Bodybuilding & Muscle Gain

6lbs of muscle in 15 days GUARANTEED!!

For many people that strive to become their picture of perfection, find that in reality it is very difficult to make any great difference to the way they look. Until now that is. We GUARANTEE that if you give this program 100% effort you will, in return, receive remarkable results.

REMEMBER WE GUARANTEE IT.

Supplements

HOW MUSCLE GROWTH OCCURS The most important concept in a weight training program is PROGRESSION. To make changes in your body you must continue to challenge the muscles by gradually but consistently increasing the load placed on them. This is where one of the basic tenets of training comes to light – the S.A.I.D. principle.

The Specific Adaptation to Imposed Demands principle means that your muscles will adapt only to the demands placed on them. Therefore, for continued improvement, you need to place ever increasing demands on your muscles. You can do this by adding an extra repetition, increasing the weight lifted, or shortening the rest intervals.

All three of these techniques are examples of progression. We cannot overemphasize the importance of making some type of progress. When you train you always need to push yourself further or harder than the comfort zone. What this means is that your attitude toward your training is the single most limiting factor in your progress. To achieve any and all of your goals, you must be able to push yourself harder that you ever pushed before.

WORK THE MUSCLE, DON'T MOVE THE WEIGHT Remember that the focus of your weight – training program will be to work the muscles, not to move the weight. Don’t let yourself fall into the trap of trying to see how much weight your muscles can push. The important thing is to position yourself in a bio mechanically advantageous position on every rep for every exercise.

So come on, together we will improve your cardiovascular condition, strengthen your muscles and sculpt your body into the best shape that your genetics allow. Remember, your progress will be directly proportional to your efforts.

MUSCLES GROW WITH REST AND NUTRITION Poor nutrition, insufficient sleep, and excessive stress are counterproductive to your exercise program. All the weight training in the world won't result in a muscular body if you don't eat right and sleep enough so your body can recover and grow muscle.

NUTRITION AND REST ARE ESSENTIAL TO GROW MUSCLE A good diet (follow the body building RDA's) is essential for muscle growth. You must consider whether you are under an inordinate amount of stress (you must make allowances for this when setting up your exercise program). And finally, never work out a body part if it still hasn't recovered from a previous workout. A famous person once said, "Never put off till tomorrow what you can do today." This person was obviously an unhealthy pencil neck. Your muscles only grow (or adapt) during rest. So when they are tired or sore, it is their way of saying "we need more time to recover!"

HOW MANY REPS AND HOW MUCH REST

- **If your goal is strength= 3-5 reps, 3-4 minutes rest between sets.**
- **If your goal is size = 5-8 reps, 1-2 minutes rest between sets.**
- **If your goal is endurance 20-25 reps 1 minute rest between sets.**

For people who want to increase their endurance, do 20-25 reps.
This rep range is great for people who are overweight, higher than 20% body fat. You should rest only 1 minute between each set. This pace will help you drop body fat and increase your fitness and energy levels.

For people who want to increase their strength and endurance, as well as tone up, do 12-15 reps. These are the people who want to be firm without being bulky. 2 minutes rest between sets.

For people who are preparing for a contest or who want to keep their size and strength, but wish to drop body fat. Add a set of 20-25 for each body part. If this isn't enough add one set per exercise.

CONFUSE YOUR MUSCLES TO PROMOTE GROWTH Change your routine in exercises, rep, schemes or rest schedules. Your muscles will adapt to any set routine or schedule. Exercise that work the muscles at different angles stimulate the muscle differently and ensure that every motor unit fires. For example, you could substitute incline dumbbell curls for straight bar curls.

THE IMPORTANCE OF NUTRITION.

There are important factors to consider when attempting to build muscle, increase strength and improve performance.

SPECIFIC TRAINING. You should endeavor to train for your specific sport or goal. If you are a long distance runner you do not need to train for muscle bulk but rather for stamina and endurance. Conversely a muscle building athlete or bodybuilder should train for strength and muscle size.

PROGRESSIVE TRAINING. In order for training to be effective it must also be progressive. Improvement should be made on a weekly basis simply by being consistent with your training and not performed randomly. Keeping a log of training loads and times and striving to improve upon them is the prerequisite of improved performance and goal attainment.

REST AND RECUPERATION. The body needs approximately 72 hours to fully recover from an intense workout. It is therefore advisable never to train the same body part again during this critical post workout recovery and growth period. As recovery is both physical and mental, a sound sleep is required every night so that training sessions can be faced with freshness and energy.

OPTIMUM NUTRITION. For nitrogen retention, the prerequisite of muscle growth, to take place it is essential that the body has the following five nutritional products and co factors;

1. Protein and Amino acids.
2. Carbohydrates and essential fatty acids.
3. Vitamins and minerals.
4. Performance enhancing supplements.
5. Water.

Protein is broken down into amino acids before being delivered to the cell receptor sites, to be retained as nitrogen by the muscle cells. Since athletes and bodybuilders required larger amounts of protein than other individuals, it is recommended that they consume, on a daily basis, **at least 1 gram of protein** for every pound of bodyweight.

Carbohydrates should form the bulk of an athlete's diet and should be at least 400 grams per day, comprising of both complex carbs for sustained energy and simple carbs for quick energy. The greater portion of these should be complex and should be of the un-refined wholegrain variety. Carbs also play a role in the delivery of amino acids to the cells and are therefore indispensable for body growth and development. The remainder of the diet should mostly consist of water, vitamins and minerals, which serve as spark plugs to the system, and performance enhancing food supplements which prime the metabolism so that muscle hypertrophy can successfully occur.

SUPPLEMENTS. These are specially formulated, nutritional food concentrates, which augment the body's energy, protein and metabolic function, thereby improving performance and general well being. Supplements not only help to offset nutritional deficiencies, but are also an indispensable aid to all bodybuilders and athletes who wish to achieve their optimum performance in terms of strength, stamina and muscle growth in their chosen field. Even more specifically,

supplements: Increase energy and endurance Help maintain and increase protein retention (the prerequisite of muscle growth) Provide vitamins and minerals which help to ignite and regulate the metabolism and act as powerful antioxidants that help to detoxify and oxygenate the vital organs of the body.

WATER. Water is absolutely vital if you are to keep your body functioning at optimum levels, flushing out toxins from over worked muscles aids for a better recovery. Avoiding alcohol is essential as it can interfere with recuperation and can wreak havoc on the body's immune system.

YOUR FAST TRACK TO GAINS Many trainers, although they train diligently and consistently, never truly realize their own ultimate physical goal. When gains are not as forthcoming as the individual feels they should be, an attempt is made to remedy the situation, usually by increasing sets and reps, or increasing overall training in general. The reason for this is that many proponents in the industry declare that intensity is necessary to obtain great results. The rational follows that the more intensity you can muster, the higher the propensity for ensuring gains; an equal and opposite reaction if you will. Sounds great in theory, but in practice results are short lived. Nor surprisingly, this leads to feelings of despair and bewilderment.

You invest huge amounts of time and effort, for little or no return. In a word, you have succumbed to the inevitable over training syndrome. It's your worst nightmare as you feel powerless as your gains slip away. Why does this happen?. There are two major factors that pave the way to over training: continual excessive and intensive training (as already mentioned), and the other is less than optimal nutrition. Intense training can be an excellent method of improving gains, but only if your nutrition is matched to your training. It's imperative your body is fuelled with premium nutrients if you frequently expect it to perform above and beyond the normal call of duty in pursuit of excellence.

This point can not be overemphasized. The gains you make, or don't make, hinge on your nutritional status. You may get away with making mistakes with your training, or even missing occasional workouts, but make mistakes with your nutrition and you'll regret it. Taking your body to new limits of strength and growth takes discipline and a lot of hard work.

THE NUTRIENTS

The daily intake of food is normally comprised of the following elements.

PROTEIN for the growth and repair of tissue, and also for use as energy when insufficient carbohydrates or fat are present. Protein is broken down into amino acids which are essential for muscular growth and repair.

CARBOHYDRATES which are your body's quickest and main source of energy and vital during the pre-competition carbing up process.

FAT which is the most concentrated energy source, normally utilized when carbohydrate stores have been depleted.

VITAMINS which help ignite and regulate vital body functions.

MINERALS which regulate body functions and form the vital constituents of teeth and bones.

Probably the cheapest supplement supplier in the UK HERE

PRIMARY CYCLE

WEEKS 1 THROUGH 6

YOUR DIET

Your diet will consist of approx. **60%** carbohydrates, **30%** protein and **10%** fat.

Your total calorie intake must equal **200** calories for every **10lbs** of body weight

SOME EXAMPLES OF DIETS

Breakfast	**Breakfast**	**Breakfast**
4 boiled eggs (whites only) Bowl of cereal 1 piece of fruit Glass of water	4-egg omelet (whites only) Museli Piece of fruit Orange juice Glass of water	3 boiled eggs (whites only) Yogurt Piece of fruit Glass of water
Mid morning	**Mid morning**	**Mid morning**
Tuna sandwich Piece of fruit Glass of water	Meat sandwich Piece of fruit Glass of water	Cheese sandwich 1 pint of milk (skimmed) Glass of water

Lunch	**Lunch**	**Lunch**
Chicken breast	100g of tuna	Tuna sandwich
200g of pasta	200g of rice	2 boiled eggs (whites only)
Piece of fruit	Piece of fruit	Piece of fruit
Glass of milk (skimmed)	Glass of water	Glass of water
Glass of water		
Mid afternoon	**Mid afternoon**	**Mid afternoon**
Cheese sandwich	3 boiled eggs (whites only)	Meat sandwich
1 pint of milk (skimmed)	Piece of fruit	Orange juice
Glass of water	Glass of water	Glass of water
Evening	**Evening**	**Evening**
100g of tuna	1 chicken breast	1 Steak (boiled)
Baked potato	200g of pasta	Baked potato
Piece of fruit	Glass of water	Glass of milk (skimmed)
Glass of water		Glass of water

YOU NEED TO DRINK ABOUT 8 PINTS OF WATER EACH DAY

In addition to the meals above you should take a protein supplement immediately after training and another just before you go to bed to maximize muscle growth.

THE WORKOUT

A four day split routine.

MONDAY - Chest, Biceps, Legs.

TUESDAY - Back, Shoulders, Triceps, Abs.

WEDNESDAY – Rest.

THURSDAY- Chest, Biceps, Legs.

FRIDAY- Back, Shoulders, Triceps, Abs.

SATURDAY – Rest.

SUNDAY - Rest.

- **Each muscle group exercises are to be performed immediately after each other, with a maximum rest of 10 seconds between exercises.**
- **The number reps you are performing must be your failing rep.**
- **E.G. If you are aiming for 5 reps, you are unable to perform a 6th rep.**
- **All reps must be in good form and performed to muscular failure.**
- **The weight you select should only allow you to perform the listed number of reps.**

CHEST

3 – 4 sets

Flat bench press	5 reps
Incline bench press	5 reps
Flat bench fly's	5 reps
Dumbbell press	Failure (max of 10reps)

BICEPS

2 – 3 sets

Straight bar curls	5 reps
Eze bar curls	5 reps
Dumbbell curls	Failure (max of 10reps)

LEGS

2 – 3 sets

Leg press	5 reps
Leg curl (hamstrings)	5 reps
Squats	5reps
Leg extensions	Failure (max of 10reps)

BACK

3 – 4 sets

Lat pull downs	5 reps
Seated rows (close grip)	5 reps
Bent over rows	5 reps
Seated rows (wide grip)	Failure (max of 10reps)

SHOULDERS

2 – 3 sets

Shoulder press	5 reps
Lateral raises	5 reps
Upright rows	Failure (max of 10reps)

TRICEPS

2 – 3 sets

Straight bar push downs	5 reps
45° bar push down	5reps
Rope push down	Failure (max of 10reps)

ABS

5 sets

Weighted sit ups	6 reps

SECONDARY CYCLE

WEEKS 7 THROUGH 12

YOUR DIET

Your diet will consist of approx. 45% carbohydrates, 45% protein and 10% fat.

Your total calorie intake must equal 150 calories for every 10lbs of body weight

SOME EXAMPLES OF DIETS

Breakfast	**Breakfast**	**Breakfast**
6 boiled eggs (whites only) Bowl of cereal Glass of water	6-egg omelet (whites only) Museli Glass of water	6 boiled eggs (whites only) Yogurt Glass of water
Mid morning	**Mid morning**	**Mid morning**
Tuna sandwich Glass of water	Meat sandwich Glass of water	Cheese sandwich Glass of water

Lunch	Lunch	Lunch
2 Chicken breast 100g of pasta Glass of water	150g of tuna 100g of rice Glass of water	Tuna sandwich 4 boiled eggs (whites only) Glass of water
Mid afternoon	**Mid afternoon**	**Mid afternoon**
Cheese sandwich 1 pint of milk (skimmed) Glass of water	3 boiled eggs (whites only) Glass of milk (skimmed) Glass of water	Meat sandwich Glass of milk (skimmed) Glass of water
Evening	**Evening**	**Evening**
100g of tuna Baked potato Glass of water	2 chicken breast 100g of pasta Glass of water	1 Steak (boiled) Baked potato Glass of water

YOU NEED TO DRINK ABOUT 8 - 10 PINTS OF WATER EACH DAY

In addition to the meals above you should take a protein supplement immediately after training and another just before you go to bed to maximize muscle growth.

THE WORKOUT

Remember to select a weight that will only allow you to perform the listed amount of reps

CHEST

3 – 4 sets

Flat bench press	6 reps
Incline bench press	6 reps
Flat bench fly's	6 reps
Dumbbell press	Failure (max of 10reps)

BICEPS

2 – 3 sets

Straight bar curls	6 reps
Eze bar curls	6 reps
Dumbbell curls	Failure (max of 10reps)

LEGS

3 – 4 sets

Leg press	6 reps
Leg curl (hamstrings)	6 reps
Squats	6reps
Leg extensions	Failure (max of 10reps)

BACK

3 – 4 sets

Lat pull downs	6 reps
Seated rows (close grip)	6 reps
Bent over rows	6 reps
Seated rows (wide grip)	Failure (max of 10reps)

SHOULDERS

2 – 3 sets

Shoulder press	6 reps
Lateral raises	6 reps
Upright rows	Failure (max of 10reps)

TRICEPS

2 – 3 sets

Straight bar push downs	6 reps
45° bar push down	6reps
Rope push down	Failure (max of 10reps)

ABS

5 sets

Weighted sit ups	8 reps

KEEP A RECORD

	BEFORE	AFTER
WEIGHT		
THIGHS		
CALF'S		
CHEST		
BICEPS		
NECK		

NOW YOU HAVE BUILT THAT MUSCLE, WE NEED TO STRIP THAT FAT FROM THE BODY.

FOLLOW THIS DIET FOR AS LONG AS YOU NEED TO.

USE THE SAME TRAINING PROGRAM

MONDAY FATLOSS DIET

8.00	Protein mix with vitamin C
10.30	4 egg white omelet and a small glass of skimmed milk
1.30	100g of chicken breast and 1 cup of brown rice
4.30	1 small tin of tuna and a cup of vegetables
7.30	Protein mix with vitamin C

Sip water all day. NO FIZZY DRINKS

TUESDAY FATLOSS DIET

8.00	Protein mix with vitamin C
10.30	100g of turkey and a small glass of orange juice
1.30	150g of corned beef and 1 cup of brown rice
4.30	150g of salmon and a cup of vegetables
7.30	Protein mix with vitamin C

Sip water all day. NO FIZZY DRINKS

WEDNESDAY FATLOSS DIET

8.00	Protein mix with vitamin C
10.30	100g of chicken and 1 cup of brown rice
1.30	Protein mix with vitamin C
4.30	1 small tin of tuna and 1 cup of vegetables
7.30	Protein mix with vitamin C

Sip water all day. NO FIZZY DRINKS

THURSDAY FATLOSS DIET

8.00	Protein mix with vitamin C
10.30	100g of turkey and a small glass of skimmed milk
1.30	4 egg white omelet and 1 cup of brown rice
4.30	150g of corned beef and 1 cup of vegetables
7.30	Protein mix with vitamin C

Sip water all day. NO FIZZY DRINKS

FRIDAY FATLOSS DIET

8.00	Protein mix with vitamin C
10.30	4 scrambled egg whites and a small glass of orange juice
1.30	100g of chicken and 1 cup of brown rice
4.30	1 small tin of tuna and 1 cup of vegetables
7.30	Protein mix with vitamin C

Sip water all day. NO FIZZY DRINKS

SATURDAY FATLOSS DIET

8.00	Protein mix with vitamin C
10.30	150g of corned beef and a small glass of skimmed milk
1.30	100g of chicken and 1 cup of brown rice
4.30	150g of salmon and 1 cup of vegetables
7.30	Protein mix with vitamin C

Sip water all day. NO FIZZY DRINKS

SUNDAY FATLOSS DIET

8.00	Protein mix with vitamin C
10.30	100g of chicken and a small glass of orange juice
1.30	100g of chicken and 1 cup of vegetables
4.30	200g of chicken
7.30	Protein mix with vitamin C

Sip water all day. NO FIZZY DRINKS

THE

NUTRITIONAL E-GUIDE

INTRODUCTION

This guide provides you with the detailed composition of all the major nutrients in foods, and should be an indispensable aid to weight conscious individuals and athletes and sportsmen who need precise information as to the exact strengths and values of particular foodstuffs.

PROTEIN

In order for nitrogen retention, the prerequisite of muscle growth to take place, the body must consume sufficient 1st class protein generally recommended that the consume a minimum of 1 gram of 1st class protein per lb of body weight which normally equates to around 20 – 25% of their total calories.

This means that an individual weighing 180lbs would need to consume a minimum of 180g of protein (720 calories) every day. Note 1 gram of protein provides 4 k calories 17 kj.

THE QUALITY OF PROTEIN

Most animal proteins, such as milk, eggs, meat and fish, are considered first class complete protein sources because their amino acid pattern most resembles that needed by man. Incomplete proteins are usually low or deficient in one or more amino acids, such as Lysine, Methionine or Tryptophane and cannot be fully utilized unless they are combined with other foods to improve the amino acid score. A good example of this is the food combining of bread (flour) and beans (beans on toast) to produce a good quality protein. Eggs are considered to e the best protein for human growth and development.

MORE OF PROTEIN

Since weightlifting began, bodybuilders and strength athletes have fortified their profits intake with protein drinks made from egg and milk. This formula is still an integral part of every leading bodybuilders dietary regime. Now of course, they buy

their protein from the health store or gym and simply mix it with milk and take it once or twice daily in between meals. This way they are getting the requisite amount of quality protein and calories. A relatively new product on the market contains not only milk and eggs but other essential nutritional factors as well. It is call SUPER HEAVYWEIGHT PROTEIN and it comes as a delicious chocolate flavour in 1 kg cans. SUPER HEAVYWEIGHT PROTEIN also contains the full R.D.V of vitamins, minerals and proven anabolic aid Chromium Picolinate.

CARBOHYDRATES

Carbohydrates are the body's principle source of energy and are stored as glucose in the blood and as glycogen in the liver and muscle cells. When glycogen stores are depleted, fatigue sets in and performance suffers. The amount of glycogen required depends on the duration, type and intensity of exercise.

To maintain adequate glycogen stores for training, active people should aim to consume 60 – 70 per cent of their energy requirements as carbohydrate.

Complex carbohydrate (starch) should make up most of the carbohydrate consumed. It sustains blood sugar levels more effectively that simple carbohydrate (sugars). Complex carbohydrate foods are also a better course of vitamins, minerals and fibre.

Simple carbohydrates should supply less than 15% of the total carbohydrate intake.

Sources sugar, honey, jam, confectionery, soft drinks etc. Carbohydrate (glycogen) loading: Increasing or "loading" glycogen fibres is important for athletes taking part in endurance competitions which involve greater than 90 minutes of strenuous, uninterrupted effort. The "extra" glycogen store helps to delay fatigue and enhance staying power. Glycogen loading also helps to prevent hypoglycaemia – low blood sugar.

Carb loading is also beneficial to bodybuilders prior to their competition when increased intake is stored as muscle glycogen helping to firm and fill out the physique.

Many bodybuilders take supplemental carbohydrates before training and prior to contests. One of the best carb up drinks available is a product called "Powerblast" which is a high energy drink which is fortified with electrolytes and lactic acid buffers. Power blast is great for getting you through the gruelling work outs.

LOADING UP

Commence carbohydrates loading 3-4 days prior to competition. Increase carbohydrate per kilogram (pound) of bodyweight. Decrease training to reduce the use of muscle glycogen.

FATS

Fats consist primarily of Tryglycerides. Each Tryglyceride is a combination of three fatty acids with a unit of Glycerol. There are three main types of fats.

SATURATE - These include butter, lard, cheese, fat on meat, coconut, whole milk etc. An excess of saturated fat is linked with elevated blood cholesterol level and coronary heart disease. Replacing this fat with either unsaturated or polyunsaturated is recommended.

UNSATURATED – These include olive oil and peanut oils.

POLYUNSATURATED – These include "sunflower safflaver" fish oils and polyunsaturated margarine's. Fat are very calorie dense (9 cal to the gram) and it is recommended that their consumption should be no more than 20% of the diet less when trying to lose body fat and preparing for competitions.

VITAMINS

Vitamins are divided into two categories: fat soluble and water soluble. Vitamins A, D, E and K are fat soluble and over-use is dangerous. Most of the B Vitamins, Folic Acid and Vitamin C are water soluble, and any surplus to requirements normally leaves the body via the urine. B Vitamins are sensitive to heat, and Riboflavin B2 is sensitive to light. Vitamin C is destroyed by air. Deficiencies of Vitamins include anaemia, lethargy, scurvy, weak bones, delayed would healing, and retarding of growth.

MINERALS

Minerals have the following functions:-

1. They are the basic constituents of bones and teeth.

2. As mineral salts, they control levels of body fluids inside the cells and in the blood.

3. They work in conjunction with enzymes and other proteins.

Typical food values for 100g

No	Food	Inedible Waste	Energy		Protein	Fat	Carbohydrate (as mono-saccharide)
		%	kcal	kJ	g	g	g
	Milk						
1	Cream – double	0	447	1,841	1.5	48.2	2.0
2	Cream – single	0	195	806	2.4	19.3	3.2
3	Milk, liquid, whole	0	65	272	3.2	3.9	4.6
4	Milk, liquid skimmed	0	32	137	3.4	0.1	4.7
5	Milk, condensed whole, sweetened	0	170	709	8.5	10.2	11.7
6	Milk, whole, evaporated	0	149	620	8.4	9.4	8.1
7	Milk, dried skimmed	0	339	1,442	36.1	0.6	50.4
8	Yogurt, low fat, natural	0	65	276	5.1	0.8	10.0
9	Yogurt, low fat, fruit	0	89	382	4.1	0.7	17.9
	Cheese						
10	Cheddar	0	406	1,682	26.0	33.5	0
11	Cottage	0	96	402	13.6	4.0	1.4
12	Cheese spread	0	283	1,173	18.3	22.9	0.9
13	Feta	0	245	1,017	16.5	19.9	0
14	Brita	0	300	1,246	22.8	23.2	0
	Meat						
15	Bacon, rashers, raw	11	339	1,402	13.9	31.5	0

16	Bacon, rashers, grilled	0	393	1,632	28.1	31.2	0
17	Beef, average, raw	17	313	1,296	16.6	27.4	0
18	Beef, mince, stewed	0	229	955	23.1	15.2	0
19	Beef, stewing steak, raw	4	176	736	20.2	10.6	0
20	Beef, stewing steak, cooked	0	223	932	30.9	11.0	0
21	Black pudding, fried	0	305	1,270	12.9	21.9	15.0
22	Chicken, raw	41	194	809	19.7	12.8	0
23	Chicken, roast, meat & skin	0	213	888	24.4	12.8	0
24	Chicken, roast, meat only	0	148	621	24.8	5.4	0
25	Corned beef	0	202	844	25.9	10.9	0
26	Ham	0	166	690	16.4	11.1	0
27	Kidney, pigs, raw	6	86	363	15.5	2.7	0
28	Kidney, pigs, fried	0	202	848	29.2	9.5	0
29	Lamb, average, raw	23	295	1,223	16.2	25.6	0
30	Lamb, roast	0	266	1,106	26.1	17.9	0
31	Liver, lambs, raw	0	140	587	20.3	6.2	0.8
32	Liver, lambs, fried	0	237	989	30.1	12.9	0
33	Luncheon meat	0	266	1,153	12.9	23.8	3.3
34	Pate, average	0	347	1,436	13.7	31.9	1.4
35	Pork, average, raw	26	297	1,231	16.9	25.5	0
36	Pork chop, cooked	26	332	1,380	28.5	24.2	0
37	Sausage, beef, cooked	0	267	1,114	12.9	17.7	15.0
38	Sausage, pork, cooked	0	317	1,318	13.6	24.5	11.2
39	Steak & Kidney pie	0	274	1,146	9.3	17.1	22.2

40	Turkey, roast, meat & skin	0	189	793	26.2	9.4	0
	Fish						
41	White fish, filleted	3	77	324	17.1	0.9	0
42	Cod, fried	0	235	982	19.6	14.3	7.5
43	Fish fingers, raw	0	178	749	12.6	7.5	16.1
44	Herrings, whole	46	251	1,040	16.8	20.4	0
45	Mackerel	40	282	1,170	19.0	22.9	0
46	Pilchards, canned in tomato sauce	0	126	531	18.8	5.4	0.7
47	Sardines, canned in oil, fish only	0	217	906	23.7	18.6	0
48	Tuna in oil	0	289	1,202	22.8	22.0	0
49	Prawns, boiled	0	107	451	22.6	1.8	0
	Eggs						
50	Eggs, boiled	12	147	612	12.3	10.9	0
51	Eggs, fried	0	232	961	14.1	19.5	0
	Fats						
52	Butter	0	740	3,041	0.4	82.0	0
53	Lard, cooking fat, dripping	0	892	3,667	0	99.1	0
54	Low fat spread	0	366	1,506	0	40.7	0
55	Margarine, average	0	730	3,000	0.1	81.0	0
56	Cooking and salad oil	0	899	3,696	0	99.9	0

	Preserves etc.						
57	Chocolate, milk	0	529	2,214	8.4	30.3	59.4
58	Honey	0	288	1,229	0.4	0	76.4
59	Jam	0	262	1,116	0.5	0	69.2
60	Marmalade	0	261	1,114	0.1	0	69.5
61	Sugar, White	0	394	1,680	0	0	105.3
62	Syrup	0	298	1,269	0.3	0	79.0
63	Peppermints	0	392	1,670	0.5	0.7	102.2
	Vegetables						
64	Aubergines	23	14	62	0.7	0	3.1
65	Baked beans	0	81	345	4.8	0.6	15.1
66	Beans, runner, boiled	1	19	83	1.9	0.2	2.7
67	Beans, red kidney, raw	0	272	1,159	22.1	1.7	45.0
68	Beans, Soya, boiled	0	141	592	12.4	6.4	9.0
69	Beetroot, boiled	0	44	189	1.8	0	9.9
70	Brussels sprouts, boiled	0	18	75	2.8	0	1.7
71	Cabbage, raw	43	22	92	2.8	0	2.8
72	Cabbage, boiled	0	15	66	1.7	0	2.3
73	Carrots, old	4	23	98	0.7	0	5.4
74	Cauliflower cooked	0	9	40	1.6	0	0.8
75	Celery	27	8	36	0.9	0	1.3
76	Courgettes, raw	13	29	122	1.6	0.4	5.0
77	Cucumber	23	10	43	0.6	0.1	1.8
78	Lentils, cooked	0	99	420	7.6	0.5	17.0

79	Lettuce	30	12	51	1.0	0.4	1.2
80	Mushrooms	25	13	53	1.8	0.6	0
81	Onion	3	23	99	0.9	0	5.2
82	Parsnips, cooked	0	56	238	1.3	0	13.5
83	Peas, frozen, boiled	0	72	307	6.0	0.9	10.7
84	Peas, canned processed	0	86	366	6.9	0.7	18.9
85	Peppers, green	14	12	51	0.9	0	2.2
86	Potatoes	10	74	315	2.0	0.2	17.1
		20					
87	Potatoes, boiled	0	76	322	1.8	0.1	18.0
88	Potato crisps	0	533	2,224	6.3	35.9	49.3
89	Potatoes, fried (chips)	0	234	983	3.6	10.2	34.0
90	Potatoes, oven (chips)	0	162	687	3.2	4.2	29.8
91	Potatoes, roast	0	150	632	3.0	4.5	25.9
92	Spinach, boiled	0	30	128	5.1	0.5	1.4
93	Sweet corn, canned	0	85	379	2.9	1.2	16.8
94	Sweet potato	14	91	387	1.2	0.6	21.5
95	Tomatoes, fresh	0	14	60	0.9	0	2.8
96	Turnips, cooked	0	14	60	0.7	0.3	2.3
97	Watercress	23	14	61	2.9	0	0.7
98	Yam, boiled	0	119	508	1.6	0.1	29.8
	Fruit						
99	Apples	20	46	196	0.3	0	11.9
100	Apricots, canned in syrup	0	106	452	0.5	0	27.7

101	Apricots, dried	0	182	772	4.8	0	43.4
102	Avocado pear	29	223	922	4.2	22.2	1.8
103	Bananas	40	76	326	1.1	0	19.2
104	Blackcurrants	2	28	121	0.9	0	6.6
105	Cherries	13	47	201	0.6	0	11.9
106	Dates, dried	14	248	1,056	2.0	0	63.9
107	Figs, dried	0	213	908	3.6	0	52.9
108	Gooseberries, cooked, unsweetened	0	14	62	0.9	0	2.9
109	Grapes	5	63	268	0.6	0	16.1
110	Grapefruit	50	22	95	0.6	0	5.3
111	Lemon juice	64	7	31	0.3	0	1.6
112	Mango	34	59	253	0.5	0	15.3
113	Melon	40	23	97	0.8	0	5.2
114	Oranges	25	35	150	0.8	0	8.5
115	Orange juice	0	38	161	0.6	0	9.4
116	Peaches	13	37	156	0.6	0	9.1
117	Peaches, canned in syrup	0	87	373	0.4	0	22.9
118	Pears	28	41	175	0.3	0	10.6
119	Pineapple, canned in juice	0	46	194	0.5	0	11.6
120	Plums	8	32	137	0.6	0	7.9
121	Prunes, dried	17	161	686	2.4	0	40.3
122	Raspberries	0	25	105	0.9	0	5.6
123	Rhubarb, cooked with sugar	0	45	191	0.5	0	11.4
124	Strawberries	3	26	109	0.6	0	6.2

125	Sultanas	0	250	1,066	1.8	0	64.7
	Nuts						
126	Almonds	63	565	2,336	16.9	53.5	4.3
127	Coconut, desiccated	0	604	2,492	5.6	62.0	6.4
128	Peanuts, roasted & salted	0	570	2,364	24.3	49.0	8.6
	Cereals						
129	Biscuits, chocolate	0	524	2,197	5.7	27.6	67.4
130	Biscuits, plain, digestive	0	471	1,978	6.3	20.9	68.6
131	Biscuits, semi-sweet	0	457	1,925	6.7	16.6	74.8
132	Bread, brown	0	217	924	8.4	2.0	44.2
133	Bread, white	0	230	980	8.2	1.7	48.6
134	Bread, wholemeal	0	215	911	9.0	2.5	41.6
	Breakfast Cereals						
135	Cornflakes	0	368	1,567	8.6	1.6	85.1
136	Weetabix	0	340	1,444	11.4	3.4	70.3
137	Muesli	0	368	1,556	12.9	7.5	66.2
138	Cream Crackers	0	440	1,857	9.5	16.3	68.3
139	Crisp break, rye	0	321	1,367	9.4	2.1	70.6
140	Flour, white	0	337	1,435	9.4	1.3	76.7
141	Flour, wholemeal	0	306	1,302	12.7	2.2	62.8
142	Oats, porridge	0	374	1,582	10.9	9.2	66.0
143	Rice, raw	0	359	1,529	7.0	1.0	85.8

144	Spaghetti, raw	0	342	1,456	12.0	1.8	74.1
144a	pasta, raw	0	350	1,550	12.0	1.5	72.0
	Cakes etc						
145	Chocolate cake with butter icing	0	500	2,092	5.8	30.9	53.1
146	Currant buns	0	296	1,250	7.6	7.5	52.7
147	Fruit cake, rich	0	322	1,357	4.9	12.5	50.7
148	Jam tarts	0	368	1,552	3.3	13.0	63.4
149	Plain cake, Madeira	0	393	1,652	5.4	16.9	58.4
	Puddings						
150	Apple pie	0	369	1,554	4.3	15.5	56.7
151	Bread and butter pudding	0	157	661	6.1	7.7	16.9
152	Cheesecake, frozen, fruit topping	0	239	1,005	5.2	10.6	32.8
153	Custard	0	118	496	3.8	4.4	16.7
154	Ice cream, dairy	0	165	691	3.3	8.2	20.7
155	Rice pudding	0	131	552	4.1	4.2	20.4
156	Trifle	0	165	690	2.2	9.2	19.5
	Beverages						
157	Chocolate, drinking	0	366	1,554	5.5	6.0	77.4
158	Cocoa powder	0	312	1,301	18.5	21.7	11.5
159	Coffee, ground, infusion	0	3	12	0.3	0	0.4
160	Coffee, instant powder	0	100	424	14.6	0	11.0

161	Carbonated ‘ ades	0	38	166	0	0	10.0
162	Tea, dry	0	0	0	0	0	0
163	Squash, undiluted	0	98	418	0	0	26.1
	Alcoholic beverages						
164	Beer, keg bitter	0	37	156	0	0	2.3
165	Spirits	0	222	919	0	0	0
166	Wine, medium white	0	89	371	0	0	2.5
167	Cider, average	0	43	180	0	0	2.9
	Miscellaneous						
168	Curry powder	0	325	1,395	12.7	13.8	41.8
169	Marmite	0	179	759	41.4	0.7	1.8
170	Peanut butter	0	623	2,581	22.6	53.7	13.1
171	Soy sauce	0	56	240	5.2	0.5	8.3
172	Tomato soup	0	55	230	0.8	3.3	5.9
173	Tomato Ketchup	0	98	420	2.1	0	24.0
174	Pickle, sweet	0	134	572	0.6	0.3	34.4
175	Salad cream	0	311	1,288	1.9	27.4	15.1

MIXIN' IT UP!

BLENDER DRINKS FOR BODYBUILDERS

BIG BLAST PROTEIN DRINK

SERVES 2

500ml water

56 grams of milk and egg protein mix

6 strawberries or equivalent amount of any other fruit

2 egg whites

ice cubes

per serving: 144 calories, protein 32 grams, carbohydrate 28 grams, fat 0

ORANGE BANANA THICK SHAKE

SERVES 1

250ml orange juice

1 banana

200 grams (small carton) low fat yogurt

dash of ground cinnamon

ice

per serving: 247 calories, protein 16.3 grams, carbohydrates 45.7 grams, fat 0.7 grams.

SHAKE IT UP

SERVES 1

250ml skimmed milk

2 tablespoons skimmed milk powder

halt teaspoon vanilla essence

1 tablespoon of honey

1 scoop vanilla ice cream

per serving: 310 calories, protein 16.5 grams, carbohydrates 55.5 grams, fat 3.5 grams.

PINEAPPLE PUNCH

SERVES 1

125 grams low fat natural yogurt

125ml pineapple juice

3 tablespoons crushed pineapple

1 scoop vanilla ice cream

per serving: 275 calories, protein 9 grams, carbohydrates 52 grams, fat 4 grams.

BANANA SMOOTHIE

SERVES 2

500ml skimmed milk

1 ripe banana

2 tablespoons protein powder

crushed ice

per serving: 146 calories, protein 1.7 grams, carbohydrates 20 grams, fat 1 gram.

‘EGG’ STRAWBERRY POTENT POTION

SERVES 2

500ml grape juice

2 tablespoons lime juice

2 egg whites

1 very ripe banana

2 tablespoons protein powder

crushed ice

per serving: 208 calories, protein 18 grams, carbohydrate 36 grams, fat 1 gram.

ORANGE JULIUS

SERVES 2

2 tablespoons lemon juice

2 egg whites

250ml freshly squeezed orange juice

2 tablespoons protein powder

crushed ice

per serving: 200 calories, pro

protein 33 grams, carbohydrate 20 grams, fat 1 gram.

PEACH POWDER

SERVES 2

1 cup of peaches

500ml orange juice

1 ripe banana

2 tablespoons of protein powder

per serving: 177 calories, protein 14 grams, carbohydrates 32 grams, fat 1 gram.

GAINING WEIGHT

The secret to gaining weight is food. The more you eat, the more you'll gain. While eating three nutritionally balanced meals a day is good, it is even more beneficial to eat six or more meals a day. An even better way is to eat your three regular meals and then add a nutritional protein or weight gain drink mix, 3 or 4 times during the day. The cardinal rules of weight gaining are: never over eat at any one particular meal (this causes bloating and gas may actually cause a weight loss) and never allow yourself to get hungry. You need a constant supply of protein and other nutrients to the muscles.

Try also to follow regular eating and training habits. Endeavour to calm down and stop burning up calories through nervous energy. The importance of a good breakfast cannot be stressed enough. It is the most important meal of the day and it supplies the body with nutrients and fuel after many sleeping hours. Be sure to supplement your diet with the recommendations below to help ensure well balanced meals. After each meal, allow your food to digest thoroughly before commencing any activities and finally, don't smoke! People who smoke nearly always have poor appetites and cannot gain weight easily. The following supplements are recommended for gaining weight.

1. Drink one glass of Weight Gain drink powder 2-3 times daily. If you have a tendency to put on fat easily, we recommend you use Super Heavyweight Gainer, a lower calorie supplement to help you pack on lean muscular size without unwanted fat. If, however, you are very lean and have great difficulty in putting weight on, we recommend you take a nutritious high calorie supplement such as Rapid Weight Gainer which will allow you t pack on pounds of muscle in a short space of time.

2. Eggs are recognized as one of the best bodybuilding foods and we recommend you take 4-5 every day. Some leading bodybuilders take up to 10 a day. If they are

training for a contest they often eat only egg white which contains no fat and are virtually pure protein. An alternative to taking eggs is to take Aminobol tablets. These are derived from egg and are pre-digested to allow rapid assimilation by the body. Two 1500mg Aminobol tablets is the equivalent of eating one egg and much more convenient. We suggest you take 2 Aminobol tablets 2 or 3 times daily for optimum results.

PYRAMID POWER

EAT 'IN SMALL AMOUNTS' FOODS

Fats and oils: Butter, margarine, cooking oil and salad dressings. To reduce cholesterol, choose mono-unsaturated (olive, peanut or Soya oil) or polyunsaturated fats (margarine – including reduced fat varieties – sunflower and safflower oils)/

Sugar and sugar-based foods: Confectionery, soft drinks, desserts, honey and jams. Sugar-based foods are often used by active people to top up energy stores, but, unfortunately, many of these foods contain excess fat. A small amount of sugar does no harm.

EAT 'MODERATELY' FOODS

These foods provide much of the protein in your diet and are essential for growth and repair of tissues. Meat, poultry, seafood, eggs: An excellent source of good quality protein. Reduce fat by choosing lean meats and removing skin from poultry. Avoid cooking in fat.

Nuts: The protein contained in these is of a poorer quality to the proteins above. Improve quality by eating nuts in combination with grains or seeds.

Dairy foods: Include, milk, cheese and yogurt. To decrease fat in-take use reduced or low-fat types.

EAT 'MOST' FOODS

These foods are rich in complex carbohydrate and fibre, low in fat and make the ideal fuel for peak performance. Breads and cereals: Rich in carbohydrate, fibre and B vitamins. Eat as meals or snacks. Wholegrain is best. Remember breakfast cereal does not just have to be eaten at breakfast.

Fruits: Eat a variety to provide a range of essential vitamins. Fruit is a convenient snack.

Vegetables: With the exception of potatoes and legumes (dried peas, beans, lentils), vegetables do not contain as much carbohydrate as breads, cereals or fruit. They are an excellent source of vitamins, minerals and fibre. Eat a variety of difference coloured vegetables to provide a range of essential nutrients.

HOW TO BUILD MUSCLES

WITHOUT USING WEIGHTS

So you are serious about creating a superb physique. We believe that we have the very best product in Muscular Development without the use of weights, that is in existence today.

Your muscles will grow at an amazing rate. Your friends and family won't believe you are not using weights. After a few weeks they will be totally amazed at your Physique. A pro body in weeks, not years.

GO AHEAD, BE THE ENVY, BE THE BODY.

IMAGE IS EVERYTHING

Training days will be alternate, E.G. Monday, Wednesday and Friday.

THIS WILL ALLOW ADEQUATE TIME FOR MUSCULAR RECOVERY.

PROTEIN

Your daily intake of protein should equal 1 gram of protein to every pound of body weight.

E.G. If your weight is 150lbs you need to consume 150 grams of protein.

CARBOHYDRATES

Your daily intake should be 3 grams for every pound of body weight.

FAT

Your daily intake should be 70 – 90 grams.

Your intake should be taken in equal amounts 5 – 6 meals a day with a glass of water each meal.

The reason for regular small meals is to supply the muscles with a constant and continual flow of energy.

WORKOUT 1

WEEK 1 AND 2

1 set to failure

- SQUATS
- CALF RAISE
- PUSH OR PRESS UPS
- DIPS
- BICEP CURLS
- ABS

WORKOUT 2

WEEK 3 AND 4

2 sets 30 seconds rest between sets

- SQUATS
- CALF RAISE
- PUSH OR PRESS UPS
- DIPS
- BICEP CURLS
- ABS

WORKOUT 3

WEEKS 5 AND 6

2 sets 30 seconds rest between sets

- SQUATS
- CALF RAISE
- ELEVATED PUSH UPS
- PUSH OR PRESS UPS
- DIPS
- MILITARY PRESS
- TRICEP EXTENSIONS
- BICEP CURLS
- ABS

WORKOUT 4

WEEKS 7 8 AND 9

3 sets 30 seconds rest between sets.

- ONE LEG SQUATS
- ONE LEG CALF RAISE
- ELEVATED PUSH UPS
- PUSH OR PRESS UPS
- DIPS
- MILITARY PRESS

- TRICEP EXTENSION
- BICEP CURL
- ABS

WORKOUT 5

WEEKS 10 11 AND 12

3 sets 15 seconds rest between sets

- ONE LEG SQUATS
- ONE LEG CALF RAISE
- ELEVATED PUSH UPS
- PUSH OR PRESS UPS
- DIPS
- MILITARY PRESS
- TRICEP EXTENSION
- BICEP CURL
- ABS

ALL EXERCISES TO BE PERFORMED AS FOLLOWS:

The positive part of the exercise to be performed as quickly as possible without jerking.

The negative part of the exercise to be performed over 5 seconds.

POSITIVE = The strenuous part of the exercise

NEGATIVE = The easy part of the exercise

All exercises to be performed to muscular failure.

E.G. no more reps can be performed.

SQUAT

Standing with your legs shoulder width apart, squat all the way down, hold for 2 seconds then return to starting position.

CALF RAISE

Standing on the edge of a step (just the ball of your foot on the step) lower yourself all the way down so your calves are fully extended, hold for 2 seconds then raise all the way up onto your toes.

PUSH UPS

With your hands on the floor a little wider than your shoulders perform a press up, all the way down, hold, and then return to starting position.

ELEVATED PUSH UPS

As before, the only difference is your toes will be on a chair or stool. Perform push up as usual.

DIPS

Using two chairs sit on edge of one chair with your heels out in front on the other. Grasping the corner of the chair you are sat on, lift your body weight, move slightly forward and lower your body as far down as possible, hold and return to starting position.

MILITARY PRESS

With your toes on a chair (as if you were doing elevated push ups) but with your hands closer to the chair so that your body is at about 90 degrees, lower yourself as far as possible, hold and return to starting position.

TRICEP EXTENSION

Face a wall about arms length away. Put your palms on the wall 6 inches apart and elbows in. Bend your arms until elbows touch the wall (do not rest on the wall) hold, then return to starting position.

BICEPS CURL

Lean against a wall with your feet about 20 inches from the base. Using a broom handle or something similar place it behind one knee and raise the leg using your biceps while holding resistance with your leg. Lift as high as possible hold then return to starting position.

ABS

Lie on the floor with knees bent 90 degrees. With finger tips on your head raise your body 6 inches, hold, then return to starting position.

1