3 egg whites
5 oz lean meat
1/2 cup oatmeal - before cooking

Meal #2

Protein Drink: 2 Scoops Ultimate Muscle Protein, 2 tbsp healthy fat (almond butter, flax oil, olive oil) or 2 tbsp heavy whipping cream, add enough water to make a shake or pudding the consistency you desire.

Whole food option: 8 oz lean beef, 1 apple or other fruit from “Master Food List”.

Meal #3

8 oz lean meat
6 oz sweet potato or 2/3 cup cooked brown rice
2 cups vegetables (broccoli, etc.) or salad with 2 tbsp. Vinegar and Oil Dressing

Meal #4

(same as meal #2)

Meal #5

8 oz lean meat
2 cups vegetables
Salad with 2 tbsp vinegar and oil dressing
PHASE ONE NUTRITION PLANS

PRIMARY GOAL: GAIN MUSCLE WHILE LOSING FAT

LEVEL 3 – MALE

DAILY SUPPLEMENT SCHEDULE

Super Pak w/ breakfast.
Creatine Select: Take 5 scoops per day with meals for the first 5 days, than 2 scoops daily on training days, and 1 scoop on non training days.
Mass Aminos: Take 4 tablets with each meal or shake
Ultra 40: 4 tablets per meal
Glutamine Select: Mix 2 scoops in 16 oz water. Sip before or throughout training sessions.

* If 35 years or older take Quadracarn, 3 tablets three times daily.

Optional Supplements for the Gain Muscle and Lose Fat program:

Up-Lift – take 2 scoops before training for pump, focus, and increased strength.

Muscle Synergy – if you want to continue to add muscle, get a great pump every workout, and can afford it – then Muscle Synergy is for you. You have to take enough though, eight tablets twice a day. Muscle Synergy is one of our very best supplements, we just don’t always recommend it to everyone because of the expense.

Density – take 5 Density after training

Meal #1
2 whole egg + 4 egg whites
5 oz lean meat
1/2 cup oatmeal - before cooking

Meal #2
Protein Drink: 2 Scoops Ultimate Muscle Protein, 2 tbsp healthy fat (almond butter, flax oil, olive oil) or 2 tbsp heavy whipping cream, add enough water to make a shake or pudding the consistency you desire.
Whole food option: 8 oz lean beef, 1 apple or other fruit from “Master Food List”.

Meal #3
8 oz lean meat
6 oz sweet potato or 2/3 cup cooked brown rice
2 cups vegetables (broccoli, etc.) or salad with 2 tbsp. Vinegar and Oil Dressing

Meal #4
(same as meal #2)

Meal #5
10 oz lean meat
2 cups vegetables
Salad with 2 tbsp vinegar and oil dressing

Optional Post Workout Shake: if you are less than 10% bodyfat (you can see your abs pretty clearly), you can add a post workout shake of 3 scoops Mass Maker plus 1 scoop of Muscle Provider.
PHASE ONE NUTRITION PLANS

PRIMARY GOAL: GAIN MUSCLE WHILE LOSING FAT

LEVEL 4 – MALE

DAILY SUPPLEMENT SCHEDULE

Super Pak w/ breakfast.

Creatine Select  Take 5 scoops per day with meals for the first 5 days, than 2 scoops daily on training days, and 1 scoop on non training days.

Mass Aminos  Take 4 tablets with each meal or shake

Ultra 40  4 tablets per meal

Glutamine Select  Mix 2 scoops in 16 oz water. Sip before or throughout training sessions.

* If 35 years or older take Quadracarn, 3 tablets three times daily.

Optional Supplements for the Gain Muscle and Lose Fat program:

Up-Lift  – take 2 scoops before training for pump, focus, and increased strength.

Muscle Synergy  – if you want to continue to add muscle, get a great pump every workout, and can afford it – then Muscle Synergy is for you. You have to take enough though, eight tablets twice a day. Muscle Synergy is one of our very best supplements, we just don’t always recommend it to everyone because of the expense.

Density  – take 5 Density after training, and 3 Density with each meal (you can take in place of Mass)

Meal #1
2 whole egg + 4 egg whites
5 oz lean meat
1/2 cup oatmeal - before cooking

Meal #2
Protein Drink: 2 Scoops Ultimate Muscle Protein, 2 tbsp healthy fat (almond butter, flax oil, olive oil) or 2 tbsp heavy whipping cream, add enough water to make a shake or pudding the consistency you desire.
Whole food option: 8 oz lean beef, 1 apple or other fruit from “Master Food List”.

Meal #3
8 oz lean meat
6 oz sweet potato or 2/3 cup cooked brown rice
2 cups vegetables (broccoli, etc.) or salad with 2 tbsp Vinegar and Oil Dressing

Meal #4
(same as meal #2)

Meal #5
10 oz lean meat
2 cups vegetables
Salad with 2 tbsp vinegar and oil dressing

Meal #6
Protein Shake or Pudding: 2 Scoops Ultra Size or Ultimate Muscle Protein, add enough water to make shake or pudding the consistency you desire.
SECTION 5: PHASE ONE NUTRITION PLANS – GAIN MUSCLE WHILE LOSING FAT

PHASE ONE NUTRITION PLANS

PRIMARY GOAL: GAIN MUSCLE WHILE LOSING FAT

LEVEL 5 – MALE

DAILY SUPPLEMENT SCHEDULE

**Creatine Select** Take 5 scoops per day with meals for the first 5 days, than 2 scoops daily on training days, and 1 scoop on non training days.

**Mass Aminos** Take 4 tablets with each meal or shake

**Ultra 40** 4 tablets per meal

**Glutamine Select** Mix 2 scoops in 16 oz water. Sip before or throughout training sessions.

* If 35 years or older take **Quadracarn**, 3 tablets three times daily.

**Optional Supplements for the Gain Muscle and Lose Fat program:**

**Up-Lift** – take 2 scoops before training for pump, focus, and increased strength.

**Muscle Synergy** – if you want to continue to add muscle, get a great pump every workout, and can afford it – then Muscle Synergy is for you. You have to take enough though, eight tablets twice a day. Muscle Synergy is one of our very best supplements, we just don’t always recommend it to everyone because of the expense.

**Density** – take 5 Density before training, and 3 Density with each meal (you can take in place of Mass)

If you have any questions about our other supplements be sure to call us at 1-800-781-3475.

**Meal #1**
2 whole egg + 4 egg whites
8 oz lean meat
1/2 cup oatmeal - before cooking

**Meal #2**
Protein Drink: 2 Scoops Ultimate Muscle Protein, 4 tbsp healthy fat (almond butter, flax oil, olive oil) or 2 tbsp heavy whipping cream, add enough water to make a shake or pudding the consistency you desire.
Whole food option: 10 oz lean beef, 1 apple or other fruit from “Master Food List”.

**Meal #3**
10 oz lean meat
6 oz sweet potato or 2/3 cup cooked brown rice
2 cups vegetables (broccoli, etc.) or salad with 2 tbsp. Vinegar and Oil Dressing

**Meal #4**
(same as meal #2)

**Meal #5**
10 oz lean meat
½ cup rice
2 cups vegetables
Salad with 2 tbsp vinegar and oil dressing

**Meal #6**
Protein Shake or Pudding: 2 Scoops Ultimate Muscle Protein, 2 tbsp healthy fat (almond butter, flax oil, olive oil) or 2 tbsp heavy whipping cream add enough water to make shake or pudding the consistency you desire.
PHASE TWO - MAXIMUM FAT LOSS

1. Your total calorie intake should equal 10-15 calories per pound of bodyweight.
Men below 10% body fat and women below 15% body fat should figure on ingesting 14-15 calories per pound of weight.

2. Focus on eating active carbohydrates.
Active carbohydrates equal total carbohydrate grams minus grams of fiber. Your active carbohydrates should not exceed 25 grams per meal or 75 grams per day.

3. Protein optimization.
Ingest 25-50 grams of protein per meal.
While protein is the best macro-nutrient to eat, there may be a point where excess may exceed elimination capacity. This can cause nitrogen to either be burned for energy instead of burning stored body fat; or simply stored as extra body fat. Most won’t need to consume more than 50 grams per meal, but don’t stress too much here - we rarely see someone get fat from eating a little extra lean protein.

4. Essential fatty acids can burn body fat.
Your diet must have a greater emphasis on Essential Fatty Acids and Mono Unsaturated fats such as flaxseed, safflower, fish oil and olive oil. These can also be found in almond butter and Beverly’s EFA Gold supplement.

5. Carbohydrate load every 3rd then 4th day.
A high carbohydrate meal every third and then fourth day:
   1. Refuels muscle and liver glycogen stores
   2. Prevents decline in metabolism (thyroid function remains optimal)
   3. Provides satiety – mental ease
   4. Facilitates muscle growth by increasing uptake of amino acids and insulin surge – drives IGF-1 production. Optimizes the “anabolic” effect of insulin, while minimizing its lipogenic (fat producing) effect.
   5. It’s important to have this meal as the final meal of the day to assure it’s being stored as glycogen and not being burned for energy.

6. Induce Thermogenesis.
Some foods may increase your metabolism and provide a thermogenic effect, causing your body to burn more fat.
   1. Fruits with an excellent thermogenic effect include apples, blueberries, grapefruit, peaches and strawberries.
   2. Thermogenic vegetables include asparagus, broccoli, cabbage, celery, lettuce, mushrooms, onions, radishes, spinach and tomatoes.
   3. Almost all proteins except: proteins that are very high in fat, lunch meats, and processed proteins including most single species proteins – whey concentrate, whey isolate, etc.
   Single species protein is assimilated so quickly that it’s often burned as fuel, inhibiting the burning of your stored body fat. All Beverly proteins are multi species proteins.
PHASE TWO NUTRITION PLANS

PRIMARY GOAL: MAXIMUM FAT LOSS

LEVEL 1 – BASIC FEMALE FAT LOSS

DAILY SUPPLEMENT SCHEDULE

Ultimate Muscle Protein Meal replacement at meals 2 and 4 (or Muscle Provider)
Lean Out 2 capsules with each meal or shake
7 Keto MuscLEAN take 3 capsules twice daily – a.m. and mid afternoon
Density Take 2 tablets with each meal or shake
Muscularity – Take 2 capsules with each meal or shake
EFA Gold Take 3 capsules with Meals #1 and #4
Super Pak or Ultra 4

OPTIONAL

Energy Reserve Take 1 tablet per meal (if over 35 take Quadracarn instead)

Meal #1
3 oz turkey breast or chicken
3 egg whites, 1 yolk
½ grapefruit or ½ cup omelet vegetables

Meal #2
Protein Drink: 2 scoops Ultimate Muscle Protein (or Muscle Provider), 12 oz water
Optional: add 4 strawberries or ¼ cup blueberries

Meal #3
5 oz chicken or turkey breast (weighed prior to cooking)
2 cups salad with 2 tbsp oil & vinegar dressing

Meal #4
Whole Food Option: 1 package tuna; 3 egg whites, 1 tomato
Protein Shake Option: 2 scoops Ultimate Muscle Protein (or Muscle Provider), water

Meal #5
5 oz lean meat (chicken, turkey, fish, 93% or leaner beef, etc.)
1 cup vegetables

Monday and Thursday: Substitute for your 5th meal: 3/4 cup oatmeal (precooked) or cooked rice, 5 oz sweet potato, 4 oz banana, 1 cup vegetables, 1 tbsp butter

See Master Food List [pg 11] for acceptable substitutions to foods listed above.
PHASE TWO NUTRITION PLANS

PRIMARY GOAL: MAXIMUM FAT LOSS

LEVEL 2 – FEMALE FAT LOSS

DAILY SUPPLEMENT SCHEDULE

Ultimate Muscle Protein Meal replacement at meals 2 and 4 (or Muscle Provider)
Lean Out 2 capsules with each meal or shake
7 Keto MuscLEAN take 3 capsules twice daily – a.m. and mid afternoon
Density Take 2 tablets with each meal or shake
Muscularity – Take 2 capsules with each meal or shake
EFA Gold Take 3 capsules with Meals #1 and #4
Super Pak or Ultra 4

OPTIONAL

Energy Reserve Take 1 tablet per meal (if over 35 take Quadracarn instead)
Up-Lift – take 2 scoops before training for pump, focus, and increased strength.

Meal #1
3 oz turkey breast or chicken
3 egg whites
½ grapefruit

Meal #2
Protein Drink: 1 or 2 scoops Ultimate Muscle Protein (or Muscle Provider), 1 tsp healthy fat source (olive oil, flax oil, or almond butter), add as much water as you need to achieve the consistency you like.

Meal #3
5 oz chicken or turkey breast (weighed prior to cooking)
2 cups salad with 2 tbsp oil & vinegar dressing

Meal #4
Protein Shake Option: 2 scoops Ultimate Muscle Protein (or Muscle Provider), water (no added fat)
Whole Food Option: 1 package tuna; 3 egg whites, 1 tomato

Meal #5
5 oz lean meat (chicken, turkey, fish, 96% or leaner beef, etc.)
2 cups low carb vegetables or salad

Meal #6
4 egg whites
1 cup omelet vegetables (onions, celery, broccoli, tomatoes, etc.)

Monday and Thursday: Substitute for your 6th meal: 1 cup oatmeal or cooked rice, 6 oz sweet potato, 4 oz banana, 1 cup vegetables, 1 tbsp butter

See Master Food List (pg 11) for acceptable substitutions to foods listed above
PHASE TWO NUTRITION PLANS
PRIMARY GOAL: MAXIMUM FAT LOSS

LEVEL 3 – FEMALE FAT LOSS (may also be used for Figure Competition)

DAILY SUPPLEMENT SCHEDULE
Ultimate Muscle Protein Meal replacement at meals 2 and 4 (or Muscle Provider)
Lean Out - 2 capsules with each meal or shake
Muscularity - 2 capsules per meal
Glutamine Select - Mix 1 scoop in 8 oz water. Sip before or throughout training sessions.
7 Keto MuscLEAN - Take 3 capsules twice daily – a.m. and mid afternoon
Density - Take 2 tablets with each meal of shake
EFA Gold Take 3 capsules with Meals #1 and #4
Super Pak or Ultra 4

Optional - to maximize fat burning and muscle retention:
GH Factor Take 6 capsules upon arising and before bed
Energy Reserve Take 6 tablets per day (one with each of your Lean Out doses).

Pre Workout - Up-Lift – take 2 scoops before training for pump, focus, and increased strength.

Meal #1
6 egg whites; one-third cup oatmeal; one-half grapefruit.

Meal #2
Protein Drink with one scoop Ultimate Muscle Protein or Muscle Provider, one teaspoon healthy fat source (olive oil, flax oil, almond butter).
Option (B): 3 ½ oz chicken breast or tuna; 3 egg whites, 1 tomato.

Meal #3
5 oz chicken breast
2 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.) or 2 cups low carb vegetables; 1 tbsp “Newman’s Own” dressing

Meal #4
Protein Drink with 1 scoop Ultimate Muscle Protein or Muscle Provider – but no added fat to your shake. If this is the meal preceding or just after training, Muscle Provider is the optimal protein at this time.

Meal #5
5 oz chicken breast, turkey breast or 96% lean beef
2 cups low carb vegetables or salad

Meal #6
(Option A): 4 egg whites; 1 cup omelet vegetables (onions, celery, broccoli, peppers).
(Option B): Protein pudding – mix 1 scoop Ultimate Muscle Protein in a bowl with just enough water to make a pudding texture.

In place of Meal #6 on Monday and Thursday: Carb Load Meal 1 cup oatmeal (before cooking); 6 oz sweet potato (after cooking); 4 oz banana; 1 cup vegetables; 1 tbsp butter or almond butter
PHASE TWO NUTRITION PLANS

PRIMARY GOAL: MAXIMUM FAT LOSS

LEVEL 4 – FEMALE FAT LOSS (Advanced Rotation for Bodybuilding or Figure)

DAILY SUPPLEMENT SCHEDULE: (take these supplements every day)
Breakfast: 1 - Super Pak. Breakfast and dinner: 3 EFA Gold with meals #1 and #3.
Each meal: 3 Ultra 40; 2 Density, 2 Muscularity; 2 Lean Out.
Before training: 5 Density, 2 scoops Glutamine Select plus BCAAs and 6 Muscularity
Before cardio: 5 Muscle Mass + 2 Energy Reserve
Before bed: 2 ZMA

**Monday and Thursday:** (Low Carbs / Moderate Calories / Carb Meal at end of day)
Special Supplements for Monday and Thursday: Three times daily on an empty stomach: 2 MuscLEAN, 2 Energy Reserve, and 4 GH Factor.
**Meal #1:** 4 oz turkey breast; 3 egg whites, 1 yolk; ½ grapefruit
**Meal #2:** Protein shake or pudding: 2 scoops Ultimate Muscle Protein
**Meal #3:** 6 oz chicken (weighed prior to cooking) or can of tuna; 2 cups salad; 2 tbsp apple cider vinegar and 1 tbsp olive oil for a dressing (or use 3 tbsp Newman’s Own oil and vinegar)
**Meal #4:** Protein shake: 2 scoops Muscle Provider or Ultimate Muscle Protein
**Meal #5** Carb up meal: 1 cup oatmeal (before cooking); 6 oz sweet potato (after cooking); 4 oz banana; 1 cup vegetables; 1 tbsp butter or almond butter

**Tuesday and Friday:** (Low carbs / Low Calories)
Special Supplements: Three times daily on an empty stomach: 2 MuscLEAN, 2 Energy Reserve, and 4 GH Factor.
**Meal #1:** 4 oz turkey breast, 3 egg whites, ½ grapefruit
**Meal #2:** 5 oz chicken (weighed prior to cooking); 2 cups salad with 2 tbsp apple cider vinegar and 1 tbsp olive oil for a dressing (or use 3 tbsp Newman’s Own oil and vinegar)
**Meal #3:** Protein shake or pudding: 2 scoops Ultimate Muscle Protein or Muscle Provider
Or 3.25 oz can tuna, 2 egg whites, and 1 small carrot or tomato
**Meal #4:** 5 oz lean meat (chicken breast, turkey breast) or 6 oz cod fish; 2 cups vegetables (spinach or asparagus is best here)

**Wednesday – Saturday – Sunday** (Moderate carbs / Moderate Calories)
Special Supplement for Wed-Sat-Sun: Three 7-Keto MuscLean twice daily
**Meal #1** 3 egg whites and 3 oz chicken or turkey breast; ½ cup oatmeal before cooking
**Meal #2:** Protein shake or pudding: 2 Scoops Ultra Size or Ultimate Muscle Protein
Or 3.25 oz can tuna, 3 egg whites, and 1 small carrot or tomato
**Meal #3:** 5 oz chicken (before cooking); 4 oz sweet potato or ½ cup cooked brown rice; 1 cup vegetables (broccoli, etc.)
**Meal #4** (Same as meal #2)
**Meal #5:** 5 oz 93% lean beef, chicken, turkey, fish; 1-2 cups vegetables
PHASE TWO NUTRITION PLANS

PRIMARY GOAL: MAXIMUM FAT LOSS

LEVEL 5 – FEMALE FAT LOSS

This program is for female bodybuilders and figure athletes with a higher metabolism than normal that are already pretty lean.

DAILY SUPPLEMENT SCHEDULE

**Ultimate Muscle Protein** Meal replacement at meals 2 and 4 (or Muscle Provider)

**Glutamine Select** Mix 2 scoops in 8 oz water. Sip before or throughout training sessions.

**Lean Out** 2 capsules with each meal or shake

**7 Keto MuscLEAN** take 3 capsules twice daily – a.m. and mid afternoon

**Muscularity** 2 capsules per meal

**EFA Gold** Take 3 capsules with Meals #1 and #4

**Super Pak** or **Ultra 4**

**Optional Pre Workout - Up-Lift** – take 2 scoops before training for pump, focus, utilization of stored fat for energy, and increased strength.

Meal #1: 6 egg whites; 3 oz very lean meat; ½ cup oatmeal

Meal #2 (Choose one option)

Option A: Protein Drink 2 scoops Ultimate Muscle Protein, 1 tbsp healthy fat source (olive oil, flax oil, almond butter) or heavy cream.

Option B: 1 package tuna, one small apple or orange

Meal #3

5 oz lean meat (chicken or other lean protein source)
½ cup cooked brown rice or 4 oz sweet potato
1 cup vegetables (broccoli, etc.) or 2 cups green salad with 2 tbsp vinegar and oil dressing

Meal #4

1-2 scoops Muscle Provider or UMP in water

Meal #5

5 oz very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, salmon, etc)
1 cup low carb vegetables
2-4 cups salad with 2 tbsp vinegar and oil dressing

Meal #6

Protein Shake or Pudding: 1 Scoop Ultimate Muscle Protein, add enough water to make a shake or pudding the consistency you desire.

Or

6 egg whites with 1 cup of vegetables

Twice a week (usually Monday and Thursday) you should eliminate the oatmeal and brown rice or sweet potato at meals one and three. On these days be sure to have 2 scoops of protein to your shake or pudding and have red meat at meal #5.
PHASE TWO NUTRITION PLANS

PRIMARY GOAL: MAXIMUM FAT LOSS

LEVEL 1 – BASIC MALE FAT LOSS

DAILY SUPPLEMENT SCHEDULE

Ultimate Muscle Protein
Lean Out 2 capsules with each meal or shake
7 Keto MuscLEAN take 3 capsules twice daily – a.m. and mid afternoon
Creatine Select - Load with 4 scoops per day for 5 days, then 1 scoop daily
Glutamine Select Mix 2 scoops in 16 oz water. Sip before or throughout training sessions.
Density Take 3 tablets with each meal or shake
Super Pak w/ breakfast

* If 35 or older Quadracarn should go to the top of your supplement priorities.

Optional Pre Workout - Up-Lift – take 2 scoops before training for pump, focus, utilization of stored fat for energy, and increased strength.

Meal #1
8 oz lean beef or turkey
3 egg whites, 1 yolk
1 grapefruit

Meal #2
Protein Drink: 2 scoops Ultimate Muscle Protein, 1 tbsp healthy fat (olive oil, flax oil, almond butter) or 1 tbsp heavy whipping cream

Meal #3
8 oz chicken or turkey breast (weighed prior to cooking)
2 cups vegetables

Meal #4
Protein Drink: 2 scoops Ultimate Muscle Protein or Muscle Provider, 1 tbsp healthy fat (olive oil, flax oil, almond butter) or 1 tbsp heavy whipping cream, add enough water to make a shake or pudding the consistency you desire.
Whole Food Option: 6 oz can tuna or 5 oz chicken; 3 egg whites, 1 whole egg; 1 tomato

Meal #5
10 oz lean meat (chicken, turkey, fish, 93% or leaner beef, etc.)
4 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.)
2 tbsp vinegar and oil dressing

Monday and Thursday: As a 6th meal: 1½ cups oatmeal (precooked) or cooked rice, 10 oz sweet potato, medium banana, 1 cup vegetables, 1 tbsp butter, almond butter or oil at the end of the day.
PHASE TWO NUTRITION PLANS

PRIMARY GOAL: MAXIMUM FAT LOSS

LEVEL 2 – MALE FAT LOSS or PRE COMPETITION

DAILY SUPPLEMENT SCHEDULE

Ultimate Muscle Protein (and/or Muscle Provider) as a meal replacement
Quadracarn Take 3 tablets three times daily
Density Take 3 tablets with each meal or shake
Creatine Select Load with 5 scoops per day for 5 days, then 2 scoops daily
Glutamine Select Mix 2 scoops in 16 oz water. Sip before or throughout training sessions.
Lean Out 2 capsules with each meal or shake
7 Keto MuscLEAN Take 3 capsules twice daily – a.m. and mid afternoon
Muscularity Take 3 capsules with each meal or shake
Ultra 40 Take 3 tablets with each meal or shake
Super Pak w/ breakfast

Optional Pre Workout - Up-Lift – take 2 scoops before training for pump, focus, utilization of stored fat for energy, and increased strength.

Meal #1
5 oz turkey breast
6-8 egg whites
½ cup oatmeal

Meal #2
Protein Drink: 2 scoops Ultimate Muscle Protein, 1 scoop Muscle Provider, 16 oz water

Meal #3
10 ounces chicken or turkey breast (weighed prior to cooking)
6 oz sweet potato (before cooking)
1 cup vegetables

Meal #4
Option A: Protein Drink: 1 scoop Ultimate Muscle Protein, 2 scoops Muscle Provider, water
Option B: 6 oz can tuna; 3 egg whites; 1 tomato

Meal #5
10 ounces 96% lean beef
2 cups vegetables

Meal #6
12 oz fish; 2 cups spinach or salad

Meal #7:
6 oz chicken or turkey breast; 6 egg whites; 1 cup omelet vegetables

Monday and Thursday: In place of meal 7: 1½ cups oatmeal (precooked) or cooked rice, 10 oz sweet potato, large banana, 1 cup vegetables, 1 tbsp butter, almond butter or oil at the end of the day.
PHASE TWO NUTRITION PLANS

PRIMARY GOAL: MAXIMUM FAT LOSS

LEVEL 3 – MALE FAT LOSS or PRE COMPETITION

DAILY SUPPLEMENT SCHEDULE

Ultimate Muscle Protein (and/or Muscle Provider) as a meal replacement
Quadracarn Take 3 tablets three times daily
Density Take 3 tablets with each meal or shake
Creatine Select Load with 5 scoops per day for 5 days, then 2 scoops daily
Glutamine Select Mix 2 scoops in 16 oz water. Sip before or throughout training sessions.
Lean Out 2 capsules with each meal or shake
7 Keto MuscLEAN Take 3 capsules twice daily
Muscularity Take 3 capsules with each meal or shake
Ultra 40 Take 4 tablets with each meal or shake
Super Pak w/ breakfast; EFA Gold 3 with Meals #1 and #5.

For Accelerated Fat Loss:

Energy Reserve Take 2 tablets with breakfast, 2 pre workout, 2 post workout, and 2 before bed.

Meal #1
5 oz lean beef or turkey
6 egg whites, 1 whole egg
1/2 grapefruit

Meal #2
Protein Drink: 2 scoops Ultimate Muscle Protein, 1 tbsp healthy fat or heavy cream, 4 strawberries (optional), 16 oz water
Or 6 oz can tuna or 5 oz chicken; 3 egg whites, 1 whole egg; 1 tomato

Meal #3
8 oz chicken (weighed prior to cooking)
4 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.)
2 tbsp cider vinegar and 1 tbsp olive oil (or other vegetable oil) for a dressing

Meal #4
Protein Drink: 2 scoops Ultimate Muscle Protein or Muscle Provider, 12 oz water
Or package of tuna; 3 egg whites, 1 whole egg; 1 tomato

Meal #5
8 oz lean meat (chicken, turkey, fish or 93% lean beef, etc.)
2 cups vegetables

Monday and Thursday: Add a 6th meal: 1½ cups oatmeal (precooked) or cooked rice, 10 oz sweet potato, 6 oz banana, 1 cup vegetables, 1 tbsp butter, almond butter or oil at the end of the day.
PHASE TWO NUTRITION PLANS

PRIMARY GOAL: MAXIMUM FAT LOSS

LEVEL 4 – MALE FAT LOSS or PRE COMPETITION

DAILY SUPPLEMENT SCHEDULE

Ultimate Muscle Protein (and/or Muscle Provider) as a meal replacement

Quadracarn Take 3 tablets three times daily

Density Take 3 tablets with each meal or shake

Creatine Select Load with 5 scoops per day for 5 days, then 2 scoops daily

Glutamine Select Mix 2 scoops in 16 oz water. Sip before or throughout training sessions.

Lean Out 2 capsules with each meal or shake

7 Keto MuscLEAN Take 3 capsules twice daily

Muscularity Take 3 capsules with each meal or shake

Ultra 40 Take 4 tablets with each meal or shake

Super Pak w/ breakfast; EFA Gold 3 with Meals #1 and #5.

For Accelerated Fat Loss:

Energy Reserve Take 2 tablets with breakfast, 2 pre workout, 2 post workout, and 2 before bed.

Meal #1
5 oz lean beef or turkey
6 egg whites
½ grapefruit

Meal #2
Protein Drink: 2 scoops Ultimate Muscle Protein, water
Or 6 oz can tuna; 3 egg whites; 1 tomato

Meal #3
6 oz chicken (weighed prior to cooking)
4 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.)
2 tbsp cider vinegar and 1 tbsp olive oil for a dressing

Meal #4
Protein Drink: 2 scoops Ultimate Muscle Protein or Muscle Provider, water
Or 6 oz can tuna; 3 egg whites; 1 tomato

Meal #5
6 oz lean meat (chicken, turkey, fish, 96% or leaner beef, etc.)
1½ cups vegetables

Monday and Thursday: In place of your 5th meal: 1 cup oatmeal (precooked) or cooked rice, 8 oz sweet potato, 4 oz banana, 1 cup vegetables, 1 tbsp butter, almond butter or oil.
WEIGHT GAINING TECHNIQUES

This nutritional program is for the trainee who has reached a good state of muscularity and overall good shape, and seeks to increase the size of certain muscle groups (the extent depends on his personal goals) while keeping excess bodyfat at a minimum. The key to gaining muscular weight while reducing excess, unsightly fat is through a balanced diet with the emphasis on protein. Junk foods never add muscular weight, only fat! A proper nutritional regimen aimed at increasing muscle size should consist of the foods listed below.

I. Proteins—your total diet should consist of 35 - 50% protein.

Beef: Beef tenderloin, Filet Mignon, Sirloin, Flank Steak, Round Steak, Top Round, Roast Beef, Ground Round, Ground Sirloin. Ground Beef (90% Fat Free or leaner)

Poultry: Chicken breast, Canned Chicken Breast (Swanson's), Turkey Breast, Turkey Breast Cutlets, Ground Turkey Breast, Deli Turkey Breast.

Fish: Just about all kinds including Tuna (canned in water or fresh), Cod, Halibut, Orange Roughy, Salmon, and Tilapia

Other Meats: Canadian bacon, Pork Tenderloin

Dairy: Eggs, Hard Cheeses, Cottage Cheese

II. Complex (Natural) Carbohydrates— A good muscular weight gain diet contains at least 1.5 grams carbohydrates per pound of bodyweight.

The best sources are: Oatmeal, Cream of Rice, Puffed Rice, Rice Cakes, Cooked Rice (brown or white), Potatoes, Sweet Potatoes, Beans (white, pinto, kidney or black), Lima Beans, Corn, Peas.

III. Fresh Fruits (not dried or canned) - Apples, Blueberries, Cantaloupe, Cherries, Grapefruit, Grapes, Honeydew Melons, Nectarines, Oranges, Peaches, Plums, Raspberries, Strawberries.


V. Fats and Oils (20-30%): Flax seed oil, Safflower oil, Sunflower oil, Olive oil, Walnuts, Heavy cream, and real butter.

On the next page is a sample menu for a good muscular density nutritional plan. If you find this is too much to eat simply cut out one of the food meals, a protein drink, or one of each. You may want to start with just 4 meals and work your way up to six over the first 4 weeks.
WEIGHT GAINING NUTRITIONAL PLANS

LEVEL 1 - RECOMMENDED WEIGHT GAIN PROGRAM FOR TEENAGERS

Suggested Supplement Program:
Ultra 4 – 1 in the morning and 1 in the evening
Creatine Select - 1st five days: 1 scoop in 4-6 oz. water with four meals each day
Creatine Select – Maintenance phase: 1 scoop before and after weight training
Mass Maker – (up to 3 servings daily)

Breakfast
4 whole eggs + 1 slice cheese
1 bowl oatmeal or whole grain cereal
2 slices wheat bread
1 glass milk
Bowl of fresh fruit (see below for suggestions)

Mid-Morning
3 scoops Mass Maker + 12 oz milk or water

Lunch
2 grilled cheese or peanut butter sandwiches
2 glasses milk
1 banana, 1 apple and/or 2 cups green salad or green vegetables
Jell-O or pudding for dessert

Mid-Afternoon
(Same as meal #2)

Dinner
8-10 oz. hamburger, steak, grilled chicken or fish
2 cups green salad or green vegetables
1 cup brown rice
2 pieces whole grain bread with butter
Ice cream or fruit pie for dessert

Bedtime
(Same as meal #2 & #4)

Recommended Snacks – nuts, fruit, cheese sticks, yogurt, etc.
PRIMARY GOAL: MUSCULAR WEIGHT GAIN – MALE

LEVEL 2 INTERMEDIATE MUSCULAR WEIGHT GAIN

Meal #1
2 whole eggs + 4 egg whites
6 oz lean beef
1 cup oatmeal before cooking (optional: add cinnamon, raisins and a banana)

I know a lot of you have trouble eating a lot in the morning so here are two options:

Drink Option: 2 scoops Ultimate Muscle Protein + 2 scoops cottage cheese (use the Ultimate Muscle Protein scoop) mixed with 2 tbsp heavy cream and 12 oz water

Alternate Meal Option: 4 (whole) egg omelet with 2 oz cheese, ½ grapefruit or ½ cantaloupe, 1 cup oatmeal

Meal #2
1-2 scoops Ultimate Muscle Protein + 4-6 scoops Mass Maker

Meal #3
8 oz chicken (before cooking) or other meat listed above
8 oz sweet potato, potato, or 1 cup cooked rice
2 cups vegetables or 1 piece fruit (apple, orange, cantaloupe, nectarine, peach, a cup of berries) or
8-12 oz Roast beef, chicken or tuna made into 2 sandwiches with 4 slices whole grain or rye bread, 1 piece fruit

Meal #4
1-2 scoops Ultimate Muscle Protein + 4-6 scoops Mass Maker

Meal #5
10-12 oz sirloin steak (lean) or other meat
8 oz sweet potato or baked potato
2 cups vegetables / salad / or fruit

Meal #6
3 scoops Ultimate Muscle Protein, 3 tbsp Heavy Whipping Cream
OR: 9 oz sirloin strip steak (lean) or 10 oz chicken + 2 cups vegetables - no potatoes or other starchy vegetables.

Master Supplement Program for Growth and Muscularity

Super Pak – 1 with meal #1
Creatine Select - Load with 5 scoops per day for 5 days, then 1-2 scoops daily
Mass Aminos – 4 with each meal
Ultra 40 – 4 with each meal

ADVANCED (Add one or more of the following):

Quadracarn – 3 tablets, 3 times daily
Muscle Synergy - 8 tablets twice daily or 1 scoop Muscle Synergy powder twice daily
Glutamine Select – 2 scoops before, during, or after training
Bev ZMA – 3 at bedtime on empty stomach

*If you find you are gaining less than ½ lb. per week mix the above in 16 oz milk.
ADVANCED GAINING PHASE NUTRITIONAL PROGRAMS

GOAL: The goal of this program is to attain the maximum amount of muscle and strength gain with minimum fat accumulation.

STRATEGY: This is a 12-week program that alternates gaining and hardening phases in a specific pattern. The “Gain” cycle includes six meals PLUS a pre and post workout recovery drink. During the “Gain” cycle your weight should increase one-half to two pounds per week. The “Hardening” cycle consists of five or six meals daily and is designed to solidify the gains you made during the “Gain” cycle.

Schedule:

Weeks 1-4  4-Week Gaining Phase
Week  5  1-Week Hardening Phase
Weeks 6-8  3-Week Gaining Phase
Week  9  1-Week Hardening Phase
Week  10-11  2-Week Gaining Phase
Week  12  1-Week Hardening Phase

You have to take a disciplined approach and consistently eat the right combination of nutrients during the Gaining Phase to ensure that you add quality muscle.

Protein
Protein will account for approximately forty percent of your nutritional intake.

Best sources of protein for building quality muscle during the gaining phases are: lean beef, whole eggs, cottage cheese, chicken, turkey, lean pork, fish, and egg whites. The best protein supplements are Ultra Size or Ultimate Muscle Protein, and Muscle Provider.

During the hardening phases you should eat primarily egg whites, chicken breast, turkey breast, and Ultimate Muscle Protein and Muscle Provider.

Mass amino acid tablets and Ultra 40 liver extract are invaluable to make sure that you utilize the protein you eat and they provide additional amino acids you need to build muscle.

Complex Carbohydrates
Complex carbohydrates will make up thirty-forty percent of your nutritional intake. The leaner you already are, the higher your complex carbs can be.

Best sources of carbohydrate for the gaining phases are oatmeal, rice, baked or boiled potatoes, sweet potatoes, yams, and all variations of beans. You can occasionally include peas, corn and whole grain products in moderation. Fruits that qualify as complex carbs for the gaining phase are apples, pears, and pineapple.

During the hardening phases you should stick to oatmeal, brown rice, sweet potatoes, and beans for your complex carbohydrate sources.

Low Carb Vegetables and Fruit
Low carb vegetables include salads, broccoli, cauliflower, spinach, green beans and just about any other green or yellow vegetable. Low carb fruits are blueberries, cantaloupe, grapefruit, peaches, and strawberries. (You can add a small amount of low carb fruit to any of your protein shakes while on this program.)
Fats
Dietary fats should make up twenty-thirty percent of your caloric intake. Best sources are olive oil, coconut oil, flax oil, sunflower oil, safflower oil, almond butter, almonds, walnuts, and heavy cream. During the hardening phases you should reduce saturated fats and take an essential fatty acid supplement like Beverly’s EFA Gold or a fish oil supplement.

Free Foods
You can eat all of the following as much as you like during the gaining and hardening phases: Sugar free gum, Crystal Light, diet soda, coffee, tea, sugar-free Jell-O, Splenda, Equal, seasonings, mustard, vinegar, hot sauce, salt and pepper.

Free Meals
Remember that this program is designed to add maximum muscular size while minimizing fat accumulation so it’s not a time to eat whatever you want, whenever you want it, but planned free meals at specific intervals can be beneficial – mentally, metabolically, and physically. Plan to have one free meal on the last day of the final week of each of your “Gaining Cycles”, i.e. week 4, week 8, and week 11.

A free meal lasts sixty minutes and consists of whatever you’d like to eat in that amount.

Beverages
Make sure that you drink plenty of water. Everyone should drink at least 64 ounces each day. This is important to improve your health, help you to gain muscular weight (muscles are nearly seventy percent water by volume), and help flush out harmful toxins (and fat).
Other acceptable beverages are unsweetened tea and coffee, as well as diet drinks like Crystal Light and diet sodas.
If you gain fat fairly easily limit the amount of milk you drink. If you are a hard gainer, and eat just about anything without adding fat then you might try mixing your Ultimate Muscle Protein shakes with milk.
Regular fruit juice is another area you must be careful about. Both milk and juice have large amounts of naturally occurring sugar; and although they may be good foods, they may also result in fat accumulation.

Portion Size
Remember you can adjust portions or add or decrease a meal as needed to average a one-half to two pound weight increase each week.

Lifestyle Hints to Maximize Your Off Season Bodybuilding / Strength Program
1. Remain calm throughout the day. If you spend too much nervous energy stressing and worrying you will compromise your muscular gains.
2. Try to live a regulated life. Train, eat, and go to bed at the same times each day whenever possible.
3. Strive to progressively increase your workout weights over the course of each gaining cycle. During the hardening cycle you should focus on form and muscular contraction on each exercise rather than the weight you use.
4. Have a positive and productive attitude. Read a positive quote of the day, self-help or spiritual literature at a specific time each day. (Sound mind in a sound body principle.)
5. Never miss meals or workouts unless it is an emergency. Regularity is the key to setting your body into a fixed pattern of muscular growth.
MAXIMUM MUSCULAR WEIGHT GAIN PROGRAM - FEMALE

Gaining Phase (Weeks 1, 2, 3, 4, 6, 7, 8, 10, 11)

Meal #1
2 whole eggs
5 oz lean beef or ½ cup cottage cheese
1/2 cup oatmeal
Option B: 3 egg whites, 1 whole egg omelet with 1 or 2 oz cheese, 1 slice whole-grain toast with almond butter.

Meal #2
Protein Drink: 2 scoops Ultimate Muscle Protein or Ultimate Muscle Protein, 1 tbsp healthy fat source (olive oil, flax oil, almond butter) or heavy cream. – Optional: 1 serving low carb fruit.
Option B: 1 can tuna (water packed), ½ cup cottage cheese and 1 snack-size cup pineapple (unsweetened).

Meal #3
6 oz chicken breast (or other lean protein source),
½ cup cooked brown rice (or other complex carbohydrate source).
Optional: 1 or 2 servings of low carb fruit or vegetables.
Option B: 4 oz roast beef, 1 oz Swiss cheese, 2 slices rye bread, 1 apple, salad

Meal #4
1 can tuna or 4 oz turkey breast
½ cup cottage cheese
½ cup pineapple (unsweetened) or 1/2 cantaloupe
Option B: Protein Drink with two scoops Muscle Provider or Ultimate Muscle Protein, 1 tbsp healthy fat source (olive oil, flax oil, almond butter) or heavy cream.

Meal #5:
6-8 oz steak, pork loin, chicken, turkey or fish
4-6 oz baked potato or sweet potato
1-2 cups low carb vegetables or salad.

Meal #6: Protein pudding – mix two scoops Ultimate Muscle Protein in a bowl with just enough water to make a pudding texture. Add one tablespoon of almond butter, walnuts, or heavy cream.
Option B: 6 egg whites, 3 oz chicken breast, one serving low carbohydrate vegetable or fruit.

TRAINING DAYS ONLY

30 Minutes before training: 3 scoops Mass Maker mixed in 8 oz water
Immediately after training: 3 scoops Mass Maker mixed in 8 oz water (Eat your next meal about 60 minutes after your Mass Maker shake. You may also add 1 scoop Muscle Provider to your post training shake.

Essential Supplements for the Gaining Phase
Creatine Select plus Phosphates - take 4 servings daily for the 1st 5 days; then 1 serving daily
2-3 Mass aminos with each meal (including shakes)
2-3 Ultra 40 with each meal
1 Multiple Enzymes with meals #1, 3, and 5.
Optional
1 Super Pak
Muscle Synergy: 8 tablets twice daily or 1 scoop Muscle Synergy powder twice daily
Glutamine Select – 2 scoops before, during, or after training
Bev ZMA – 3 at bedtime on empty stomach
HARDENING PHASE NUTRITIONAL PROGRAM (WEEKS 5, 9, AND 12)

Hardening Phases Meal #1:
1 whole egg, 3 additional egg whites
3 oz chicken breast or turkey breast
½ cup oatmeal; 3 EFA Gold capsules

Meal #2: Protein Drink - 2 scoops Ultimate Muscle Protein or Muscle Provider in 16 oz water. Option B: one can tuna (water packed), one carrot, one tomato.

Meal #3:
5 oz chicken breast (or other lean protein source)
½ cup cooked brown rice (or other complex carbohydrate source).
Optional: add one or two servings of low carb vegetables.

Meal #4:
1 can tuna (water packed) or 4 oz turkey breast
1 or 2 servings of low carb vegetables or ½ cantaloupe
Option B: Protein Drink with 2 scoops Muscle Provider or Ultimate Muscle Protein mixed in 16 ounces water.

Meal #5:
6 oz chicken breast, turkey or fish
1-2 cups low carb vegetables or salad; 3 EFA Gold capsules.

Meal #6: Protein pudding – mix 1 scoop Ultimate Muscle Protein or Ultimate Muscle Protein in a bowl with just enough water to make a pudding texture.
Option B: six egg whites, one serving low carbohydrate vegetable.

Essential Supplements for the Hardening Phase
Lean Out - 2 capsules with each meal or shake
Density - 2 capsules per meal
Ultra 40 – 2-3 with each meal
EFA Gold - 3 with Meals #1 and #5
Glutamine Select Mix 1 scoop in 8 oz water. Sip before or throughout training sessions.
1 Super Pak

Optional
Up-Lift - Beverly’s hybrid training formula would be very beneficial to keep up your “training drive” while consuming fewer calories during the “hardening phase”. Take 2 scoops before training and 1 scoop half way through your training session.

Do not take the Mass Maker pre and post workout shakes during the Hardening Phase.
MAXIMUM MUSCULAR WEIGHT GAIN PROGRAM - MALE

Gaining Phase (Weeks 1, 2, 3, 4, 6, 7, 8, 10, 11)

**Meal #1**
3 whole eggs
5 oz lean beef or 1 cup cottage cheese
¾ cup oatmeal
Option B: 4 egg omelet with 2 oz cheese, 2 slices whole-grain toast with almond butter, 1 apple.

**Meal #2**
Protein Drink: 2 scoops Ultra Size or Ultimate Muscle Protein, 2 tbsp healthy fat source (olive oil, flax oil, almond butter) or heavy cream. – Optional: 1 serving low carb fruit.
Option B: 1 can tuna (water packed), 1 cup cottage cheese and ½ cup pineapple (unsweetened).

**Meal #3**
8 oz chicken breast (or other lean protein source),
1 cup cooked brown rice (or other complex carbohydrate source).
Optional: 1 or 2 servings of low carb fruit or vegetables.
Option B: 6 oz roast beef, 1 or 2 oz Swiss cheese, 2 slices rye bread, 1 apple, salad.

**Meal #4**
1 can tuna or 6 oz turkey breast
½ cup cottage cheese
½ cup pineapple (unsweetened) or 1/2 cantaloupe
Option B: Protein Drink with two scoops Muscle Provider, Ultra Size or Ultimate Muscle Protein, one tbsp healthy fat source (olive oil, flax oil, almond butter) or heavy cream.

**Meal #5**
10 oz steak, pork loin, chicken, turkey or fish
8-10 oz baked potato or sweet potato
1-2 cups low carb vegetables or salad.

**Meal #6**
Protein pudding – mix 2 scoops Ultimate Muscle Protein or Ultimate Muscle Protein in a bowl with just enough water to make a pudding texture. Add one tablespoon of almond butter, walnuts, or heavy cream.
Option B: 6 egg whites, 3 oz chicken breast, one serving low carbohydrate vegetable or fruit

**Training Days Only**

**30 Minutes before training:** 3 scoops Mass Maker mixed in 8 oz water
**Immediately after training:** 3 scoops Mass Maker mixed in 8 oz water (Eat your next meal about 60 minutes after your Mass Maker shake. You may also add 1 scoop Muscle Provider to your post training shake.

**Essential Supplements for the Gaining Phase**
- Super Pak – 1 with meal #1
- Creatine Select - Load with 5 scoops per day for 5 days, then 1-2 scoops daily
- Mass Aminos – 4 with each meal
- Ultra 40 – 4 with each meal
- 1-2 Multiple Enzymes with meals #1, 3, and 5.

**ADVANCED (Add one or more of the following):**
- Quadracarn – 3 tablets, 3 times daily
- Muscle Synergy - 8 tablets twice daily or 1 scoop Muscle Synergy powder twice daily
- Glutamine Select – 2 scoops before, during, or after training
- Bev ZMA – 3 at bedtime on empty stomach
HARDENING PHASE NUTRITIONAL PROGRAM (WEEKS 5, 9, AND 12)

**Hardening Phases Meal #1:**
1 whole egg, 5 additional egg whites
5 oz chicken breast or turkey breast
½ cup oatmeal; 3 EFA Gold capsules

**Meal #2:** Protein Drink - 2 scoops Ultimate Muscle Protein, 1 tbsp healthy fat source (olive oil, flax oil, almond butter) or heavy cream.
Option B: one can tuna (water packed), one carrot, one tomato.

**Meal #3:**
8 oz chicken breast (or other lean protein source)
½ cup cooked brown rice (or other complex carbohydrate source).
Optional: add one or two servings of low carb vegetables.

**Meal #4:**
1 can tuna (water packed) or 6 oz turkey breast
1 or 2 servings of low carb vegetables or ½ cantaloupe
Option B: Protein Drink with 2 scoops Muscle Provider or Ultimate Muscle Protein mixed in 16 ounces water.

**Meal #5:**
10 oz chicken breast, turkey or fish
1-2 cups low carb vegetables or salad; 3 EFA Gold capsules.

**Meal #6:** Protein pudding – mix 2 scoops Ultimate Muscle Protein or Ultra Size in a bowl with just enough water to make a pudding texture.
Option B: 6 egg whites, 3 oz chicken breast, one serving low carbohydrate vegetable

**Essential Supplements for the Hardening Phase**

**Lean Out** - 2 capsules with each meal or shake

**Density** - 3 tablets per meal

**Ultra 40** – 4 with each meal

**EFA Gold** - 3 with Meals #1 and #5

**Glutamine Select** Mix 2 scoops in 16 oz water. Sip before or throughout training sessions.

**1 Super Pak**

**Optional**

**Up-Lift** - Beverly’s hybrid training formula would be very beneficial to keep up your “training drive” while consuming fewer calories during the “hardening phase”. Take 2 scoops before training and 1 scoop halfway through your training session.

**Muscle Mass** BCAAS - take five Muscle Mass tablets at the start of your workout, five at about the halfway point in your workout, and five more at the end of your workout.

**Mass** – 4 tablets with each meal (Mass is still valuable during the Hardening Phase, but not essential).

Do not take the Mass Maker pre and post workout shakes during the Hardening Phase.
TRAINING

PRIMARY GOAL: GENERAL TRAINING

TRAINING METHODOLOGY
You should perform each set in perfect form. If you reach the top number of the rep range for each set listed increase weight for that exercise your next workout.

1. Your training program must be progressive in one or more of the following areas:
   - Amount of resistance or weight used for a particular set.
   - Number of reps performed with a particular weight.
   - The amount of Time in which a particular series of sets are performed.

2. You must improve in one of the above areas to stimulate the potential for growth.
   - Even with the proper stimulus growth will only occur with proper nutrition, supplementation, rest and recuperation.

3. **Double Progressive System**: Use the same weight for all sets listed on a particular exercise. You can certainly do a warmup set or two, but don't count them as part of your work sets. Start at the low end of the suggested rep range. Gradually increase the repetitions, usually adding one rep each workout until you reach the top number of suggested reps for each set of a particular exercise. Then add weight and start over at the lower end of the rep scheme.

1ST 4 WEEKS – TRAIN 3 DAYS PER WEEK ON THE FOLLOWING PROGRAM:

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Standing Calf Raise</td>
<td>3</td>
<td>15-20</td>
</tr>
<tr>
<td>2. Leg Press</td>
<td>3</td>
<td>10-15</td>
</tr>
<tr>
<td>3. Stiff-Leg Deadlift</td>
<td>1</td>
<td>10-15</td>
</tr>
<tr>
<td>4. Seated Pulley Row</td>
<td>3</td>
<td>8-12</td>
</tr>
<tr>
<td>5. Bench Press</td>
<td>3</td>
<td>8-12</td>
</tr>
<tr>
<td>6. Side Laterals</td>
<td>3</td>
<td>8-12</td>
</tr>
<tr>
<td>7. Lat pulldown</td>
<td>2</td>
<td>8-12</td>
</tr>
<tr>
<td>8. Barbell Curls</td>
<td>3</td>
<td>8-12</td>
</tr>
<tr>
<td>9. Situps</td>
<td>1</td>
<td>25-50</td>
</tr>
</tbody>
</table>

NEXT 4 WEEKS – TRAIN 3-4 DAYS PER WEEK
You can train 3 days per week on the entire program listed below, or break it up into two parts, exercises 1-6 on Monday and Thursday, and exercises 7-12 on Tuesday and Friday.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Calf Press</td>
<td>3</td>
<td>15-20</td>
</tr>
<tr>
<td>2. Seated Calf Machine</td>
<td>2</td>
<td>15-20</td>
</tr>
<tr>
<td>3. Leg Press</td>
<td>3-5</td>
<td>10-15</td>
</tr>
<tr>
<td>4. Stiff-leg Deadlift</td>
<td>1</td>
<td>10-15</td>
</tr>
<tr>
<td>5. Lat pulldown</td>
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<td>2</td>
<td>8-12</td>
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<tr>
<td>7. Bench Press</td>
<td>3</td>
<td>8-12</td>
</tr>
<tr>
<td>8. Incline Press</td>
<td>2</td>
<td>8-12</td>
</tr>
<tr>
<td>9. Side Laterals</td>
<td>3-4</td>
<td>8-12</td>
</tr>
<tr>
<td>10. Lying Triceps Extension</td>
<td>3-4</td>
<td>8-12</td>
</tr>
<tr>
<td>11. Dumbbell Curl</td>
<td>3-4</td>
<td>8-12</td>
</tr>
<tr>
<td>12. Situps</td>
<td>2-3</td>
<td>25-50</td>
</tr>
</tbody>
</table>
FIGURE COMPETITION TRAINING

PRIMARY GOAL: First stage preparation for future figure or fitness competition

1. Your weight training goal is to improve your muscularity, muscle tone, and separation while developing an athletic looking physique.

2. In order to achieve your training goal and be the best “you”, you must show progress in one or more of the following areas each time you workout:
   - Amount of resistance or weight used for a particular set.
   - Number of reps performed with a particular weight.
   - Reduce the amount of rest time between sets.
   - Train harder – go for the burn.
   - Increase the sets.
   - Train more often.

3. Some indispensable do’s and don’ts:
   - Keep a workout journal. It can be a spiral notebook or as fancy as you like. Keep track of every training session. Use the “star” method * to track your progress. Every time you use a heavier weight than before on a set, get more reps with a particular weight, or complete a series of sets in less time give yourself a star in your journal.
   - Use proper form.
   - Make sure each exercise is working the correct area. Use a full range of motion on every exercise to develop muscularity and separation.

4. Train with weights at least 5 times per week Monday through Friday. You can adjust the days as necessary but really try to get in 5 training sessions per week. We’ll be focusing on the parts that are especially important for Figure Competition – legs, back, shoulders, and arms (and of course abs and glutes).

Day 1: Legs (quad emphasis)
Day 2: Back / Delts / Biceps
Day 3: Chest / Triceps
Day 4: Legs (glute/hamstring emphasis)
Day 5: Back / Delts / Arms

In this program you’ll use the most effective progression scheme, the Double Progressive System. After a warm-up, use the same weight for all sets. Start at the low end of the suggested rep range. Gradually increase the repetitions, usually adding one rep each week until you reach the top number of suggested reps for each set of a particular exercise. Then add weight and start over at the lower end of the rep scheme.

Use AS MUCH WEIGHT AS YOU CAN WITH PERFECT FORM for the target amount of reps. If you can do more reps than the target, add weight. If you can’t get at least the lower recommend amount of reps, then lighten the weight slightly. Go pretty quick between sets. You should not rest more than 90 seconds between sets. Your cardio should follow your weight training except for a 5-10 minute warm-up. The best times to do your cardio are in the mornings, after your weight training or in the evening before bed.

**BONUS EXERCISES:** it is very beneficial for the FIGURE COMPETITOR to perform push-ups and chins as often as possible. It can be as part of your cardio or at the end of your workout. To progress - just try to go for a greater cumulative number each week. If you do ten pushups each workout of week one, that’s 50 cumulative reps; next week – beat that total.
FIGURE COMPETITION TRAINING – PROGRAM 1

MONDAY: LEGS
Leg Press 3 x 10-15 reps
Squats 3 x 8-12 reps
Hack Squat Machine 3 x 10-15 reps
*do the Hack Squats as One and One Half Reps. This means go all the way down below parallel with your quads, then come half way up, then all the way back down, and then all the way up. This equals 1 repetition.
Stiff-Legged Deadlift 3 x 12 reps
Leg Extensions 3 x 12 reps
Abs 8 sets of 25-50 (use any variety of exercises you want)

TUESDAY: BACK, DELTS, BICEPS (LIGHT DAY)
One Arm DB Row 3 x 8-10 reps
Pulldowns 3 x 8-12 reps
Seated Cable Row 3 x 8-12 reps (or do any seated machine row)
DB Lateral Raise 3 x 10 reps each way (bent-over lateral, side lateral, front raise)
Cable Curl 3 x 8-12 reps
Incline DB Curl 3 x 8-10 reps
Calf Raises 6-8 sets of 15 reps on any combination of machines

WEDNESDAY: CHEST, TRICEPS
Incline DB Press 4 x 6-10 reps
Flat Dumbbell Press 4 x 8-12 reps
Pec Deck 3 x 8-12 reps
Tricep Pushdowns 4 x 8-12 reps
Lying Tricep Ext 4 x 10-12 reps
Abs 6 sets of 15-25 reps

THURSDAY: LEGS (GLUTE EMPHASIS)
Romanian Dead Lift 3 x 10-15 (superset with next exercise)
Wide Leg Press 3 x 10-15
Leg Curl 3 x 6-8 (superset with next exercise)
Walking Lunge 3 x 12-15 steps with each foot
Leg Extension 3 x 12 (superset with next exercise)
Smith Machine Squat 3 x 12 non-lock
Calf Raises 6-8 sets of 15 reps on any combination of machines

FRIDAY: DELTS, BACK, BICEPS, TRICEPS
Shoulder Press 3 x 6-10 (superset with next exercise)
Lat Pulldowns 3 x 8-12 reps
Upright Row 3 x 8-10 (superset with next exercise)
Straight-Arm Pulldowns 3 x 10-12 reps
Bent Over Lateral 3 x 10-12 (superset with next exercise)
Seated Cable Row 3 x 8-12 reps
Barbell or EZ Curl 3 x 6-10 reps (superset with next exercise)
Close Grip Bench Press 3 x 6-10 reps
Concentration Curl 2 x 10-12 reps
Dips or Triceps Dips 2 x 10-15 reps
Abs 8 sets of 25-50 (use any variety of machines or exercises you want)
FIT FIGURE – OUR BEST FIGURE TRAINING PROGRAM

Probably the biggest error we see is that women who are trying to buff their physique are concerned about overtraining. They are under the mistaken impression that since the other “serious” guys in the gym train each bodypart just once a week that they should also follow this method for best results. Not true! A woman who is trying to get the lean, muscular look of a fitness/figure competitor should train at least five times per week – even better is six time per week - each muscle group twice.

The other major area where you can go wrong is using the proper intensity. Finding the correct training intensity is relatively easy, to start use the heaviest workout poundages that allow you to complete the stated rep range in good form. If you are to do three sets of 10-15 reps, that means use a weight heavy enough that you can do no more than 15 reps on your first set and can do at least ten reps on the third set. Add weight whenever you can do the top number of reps in the range for all sets, in good form. It’s really that simple. You should rest sixty to ninety seconds between sets.

Here is an ideal workout to achieve a hard, lean physique.

MONDAY-THURSDAY

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TUESDAY-FRIDAY

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WEDNESDAY-SATURDAY

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INTERMEDIATE TRAINING PROGRAM 1

PRIMARY GOAL: COMPLETE DEVELOPMENT OF ALL MUSCLE GROUPS

Split Routine – Train 2 days in a row, rest a day, then train 2 more days in a row:

One of the most effective training programs is training each bodypart twice per week and weight training a total of 4 days. Incorporating a heavier and lighter day doing the same movements will allow your body to use different training methods and shock it into muscular growth and recovery.

Please keep personal records each workout to measure your success and also for goals on following workouts. Once you have successfully hit the rep goal, mark it in your book and increase the weight by 5% your next workout.

Your rest periods can vary from 60 – 120 seconds, but please do not let your total workout exceed 1 hour and 15 minutes. Your goal each 2 – 3 weeks should be to hit the top number of reps listed and increase the weight each 2 – 3 weeks by 5%.

For example:

If you can start out with the Pulldowns at 95 and your goal is 15 reps:

By week 2 – 3 you should hit the 15 reps and your following workout should be increased to 100 lbs, once you can get 100 for 15 reps you would once again increase the weight by 5%.

In this program you’ll also use one of the oldest and most basic progression schemes:

Pyramid Training: Add weight lower the reps each set.
Set 1: 12 reps with a very easy warm-up weight – not all you can do for 12 reps
Set 2: 10 reps still pretty easy
Set 3: 8 reps – use a weight you could get for 9 here but stop at 8
Set 4: 4-6 reps – a max set. Once you reach 6 reps add weight to the final 3 sets.
Set 5: 15-20 reps – reduce the weight to your starting poundage and go for max reps.

Monday: Calves, Legs (Heavy), Back (light), Biceps (Light)
Standing Calf Raises 3 x 8 – 12
Squat 1 x 12, 1 x 10, 1 x 8, 1 x 4 – 6, 1 x 15
Leg Extensions 1 x 15, 1 x 12, 1 x 10, 1 x 8, 1 x 20
Leg Curls 1 x 15, 1 x 12, 1 x 10, 1 x 8, 1 x 20
Pulldowns (use varied Grip) 3 x 12 – 15
Seated Cable Rows (use varied Grip) 3 x 12 – 15
Preacher Curls (barbell or dumbbell) 3 x 12 – 15
Concentration Curls 3 x 12–15
Abdominal Crunches 3 x 25–50

Tuesday: Calves, Chest (heavy), Shoulders (light), Triceps (Heavy)
Seated Calf Raises 3 x 20 – 30
Bench Press 1 x 12, 1 x 10, 1 x 8, 1 x 6, 1 x 15
Incline Barbell Press 1 x 10, 1 x 8, 1 x 6, 1 x 4, 1 x 15
Upright Rows 3 x 10–12
Rear Lateral Raise 3 x 10–12
Close Grip Bench Press 1 x 12, 1 x 10, 1 x 8, and 1 x 20
Tricep Pressdowns or Dip Machine 1 x 15, 1 x 12, 1 x 10
Leg Raises 3 x 20–30

Thursday and Friday Workouts are on the following page.
Thursday: Calves, Legs (Light), Back (Heavy), Biceps (Heavy)
Standing Calf Raises 4 x 6 – 10
Deadlifts 1 x 10, 1 x 8, 1 x 6, 1 x 4, 1 x 15
Bent Over Rows 1 x 10, 1 x 8, 1 x 6, 1 x 4, 1 x 15
Lat Pulldowns 1 x 12, 1 x 10, 1 x 8
Barbell Curls 1 x 12, 1 x 10, 1 x 8, 1 x 15
Reverse Curls 1 x 10, 1 x 8, 1 x 12
Leg Presses 4 x 15 – 18
Stiff Leg Deadlifts 3 x 12 – 15
Abdominal Crunches 3 x 30 - 50

Friday: Calves, Chest (light), Shoulders (Heavy), Triceps (Light)
Seated Calf Raises 3 x 20 – 30
Standing Front Press 1 x 10, 1 x 8, 1 x 6, 1 x 4, 1 x 15
Dumbbell Presses 3 x 8 – 12
Dumbbell Incline Press 3 x 10 – 12
Flat Dumbell Flyes 3 x 10 – 12
Tricep Pushdowns 3 x 12 – 15
Lying Tricep Extension 3 x 12 – 15
Lying Leg Raises 3 x 20 - 30

Helpful Training Tips
1. There are only three types of progression. 1) Decrease the rest between sets. 2) Increase the weight. 3) Increase the number of reps with the same weight. Progression in any one of these three areas keeps you moving forward and producing results. This workout focuses on weight and rep progression.
2. It’s essential to keep a training journal to monitor your progression. T
3. Rest 2-3 minutes between sets on compound exercises.
4. Rest 60-90 seconds on isolation exercises.
5. For any listed rep range you should use a weight that allows you to only get the prescribed number of reps in perfect form. If you can’t get the minimum number of reps, reduce the weight. If you can perform more than the maximum reps listed, add weight on that exercise your next workout.
6. A realistic progression once you can get the maximum number of reps on an exercise is to add 5 – 10% more weight.
7. Don’t rely on training gear to lift the weight, but it’s ok to use wrist and knee supports to prevent injury and promote joint health.
8. Straps should rarely, if ever, be used with the exception of something like shrugs. If they’re used it should only be to better isolate the intended muscle group you’re targeting, but never to simply use a weight that’s beyond what you’re truly capable of. Strengthening your own grip will make you stronger on everything.
9. Triceps are only trained directly once per 10 day cycle, but are trained indirectly on Day 1 and Day 7 providing sufficient stimulation and adequate recovery.
10. Make sure to perform all listed warm up sets. They help prevent injury, make you stronger on the work sets and over time they add up to more training volume.
11. If there are any listed exercises that you cannot perform because of an injury or physical limitation, substitute a similar exercise for that muscle group that you can perform.
12. Try your best not to miss a scheduled training day, but if it’s unavoidable don’t skip it. Simply perform the scheduled day on the next day you’re able to train. If the full 10 day cycle takes you 11 or 12 days because of a missed day that’s ok.
13. It does not matter what time of day you train.
14. It’s not necessary to eat before you train, but it is necessary to consume sufficient amino acids if training on an empty stomach. Consuming Beverly’s hybrid training formula UP-LIFT, Glutamine Select, Density or Muscle Mass before and during training is more effective at that moment for muscular gain and strength than whole food. It also accelerates fat loss. Keep in mind that food takes hours to digest while UP-LIFT and Glutamine Select do not require digestion and are absorbed immediately.
INTERMEDIATE TRAINING PROGRAM 2

PRIMARY GOAL: MUSCLE SIZE BUILDING

DAY 1: (Chest, Delts & Light Biceps)
A). Bench Press:
1 x 10 reps light warm up; 1 x 6-8 reps medium warm up.
Work sets:
2 x 5-6 reps to failure (when you reach 6 reps on both of these sets increase the weight your next workout).
2 x 3 reps, 90% of maximum single (when you can get 4 reps on either of these sets add weight your next workout).
Burn out set, 1 x 8-15 reps, heaviest weight possible to fall in this rep range.
B). Low Incline Dumbbell Presses:
1 x 12-15 warm up
2 x 6-9 reps (fail within those rep guidelines).
C). Seated Very High Incline Dumbbell or seated Presses:
3 x 6-10 reps (fail within those rep guidelines).
D) Alternate DB Curls:
3 x 8-12 (this is just for a pump, your heavy arms will come later in the week).
E) Abs: Work up to 100 Crunches (you can split this into 4 x 25, 2 x 50, etc., whatever works better for you.)

DAY 2: (Back & Triceps)
A) Bent-Over Barbell or DB Rows:
1 x 12 reps warm up
3 x 6-8 reps (when you reach 8 reps on all three sets add weight next workout).
B) Lat Machine Pulldowns to the Front: Try to choose a weight that will cause you to fail in the recommended rep range for each set.
1 x 18-20 reps
1 x 12-15
1 x 7-10
2 x 6-8
C) Lying Triceps Pullover/Press (great transition between lats and triceps)
1 x 12 reps warm-up
3 x 6-10 reps (when you reach 10 reps on all three sets increase the weight your next workout).
D) Dips: 2 x max reps. No added weight.
E) Triceps Pushdowns: 2 x 6-8 reps with maximum weight.

DAY 3: Rest

DAY 4: (Legs)
A) Squats:
1 x 15 reps warm up
1 x 10 reps warm up
3 x 6-8 reps, 75-80% of maximum – not to failure but with a good weight and perfect form.
Reduce weight and do 1 x 10-15 reps (Do from 10-15 reps with as heavy a weight as you can perform in perfect form, then after completing as many full reps as possible do five additional half squats at the end of the set. When you reach 15 reps in great form, add weight the next workout.
Then finally reduce weight again and do: 1 x 15-25 reps of perfect squats with five half squats at the end of the set.

(Day 4 workout continues on next page)
B) Leg Presses:
1 x 20 reps warm up
1 x 20 reps warm up
3-4 x 6-10 reps (increase the weight for each set and go to failure).

C) Leg Extensions alternate sets with Leg Curls:
Extensions: 1 x 20 reps warm up, 3 x 6-10 reps
Leg Curls: 1 x 20 reps warm up, 3 x 6-10 reps, failure.

DAYS 5/6: REST

DAY 7: (CHEST, SHOULDERS, BICEPS)

A) Flat Bench Dumbbell Presses (or Hammer or other Chest Press Machine)
1 x 15 reps warm up
3-4 x 6-8 reps to failure
1 x 15 reps heavy pump set

B) Front Dumbbell Raises (you can use two dumbbells or a plate – this exercise works the delt and fills in the chest area right under the collarbone).
1 x 15 reps warm-up
2-3 x 8-12 reps

C) Shrugs:
1 x 20 reps warm up
3 x 8-15 reps (increase the weight for each set to failure).

D) Straight Bar Curls:
1 x 20 reps warm up
1 x 10-14 reps to failure
3 x 6-10 reps to failure

E) 1 Arm Concentration Curl or Cable Curl 2 x 10-12

DAY 8: Rest

DAY 9: (THIGHS, HAMSTRINGS AND BACK)

A) Leg Extensions pre-exhaust and superset with Squats, Hacks or Smith Machine Squats.
Extensions: 5 x 12-16 reps to failure and supersetted with Squats, also 5 x 8-12 reps

B) Leg Curls pre-exhaust and supersetted with flat back deadlifts
Leg Curls: 3-5 sets x 10-15
Flat back deadlifts: 3-5 sets x 6-10

C) Reverse Grip (Palms facing you) Chins: 3 x max reps (no weight) or Reverse Close Grip Pulldowns: 3 x 15-20 reps to failure

D) Seated Calf Raises: 3 x 10-15 reps with 5 additional partials (bumps) each set

E) Standing Calf Raises: 3 x 10 (go up on two feet, take one foot off during the negative so you are doing a single leg negative – alternate feet on each rep’s negative).

DAY 10: Rest, then start the cycle over with Day One.

The Perfect Pre Workout Supplements to Go with this Training Program
- 2 scoops UP-Lift with 1 scoop Creatine Select 15 minutes before training
- 2 scoops Glutamine Select plus BCAAs and sip between sets, especially on leg days.
- Muscle Synergy 8 tablets in a.m. and 8 tablets 45 minutes before training.

Note: You may add abs and calves on another day if you choose. The main emphasis of this program is adding lean mass by training hard on the most important exercises and getting adequate recovery. Please call us at 1-800-781-3475 with any questions.
SECTION 10: TRAINING PROGRAMS FOR MAXIMUM MUSCULAR DEVELOPMENT

INTERMEDIATE TRAINING PROGRAM 3
BACK TO THE BASICS FOR MAXIMUM MUSCLE SIZE

Train 2 days on, 1 day off.

Your training journal is an integral part of this program. Your goal is to make slow and steady progress. Use the “star” method to track your progress. A 10 Star workout means you did an extra rep or used more weight on at least ten sets during your workout. Finish the whole program in record time and you get another star.

Day #1 – Legs / Calves
1. Squat* – Pyramid 5 sets x 12 / 10 / 8 / 6 / 4-6 reps
2. Leg Press** or Hack Squat** 4 x 10 – 16 reps (you may want to increase 2 reps per workout here)
3. Leg Extension** 3 x 12 – 15 reps
4. Superset #4 and #5 4. Leg Curls** 3 sets x 10 – 12 reps
5. Lunge or Straight Leg Dead Lift** 3 sets x 10 – 12 reps

Superset #6 and #7 Seated Calf Raise** 5 x 10 – 12 reps and Free Standing (no weight) Calf Raises** 5 x 25 – 50 reps (OUCH!)

That ends Day #1. There are lots of opportunities to earn “stars” in your training journal. Don’t be in a big rush to use as much weight as possible in each exercise. Try to leave each workout knowing you can improve in at least one exercise the next.

Day #2 Chest, Triceps, Calves
1. Bench Press (pyramid)*
2. Incline DB Press (double progressive)** 3 sets x 6 – 8 reps constant weight. First session do 6 – 6 – 6 and gradually add reps and earn stars until you get to 8 – 8 – 8 then add weight and start back at 6. If you get bored adding reps, reduce rest time between sets to earn additional "stars."
3. DB Flyes** 3 x 8 – 12 reps.
4. DB Pullovers** 3 x 8 – 12 reps
5. Close Grip Bench Press* (pyramid) 4 x 12 / 10 / 8 / 5 – 7
6. & 7 Super Set – Triceps Pushdown** and Dips** 3 x 6 – 12 reps each – constant weight no rest between exercises, rest only after both exercises have been performed.
8. Heavy Calf Raises** 4 x 8 – 12
9. Light Calf Raises** or Donkeys** 4 x 15 –20 reps

Day #3 Off

Day #4 – Shoulders / Biceps
1. Military Press* - Pyramid 4 sets x 12 / 10 / 8 / 6 – 8 reps
2. DB or Machine Laterals** 3 x 8 – 12 reps
3. DB or Cable Bent Laterals** 3 x 8 – 12 reps
4. Barbell Curl* 4 x 12 / 10 / 8 / 6 – 8
5. Incline DB Curl** 3 x 8 – 10
6. Machine Curl or Preacher Curl** 2 x 8 – 12

Day #5 – Back
1. Chins** – 4 sets up to 12 reps per set. (If you ever get to 12 reps on all 4 sets, start reducing rest periods or add weight.)
2. Dead Lifts - 3 sets 10 reps (add weight each set but stay at ten reps per set) Concentrate on perfect form and add weight very gradually in 5-lb. increments each week. You can do a compound Deadlift and Shrug movement instead of regular Deadlifts if you wish to stress traps a little more.
3. Bent Rows* or T-Bar Row* – 4 sets pyramid 12 / 10 / 8 / 6-8
4. Reverse Grip Front Pulldowns** or 1 Arm DB Row** 3 x 8 – 12
5. Straight Arm Pullovers** 3 x 10 – 12 (lie on a bench length wise – keep arms straight) 6. 10 minutes of abs
INTERMEDIATE TRAINING PROGRAM 4
CONTINUOUS QUALITY IMPROVEMENT FOR THE NATURAL ATHLETE

“Improve constantly and forever” is an excellent guideline for the drugfree bodybuilder. Don’t you agree?

The originator of this principle was not a bodybuilder in any sense of the word. In fact, I doubt that W. Edwards Deming even knew what bodybuilding was. Deming was an American statistician and business consultant who is single handedly responsible for Japan’s economic ascendance from the 1950’s and 60’s where a “Made In Japan” sticker denoted a cheaply made transistor radio or toy designed to last for a few weeks, to today’s highest quality electronics and automobiles with names like Sony, Lexus, etc.

Deming’s touchpoint was “Quality Improvement”. His system is just as relevant to today’s drugfree bodybuilder as it was to Japan’s economy. Deming said that the key to continuous improvement is to develop an effective system – one in which all components work together to support each other. He developed a very simple-but-effective model to continually improve any business system:

- **PLAN**: Design or revise process components to improve results
- **DO**: Implement the plan and measure its performance
- **CHECK**: Check the results
- **ACT**: Take action to improve the process

These four steps are known as the “Deming Cycle” – and it can be applied to building your highest quality physique just as easily as it is to building a high quality business.

Deming taught that we should always look for small improvements in a system that will yield greater results. Being a statistician, he measured everything. You should too. Once past the beginner stage, bodybuilding improvements are not always that easy to notice.

Interestingly, as Deming’s methods evolved, so did bodybuilding. The real hey day of natural bodybuilding was the late ‘50’s-early 60’s era (B.D. before dianabol).

Then while the Japanese economy continued to improve one step at a time, the bodybuilding economy started to grow by leaps and bounds – not qualitatively, but quantitatively (as in more-is-better and the quick-fix infected our sport’s mentality.) This was an era totally in contrast to Deming’s commitment to quality and the fact of life for any business or bodybuilder –that long-range improvements over time are always better than Fast Buck-itis; or in the bodybuilder’s case, Fast Gains-Itis.

A SHORT COURSE IN QUALITY SYSTEMS DEVELOPMENT

Deming said that a system should be developed to achieve a desired result or complete a task. The system should be measurable and over time will deliver a reliable, predictable result. To change the result, you innovate or adjust the system. This focuses a workforce, or in our case a bodybuilder through a specific list of steps to achieve a result.

As lifelong bodybuilders we should know better, but we’ve been brought up to believe one bodybuilding promise after another, from Weider to Cybegenics to the current “hot product of the month”, that we are just one product away from overnight bodybuilding success. If you look deep down inside and face the truth you’ll realize that no successful, profitable, high-quality business or body was built overnight.

There are a few businesses that seem to make a lot of bucks in the short term but in almost every case their success was built on the philosophy of revenue gain at any cost. Then a few years later they’d lost all their gains, and were filing for bankruptcy. Don’t you see the similarity with bodybuilders? Many will do anything and believe anyone to get those fast gains – even if it means no longer being in business a few years down the road. There are two other popular business books that are relevant here. One is titled **Built to Last**, and the other by the same author (Jim Collins), is **Good to Great**. Isn’t that what you really want from your bodybuilding program – a body that is built to last and with continuous progress to go from good to great?

The following case study illustrates how you can incorporate your own bodybuilding system built upon the proven success principles for business and bodybuilding.

PLAN YOUR TRAINING PROGRAM OUT IN ADVANCE
Mike is an intelligent, 37-year old bodybuilder. He's been pretty successful in business and is a Total Quality Management consultant. He's been training in one form or another ever since high school. Mike’s never competed but would like to – at least just once. Over the years he’s tried just about every workout program and supplement product that’s come along. Although often tempted, he has never taken steroids. (Remember, I said Mike is intelligent.) He knows his years of lifting have paid off. He’s the best built guy at work. If there’s something heavy to lift or move, Mike is the first person his coworkers call on for help. Mike’s wife and children are proud of him. Among non bodybuilders, Mike stands out, but in his heart of hearts, Mike wants to be a better bodybuilder.

I suggested that Mike start applying what he has learned as a business consultant to his bodybuilding. Here’s where we get back to Deming – “improve constantly and forever”. Mike’s first step was to analyze his physique and decide exactly what areas he needed to improve. That was easy. Mike knew he wanted to improve his overall size a little, but even more important he wanted to get closer to a competition bodybuilder look. Mike knew he’d also need to bring up the size, shape and definition of his legs if he were going to compete.

We came up with a 4-day routine that included four process improvements (innovations) to Mike’s normal training.

1. The first innovation was to add a 2nd light leg workout each week. The key is the light day focus is not on the weight lifted, but on the quality of each rep, and the reduction of rest intervals between each set. Stimulation, not annihilation.

2. Mike planned the weights he’d use each week in advance. In the past, Mike would always start a new workout using too much weight. Or, if the weights felt light the first week, and he felt good, he’d immediately increase his weights to whatever he thought felt hard enough. And then he’d get stuck. Remember Mike’s been training for more than twenty years so it’s very easy for him to reach a plateau. I told Mike it’s better to start a new workout program with weights that feel easy and to gradually increase them each week. This brings us to the third principle …

3. “Kaizen” is a Japanese word used in total quality business operations that means, “day to day, continuous improvement.” Actually “Kaizen” is not only applicable to improved quality in business, it is just as applicable to improving the quality of your physique. In fact, it’s probably the most rock solid and reliable training method there is. And what really makes Kaizen work over time is having a system by which it is implemented. By knowing that if you lift a weight x number of times, then add y. And if you add y then you do x etc, etc.

4. Our final workout innovation was to include basic exercises, but to perform them in different sequences or in some cases to perform them in a unique manner. I will explain this as we get further into the workout.

One final thing I reminded Mike from his business consulting is “what gets measured and recorded, gets done”. Mike immediately realized that keeping an accurate workout journal would be essential to his body building continuous improvement project.

We’ll use Mike’s current strength levels for purpose of illustration. His bench press at the beginning of this project was 225 x 5 or about a 260 max. If you want to follow Mike’s plan, you should adjust the weights to your own strength levels. Here’s step one, Mike’s workout plan.

**DAILY ONE**

**Training Innovation:** The training innovation in the Day 1 workout is alternating one set of a pressing exercise, rest, then a set of a pulling exercise. Also the progression system is laid out in advance. Mike knows when and how to progressively increase his workout poundage’s for continuous improvement.

**Push Pull Series #1**

**Bench Press / Bent Row (or Seated Cable Row, Hammer Row, etc.)**

**A1. Bench Press:**

Set #1 Warm-up – 135 x 10 reps
Set #2 Warm-up – 185 x 3 reps (Day one workout continues on following page)
Set #3 Work set – 185 for max reps (target range is 10-12) if you get 12 increase poundage by 5% (10 lbs.) next workout
BEVERLY INTERNATIONAL BLUEPRINTS FOR SUCCESS

Sets #4 & 5: Work sets – 215 for 5 – 7 reps to failure. When you can get 7 reps on both sets, add 10 lbs your next workout.

A2. Seated Cable Row: 2 Warm-Up Sets, 3 work sets 7 – 9 reps

Performance: Do 1st set of bench presses, rest 60 – 90 seconds, then do your 1st set of rows. Continue this pattern for all 5 sets.

Push / Pull Series #2 (Same procedure as 1st group – alternate 1 set pressing with a set of pulling, e.g. Incline Press (BB or DB) your choice / Pulldown)
B1. Incline Press 3 Sets 6 – 10 reps to failure when you can get 10 reps on all 3 sets increase weight by 5 lbs DB or 10 lbs BB
B2. Pulldown: 3 sets 8 – 12 reps

Series #3 (DB Bench Press or Heavy Flyes / Chins)
C1. DB Bench Press or Flyes 1st Set: 20 – 25 reps to failure, 2nd Set: 12 – 15 reps to failure
C2. Chins: 2 sets to failure (if you can do less 6 reps per set of chins, add additional sets so that total reps performed over all sets is at least 12)

DAY TWO: LIGHT LEGS

Training Innovation – A light leg day is included to provide additional training stimulation while avoiding annihilation. The hope for result? Bring up leg size, shape and definition. Compound Sets – same muscle group is worked with no rest between exercises.

Quads: Front Squat or Smith Machine Squat <ss> Hack Squat
Superset (no rest between exercises but rest 60-75 seconds after each superset) for 6 sets with a goal of 12 reps per set. Use a constant weight on each exercise. Start light. Mike started with just 95 lbs on the Front Squats and 1 ½ plates on each side of the Hack Squat machine. When you reach 12 reps on all 6 sets of either exercise, add 20% to the weight on that exercise.

Hamstrings: Leg Curl <ss> Straight Leg Deadlift or Lunges ~ Rest 60-75 seconds after each superset. 3 supersets of 10 reps each – constant weight

Calves: 9 sets of various calf exercises

DAY THREE: SHOULDERS / ARMS

Training Innovation: Mike alternates exercises as he did on day one, but we also added an innovative twist to some old exercises. In series #2 Mike alternates 3-way dumbbell raises, 3-way dumbbell curls, and 3-way triceps presses. (See descriptions below.)

Push/Pull Series #1
A1. Shoulder Press (Seated, Standing or behind Neck): Warm-up set, then 3 sets 5 – 7 reps
A2. Heavy BB Curl Warm-up set, then 3 sets 5 – 7 reps
A3. Triceps Pushdown: Warm-up set, then 3 sets 6 – 10 reps

Performance: Alternate sets of all three exercises: 1st set Shoulder Press, rest 60 – 90 seconds; then 1st set BB Curl, rest, then 1st set Pushdown, rest; and repeat until all sets in the series are completed.

Series #2
B1. DB Lateral Raise (3 way 5-5-5) – 3 sets
B2. 3 Way DB Curls (3 way 5-5-5) – 3 sets
1st 5 reps top half, 2nd 5 reps bottom half, final 5 reps full reps
B3. 3 Way Triceps Press (3 Way 5-5-5) – 3 sets
1st 5 reps skull crushers to forehead, next 5 reps bring behind head, final 5 reps pullover and press

DAY FOUR: Rest (nothing innovative here)
DAY FIVE: HEAVY LEGS

Training Innovation: Mike ups his target reps on squats while trying to maintain decent poundage’s. Because Mike usually squats in the 6-12 range, going for 15-25 reps will tax his will as well as his quads. Mike got 205 for 14 reps the first week, and the next week he was able to get 18 good reps. By the 5th week he was up to 26 reps on his first work set.

(Illustrated weights are based on 225 x 10 reps normal work out poundage)

Squat – Straight Sets (lots of rest)
1st Set Warm – Up 10 easy reps - 135
2nd Set Warm – Up 5 Reps easy - 185
3rd Warm Up Set – 3 Easy Reps - 205

Work Set #1 Take your normal 12 – 15 rep poundage (for Mike it was 205) and do 15 – 25 reps. Take 2 – 4 deep breaths between reps as needed.
Rest 5 minutes

Work Set #2 Add 20 lbs (225) target reps are 10 – 20
Rest 5 minutes

Work Set #3 Same weight as 1st Work Set (205) x max reps
*** Add weight when you get to 25 reps on 1st work set or 20 reps on 2nd work set, 3rd work set is always the same weight as 1st

Every time you do this workout, try to add at least 2 reps to each work set.

Push/Pull Series to finish: Leg Press: 3 x 8 – 12 reps / Leg Curl: 3 x 8 - 12 reps

DAYS SIX AND SEVEN: REST

The only thing revolutionary about Mike’s plan is that Mike made a commitment to himself to consistently follow his training program, get his 275 grams of protein each day, and take his supplements with every meal. His emphasis was now on continuous, incremental, quality improvement to his physique – a physique Built To Last that was going from Good To Great.

Mike wrote the steps of the Deming Cycle in his training journal and every two weeks went through the cycle:
1. Plan – Mike planned out his training, meals, and supplements in advance each week.
2. Do – Mike implemented the plan. He also recorded his workouts, daily protein intake, and daily supplements.
3. Check the results and lessons learned – Mike’s written records made this easy to do. One of the lessons Mike learned was it is much easier to get all your protein in if you plan and prepare your meals ahead of time.
4. Act on what you learned – Every two weeks Mike would take what he learned over the previous two weeks and “innovate” an improvement to his previous plan. Doing this Mike has completed Deming Cycle for continuous improvement and is ready to start back at step 1.

A couple of months later Mike came by to pick up his supplement order. I asked how his program was working. He flashed a grin and said, “I think I’m ready to compete.” I could tell by looking at him that his plan of action was paying off. He continued, “Well, you know I’ve been keeping some pretty accurate records. I am now getting 255 on the bench for five reps, my weight is now 186 first thing in the morning. I dropped 3% bodyfat and that’s really the biggest difference in my physique. According to my records, I’ve added thirty pounds to my bench press and my body composition change to date is nine pounds net.” (Mike lost five pounds of fat while increasing his weight by four pounds. This equates to a nine-pound net positive change.) “Oh, and I increased my quads by a full inch. Steven, I can’t believe I wasted all those years when the answer was staring me right in my face every day at work. Thanks for bringing it to my attention.”
INTERMEDIATE 10-WEEK TRAINING CYCLE FOR MUSCLE SIZE AND STRENGTH

Before steroid cycling became a blight on the bodybuilding culture. Before sophisticated diet cycling was ever conceived. Soviet sport scientists developed a definitive training cycle to build muscle, strength and speed. PERIODIZATION.

Every world-class Olympic athlete follows one variation or another of this training system. Virtually every world record in weight lifting, track and field and even swimming is a result of this training system.

You can use this same training system to make consistent “drug free” gains in both size and strength year round. Simply put, the “classic” periodization breaks up training into four specific phases:

1. Hypertrophy – muscle size increase – moderate to high reps
2. Strength / power – medium reps, heavier weights
3. Power – low reps, heavy weights
4. Rejuvenation – active rest

PHASE 1 – HYPERTROPHY

The first phase of training is the one that builds muscle size and sets your muscles up for strength increases to follow. You’ll do 8 – 12 reps per set. Three work sets plus two warm-up sets per exercise. Sounds pretty much like a standard bodybuilding workout so far, doesn’t it?

Here’s the essential difference between a Periodized program and your typical bodybuilding workout. It’s also the difference between consistent drug free gains and zero progress week after week.

- With our cycle training approach your training weights should come near, but never exceed, your limit. That means you do not train to failure. Training yourself to fail can mentally shake your confidence. But more importantly, training to failure can disrupt your neural patterns and do more harm than good.
- Instead make small steady increases on a weekly basis. Remember success breeds success.

We recommend the following 8-day training cycle or “training week:”

Day One: Chest (Heavy), Back (Light)
Day Two: Legs (Heavy)
Day Three: Shoulders (Heavy), Arms (Light)
Day 4 Rest
Day 5: Chest (Light), Back (Heavy)
Day 6: Legs (Light)
Day 7: Arms (Heavy) Shoulders (Light)
Day 8: Rest
Repeat Cycle

Start the first week of each phase at 90% of your 10RM (limit weight you can do for 10 reps.) If your max Bench Press is 225 for 10 reps in good form without a spotter, start Week One with 205 for your three work sets. Each 8-day cycle should see you increase training weights by 4%. Week two is 210, week 3 – 220, and week 4 – is 102% of your starting 10RM or 230 for 3 sets of 10. If 230 goes easy, add another 2% and stay with the hypertrophy phase for a fifth “training week.” If 230 feels like your limit go into the next phase.

Heavy days are as noted above. On “Light” days use just 85% of your planned heavy day poundage. This is crucial. The greatest strength increases occur when a particular muscle group is trained heavy once every 7 – 10 days and stimulated but not maximally trained 3 - 5 days later.

A recommended workout to add muscle size and increase strength using Cycle Training follows:

DAYS 1 AND 5

Chest: Bench Press and Incline Press (Barbell, DB’s, Hammer Incline or other Incline Pressing movement)
Back: Bent Row and Pulldowns or Chins
Shoulders: Choose one Shoulder Press movement (Smith, Military, Behind Neck, DB’s, Hammer)

...
DAYS 3 AND 7

Legs: Olympic Squat (Bar High – below parallel), Leg Press, and Dead Lift on heavy leg day only (traditional style – bent legs / flat back) omit the Dead Lift on light days

Biceps: One Biceps Curling Movement (Barbell or Dumbbell)

Triceps: One Triceps Pressing Movement (Close Grip Bench, Dips or Dip Machine, or Pullover & Press)

Research shows that the Hypertrophy phase will cause you to add muscle and lose fat. Follow Beverly’s Gain Muscle – Lose Fat Diet Plan of 50% Protein, 20% Carbs, 30% Fat during this phase.

Supplement with Beverly’s Ultra Size / heavy cream combination. Take Mass Aminos with meals for greater protein utilization and Muscle Mass BCAA’s during training for an added build muscle – lose fat effect. You will definitely be adding muscle during this phase but if you find that your bodyweight is decreasing add Mass Maker as a post recovery drink to build more muscle and pack on the weight.

PHASE 2 – BASIC STRENGTH

Do 4 – 5 sets of 5 – 7 reps in the Basic Strength phase. You want to start this phase with a weight that is just slightly higher than the weights you ended with during Phase 1, even though you’ll be doing as few as 5 reps. The procedure is the first week of a cycle starts easy and you work up to a new goal at the end of a four or five week cycle.

We’ll use our previous example for the Bench Press where you ended Phase 1 at 230 for 10 reps. Warm-up with 135 for 10, 205 for 5, then your “target weight” 240 for 3 sets of 5 reps. Once again increase your “target weight” each week. Ten pound increases per week see you end week 4 at 270. Not bad – by the end of phase 2 you’ll have already added ten pounds to your best set of 5.

It’s best to use the same exercises for Phase 2 as for Phase 1. Use 5 reps as your goal for Bench Press, Bent Row, Squat and Deadlifts. Do six or seven reps for your arm and shoulder exercises as well as the secondary exercises Inclines, Pulldowns and Leg Press.

If your primary focus is bodybuilding include one “down set” of 10 reps to maintain your increased muscle size from the “hypertrophy” phase. This is a “down set” not a burn out set. Don’t go to failure here. Instead use about 70% of the weight you used on your “work” sets and stop when you reach 10 reps. As Lee Haney said, “Stimulate – don’t annihilate.”

During the Basic Strength Phase you want to add some good complex carb sources to your diet. If you are relatively lean and want to put on size fast – mix your Ultra Size and cream drink with milk in place of water.

If you’re on the bulky side still add the clean complex carbs but cut down on the beef and whole eggs to lower your fat intake. Switch your protein drinks from Ultra Size and heavy cream to Muscle Provider and Ultimate Muscle Protein mixed in water. Add Ultra 40 Liver tabs for strength benefits found in no other food.

PHASE 3 – POWER

Use 2 - 3 reps as your goal for Bench Press, and Deadlifts, 3 – 4 reps for Squats and Bent Rows, and 5 - 6 reps for the others. Follow your two warm-ups, and three “work sets” with a “down set of 10 reps with 70% of your target weight, just as you did in the Strength Phase.

You ended your Strength Cycle at 270 for 5 reps. Now go to 280 for 3 as your target weight for Week 1, then 290 for 3 the second week. If the 290 goes fairly easy you could add a 3rd week at 295. But, in most cases you’ll just spend two weeks in the Power Phase.

During the ten-week cycle you went from a 300 lb. max bench (10 RM of 225 equates to a 300 1RM) to a 315 max. Yes, three plates in just a ten-week period.

If you are planning to enter a bodybuilding competition you should follow the Power Phase with a “Pre Contest” training phase similar to the Hypertrophy Phase but longer 7 – 12 weeks. Train in a high volume - semi intense manner using as much weight as possible. This type of training stimulates the hard-to-reach Type 2 muscle fibers. Use Beverly’s Ultra Size for its demonstrated strong affect on growth of these fast twitch fibers. You’ll come into your contest fuller and thicker because of all the added mass you put on through your 3-Phase training Cycle.

If you don’t plan to compete follow the Power Phase with a Rejuvenation Phase. Here’s a chance to stay out of the gym completely, focus on a little or cardio, of if you must go to the gym try some new equipment with no structured routine. After a week or two of active rest it’s time to start Phase One cycle again at a slightly higher level than your first time through.
REVIEW

1. Start each phase with a relatively light target weight.
2. Make sure to keep “light” days light – about 85% of your target weights for the heavy days.
3. Stick to your planned program even if your target weights on a particular day feel light. Resist the temptation to add more weight.
4. Rest long enough between sets so you can be successful on the next set.
5. If you are unable to get all your sets with a planned “target” weight, use that same weight when your next heavy day comes around.
6. Start your second complete cycle at a slightly higher level than you did the previous cycle.
7. You should do two warm up sets and three work sets per exercise during each phase. Your first warm-up is always 10 reps. The reps on your second warm-up should be the same number of reps as your target sets during a particular phase.
8. Don’t forget your “down” set of 10 reps with 70% target weight during Strength and Power phases.

Here’s another way to determine your ‘target’ training poundages: If you know your One Rep Max (1RM) for a specific exercise here is how the percentages should go week by week if one rep max on a particular exercise is 300 "

<table>
<thead>
<tr>
<th>Week</th>
<th>% 1RM Reps</th>
<th>Reps</th>
<th>Target Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>68%</td>
<td>10</td>
<td>205</td>
</tr>
<tr>
<td>2</td>
<td>71%</td>
<td>10</td>
<td>215</td>
</tr>
<tr>
<td>3</td>
<td>74%</td>
<td>10</td>
<td>220</td>
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<td>5</td>
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<td>9</td>
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<td>3–5</td>
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</tr>
<tr>
<td>10</td>
<td>95%</td>
<td>3–5</td>
<td>290</td>
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</table>
INTERMEDIATE SIX WEEK MUSCLE AND POWER TRAINING PROGRAM

SIX WEEKS TO POWER AND MUSCLE

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Chest (hvy)</td>
<td>Incline Bench Press – 6 x 6</td>
<td>Quads (hvy)</td>
<td>Flat DB Press – 6 x 6</td>
<td>Chest (light)</td>
</tr>
<tr>
<td>Triceps (hvy)</td>
<td>Flat DB Press – 6 x 6</td>
<td>Hams (hvy)</td>
<td>High Pulls – 4 x 4</td>
<td>Triceps (hvy)</td>
</tr>
<tr>
<td>Delt (light)</td>
<td>High Pulls – 4 x 4</td>
<td>Lats (hvy)</td>
<td>Heavy Laterals – 3 x 8 each way (front/side/rear)</td>
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<tr>
<td></td>
<td>Pressdown – 4 x 10</td>
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<td>Leg Press – 6 x 6</td>
<td>Pressdown – 4 x 10</td>
</tr>
<tr>
<td></td>
<td>WEDNESDAY</td>
<td>Leg Press – 6 x 6</td>
<td>Squats – 6 x 6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Leg Press – 6 x 6</td>
<td>Hack Squat – 6 x 6</td>
<td>Leg Curl – 5 x 8</td>
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<tr>
<td></td>
<td></td>
<td>Leg Extension – 4 x 10</td>
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<tr>
<td></td>
<td>SATURDAY OR SUNDAY</td>
<td>Reverse Grip Barbell Row – 6 x 6</td>
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<tr>
<td></td>
<td></td>
<td>Medium Grip Pulldown – 6 x 6</td>
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<td></td>
<td></td>
<td>Seated Good Morning – 6 x 6</td>
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<td></td>
<td></td>
<td>Barbell Curl – 6 x 6</td>
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<tr>
<td></td>
<td></td>
<td>Preacher Curl – 6 x 6</td>
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</tr>
</tbody>
</table>

TUESDAY

Incline Bench Press – 6 x 6
Flat DB Press – 6 x 6
High Pulls – 4 x 4
Heavy Laterals – 3 x 8 each way (front/side/rear)
Pressdown – 4 x 10

WEDNESDAY

Leg Press – 6 x 6
Squats – 6 x 6
Hack Squat – 6 x 6
Leg Curl – 5 x 8
Leg Extension – 4 x 10

FRIDAY

Speed Bench Press – 8 x 3 (60% of heavy day [Tues])
Flat DB Press 6 x 6 (85% of heavy day)
Shoulder Press – 6 x 6
Lying French Press – 6 x 6
Dumbbell Kickouts on Incline Bench – 4 x 8

SATURDAY OR SUNDAY

Reverse Grip Barbell Row – 6 x 6
Medium Grip Pulldown – 6 x 6
Seated Good Morning – 6 x 6
Barbell Curl – 6 x 6
Preacher Curl – 6 x 6

Note: on 6 x 6 Exercises start with a weight you could perform 12 reps with on week one, but only do the prescribed amount. Use the same weight for each set. Progress slowly. It’s important that you get 6 reps on all 6 sets over the first five weeks. The final week should be an all out max effort to get six reps on each set! For all other exercises, start the first week with a weight that would allow you to perform at least four reps more than the prescribed amount (but again only perform the target number of reps) and progress each week. This is a progressive workout that relies on gradual continuous success – not failure. Your goal should be to complete every rep (Unassisted!) each workout. If you reach failure prior to week 5 on any of the exercises then you started too heavy or are trying to progress too fast. A realistic progression would be a 5-10% increase in weights each week.

EXERCISE DESCRIPTIONS

High Pulls – This is a powerful and explosive version of upright rows. Start with your knees bent, and the bar about half way up your thighs. Initiate each rep with the power and explosiveness coming from your hips (just like
SIX WEEKS TO POWER AND MUSCLE – NUTRITION PLAN

1 Super Pak with meal #1 for nutritional micronutrients and muscle building co factors
4 Ultra 40, 4 Mass, 1 Multiple Enzyme Complex with each meal

Muscle Synergy: 8 first thing in the morning; 8 more - 30 minutes prior to workout; and 8 Muscle Synergy immediately following your workout. On non-training days, take Muscle Synergy twice – 8 in the morning and 8 more mid afternoon.

Glutamine Select: Sip 2-3 scoops mixed in water during training
Creatine Select: 1 scoop with each meal for 5 days. For the next 5 weeks take 1-2 scoops daily. *On training days, take 2 scoops pre-workout (with Muscle Synergy). Non training days – 1 scoop.

SPECIAL SUPPLEMENT INSTRUCTIONS FOR WEEKS 4 - 6

Add one additional Ultra 40 tablet and one Mass Amino tablet to each meal on week 4, then another on week 5, and a third additional Mass and Ultra 40 to each meal during week 6. This will end up as 7 Mass tablets and 7 Ultra 40 tablets with meal during week 6.

*** Good luck. I added nearly 15 pounds of lean mass in just six weeks on this program.
INTERMEDIATE/ADVANCED 10-WEEK TRAINING CYCLE FOR MAXIMUM MUSCLE BULK & POWER

(Advice from 700+ lb. bench press champion, Ken Lain, as told to Dennis B. Weis)

The Maximum Muscle Bulk and Power formula is Genetics + Training + Intensity + Nutrition & Supplements + Recovery & Sleep = Maximum Muscle Bulk & Power. As you can see, each factor is a single entity, but when they all become a unified entity (at the same time), they become a tremendous force for influencing immense muscle bulk and power.

GENETICS
Genetics plays a key role in gaining maximum muscle bulk and power, but you can improve your physique no matter who you are. Desire and discipline are as important as genetics. I've personally seen guys in the gym with great genetics but they never follow the discipline necessary to get in contest shape. On the other hand, you've got guys with less than ideal genetics with awesome desire and discipline who not only diet and train for a bodybuilding contest, but come home with a trophy. The bottom line is that you can improve your maximum muscle bulk and power no matter who you are.

TRAINING
One of the best ways to train for maximum muscle bulk and power is to do a ten-week training cycle. I suggest dividing your workouts into a push and pull system. Push days will be on Mondays (Heavy) and Thursdays (Light) and involve the chest, shoulders, and triceps. Pull days are Tuesdays (Heavy) and Fridays (Light). On these training days you will work back and biceps. Legs will only be trained once per week, on Wednesdays.

On chest, back, and quads do 9 to 10 work sets and no more than 12. For the remaining muscle groups do about 6 work sets each. That's not counting specific warm-up sets. Usually, if you do warm-up sets for the chest you won't have to do any for the shoulders and triceps. Likewise, after training back you won't have to do many warm-up sets for the biceps. You'll notice that I have heavy and light training days for the muscle groups. That's because a body part can't recuperate from two heavy training days per week for the same muscle groups. But a second lighter day will actually increase your results over once a week per bodypart training.

On the heavy and light days do basically the same exercises, sets, and reps. The difference will have to do with rest intervals and the poundages used. On the heavy days, rest 3-5 minutes between sets and use maximum poundages for the majority of your sets. On light training days rest no more than 2 minutes between sets and use no more than eighty percent of the weight that was used on the heavy day of training.

This training scheme blends bodybuilding with powerlifting for what I call a power-bodybuilder approach to training. I suggest doing 3 to 4 exercises (your choice since I don't know what training equipment you have available) for the large muscle groups (chest, back, and legs) and 2 to 3 exercises for the remaining smaller muscle groups (shoulders, triceps, and biceps). Do 2 to 3 sets per exercise for 6 to 8 reps each. This will depend on the total number of exercises for each muscle group. Do each rep nice and controlled; say 1 second in the positive phase and 1 ½ - 2 seconds in the negative phase. While I did say that you could choose your own exercises for each muscle group, I do suggest that you include the Flat bench press, Dead Lift or Bent Row, and the Parallel squat as the very first exercises in the sequence for the particular muscle groups in question (see side bar for a suggested routine). Your sets and reps scheme for these three exercises will deviate somewhat from what I suggested above.

INTENSITY
It's my opinion that 90% of the bodybuilders and powerlifters train or do the same thing over and over again. This happens at the professional or world-class levels as well. They all get into the same rut, training with the same weights, the same exercises day in and day out. In order for the body to grow, you have to constantly change something. You have to change the speed of the movement (rep speed), you've got to vary the number of reps you're doing, or you've got to change the amount of weight being used. We as human beings resist change and while we don't like it, we have to change in order for the body to continue to improve.

10-WEEK MATRIX PROGRAM
This program makes weekly variations in the poundages and repetitions used. Basically, the Matrix program requires that you add five percent poundage increases to the 3 main sets (after the warm-up sets) while
decreasing the number of reps performed by one from a base of 10, each week. By week number 10 you will be doing approximately 10% more poundage than your previous best max effort for one rep. As I mentioned previously, this program can be used on the basic exercises such as the Flat bench press, Parallel squats, Bent Rows and Deadlifts if need be.

Don’t go crazy trying to use the Matrix program on each and every exercise you do on a push or pull training day. At the most use it on two exercises. Personally, I use the Matrix program on just the Bench press on the push day and that’s it. Here’s how it works. At the beginning of a ten-week mass building cycle, let’s say your max was 295 pounds in the bench press. One of the keys to the success of this program is to use 10% more poundage at the end of the 10-week cycle for a one-rep maximum than what you could do previously. In this program it would be 325 pounds (295 lbs. x .10 = 29.5 lbs. 295 + 30 = 325 lbs.). Whenever you are computing poundages by the 10% system and you have an odd poundage (in this case 29.5 lbs.) always take your answer to the nearest five-pound interval. In this case 29.5 lbs. would be moved to 30 lbs., whereas a poundage like 22.1 lbs. would be taken to 20 lbs.

Here’s a ten-week Matrix program for increasing a 295 lb. bench press to one of 325 lbs.

10 WEEK MATRIX PROGRAM (Maximum Muscle Bulk and Power System)

| WEEK 1 | Monday (Heavy Day) 55% of Projected Max. Do 2-3 light warm-up sets; then 3 sets, 10 reps, 175 lbs. | Thursday (Light Day) 80% of heavy day. 3 x 10 w/140 lbs. |
| WEEK 2 | Monday (Heavy Day) 60% of Projected Max. Do 2-3 light warm-up sets; then 3 sets, 9 reps, 190 lbs. | Thursday (Light Day) 80% of heavy day. 3 x 9 w/150 lbs. |
| WEEK 3 | Monday (Heavy Day) 65% of Projected Max. Do 2-3 light warm-up sets; then 3 sets, 8 reps, 205 lbs. | Thursday (Light Day) 80% of heavy day. 3 x 8 w/165 lbs. |
| WEEK 4 | Monday (Heavy Day) 70% of Projected Max. Do 2-3 light warm-up sets; then 3 sets, 7 reps, 220 lbs. | Thursday (Light Day) 80% of heavy day. 3 x 7 w/175 lbs. |
| WEEK 5 | Monday (Heavy Day) 75% of Projected Max. Do 2-3 light warm-up sets; then 3 sets, 6 reps, 235 lbs. | Thursday (Light Day) 80% of heavy day. 3 x 6 w/190 lbs. |
| WEEK 6 | Monday (Heavy Day) 80% of Projected Max. Do 2-3 light warm-up sets; then 3 sets, 5 reps, 250 lbs. | Thursday (Light Day) 80% of heavy day. 3 x 5 w/200 lbs. |
| WEEK 7 | Monday (Heavy Day) 85% of Projected Max. Do 2-3 light warm-up sets; then 2 sets, 4 reps, 265 lbs. | Thursday (Light Day) 80% of heavy day. 2 x 4 w/215 lbs. |
| WEEK 8 | Monday (Heavy Day) 90% of Projected Max. Do 2-3 light warm-up sets; then 2 sets, 3 reps, 285 lbs. | Thursday (Light Day) 80% of heavy day. 2 x 3 w/225 lbs. |
| WEEK 9 | Monday (Heavy Day) 95% of Projected Max. Do 2-3 light warm-up sets; then 1 set, 2 reps, 300 lbs. | Thursday (Light Day) 80% of heavy day. 1 x 2 w/240 lbs. |
| WEEK 10 | Wednesday (Personal Record Day) 100% of Projected Max. Do 2-3 light warm-up sets; then first attempt 88-92½ Max 1 set, 1 rep, 315 lbs. Second attempt 95-97½ Max 1 set, 1 rep, 320 lbs. And finally, a third attempt with 100-102% Max 1 set, 1 rep, 325 lbs. |

The heavy weights used in the Matrix program can undeniably take a toll on your body so after the 10 week cycle go into a 4-6 week cycle of high volume training (that is, more reps are done per set). For example, when doing Flat benches on Monday, do 2 sets of 6-8 reps, then 2 sets of 12-15 reps, and finally 2 sets of 25-30 slow continuous tension reps. This is an excellent way to hit all the components of the muscle cell (Fibular, Mitochondria, and Sacroplasm). Each part in itself contributes about 33 1/3% to the overall muscle volume size. The remaining chest exercises and those for the other muscle groups should be different than (or a variation of) what was used during the 10-week cycle, and performed in straight set style.

On the Thursday (push) and Friday (pull) training days, stay with the same exercises as on the Monday, Tuesday, and Wednesday workouts. Rather than reducing the poundages used down to 80% of what was used on the heavy days, you may want to drop down to 65% with super-sets for chest and triceps and tri-sets for the delts. On the back you can do straight sets however. For biceps do one exercise in a double drop fashion, say
SECTION 11: TRAINING PROGRAMS FOR MASS AND POWER

Standing barbell curl 80 lbs. x 10 reps, 50 lbs. x 15 reps and 30 lbs. x 30 reps. On another biceps movement such as the Dumbbell curl, go down the rack in 20 lb. increases or decreases (depending which way you go) doing all reps to failure. Vigorous super-sets, tri-sets, double drops and down the rack are done basically non-stop until all the required sets for a particular muscle group are accomplished.

Initially, after 4-6 weeks of this, map out a new Matrix program and go back to the original exercises used in the previous 10-week cycle. You may not always be able to add 10% for a new projected one-rep max for the Matrix program. Pretty soon there’s going to come a time when 5% will be all that you can add. You’ll need the desire and discipline to train consistently especially when you are five to six weeks into the Matrix program and want to give up because you think you need to add more.

NUTRITION AND SUPPLEMENTS

A good muscular weight gain program is essential to achieve the maximum results from your Matrix training plan. Choose one of the plans.

PRIORITIZED SUPPLEMENTS FOR THE ATHLETE WHO IS FOLLOWING THE MATRIX PROGRAM TO GAIN THE MAXIMUM AMOUNT OF STRENGTH AND MUSCLE.

1. Muscle Synergy
2. Creatine Select plus Phosphates
3. Mass
4. Ultra 40
5. UP-Lift (start at week 6)

RECOVERY AND SLEEP

As I mentioned early on in this article, muscle mass and power increases during the rest cycles and not during the workouts themselves. The way I structured the heavy and light push and pull training days and having Saturday, and Sunday for rest will allow your muscles and nervous system to recover completely from the workouts. You must rest completely between workouts and especially on non-training days and get a good night’s sleep each and every night of the week.

Few bodybuilders or powerlifters relax enough. In this modern life, with the tempo stepped up so high, it’s easy to fall into a pattern of fast living. I’m not talking about living in the fast lane of nightclubs, drinking, and parties every night in the week. Television, movies, and attending sports contests, etc., can keep most folks up later in the evening than is good for them. As a result, they try to sleep a little later in the mornings and from then on out it’s a race against time: rush, rush, rush all day long – nerves on edge, eating fast meals, rushing through a workout (weights feel heavy and the bodybuilder feels shaky and has to push himself to continue). These types of conditions, day after day, are more exhausting than beneficial and no profit will be shown from it. Kick back and slow down your pace. Get to bed early so that you can get up in plenty of time to take care of your morning hygiene and eat a sound breakfast such as the one I described previously. Relax several times a day, your body and mind will benefit from this greatly.

Follow the advice as I have outlined it and I am sure you all will find the “Secrets of Gaining Maximum Muscle Bulk and Power” easier than you thought.
ADVANCED MUSCULAR WEIGHT GAIN TRAINING PROGRAM

GOAL: GAIN 7 LBS LEAN MUSCLE MASS IN SEVENTY DAYS

The training timetable is broken down into alternating gain and hardening workouts and nutritional cycles. See Nutrition Program

Training Outline:

1st 4 weeks – Power 4% Solution
Week 5: Hardening Cycle 6 – 9 Reps (increase weight if you hit 9 reps)
Weeks 6-8: Power 5 sets of 5 reps
Week 9: Hardening Cycle 7 – 10 reps
Weeks 10-11: 5 x 5-4-3-2-1
Final week: Hardening Cycle 6-9 Reps

Core Exercises:

Bench Press
Dead Lift – Alternate with Bent Row
Military Press (standing) or Alternate DB Press (standing)
Barbell Curl or Alternate DB Curls
Parallel Bar Dips or Close Grip Bench Press
Squats or Leg Press

Split:
Day One: Chest and Back
Day Two: Legs and Abs
Day Three: Rest
Day Four: Shoulders and Arms
Day 5: Rest
Day 6 Start over at Day One.

1ST 4 WEEKS - POWER 4% SOLUTION:

Note: Each split cycle = 5 days (amount of time it takes to train entire body)

Full Cycle = 1 complete circuit of reps and percent increases (3 Split Cycles)

Start with your best 7-rep weight for your 1st workout. Try to get 4-5 sets of 7 reps with this weight. If you can’t make all 7 that’s fine, if any set drops below 5 reps your initial weight is too heavy.

The next workout for that bodypart increase the starting weight by 4% and go for 6 reps. The third workout, increase by 4% again and shoot for 5 reps per set. That’s one Full Cycle (15 days.)

Now, start again, but use the weight you used in Workout 2 and try for 7 reps. (You used 6 reps during the previous cycle with this weight.) Repeat add 4% to the poundage and drop 1 repetition until you have completed another 15-day cycle.

Rest 3 - 4 minutes per set or alternate with an antagonistic (push-pull) exercise for enhanced recovery.

Here’s an example for the bench press with a 7-rep max of 225:

First Full Cycle
Cycle 1: Warm-up, then 4-5 sets of 5 - 7 reps with 225.
Cycle 2: Warm-up, then 4-5 sets of 4 - 6 reps with 235. (225 + 4% = 234)
Cycle 3: Warm-up, then 4-5 sets of 3 - 5 reps with 245.

Second Full Cycle
Cycle 4: Warm-up, then 4-5 sets of 5 - 7 reps with 235.
Cycle 5: Warm-up, then 4-5 sets of 4 - 6 reps with 245.
Cycle 6: Warm-up, then 4-5 sets of 3-5 reps with 250 - 255.
1ST 4 WEEKS - POWER PHASE USING THE 4% SOLUTION

Day 1:
Bench Press (4% Solution) 4-5 sets x 5 – 7 reps
Heavy Flyes: 3-4 x 7 – 9 reps (increase weight if you hit 9 reps on all sets)
Heavy Bent Arm Pullovers: 3 x 7 – 9 reps (increase weight if you hit 9 reps on all sets)
Dead Lift (from floor or rack set at just above knee height) (4% Solution) 4-5 x 5-7 reps
Bent Row: 4-5 x 5 – 7 reps (increase weight if you hit 7 reps on all sets)
Pulldown: (Parallel or reverse grip) 3 x 7 – 9 reps (increase weight if you hit 9 reps on all sets)

Day 2:
Squats (4% Solution) 4-5 x 5 – 7 reps
Leg Extension: 3 x 8 - 10 reps (increase weight if you hit 10 reps on all sets)
Leg Curl: 3-5 x 7 – 9 reps (increase weight if you hit 9 reps on all sets)
Crunches / Leg Raises from Bench Superset 3 sets x 20 reps each
Standing Calf Raise or Donkey Calf Raise: 4-5 x 12 Supersetted with Seated Calf Raise 4-5 x 12

Day 3: Rest

Day: 4:
Military Press (standing) (4% Solution) 4-5 x 5 - 7
Alternate DB Press (standing): 3-4 x 5 – 7 reps (increase weight if you hit 7 reps on all sets)
Barbell Curl or Alternate DB Curl (4% Solution) 4 x 5 - 7
Reverse Curls: 3 x 5 – 7 reps (increase weight if you hit 7 reps on all sets)
Parallel Dips or Close Grip Bench Press: (4% solution) 4 x 5 - 7
Triceps Pressdown: 3 x 7 – 9 reps (increase weight if you hit 9 reps on all sets)

Day 5: Rest

HARDENING PHASE WORKOUTS (WEEKS 5, 9, 12).
Rest 2 minutes between each set.

Day 1:
DB Bench Press: 4 x 7 – 9 Reps (increase weight if you hit 9 reps on all 4 sets)
Flyes: 4 x 8 - 10 reps
Bent Arm Pullovers: 3 x 10 – 12 reps
Bent Row: 5 x 7 – 9 Reps (increase weight if you hit 9 reps)
Pulldown: (Parallel or reverse grip) 4 x 8 – 10 reps

Day 2:
Squats 4 x 7 – 9 Reps (increase weight if you hit 9 reps)
Leg Press: 3 x 14 – 16 reps
Leg Extension: 3 x 10 – 12 reps
Leg Curl: 3 x 10 - 12 reps
Crunches / Leg Raises from Bench Superset 4 sets x 25 reps each
Standing Calf Raise or Donkey Calf Raise: 5 x 20 reps
Seated Calf Raise 3 x 15

Day 3: Rest

Day: 4:
Seated Press Behind Neck or DB Press: 4 x 7 – 9 Reps (increase weight if you hit 9 reps on all 4 sets)
Laterals: 3 x 10-12 reps
Bent DB or Cable Laterals: 3 x 10 - 12
Barbell Curl or Alternate DB Curl 4 x 7 – 9 Reps (increase weight if you hit 9 reps on all 4 sets)
Incline DB Curls or Preacher Curls: 4 x 8 – 10 reps
Parallel Dips or Close Grip Bench Press: 4 x 7 – 9 Reps (increase weight if you hit 9 reps on all 4 sets)
Triceps Pressdown: 4 x 10 – 12 reps

Day 5: Rest
2\textsuperscript{ND} POWER PHASE: WEEKS 6-8
Repeat 1\textsuperscript{st} 30-Day Workout but use 5 sets of 5 reps in place of 4% solution. Other sets and reps remain the same as 1\textsuperscript{st} 30 days. Continue to add weight when all sets are completed at the highest indicated rep range.

THE 5 X 5 TRAINING METHOD
This is another bulk and mass gaining rep scheme. You will choose the weight that you were able to get for 5 reps during the last training cycle of the 4% solution phase. Try for 5 sets of 5 reps with this poundage. You probably won’t get all 5 sets for the desired 5 reps at first. But, whenever you get 5 reps for all 5 sets with a particular poundage, increase the weight the next workout by 5 pounds. The key is to add 5 lbs to the bar each time you make the 5 x 5 goal.

3\textsuperscript{RD} POWER PHASE: 5-4-3-2-1: WEEKS 10-11
On each of the power exercises do a 5-4-3-2-1 reps scheme. Your weights should be as a percent of your goal one rep max.

Week 10: 75\% x 5, 80\% x 4, 85\% x 3, 90\% x 2, and 95\% x 1. These weights should be fairly easy (you could get one or two more reps on every set.)
Week 11: 80\% x 5, 85\% x 4, 90\% x 3, and 95\% x 2, 100\% x1, 102 \%\% x 1.
ADVANCED TRAINING

PRIMARY GOAL: PHASE 1 COMPETITION TRAINING

First 4 weeks, train 2 days on, 1 day off, next 4 weeks, train 4 days on, 1 day off.

Day 1: Legs
Day 2: Chest / Triceps
Day 3: off
Day 4: Shoulders / Biceps / Legs (feeder workout)
Day 5: Back
Day 6: off
Start over

DAY #1 – LEGS / CALVES
1. Squat – Pyramid 5 sets x 12 / 10 / 8 / 6 / 4-6 reps
2. Leg Press or Hack Squat 4 x 10 – 16 reps (you may want to increase 2 reps per workout here)
3. Leg Extension 3 x 12 – 15 reps
Superset #4 and #5 4. Leg Curls 3 sets x 10 – 12 reps
5. Lunge or Straight Leg Dead Lift 3 sets x 10 – 12 reps
Superset #6 and #7 Seated Calf Raise 5 x 10 – 12 reps and Free Standing (no weight) Calf Raises 5 x 25 – 50 reps (OUCH!)

Day #2 Chest, Triceps, Calves
1. Bench Press (pyramid) 5 sets x 12 / 10 / 8 / 6 / 4-6 reps
2. Incline DB Press 3 sets x 6 – 8 reps constant weight. First session do 6 – 6 – 6 and gradually add reps and earn stars until you get to 8 – 8 – 8 then add weight and start back at 6. If you get bored adding reps, reduce rest time between sets to earn additional "stars."
3. DB Flyes 3 x 8 – 12 reps.
4. DB Pullovers 3 x 8 – 12 reps
5. Close Grip Bench Press (pyramid) 4 x 12 / 10 / 8 / 5 – 7
6 & 7 Super Set – Triceps Pushdown and Dips 3 x 6 – 12 reps each – constant weight no rest between exercises, rest only after both exercises have been performed.
8. Heavy Calf Raises 4 x 8 – 12
9. Light Calf Raises or Donkeys 4 x 15 – 20 reps

Day #3 Off

Day #4 – Shoulders / Biceps
1. Military Press - Pyramid 4 sets x 12 / 10 / 8 / 6 – 8 reps
2. DB or Machine Laterals 3 x 8 – 12 reps
3. DB or Cable Bent Laterals 3 x 8 – 12 reps
4. Barbell Curl 4 x 12 / 10 / 8 / 6 – 8
5. Incline DB Curl 3 x 8 – 10
6. Machine Curl or Preacher Curl 2 x 8 – 12

Day #5 – Back
1. Chins – 4 sets up to 12 reps per set. (If you ever get to 12 reps on all 4 sets, start reducing rest periods or add weight.)
2. Dead Lifts - 3 sets 10 reps (add weight each set but stay at ten reps per set) Concentrate on perfect form and add weight very gradually in 5-lb. increments each week. You can do a compound Deadlift and Shrug movement instead of regular Deadlifts if you wish to stress traps a little more.
3. Bent Rows or T-Bar Row – 4 sets pyramid 12 / 10 / 8 / 6-8
4. Reverse Grip Front Pulldowns or 1 Arm DB Row 3 x 8 – 12
5. Straight Arm Pullovers 3 x 10 – 12 (lie on a bench length wise – keep arms straight)
6. 10 minutes of abs
ADVANCED TRAINING

PRIMARY GOAL: PHASE 2 COMPETITION TRAINING
Train to retain and build muscle while losing as much fat as possible.

1st 4 Weeks: 2 on, 1 off; 1 on, 1 off.
Divide your body up into three workouts over five days.
Day One: Chest and Back
Day Two: Legs
Day Three: Off
Day Four: Shoulders and Arms
Day Five: Off
Day Six: (Start cycle over with Chest and Back)

Final 4 Weeks: 3 on, 1 off.
Day One: Chest and Back
Day Two: Legs
Day Three: Shoulders and Arms
Day Four: Off
Day Five: (Start cycle over with Chest and Back)

WORKOUT #1: CHEST AND BACK

Chest: 12 sets total
4 sets 6-8 reps Bench Press
4 sets 8-10 reps D.B. Flyes
4 sets 8-10 reps Incline Bench Press
(If you wish to add another exercise, reduce sets above to three.)

Back: 15 work sets
Front Chins (work up to 3 sets of 12) or 3 sets 10-12 Wide Grip Pulldown
3 sets 6-8 Bent-over Rowing
3 sets 8-10 one arm D.B. row or Cable Row
3 sets 10-12 Close Grip Pulldown
Alternate 3 sets 15 reps weighted Hyperextensions one workout and Deadlift 3 sets 10 reps

Abs: Total of 200 – 300 reps split up over three or four exercises. For example:
3 sets 25 Crunches
3 sets 25 Leg Raises off bench
3 sets 20 Cable Twisting Crunches
Total Reps equal 210 in example above.

WORKOUT #2: LEGS

Quads: 9-12 work sets total
3-4 sets 8-12 Leg Press supersetted with
3-4 sets 8-12 Leg Extension
Alternate 3-4 sets 10-15 Squats one workout and Hack Squats the next

Hamstrings: 6 work sets total
3 sets 6-10 Leg Curls
3 sets 10-15 Stiff-Leg Deadlifts (on alternate workout days that follow back “deadlift” day, perform Seated Leg Curls, One Legged Leg Curls or DB Leg Curls

Calves: 10 sets with any combination of three exercises. For example:
4 sets 15-20 Calf Raise
3 sets 10-15 Seated Calf Raise
3 sets 20-25 Donkey Raise
section 12: advanced competition training

workout #3: shoulders and arms

shoulders: 10 work sets total
- 3 sets 8-10 side lateral raises
- 3 sets 10-12 rear lateral raises
- 4 sets 6-10 shoulder press (smith machine, behind neck, dumbbells – your choice)

biceps: 9 total work sets
- 3 sets 6-10 concentration curl
- 3 sets 6-10 d.b. curl
- 3 sets 6-10 barbell curl

triceps: 9 work sets
- 3 sets 10-12 triceps pushdown
- 3 sets 8-10 lying triceps extension
- 3 sets 6-10 close grip bench press

abs: total of 200 – 350 reps split up over three or four exercises.

note: it is ok to use some variety. if you like, you can do barbell bench presses on the first chest workout and use dumbbells the next. the important thing is that you always try for some progression from the previous workout whether it is another rep, reduced rest interval, or increased poundage.

training methodology

warm-up sets are not included in the sets above; only working sets are listed. you should perform each set in perfect form. if you reach the top number of the rep range for at least three sets then increase weight the next workout.

during the final four weeks you should not try to go to your absolute limit on each set. instead concentrate on reducing rest intervals, perfect form, and establishing the mind – muscle link. this will prevent overtraining while you are at your lowest calorie level and you can really increase muscle density and separation by concentrating entirely on each rep.

another good technique to minimize rest time is to add supersets. alternating push and pull body parts seems to work best as you can continue to use decent training poundages. for example on day one you might superset the first chest exercise listed (bench press) with the first back exercise listed (wide lat pulldowns or chins). on day three supersetting biceps and triceps exercises works great as well.

it is beneficial, but certainly not necessary, to split your training up into two sessions on your training days. for example, train chest in the morning and back late afternoon. of course not everyone’s schedule is conducive to such a program, but double split training does have its advantages. your metabolism gets another boost from your second workout and energy levels remain high since each training session is shortened due to training just one bodypart.

one final note on the above training program: many of the body part workouts start with an isolation exercise – biceps (concentration curl), triceps (triceps pushdown), legs (leg press/leg extension superset) – then moves to the basic movement for that particular bodypart. this is by design and allows you to really concentrate on the first exercise and provides a mild form of pre exhaust.
NO NONSENSE BICEPS TRAINING

By Steve Colescott, Metabolic Specialist

THE IMPORTANCE OF BICEPS

In bodybuilding, biceps are, without a doubt, the favorite bodypart for most of us to train. They tend to respond well to training for 90% of us, due to their strong neural pathways and above average blood supply, which almost guarantee muscle pumps. “A champion bodybuilder should display balanced development of the entire musculature, biceps included,” says NPC Kentucky class winner Steve Weingarten. “And there are very few poses that aren't enhanced by a pair of billowing, peaked biceps!” The wow factor of big, shapely arms cannot be overlooked, whether on the beach, on the bodybuilding stage or straining under a well-tailored suit.

According to Ray Binkowski, multiple bodybuilding class title holder, “Take the front and rear double bicep poses. Overly developed biceps will overshadow the anterior delts. Underdeveloped biceps will be overshadowed by the anterior delts. Properly developed biceps are important on stage because they balance a competitor’s physique.”

For men, arms have always been a marker of masculinity. In part, because they are displayed nine months out of the year (during short-sleeve weather) and are often the first muscles in which we notice growth during puberty (either in ourselves or in our more genetically-gifted classmates). In women, shapely muscular arms have recently come in vogue. Hollywood starlets Linda Hamilton and Angela Basset sported gun-emphasizing tanktops and impressed audiences with their lean, strong looking arms. The new physical female ideal is not just lean, but possesses a body, and in particular, arms with masculinity and definition.

ANATOMY AND FUNCTION

An understanding of the structures and actions of the muscles of the upper arm are important when designing your biceps training program. When we speak of the biceps we generally mean more than just the biceps brachii. Because they tend to work together, the biceps group also includes the brachialis, brachioradialis and pronator teres muscles. The major bone of the upper arm is the humerus (which gives us the term funny bone). There are two bones in the forearm, the radius (the shorter bone on the “pinky side” of your forearm) and the ulna (the main stabilizing bone of the forearm on the “thumb side”). The tendons that attach muscles are referred to as the origin (the tendon closest to spine) and an insertion (the tendon of attachment furthest down the arm).

As its name suggests, the biceps is a two-headed muscle which crosses both the elbow and shoulder joints. Both heads share a common insertion on the tuberosity of the radius (you can feel this thick tendon just beneath the skin on the inside of your elbow). The lateral (“outer” or long) head originates on your shoulder blade (on the supraglenoid tubercle, above the glenoid fossa) and the tendon crosses inside the head of the humerus to emerge at the upper arm. The medial (short or “inner”) biceps head originates on the coracobrachialis process of the scapula (upper shoulder blade) and the upper lip of the glenoid fossa (the cartilage-lined depression of bone that the humerus is placed in the shoulder joint). If your arms are well-developed and you possess low bodyfat levels, you will be able to see the split between the two heads of the biceps. A peaked shape to the biceps comes from placement of the tendons of the two biceps heads.

The brachialis inserts at the top of the forearm bone on your “pinky side” (coronoid process of the ulna) and originates low on your upper arm bone near the elbow (the distal half of the anterior humerus). This places it under the lower part of the biceps muscle. The brachialis is an under-rated muscle which adds considerable size to the arm when developed and is the PRIMARY elbow flexor.

The brachioradialis inserts on the other bone in the forearm on the “thumb side” (the lateral surface of the distal radius, at the styloid process), partway between the elbow and wrist) and originates low on the upper arm bone, near the outer elbow (the distal section of the lateral condyloid ridge of the
humerus). The coracobrachialis lies under the biceps but, since it does not cross the elbow joint (it assists the shoulder and back muscles with rowing-type movements), it is not considered part of the biceps (elbow flexor) group.

The muscles of the arms have a unique function in sports movement. While the big muscles of the body (hip flexors, quadriceps, hamstrings, pecs, lats, rhomboids, traps, spinal erectors) drive powerful action, the muscles of the arm (biceps, triceps and forearms) transfer that force into your opponent, the ball or the bat, racquet, club or instrument of your particular sport.

Biceps derive a great deal of stimulation from their use as a secondary mover. They overlap with pulling exercises, such as chins, pulldowns, lat rows and upright rows. How much emphasis depends on muscle insertions, exercise form and neural excitatory thresholds. Because your biceps derive a fair amount of work during your back training, minimal direct training may be needed. The biceps generally provide lifters with a high level of neural activation (few have trouble “feeling” their arms) and a low level of inroads into recovery ability, which lends themselves well to arm specialization phases.

MUSCLE SHAPING

Is muscle shaping possible? This is one of the most controversial topics in bodybuilding. The consensus is split, often based on background. Those with a pure in-the-gym trenches background, particularly the old-timers, firmly believe that muscle shaping is a reality. Those enlightened with collegiate degrees in exercise physiology feel certain that muscle shaping is an ancient gym myth; as archaic as kelp tablets and brewer’s yeast. These experts assert that muscle isolation is impossible and muscle fibers contract in an as-needed basis throughout the full length of the functional muscle group.

So, which group is right? Both are partially correct. The scholarly set has valid points. Muscle fibers do contract on an all-or-none basis along their length. Isolation of a particular section of a muscle (lower biceps, for instance) is impossible in a real-life setting. Muscles have an origin point (the attachment closest to the center of the body), belly (central mass of the muscle) and insertion (tendon attachment furthest from the center of the body). When we increase muscle size, we cause growth in fibers along the full length of the muscle, not in a particular section (such as upper biceps, peak or lower biceps).

For example, Preacher (Scott) Curls were commonly prescribed to lengthen biceps, as they were believed to work the lower biceps. Feeling emphasis (stretch) in a particular area does not necessarily mean that area of a muscle group is being worked more than others. We cannot affect muscle length, the origin and insertion points are genetically preset. Nothing short of surgery can change them. If you have “high biceps” like 80s pros Albert Beckles or Franco Columbo, you can build up the muscles of the forearm and brachialis, therefore filling in your gap. Those not possessing full, football-shaped biceps (like Sergio Oliva) tend to have impressive biceps peaks (again Albert Beckles comes to mind). This example serves as a reminder to appreciate what you have and make the best of it.

While it is true that we cannot isolate specific parts of a muscle, we can often place greater emphasize on part of a muscle group through our choice in exercise, grip, range-of-motion, or body position. Lifting with a wide grip (elbows in, your grip wider than your shoulders), places greater emphasis on the medial (inner) biceps. This can be done with Barbell Curls, Scott Curls or Cable Curls simply be choosing proper hand spacing and elbow placement. It can also be done by replicating that same arc of movement with dumbbells or cable. Incline Dumbbell Curls in which the ‘bells are curled outward shift the emphasis more prominently on the inner biceps head.

Conversely, close-grip curling movements shift emphasis to the lateral (outer) biceps. Two-handed Cable Curls from the low pulley and Scott Curls with the elbows placed wide are good exercises to shift emphasis to the outer biceps head. Also, Alternating Dumbbell Curls in which the weights are curled across and in front of the body place a noticeable emphasis on the outer biceps. The traditional Concentration Curl, in which the lifter is seated with his working arms rested along the inside of his knee, also works this area.

Linda Reho mixes her background as an exercise physiologist with her experience as a multiple figure competition winner in her approach to exercise selection. “Some days I use a very close-grip, gluing my
elbows tightly to my sides to ensure I’m strictly using my biceps muscles. On other days I change to a wider grip. I believe this hits different muscle fibers, training different aspects of the biceps muscles.”

Adjustments to elbows and grip position not only allow you to shift greater emphasis towards one of the biceps heads, but also adds variety to your training. Extreme, awkward angles however can increase strain on the soft tissues of the shoulder, elbow and wrist. For this reason, use these angles periodically for some of your exercises and never if the exercises cause pain or discomfort in the joints. Intelligently applied, these adjustments can lead to better arm development and less strain from repeated overuse of a single movement pattern.

In addition to grip width and elbow placement, the hand position can shift muscular emphasis. The primary grip positions we have in biceps training are: 1) Supinated or palms-up such as in a curl with a straight barbell, 2) Neutral or palms-facing such as in a hammer curl, or 3) Pronated or palms-down such as in a Reverse Curl. The brachialis is highly activated when you curl with a neutral thumb’s-up grip, such as with DB Hammer Curls. The pronator teres receives greater emphasis when you use a palms-down grip, such as with Reverse Curls.

Of course, these are not the only grips we use. When curling with a cambered (E-Z curl) bar, are hands are in a position halfway between supinated and neutral, just as reverse curls with a cambered bar places our hands halfway between a neutral and pronated grip. Dumbbell Curls allow us to supinate [outwardly rotate the thumb] as we curls so the grip changes throughout the completion of the rep. We do not isolate any of these muscles in an exercise but a general understanding of the biomechanics will help guide you in your exercise selection. Perhaps the views of Brad Steere (WNBF Pro and Northern Kentucky class winner) on muscle shaping say it best: “Hit ’em hard, make ’em grow, and don’t worry about the shape, it will look just fine if it is big enough!”

**INTENSIFICATION TECHNIQUES**

Utilizing specialized training techniques to increase biceps stimulation tends to be remarkably effective. The biceps group is relatively small, with an excellent blood supply and neural activity. As such, giving them an extra jolt of punishment can push past barriers without making huge inroads into the body’s overall systemic recovery. Still, use these sparingly. A little bit goes a long way.

**Partials.** Partial Reps create a very different feel (neurological effect) from traditional full reps, which creates an effective growth-promoting stimulus. They can be incorporated in your program in a number of ways. If your primary goal is biceps strength, partial reps in the Barbell Curl can be performed in a power rack with the pins set at the weak point in the range of motion (almost always the point in the rep where your forearms are parallel to the ground). Set the pins in the rack for a 3-4” range of motion and do 4-6 sets of 3-4 reps for no more then six workouts. You should notice a solid strength gain when you go back to full reps.

Another form of partials that is especially adaptable to biceps (and Barbell Curls) is Twenty-Ones. Twenty-Ones involve the use of half-reps. Seven reps are done from the top position to midpoint (forearms parallel to the ground); seven are done from the bottom position to midpoint; and a final seven are done full-range. You can do this technique best with Barbell Curls and Standing Dumbbell Curls. Linda Reho occasionally uses Twenty-Ones regularly to shock her biceps. “Three different ranges of motion, allow for concentration on different angles, thus different muscle fibers of the biceps, and are a great shocker to your bicep routine.” I recommend just two to four sets at the conclusion of your biceps workout due to the high reps.

The final form of partials is One-and-a-Halves. As the name suggests, these involve performing a full-range rep followed by a half-rep from the top to midpoint (which you count as a single repetition). Do One-and-a-Halves for 3-5 sets of 6-8 reps (which, since you are doing counting the one-and-a-half reps as just one rep, will be like doing 9-12 reps) on your final biceps exercise. Reversing the momentum of the weight at the midpoint creates unique neural stimuli that can jumpstart your gains and provides some variety in your training.
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While One-and-a-Halves, Twenty-Ones and Partial call for you to change direction mid-rep, in Static Contractions you stop the rep midway in the range-of-motion and “squeeze the muscle” without moving the weight. I recommend pausing at three points of the range of motion, one-quarter of the way down, midway, and three-quarters of the way down for a 30-45 seconds squeeze with the bar not noticeably moving. This works best for two-handed exercises (Barbell Curls, Reverse Curls, Machine Curls) because it is difficult to pause at the same point with dumbbell exercises. Static Contractions should be incorporated for just one or two sets of 6-10 reps of a single exercise.

Studies show that the eccentric portion of a rep (lowering the weight from a contracted position) is responsible for most of our muscle growth. This makes Accentuated Eccentrics something you should try. This can be done in a number of ways: 1) Slow Negatives can be used for nearly any biceps exercise and work very well with Cheating and Forced Reps. Since we can lower heavier weights than we can lift, the heavier weights used for these techniques are further enhanced by slowly fighting the eccentric portion of the lift. 2) Increased Negatives require that you have a training partner to manually apply added resistance to the bar or dumbbells as you lower the weight. This technique should be used sparingly (perhaps for just one or two sets of an exercise as a plateau buster). 3) Negative-Only Reps are difficult to safely do for most curling exercises because they would require two spotters to lift the weight to the top position so that the lifter could slowly lower it. It can be done to great effect with a Undergrip Chin-up, since the lifter can jump (or use a step to lift themselves) to the top position and then slowly lower their body (taking 30-45 seconds to reach full extension of the arms). This is best when used as a finishing exercise for a single set of 6-10 reps.

The following intensifiers are set extension techniques, which allow you to continue a set beyond the point in which you would typically be unable to continue (the added contractions recruiting more muscle fibers).

Cheating. This is probably the most commonly used technique on this list and also the most widely abused. Proper use of cheating involves subtle movement in other joints to create momentum, allowing the weight to move past the sticking point after the lifter has done as many strict reps as possible. In biceps training, this usually means a slight unlocking of the knees and forward hip thrust to begin the curling movement with added momentum. The key here is to only use cheating minimally. Cheating can be used in two ways, beginners should stick to getting just 2-3 extra reps at the completion of their last two heavy sets of a basic exercise (Barbell Curls, Dumbell Curls, Hammer Curls or Reverse Curls). Don’t use this technique on machines or Preacher Curls. Intermediate (4 or more months of consistent training) or advanced lifters (a year of consistent training) can do Cheat Curls as a specific exercise, allowing for heavier weights than they would normally be able to use. If done in this manner, begin with one or two lighter non-cheat warm-up sets and then do three to five sets of four to eight reps. With either style, you should make sure to lower the weight slowly and in control (to take advantage of the eccentric contraction with a heavy weight). An experienced eye can pick out a veteran from a novice by their ability to apply just the necessary amount of assistance to cause more punishment to the biceps rather than making the set easier. This can also be said for the next technique.

Forced Reps. If you have a good training partner, they can assist you in pushing a set beyond failure by gently assisting you by applying just a few pounds worth of pressure on the bar (or dumbbells) through the sticking point. Like Cheat Reps, have your partner assist you through just two to three extra reps at the end of your last two sets.

Rest Pause is another form of intensification that simply manipulates rest periods to allow more work to be performed without requiring a training partner or loss of strict form. For biceps training, Rest Pause can be done for the basic movements (particularly Standing Barbell or Dumbbell Curls). After warming-up, choose a weight that can be done in strict form for 5-6 reps. Once you reach failure, set the weight down for just two or three deep breaths and then try for two to three more reps. Advanced lifters can attempt a second “breather” which should allow for another one to three difficult reps. This should be done for just one to three sets on a single biceps exercise per workout. Rest Pause is best used as a strength move, with the additional rest periods allowing for more forceful contractions.
If you are looking for a lactic acid-inducing, insane pump-causing technique, I would recommend Drop-Sets (also known as the “down the rack”). While the Rest Pause technique uses a 20 to 30-second rest before returning to more reps with the same weight, Drop Sets incorporate almost no rest with a lighter weight. Let’s say you normally do Dumbbell Curls with 45-pounders for around 8 reps... Start with that weight, once you reach failure, set the weight down on the rack and immediately pick up a pair of 35-pounders. Get as many reps as possible (probably around 3-5reps). Beginners should do just a single drop. Intermediates can do a second drop (in this example, 25-pounders for another 3-5 reps).

Advanced lifters can do a third drop and you will be amazed how heavy 15 to 20-pounders will feel at this point. My personal twist on Drop Sets is the Band Jettison Technique, modeled after a similar technique used by writer Dennis Weis on Upright Rows. Basically, I perform Barbell or Dumbbell Curls while also holding elastic tubing or power bands to increase resistance. After reaching failure, I step back so that I no longer am anchoring the elastic band or tube (at the bottom of the rep to keep from getting whipped in the face), and then continue on with as many reps with just the metal weight.

The final technique that I use with my training clients for variety is Timed Sets. This is an excellent finisher to a biceps workout (since you won’t have much left once you have done a set of these). I typically have them curl with dumbbells for 60 seconds, which seems like an eternity. We follow a fast pace but don’t count the reps. I count off the time at major intervals and often will have them do twenty seconds curling both ‘bells together, the next twenty seconds alternating, and the final twenty curling together. Talk about lactic acid build-up!

There are a variety of supersets that can enhance the training effect. The idea here is to increase work density (more work performed in less time). In biceps training, there are four styles of supersets that are particularly applicable: 1) Pre-exhaust Supersets. By doing an isolation exercise (pretty much any curl), followed immediately by a compound exercise (such as Undergrip Chins) more reps can be performed after the biceps are fatigued. 2) Antagonist Supersets. There are two benefits to supersetting exercises for opposing muscle groups (such as biceps and triceps): first, more work is done in less time and second, muscle groups recuperate faster when their opposing group is worked. 3) Trisets/ Giant Sets should be done with three movements that vary in feel or emphasis such as Incline Dumbbell Curls (elbows behind the body), Standing Barbell Curls (elbows near the sides) and Overhead Cable Curls (elbows lifted high) or exercises utilizing wide, moderate and narrow grips. You can also break up two biceps exercises with a triceps exercise, for the reasons explained earlier.

**BODYPART SPLITS**

How should we fit biceps into your weekly training routine? The four best splits include:

- **Push/Pull Split.** Following your back training with biceps has the advantage that you require less warm-up sets since biceps have functioned as secondary movers in chin-up, pulldown and rowing exercises. This works best for beginner and intermediate lifters or advanced lifters in phases in which they are following abbreviated routines.

- **Inverse Push/Pull.** By flip-flopping things so that you follow chest training with biceps, you go into biceps training fresh. This is an excellent option if you find that back training is impeding upon your biceps strength.

- **Arms Alone.** In recent years, more and more advanced lifters have done to once-a-week splits in which a single day’s training is devoted to one major body part. Because increased volume is required to stimulate growth, an arm training (biceps and triceps) day allows for higher volume (14+sets). Personally, I recommend training more often. Instead of training biceps once a week for 16 sets, I’d rather train twice weekly for nine to twelve sets. This allows for more growth opportunities and better recuperation (see the next section).

- **Specialization Training.** Specialization training requires increase training frequency. Read the Specialization section in the next section for more details.

**PROGRAMMING BICEPS PROGRAMS**
Okay, with all that info you have to be asking yourself, “How do I fit it all together?” Biceps training is not incredibly complex. Now that you know the anatomy, physiology and assorted details behind biceps training, the rationale behind the following programs will make sense and (more importantly) you will understand how to adapt them to your personal needs.

Teacher and champion bodybuilder James Dalton uses a wide range of reps to build his impressive biceps. “The rep ranges that work best for me are 6-12 reps. This is the rep range that best stimulates the fast-twitch fibers which provide the most muscle growth. Using too low of a rep range (4 or less), can increases the risk of injury and not provide enough time under tension to stimulate the biceps. Using too high of a rep range (more than 15 reps), may not adequately activate/stimulate the fast twitch muscle fibers most prone to hypertrophy. However, I do believe it is good to OCCASIONALLY use a low rep range for power and high rep range for pump and hitting the slow-twitch fibers.” This advice matches the training strategies of the world’s best physique champions.

Although powerlifters are known for performing low-rep singles, doubles and triples, champion lifter Wade Johnson believes in sets of up to twenty reps with light weights for recuperation and building grip.

Look at the following training templates as guidelines:

**BEGINNERS**

We want to begin the biceps workout with a basic strength exercise like Barbell Curls or Alternate Dumbbell Curls. At this stage in your development, we need general size and strength gains so medium-width grips and arcs of motion are all you need. Exercise physiologist and figure champion Linda Reho advises, “Never sacrifice perfect form for another rep with weight that you cannot handle. Also, always mentally think of the muscle you are training, and then physically squeeze the particular muscle group, with each and every exercise that you execute.” Strength gains happen fastest for beginners, so don’t sacrifice strict form and a slow, controlled negative. The poundages will climb and you will know they were brought on by honest biceps enhancement. The second exercise focuses on the brachialis/brachioradialis. We will be alternating the two listed exercises each workout. Here’s an example:

- A. Alternate Dumbbell Curl  
  Warm-up  
  3-4 sets of 6-10 reps  
- B. Dumbbell Hammer Curl or Reverse Curl  
  2-3 sets of 8-12 reps

Heavy Squats, Deadlifts, Rows and Presses and plenty of good, nutritious food will do more for busting your biceps size plateau than thousands of heavy curls and dozens of hours of triceps work. At this stage the best thing you can do to increase arm size is to get bigger and stronger overall. “I really feel that the majority of my arm growth has actually come from heavy rowing for my back coupled with arm work after,” says Brad Steere.

It is well-known that increases in bodyweight are also a necessary part of arm growth. Despite our best efforts to circumvent nature, the body’s growth mechanisms are programmed to maintain a certain amount of symmetrical growth. In order to put an inch on your biceps measurement the body requires a bodyweight gain of about fifteen pounds. Once you have decent-sized arms (15-18”) this number is closer to twenty pounds for each added inch. The rare genetic elite among us in the freaky (18-22” arm range) need to add closer to twenty-five to thirty lean pounds for each inch of shirt-stretching size they pack on, since more actually mass is required to increase the measurement as the circumference increases (ask your high school algebra teacher to explain).

**INTERMEDIATES**

Don’t let the “newbies” from the Beginners group read this section. Read it over three or four times, commit it to memory, and then get out your black Sharpie marker and “reverse highlight” it out of existence before your kid brother (or sister) reads the section.
We told the beginners to keep it strict. In this section we are going to apparently contradict that advice. As an Intermediate level lifter, we are going to start including Cheating and Slow Eccentrics in the last couple sets of our first biceps exercise, which should be a basic strength movement like Barbell Curls or Alternate Dumbbell Curls. You have to have fully mastered strict form to understand properly cheating on a set of curls. Do one to two strict sets (even after your warm-ups) before including cheating sets. Remember: minimal cheating to make the exercise more difficult. Your biceps don’t know how much weight you have loaded up, just how much force they must exert to perform the tasks that you call upon them.

Since you are now able to handle higher training volume, we include a second biceps exercise. This time we increase the rep range slightly and choose a more specialized exercise, targeting a specific bicep emphasis (range of motion, feel or arc-of-movement). Excellent choices here might include Incline Dumbbell Curls, Drag Curls, Scott Curls, any of the various Cable Curls or pretty much any of the exercises listed here that you want to try. I recommend that you switch this exercise often to keep the workouts interesting and your biceps development complete.

A. Barbell Curl
   Warm-up
   4 sets of 6-10 reps
B. Incline Dumbbell Curls
   3 sets of 8-12 reps
C. Hammer Curl, Zottman Curl, Reverse Curl (choose 1)
   2-3 sets of 8-12 reps

As an intermediate, I recommend that you also include forearm work as this will help with the development and strength increases in the biceps group. Your last exercise also serves as a great warm-up for direct forearm exercises like Wrist Curls.

ADVANCED

Variety reigns supreme in advanced biceps programs. In fact, rather than list one program, I will give multiple examples, although at this stage you will be able to create a multitude of your own. In general, you will be doing 10-14 sets with rep ranges that vary widely depending on the desired effect on that day.

CLASSIC 10X10 ROUTINE

A. Barbell Curl
   Warm-up
   10 sets of 10 reps

This is a guaranteed size builder that operates under the premise that after a hundred reps your nervous systems will be desperately searching for every last motor unit to help you curl that bar one more rep. Either adjust you hand placing each set to shift emphasis to different elbow flexors or choose a specific grip to target one aspect —a great way to learn (via delayed-onset muscle soreness) how well an exercise targets your intended muscle segment. I recommend short (60 second) rest periods between sets, even if it forces you to decrease poundages on your latter sets.

DOWN-THE-RACK ROUTINE

A. Alternate Dumbbell Curls
   Warm-up
   4 sets of 6-10/3-4/3-4/1-3 reps*
B. Reverse Curl
   3 sets of 8-12/3-4/1-3 reps*
   * in drop set style

This is a fast and tough workout. There may seem to be a remarkably low number of sets for an advanced lifter, but by working down-the-rack (going to failure and then immediately picking up a lighter pair of dumbbells to force out more reps) is like including 3-5 sets in one excruciatingly growth-
promoting set. Alternating Dumbbell Curls lend themselves well to this technique because the alternating fashion allows for more reps and the lifter can work his way down the rack with a subtle side-step between each drop in poundage. If your normal curling weight is 45-pound dumbbells for around 8 reps, start at that weight and perform strict reps to failure. Take a deep breath and immediate grab your next lowest set of dumbbells (35s might be a good choice since you need enough of a decrease in weight to make 3-4 reps possible). Then make a second weight drop to immediately begin curling the 25s for as many reps as possible. Gluttons for punishment (and those with good conditioning and tolerance for exercise) can do one more weight drop (possibly to 15s, which will feel impossibly heavy).

Reverse or Hammer Curls work well with drop-sets but two weight drops should be all that are required with either of these since lactic acid build-up will make it difficult to even hold a weight if you push these hard.

The intensity of this technique makes it great for times when you want to get arms done fast (in which case, follow it just as listed). In most cases though, you may want to do drop-sets on either the biceps exercise or the brachialis exercise, not both in the same session. In this case, reduce the number of sets and/or drops and include a second exercise, like this:

A. Alternate Dumbbell Curls
   Warm-up
   3-4 sets of 6-10/3-4/1-3 reps*
B. Cable Preacher Curls
   3 sets of 8-12 reps
C. Reverse Curl
   3 sets of 8-12 reps
   * in drop set style

VARIED GRIP-WIDTH ROUTINE

A. Incline Dumbbell Curls
   Warm-up
   4 sets of 6-10 reps
B. Barbell Preacher Curl (wide or narrow)
   3-4 sets of 8-12 reps
C. Bent-over Barbell Concentration Curl (elbows wide, close grip)
   3 sets of 10-15 reps
D. Zottman Curl
   3 sets of 8-12 reps

This routine is designed to vary the arc of motion that you curl the weight. Because of the way in which you are seated on the bench, Incline Dumbbell Curls are, by nature, curled outward from the midline of the body. Warm up well on these before going heavy since they involve a great deal of stretch on the shoulder joint. The Scott (Preacher) Curl Bench allows the lifter to go either for a close-elbow/ wide-grip or a wide-elbow/narrow-grip, depending on you personal needs. I like the Barbell Concentration Curl (either standing bent-over or seated on the end of a bench) for its ability to comfortably support the lifters elbows on their inner knees when curling with a close-grip. The Zottman Curl is unique in that the lifter curls across the midline of the body, making it the ultimate close-grip curl and a great lead-in to forearm work.

VARIED ARM POSITION ROUTINE

A. Barbell Drag Curl
   Warm-up
   4 sets of 6-10 reps
B. Spider Bench Curl (or Preacher Curl on the flat-side of bench)
   3-4 sets of 8-12 reps
C. Overhead Cable Curl (from high cable, curling over forehead to base of skull)
D. Dumbbell Hammer Curl
3 sets of 8-12 reps

To create natural variety in the workout, choose exercises that work various positions of the upper arm in relation to the spine. The normal position of the biceps in relation to the spine while training biceps ranges from roughly parallel (Hammer Dumbbell Curls) to just short of perpendicular (Scott Curls). Exercises like Drag Curls, Supine Curls and Incline Dumbbell Curls begin with the biceps in a stretched position. Exercises like Overhead Cable Curls (one- or two-handed) work the biceps beginning from a position closer to contracted. There is no special magic to this routine but the eclectic movements may provide new growth stimulus.

**ANTAGONIST SUPERSET ROUTINE**

**A1. Dumbbell Curl**
Warm-up
4 sets of 6-10 reps *supersetted with…*

**A2. Lying Dumbbell Triceps Extensions**
Warm-up
4 sets of 6-10 reps

**B1. Low-Cable Curls**
3 sets of 8-12 reps *supersetted with…*

**B2. Triceps Pushdowns**
3 sets of 8-12 reps

**C1. Undergrip Chin**
3 sets of 10-15 reps *supersetted with…*

**C2. Close-grip Bench**
3 sets of 10-15 reps

**D. Reverse Preacher Curl**
3 sets of 8-12 reps

We have discussed previously the recuperative benefits of supersetting antagonist body parts. Training biceps and triceps together also has the benefit of providing a wicked muscle pump. In this example, we begin with two basic strength-builders. We are not alternating our Dumbbell Curls since we are employing supersets with the goal of exhausting muscle fibers fast (less of a strength-building emphasis than usual). The triceps exercises are chosen to make use of some of the same equipment (so you are not annoying other gym members by tying up a few different pieces of equipment at once). The final exercise (Reverse Scott Curl) is not supersetted, although it could be, if you had wished. Use the techniques when they serve you but DON’T arrange the program just to follow a previous pattern.

**BICEPS GIANT-SET ROUTINE**

**A. Incline Dumbbell Curls**
Warm-up
3 sets of 6-10

**B1. Dumbbell Preacher Curls**
3 sets of 8-12 *supersetted with…*

**B2. Undergrip Chins**
3 sets of 8-12 reps *supersetted with…*

**B3. Dumbbell Hammer Curls**
3 sets of 8-12 reps

There is something to be said for hitting a body part hard and fast from a variety of angles. Biceps seem to thrive on this. In this example, we begin with straight sets of Incline Dumbbell Curls since we do not want the short rest periods of supersets to limit the heavy weight used on our bread-and-butter strength move. After completing three sets on the Incline, we obliterate what fibers are left with a three
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exercise superset. The strictness of Scott Curl acts as a great pre-exhaust exercise for Undergrip Chins. The fresh muscles in our back (lats, rhomboids, delts) help us eek out more from our fatigued biceps. Dumbbell Hammer Curls finish off the biceps group by directing emphasis towards the brachialis. Notice that our overall number of sets is decreased to offset the short rest periods employed.

SPECIALIZATION

If you have read my “Double Whammy” article about body part specialization, you know that I am a huge proponent of more frequent training for weak points. To do this, I recommend a high-volume workout followed two days later by a brief but intense “feeder” workout. The Double Whammy protocol increases arm training frequency even further since it recommends arranging your schedule to a five-day (as opposed to a week-long) rotation. When specializing for biceps, I recommend you train biceps and triceps together, as an overall arm specialization program will be far more effective.

While proper bodybuilding nutrition is always important, it is especially important when in a bodypart specialization phase. Top nutrition gurus of the sixties like Rheo H. Blair, Jim Heflin and Vince Gironda recommended repeated feedings of liver and amino acid tablets throughout the day for increases in arm size. For best results, add 3-4 Ultra 40 Desiccated Liver and 3-4 Density Amino Acids throughout the day in 4-5 doses to provide a constant feeding of quality amino acids. To take it a step further, I recommend an aggressive peri-workout glycogen and amino acid feeding protocol on your arm training days. Take 10-15 Muscularity BCAA capsules and sip Glutamine Select (2-3 scoops in water) during your workout. To top things off, drink a Muscle Provider/Mass Maker shake as soon as you get home from the gym. If you are following a reduced-carb diet, time you higher-carb days for the days you do your arm specialization program.

Primary Workout

A. Incline Dumbbell Curl
   Warm-up
   6 sets of 6-10
B. Wide-grip Barbell Drag Curl:
   2-3 sets of 8-12
C. Under-grip Chin
   2 sets of max reps

“Feeder” Workout (2 days later):

A. Seated Dumbbell Curl
   Warm-up
   1 set of 10-15 reps.
   2 sets of 6-10/3-4/1-3 reps*
   * in drop set style

The second workout not only provides a second hypertrophy-promoting stimulus but it also flushes the biceps with blood and nutrients increasing recuperation and growth. If you are following the amino-rich nutrition protocol above, you will be flooding your muscles with everything they need.

EXERCISES

If I had to choose just one biceps exercise, I would go with the extremely versatile Dumbbell Curl. The free movement of dumbbells allows for different elbow and hand positions, arcs of movement and ranges-of-motion to provide dozens of distinct variations.

The Incline Dumbbell Curl is a great size builder that places a lot of emphasis on the outer biceps. Set the bench at a 45° angle; focus on supinating the forearm (palms facing one another at the bottom, pinkie side of the dumbbell twisted inward towards your shoulder at the top) and slowly lowering the weight. Be cautious with your form on this exercise because, although it can pay big dividends in size, it also places stress on the shoulder and elbow joints.
Barbell Curls share a reputation with the two previous exercises as excellent strength and size builders. This exercise can be done with a straight or cambered bar and with various width grips. Become a technician on this exercise.

Unbalanced curls are a very effective method to shock your biceps into new growth. Charles Poliquin is a big advocate of the One-arm Barbell Curl. This exercise is done by grabbing an Olympic bar in the center and curling while balancing the bar. Ray Binkowski echoes Poliquin’s sentiments, “It is a great bicep exercise but also forces the lifter to work their core.” A regular 7-foot 45-pound Olympic bar is pretty hard to use at first so some may need to start with a short 5-foot bar (usually around 35-pounds). These can be done either standing or on a Scott Curl bench. Another unbalanced curl is the Kettlebell/Band Resistance Barbell Curl. This one was taught to me by powerlifting coach Louie Simmons and is used regularly by his team at Westside Barbell. Instead of loading a bar with traditional plates, he has them attach light kettlebells to the bar with bands (hanging about a foot below the bar). This makes for resistance that “squirm” as you try to curl it. Louie seemed to delight in the fact that I thought the bar with 25-pound kettlebells would be easy. It isn’t. Give this one a try.

The Imbalanced Dumbbell Curl is an exercise with an off-center load, either by loading an adjustable dumbbell with more weight on the pinkie side or gripping the handle so that the center of the handle is closer to that side. This creates more tension during the supination aspect of the curl.

The Preacher (or Scott) Curl supports the elbows, removing the ability to easily cheat or use body English to complete the reps. My preference is for benches with the rounded face, like the Body Masters unit, as they cause the elbow to raise as the while staying in contact with the bench, giving you a stronger contraction. Lower the weight slowly and never bounce at the bottom.

If your gym has a special Spider Bench (Nebula makes a great one) try the Spider Bench Curl, it braces the arms similar to the Preacher Curl but in a position closer to contraction. You can also duplicate the movement in the same manner that Steve Weingarten does. “I use the flat (90°) side of the preacher bench.” He finds great benefit from the Flat-faced Preacher Curl. “Using the pad at 45°, like most people do, causes the barbell to fall into you just after the halfway mark of the lift. There’s no resistance from the halfway point up.”

The Dumbbell Concentration Curl works the lateral biceps head, since the weight is curled inward towards the midline of the body. It is a controlled, slow movement that makes a good “finishing” exercise.

A similar, but often under-utilized exercise is the Bent-over Barbell (Concentration) Curl. Done either standing or seated at the end of a bench, the weight should be curled up to the forehead and held for a pause in the contracted position. Because the elbows are raised to a position perpendicular to the spine (as in the Spider Bench Curl), you feel an exaggerated bicep contraction.

In contrast, the Barbell Drag Curl places the arm in an enhanced stretch position with your elbows behind the upper body, removing the front delt from the movement. Keeping the elbows back and the bar in contact with the body through the entirety of the exercise. James Dalton (multiple title winner in drug-tested and open contests) says, “Drag curls allow me to accentuate the negative (eccentric) part of the rep and really cut down on the exercise’s momentum.”

Along with Incline Dumbbell Curls and Drag Curls, the Supine DB Curl also places the arm in a stretched position (at the shoulder joint). These are similar to the Incline Dumbbell Curl but are done lying on a flat bench. Because of the strain on the shoulder joint, use this occasionally for variety and go for feel over poundages.

As biceps exercises go, the Undergrip Chin provides a full range-of-motion with significant resistance throughout. Do it with a close grip and don’t be afraid to add weight once your strength allows. Undergrip Chins work well with a variety of intensification techniques: negative-only reps, drop-sets (removing added weight by squirming out of a dipping belt), static contraction pauses, forced reps and super-sets.
Cables allow us to direct the line of resistance in any direction we wish, making them particularly useful in biceps training. The standard is Standing Low Cable Curl but the Overhead Cable Curl (one or two-handed) allows for an excellent peak contraction effect. The Seated Cable Curl is a great finishing exercise. Sit on the floor in front of a low pulley. While resting your elbows on the inside of your knees, curl the weight either to your forehead or lower your head and take it near the base of your skull.

When doing the Zottman Curl, curl the dumbbell in front of the body emphasizing the supination by twisting your pinkie-side inward at the top and pronating on the way down.

Reverse Curls (curls performed with the palms facing downward) and Hammer Curls (curls performed with the palms facing one another) shift more of the workload to the brachialis and brachioradialis. Powerlifting champion Wade Johnson uses Hammer and Reverse Curls as assistance exercises in order to balance the biceps work he gets from all of the pulling and rowing he does in his bench press assistance and deadlift training.

Not many biceps machines have a good feel to them, but if your gym has one you like, Machine Curls are a great place to do techniques like drop-sets or static contraction pauses. If your bicep doesn’t quite fit you, it may still work well for Reverse Curls or One-Arm Curls.

Well there you have it! If you’ve been involved in bodybuilding for any length of time, you have probably read dozens of biceps training articles. Hopefully this article takes you beyond copying someone’s biceps workout to being able to understand how to create one specifically tailored to your physique. Keep pumping!
Dear Friend:

Please don’t take this letter as a complaint. When I had the experience that I’m about to share, I was definitely complaining. I stared in the mirror before looking up at the ceiling with my arms outstretched as if to curse at the bodybuilding gods and ask “Why must you punish me like this!? Today, however, my purpose is to help you avoid suffering the same pointless experience.

My name is Keiran. I’ve been a bodybuilding athlete for twenty-two years. Yikes…that’s a lot of workouts…and a lot of supplements. Not only do I try out supplements for personal reasons (e.g. to gain muscle, increase strength and energy, etc.); I also use them for research. You see, I get paid to assist supplement companies in developing products. For this reason I am privy to some powerful behind-the-scenes insights.

People say my physique is very lean. I have a “six-pack” of abs and a “Christmas tree” on my lower back. You can see the veins in my thighs. I’m not huge –my upper arms are 17 inches around—but I am muscular, something I’ve achieved through robot-like attention to diet, training and supplementation – the “Holy Trinity”.

It’s because I’ve worked so hard for my muscularity that I have zero tolerance for any supplements that do it an injustice. This brings us to my pre-training formula experience.

One morning in the spring of 2005 I was working out at home. My wife was running on our treadmill. I was doing bench presses. Twenty minutes earlier I had taken two scoops of a pre-training formula mixed with water. It’s your typical such product, chock-full of caffeine, exotic forms of creatine (not monohydrate) and sundry other purportedly beneficial ingredients. You can still buy this particular pre-training formula today, as you can a host of look-alikes.

Before I took the pre-training formula in question I was my usual muscular self. Barely twenty minutes later I was holding more water than the dolphin tank at Sea World. Where before there were mazes of etches, cuts and separation, now there was broadscale puffiness. While my muscles felt tight, they looked about as defined as a mound of bread dough.

Seeing that I was disturbed, my wife attempted to soothe me “Oh…don’t worry about it, Honey. It will pass in a few hours.” She would turn out to be right. But man, those hours dragged on like days.

The “Bloat”

What was special about this experience was that it wasn’t special at all. The bodybuilding gods weren’t punishing me for having chosen one bad apple from the barrel of pre-training formulas. I had this experience many times before with very similar products. In fact, I have experienced the “bloat”, as I now call it, with just about every pre-training formula I have ever tried.

When I talk to other bodybuilders and even people who sell these products for a living, they eventually admit that they, too, suffer from the bloat when using conventional pre-training formulas. Their muscles quickly lose definition. They get “swollen”, true, but only temporarily and not in any way that leads to long-term lean mass gains.
“Is the bloat catabolic?”

The advertisements for pre-training formulas lead you to believe that these products make you retain water inside your muscle cells. The reality is that many of these products actually cause you to retain water outside of your muscle cells in what physiologists call the interstitial space. When this space surrounding your muscle cells fills with fluid you experience a condition known as edema. The definition of your muscles disappears. Yes, “it’s only water”, but it looks like fat.

You want water to accumulate inside your muscle cells. The best way to do this is to work out intensely. Intracellular water retention can promote anabolic processes like protein and glycogen synthesis. Sustained over the long term, this leads to bigger, stronger muscles –more lean mass. But many pre-training formulas contain large amounts of ingredients (sodium is one perpetrator) that pull water out of your muscle cells and into the interstitial space. This causes the bloat and your muscle cells to shrink. Cell shrinkage serves as a catabolic signal, not an anabolic one.

How “gratifying” is this?

Pre-training formulas seem to be designed to produce immediate “gratification”. Soon after ingestion their ingredients give you the bloat (interstitial fluid accumulates) and the large amounts of caffeine and/or other stimulants get you “wired” (your central nervous system gets a jolt). But does any of this improve your physique in the long term? Hardly. Some users admit to feeling as if they look worse when using such products.

Large amounts of stimulants can impair insulin action and your body’s ability to manage blood sugar (glucose) levels. As I write this letter, I’m looking at a 2008 study that demonstrates these negative effects. Remember that glucose is your body’s favorite fuel. Messing with glucose levels means messing with your physical and mental performance. It’s no surprise that many pre-training product users complain about getting a “high” at the beginning of their workout only to feel quite depressed or lethargic --or both-- later on. Stimulants may also exaggerate the bloat. And whatever high you get after the first serving quickly fades (you develop tolerance) such that you need to take more and more of the product. You are continually chasing the high like a forever receding mirage.

The “No Bloat” Solution: Beverly UP-LIFT™ Hybrid Training Formula

When I took a look at Beverly’s new training formula, UP-LIFT™, I thought it was the perfect solution not just for me, but for legions of disappointed pre-training formula users. It doesn’t contain any of the ingredients that my 22 years of testing have shown me --first-hand-- to cause the “dreaded bloat” (interstitial water retention). Furthermore, being entirely free of caffeine and other stimulants, it doesn’t give me a temporary “high” that I inevitably come crashing down from, sometimes to a depressing low. Yet UP-LIFT™ reliably manages to keep my energy and performance levels stable from workout start to finish whether I’m racing between sets in the weight room or sweating it out on the elliptical trainer. This is achieved in several ways:

(1) **UP-LIFT™ is designed to be consumed before (pre-training) and again mid-way through your workout.** This is part of its unique “hybrid” functionality and is the best way to produce true “sustained action.”
BEVERLY INTERNATIONAL BLUEPRINTS FOR SUCCESS

(2) **UP-LIFT™ is designed to support the metabolic demands of high-intensity weight lifting as well as cardio.** This is another part of its hybrid functionality. Weightlifting and cardio create different metabolic demands. Ingredients like beta-alanine, histidine and betaine found in the UP-LIFT™ formula support neuromuscular performance in ways that allow you to handle intense cardio sessions or heavy weightlifting involving lots of high-rep sets with short rest intervals. The latter produces ferocious pumps—the type of muscle “swelling” that really does lead to lean mass gains.

(3) **UP-LIFT™ contains the gluconeogenic amino acids L-alanine and glycine.** Your body’s favorite fuel is glucose (blood sugar). Its entire supply of glucose is known as the “glucose economy”. When your glucose economy shrinks, your performance suffers. Gluconeogenic amino acids can be converted into glucose, thereby supporting your glucose economy. Yet they do so without shutting down fat-burning, unlike pre-training formulas containing sugars or other carbohydrates. As amino acids, L-alanine and glycine also support protein synthesis and nitrogen retention.

(4) **Being entirely free of caffeine and other stimulants, UP-LIFT™ does not produce “false energy”**. Rather than relying on the false sense of energy provided by stimulants, UP-LIFT™ contains legitimate nutritional substrates like L-tyrosine that feed directly into metabolic pathways to produce real effects on your physique and its performance. Many users of stimulant-loaded pre-training formulas complain of feeling “tweaked out” by these products. You’ll never have to worry about this with UP-LIFT™. Its expertly-proportioned formula offers superb ergonomics. Your mind will remain calm, cool and collective while its exclusive blend of nitric-oxide (NO) invigorating ingredients goes to work in giving you a spectacular, mass-building pump.

**Save yourself the grief. Ride UP-LIFT™ into your next workout.**

Every now and then someone sends me a pre-training formula to try. Sure enough, one serving is enough to give me the bloat. I look at my wife and she shakes her head. A few hours later my muscle definition starts to come back, granted, but those hours of bloating never seem to pass quickly enough!

Now, rather than looking up at the ceiling and cursing at the bodybuilding gods, I look over at my container of Beverly UP-LIFT™ and say “Hey, at least somebody is doing it right.”

While the bloat caused by today’s pre-training formulas may hit you hard and fast, it won’t do anything to accelerate your lean mass gains. In fact, by pulling water out of your muscle cells, it may actually make gaining muscle harder. Save yourself the grief. If you want the best workout experience possible, one that will actually move your physique forwards, not backwards, then graduate to Beverly UP-LIFT™, the new hybrid training formula.

Enjoy the ride!

Sincerely,

Kieran W.
Beverly Product Tester
Nutrition Plans, Workouts, and Supplements to Build Muscle and Lose Fat

With these comprehensive “No Nonsense” Blueprints you will be armed with a catalog of plans to use for any goal you ever shoot for.

This easy-to-use, quick reference guide offers simple, practical, and effective programs for:

IMPROVED OVERALL HEALTH  
INCREASE LEAN MUSCLE  
MINIMIZE FAT  
FITNESS AND FIGURE  
MAXIMUM MUSCLE MASS AND POWER

Why are we doing this? It’s simple... Beverly is the recognized leader in legitimate bodybuilding supplements and nutrition. We are 100% dedicated to providing you the best education in the industry. We want to teach you, clear up your confusion about supplements and help alleviate your supplement fears. We have your best interest at heart and want you to be wildly successful at reaching your goals.

With these programs you don’t have to spend any more valuable time and effort experimenting. We’ve already done all the experimenting for you in the past 40 years. You don’t have to try and “re-invent the wheel” on your own. We understand that there are a lot of opinions and theories out there. But theories are simply ideas that are not yet proven. Beverly does not operate in theory, only proven methods and facts. Every diet, food and supplement within these blueprints is 100% proven to work – period.

BEVERLY INTERNATIONAL is the recognized leader in legitimate bodybuilding nutrition.

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