

Advanced Anabolic Secrets

“How To Totally & Radically Transform Your Physique In Eight Weeks Or Less!”



A complete resource of bodybuilding information designed to help you achieve your goals as quickly as possible!

Even if you're a “hard gainer” and have been disappointed with other diets and training programs, we guarantee results!

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A Message From Doberman Dan



Dear Friend,

The information that you now hold in your hands could be the key to the physique that you've always dreamed about. The only variable is YOU!

I know this information works very well. It's been proven time and again. The only question is, will YOU have the discipline to follow these instructions and stay consistent?

The information presented in this guide will work very well without supplements. Just follow it to a "tee" and I know you'll be very happy with the changes in your physique. But some people like that "extra edge" that supplements can give you. For that reason, I've included information about some very powerful supplements that have been proven effective for muscle mass gains, strength increase, fat loss, etc.

I sincerely hope that today is the day you set some goals and get started achieving them.

Let's get started on transforming your physique!

Sincerely,

A blue ink signature that reads "Dan Gallup".

"Doberman" Dan Gallup



"Hey Dan,

In six weeks, I have gone from weighing 207 to 194 and decreased my body fat from 16% to 11%. Before starting I performed some base line tests such as 1 rep max for bench and 1 rep max for squat. On Saturday I repeated those tests and was absolutely amazed. My one rep max for bench went from 230 lbs. to 270 lbs. and my one rep max for squat went from 340 lbs. to 410 lbs.! Needless to say I was very pleasantly surprised. I don't know if this is typical, but the result was nice."

Damon Trout
Grand Prairie, TX

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Get Ready to Make Big Gains !

If you have been struggling in the gym and not making gains by following the cookie-cutter training programs...or if you have been changing programs monthly, following the drug-induced champions "training program of the month" featured in your favorite muscle magazines, then you are going to find this a very personally rewarding, result-producing program. You might find it unusual at first, compared to the multiple set, triple-quadruple split, Bulgarian, blast and bomb super-duper, chemically-enhanced programs espoused by the champs every month in the magazines, but this simple course is extremely effective for the genetically-average person (or "hard-gainer") who chooses not to involve himself or herself in the insanity of anabolic steroids. This program has been used successfully by hard-gainers to gain mass and strength for over five decades.

I understand the frustration you've felt while working your guts out in the gym, eating right, and still not making any gains in strength or size. I've struggled for years trying different programs, diets and supplements, spending hours and hours in the gym every week, and hundreds of hard-earned dollars on the latest fad supplements, with only marginal results. It wasn't until I faithfully followed this very course that you are holding in your hands that I experienced the rapid gains in strength and muscle mass that I had been dreaming about for years. If you faithfully follow this program with consistency, determination, and enthusiasm...and when you are in the gym you give it your best effort...then I am confident that you will make great gains on this program.

Will you gain 20 pounds of muscle in eight weeks? Many factors can affect how much muscle you will gain. Some of those factors like training, diet, and mental attitude are directly within your control. Other factors like genetics, recovery-ability, hormones, etc. are out of your control. I know that hundreds of hard-gainers like yourself have gained 25 pounds or more in eight weeks on this program.

Don't worry about those factors that are out of your control. Concentrate your energy on those

factors that you *can* control and give them your all. Set a goal, write it down along with a date that you want to complete it, focus on it, visualize the results you want, and GO FOR IT!

Break down your big goal into smaller chunks, like weekly goals or poundage/rep goals for each workout. How do you eat an elephant? One bite at a time! A gain of only 2 1/2 pounds per week on each of your exercises might not sound too impressive, but imagine how big and strong you would be after six months! As Dr. Robert Schuller says, "Inch by inch, anything's a cinch. Yard by yard, it's hard." For a more in depth study of goal setting I would suggest the classic book, "The Magic of Thinking Big", by Dr. David Schwartz and "Psycho-Cybernetics" by Dr. Maxwell Maltz. Learning to set goals and follow them can translate to success in any area of your life.

You are about to start on a program that is the most effective training and diet course for getting big and strong that you will ever undertake. This program can stand up to any other bodybuilding program hands down! This program is so simple (but not easy) that you're probably wondering why you haven't heard of it before...especially since the claims, although true, are incredibly hard to believe. In the days before steroids this type of program was well know and used to build muscle fast. But after steroids started being used by bodybuilders, they found they could build up on almost any type of training, so they started doing longer routines, using isolation exercises, etc. The bodybuilding magazines printed the newer, super scientific training programs, but forgot to tell us about the steroids. So, the effective drug free training methods were branded as old, outdated and were almost totally forgotten. The fact that the average drug free trainees gains on these newer methods were poor was overlooked, it's like everyone thought "the champs have to be right, look how big they are". So people plugged along on long training programs not suited for them, making poor gains, but hoping one day they would look like their heroes.

Let's face it, most people will have a hard time believing the claims made by this program...

myself included, at first. But even Joseph Curtis Hise, the first person to develop and use this program, encountered the same resistance and disbelief over fifty years ago, in spite of the abundant evidence that the program was working! There will always be skeptics, but it doesn't matter if they believe it. The only person who needs to believe is you. After six weeks on this program, if followed faithfully, you will be assured that you made the right decision.

So get ready for some hard work...some very hard work! But also get ready to enjoy the big gains in strength and size that you have been dreaming of! Believe, expect big results, train hard, eat big, and GO FOR IT!

The Basics Of The Program

One of the most effective methods for building size and strength quickly is one you have probably never heard about (for reasons we already discussed). The core of this program is one (that's right...just 1) set of squats, but this one set is probably one like you have never done before. Here is where you find out what you're made of! This is one very intense set, but you only have to give it your all on this one set. You will use a weight that you can do a normal set of squats with for 10 reps...and then you will do 20 reps! I know you are asking yourself, "How am I supposed to do that?", but we will discuss technique later. This set of squats, if performed properly, will have you huffing and puffing like a freight train, your chest will feel like it's blowing up like a balloon, and your legs will feel like rubber bands, but you will learn to love this temporary discomfort when you see the awesome growth it produces. We will also add a few other basic exercises to round out the program, but most of your energy and focus will be put into that one set of squats.

In addition to the squats, you should eat plenty of good wholesome food, drink 2 quarts to 1 gallon or more of milk a day, and get plenty of rest (at least 8 hours of sleep) between your workouts, which you will perform 2 to 3 times a week.

Don't let the simplicity of this program throw

you. It is simple but it's not easy. I wasted 10 years of training and a lot of money, trying all the fancy programs and diets only to realize little to no gains. It wasn't until I followed this program that I finally started getting the size and strength gains that I had been looking for.

There is something almost magical about that gut-busting set of squats. I'm sure that some doctor or exercise physiologist, or some other expert with a lot of degrees could explain just what happens in your body as a result of those squats, but this is how I understand it: Those heavy, high-rep squats somehow cause a release of hormones and other growth-producing chemicals in your body and super-charge your blood. This "super-charged" blood is now coursing through your body and organs because of the massive amount of work and stress that you are placing on yourself. These squats become a growth stimulus to all the major muscles in your body. Once you do a set like I will discuss later, you will experience what I am trying to describe. When you are squatting, try to visualize your blood, now "super-charged" coursing through your body, bringing those growth-releasing substances and nutrients to your muscles.

After you have pushed yourself to the limit on your one set of squats, rack the bar, walk over to a flat bench (hobble or crawl over to it if you have to), lie on your back crossways on the bench, and do a set of dumbbell or barbell pull-overs for 20 reps with a light weight. The emphasis is not on the weight here, but your breathing. Of course you will be breathing (or should I say gasping) pretty deeply after those squats and this exercise will help expand your upper body framework for the slabs of muscle that you will be packing on. Take several deep breaths before each rep, then take as deep a breath as possible while lowering the weight feeling the stretch in your rib cage, and exhaling while raising the dumbbell. Take 2 to 3 deep breaths and repeat the process for 20 reps of dumbbell pullovers.

You will then perform 2 to 3 sets of several other basic exercises and you will be done and out of the gym in an hour or less. Go home, get plenty of rest, eat well, drink lots of milk, and

grow, grow, grow! You'll be totally recuperated and ready to repeat the process in a few days... except this time with 5 more pounds on the squat bar! "What?!! I could barely get 20 reps last time and now you want me to do it again with 5 more pounds?!!!" I know how you feel, I felt the same way, but this is what I have found: You will never grow until you force your body to do more. It's called "progressive resistance" and a lot of people don't practice it and therefore don't grow. I used to think that my body would tell me when to increase the weights I was using or that I would *feel* stronger when I was ready to increase the weight. My body wanted to stay where it was...and it did...for years! It wasn't until I started progressively using more weight that I really started getting bigger and stronger. This is where the phrase "Mind over matter" comes into play. You *are* stronger than you were at your last workout if you ate well, drank a lot of milk, and got plenty of rest. You *can* do 5 more pounds on the squat for another 20 rep set...you are physically capable of doing it, but you have to *believe* that you are capable of doing it, and, as the Nike commercial says, "Just do it!" It is only a few minutes of tough effort, but you will be rewarded with the size and strength gains that you have been dreaming about.

So I hope that I have made my point clear that you have to force yourself to grow. Every workout, that's *every* workout for the 8 week period, go up 5 pounds on the squat but still do 20 reps. You will be happy that you did!

On the remaining exercises, push yourself to go up at least 5 pounds every week. If you can handle more frequent increases on these other exercises, then by all means, slap on more weight. To get bigger, you need to get stronger and you must force your body to get stronger. It doesn't just happen. Use that wonderfully powerful computer that is in your noggin, program it for success, take control of your body and *will* it to grow bigger and stronger. Think big, train big, and eat big!

So, to sum up the basics of the program:

1. Heavy 20 rep squats.

2. Go up 5 pounds on squats every workout.
3. Drink lots of milk.

(Do NOT follow this diet advice if you need to LOSE weight. Go to page 13)

Don't worry that the principle is over 40 years old. It works! Thousands of people have gained more weight in a month on the squats and milk program than they had after a year or longer on other programs. Many people have experienced gains of 20 or 30 pounds in a month. John McCallum, a great bodybuilding author and promoter of the squats and milk program, said, "If you don't gain at least ten pounds a month you're doing something wrong."

The Training Program

In addition to your set of squats (more details later), the rest of your program will consist of some basic multi-joint exercises. The basic exercises are ones that involve the large muscle groups and the supporting smaller muscles, as opposed to isolation exercises. What do I mean? For example, let's say that we are going to work chest. An isolation exercise would be dumbbell flies. A basic exercise would be the barbell bench press or barbell incline bench press. The bench press not only works your pecs, but also your shoulders (anterior delts) and triceps. The bench press is a strength and size builder, building several muscles in your upper body, while dumbbell flies isolate only the pecs and don't build as much upper body mass and power.

Your focus should be on getting stronger in the basic exercises right now. Don't expend your valuable energy on isolation exercises. If you want to do some for fun or variety, and it doesn't affect your recovery-ability, then go ahead and do a few sets...AFTER you've done your basic exercise. My opinion is that you should just concentrate on the basic exercises until you've gotten up to your desired body weight and have had some appreciable strength gains. After eight weeks on this program you will be ready for a little variety and can start doing a few additional isolation exercises.

Some of you may find that this program

causes you to over-train and you are not recovering fully between your workouts. If this is the case, I will outline an abbreviated, but very effective program that is sure to produce gains in size and strength, even on the hardest of gainers!

The Exercises

This routine may not look fancy or impressive compared to some of the slick, fancy routines in the muscle magazines, but it is VERY effective. The exercises listed below should be performed in the order listed.

Squats: 1 x 20 reps

Dumbbell Pullovers: 1 x 20 reps (Immediately after squats)

Barbell or Dumbbell Bench Presses : 3 x 6 to 8 reps

Chins: 2 x as many reps as possible

Bent Over Barbell Rows: 2 x 8 to 10 reps

Seated or Standing Dumbbell Press: 2 x 8 to 10 reps

Barbell or Dumbbell Curls: 2 x 6 to 8 reps

Standing Calf Raises: 2 x 15 to 20 reps

Stomach Crunches: 1 x 25 to 30 reps

How Often Should You Workout?

This program is normally done three days a week on alternate days, like Monday, Wednesday, and Friday or Tuesday, Thursday, Saturday. Some of you will gain better if done only two days a week like Tuesday and Friday, or Wednesday and Saturday. I personally only did the routine twice a week because my body couldn't recover fast enough between workouts three days a week. I would suggest that you try it three days a week. If you are really sore (not just mild soreness and stiffness) and don't seem to be recovering and progressing between workouts, then drop

back to twice a week. For those of you who are still not recovering and gaining from this routine, you will need to perform the ultra hardgainers routine twice a week.

The Ultra Hardgainers Routine

This routine has put muscle and strength on some absolute skeletons. This is the routine that was followed by Peary Rader, founder of Iron-Man magazine, and allowed him to gain over 100 pounds of muscle! Peary was extremely skinny and weak when he started on this program after trying dozens of other routines with no results. Peary started doing squats with only 35 pounds but soon worked up to doing 20 reps with over 300 pounds! So don't be discouraged if you're using light weights to start. Soon you will be doing big weights and growing like crazy!

Squats: 1 x 20 reps

Dumbbell Pullover: 1 x 20 reps (Immediately after squats)

Bench Press or Dips: 2 x 6 to 8 reps

Barbell Rows or Chins: 2 x 6 to 8 reps

How To Perform The 20 Rep Squat

You will be doing heavy, high rep, parallel squats. These used to be called "breathing squats" and it will be quite obvious how that name came about after you do your first set according to my instructions.

Heavy means different things to different people. What is heavy for you might be light for someone else...but remember...the only person you are competing with is yourself. So let me define what I mean by "heavy". You will use a weight that you can normally squat for 10 reps... and you will do 20 reps. It will not be easy, but you will do it because you have the desire to get bigger and stronger. And you will go up 5 pounds every workout. Doing this, you will experience gains in size and strength that are noth-

ing less than phenomenal!

High rep means 20 reps, but remember, you only have to do one set. For the eight weeks that you will be using this program, feel free to experiment with different rep ranges on your squats. Always do a minimum of 20 reps but you also might want to try 25 to 30 reps. Keep it somewhere between 20 to 30 reps. I very rarely did more than 20 reps. If you do your set like I am going to describe to you, 20 reps will be all you can do.

“Parallel” means that you only squat down until the tops of your thighs are parallel to the floor. That is all the further you need to squat to thoroughly work the muscles. Going below parallel increases your risk of injury because your back starts to round out. Keep your back as flat as possible and keep your head up with your chest held high. It helps to pick a spot on the wall above your head level and look at that spot while you are squatting. Take an empty bar and practice your form in front of a mirror before you start your workout. This will also help you warm up.

Some people place the bar high on their traps and others place it lower. The higher the bar, the more strain will be on your lower back. Since I have had a nagging back injury for years, I always place the bar lower on my traps, similar to how a powerlifter would squat. If you choose to try this technique, there is a natural “groove” for the bar when you grab it, bring your chest up high, your elbows back, and your head up. You may have to experiment a little bit to find your groove, but you’ll know when you’ve found it. The bar actually rests on the top of your rear delts.

If you are very thin or find the bar cutting into your skin, it’s OK to wrap the bar with a towel or some kind of foam rubber pad. You need to concentrate on your squats, not how bad the bar is hurting your shoulders, so use some kind of padding if necessary.

OK, now we are ready to get started. Step under the bar and find your “groove”. Keep your back flat or slightly arched, chest held high,

shoulders back, and head up, and push the bar up off of the racks by straightening your legs. Take approximately one step back and put your feet about shoulder width apart with your toes pointed slightly outward. Don’t take an unusually wide or narrow stance, just put your feet in as natural position as possible. Stay “tight” in this position (back flat or slightly arched, chest held high, shoulders back, head up, feet in place) because you should not be shifting your foot position in between reps.

Now we’re ready to do our first rep. Still in your strong and solid position (back flat or slightly arched, chest held high, shoulders back, head up, feet in place), look at your imaginary spot on the wall and take one deep breath and exhale. Now take another deeper breath and exhale. Take a third even deeper breath, hold it and squat to parallel. As soon as you reach parallel start driving the weight back up forcefully while exhaling and maintaining your solid position (back flat or slightly arched, chest held high, shoulders back, head up, feet in place). You may be tempted to hold your breath while driving the weight up. Don’t do it unless you want to pass out and go crashing to the floor with the weights on top of you! Exhale forcefully while driving the weight up.

Congratulations, you completed your first rep. Now repeat the whole procedure with at least three deep breaths again in between each rep. After your tenth rep you may be taking 6 or more deep breaths between each rep. Take as many breaths as you need but never less than three.

At about the tenth rep is when this really becomes a challenge and you have to get mentally tough to do what it takes and finish the set. Taking five or more deep breaths between reps helps but most of your struggle will be a mental battle. You may be tempted to quit and rack the weight because it is starting to get uncomfortable. Don’t do it! You have the ability to push past the temporary pain and complete your twenty reps, but you really have to want to do it. Think to yourself that it is only one set that you have to do and when you finish this one set of twenty reps, you

will have sparked the hormonal and chemical changes necessary to get your muscles growing. Your mind is more powerful than the bar on your back. Decide to do whatever it takes to finish this one set so that you can enjoy the exhilaration of completing this mental and physical challenge.

A secret that I learned really helped me to get through my twenty reps. I warmed up with an empty bar to practice my form (back flat or slightly arched, chest held high, shoulders back, head up, feet in place), and then did a few lighter sets for 5 or 6 reps. After this warm up I would go to the locker room and sit in a stall, close my eyes and visualize myself doing all twenty reps in perfect form. I would count each rep as I visualized myself completing each one. After completing the twentieth rep in my head I would walk back out to the gym floor and get in position and do the set. I would softly say things to myself in between reps when it really started to get difficult. I would say things like, "big and strong, no problem, I can do this, piece of cake, I'm strong, I'm getting bigger and stronger, I've got it, done deal"...etc. In other words, I spoke positive affirmations to help program my mind for success. I *expected* to finish the set and I always did.

Your mind is a very powerful thing, and you can program it for success or failure. The choice is yours. If you will take the time to read some books and learn how the conscious and subconscious mind work, you will start to understand how *you* control your success or failure, not just in completing your set of squats, but every aspect of your life.

So now you've finished your twentieth rep and you've racked the bar. You are huffing and puffing like a steam engine, your whole body feels like rubber, and your chest feels like it's about to burst. So now you can collapse on the floor for a few minutes, right? Nope. Walk (or should I say crawl?!!) over to a flat bench where a very light dumbbell or barbell is waiting for you. Lie across the bench and immediately do one set of pullovers for twenty reps. Just like squats, take at least three breaths in between each rep, hold the third breath while you lower the weight over your head, keeping your elbows only

slightly bent. Exhale as you raise the weight back to the starting position.

The deep breathing brought on by the squats, followed by a chest stretching exercise like pull-overs helps to expand the rib cage and upper body structure. When doing pullovers, combined with the heavy breathing as a result of the twenty rep squats, you will feel a definite pulling or stretching sensation in your chest. This is OK. It just lets you know that this exercise combination is working.

You should only use a light weight on pullovers. The emphasis here is not on taxing the upper body muscles, but on deep breathing and getting a good stretch of your upper body and rib cage.

After you have done twenty reps on pullovers you can relax and enjoy the satisfaction of knowing that you have finished the hard part of the workout and have set the stage for muscular growth. Rest as long as you need before going on to the other exercises.

You should try to complete your workout in an hour or less. If you find yourself taking longer than an hour and fifteen minutes, you should cut down on your rest between sets, or look at cutting back on the number of sets.

To summarize:

"Work super hard, breath very deep and get big!"

The Hardgainers Muscle Building Diet

I have heard professional bodybuilders say that eighty to ninety percent of bodybuilding success is diet. This is definitely true if you are a genetically average Joe or hard gainer. Do not ignore this diet advice and think that you will grow bigger and stronger just from training, but continuing your old diet habits. If you want to get big, you've got to eat big.

If you have a lot of body fat and need to lose weight, DO NOT follow this dietary advice for hard gainers. I have some specific, very effective dietary advice for you on page 13.

I will now let you in on one of the most exciting dietary secrets for building muscle. There is an inexpensive food, found in all grocery stores, that when consumed in large quantities, causes almost miraculous gains in size and strength. I like to call it "White Magic", because consistently consuming it, along with following this training program, will cause your muscles to grow like magic. It really does do a body good! That's right, I am talking about milk! Whole milk, not 2% or skim...and fresh raw milk if it is available from any dairies in your area. To gain weight and get stronger on this program you need to be drinking a lot of milk throughout the day, with your meals and snacks and between your meals and snacks.

How much milk should you drink? That will depend on your metabolism, but two quarts a day is the minimum. If you have trouble gaining weight or are not making much progress, the goal should be one gallon a day. I know that sounds like a lot but when you sip it throughout the day, it's not difficult at all consuming a gallon a day. At times you will feel like you constantly have milk sloshing around in your stomach. But just remember that while all that is sloshing around, that "White Magic" is building those muscles bigger and stronger every day!

I bought a gallon size thermos and took it to work every day filled with that ice cold "White

Magic". I had a large McDonalds cup with a lid and a straw and kept it filled, constantly sipping on it throughout the day. It was not unpleasant or uncomfortable at all to drink all that milk. When I got tired of doing it, I just focused on my goal of getting bigger and stronger, thought about that miraculous, muscle building "White Magic", and filled the cup up again.

Was it worth it? After years of wasted effort on other routines without results, I gained twenty pounds in six weeks. I was bigger, stronger, felt better, and put on very little fat around my waist. Almost all of that twenty pounds was muscle mass. The minor inconvenience of lugging a gallon thermos to and from work, and sipping milk all day long was definitely worth it!

After eight weeks on this program and some awesome gains, I was ready to go back to a less intense program and lose the little bit of fat around my waist. I had learned a few things that allowed me to continue gaining muscle size while simultaneously losing bodyfat. But that is the subject another manual. For now, follow this program faithfully for eight weeks and don't worry about putting on a little bodyfat.

Now if you start wearing shirts that say "Goodyear" on them, your gut starts to hang over your belt so much that you can't see your shoes, and when you wear a yellow sweat-suit, forty school children try to board you... you might want to consider cutting back on the milk. For most hard gainers this will not be a problem.

So to summarize:

If you don't feel like you've been draining a cow a day, you're not drinking enough milk. Down a gallon a day of that wonderful "White Magic"!

The Hardgainer Diet

In addition to drinking your milk, you will need to eat at least three meals every day and 3 snacks between. Your body can assimilate food better when it is spread throughout the day, rather than gorging yourself on two to three large meals each day.

The main component required in a muscle building/weight gaining diet is protein. Of course you will be getting plenty of protein in your milk, but you will need to eat a lot of other quality complete protein foods. What is a “complete” protein? That is a protein source that contains all the amino acids (protein is composed of amino acids) that are required by your body to support growth. These sources are: red meat, chicken, fish, eggs, and dairy products. Other foods like beans and nuts have protein, but it is an incomplete protein. They do not contain all the essential amino acids to support growth, so don’t depend on those to supply your protein needs. Just eat plenty of good wholesome food and try to avoid the sugary junk. A little now and then won’t hurt you, though.

Sample Weight Gaining Diet

I am including the type of diet you should follow to gain some good muscular bodyweight. Diet is very important, both myself and a lot of my trainees didn’t gain until we started eating a very large amount of protein, it makes a big difference. I don’t expect you to dive in and eat all this the first day, I want you to eat progressively (just like you will train progressively) try to eat a bit more each week.

You don’t have to use protein powder, it’s not totally necessary. You can drink milk, or you can use powdered milk instead. Any protein drink can be made with powdered milk instead of commercial protein powder.

BREAKFAST

meat 1/4 lb
3 eggs
2 slices wheat toast
milk or protein drink

SNACK

cottage cheese 1/4 lb
fruit
milk or protein drink

LUNCH

Tuna Sandwich (6 oz tuna)
cottage cheese 1/4 lb
salad
milk or protein drink

SNACK

cheese sandwich 2 oz cheese
milk or protein drink

DINNER

Chicken 8 oz
baked potato
cooked vegetable
salad
milk or protein drink

SNACK

2 eggs hardboiled
fruit
milk or protein drink

This is also very convenient because most of this food can be prepared and taken to work or school in a lunchbox or “Lil Playmate” type of cooler.

I learned a secret that many successful bodybuilders were doing to keep their bodies in a positive nitrogen state for growth. A positive nitrogen state means that there is always complete protein (protein is the only nutrient containing nitrogen) available in the bloodstream for growth and repair. The secret is to never let more than three hours go by without consuming some kind of quality complete protein. Constantly sipping on milk throughout the day should take care of that.

The Growth Drink

Over the years I must have spent a small fortune on all the latest powders and blender drinks that were being hyped in the magazines. Save your money. I will give you the recipe to an inexpensive blender drink that supplies around 100 grams of protein per quart and tastes like a milkshake.

- 2 quarts of whole milk
- 2 cups of skim milk powder
- 1 banana
- 4 tablespoons peanut butter
- 6 raw eggs
- 2 to 4 scoops of chocolate or vanilla ice cream

If you are worried about the raw eggs and getting salmonella, then drop them in boiling water for 30 seconds before putting them in the blender. This should kill any bacteria.

When I was in a hurry in the mornings and didn't have time to prepare breakfast, I mixed up one of these blender drinks, took it in the car, and drank it on the way to work, and throughout the day. Never ever skip a meal.

I have another tidbit for those who find themselves hitting the snooze alarm too many times and being rushed in the morning. Put 2 to 3 eggs in a bowl and whip them up with a fork, adding a little milk, half and half, or heavy cream. Stick this in the microwave for approximately 1 minute. Beat it with the fork again and add some cheese. Put it back in the microwave for another 1 to 2 minutes, or until the eggs are thoroughly cooked and the cheese has melted. Put a small pat of butter on it and stir it in until it melts. Flavor to taste with salt and pepper. This is an easy and quick way to fix scrambled eggs for breakfast.

Some people who have been brain-washed by the current low fat diet fad are concerned about fat and cholesterol in their diet. The only way a bodybuilder can make a high protein, high carbohydrate, low fat diet work is to eat outrageous amounts of food and take anabolic steroids. It is

extremely difficult to build muscle size and gain weight on a low fat diet.

If you are concerned about your cholesterol level then have it checked after a month or so on this program. I have still not seen a study done on healthy people, regularly exercising intensely, and eating lots of eggs and meat, that showed an increase in serum cholesterol. If you are really concerned about this, then I suggest you immediately go to the book store and buy a copy of the book New Diet Revolution by Dr. Robert Atkins. Dr. Atkins is a cardiologist who will prove to you in his book that this low fat, high carb diet is one of the worst things that you can do to your body. More calories will be stored as bodyfat when eating the low fat diet and it will be nearly impossible to build any strength or size.

Most people in this country believe that the low fat thing is the way to go to stay healthy and lean. This belief has been repeated by the media for over ten years, but Americans have statistically gotten fatter every year and the average age for heart attacks will soon be 20 to 25 year olds! Just because something is repeated for years by the media and self-proclaimed experts, doesn't mean it's true! Read Dr. Atkins book and learn the truth.

Supplements for Hard Gainers

I have not talked about supplements yet but I do believe in taking them. Supplements can give you that “extra edge” in building muscle mass and strength.

The basics should be a good multi-vitamin/mineral supplement. I call this my “basic nutritional insurance” to make sure I’m getting all the vitamins and minerals that, unfortunately, are no longer found in sufficient quantities in our food.

A good meal replacement powder or a high quality protein powder can be very helpful in your quest for more muscle mass. They can be good substitutes for whole food meals. I usually eat 3 to 4 whole food meals per day and three blender drinks with protein/meal replacement powder.

Muscle Milk is an excellent protein powder product that comes in a large variety of flavors.

Beverly International also make excellent protein powders. My favorite is their “Ultra Size” protein.

Creatine Monohydrate has also proven to be very helpful in gaining muscular bodyweight and strength. Some people get gastric upset and diarrhea when they start their creatine cycle with a 20 to 25 gram “loading cycle”. And I’ve found that the commonly recommended maintenance dosage of 5 grams a day is just not enough for many people to get maximum benefits.

Many people simply cannot tolerate creatine supplementation and have excessive gastric upset or diarrhea when they take enough to get results.

To help with that problem we developed a special buffered creatine product called “*Hyper Gain*”.

A mere three capsules of *Hyper Gain* is equal to what your body can absorb from a whopping 15 grams of regular creatine monohydrate!

With *Hyper Gain* you don’t have to deal

with loading phase hassles, multiple daily dosages and stomach upset because your muscle tissue will fully absorb 100% of our new buffered creatine formula.

Since *Hyper Gain* is free of unwanted toxic conversion, it puts an end to the days of having to saturate your body with huge ten to twenty gram amounts of creatine monohydrate to get the desired strength, endurance and muscle building effects.

Here are the supplements I recommend for people who need to gain muscular body weight and strength:

- ***Hyper Gain***

<http://www.anabolicsecrets.com/hypergain.htm>

- ***Nitrobol***

<http://www.drugfreebodybuilding.com/Nitrobol.html>

- ***Jacked Up***

<http://www.drugfreebodybuilding.com/jackedup.htm>

Diet Information For Fat Loss & Lean Muscle Gain

You may have a hard time believing some of the concepts presented in this book because they will probably be contrary to what you have heard or read in the past. I know how you feel. I had a hard time believing it, too, but the evidence overwhelmingly supported these ideas.

For starters (and especially for all you Doubting Thomas, “analysis until paralysis” detail-head type guys) I would strongly recommend obtaining a book by Dr. Robert Atkins entitled “Dr. Atkins New Diet Revolution”. Dr. Atkins is a cardiologist who started treating heart patients, obese people, and diabetics with a special diet that was producing amazing results. He wrote about his findings over twenty years ago in his first book, “Diet Revolution”. Now, more than twenty years later, he is still prescribing this diet and espousing it as the ultimate diet for not only fat loss, diabetes, and other ailments, but as the best diet for maintaining your health.

In his book, Dr. Atkins explains all the medical and physiological reasons that this diet produces fat loss without an accompanying loss of muscle tissue. It is beyond the scope of this book to go into depth on that. Just realize that this diet produces results and get Dr. Atkins book if you want to know why it works.

Some facts about the frequently advocated low fat/high carbohydrate diet:

- High carb diets increase water retention (3 grams water/H₂O to every gram of glycogen - stored muscle sugar) making you look soft and puffy as well as stopping your body's ability to burn fat.
- 70% of your body's energy, when at rest (not exercising), comes from fat, not carbohydrates, but high carb diets stop you from accessing the fats.
- High insulin levels in your body from eating lots of carbs lower your body's anabolic re-

sponse, growth hormone secretion, immune response, and boost fat storing enzymes at the same time.

- Obesity in America has risen more than 33% over the last ten years despite a decrease in overall fat consumption.
- 75% of the American population are physiologically unable to benefit from a high carb diet.
- Certain fats stop fat storage and stop muscle breakdown while increasing fat-burning and metabolic rate.
- Working out with weights for more than 60-75 minutes can cause your body to burn muscle, sugar, and protein, but not fat.

So if a low fat/high carb diet is totally ineffective for fat loss, what is the best diet to follow to lose fat while building muscle? A high fat/high protein/low carb diet is the magic diet if you want to lose bodyfat and maintain or build muscle.

A diet that is 65 to 70% fat and less than 5% carbs?!!! This guy must be nuts!!! I would have probably agreed with you just a few short months ago. But when people like Dr. Robert Atkins, M.D., a cardiologist, Dr. Greg Ellis, PhD., inventor of the Somatech ultrasound body composition technology, and Dr. Mauro Di Pasquale, M.D., one of the leading sports medicine experts on drugs, food supplements and nutrition, all recommend this diet as the best method for reducing bodyfat while increasing muscle size, you have to view this plan with an open mind. If you still don't believe it, buy Dr. Atkins book and read it. After that, if you still have a hard time accepting these ideas, try the diet on yourself for six to eight weeks. The results will speak for themselves.

The program that you have in your hands now is for the bodybuilder who wants to lose bodyfat without losing precious muscle size or who has been stuck at a certain weight for a long period of time. For these people, the program works great! What does “works great” mean? A

10 to 15 percent increase in lean muscle mass with a decrease in bodyfat - and in only 12 weeks!

If you're a hard gainer and have followed my previous dietary advice for bulking up, you might also want to try this diet for a period of 6 to 8 weeks. In the process of bulking up you may have put on a little body fat. That's OK, this diet will strip away that body fat almost like magic!

The high fat diet works because by increasing fat intake and reducing carbohydrate consumption, you manipulate hormone levels in the body, primarily levels of natural growth hormone, insulin, and glucagon. You end up increasing growth hormone and glucagon, and you suppress insulin, which creates a natural anabolic effect.

The basics of the diet are this: For five days (I use Monday through Friday) you follow a high fat/high protein/high calorie diet, with less than 45 grams of carbs a day. Then on the weekend you eat high protein/high carb, including even simple carbs in moderation (junk food like Twinkies, ice cream, etc.). Sound too good to be true? Read on!

What kind of foods and fats should you eat? All kinds of meat, whole eggs, butter, and heavy cream...as much of these foods as you want...no limit! This includes the following foods:

- Butter
- Margarine
- Whole eggs
- Red meat
- Pork
- Fowl
- Oils, especially flax seed oil
- Organ meats
- Bacon
- Baloney
- Sausage
- 4% milkfat cottage cheese
- Fish & Seafood
- Heavy cream
- Some cheeses (check the carb content)

The most important thing is that you drop your carbohydrate intake to 45 grams a day or less. This is essential! Ingesting more than 45 grams of carbs a day will counteract the whole system. Just to give you an example of how few carbs that is... the average baked potato has approximately 30 to 40 grams of carbohydrates! So if you eat one potato, you have had your limit of carbs for the day.

This diet will only be difficult for the first 3 to 5 days while your body adjusts to using fat for fuel. After that you should have no problems. When you start craving that pizza, ice cream, bread, or potato, just remember that you will be able to chow down on all those things on the weekends.

One thing that does not change on this program is that you will be eating more than three meals a day. You should be eating 5, 6, or 7 meals a day just like I suggested for underweight hard-gainers. Basically all your meals will be meats, whole eggs, cheese, butter, margarine, and oils. Buy a carbohydrate counter and select your carbohydrate foods like watercress and other vegetables that are low in carbs so you can eat more volume yet still stay under your carb limit of 45 grams a day. You need to be careful of hidden carbs, too, like ketchup and sauces, or breading on your deep-fried chicken or fish. If you use a protein powder, check it for carb content per serving. A 100% egg protein powder would be a good replacement if your present protein powder has too many carbohydrates. And remember that you can't use milk, half & half, or fruit juice to mix with your protein powder. Use either water or heavy cream thinned out with water. The hidden carbs can add up, too.

You don't *have* to carb-up on weekends. It sure gives your mind and taste buds a break if you do, though. Some guys stay on the diet seven days a week and get good results. I've found that loosening up the diet and eating high carb/high protein on the weekend somewhat mentally renews me and gives me an increased pump and energy when I train.

Vince Gironda always recommended a meal

of just pasta every five days when following a high fat/high protein diet. Gironda claimed that you will flatten out, lose vascularity and not get a very good pump in the gym if you do not get some carbs into your system every five days or so. This may require some experimentation on your part. Try following the diet straight through on the weekends for about two weeks and then carb up on a weekend and evaluate it for yourself. I would be very interested in hearing about your individual results.

This is not a diet that you can half heartedly follow. There's no sense in doing it half way, because it won't work. Like any other area of your life, it requires discipline and commitment if you want to achieve success. If you exceed 45 grams of carbs a day, you won't get the proper manipulation of hormones to create the anabolic/lypotropic (fat-burning) effect.

Sample Fat Loss Eating Plan

These ideas are intended as a guide. You should obtain a carbohydrate counter booklet and begin to plan your own meals, keeping your carbohydrate intake under the prescribed 45 grams a day.

BREAKFAST

- Scrambled eggs (no limit)
- Bacon (no limit)
- Cheese (watch the carb content of some cheeses!)
- Coffee with Equal® and heavy cream

(For a delicious, quick, and convenient breakfast, you may want to try my quick and easy breakfast described later.)

LUNCH

- Meat (no limit)
 - Hamburger patty
 - Pork
 - Steak
 - Chops, lamb or pork
 - Bacon

Liver
Chicken Livers
Turkey
Chicken
Fish
Meatloaf

- Eggs (Any style, no limit)

DINNER

- Small dinner salad with any style dressing
- Meat (All kinds, no limit)
- Eggs (Any style, no limit)
- Sugar-free Jello® topped with special zero carbohydrate whipped topping. (Pour a little heavy cream in a blender, add one packet of Equal®, and blend at medium speed until mixture thickens. You will think you're eating sugary junk food and cheating on your diet! It's awesome!!!)

You should nibble on meat and/or eggs in between each of your meals and also eat a high fat/high protein meal before bed. For your in-between meal snacks you can sip on the high fat/high protein/low carb blender drink described later.

Secrets To a Quick & Easy Breakfast

Breakfast seems to be a challenge for most people. Some people claim that they just don't feel like eating in the morning and would rather grab a cup of coffee and go out the door. Others don't allow the time to prepare a breakfast of eggs and bacon in the morning, so they hurry out the door with nothing in their stomachs. Skipping breakfast can literally kill your bodybuilding gains. I have a solution to both of these problems.

For those of you who don't feel like eating in the morning, a high fat/high protein/low carb blender drink is the answer. I have used the following mixture for breakfast and for between meal feedings, or even as a substitute for a solid

food meal while following this fat loss plan:

- 2 to 4 raw eggs
- 2 to 3 tablespoons of flax seed oil
- 8 to 12 oz. Water
- 4 to 6 oz. Heavy cream
- 1 to 2 packets of Equal®
- 1/3 to 2/3 cup of a low carb protein powder

Blend at low speed until thoroughly mixed. If you like your blender drinks very cold, then crush ice cubes in the blender before adding the other ingredients. For variety, you can add McCormick® flavorings like coconut, banana, strawberry, etc. These flavorings have little to no carbohydrate content in them.

If you are worried about using raw eggs because of the salmonella possibility, then put the eggs in boiling water for about one minute before cracking them open and putting them in your blender drink.

I discovered a secret for preparing a healthy breakfast in just a few minutes in the microwave oven. Bacon can be cooked in the microwave very quickly...about one minute per strip of bacon. There are special dishes made for cooking bacon in the microwave. If you don't have one you can put four to five paper towels on a regular plate, lay the bacon on top of the layer of paper towels, and cover with two to three paper towels. Place in the microwave for approximately one minute per strip of bacon.

While the bacon is cooking, put two to three eggs (or however many you want) in a bowl or large microwave-safe coffee mug. Add a little heavy cream and beat with a fork. When the bacon is finished, place the scrambled eggs in the microwave for approximately three to four minutes, stopping the microwave every minute or so to beat the eggs with a fork. When the eggs are almost fully cooked, add cheese, and small pieces of your previously-cooked bacon, and mix with a fork. Finish in the microwave until eggs are fully cooked and cheese is melted. Add butter, salt and pepper to taste. This makes a delicious and fast breakfast that is perfectly compatible with the low

carb fat loss diet.

Training Information For Fat Loss & Lean Muscle Gain

It's nothing new or revolutionary. Simply follow the same routine outlined earlier for hard gainers. It's one of the most effective for building muscle and increasing strength.

You might want to add 2 to 3 twenty or thirty minute sessions of aerobics (bicycle or treadmill) per week if you have a lot of body fat to lose. If you choose to do aerobics, do them at a moderate pace. A good rule of thumb for fat loss is that you should be able to carry on a normal conversation. If you're huffing and puffing, then you need to back off the intensity and slow down.

Suggested Supplements For Fat Loss & Lean Muscle Gain

- ***Xenomine***
<http://www.drugfreebodybuilding.com/xenomine.htm>
- ***Nitrobol***
<http://www.drugfreebodybuilding.com/Nitrobol.html>
- ***Jacked Up***
<http://www.drugfreebodybuilding.com/jackedup.htm>