

instant **Muscle** **Advantage**



**Just add water...
And a little sweat**

- ☒ **ATTITUDE**
- ☒ **EXERCISE**
- ☒ **DIET**
- ☒ **ERGOGENICS**

***By 1984 Mr Australia
Richard Hargreaves***

Your no nonsense guide to building maximum muscle in minimum time with the least amount of effort...Scientifically based and real world tested...Start today!

**Instant Muscle Advantage...
Just add water (and a little sweat!)**

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ABOUT THE AUTHOR...

Richard Hargreaves is a former Mr Australia (1984) and currently heads <http://ironpower.biz/> sports nutritional supplement company. Over the last 3 decades he has owned two bodybuilding gymnasiums, has promoted many bodybuilding shows...including a World championship (NABBA), has been Vice President of the Victorian Fitness Industry Association, Committee member for the Fitness Institute of Victoria {A government represented body responsible for self regulation of the fitness industry including training accreditation of Fitness Leaders and minimum Industry Standards - Code of Ethics}, is a qualified fitness leader and International Physique Judge. He has written numerous published articles for Australian Ironman Bodybuilding magazine, Fitness Australia, Personal Trainer on the Net, Fitness Network Australia, Blitz Martial Arts magazine and Australian Musclemag, and appeared on T.V. and radio as a fitness expert. He has also designed several dozen functional foods, drinks, and nutritional supplements. For more FREE articles and e-books on diet, exercise and supplements...visit <http://ironpower.biz/>

FOREWORD

Your no-nonsense guide to building maximum muscle in minimum time with the least amount of effort...scientifically based and real world tested by former Mr Australia and personal trainer, Richard Hargreaves.

Not only can building strength and muscularity improve an individual's physical performance, in competitive sporting circumstances it can provide a double whammy punch. This effect is achieved through the psychological aspect of intimidating your opponent...i.e. Making them fearful of your ability because of apparent superior physical strength.

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(and what you'll learn from this eBook).

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muscle provides both a physical and psychological advantage

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INTRODUCTION

In simple terms, if you want to build a powerful muscular body in the quickest time and with the least amount of effort...there are four key areas you need to focus your attention on. These are:- attitude, exercise, diet and ergogenics.

The following report has been prepared specifically to help the person aspiring to greater levels of muscle mass and strength a concise and clear-cut practical means... based on a synergistic system of optimal attitude, training, diet, and ergogenics (sports nutritional performance enhancing supplements). Its aim is to provide accurate information on the quickest muscle building techniques, including the most effective training routine I have discovered in 3 decades as a personal trainer and strength sports coach.

In an effort to find a short cut that will reduce the time and effort required to become competitive or to meet the challenge of the moment, it has become a common occurrence in the history of man to try chemicals of various types to improve both mental and physical performance.

Examples of this range from students trying to obtain a better grade, to athletes trying to shave seconds off the time required to perform an athletic feat, to the military's use of chemicals to help soldiers perform heroic feats of endurance.

To an objective appraiser, it is likely that the greater majority of effects in dietary pharmacology are

subtle, meaning hard to measure, but not necessarily trivial.

As pointed out by scientific research (Coyle 1984), by far the most effective means of improving physical performance is a good training program. Coyle estimates that in previously sedentary individuals, improvements in muscle strength can be improved by 50% following the appropriate training program.

There are very few reports of drugs improving performance by more than 10%, and in fact, the improvement in well-trained individuals shown by most studies is not even close to 10%. However, while it is true for most biological studies that a change of less than 10% is considered trivial, in many athletic events an improvement in performance by far less than 10% represents the difference between a winner and an also-ran.

For example, Roger Banister broke the 4-minute mile barrier in 1954 (3:59:4). Between Banister's performance and the 1981 performance of Sebastian Coe (3:47:33), 15 different athletes held the new best time. In many of these 15 different world-record breaking performances, the improvement in time was less than 1 second.

Thus, even if the effects of nutritional ergogenesis are subtle, the small improvement in performance could give an athlete a tremendous advantage. This combined with optimal training and diet leads to a winning performance and muscular physique.

PART ONE-ATTITUDE

This is where it all starts...the correct mental outlook can propel you to success...just as the wrong one can keep you doomed to failure. Your attitude will determine your altitude, as great personal development trainer Zig Ziglar emphasizes.

TRANSFORM YOUR BODY TRANSFORM YOUR LIFE

Welcome. You are about to embark on a program that not only can transform your body; it also has the potential to change your life for the better. Sounds unbelievable? Well just suspend any doubts for the time being, keep an open mind, and most importantly...get into action and start now. Serious focus on the total program will always return phenomenal results in a very short time. These fast initial results fuel enthusiasm and as a result your dedication to the program is strengthened. This heightened motivation is the state of mind in which you can literally perform miracles transforming your body, life and circumstances.

Where the mind goes, energy flows...

Too many trainers go through the motions of their workout, without ever realising their full potential because of lack of focus. Here's how you can DEVELOP YOUR MENTAL MUSCLE and soar above the pack...

In this chapter you will learn the reason why one person becomes a champion and another doesn't.

Champions think differently, and this is the reason for their success. **It is not because they are champions**

that they think like champions, but rather they think like champions, and so they become champions.

Success starts in the mind... where the mind flows...the body goes. I cannot stress enough how important the mind factor is. Here are some ways to develop your mental muscle or strengthen your mind power.

Set Yourself Some Goals.

For example, I will weigh 80kg on the 1st January...or I will be bench-pressing 100 kgs on the 1st of February. Be specific. Your mental software requires specific instructions - just like a computer.

Make your goal realistic and achievable - especially when starting out. An example of an unrealistic goal would be to become an open world champion tennis player at the age of 60.

The most important thing, which is derived by goal setting, is not in achieving or getting your goal (although this is a welcome reward) but the growth that will occur mentally in order to achieve the required goal.

This developing mental muscle improves your physical performance in many areas as well as your self-image.

The Importance Of Self Image

What is your self-image?

Your self-image is determined by the beliefs you hold about yourself and is the social veneer, which we hide behind.

Your self-image is who you probably think you are and how other people see you (You are the thinker of the thought, not the thought itself).

- What beliefs do you hold about yourself?
- Do you see yourself as a success or a failure?
- Do you see yourself achieving your goals or not?
- Do you think of yourself as a hard trainer, a hard gainer, a fat person, a muscular person?
- What thoughts about yourself will you need to develop in order to become the person you wish to be ?
-

DISCIPLINE

One of the most important elements of success is discipline. If you are not doing the things you need to be doing, how can you honestly expect to achieve your goal? The "best" program is of little or no use at all, if one does not have the discipline to stay on the correct

path.

How can one obtain this discipline? (That final percent that will give you an unfair advantage).

It all starts in the mind, this is the secret ingredient, which is omitted or has been overlooked from many training and fitness programs. Until you get this part right, everything else will cause great stress and strain on your life and your surrounding environment. The great reward however, is that if you get it right (your mind) your body will follow suit effortlessly as you work in harmony with the natural rhythms of life. Things that were previously too hard, a hassle, or you just couldn't quite get up the energy to do, now become a joy and can be undertaken with effortless ease and boundless energy.

Let's get started;

First off, you need to establish clearly in your mind exactly what you are trying to achieve. i.e. picture your goal

VISUALISATION

Build a clear mental picture of what you are trying to achieve. Visualise both subjectively and objectively. In other words visualise as if you were watching a TV screen with images of the 'you' that you want to be playing on the screen (objectively) and also visualize at other times as if it were actually happening as viewed through your eyes (subjectively), as a result you will experience the situation as if it were really happening in the now, which is a very powerful thing to do, for reasons which I will reveal further on this transformational program. As well as visualising your end goal...also start seeing yourself in your mind's eye

successfully doing the things necessary to achieve your goal.

Now, take an honest look at you present state. Take a good hard long look in the mirror. You don't need callipers, scales etc (valuable as they are) to tell you are out of shape. But you must truly accept your present condition as your responsibility, and not blame the world and outside forces beyond your control... 'YOU' are really in control... you just need to be reminded... or shown how.

And you are allowed to laugh at yourself... it's better than crying... In fact the more dissatisfied you can make yourself feel, the more motivation you can create to get into action and do something about it. Don't be discouraged though... the fact is if you are doing this first step, then you can do the next step and so on until voila... you've done it... and you'll be looking at the new you. Remember... **by the inch it's cinch... by the yard it's hard...** so just take one step at a time and everything else will take care of itself. Remember, Rome wasn't built in a day (although I think it was burnt down in one!) But you won't be fiddling about anymore...

The more dissatisfied with your present state, the greater will be the initial motivation to get into action and change. Build the picture in your mind now of the 'you' that you want to be. Make it realistic. This does not mean to make yourself not look outstanding, it means you must believe it before you can have it. Not the other way round as most people think. Most people have to see something first before they can believe it... but one of the secret's to success is that whatever you can mentally visualise and believe to be possible, so long as your

belief is built upon an accurate evaluation of the situation, will come true.

IMPORTANT VISUALISATION TIP - "In the mind it is always now".

Think about it. The past is a memory, the future is an idea in the imagination, and when it arrives it is always in the present moment, the eternal NOW. Make sure your visualisation is in the now. See, feel, hear, smell, taste in your imagination as if it were real. The subconscious cannot differentiate from reality and something vividly imagined. The more sensory rich you make your visualisations, the sooner they will be reflected back to you in life. Start seeing yourself doing the things the new you will be doing. See and feel how people react to the new you. Once again, make it real. You might imagine yourself lying on a warm tropical beach, with the sun beaming down upon you and a gentle breeze blowing. Hear the waves and some seagulls in the distance. Smell and taste the salt in the air. Now get up, hear the gasps of astonishment coming from a nearby admirer. Walk to the water feeling really good about the way you look. To recap on what I have said so far: -

Establish and accept your present shape as your present reality

**Make a conscious decision to change
Build a new image of the way you want to look
Make this image real in your mind... Vivid, all encompassing, and in the now...as if it were really happening.**

So we now know where we are and where we want to go. But how do we get there and how do we stay on the path? Read on and I'll explain...

PRESENT MOMENT AWARENESS (PMA)

Here is our next secret weapon. I call it present moment awareness.

Your only challenge is to keep your awareness in the present. Do not allow the mind to entertain the past or future. **Keep your conscious attention supremely situated in the present moment.**

If you are chopping wood, chop wood.

If you are swimming in water, swim in water.

Do not be concerned about anything that has happened in the past. And do not be worried or bothered about the infinite possibilities of the future. Just focus on what you are doing. Sure, if there is something urgent that needs attending to, attend to it. But as you attend to it and fix any problems, remember this is your present moment reality, so stay present (PMA).

When you have finished, simply flow back to what you were previously doing. Now you can either fix the problem or not. If you can, then fix it. If you cannot, accept it for the moment (you can always try again in the future, when circumstances change, and change they will, since change is the only certainty we have in the world).

Now, the worst thing you can do, and this is how most people behave, is to be doing something, such as exercising, while your thoughts are worrying about something totally unrelated and out of the now...eg resenting the past or being fearful of the future.

DO NOT DO THIS! You will sabotage yourself if you do.
"Stay present".

Remember, you can only keep your conscious attention focused on one thing at a time, even though your mind may flick from one thought to another with lightening type rapidity. So accept mentally whatever you are doing. All stress goes when you stay present. Sometimes you may feel quite uncomfortable. Accept this too as your reality.

Do not resist it. Just feel it in your body. Do not think about it, just feel it. It will pass. And you will soon be feeling fantastic. Become aware of habitual ways of behaviour, which you may not have had any control over in the past.

Well the good news is that you have always had the power to be in charge, even if you did not realise this fact, and as you awaken to this fact, your control will become greater, and that's all there is to it. The more you awaken, the more the control, and then the more you awaken. Just stay in the present moment.

Know that by thinking of your goals in the present tense is sowing the seeds for success. Realise that although it may not be visible in the outside physical world yet, you are setting up the circumstances to make it happen. You are forming neural pathways that will lead to the achievement of your goals

I cannot overstate the importance of thinking and feeling how you would, if you had already achieved your goal. See and feel yourself walking along a sandy beach with the wind in your face and the sun shining on your tanned muscular body. Make it seem real in your imagination. Don't worry that it is not real in the physical

world yet. Just as a seed needs time to grow so too does a thought.

Arnold Schwarzenegger, the most successful bodybuilder of all time makes numerous references to the power of mental visualisation. He regularly pictured his biceps as peaked mountains while he trained them.

Dr Maxwell Maltz points out in his excellent book “Psycho Cybernetics” the power of the self-image. He calls it self-image psychology. Maltz noted that after plastic surgery, unless a patient changed their self-image that they were now more attractive, then plastic surgery was useless at improving the quality of a person’s life.

So now that we have prepared ourselves mentally and are committed to our goal, and we are looking forward to the results, lets get the show on the road;

PART TWO-EXERCISE

I'm really excited to be giving you this weight training program which gives phenomenal muscle building results in a very short time...even for hard gainers! I aren't quite sure yet exactly as to why it's so effective...although I do have some theories which I'll expound in another article...but it doesn't matter why it works...what's more important is that it does...and incredibly well. I personally put on almost 10 kilos over 3 weeks! (I used a loading dose of Power stack-creatine in the first week-putting on 4 kilos, plus GHstack and AndroStack and SynStack and meta glutamine) Admittedly it wasn't all muscle...but it was very high quality bulk, and my strength went through the roof... especially after a couple of months on the program. I will shortly be writing a more in depth description of how I was able to achieve this 21 pound gain over 21 days...but what I have prepared here is enough to get you started and give you great gains. Before giving you the program, which is based on a 50 year secret (Larry Scott-former Mr Olympia is reported to have used a similar program to build his incredible-for-the-time physique) let me warn you that on paper it looks extremely basic...and it is...but it works so effectively that I must stress **DO NOT ALTER IT!** Don't be tempted to add exercises, sets etc to it. Part of the secret for its success is its brevity. So **DON'T CHANGE IT!** The workout is only 3 days a week. It's a triple split, so each body part will only be trained once a week! Yes, that's all. Once a week. And the workout is completed in 30 to 40 minutes...that's it...no longer. So don't add extra exercises, or extra workouts on your days off. The workout must be kept under 40 minutes...and no more

than three
times per week.

LEGEND

Style A reps are performed super slow...10 seconds up...10 seconds down...light weight...
done to failure for 10 reps

Style B reps are performed normal speed and style for 6
reps to failure...heavy weight

Style C pre-exhaust set...first phase of two reps with an
'impossible' weight.

You tell your mind you are going for 6 reps...but with a
weight so heavy that you must fail...and only get 1 or two
reps...even though in your mind you are going for six.
Phase two...after going to failure with phase one, grab a
lighter weight and pump out 25 reps to failure...fast
speed...no rest between phase one or two

NOTE *you can change the exercises for each body
part...just don't change the sets, reps or style of
execution You can either finish training one body part first
before doing the next i.e. Train your chest for the 3 styles
of sets before doing the same for back...**OR** you may
superset chest and back exercises i.e. Do your super
slow style A set of bench press, then do your super slow
style A set of rows...before doing the same for style B
and then Style C*

Here's the program:-

Day one eg Monday

CHEST, BACK AND ABS

CHEST

Incline fly's 10 reps performed set style A

Bench press 6 reps performed set style B

Bench press 2 reps performed set style C

Incline press 25 reps performed set style C

BACK

Bent over rows 10 reps performed set style A

Chin-ups 6 reps performed set style B

Cable rows 2 reps performed set style C

Cable rows 25 reps performed set style C

ABS

crunches 10 reps performed set style A

reverse crunches (on incline) 6 reps performed set style B

reverse crunches 2 reps performed set style C

crunches 25 reps performed set style C

Day two eg Wednesday

LEGS

QUADS

Squats 10 reps performed set style A

Squats 6 reps performed set style B

Squats 2 reps performed set style C

Squats or leg press or leg extensions 25 reps performed set style C

HAMSTRINGS/LEG BICEPS

stiff legged dead lifts 10 reps performed set style A

stiff legged dead lifts 6 reps performed set style B

leg curls 2 reps performed set style C

leg curls 25 reps performed set style C

CALVES

seated calf raises 10 reps performed set style A

standing calf raises 6 reps performed set style B

standing calf raises 2 reps performed set style C

standing calf raises or donkey reps performed set style C

Day three eg Friday

SHOULDERS AND ARMS

SHOULDERS

Lateral raise 10 reps performed set style A

shoulder press 6 reps performed set style B

shoulder press 2 reps performed set style C

upright rows or bent over raises 25 reps performed set style C

BICEPS/FOREARMS

Preacher curls 10 reps performed set style A

standing curls 6 reps performed set style B

incline curls 2 reps performed set style C

reverse curls 25 reps performed set style C

TRICEPS

pushdowns 10 reps performed set style A

dips 6 reps performed set style B

pushdowns 2 reps performed set style C

French curls 25 reps performed set style C

There you have it...simple...but powerful...**REMEMBER
THOUGH...DON'T CHANGE IT BY ADDING THINGS
AND MAKING IT LONGER** (The reason I keep

emphasising this fact is because I used to own a couple of gyms and have had experience with thousands of clients...many had the mentality that if such a small program is effective, they'll just add this and add that to make it more effective. This is especially true for people who have been training for some time and are

used to monster workouts...because they know a lot of exercises...and are used to regularly doing a lot of exercises per workout...they feel they 'must' do this (some do it because they're worried they might look like some sort of beginner or newbie in the eyes of others doing such a brief, simple routine) Well please don't be like them...you now know better...so there's no excuse!

Before moving on to the next section (diet) of this book, I'd like to summarise ten key points for achieving quick muscle growth with exercise. This 10-point checklist can be found on the next page...

Top 10 Quickest muscle building Techniques using exercise

- 1 Train regularly...don't skip workouts!
- 2 Train Hard and heavy!...
- 3 Train briefly...40 minutes max!
- 4 Don't overtrain...i.e. too often, too long, too much!
- 5 Allow sufficient recovery time...up to a week between body parts!
- 6 Remember...intensity is inversely proportional to duration...in other words, the longer you train, the less intense your workout.
- 7 the more experienced you become...the less you need to train
- 8 Vary your workouts...make each one slightly different
- 9 Every 3 months...take a whole weeks break
- 10 Experiment with what works for you...and then stick with it until it doesn't work anymore

PART THREE-DIET

Top bodybuilder and former Mr Olympia winner, Larry Scott, always used to say that nutrition was more than half the battle in adding muscle mass. I

agree. If you have a fast metabolism, and eat like a sparrow, you will look like a sparrow!

The basic fact is that we are what we eat, and if we want to be bigger...we need to eat more. Training and exercise stimulates the muscles to grow, but unless you put in the building blocks (food) for growth to occur, you won't grow much. In fact there's nothing more frustrating for a beginner bodybuilder than to train like an animal but not grow. Very unmotivating and debilitating. In fact it's the reason why many fail before they really even get started. Well, that's not going to happen to you, because you know better now. Follow my advice and in place of frustration, you'll get jubilation! This is especially true for the hard gainer, who can't afford not to do everything optimally...otherwise he/she won't get anywhere fast.

Your goal is to keep your body in what's known as a positive nitrogen balance, or anabolic state. Only by doing this can you ever hope to achieve your maximum muscle growth goals. To accomplish this, you must eat every three hours, ...that means six to seven meals per day. Now some of these will be snacks...but it doesn't matter what you call them, the important thing is that you eat on a very regular basis to keep a continuous flow of nutrients feeding your muscles.

The faster that your metabolism is (i.e. the skinnier you are), the larger these meals must be. I took my own bodyweight up from a skinny 67 kilograms to a bulked

107 kilograms over a six-year span...and if I didn't adhere to the eating every three-hour rule...I didn't grow. As simple as that.

Here is a sample-eating plan for a hard gainer to get you started. If you are lucky and are an easy gainer, or a bit overweight (fat!), use water in your protein shakes rather than milk.

Meal one

Bowl of cereal (eg muesli or oats) with low fat milk.

Protein shake {3 scoops (30-45grams) of protein powder, 1 banana, low fat milk, blended} If you can't afford protein powder, preferably WPC or WPI, use skim milk powder.

Meal two

Protein shake {3 scoops (30-45grams) of protein powder, 1 banana, low fat milk, blended}

Meal three

Serve of solid protein, eg beef or chicken or fish, with vegetables or rice, piece of fruit, eg apple or orange

Meal four

Protein shake {3 scoops (30-45grams) of protein powder, 1 banana, low fat milk, blended}

Meal five

Serve of solid protein, eg beef or chicken or fish, with vegetables or rice, fruit salad

Meal six

Protein shake {3 scoops (30-45grams) of protein powder, 1 banana, low fat milk, blended}

Meal seven (optional)

Protein shake {3 scoops (30-45grams) of protein powder, 1 banana, low fat milk, blended}

Drink at least 2 litres of water throughout the day...more if you live in a warm climate.

IMPORTANT NOTE: It is very hard for most people to gain substantial muscle and lose fat at the same time... unless you are using my synergistic [ultrapacks](#). If you try it without these packs, you will be more successful cycling your training between phases of adding muscle...then losing fat. Not trying to do the two things at the same time. Without the help of the supplements in the ultra packs, you may find you get nowhere fast.

Before moving on to the next section (ergogenics) of this book, I'd like to summarise ten key points for achieving quick muscle growth with diet. This 10-point checklist can be found on the next page...

Top10 Quickest muscle building Techniques with diet

1 Eating is 80% of your success...make sure you increase your calories

2 Eat every 2.5-3 hours

3 Eat 6 to 7 meals per day (this includes snacks)

4 Eat at least 2.5 grams of protein per kilo of body weight per day

5 Eat 25% of your daily protein intake immediately after training in a post workout snack/meal

6 In the above mentioned post workout meal, also include plenty of high glycemic carbs such as rice and pasta

7 There is a window of opportunity open for around 30 minutes after training...so make sure you eat your post workout meal/snack in this timeframe.

8 Whey protein is the best source of post workout protein because of its high bioavailability and biological value, high BCAA content and easy/fast digestion.

9 Get plenty of variety in your sources of protein and carbohydrates

10 Eat plenty of fruit and nuts in your between meal snacks

NOTE: 4 of the above points were to do with your post workout snack...this should emphasise the importance of this meal

PART FOUR-ERGOGENICS

How To Build Bigger, Stronger Muscles In Faster Time Using Synergistic Supplement Stacking.

What is stacking? Stacking is combining different supplements or ergogens to multiply results.

In this section rather than just looking at supplements individually...I will explain how they can be synergistically combined to give far greater effects. There are four main supplements we will explore in this chapter:- Creatine Monohydrate, Potassium phosphate, Sodium Bicarbonate, and Whey protein. At the end of the chapter (which is quite long and technical) I will give a simple summary of the key points on how to use these supplements effectively...and without too much fuss. But first, let's look at how to design a "stack".

The best way to design a 'stack' is to first have a clear goal in mind as to the type of result you want from the stack, Let us set a Goal to achieve greater size, strength, power and recovery.

What supplements can we select that will enable us to achieve the above goal. In this case it's easy. Creatine Monohydrate will achieve all of the above and more (endurance) on its own, especially when taken with a high Glycemic Carbohydrate to elevate Insulin and drive more Creatine into the muscles.

So, the first thing to stack with Creatine is sugar. To get a really good "spike" of Insulin, take;

60 grams glucose

15 grams fructose

This is a 'mini' – stack, combining two different types of sugars that give a bigger Insulin burst than using just glucose on its own.

Here is the Total stack;

I call this my “Power Stack”

Load with the following (Power Stack) 5 times per day for 5 days:

Creatine Monohydrate 5g

Glucose 60g

Fructose 15g

Potassium Phosphate 2g

Sodium Bicarbonate 2g

Orange Cordial (for flavour)

For on-going maintenance repeat the above only 2 times per day.

What is loading? Loading is taking a higher dose for several days to fill the muscle cell with creatine. After the initial “loading” phase...the dosage is backed off to what's known as a maintenance dose.

**WARNING: Too Much Bicarb May Result In
'Explosive' Diarrhoea !**

Here is where you can obtain the necessary ingredients;
Creatine - Gyms, Health food shops
Sodium Bicarbonate - Supermarket
Glucose - Health food shop
Fructose - Supermarket, Health Food shop
Potassium Phosphate - Laboratory or Baker's supply
Orange Cordial - Supermarket
Now you know what to take and how much, here is the theory on why this stack is so effective...

CREATINE

Scientific Name: Creatine Monohydrate

Type of Nutrient: Found in food (especially red meat)

History: Used successfully by British track and field athletes at 1992 Olympics in Barcelona

How Supplied: Powder, Tablet, Capsules, and Liquid

Natural Sources: High in red meat. Also formed in liver from the amino acids Arginine, Glycine and Methionine.

Benefits: Increased strength, Power, Mass, Delays fatigue (buffers hydrogen ions), Improves recovery

Safety: Appears to be good - still a relatively new supplement

Precautions: No negative complications in medical literature. However, some athletes report mild diarrhoea during loading phase. Will not improve endurance exercise performance nor submaximal exercise.

Creatine is taken up by skeletal muscle where it forms Phosphocreatine, the high energy phosphate compound. The immediate source of energy for muscular contraction is ATP with Phosphocreatine serving as a back-up source of energy.

The length of time that maximum muscle work can be maintained is partially determined by the amount of Phosphocreatine present in skeletal muscle. ATP must be regenerated through the metabolism of Glycogen, Glucose, fatty acids, ketones and amino acids - once the Phosphocreatine is used up.

Of the many causes of fatigue, one of the more important is the decrease in Phosphocreatine in muscle.

Subsequently some athletes use Creatine supplements to try to increase Phosphocreatine in muscle and thus increase intensity and the length of muscular contraction during short term, high intensity work.

Theory Behind Creatine Supplementation

The possible mechanisms by which Creatine supplementation may be effective during exercise are by:

1. Providing a transport mechanism to take the ATP generated inside the Mitochondria out to the working muscle fibres.
2. Delaying the slowing of effort caused by the depletion of Phosphocreatine stores in the muscle since total stores are augmented.
3. Enabling a greater supply of “instant energy” by improving the capacity to regenerate ATP.
4. Buffering (Neutralising) Hydrogen Ions produced during anaerobic exercise, thereby delaying fatigue. Potentially improves buffering capacity by 7%. (See Sodium Bicarbonate for full explanation of Lactic Acid Buffers).

If anyone attempts to convince you that micro-ionized Creatine is better than normal Creatine Monohydrate – Think about this.

Once Creatine or any other soluble substance is dissolved into solution, you cannot get any finer particles. Anyone with a basic knowledge of chemistry, knows that the ions are in solution...so how do you get something smaller when you already have the smallest? Now maybe micro-ionized Creatine dissolves a bit easier, but an extra stir or shake of normal Creatine gives the same result. In other words, once Creatine has been dissolved into solution, that's it. The Creatine cannot become any smaller in particle size. So it doesn't really matter if it is micro-ionized or normal Creatine – they both give the same end result.

Research Findings –

Delayed Fatigue; Improved Recovery, Increased Muscle Torque

Recent research has revealed that oral Creatine supplements not only increase Creatine content in muscle (the increase is greatest in exercised muscles) (*Harris et al, Clin Sci 1992; 83(3): 367-374*)

but delays fatigue (Balsom PD et al Scan J Med Sci Spor 1993; 3: 143-9), it improves recovery (by increasing the rate of PhosphoCreatine resynthesis in muscle) (*Greenhaft PL et al Am J Phys 1994; 266 (5 Pt 1): E725-30*), and increases muscle torque during repeated bouts of maximal exercise.

(*Greenhaft et al Clin Sci 1993; 84(5): 565-71*).

Increased Power And Work

Other studies show that Creatine Monohydrate increases both power output and the total amount of short term work (*Birch R Eur J Appl Physiol Occup Physiol 1994; 69: 268-70*).

Increased Body Mass

Oral Creatine supplementation may also independently result in increased body mass (*Balsom PD*

et al Actu Phys Scand 1993; 149(4): 521-3, although much of this increase may be due to increased water retention. The water retention is a phenomenon known as “cell volumizing” or “cellular hydration”.

A “hydrated” muscle cell (holding more water) is bigger, fuller and rounder. The cell is literally blown up like a balloon. This is a great look for bodybuilders, cell volumizing means more water inside muscle cells (not the unwanted type of water retention which occurs outside muscle cells and under the skin - giving the appearance of puffiness).

Phosphate Salts

Scientific Name: Sodium Phosphate and Potassium Phosphate

Type of Nutrient: Mineral salt of Phosphorus (essential nutrient)

History: Popular with European athletes

Used as an Ergogenic aid for over 60 years.

German soldiers reportedly used them in World War I to relieve fatigue

How Supplied: Crystalline Salt

Natural Source: Cod, Beef, Milk, Yoghurt, Chicken, Rice, and Bread

(PHOSPHORUS)

Used for: Lactic Acid buffer. Increasing 2,3 –

Diphosphoglycerate (the enzyme that unloads oxygen into muscle). Improving production and use of glycogen for fuel. Improving both Endurance and Anaerobic performance.

Safety: Potassium Phosphate - Excellent

Sodium Phosphate - Good (used extensively in the meat and baking industries)

Excess of Phosphorus excreted in urine.

PRECAUTIONS: Excesses of phosphorus combined with low levels of dietary calcium may contribute to a calcium deficiency. Ensure adequate calcium in diet.

BOOSTING PERFORMANCE

Research has indicated that Phosphate salts can boost performance in track athletes in events ranging in distance from the 100 metre sprint to the 26 mile marathon. To be effective over this wide range, the Phosphate salts would have to have the potential to improve energy production in all three human energy systems - the ATP-CP, Lactic Acid, and oxygen systems - which they do.

Relative to the ATP-CP energy system, Phosphates form high energy bonds when attached to the organic compounds Adenosine (ATP) and Creatine (CP). There is evidence that supplemented Phosphate improves the production and use of Glycogen for fuel through its incorporation into numerous enzymes in energy production (***Chasiotis D Med Sci Sports Exer 1988;20:545-550***). Phosphates are necessary for optimal functioning of several B Vitamins, such as B1 (Thiamine), which is involved in aerobic energy production from carbohydrates and fats.

Sodium and Potassium Phosphate serve as buffers in the body and may function similarly to Alkaline salts in improving the lactic acid energy system. Recently, Dr Richard Kreider and his colleagues at Old Dominion University, Virginia have, in repeated studies of Phosphate supplementation, demonstrated it to buffer Lactic Acid (***Kreider RB, et al. Med Sci Sports Exer 1990;22:250-255. Miller GW, et al Med Sci Sports Exer 1991;23:535***).

Studies from various laboratories have repeatedly shown that Phosphate supplementation raises blood levels of 2,3 - Diphosphoglycerate (2,3 - DPG), the enzyme that deposits oxygen from haemoglobin into muscle cells (*Farber M, et al. J Lab Clin Med 1984;104:166-175.*

CADE R et al. Med

Sci Sports Exer 1984;16:263-268. STEWART I,

McNAUGHTON L Res Quart 1990;61:80-84).

Phosphate is a far safer but effective alternative to Erythropoietin (EPO) - the real heart stopper.

Slightly recapping, all three energy systems, ATP-CP, Lactic Acid and Oxygen are improved. To what extent the following studies will indicate.

One of the recent and best studies (*KREIDER RB, et al*

Int J Sports Nutr 1992;2:20-47) which tested both

anaerobic and endurance exercise, gave trained cyclists

4 grams of Sodium Phosphate per day or a Placebo, for 3 days prior to a maximal exercise test and a 40km time trial on the ergometer bicycle.

During the anaerobic Phosphate trials, maximal power output increased by 17%. As Dr Michael Colgin points out in his excellent book 'Optimum Sports Nutrition', this is the equivalent to **adding 51 lbs to a 300 lb maximum bench press!**

ALKALINE SALT

Scientific Name: Sodium Bicarbonate

Type of Nutrient: Alkaline Salt

History: First research regarding performance enhancement over 60

years ago. Little research however in following 45 years.

How Supplied: Powder

Usual Source: Baking Soda

Used for: Reducing muscle and blood acidity (Lactic Acid buffer).

Improving anaerobic performance (power and endurance)

Safety: 20 grams of Sodium Bicarbonate contains 5 grams of Sodium. Very unhealthy nutrition. Ten times more sodium than you need (Recommended Dietary Allowances 10th Edition 1989). Can send blood pressure sky high.

PRECAUTIONS: Can cause explosive Diarrhea. Use only for big events.

THEORY

If you studied chemistry at school, you may recall that strong acids such as Hydrochloric Acid had the capacity to severely burn your skin. If such an accident occurred, the immediate response was to wash the acid off, preferably with a neutralising solution.

It probably is of little surprise to you that certain cells in your stomach produce Hydrochloric Acid to aid in the digestion of dietary protein. Also, many physiological reactions in your body result in the formation of acids that could have serious consequences if not neutralised.

For example, uncontrolled diabetes can lead to the formation of excessive amounts of acids from fat metabolism, which may lead to a series of events involving acidosis, diabetic coma, and death (rather serious, don't you think?).

In sports, Lactic Acid is related to the onset of fatigue in anaerobic events.

Certain proteins in your body cells and blood, your lungs (blowing off acid in the form of excess carbon dioxide) and your kidneys (which excrete acid salts) are amongst

the numerous systems controlling the acid-base balance in your blood. Additionally, the blood contains a number of Alkaline Salts (notably Sodium Bicarbonate), which can be used to rapidly buffer acids secreted into the blood.

SPORTS PERFORMANCE

The pH in the muscle cells is slightly alkaline while at rest. Normally, it is at this level that enzymes that produce energy via the Lactic Acid and oxygen energy systems perform at their optimum.

Experts believe that if the concentration of Hydrogen ions and acidity increases in the muscle cell, then the optimal functioning of these enzymes will be disturbed and energy production will decrease.

Fatigue may result because of increased acid production within the muscle cell when the Lactic Acid energy system is used during high intensity exercise.

During rest and exercise, proteins within the muscle cell help to buffer metabolic acids. But beyond the initial buffering in the cell, during exercise, the Lactic Acid produced appears to be buffered almost entirely by the Sodium Bicarbonate in the blood.

Your body produces and uses plain old baking soda to protect its blood from acidity (*Danforth WH.*

Control of Energy Metabolism, New York: Academic Press, 1965:287-298). Armed with this knowledge, for more than 40 years, coaches have sought to use Bicarbonate supplements to reduce muscle acidity and improve performance (*Miller R, et al J Clin Invest 1988;81:1190-1196*).

In one study... Dr David Costill and colleagues at the Human Performance Laboratory at Ball State University, Indiana gave athletes a dose of Sodium Bicarbonate. The

athletes then performed five, one minute sprints on an ergometer bicycle, the last sprint was performed to absolute exhaustion.

The Soda loading, improved the time to exhaustion of the last sprint by an incredible 42%!

(Costill DL et al Int J Sports Med 1984;5:225-231).

A fairly recent study completed here in Australia, at the Tasmanian Institute of Technology, ***(McNaughton LR, Cedaro R The Aust Journal of Sci and Med in Sport 1991;23(3):66-69)*** gave elite class rowers 300 mg/kg bodyweight of Bicarbonate or Placebo.

Ninety-five minutes later, subjects made a maximal effort for six minutes on a rowing ergometer.

Compared with Placebo, the subjects rowed almost 50 metres further in the same time when receiving Sodium Bicarbonate.

This was greater than the difference between first and last place at the 1991 World Rowing Championships.

In a nutshell, the theory behind Soda loading is that by neutralising the acid (Lactic) produced by muscle cells during anaerobic exercise, the pH level of the working muscle will be kept in an optimal range for peak performance longer.

SYNERGY

On paper it looks good, but it gets even better.

So far we have 3 university tested and proven ergogens which all help achieve our goal of strength, size, power and recovery in slightly different pathways.

None of them interfere with each other in a negative way.

In fact, it's quite the reverse. This is where the 'magic' of the Power Stack really shines through.

Sodium Bicarbonate not only neutralizes the acidity of your blood – it also neutralizes the acidity in your stomach. This is how an antacid such as ‘Alka-Seltzer’ works. The antacid (anti-acid) neutralizes stomach acids. Why is this of benefit? Because the minute Creatine enters your stomach, the Hydrochloric acid in your stomach immediately starts breaking down valuable Creatine into useless Creatinine – a waste product of your body.

By neutralizing, the acidity in your stomach, less Creatine is broken down into worthless Creatinine before it can get to the working muscles.

I think you will agree that this is a pretty neat synergy so far, but it gets even better.

Potassium Phosphate helps drive the conversion of Creatine Monohydrate into Phospho Creatine which your muscle utilizes in the ATP-ADP energy cycle.

In a nutshell, what we have created is a Power Stack which delivers more Creatine into muscles and contains two other ergogens which have both been university proven to increase power.

If you don't have the time to get all the ingredients to prepare the power stack...Ironpower has done it for you...[click here for more information on Ironpower's PowerStack.](#)

The next and last supplement we will look at in this chapter is Whey Protein...after that I will give a simple summary of how to combine the four supplements described in this chapter on ergogenesis.

Scientific Name: Whey Protein Concentrate/Whey Protein Isolate

Type of Nutrient: Food

How Supplied: Powder

Natural Source: Milk

Used for: Muscle growth, immune system enhancing

Legal Status: OTC

Availability: Health food stores, gyms, web (<http://ironpower.biz/synstack.htm>)

Cost Effectiveness: Concentrate * * * * *

Isolate * * *

Safety: Excellent

Bodybuilders have intuitively known the importance of a protein rich diet for building muscle for a long time. Only in recent years has the scientific community started to accept this.

Studies with both strength and endurance athletes have indicated that intense exercise does increase protein and amino acid needs. (Friedman J E et al Int J Sports Med 10 (1989):118-123) (Lemon P et al

Sports Med 1991; 12(5):313-325). Studies have also shown that the anabolic effects of exercise are increased by a high protein diet. (Fern EB et al Experientia 47 (1991): 168-192) (Goranzon H et al Am J Clin Nutr 41(1985): 919-928).

And the harder you train, the more important dietary protein becomes to your muscle building efforts.

In the last 10 years it has been shown that whey protein may possess special properties not seen in other proteins. In one study, a whey protein diet appeared to enhance the liver and heart glutathione (arguably the most important water soluble antioxidant) concentration in ageing mice and to increase longevity (Bounous G et al Clin Invest Med 1989; 12(6):343-9).

Also, undenatured (undamaged by heat treatment or acid) whey protein (such as modern high quality WPC and WPI) has been shown to enhance the immune system (Bounous G et al Clin Invest Med 1991;14(4): 296-309) (Bounous G et al Clin Invest Med: 1989 JUN; 12(3);P154-61) and lower serum cholesterol (Zhang X et al Br J Nutr 1993p;70(1): 139-46) as compared to casein and soy proteins.

However, one recent study (Bosselaers et al Food Chem Toxicol 1994; 32(10): 905-9) showed that casein, but not whey or soy, had antimutagenic effects and may be cancer protective. Casein is a slower digesting protein...and as such is a good choice for a night time protein before bed.

A study done in 1986 (Battermann W Deutsche Milchwirtschaft 1986;37(33): 1010-1012) pointed out the possible ergogenic effects of Whey Protein.

Overall, Whey Protein is considered to be the best supplemental form of protein for athletes because of its increased bioavailability and solubility compared to other milk proteins and its high percentage content of Branched Chain Amino Acids (25%+).

Recently, a number of improved Whey Protein powders have come onto the market. A predigested whey protein powder that is made by low temperature, high speed sonic drying with micro-pore membrane filters and ion-exchanged columns to remove lactose is the best. These new Whey Protein Isolates are very soluble and great for mixing - but they are also quite expensive.

For value for money, you can't beat Whey Protein Concentrate. Its BV (Biological Value) and protein content is slightly less than WPI; its carbohydrate (lactose) and fat content is slightly more than WPI but its price is much less than that of WPI.

The superiority of whey protein as a supplement can be seen by its BV rating (the higher the better). The BV of a protein is calculated by subtracting the amount of protein excreted (urine, faeces) from that ingested. This gives an estimate of how much protein is retained in the body (hopefully reflecting increased retention by muscle tissue).

The BV is therefore a measure of a proteins ability to be used by the body.

For comparison, the BV of predigested undenatured whey protein is 157.

Egg white has a BV of 87.

Soy protein has a BV of 74.

(You may recall hearing somewhere that egg has a score of 100. Well, it does - but this is a different system of rating known as PER (Protein Efficiency Rating), not the BV).

WHY TAKE A PROTEIN SUPPLEMENT AT ALL?

Good question - but if you've ever tried consuming large amounts of protein (eg 300 grams per day) you'll know the answer. For most people, it's physically impossible to eat enough protein rich whole foods such as beef, chicken, fish and eggs on a daily basis. It is both time consuming and tiring on the jaw. You soon become 'sick and tired' of this continuous effort to eat.

Not only is drinking your protein quicker and easier, using a Whey Protein has a higher BV and can actually save you money in comparison to whole foods. Whey protein has an amino acid profile closest to that of human breast milk - and look how a baby grows!

HOW MUCH DO I TAKE, AND WHEN?

For serious bodybuilders, consume around 2.2-3.3 grams of protein per kilo of bodyweight in divided doses throughout the day.

eg For an 80kg bodybuilder

$$80 \times 3.3 = 264 \text{ grams per day}$$

- 7 = Approx 38 grams per meal, seven times daily.

Breakfast 38 grams

Morning Tea 38 grams

Lunch 38 grams

Afternoon Tea 38 grams

* Post Workout Snack 66 grams

Dinner 38 grams

Pre Sleep Snack 10 grams

Note: The protein listed is total protein. It may be total protein shake, or half food, half protein shake or total whole food. Do not rely entirely on liquid drinks - although they are so convenient. Make sure there are plenty of whole food proteins such as lean beef, chicken, fish, pork, lamb and eggs. Also, don't neglect vegetable proteins.

* The most important protein shake of all is your Post Workout Snack. This should contain 25% of your daily protein intake. Make sure you consume plenty of carbs of varying glycemic indexes at this meal also.

The Pre Sleep Snack is vitally important also. This is smaller than the other snacks and should be fat free.

THERE ARE SO MANY PROTEIN POWDERS ON THE MARKET... WHICH DO I CHOOSE?

I recommend only buying from reputable companies...so you can be sure you are getting what you pay for. For this reason I recommend Ironpower's SynStack Whey protein shake. It tastes delicious and you can be sure you are getting a high quality product giving results you can count on. Click for more information on SynStack

Now here's the simple summary of this chapter that I promised earlier...

Take PowerStack 5 times per day for 5 days as an initial loading phase (You can expect to put on a kilo or more in the first loading phase of 5 days)

After the first five days move to the maintenance phase which is 1 or 2 serves per day. The best time to take it is after training.

The size of the serves should be based on your bodyweight, which is described in more detail earlier in this chapter. If using Ironpower's ready-made PowerStack...full loading and maintenance dosages are supplied on the container.

Take Whey protein at least once per day. The most important time is immediately after training. This post workout snack should comprise of 25% of your daily protein intake. Once again, serving sizes are based on your bodyweight and total daily protein intake. See earlier in this chapter for serving size recommendations based on your bodyweight. Ironpower's SynStack whey protein shake comes complete with serving instructions.

PART FIVE-ULTRA MUSCLE GROWTH PACK

Creatine and whey protein are your bare essentials in supplementation. However, if you want to take your training, development and results to the next level...read on...

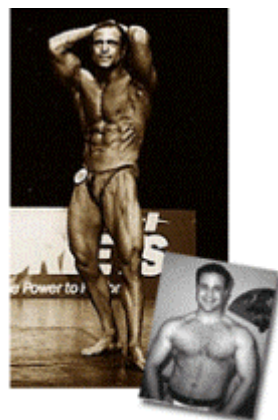
Use the Best-Kept Secret of Natural Bodybuilders to Quickly Build Muscle and Lose Fat at the same time...

Plus Learn How You Can Stop Wasting Money on supplements that don't work...switch to Ironpower's guaranteed fat Burning and Muscle Building supplements...

Twice the effect in half the time...building muscle, losing fat

Ironpower's Ultra growth Muscle Pack allows you to build muscle and lose body fat at the same time.... and at a very fast rate. It's relatively easy to either build muscle or lose fat separately if you know how (**visit <http://ironpower.biz> for all the FREE information you require on training, diet and supplements for you to do this**). But to be able to build muscle at the same time you are losing fat greatly speeds up the time between the way you look now and the way you want to look. Ironpower's Ultra growth Muscle Pack makes achieving your goal a reality in a much faster time and with less effort. The synergistic combination of muscle building and fat burning supplements works alongside your training and eating to give the most rapid results possible without resorting to dangerous and illegal drugs. Believe me, I

know what I'm talking about! I've spent years as a competitive Bodybuilder (1984 Mr Australia), fitness author and personal trainer researching and learning the secrets of building muscle and losing fat-- naturally -- and I've put those secrets to work in my own training and that of my clients. Without using dangerous drugs, I'm able to grow more healthy muscle and burn more fat at the same time on myself and my clients, that other trainers become green with envy! And I don't have to spend a fortune... and neither will you! Here's an extract of a testimonial from Clint Cohen of Melbourne Australia, one of our many satisfied clients... "After spending some time with Richard at his offices he walked me through the various products and made certain recommendations to me. I guess initially I was vague about trying yet another range of supplements as I had tried so many in the past with no real success. IronPowers products offered something different to me - with Richard being a one time Mr Australia, the knowledge and experience - I felt I had to give it a go. The Andro stack was the most amazing of the lot. Cycled every 3 weeks it gave me that boost that in my opinion made all the difference for me. I got into the Gym, and used poundage that I have only ever seen the BIG BOYS in the gym used. My weight started reducing, I started getting shape, not BULK as I always had. I started feeling stronger - physically yes, but mentally as well. The idea of competing was now becoming a reality. I would return to Richard's office to get more of his supplements and I was surprised to see how much knowledge his wife had on his products. I continued to use his products and will



"Iron Power products offered me something different.."

Clint Cohen

continue because on the 16th April I entered my first comp. and I weighed in a 66Kg's with a body fat percentage of 6%. I was in the best shape of my life!"

**The Ultra Muscle Growth Pack unfair advantage...
Get a beautiful, fantastic body FAST -- without
stress, hassle or wasting time!**

***I've spent YEARS researching the exact conditions
that are needed for creating a healthy muscular
body... so why not take advantage of my hard work
WITHOUT having to spend years learning on your
own?***

Supplement your entire training program with ONE easy-to-use system! Why mess around with a hodge podge of pills and powders that haven't been designed to work together synergistically? Ironpower's Muscle Growth Ultra pack can easily and simply create a healthy, natural muscular body using a single integrated synergistic system!

What's so special about The Muscle growth Ultra pack...

Here's ten savings you'll get when you buy the Ultra Muscle Growth supplements pack...

Number 1 SAVE MONEY...Save \$55.27. By buying the Ultra pack consisting of four of Ironpower's best selling products, you save because of the economy of scale. These products normally collectively retail for \$194.27...but by getting the Ultra Muscle Growth pack you pay only \$139...a huge saving of \$55.27...

Number 2 SAVE TIME...It can take years to build the type of physique you may be after, and the Ultra Muscle Growth packs contain scientifically proven nutraceuticals to accelerate your muscle building goals...

Number 3 SAVE ENERGY...By doing everything optimally, which means using supplements that are proven to really work, your physique transformation goal can be achieved with less expenditure of energy...

Number 4 SAVE FRUSTRATION...It's a well known fact that getting the body you deserve can have its ups and downs on the road to fitness...so much so that it can be easy to fall off the path and give up all together... when sometimes it appears that you're getting nowhere fast. Ultra Muscle Growth packs reduce this frustration by giving fast results you can see and feel immediately...

Number 5 SAVE EFFORT...You won't have to spend a lot of time and energy researching what works and what doesn't...what goes together and what doesn't...where you can get it and has it been proven...Richard Hargreaves and Ironpower have done it for you.

Number 6 SAVE FACE... Let's face it...it requires effort to be better than average...but the rewards are more than worth the effort...but it can be very embarrassing when you train hard, eat well, and still don't seem to improve much...The Ultra Growth Muscle packs can save your pride along the way by giving you results everyone around can see...

Number 7 SAVE YOUTH...What's the point of having a great body if your face looks tired and you feel old on the

inside...Ironpower's proprietary stacks(blend of ingredients) not only make you look great and youthful on the outside...you'll feel younger on the inside with the accompanying energy and vigour this brings....giving a re-newed zest for life...

Number 8 SAVE HEALTH...Some people are prepared to sacrifice their health to achieve their muscle building goals by taking dangerous steroids and resorting to other dangerous practices. With ironpower's Ultra Muscle Growth packs your health is never in jeopardy....but your results are maximal...

Number 9 SAVE CONFUSION...There's a lot of snake oil salesman out there, willing to tell you anything just to get your hard earned money. This creates a lot of confusion in the minds of fitness enthusiasts and health seekers...especially beginners. Ironpower's Ultra Muscle packs lift this confusion by giving you the facts as verified with the latest scientific research...

Number 10 SAVE SEX LIFE...It's a well known fact that if you're feeling fit, healthy and looking great...you are much more attractive to your partner or potential partners, and you perform much better in many areas...including bedroom sports! Ironpower's Ultra Muscle growth packs not only get you looking and feeling great fast...they contain components that adjust your system and boost hormones to get your whole body functioning optimally. So if you want to get all areas of your life working for you instead of against you as sometimes it feels...invest in an Ironpower Ultra Muscle Growth pack and give your whole life a lift from the weights room... to the boardroom ...to the bedroom!

IMPORTANT...One extra reason to BUY NOW...

SAVE DISAPPOINTMENT! Because of the seasonal nature of some of the phytohormones (plant hormones) we use in our unique proprietary formulas...we cannot always supply enough to satisfy demand year 'round. Ironpower presently has packs in stock ...so if you're serious about shaping up fast...and think you'll sooner or later be getting around to buying an Ultra Muscle Growth pack...may I suggest getting it sooner rather than later to avoid disappointment!

Supercharge your bodybuilding results... Ironpower's renowned Muscle growth Ultra packs are the answer. Four of our most effective nutraceutical 'stacks' (Androstack , GHstack , Powerstack , and Synstack)are further 'stacked' in a synergistic pack to take you and your body to the next level. Each of the four products individually represents a triple stack (3 performance enhancers)... So when combined in the Muscle growth Ultra pack you've effectively got one dozen...3x4...ergogens (performance enhancers) all working synergistically towards one goal...to build you maximum muscle in minimum time. We've done the science...so you can put your mind at ease and confidently get on with your training...knowing that you don't have to worry about the complex chemical and hormonal interactions taking place within you. Just follow our complete system...everything else will take care of itself...naturally...Imagine far greater results with less effort...and saving you money as well as time... How You can Build Muscle and save money... **For a limited time you can buy the Muscle Growth Ultra Pack online and save a huge \$55 off the recommended retail price.**



Even at full retail they represent great value because of their effectiveness. But with a \$55 saving, neither your wallet or body has to be skinny anymore! Many successful bodybuilders report that by buying a monthly Muscle Growth Ultra pack they spend less than before they discovered them and were wasting money on other products and brands that did not function as a synergistic system... **BUY NOW** for only \$139 US...(\$194 value). To order safely online, visit our secure web server and follow the easy steps. Visit <http://ironpower.biz/products.htm> for more info on other Ironpower products...

100% SATISFACTION GUARANTEE...or YOUR MONEY BACK *If your body DOESN'T grow more muscular and leaner... if you don't experience gains like never before... and if your time and effort DON'T drop dramatically... simply return the empty bottles and containers and I'll refund your complete purchase price, no time limit, no questions asked.*

Kind regards

Richard Hargreaves
1984 Mr Australia
CEO Ironpower

P.S. Buy an Ultra Muscle Growth pack today and not only can you start building more muscle mass and burning fat at a faster rate than ever before...for the month of January we'll throw in 10 grams of pure caffeine (that's enough for 40 supercharged workouts) valued at \$23.17,

absolutely FREE. This takes your total savings to US\$78.17...but hurry...this is for a limited time only...visit <http://ironpower.biz/products.htm> to check availability Click here to BUY NOW and start building muscle, losing fat immediately with our best muscle building supplements!



BEWARE KITCHEN SINK APPROACH

WHAT IS THE KITCHEN SINK APPROACH...

Some manufacturers take this approach to designing supplements and it is purely done from a marketing purpose or out of sheer ignorance...

They think that the more ingredients they can list on the Product label-the more customers will be impressed.

Unfortunately, for many people, this is true. Most people are impressed when they see just about every fat burning compound known to man listed on the ingredients of a fat loss product or every Growth nutrient on a Muscle builder.

What the unknowing bodybuilder does not realize is that the amounts of substances required to get a positive effect far exceed (perhaps by 100 x or more) what is being put into this “Kitchen Sink” supplement. . I know you’ll find this hard to believe (Ha, Ha) but some companies don’t even put in what’s on the label.

Not only that, quite often not all ingredients works synergistically. By putting in everything-you are very likely to undo or neutralize any good you may have derived from these supplements. Some work against each other. Some must be taken on an empty stomach. One of the key benefits of using Ironpower’s Ultra Muscle Growth Packs is that they have been designed from the ground up to work synergistically...when used as directed you can expect phenomenal results...and as well as being cost effective, you can have peace of mind that all the details have been worked out for you.

E.g. Red Clover(which is one of the components of Ironpower’s Ultra Muscle Growth pack) is most likely to convert to Testosterone when taken separately from other foods...therefore, do not take it at the same time as protein or HMB.

And use common sense. If you see a product being

promoted as thermogenic or fat burning and yet contains copious amounts of carbohydrates – ask how is this possible– since carbohydrates inhibit fat burning.

TIP

Because of the complexity of interactions within the body, it is not possible for anyone to know exactly what happens when lots of substances are combined at once. For this reason, I believe it is best to keep things simple when stacking.

Keep components to the bare minimum. Anything, which cannot be proven or practically demonstrated, can be regarded as (advertising) hype.

If you stick to this rule, your results will always be guaranteed and as a bonus you save money.

TIMING

This can be critical – Adhere to my suggestions throughout this guide for maximum Synergy and Bang for your buck.

Follow the directions in this guide to the letter and you can expect phenomenal results in building muscle...and you will not only save time, money, and energy...but protect your health as well.



Fatalyzer 1.0

File Help

☒ Male ☐ Female

Age: 32

Caliper measurements in millimeters

Men		Women
Upper Chest	12	Tricep
Mid Abdomen	24	Far right Abdomen
Mid Thigh	11	Mid Thigh

Calculate **14.5%**

Reminder Buddy

Settings Reminders Help

Reminder	Active	Type	Day	Time
Eat Lunch	Yes	Daily		11:30:00 AM
Go Home	Yes	Daily		2:00:00 PM
Anniversary Soon	Yes	Monthly	6	10:00:00 AM

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