PHYSIQUE TRANSFORMATION

BLUEPRINT



8 Weeks To MONSTER MASS!

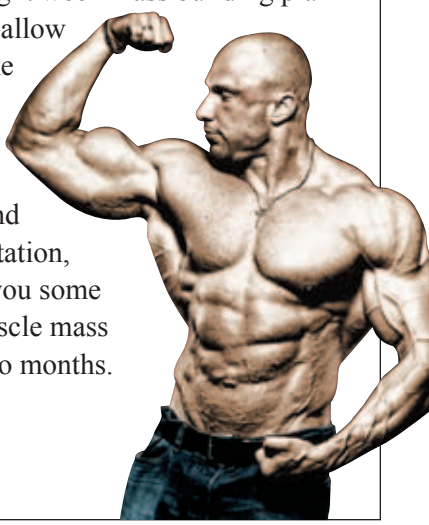
8 Weeks To MONSTER MASS!

There is no feeling in this world equal to that of being a huge bodybuilder. Carrying 20 or 30 more pounds of muscle on your frame can and will set you apart from your peers in more ways than one can imagine. The fairer sex notices you in any room you enter. Other males will often immediately realize your greater physical capabilities and either move out of your way, or more likely, ask you for training advice. You are more confident in everything you do, at work, in school, in the athletic arena and in the bedroom. Men who carry more muscle also carry more self-confidence, which equates to greater success in all aspectts of life.

Simply put, getting big is awesome. Most people (who aren't underfed and insecure) will agree. The problem is that despite the fact most males would like to carry incredible muscle mass and size, only a small percentage of those with the desire will ever actually achieve that goal. Why? The reasons will vary, but they all boil down to the fact that most people are not able or willing to completely succeed in meeting the three main requirements for building mass: proper training, nutrition, rest and supplementation.

Close your eyes and picture a three-legged stool in your mind. Upon this stool sits the newer, better you, complete with 20 more pounds of muscle mass than you currently carry. The three legs of the stool are, predictably, training, nutrition and supplementation. If the stool is missing any of these legs, we all know what happens – the person sitting atop it (in this case the more massive you) tumbles to the ground. As a bodybuilder seeking to add a significant amount of muscle mass and size to your frame, you are going to want to do everything within your power to ensure that all three legs of your bodybuilding stool are intact. If you can do this, and remain consistent over a decent period of time, you are going to gain some serious muscle mass!

Despite all of the advancements made in the fields of technology, imagination, and even sports nutrition in the past several decades, the tasks that we complete in the weight room have remained constant. No amount of innovation can change the fact that the act of moving heavy weights in a few simple directions using the muscles of the body will lead to muscular growth (assuming the other legs of the stool – nutrition and supplementation – are in place). The same exercises that helped to build the massive physiques of Arnold Schwarzenegger, Lou Ferrigno and Bill Pearl several decades ago are still highly effective today. Let's look at a simple eight week mass building plan which will allow you to make the most of the available nutrition and supplementation, and show you some serious muscle mass gains in two months.



The Eight Week Mass Building Workout

Monday:

Chest ,Triceps & Calves

Incline Dumbbell Press	4 sets of x 8-10 repetitions
Flat Bench Press	4 sets of x 6-12 repetitions
Hammer Strength Incline Bench Press	3 sets of x 8-10 repetitions
Decline Dumbbell Flyes	3 sets of x 8-10 repetitions
Triceps Skull Crushers	3 sets of x 8-10 repetitions
Weighted Bench Dips	4 sets of x 8-12 repetitions
Rope Cable Pressdowns	4 sets of x 10-15 repetitions
Seated Calf Raises	6 sets of x 15-25 repetitions

Tuesday:

Back, Biceps & Abdominals

Rack Deadlifts	4 sets of x 8-10 repetitions
Barbell Rows	4 sets of x 8-12 repetitions
Machine T-Bar Rowing	3 sets of x 8-10 repetitions
Lat Pulldowns	3 sets of x 8-20 repetitions
Cable Rowing	3 sets of x 10-15 repetitions
Standing Barbell Curls	4 sets of x 8-10 repetitions
Seated Alternate Dumbbell Curls	3 sets of x 8-10 repetitions
Seated Dumbbell Concentration Curls	3 sets of x 8-15 repetitions
Crunches	5 sets of x 30-100 repetitions

Thursday:

Shoulders,Traps & Abdominals

Seated Smith Machine Military Press	5 sets of x 8-10 repetitions
Seated Dumbbell Side Raises	4 sets of x 8-10 repetitions
Bent-Over Cable Rows for Rear Delts	3 sets of x 8-10 repetitions
Barbell Shrugs	5 sets of x 8-10 repetitions
Dumbbell Shrugs	4 sets of x 8-10 repetitions
Lying Leg Raises	5 sets of x 20-40 repetitions

Friday:

Legs (Quadriceps, Hamstrings & Calves)

Barbell Squats	5 sets of x 5-10 repetitions
Hack Squats	4 sets of x 8-12 repetitions
Leg Press	4 sets of x 8-15 repetitions
Leg Extensions	3 sets of x 8-20 repetitions
Lying Leg Curls	5 sets of x 6-8 repetitions
Seated Leg Curl	4 sets of x 8-15 repetitions
Standing Smith Machine Calf Raises	6 sets of x 8-25 repetitions

Wednesday, Saturday and Sunday will be your rest days. You will want to limit your extracurricular activities during this time as well. Keep in mind that your new muscle growth occurs not while you are in the gym, but while you are recovering from your workouts – during your sleep hours. If you are the type of person that stays up late watching television or partying with friends, you are seriously stifling your potential growth. Try sacrificing these things for just eight weeks, and decide if the muscle gain results you see are worth it. Chances are good that you'll be quite happy with the results!

As you can see, this weight training program requires you to use heavy, compound movements utilizing free weights, for the most part. Cables and machines are to be used only in a support role, for isolating the muscle groups being targeted that day, after heavy free weight movements have been completed. You can tailor this training program as you see fit. If you don't have eight weeks, then shorten it to a six week plan, using a bit more intensity to achieve near the same results in less time. If you want to adjust it to a 10 or 12 week program, then you can relax the intensity a bit. Now that we've detailed the training you should be following for the next eight weeks, let's take a look at your nutrition.

56 Days Of Nonstop Eating!

We train hard in the weight room. W e lie down at night and rest so that our bodies can grow. Do you have any guesses what is needed to facilitate that growth while we sleep? You guessed it – food. More specifically, it is the nutrients in the food that we eat which are used to fuel this new growth we desire. A caloric surplus – the presence of more calories than we need – is absolutely required in order for this growth to occur. We must give our bodies a nice balance of protein, carbohydrates, and fats. Here is a diet which will work to help you add mass overt the next eight weeks. Check out the sample daily meal plan.

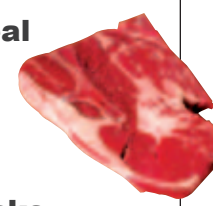
Meal One: Egg Meal

Mix up eggs and breakfast potatoes with four slices toast with butter.

Meal Two: Chicken Meal

2 servings chicken, 2 servings rice

Meal Three: Beef Meal



2 servings beef, 2 servings potatoes

Meal Four (Post-workout) Protein Shake

3 scoops whey protein with water, fruit

Meal Five: Varied Meat Meal

Any meat source you'd like, with 2 servings potatoes or rice.

Meal Six: Protein Shake

3 scoops whey protein with water, fruit

Meal Seven: Cold Cuts & Ice Cream Meal

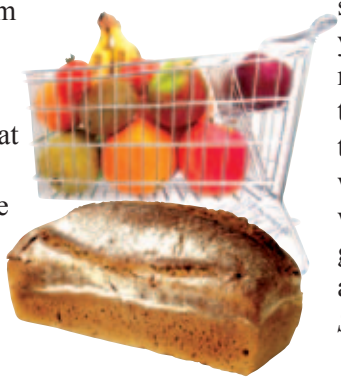
You've got to live a little, right? Enjoy 30 grams of protein worth of cold cut lunch meat, then wash it down with a bowl of ice cream. It's time to grow, remember? You can use all the calories that you can get!

In order to follow this daily nutrition plan, you will want to purchase these groceries. This list will last you for approximately one week, depending upon the size of your meal servings.

- Five dozen eggs
- Ten pounds beef
- Ten pounds chicken
- Ten pounds other meat of your choice (fish, pork or other)
- Five pounds cold cut meats
- One tub Whey Protein
- 20 pounds potatoes
- Economy-sized hash browns
- One 20-pound bag rice
- 12 cans vegetable of your choice
- Two loaves whole grain wheat bread
- One bag apples
- One bag other fruit of your choice
- Two cartons ice cream



When eating becomes tough, remember that the magic number is 392. That is the number of meals you will need to complete in order to get through this eight week muscle gain project (Seven meals, seven days per week, for eight weeks). Once you complete this regimented period, take a few days to give your digestive system a break and evaluate your progress so far. Next, let's examine the third and final leg on the stool of bodybuilding muscle mass gain: Supplements.





Supplementing With The *Super Freaky Muscle Stack*™

Once you have nailed down the training and nutrition aspects of this eight week mass building plan, you will want to examine the third and most often misunderstood aspect of bodybuilding: Supplementation. Many bodybuilders will religiously take their supplements daily, measuring powders and liquids down to the gram or ounce, meticulously following the plans. Then, they will skip a workout or grab some fast food on their way to staying out all night. Supplements are designed to do just that – supplement a solid training and nutritional plan.

The *Super Freaky Muscle Stack*™ is comprised of three supplements which work together in a synergistic manner to provide you with additional training and recovery tools. When your food and rest can't give you the energy you need to complete the tough training sessions, or the building blocks you need to grow to your maximum potential each night, these supplements come to the rescue. You'll make gains without them – but using them will allow you to make better gains. Let's take a closer look at the *Super Freaky Muscle Stack*™.

Mesobolin™

Professional bodybuilders use artificial hormones to gain muscle mass and aid in recovery. These dangerous drugs deliver severe side effects, and the gains made on them are temporary. *Mesobolin*™ gives you a hormonal boost, without the negatives that come with these bodybuilding drugs. You'll need an Increase in energy to complete your tough workouts, and *Mesobolin*™ delivers. It will also give your muscle cells the tools they need to grow and recover. Unlike anabolic steroids, you can use *Mesobolin*™ every day – no cycles needed. And there is no disruption to your natural hormone profile – none of that HPTA shutdown seen with anabolic steroids. *Mesobolin*™ is a must if you want to grow to your maximum potential over the next eight weeks!

Androxybol™

It's now possible to add massive muscle because of three new anabolic strategies steroid bio-chemists are now using to induce protein anabolism...
Without using dangerous prescription steroids.
The first is a brand new testosterone agent called *Androxybol*™.
Androxybol™ was formulated to "crank up" your body's natural testosterone production and get you FREAKY big by helping pack on pounds of granite-like muscle!
It contains a brand-new category of testosterone boosters called Androgen Releasing Factors (ARF's).
ARF's are compounds that stimulate the body's natural release of testosterone. This approach to testosterone production is far, far superior in terms of building muscle than either pro-hormones or synthetic testosterone, because with ARF's you don't shut-down your body's own testosterone production (like with testosterone injections).
And while "test" injections work very well to build muscle (ask any top bodybuilder)… all that muscle comes with a price – such as increases in estrogen levels, risk of getting busted, and health concerns associated with needle-use, like disease and abscesses. So the good news is, *Androxybol*™ has not one, but TWO ultra-powerful Androgen Releasing Factors in its proprietary formula, so you are going to literally explode with raw brutal power and build muscle like a brahma bull! With that much testosterone flooding your body, you can make ENORMOUS muscle gains... and burn off excess fat like crazy. You can get big AND cut at the same time.

Tridenosen^{H}™

The final ingredient of the *Super Freaky Muscle Stack*™ is *Tridenosen^{H}*™, the oral form of the legendary Australian ATP injectable designed for 1,200 lb. racehorses!
This performance enhancing muscle builder is sweeping the bodybuilding world like wild-fire!
Tridenosen^{H}™ is a new classification of anabolic agents designed to "grow" slabs of rock-hard muscle...
And produce those ultra-deep cuts that make women go weak in the knees.
The reason why is that *Tridenosen^{H}*™ was engineered to flood your body with adenosine triphosphate (ATP) – the "cellular jet fuel" that fires protein synthesis to begin with -- and promotes the lean, striated look bodybuilders work all their lives to achieve.
Plus, if you bathe your muscles in massive amounts of ATP, you can train much harder and longer... grind out up to 50% more reps per set... and "recruit" deep muscle fiber that has never been recruited before.
All of that translates to bigger, fuller pumps and outrageous new muscle growth!

How To Pack On Up To 20 Lbs Of The Most Solid, Powerful Muscle Ever!

Use Two New, Revolutionary Testosterone Technologies, Plus One Pure Anabolic And Grow More Muscle Than You Ever Thought Possible...



That's right friend, because packing on insanely massive and dense new muscle is much easier than you ever thought possible! ***The Super Freaky Muscle Stack***™ combines the muscle-building powers of 3 uniquely potent compounds to stack on up to 20 lbs of muscle in a matter of weeks. Just look what each of these anabolic agents was formulated to do...

Androxybol™

- ✓Staggering Increase In Blood Oxygen Levels!
- ✓Boosts Testosterone Through 4 Pathways!
- ✓Endless Working Capacity, Endurance & Stamina!
- ✓A Safe, Legal Version of Anadrol-50!

Tridenosen^{H}™

- ✓Get Super-Human Performance, Safely And Legally!
- ✓Outrageous Pumps, And Permanent Muscle Growth!
- ✓Lift More Weight For More Reps To Build More Muscle!
- ✓Workout Harder And Recover Faster!

Mesobolin™

- ✓Non-Hormonal Anabolic Packs On Freaky Mass Fast!
- ✓Develop Crushing Power & Strength!
- ✓No Need To "Off Cycle" - Build Mass Year Round!
- ✓Secret Weapon of Russian Powerlifters!











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