

# ARE YOU COMMITTING ANY OF THE "SEVEN DEADLY TRAINING SINS"?

Even making one of these mistakes can compromise your growth. Learn how to avoid the most common training errors and watch your gains skyrocket!

**CHAMPION  
NUTRITION**

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You've worked hard in the gym, tried to eat right, gotten plenty of sleep but you STILL can't seem to get the results you want! You're not alone. We've all been there – from the advanced weightlifter to the raw beginner – we all know the frustration of not meeting our goals. It's easy to sit back and lose steam, to start blaming yourself... to curse the gods (or the parents) that gave you those lousy hard-gainer genetics and in some cases, simply give up out of frustration.

We've all hit that wall. (okay, almost all of us, those lucky few with the perfect genetics can stop reading right now...this isn't going to make any difference to you, you can do EVERYTHING wrong and still get huge) But for most of us, the struggle to put on any real amount of size is going to be a long hard road. It can be a bit like running a marathon in a pair of flip-flops and a sand-paper jogging suit. No matter what you do, it seems to rub your body the wrong way.

I know. I'm one of those guys that can get shredded at the drop of a hat, but has to literally kill myself with overfeeding to put on any real size. Nevertheless, in a period of just over 6 months I managed to pack on an amazing 35 pounds of muscle without gaining a significant amount of fat. In the process, I had the good fortune to work with one of the world's foremost authorities on building muscle, Mike Zumpano, the founder of Champion Nutrition and one of the most influential people in the entire sports nutrition industry.

Three years ago, when I started consulting for Champion, I weighed in at a paltry 147 pounds. Understand, at that time I was a professional endurance athlete so I had to be built like that in order to be competitive, but hanging out with Mike Z (who's 6'3 and usually 245 pounds ripped) made me feel a bit like Kate Moss after a long fast. To put my puniness in perspective, my arms measured 11 inches!

Worse, try as I might I couldn't break the 155 pound barrier and although I was getting a little stronger, I wasn't about to set any records that a strong female bodybuilder couldn't easily break. In fact, I was training with the professional bodybuilder Ericca Kern from time to time and she was much stronger than me in almost every movement! TALK ABOUT EMBARRASSING!!!

When I finally had enough humiliation I decided to ask Mike for some help. He'd been around weightlifters for over 20 years and I was hoping he would give me some of the secrets he had obviously been using on himself.

Training with Mike was a rude awakening. The first thing I learned was that I didn't know the first thing about training for size. It was during the next few weeks that I discovered what Mike and I came to call the "7 Deadly Training Sins".

It turns out that making any one of these mistakes can totally cripple your progress. I was making 5 of the 7! The good news is that these mistakes can be corrected and you can start benefiting from them today. Best of all, once you do, you'll see like I did that it might not be your genetics that are limiting your growth.

Once I understood these mistakes, and how to correct them, I began to experience steady gains in size and strength that far exceeded any that I might have expected. The proof was awesome – 35 pounds of lean mass in just six months!

I personally saw a gain of 11 pounds in the first month after Mike and I developed this strategy. Now, I won't tell you that you'll gain 11 pounds, but I will say that when you put these principles into practice your size, strength and lean body mass are sure to increase each and every month.

## FIRST THINGS FIRST: WHY YOU SHOULDN'T EMULATE THE PROS

Now, before we dive into the meat of this report, let's do a little house-cleaning. There's one thing I know about you if you're reading this: you probably read bodybuilding magazines.

This means that month after month, you're exposed to propaganda that is designed to convince you that if you just buy that magic supplement or follow this particular IFBB Pro's back routine, you'll pack on slabs of mass that will have women drooling and have your rival men quaking in terror.

I hate to burst your bubble, but THAT IS COMPLETE BS! (In fact I am convinced that some of the things on the market will make YOU drool

and cause nearby women to quake in terror). If you read that you'll suddenly start exploding like the Incredible Hulk simply by taking Product X, you can be sure of one thing; the guys that wrote the copy are a. liars, b. idiots, or c. talking about what it will do to your gastrointestinal tract. Let's face it- some explosions are not the kind you want to have at the gym.

Either way, the simple truth is this: if taking any one supplement could make you huge, writing this report would be an exercise in futility because most of you wouldn't have bothered to call and ask for it!

The second thing you need to know is that the routines publicized in some of the magazines probably have about as much in common with how the pros actually train as Leggo blocks have in common with building skyscrapers. Sure, one actually resembles the other, but one is fantasy.

Well, if the supplements won't make you big and the routines aren't realistic, what then?

## THE TRUTH, THAT'S WHAT!

As I mentioned, in working with Mike Zumpano, I realized that there are seven key things that dictate whether you make good gains or not. Some are basic, simple and obvious. You've likely heard them before, but they bear repeating for the simple fact that they work.

Others, however, are not nearly so obvious, and in fact, may seem to go against logic. Despite this, if you let go of your preconceived notions and forget about that "miracle supplement" you can let the truth set you free. Free to finally make the sort of gains that were your motivation for getting into the gym in the first place!

## SIN NUMBER ONE: TRAINING TOO OFTEN!

This is perhaps, the most common and most insidious mistake people can make. Even experienced athletes fall into this trap. Let me put this another way. Many people train before they have fully recovered and benefited (grown) from their last training session just because Wednesday is leg day. Actually, the best way to put this is to say that you need to do everything possible to maximize your recovery so that you are ready for legs next Wednesday.

The problem is that it's often easy to deceive yourself into thinking that

you should train more frequently than your body can handle. Here's the truth. You don't grow from training. You grow from recovering. The key is to stress your muscle tissue just enough to stimulate a growth response within the recovery time you allow, with all the nutritional and genetic factors figured into the equation. Any extra training stress will just take longer to yield growth and you'll come up to your next training session without having grown. Now, if you have better nutritional support you will recover faster, so you can tolerate a little more training stress, which may make you grow more.

Training damages muscle. The body responds by building stronger and bigger muscles... hopefully. I like to use the example of a bridge that is damaged in an earthquake. Let's say a 5.5 quake rolls through and causes a bridge to fail. Since the bridge is important, the city initiates a repair project, but, since we know that the bridge failed with a relatively minor quake, we rebuild it with stronger materials so that now a 5.5 quake won't knock it down again.

Your body does the same thing in response to the stress of training. But now imagine this: what if another quake rolls through when the repairs are only 75% complete? The city loses all the repair progress it made and is back to square one. This same thing happens if you train too frequently or too intensely.

The point is, if you train any body part too often, even calves or abs, you are going to slow or even stop your progress completely.

So how do you know when you've recovered sufficiently to train the same body part again?

#### HERE ARE SOME SIMPLE RULES:

1. Train again when the muscle feels naturally "pumped", responsive and strong. At this point you will have had NO TRACE of soreness in the muscle for about three days. If this bumps you up against your next training session you didn't eat enough or you trained too hard.
2. You'll know you're training too frequently when you have two or more consecutive training sessions on the same body part where your strength fails to show even a small improvement... or feels like it may be declining.
3. Measure yourself! This one sounds crazy, but Mike Z swears by it. According to Mike, after a really tough workout your

measurements might shrink by a quarter inch or more. If you don't see those measurements return to normal or beyond what they were previously, hold off on training until they do. Mike also suggests that if they are taking too long to recover, increasing your caloric intake is essential!

If you experience any of these symptoms, you can be fairly sure that you are either training too often, doing too many sets or working out for too long at one time, or you are making some other mistake that is compromising your recovery. Mike's opinion is that the most common mistake is not taking in enough protein and calories.

**TIP:** You can dramatically reduce muscle damage using a compound known as succinic acid. Succinic acid, which is usually found in the form of mineral chelates like potassium succinate, has been shown to dramatically reduce muscle tissue damage following intense training. Studies conducted by world famous exercise physiologist Thomas Fahey found that athletes using succinates had significantly lower indices of muscle damage.

Another group of compounds that can help speed recovery are the branched chain amino acids leucine, isoleucine and valine. Champion Nutrition makes a product called Muscle Nitro that contains both succinates and BCAA's. If you find that you have a hard time recovering, based on our three criteria above, or get excessively sore, the second day after training you might consider adding Muscle Nitro to your pre-workout routine.

## SIN NUMBER TWO: FAILING TO PROTECT YOUR EXISTING MUSCLE.

Most bodybuilders spend tons of time and energy focusing on building new muscle. It makes sense to do this since building new muscle is your goal, but what if I told you that maintaining your existing muscle, not building new muscle was the critical element in gaining significant size?

Surprising as it may sound, this is one of the key reasons why professional bodybuilders get so incredibly huge. A big part of what they do, from resting to eating to when and how they train is intended not to pack on new size, but to prevent the loss of existing muscle.

In fact, recent research strongly suggests that a significant reason why steroids cause such substantial gains in a short period has more to do with their muscle sparing (also known as anti-catabolic) effects, than with actually initiating new protein synthesis.

Another analogy here: a penny saved is a penny earned. By the same token, it's much easier to keep muscle you already have than it is to create new muscle.

Training too often can cause your body to cannibalize it's own muscle for additional energy. But this is only the beginning of your problems. Training too often or for too long causes your body to secrete a hormone called cortisol. Cortisol is the anti-muscle, anti-growth hormone. Guys that secrete too much cortisol never get big. They can't. Their bodies break down new muscle as fast, sometimes even faster, than they can ever build it!



Don't fall into this trap. You'll never get where you want to go if for every step you take forward, you stimulate too much cortisol and take another step backwards!

Luckily, there are a number of simple things that you can do to keep cortisol under control. Again, some are simple, while others are probably totally new to you. In any case, intelligently applied, these tips can deliver a big pay-off when you step on the scale.

1. Get enough rest. Inadequate sleep ALWAYS results in elevated cortisol levels.
2. Avoid excessive stress, especially emotional stress. Being stressed out causes cortisol levels to skyrocket!
3. Eat enough calories (this is another rule all by itself) but failing to eat enough calories is a sure way to raise cortisol and lose muscle by the kilogram!

TIP: A compound called phosphatidylserine (PS), which is derived from soy, has been demonstrated to reduce the spike in cortisol levels associated with intense training. In another study also conducted by



Thomas Fahey, athletes supplemented with PS had measurably lower cortisol levels following successive bouts of intensive training over a period of several weeks. Furthermore, this study found that testosterone levels, which tend to decrease with excessively elevated cortisol, were higher than control subjects after the training.

If you feel you'd benefit from controlling your cortisol, you might wish to try Champion's Cortistat PS. This product, formulated by Mike Zumpano, is designed specifically to blunt the cortisol spike that occurs shortly after intense training. It seems weird to say, but the biggest battle you fight in gaining size is against your own stubborn metabolism. One warning; your body needs a certain amount of extra cortisol after training to control inflammation caused by stress on joints. We think that excessive doses of Cortistat could cause the cortisol spike to be so dramatically reduced that while you may make astounding gains, your joints may become incredibly sore. Don't exceed the maximum daily dosage!!!

### SIN THREE: FAILING TO TAKE CREATINE.

No supplement in the history of sports nutrition has had the immediate and impressive results of creatine, and with good reason. Creatine works.

Few supplements have as impressive or unequivocal research supporting their efficacy as creatine. The basic biochemistry is simple and there are more than enough articles covering this that I won't waste time going into it here, but I will tell you that not using creatine is a huge mistake.

Consistently used, creatine volumizes muscle, increases maximal strength, and may even help stimulate protein synthesis. A minimum of five grams per day is necessary to help you maintain optimal levels, but for best results, use a loading regimen for the first week, taking five grams 4 or more times per day.

Contrary to some completely ill-founded and totally unsubstantiated reports in the popular press, creatine has not been shown to be harm-

ful to the kidneys and does not cause muscle cramps, strains or tears! In fact, with the dozens of creatine studies now published, the only notable side effect is that some people experience some gastric irritation when taking excessive doses, mostly when used on an empty stomach.



Research does show that taking creatine with an insulinogenic compound such as dextrose can improve uptake. You can get this effect by mixing your creatine into a high glycemic liquid like grape juice, or, by buying a more scientifically formulated version like Champion Nutrition's Creatine X-treme.

**TIP:** Don't buy budget creatine. Be sure that the creatine you are buying is HPLC certified pure. Some inexpensive creatine has contained impurities that are counterproductive or potentially toxic. There may be lead or mercury residues, creatine, di-cyandiamide or, worst of all, cyclocreatine which can actually block creatine from working. Other, less comprehensive analytical tests, may fail to detect a number of these possibly dangerous compounds. Champion is one of the few companies that will provide an HPLC certificate of analysis with each batch of creatine upon request. If the creatine you're using isn't HPLC and you can't get a copy of the analysis for the specific lot number on your bottle, I strongly suggest that you select another brand!

I was really trying not to turn this piece of literature into an advertisement for product, but it's a lost cause. I've gotten so much out of using the right supplements, that I can honestly say I just couldn't have gained the size and strength without them. Every time I add another one of Mike's new creations to my regimen, I get more out of my training. I'm going to suggest another one to go along with creatine. Power Glutamine. Try taking it with your creatine before training. I have much stronger workouts and I feel better after training. Recently, I've added Power Ribose (I get a good deal on Champion Nutrition's stuff) and the three together are totally blowing my training and recovery off the charts! Okay, I'm sorry. I'll stop selling now.

## SIN NUMBER FOUR: TRAINING ON EMPTY

We all make this mistake from time to time...Okay, everyone except Lee Priest who, legend has it, manages to eat entire buckets of KFC before he hits the heavy iron. The single worst thing you can do is head into the gym without fueling up. (Lee has no affiliation with Champion Nutrition, we just think he's awesome, and one of the few guys that does everything absolutely right)

Training without full energy reserves is bad all the way around. First of all, you're not going to be able to train at your highest possible strength or energy level, second, since your body has to get that energy from somewhere, it is going to steal it from the very muscles you are trying to build. Third, by going in empty, you are completely compromising your recovery, so in essence you are wasting your current workout as well as compromising your future training sessions.

### TALK ABOUT SHOOTING YOURSELF IN THE FOOT!!!

Luckily, this is one of the easiest of all the mistakes to remedy. Eat! It goes without saying that every (and I really do mean EVERY) successful bodybuilder eats on a schedule. Top pros eat 6 to 8 times a day!

If you're only eating one or two meals and trying to train and pack on muscle your progress is going to be very slow indeed.

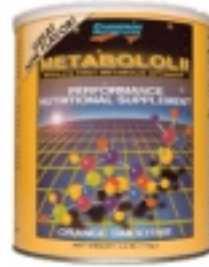
At a minimum you need to eat five meals a day. This doesn't mean that you have to sit down to six solid meals a day (let's face it, shoveling in all that food can make you more than a little full) but you should seek out a source of protein at least every two and a half hours.

So how can we avoid training on an empty stomach and at the same time not forcing ourselves to be TOO full to work out effectively?

1. Eat a small meal with lean, easily digestible protein (like chicken or fish) and a complex carbohydrate (like rice) an hour before you hit the gym.
2. Keep your blood sugar levels consistent by eating on a schedule. Make sure you eat every two and a half hours.

3. skip meals and then try to "make the calories up later."  
Timing and consistency is far more important than meeting a certain calorie count. Keep in mind that at each meal your body can only absorb so much. So keep it consistent to ensure you are making the most of those meals!

TIP: For many of us eating the right meals, on time, can become a real problem. We either have no appetite to choke down another chicken breast, or we just don't have the time to plan ahead. Sometimes you just can't digest your pre-workout meal and you feel sluggish all through your workout. Champion makes several different Meal replacements that can help. Try using Metabolol II prior to training. You'll probably feel much more alive during your workout than you would with a belly full of cakes and eggs. Depending on what your goals are, you can supplement the rest of your diet with protein drinks or meal replacements for about half of your meals. You may find it much easier to meet your intake requirements this way. If you are a hard gainer like me you can try HeavyWeight gainer or new Super HeavyWeight Gainer. If you are someone who is worried about gaining bodyfat you can try something like Lean Gainer, ProScore, or Met Max. This is also a perfect time to take creatine, ribose and glutamine.



If after doing all of this you are still finding your workouts are not energized you might want to try a new endurance drink called "Revenge." This stuff will put a tremendous amount of power into your poundage. I have been using it to boost my energy levels both in the gym and late at night while working. It gives me the energy I want without feeling like it is time to crawl up the walls and hang from the fan. It is really a complicated product with over 30 active ingredients and a new technology to keep you from tasting them all. Hint: if you notice a little grittiness to Revenge, these are the active ingredients in a little crystal that is coated with something that masks the flavor. That way, they can put more actives in Revenge than any drink before it has ever had. I don't know why no one ever thought of doing this in a recovery drink before Mike, but I guess that's why he gets the big bucks.

## SIN NUMBER FIVE: NOT EATING SOON ENOUGH AFTER TRAINING.

This was my biggest problem. I would train like an animal- and then go home and hit the couch like a vegetable. In between the gym and the couch I forgot to hit the refrigerator because I just wasn't hungry. It was the worst mistake I could make.

After you train you have a fifteen minute window where you need an immediate source of protein and carbohydrate. THEN, after that, you have two hours within which you must eat a solid meal of protein and carbohydrates, or even two small meals! If you fail to do so you are not giving your body what it needs to recover and it will turn around and use your own muscle as food.

Yup – you got it. You will be working out and hopelessly stagnating your growth... or even shrinking.

Stop practicing growth prevention! Since none of us want to lose that valuable muscle mass, here are some things you can do to ensure your body gets what it needs after you pound it into submission:

1. Right after you train, before you even leave the gym, drink a protein drink with a little carbohydrate. Add some more creatine, ribose and glutamine here if you have it. This will immediately give your body enough to sustain itself while you commute home and prepare yourself a solid meal.
2. Experiment with a few different protein drinks until you find one that works with your goals. If you are looking to lose bodyfat – try something with less carbs. Never skimp on the protein.
3. If you are headed to work right after the gym then make your meal and bring it with you. I can not stress enough how important it is to bring all your food when you are on the go. That will also eliminate some of the random urges you may have to park yourself at the vending machine.

**TIP:** Most of us are not gourmet chef material but it is possible to make yourself high protein meals that taste good. Remember to use one of the new non-fat cooking sprays and experiment with spices.

Listed below is a fun, easy to make dessert that is a great treat when you have the late night munchies but want to make that meal count!

## PEANUT BUTTER ULTRAMET PIE



Mix up two packets of chocolate flavored Ultramet with just enough water to give it a pudding like texture. Add four table spoons of peanut butter and mix in. Pour the entire mixture into a ready made gram cracker crust pie shell.

Throw into the fridge for three hours to chill (and solidify). Then take it out and cut yourself a slice!

## SIN NUMBER SIX: NOT MAXIMIZING YOUR FAT BURNING POTENTIAL.

If you're the kind of person who worries about excess body-fat then this is a big one for you. Many of us fall into the trap of thinking that all calories are the same, that timing doesn't matter that much and that we can just do more cardio when we eat a little too much.

The fact is that losing body fat is hard. What is worse is that your body doesn't really want you to lose it. To your body, fat is a tool of survival. In fact, it would much rather use your hard earned muscle mass for energy than burn off the fat. So what you need to do is trick your body into letting go of it. No...we aren't talking about fooling mother nature... just funning with her a bit.

Here are some of the most effective ways you can maximize your body's ability to burn fat without setting off those internal alarms that make it think it should be holding on to it:

1. Eat multiple small meals a day. By spreading your calories out and keeping up with a consistent eating program your body never has the opportunity to think it is being starved and therefore needs to hold on to body-fat.
2. Limit the amount of carbohydrates you eat after 5 p.m. By late afternoon your carbohydrate needs typically decline. Your body knows it will be sleeping soon (and hence will be fasting for several hours before the next meal), so it tries to store a little fat in the early evening hours if you give it a chance. If you have the munchies eat a chicken breast and a salad.
3. Perform all your cardiovascular exercise first thing in the morning before you eat breakfast. This is when your own natural insulin levels are low and it is the best time to burn stored body-fat. Remember that weight training can be very effective at burning fat. There is a rumor going around that a University has completed a study that shows some astounding numbers: Six to ten times more fat burned in the course of the day after intense weight training versus the same amount of time invested in cardio training!
4. Make use of the caffeine, ephedra, and an aspirin analogue stack to speed up your metabolism. This has been shown to be effective proven over and over in research – it really does work and is too valuable of an edge to let slip through your fingers if you are someone worried about excess body-fat. Don't exceed recommended doses, whatever you do.
5. TIP: When using a thermogenic aid like the caffeine, ephedra, aspirin stack try to use it first thing in the morning before you eat breakfast and right before your morning cardio.

## SIN NUMBER SEVEN: NOT PROTECTING YOUR JOINTS FROM INJURY.

I can't name one person in my group of weight lifting friends (pros and amateurs included) that has not had to work around some kind of joint injury. For some of them the joint injury has been the cause of muscle tears later on down the road.

Imagine what you could do with your training if you did not have to baby an injury along the way? How hard is it to get a chest like Arnold Schwarzenegger when you have an injured shoulder? One injury can hold up the development of several body parts. You can lose six months of hard work while recovery from a relatively minor joint injury. Trust me when I tell you that injuries are not just for the old and weak. I have one buddy who is 22 and 230 pounds who has a knee injury from football that has just killed his leg training.

So how do you protect your joints from getting injured in the first place? Or, better yet, how do you start supporting them so that they can fully recover and do their job?

1. A good glucosamine supplement. This will not only help you maintain strong joints but it is invaluable if you are injured and looking to make a strong come back. Every new study of glucosamine reinforces its value in supporting joint health.
2. A balanced diet that gives you the nutrients you need to help support your connective tissues. Take a multi-vitamin along with your glucosamine. Many nutrients work together to support your body. By giving your body the nutrients it needs to repair itself after a hard work out you are ensuring that you will be able to push it to new levels of intensity next time around, while helping support the highest recovery levels.

**TIP:** Calcium is great for strong bones but it isn't enough to support injury reduction. You need much more to support the connective tissues that hold your bones in place and connect them to your muscles. Your joints can only be as strong as the tissues connected to them. Champion makes a killer glucosamine product called "JSF" (Joint Support Formula) that will give you all the nutrients you need in one package.

Tailoring your supplement program to your goals and body type. If you are like most of us – you hit the supplement store and your eyes just glaze over. Where to begin? Is everything the same? How do you find what will work best for your body type and your goals?

I can't even begin to tell you how many calls Champion Nutrition gets a day asking these exact questions. To make it easier on those of us who just want a plan and not a science lesson, Champion has put together three different packages to meet your needs: one for the Hard Gainer, one for the Seasoned Competitor, and one for The Dieter. We've limited these kits to just three products (which was difficult) to keep them affordable. The three products were chosen because they fulfill the three most important principles in each category for helping you reach your goals.

### THE HARD GAINER STACK



- Creatine Extreme



- Heavyweight Gainer



- Revenge

A hard gainer is someone who watches other people in the gym get bigger and stronger while little change occurs on his/her own frame. Hard gainers are usually thin and not naturally very strong. If you are overweight, go for one of the other stacks here, not this one. The most important principles for the hard gainer are:

1. to increase your caloric intake,
2. to increase your drive in the gym so you can stimulate the muscle with shorter, higher intensity training and,
3. to increase your strength so you can subject the muscle to an unfamiliar tension and force it to adapt and build bigger "ropes" (muscles).

That's what this kit does. The first and by far the most important principle in our opinion is to raise your calorie level as high as you can.

Bodybuilders typically try to eat 6000 calories a day or more during the muscle-gaining phase of their training year. This is almost impossible to do with chicken and rice and normal bodybuilder food, but without enough calories you can forget about gaining weight, no matter what else you do. In fact if you have been about the same size for the last few months, calories are most likely your problem. Notice we are talking only about calories, not protein, fat or carbs individually because calories is what matters here. By far the easiest way to take in these calories is with a drink. HeavyWeight (or new SuperHeavyWeight Ultra High Density formula) will help you take in enough calories to force your body to gain weight.

Now you want to make sure the weight you gain is muscle and not fat, so you need to train very intensely in the gym (intensity means short, hard training sessions not marathons that destroy muscle energy and inhibit recovery time). That leads us to our second principle: increasing your drive and stamina. You want to have the kind of stamina that allows you to tear the walls down, but you don't want to be overly hyped-up on ephedra and caffeine. That stuff may dull your senses and make you prone to getting injured (watching your muscle atrophy and your belly get fat as you nurse yourself back to health is the worst thing that can happen, absolutely devastating. Don't get injured!)

Revenge is the best thing we've ever used. It just makes you feel so focused and gives you such a feeling of stamina that you'll probably train harder just because you feel so good. It also has some calories which won't hurt us hard gainers.

The last principle for the hard gainer is to get strong. Muscle grows when it gets stronger. You can't fake strength. You can't try to push

more weight than you can handle and expect to grow. In fact, that will probably make you shrink. You have to first get the muscle in a condition of recovery where it is naturally strong enough to handle heavier weight. Then you can control the extra weight and subject the muscle to an unfamiliar stress, which is what initiates growth. Creatine helps this happen. It helps you get dramatically stronger so you naturally lift more weight in perfect control. As we said before, don't train without creatine. We are recommending Creatine Extreme in this stack because it has extra calories and carbs to improve creatine transport. If you are going to take your creatine with Revenge before training, and you have calculated that you are already getting your 6000 calories, you may want to consider Power Creatine instead of Creatine Extreme. Otherwise, stick with Creatine Extreme.

## THE SEASONED COMPETITOR



- Muscle Nitro



- Cortistat



- Met Max

Caution: This section is much more technical than the ones for the Dieter or the Hard Gainer. That is because the Seasoned Competitor's physiological problems are much more technical. The Seasoned Competitor is in an entirely different situation than the guy that is just

trying to pack on mass. He is struggling with over-training and recovery problems that he probably doesn't even know about or want to think about. He is not concerned with calories but with protein, hormone levels, loss of hypoxanthines from muscle, ACTH, cortisol and a hundred other issues that the hard gainer can just float over for now. There are enough principles here to fill several books, but to pick just a few of the more important ones:

1. Reduce the damage that occurs to muscle, organs (liver) and blood (albumin) during contest training.
2. Supercompensate the muscle, organ and blood biochemicals that are challenged by intense training (both hormonally and structurally).
3. And inhibit the destructive over-training responses of the body (like reduced thyroid, and testosterone, and increased cortisol and prostaglandins).

It is no wonder that the guys with the genetics have traditionally won. All these metabolic factors are a lot to manage manually with individual nutritional supplements. That's why it is best to have a combination product that already has accounted for many of these things.

The most sophisticated single product ever developed for seasoned bodybuilders is Metabolol Maximum (Met Max). I won't go into it here because I could fill another book. Just read the label after you get it. When you start taking Met Max you should notice a difference in muscle quality and recovery within a few days. Your muscles may feel more full and hard, but lean, not bloated. After that you should begin noticing that some of your over-training issues start to clear up. Within a few weeks your body should be working a lot better. Better workouts and better results.

Now we assume you're already taking creatine, ribose and glutamine and probably ten other things, so we want to introduce you to a couple things that will make a big difference and that you probably have not used before.

The first is Muscle Nitro. This was one of the first products Mike developed back in the late 70's. He believes that one of the things succinate (the active ingredient) does is improve the capture of ions by ion

channels. This means electron transport becomes more efficient in Mitochondria and calcium sequestration occurs more quickly in the Sarcoplasmic Reticulum (the "SR"). Sounds like gibberish. What that means to us mortals is that during training you get more ATP (energy) from the oxygen you use (less is wasted as heat when electrons leak through the electron pumps) and you subsequently have a lot better stamina.

It also means that less parasitic damage occurs to the peripheral structure of the muscle cell so you waste less recovery time repairing the paint on the walls of your muscle cells and can spend more time growing new contractile tissue (muscle). This is because Muscle Nitro helps calcium get sucked back into the SR more quickly after each firing of the muscle cell (even many biochemists are not aware that a major part of the damage that occurs to muscle during training comes from calcium ions. The calcium is responsible for the little holes (micro-tears) that are seen in trained muscle. This does not help growth)

It just blows my mind that Mike was thinking this deeply about muscle over 20 years ago!

Anyway, the magic of Muscle Nitro is that you can now stimulate growth without causing the extra damage that inhibits recovery... because you can't grow until you've recovered. Repair and growth all have to happen as fast as possible because you have another workout next week.

You will also notice that you feel like you have more air in the gym (Dr. Fahey actually showed 11% higher oxygen efficiency. It surprised him so much he repeated the study). In addition, you will feel better after your workout and be much less sore on the following days.

And if all that isn't enough to make you try Muscle Nitro, let me throw this out to you: One study showed that the active ingredient in Muscle Nitro (succinates) caused 300% more glycogen and creatine phosphate to form in muscle during recovery! Wow! This product's benefits read like the Christmas list of a competitive bodybuilder!

That brings us to Cortistat. We've already talked about how Phosphatidyl-Serine reduces the catabolic cortisol spike you typically get after training (see Sin 2: tip: ), but there is a lot more to Cortistat (as

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is usually the case with Mike's products). Cortistat actually works four different ways to inhibit all four of the negative aspects of the inflammatory response without inhibiting the good-side of the body's post-training response:

1. White blood cells chew muscle to shreds. White blood cells are attracted to the little micro-tears caused by free calcium in the muscle. White blood cells have actually been seen inside of muscle cells chewing up the core contractile fibers! Can anyone say scar tissue! Cortistat contains a very innovative ingredient that reduces the white blood cells ability to see these holes. Wow!
2. Testosterone levels fall. Biochemicals called prostaglandins are created as a result of these little micro-tears in muscle and they cause a pituitary hormone called ACTH to be released. This drives down the precursors responsible for testosterone production. Testosterone level can decrease by as much as 50% (ouch, the boy squeaks in a higher voice) Cortistat contains an herbal ingredient called a cyclo-oxygenase inhibitor that helps reduce this prostaglandin response.
3. Aminos begin to exit muscle. As ACTH increases so does Cortisol. Once Cortisol binds in muscle and these other problems get a full head of steam the muscle starts having a hard time maintaining amino acid levels. The level of new protein you synthesize in muscle is directly related to the level of amino acids in muscle. Remember, if you can double amino acid levels in muscle you double protein synthesis. Amino levels can fall to 10% of maximums during these stresses... and stay there for many days no matter how much protein you eat! Cortistat has an ingredient that helps reduce the binding of cortisol in muscle cells so it short-circuits amino loss.
4. Aminos, nutrients and even carbs start having a much harder time getting into muscle. Imagine you've got micro-tears leaking vital muscle contents, white blood cells scrambling for a meal, cortisol, ACTH, Prostaglandins, and a lot less testosterone! This is a common micro-biological story for many competitive bodybuilders. All this chaos conspires to lock out the very nutrients (very expensive nutrients) that could otherwise help break this over-training spiral. Cortistat helps cut through this Gordian-knot of recovery and break the downward spiral.

When you order this stack ask for our sales sheet on Cortistat that talks about EIC (exercise induced catabolism). The end result of this kit is that we watch guys who have been stagnate for months begin to get results again. It's brilliant!

## THE DIETER



- Lean Gainer



- Power Creatine

The dieter is the person who is more interested in losing fat than in having 20" arms and competing in bodybuilding contests. You need something affordable that is really going to help you shed the fat as fast as possible. The most important principles here are to minimize carbs and extra calories, while optimizing your training intensity in the gym so you stimulate a lot of fat loss. That's exactly what this stack helps you do. First of all, Lean Gainer (which tastes great, by the way) is an excellent source of whey protein with just enough carb to keep you feeling good when you are on a low carb, high protein diet (which is the only way to lose fat without losing muscle). You can use it several times a day to keep up with those frequent feedings you need to coax your body to let go of stored fat.

Then we have creatine. Need we say it again: almost everyone should take creatine, at least before training. The increase you will get in your strength and stamina gives you a much more productive training ses-

sion. And, as we all know, the intensity of your training has a direct result on the fat calories you will burn during the rest of the day.

We think this kit is, dollar for dollar, the most effective fat loss combination you can currently buy. Try it with our full guarantee. Remember to keep carbs under 100 grams a day (Mike's wife, Bev, lives on as few as 20 grams a day at times!) Reduce calories in small increments to keep the fat coming off. Start at 1600 a day, for a 150 lb woman, and reduce this each week by about 100 calories for the first 5 weeks until you get down to about 1100 calories.) Make sure you include a good vitamin supplement with at least 25 mgs of the B-vitamins.

Well that's it. Thanks for reading. If you want more information check into our website from time to time at: [www.champion-nutrition.com](http://www.champion-nutrition.com)

Happy training,

Oliver Starr



[www.champion-nutrition.com](http://www.champion-nutrition.com)