

C.H.A. DIET

**The Carb Hater's Anonymous Diet:
The Final Answer on Carbless Bulking and Cutting**



**Marc Lobliner
with Derek Charlebois
and Chuck Rudolph, MEd, RD**



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Sometimes we get caught up in dietary extremes. Remember the Grapefruit Diet? Basically, you ate grapefruit. It has thousands of followers. Then you had the no-fat diet, where people would avoid fat like Barry Bond's avoids drug tests. The latter diet example is probably the most disastrous of any widespread diet we have ever seen. The government got behind this fad and started recommending the carb-orgy diets and the food producers soon followed with fat free YUMMY, sugar-laden food that would spike one's insulin higher than Robert Downey Jr. on Prom Night. On a personal note, Scivation President Marc Loblimer even saw his father lose his life following a version of this extreme and unhealthy **government recommended** diet to complications from type-two diabetes. This made Marc curious. He began to study insulin and carbohydrate consumption and soon became an advocate of a controlled carbohydrate and low-glycemic diet. Over the years, Marc's body has become a machine and operates best with no carbs at all. He is now the founding member of C.H.A.—Carb Haters Anonymous. He is working toward his IFBB (bodybuilding) Pro Card and is doing it without carbs! In this book, we will show you how to gain lean mass AND lose fat without carbs. If you like protein and fat and the site of a bagel makes you tremble, read on. This is the new bible for the anti-carb coalition. Carb Haters Unite!

After starting Scivation, Marc brought on a brilliant Director of Research and Development, Chuck Rudolph, MEd, RD. Marc had no idea that Chuck was the founder of the Cut Diet, a controlled carbohydrate diet that worked mainly with calorie control and insulin control. Together, along with their R&D team including Derek Charlebois, they launched the hit Showtime Cut Diet Book, Game Over. This peaked Marc's interest even more. But one question we have always gotten on the book is if it is possible to further refine the diet to eliminate the Carb Meals. Initially, we thought not a chance. But remember, the body is not a textbook and some people can do this with great results. Is it optimal? It is hard to say, but if keeping bodyfat low, having no cravings, and supplying your body with the essential amino acids and essential fatty acids it needs (there is no such thing as an essential carbohydrate), you can make quality gains in lean muscle mass with little to no fat.

Why No Carbs?

Carbs add up fast. We know that consuming 400grams of Fruity Pebbles cereal can be done in a heartbeat. This leads to the famous CRASH that occurs when your blood sugar drops after these carbs have come and gone out of your system. This is usually what causes people to have to nap after lunch at their desk at work. You know, that fat guy in Human Resources who rocks out a jumbo burrito at lunchtime and then is brain dead the rest of the day and passing gas like a fuel pump at the Shell station. We have many clients who get this way even after eating a mixed meal of oatmeal, vegetables and protein. In fact, Marc Loblimer has this issue. No matter what he eats with his carbs, if he has carbs, it's sleepy time for the Machine. That is why since he is a Machine, he chooses to use only the finest fuel. Comparing carbs to fat for energy is kind of like comparing automobile gasoline. If carbs are 87 octane, then fats are racing fuel! While a racing car can probably run on 87 octane, it will not be running optimally. But on racing fuel,

BOOM, pure SPEED AND POWER. The same goes for your fat burning and muscle building and preserving engine. Give it carbohydrates and it will surely run, but then it will CRASH! Give it HEALTHY fats, and you have yourself a lean, mean, fat burning and muscle building MACHINE!

Did He Say “Healthy Fats?” Is That Even Possible?

Fat is where it's at! Give me good fat and I'll give you healthy cholesterol, increased fat oxidation during training, optimal hormone levels, appetite control and many other benefits. Not to mention the blunting of insulin response that can halt fat loss—YEAH BUDDY!

What are healthy fats?

Fat = STORED ENERGY.

“Good Fats” AKA EFAs (Essential Fatty Acids) are mono- (MUFA) and polyunsaturated fatty acids (PUFA). They are “essential” because our body does not manufacture them, and they must be obtained through our diet on a daily basis for optimal health and well-being. All fats have the same amount of calories, but their chemical compositions vary. Fats are made of chains of carbon and hydrogen atoms. The saturation refers to whether all the available positions on the carbon atoms are bonded to hydrogen atoms, or if there are any hydrogen atoms missing. The two “GOOD FATS” are:

1. Monounsaturated Fats

These fats have one position missing a hydrogen atom, instead containing a double bond between carbon atoms. Monounsaturated fat is found in oils such as canola, olive, and peanut as well as most nuts and nut butters. This type of fat does not cause a rise in total cholesterol. In fact, science has indicated that individuals who substitute monounsaturated fat for saturated fat in their diet, actually shows a reduction in the bad cholesterol, and protects the good cholesterol (HDL) from decreasing.

2. Polyunsaturated Fats

These fats have more than one position missing in the carbon chain, and contain more than one double bond as a result. Two major categories of polyunsaturated fats are Omega-3 and Omega-6 fatty acids. Omega-3 means there is a double bond in the third position from the end of the carbon Chain. These fats are extremely healthful and have shown in clinical investigations to support cardiovascular/heart health, reduce total triglycerides and increase good cholesterol, produce hormone-like substances with anti-inflammatory benefits and promote optimal focus and concentration. The best sources of Omega-3s are fatty fish such as salmon, sardines, mackerel, herring, and rainbow trout and fish oil supplements high in DHA (docosahexaonic acid). Canola oil, walnuts, and flaxseed also contain some Omega-3. Omega-6 fats have a double bond in the sixth position from the end of the carbon Chain. These fats are found in oils such as corn, soybean, cottonseed, sunflower, and safflower.

Why are EFA's important?

Our bodies must ingest a constant and balanced supply of EFA's. Essential Fatty Acids produce beneficial hormone-like compounds called eicosanoids that affect the function of virtually every system in the body. They also regulate pain and swelling, help maintain proper blood pressure and cholesterol levels, and promote fluidity in nerve transmission.

The most important Essential Fatty Acids are Eicosapentaenoic Acid (EPA), an omega-3 PUFA with 20 carbons and 5 double bonds synthesized from linolenic acid and Docosahexaenoic Acid (DHA), an omega-3 PUFA with 22 carbons and 6 double bonds synthesized from linolenic acid. They are the nutrients responsible for cell flexibility, nerve communications, mood support, and even body fat reduction. "Good" fats or Essential Fatty Acids, are the naturally-occurring, traditional fats that haven't been damaged by high heat, refining, processing or have been slightly tampered or not tampered with, such as 'partial hydrogenation'. The best of these kinds of fats are found in fish, nuts, avocados, seeds and various oils.

Great news about FAT. What kind should I eat?

We like the following fats. The following are our preferred choices. Other sources will work, but these should make up most of your fat intake:

Fats:

- Avocado
- Almonds (dry roasted or raw)
- Oil (Macadamia Nut, Flax, Olive, Enova, Avocado)
- Peanuts
- Peanut/Almond butter (smooth or crunchy)
- Walnuts

You can interchange these as needed for taste variety. We especially like the Monounsaturated Fat from Avocado, Macadamia Nut, and Olive Oil. These are very heart healthy and provide a nice balance. We also LOVE fat from whole food sources like salmon. You must account for these when adding up your calories and macronutrients. Atlantic Salmon has 20 grams of fat for every 40 grams of protein, basically a 2:1 Protein to Fat ratio. It is the best kind of fat though, Omega 3 EPA and DHA!

FATS / LIPIDS SUMMARY!

- These nutrients represent the most concentrated source of energy.
- They are a necessary nutrient in the body, only excesses should be avoided!
- Functions of Fat in Body:
 - Storage of Energy.
 - Absorption of Fat-Soluble Vitamins.

- Adding Flavor and Texture to Food.
- Structural Components of Hormones.
- Structural Components of Cell Membranes.
- Insulation of Body.
- Cushioning of Body.

Triglycerides

- 95% of all stored lipids in the body.
- 90% of fat weight in foods.
- Function = Stored Energy.

3 TYPES of TRIGLYCERIDES

- Saturated
 - All hydrogen bonding locations are filled.
 - No carbons are double bonded.
 - More stable so solid at room temperature.
 - Common in red meats, whole milk, cheese, butter, ice cream.
 - Causes increases in LDL production! (the “bad” cholesterol).
- Monounsaturated
 - All hydrogen bonding locations are filled except ONE.
 - One pair of carbons is double bonded.
 - Sources: olive & canola oil, avocados, almonds, peanut butter.
 - Reduces total blood cholesterol, LDL, and blood triglyceride levels. (Reducing risk of heart disease, stroke, and some cancers!).
 - Increases HDL levels - **MOST EFFECTIVE FOR PROMOTING CARDIOVASCULAR HEALTH!**
- Polyunsaturated
 - Multiple hydrogen bonding locations are open.
 - Multiple double bonds are present.
 - Unstable so liquid at room temperature.
 - Sources: Corn & sunflower oils, soy, walnuts, fish, and dark green leafy vegetables.
 - Reduces total blood cholesterol, LDL, and blood triglyceride levels. (Reducing risk of heart disease, stroke, and some cancers!).

2 Essential Fatty Acids (BOTH are polyunsaturated)

- Omega-6 Fatty Acids (AKA Linoleic Acid)
 - Common sources include vegetable oils, seeds, nuts, and whole grains.
 - Commonly found in margarine, mayonnaise, and salad dressings.
- Omega-3 Fatty Acids (AKA Linolenic Acid)
 - Common sources are fish and fish oils.
 - This one is where deficits usually occur!
- Functions:

- Same as other polyunsaturates, but also affect growth in infants and proper functioning of nerves and cell membranes.
- Deficits:
 - Can lead to growth retardation decreased reproductive function, kidney/liver failure.

Fat Selection Tips and Recommendations

- Select lean fats rich in omega 3 and omega 6 fatty acids such as fish oil, olive & canola oil, avocados, almonds, peanut butter, nuts, Etc.
- Select Salad dressing that are “Light” and made with canola oil, olive oil, or safflower oil.

Simple Ways to Reduce **Saturated Fat Consumption**

- Use skinless chicken & turkey.
- Bake, barbecue, broil, steam, roast, or stew meats rather than frying.
- Use lean cuts of meat and trim off visible fat.
- Limit creamy spreads and dressings (substitute vinaigrettes).
- Avoid cooking with lard or tropical oils (palm & coconut).
- Skim the fat off the top of soups (they naturally dissociate & float at the top).
- Use tomatoes, onions, peppers, garlic, etc. to add flavor to sauces instead of butter, creams, or cheeses.

Protein: The Key to Anabolic Happiness

You need protein, period.

Proteins

- These nutrients serve as structural building blocks and the “work horses” in body chemistry.
- They are only used as a source of energy when alternative sources are not adequately available - very inefficient conversion to glucose!
- Functions of Protein in the Body:
 - Structural Components of Body (esp. Muscle, Bone).
 - Enzymes (“workhorses” of body chemistry).
 - Hormones (communication).
 - Antibodies (immunity).
 - Emergency source of energy.
 - Help maintain body fluid balance.
- Made up of NITROGEN containing subunits called AMINO ACIDS.
- There are 20 total amino acids.
- 9 of the 20 amino acids are essential: Histidine, Isoleucine, Phenylalanine, Methionine, Leucine, Threonine, Valine, Lysine, and Tryptophan.

Protein Quality—Complete vs. Incomplete

- **COMPLETE PROTEINS**
 - Contain all the essential amino acids in adequate amounts.
 - Good sources include: Lean meat, boneless/skinless chicken breast, fresh fish, egg white, cheese, milk, soy.
- **INCOMPLETE PROTEINS:**
 - Lacking in one or more of the essential amino acids.
 - Least present essential amino acid (relatively) is the Limiting Factor in protein synthesis.
- Complimentary Proteins (need to mix & match to get correct quantities and balance).
- Examples:
 - wheat bread/peanut butter
 - beans/rice

Protein Selection Tips and Recommendations

- Select lean meats such as halibut, tilapia, boneless/skinless chicken breast (white meat), lean turkey breast, egg whites and whey protein. You can also occasionally eat LEAN Sirloin steak or any leaner cut of beef.
- Necessary for building lean muscle tissue.
- Protein provides 4 calories per gram.
- Protein needs vary based on activity levels; 0.8 grams per kg body weight in normal people and 1.2 – 2.2 grams per kg body weight in athletes. But for the C.H.A. Diet, you need to eat more!
- If on a high protein diet, it is essential to stay hydrated. Dehydration and increased protein intake can cause the kidneys to over work themselves.

Being Just a REGULAR Guy

You eat less veggies on this diet than our Game Over Cut Diet, thus the need for fiber supplements arise. What we recommend is a good Psyllium Husk Powder UNFLAVORED and with no added anything. Some of these “sugar free” flavored fiber supplements add a whopping dose of maltodextrin. On the C.H.A. Diet, this is a NO-NO! Thus, we will stick to an unflavored bulk psyllium powder.

Dietary Fiber

- A type of carbohydrate but cannot be digested by the human gut nor does it provide any energy of which to speak.
- Among its protective qualities, it helps soften stool and encourages normal eliminations (healthy bowel movements).
- Fiber rich diets also promote a feeling of fullness, which is very beneficial for those looking to drop a few excess pounds.
- Fiber has been linked to a reduction in heart attacks, strokes, colon cancer and diabetes.

Two Types of Dietary Fiber:

- Soluble
 - Dissolves in water & can be broken down by bacteria in the large intestine.
 - Slows down glucose absorption and binds up cholesterol molecules.
 - Sources of soluble fiber are: Fruits, Vegetables, Oats, Barley, Legumes
 - Benefits:
 - Slower release of glucose into bloodstream.
 - Slower stomach emptying (increased feeling of fullness).
 - Reduces absorption of dietary cholesterol.
- Insoluble
 - Does not dissolve in water and can not be broken down by bacteria in the large intestine.
 - Binds water into the feces, making it softer & bulkier so that it passes quickly & easily through the digestion system.
 - Sources of insoluble fiber are: wheat bran, whole grain breads, whole grain cereals, cabbage, carrots, brussel sprouts.
 - Benefits:
 - Prevents constipation, hemorrhoids & diverticulitis.
 - Binds up carcinogens, reducing exposure to them.

Both forms of fiber reduce fatty acid absorption (decreasing risk of CVD) and reduce the risk of Colon/Rectal cancer. However, extremely high dietary fiber intake (more than 40 grams per day) can also lead to health problems including chronic diarrhea & difficulties in dietary nutrient absorption.

Where are the Fruits and Veggies?

You can throw in some green veggies here and there without negatively affecting anything such as broccoli, lettuce, asparagus, spinach and green beans. We recommend, regardless of the calorie plan, three servings of leafy green vegetables and two servings of fruit from grapefruit and/or blueberries. Eat these everyday!

Grapefruit—The *Great Fruit*

We recommend obtaining your carbohydrates on the CHA Diet from leafy green vegetables, grapefruit and blueberries. Why grapefruit?

Grapefruit is loaded with naringin. The majority of caffeine and other alkaloids are metabolized by various enzymes such as CYP1A2, CYP2E1 and CYP3A4. However, naringin has been documented to inhibit CYP3A4 (as well as CYP1A2) activity in human

liver. This means that naringin may increase the half life (extending the activity) of various alkaloids, especially caffeine. Many fat burners utilize naringin for enhanced alkaloid effect. We got hooked on it 10-11 years ago in the Cut Diet and since then, we have never dealt with anything else. We will allow oranges if necessary but they do not contain as much naringin as grapefruit. So unless you cannot stomach them at all, eat your grapefruit! We recommend sprinkling a packet or two of Splenda® on them. In a recent study in La Jolla, CA, grapefruit consumption was found to be associated with a reduction in weight. Moreover, 2-hour post-glucose insulin levels were significantly reduced among subjects consuming half a grapefruit with each meal, as compared to a placebo.

1 serving = 6.5oz

Blueberries for Fat Loss!

In light of recent research, we now recommend blueberries as a food source to further enhance the efficacy of the CHA Diet. It was shown that polyphenol extracts from blueberries can induce weight loss in rats when they are put on a high-fat diet. Surprisingly, if the animals were consuming the fruit itself, no weight loss effects were observed. One reason might be that the fruit contains extra carbohydrates that could have inhibited the weight loss by increasing insulin. Even though blueberries are low glycemic-load carbohydrates, they will still have an impact on insulin secretion. This is why with the CHA Diet and the high amounts of protein and healthy fats, blueberries can help enhance fat loss! Eat these everyday! Eat them whenever you want, it does not matter. Just eat them with whatever meal you feel like eating them with.

1 serving – 99g

Determining Calories for the C.H.A. Diet

This is the tricky part. Since there are no carb loads and we will be using this LIFESTYLE for both bulking and cutting, we will establish a starting point and then move the calories up or down based on progress. Here is how we will determine calories for the C.H.A. Diet for **WEIGHT GAIN**:

For simplicity and a rough estimate, we have divided people into six different groups (these numbers are not scientifically proven, they are estimates we have gathered based on all weights and body types using our calorie calculator) based on if you are an Endomorph, Mesomorph or Ectomorph with high or low bodyfat.

High body fat (15%+) Endomorph = 28-31 calories/kg

High body fat (15%+) Mesomorph = 32-35 calories/kg

High body fat (15%+) Ectomorph = 36-40 calories/kg

Low body fat (14%-) Endomorph = 30-33 calories/kg
Low body fat (14%-) Mesomorph = 34-36 calories/kg
Low body fat (14%-) Ectomorph = 37-40 calories/kg

The way we have determined calories for gaining LBM is to adjust the caloric intake to gain around one pound per week. For instance, to gain 0.5- one pound per week, one would need an additional 1,750-3,500 calories per week above their basal metabolic rate (BMR) (activity factor included). Therefore, a 180 pound endomorph would be $180/2.2 \times (32-35 \text{ for } 0.5-1 \text{ lb/wk} - 40-43 \text{ for } 0.5-1 \text{ lb/wk})$ (calories for endomorph/ectomorph) = $\sim (2615-2865) - (3270-3520)$. For example, a 180lb male at 22% body fat who is a mesomorph body type would equal:

$$180/2.2 = 81.819 \text{ Kg} \times 32-35 \text{ calories/kg} = \sim 2,600 - 2,900 \text{ calories}$$

This individual would opt to use the C.H.A. Diet 2,500 or C.H.A. Diet 3,000.

When gaining LEAN MASS on a LEAN BULK, we prefer to start low and work our way up. The C.H.A. diet has diet plans in 200-300 calories increments. When weight gain stalls simply go up to the next calorie plan. For example, if you are on the 2500 calorie plan and weight gain stalls, increase to the 2700 calorie plan.

Here are some other points:

- Do not go over 56 grams of protein (8 oz. lean meat) per meal unless it is a “free” meal at a restaurant as explained below. It will not hurt you, but we do not see a reason to get over 56 grams per meal.
- If you miss a meal, if on the C.H.A. BULK, simply combine the missed meal with your remaining meals.

When to add calories

As we have mentioned, optimal dieting is about calories in versus calories out with macronutrient manipulation as well as a major focus on insulin control through diet. Initial caloric intake when starting the C.H.A. Diet all depends on where the individual starts. Ideally, we want to start the calories to maintain current “scale weight” with the goal in mind to prevent fat gain/build lean body mass (LBM). However, a person that starts the C.H.A. Diet at a higher body fat percentage (>15%) will have lower calories than what our formula would estimate based on activity to maintain (starting body fat < 15%) current weight. The idea is to provide the calories but manipulate the macronutrients (carbohydrates, fat and protein) to keep the current “scale weight” yet reduce body fat and gain lean mass. As with all diets, you will encounter stick points. Stick points are when you do not notice changes over a week’s time. Meaning that you do

not see the scale going higher (as previous weeks) and/or you just don't feel you are making visual progress. When these arise, calories need to be increased.

Here is how we cut calories for **FAT LOSS**:

For simplicity and a rough estimate, we have divided people into six different groups (these numbers are not scientifically proven, they are estimates we have gathered based on all weights and body types using our calorie calculator) based on if you are an Endomorph, Mesomorph or Ectomorph with high or low bodyfat.

High body fat (15%+) Endomorph = 28-31 calories/kg

High body fat (15%+) Mesomorph = 32-35 calories/kg

High body fat (15%+) Ectomorph = 36-40 calories/kg

Low body fat (14%-) Endomorph = 30-33 calories/kg

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For example, a 180lb male at 22% body fat who is a mesomorph body type would equal:

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This individual would opt to use the C.H.A. Diet 2,500 or C.H.A. Diet 3,000. To be more accurate, for example, if this individual were 15-17% bodyfat, then we would recommend starting closer to the 2,900 calories. However, if this person started at 22-24% bodyfat, then we would recommend starting at the 2,500 calorie range.

When to cut calories

How to Cut Calories? SIMPLE! Reverse what we did when gaining! This diet is probably the easiest diet to adjust based on results obtained because of the absence of complicated variables as seen in other diets, especially cyclical carbohydrate diets. The C.H.A. diet has diet plans in 200-300 calories increments. When weight loss stalls simply go down to the next calorie plan. For example, if you are on the 2700 calorie plan and weight loss stalls, decrease to the 2500 calorie plan.

Here are some other points:

- Do not go over 56 grams of protein (8 oz. lean meat) per meal unless it is a "free" meal at a restaurant as explained below. It will not hurt you, but we do not see a reason to get over 56 grams per meal. We believe you will obtain better results from a higher "good" fat intake.

- Do not miss meals when on the C.H.A. CUT. If you do miss a meal, start with the next scheduled meal and forget about it. Unlike when bulking, we do not want to double up on meals if one is missed.

How to Eat Out on the C.H.A. Diet

If you are four weeks or less out from a show, pack all of your meals and never be caught slipping. But the fact of the matter is that even while dieting (unless less than four weeks out!), you can enjoy as many as four meals a week out without measuring a thing! The secret? Well, it isn't a secret, just don't eat carbs! Let's say your fat Aunt is in town and wants to eat at the Golden Corral. Our thought, especially if bulking, is to slap on your chaps and spurs and ride on down there and have you some good eatin'! Just walk straight to the grill area and get some meat, period. It can be lean, fatty, steak, chicken...who cares!? It is just one meal and we do not allow for carb-laden cheat orgies on this diet, other than your ONE weekly cheat meal.. Thus, eat up! There is only so much damage you can do with protein and fat and if you're bulking, even better! Just be sure NOT to miss your next meal.

What to Expect on the C.H.A. Diet

Once the C.H.A. Diet begins, your body will go through some Changes and adaptations. Please note these Changes are normal and they will go away. Initially, you may feel weaker in the gym, low energy, possible headaches, irritability and weight loss. DO NOT FREAK. The symptoms will last about one to two weeks and they do not happen to everyone. Your strength, energy, pumps and fat loss will start to kick-in between week four to six. Your body is switching from using carbohydrates for energy to using fats for energy. Here is an analogy that we believe was stated (similar at least) by Dave Palumbo: Think of your body as a race car and fats and carbs as gasoline. Sure, a race car could probably run on 87 octane, but it runs much better on racing fuel. Carbs are like 87 octane gas and fats are like racing fuel. Sure, your body can operate on carbs, but it will operate much better and more efficiently on fats, your bodies racing fuel!

The Calories Don't Add Up!

We don't count every calorie in the C.H.A Diet or any other diet we design. Instead of counting every calorie, we focus on serving sizes based on the amounts/measurements we provide. This method began with the use of the diabetic exchange list which only counts servings rather than every calorie. Over years and use of a very sophisticated food processor system, we have made the serving sizes to account for total calories that we believe to be most optimal and very well balanced. Unless you are wearing a monitor that can tell you every calorie you burn every minute of the day, we find it unnecessary to count every calorie from every food item. What if you have more stress on one day than on the next? What if you are mildly sick or have a cold?

We think you may actually burn calories just trying to calculate them all from every darn piece of food which is a waste of time in our opinion. The C.H.A. Diet provides grams per servings. The general rule of thumb is one carbohydrate serving is 15 grams of carbohydrates, one fat serving is five grams of fat and one protein serving is seven grams of protein. With this simple format, you can make different meals on the C.H.A. Diet by simply sticking to the amounts allowed in our food options section. This will also allow you to match up the recommended grams of carbohydrates, fat and protein per meal as indicated.

Make Sure to Measure Your Dietary Fats Correctly

From the feedback we've received, it seems that the one thing that keeps people from progressing is not measuring/tracking their fat intake correctly. If you eat a steak or fatty fish such as salmon, be sure to account for the fat in these proteins, which may take care of your fat requirement for a given meal. When it comes to peanut and almond butter, use measuring spoons or a digital scale to make sure you are eating the correct amount. It is very easy to under and over measure peanut butter and almond butter when eyeballing the amount. Remember, fat has nine calories per gram. If you over or under estimate by 10-20 grams per day, you are eating an additional or NOT eating 90-180 calories above or below what you should be, which is 630-1260 extra, or lower, calories each week. Be sure to accurately measure your fats because the calories can add up, or not be enough!

Do Not Stress Over Minor Things

People have the tendency to overanalyze and stress about their diet. The C.H.A. Diet is setup so you don't have to overanalyze and stress over it. The basics of each meal are simple; eat lean protein and good fats every 2-3 hours on protein/fat days and eat lean protein and vegetables on protein/vegetable days. If for some reason you have to wait 3.5 hours or even 4 hours after a meal to eat your next meal DO NOT STRESS! Eat your meal and then get back on schedule. If you are supposed to eat 6 oz. of lean meat for your protein and you only have a 5 oz. chicken breast cooked DO NOT STRESS! Being shy one ounce of protein here and there is not going to harm your progress. If something comes up and you have to cut your post workout cardio session short, DO NOT STRESS! Simply do more cardio the next day or two to make up for it. Stressing over the little details is doing you more harm than good. Dieting is hard enough as is without you putting undue stress upon yourself.

CHEAT!

You are allowed ONE cheat MEAL per week on the CHA Diet. DO NOT GO OVERBOARD, but do not control it either! What do we mean? Go out, have a couple of slices of pizza, have a cheeseburger and fries. This will actually HELP you lose fat! The

only weeks we do not have these are two weeks out from a bodybuilding contest up until the contest. Go ahead, enjoy what you want once per week!

Can Women Follow the C.H.A Diet?

Absolutely! In fact, women will benefit just as much from this no carb approach! All components of the C.H.A. Diet, from the exercise recommendations to the supplement recommendations, are safe and very effective for women.

Whole Food Versus Liquid Meals

Thermogenesis is the state every individual who has ever dieted desires. How do we keep thermogenesis cranked to the fullest? Easy, keep feeding your body whole foods. Every time you eat a meal, your body has to burn calories to digest it. The more often you eat (to a point), the more thermogenic you are. So can you just drink a shake instead?

We recommend getting most of your meals from whole foods. Sometimes convenience forces us to rely on protein shakes. For this reason, we recommend a pure whey protein powder that is easy to digest and has a very high biological value. Whey protein also has unique immune benefits not offered by whole foods.

The Keys to Burning Fat and Staying Anabolic All Day Long

Even though you will probably eat more on this diet than any diet you have ever used before, the biggest factor in a diet is calories in versus calories out with macronutrient manipulation. By keeping insulin under control, the C.H.A. Diet will keep your body fueled with nutrient-dense, nutritious foods and your metabolism revving for fat-storage prevention, fat loss and LEAN MASS GAINS! Below are some of the ways we accomplish this:

Control insulin levels

- Eat five to ten meals per day: Large meals can create enormous an insulin spike even if you avoid carbs, which can cause your body to store fat. Small meals create a much smaller, more controlled insulin release thus less fat storage and lass fat gain.
- Never skip a meal: We don't care if meal one was at the local buffet and you ate until you had to unbutton your pants. Do not skip your second meal! Keep the motor revving.

Just Say “NO” to the Post Workout Insulin Spike

Our opinion may upset people but here it is. We do not recommend a postworkout (PWO) shake when the activity is for physique purposes. We would rather provide aminos (Branch Chain Amino Acids (BCAA)), like Scivation Xtend before and during the workout to help reduce muscle tissue catabolism and provide energy. If you do not have Xtend during your workout/cardio training, then we recommend a WPI shake (protein only with no carbohydrates) PWO to get the body into an anabolic state. When you hop off that cardio machine postworkout, get home and eat your next meal around 30-45 minutes following your training session.

If you are a performance athlete (hockey, tennis, soccer, basketball, etc), then a PWO shake with carbohydrates and protein would be ideal to replenish glycogen stores and get the body recovered for the next days training or event. This is irrelevant because a performance athlete would not be on the C.H.A. Diet. The goal for this athlete is performance and the goal of the C.H.A. Diet is physique. Therefore, a performance athlete may even get Carbohydrates during their workout depending on the intensity. Many people we do diets for are looking to reduce fat and gain as much lean body mass as possible. Therefore, maintaining as much muscle tissue as possible in a lowered caloric state or preventing fat gain while gaining lean body mass is our goal. In the C.H.A. Diet, we control insulin to prevent fat gain and newer research even shows that physique athletes do not need carbs post workout to replenish and gain lean mass! Thus, the last thing we want on this diet is to spike insulin and halt fat loss! Lean mass and less fat is our goal!

Here are some other keys to the C.H.A. Diet:

- 1. Drink Plenty of Water.** Try to drink eight glasses of water per day. The benefits of drinking provide optimal hydration as well as a feeling of “fullness” without added calories. Since protein is a natural diuretic, this is also a good way to prevent dehydration.
- 2. Do not skip meals.** Skipping meals can drastically reduce your blood sugar levels and make you crave sweets later on.
- 3. YOU MUST EAT to gain quality lean mass and lose fat.** The repercussion of not eating and providing the body with essential nutrients will lead to an unhealthy lifestyle. When you do not eat, the body senses that there is no nutrition and its job now becomes to “Survive”. It will slow down your metabolic rate and begin to eat away lean muscle tissue. This makes it extremely difficult to prevent fat gain once you begin to eat again.
- 4. Choose fresh, wholesome foods.** Try to purchase fresh foods versus processed (packaged) foods. Packaged foods are loaded with preservatives, especially sodium and saturated fats. You will be amazed at how fast you can lose fat just by packing meals from home rather than purchasing fast food or packaged foods. You also will save a lot of money!

- 5. See your doctor before starting any new exercise program.** It is always beneficial to get a physical before starting any new exercise program. You can learn a lot from a simple physical especially what you need to work on both through nutrition and exercise.
- 6. Drink plenty of water before, during and after exercising.** Maintaining healthy hydration supports energy levels, increases endurance, prevents cramping and potential injuries and increases fat loss.
- 7. Make an exercise plan.** Sit down and make a realistic plan as to what exercises you want to do and what days and what time of the day the workout will mesh with your schedule.
- 8. Set Daily and weekly goals.** Long term goals are great to reach for, but sometimes get lost in the shuffle and we tend to ask, “Why am I working so hard,” if the ultimate goal is so far away. Take “Baby Steps” and set daily goals, then stretch it out to weekly goals. Before you know it, you will be at your ultimate long term goal.
- 9. NEVER OVEREXERCISE!** Use common sense and avoid trying to do too much too soon. The key to a successful exercise program is “Little and Frequent.” Exercising should not be a temporary thing, make it a lifestyle decision.

The C.H.A Diet and Strength—Will it all go away?

In the first couple weeks on the C.H.A. Diet, you might feel like you’re losing strength until your body adjusts. That is perfectly normal. As time goes on, your body will adjust to the lower carbohydrate intake and by using Xtend and healthy fats in your diet, you will find that you have more energy than before! Since we are in a caloric surplus, you will find yourself feeling strong and energized!

Training Versus Overtraining

When we tell people to perform cardio after weight training, they sometimes say, “That means I’ll be in the gym for two hours!” We usually recommend between 20-35 minutes of low intensity cardio post workout. What are these guys doing training for two hours? Weight training should take 30-60 minutes max. It is easy to overtrain, and we want to prevent that by getting in, training, and then getting out. Also, who wants to spend all day in the gym?

Note: Our Training System is outlined later in this chapter.

The Importance of Year Round Cardiovascular Training

Endurance A.K.A. cardiovascular training improves the heart’s ability to pump blood and increases oxygen uptake into cells. A “fit” person also burns more fat at rest and during exercise than an unfit person. Bodybuilders use cardiovascular training mainly as a means to increase caloric expenditure thereby increasing fat loss or decreasing fat

gain. By doing cardio year round, you will increase your body's capacity to burn fat at both rest and exercise. Let's discuss what type of cardio to do.

Low-Moderate Intensity Cardio

As stated in the intro, bodybuilders primarily use cardio as a means to increase their caloric expenditure (Cardiovascular training has a TON of other health benefits, but we will not touch on those benefits here). The use of low-intensity cardio, done either pre or post weight training, allows one to burn more calories while not hampering recovery. Low-intensity cardio is not as strenuous on the body as high-intensity cardio or high-intensity interval training (HIIT). It would be very hard for someone to complete a HIIT session pre weight training as it would decrease your performance when lifting weights or to complete the session post weight training as it would be very fatiguing.

We want to keep the body healthy and injury free. If you get injured, then your workouts will suffer or cease altogether. Therefore, we feel it is more practical to perform low to moderate intensity cardio on weight training days. Now one could perform their cardio separate from their weight training, but for most that would mean two trips to the gym, which is impractical; Hence, our recommendation to perform cardio pre or post weight training. We recommend 20-90 minutes (depending on if you are bulking or cutting) of low-intensity cardio done pre or post-workout or first thing in the morning upon waking. Be sure to drink Xtend during cardio because the cardio will help deliver this anabolic cocktail to your muscles, making cardio anabolic!

Whether you choose to do your cardio pre or post weight training is a personal preference. Remember, your main goal is to hit it hard in the weight room. If doing cardio pre weight training decreases your performance then it would be better for you to do it post workout. If you find that you are too tired to do cardio post weight training or simply find you become too bored and do not finish your cardio session, it would be better for you to do your cardio pre weight training.

Cardio Recommendation on the C.H.A. MASS

We recommend that when trying to add lean mass to do either 20-30 minutes of low-moderate cardio pre or post weight training and (optional) 30 minutes of low-moderate intensity cardio on off days.

Cardio Recommendation on the C.H.A. CUT

We recommend when cutting that you increase cardio when a stick point is reached up to 45 minutes per day at a low intensity (walk at a leisurely pace). You do not have to pay attention to heart rate.

Warming up with Cardio

There are some instances when cardio before weights is acceptable. If your diet is in check (which it will be if you follow the C.H.A. Diet) and you consume your Xtend pre, during and post training, your energy levels and power output will be fine. For example, some people do cardio before weights because there is no way they would be able to do cardio after weight training. Also, since they might train first thing in the morning, this helps to warm up aging joints to avoid injury.

Form Over Ego!

We cannot stress enough how important it is to maintain strict form on all movements. This means stabilizing your body and contracting your abs so you isolate the primary intended muscles. For example, when doing a standing barbell curl, tighten your abs and do not rock or swing the weight. By tightening your abs, you stabilize your body and prevent momentum. This will also help condition your abs and save your lower back.

Rest, Don't Nap, Between Sets

We recommend 60-120 seconds of rest periods between sets. This allows your body to recover some of its expended ATP but is not so long that you lose the flow of the workout. Remember, the goal is to get in and out of the weight room in 30-45 minutes.

Compound Movements – Kill 2 Birds

We like to begin the workout with compound movements, or free weight exercises targeting more than one muscle group. This is why we recommend Bench Press (chest, shoulders, triceps), Rows (back, biceps, forearms) and the daddy of them all, Squats (entire body).

No Pre-Workout Shake?

On the C.H.A. Diet with your pre, during and post-workout Xtend, you do not need a pre workout shake or a special pre-workout meal. You simply need to train 60-90 minutes after one of your scheduled meals. What if you train first thing in the morning? Simply start sipping your Xtend 15 minutes prior to your workout and continue sipping throughout your weight training and cardio. This is all you need!

If you do not have Xtend, you can sip on Whey Protein Isolate during training and then consume one to two scoops (40 grams) of Whey Protein Isolate immediately post workout. Eat your next scheduled meal 30-45 minutes after your workout.

When do I eat for training?

We recommend eating first thing in the morning to get the body cranking. Breakfast is the most important meal of the day. Get up, wash your face, go to the bathroom and start making breakfast. Every meal thereafter should be two to three hours apart. So if you get up at around 5am then your meals will look like this:

Wake Up 5:30 AM
Meal 1: 6:00 AM
Meal 2: 9:00 AM
Meal 3: 12:00 PM
Meal 4: 3:00 PM
Meal 5: 6:00 PM
Meal 6: 9:00 PM
Bed around 9:30-10pm

As for scheduling training, we recommend planning your meals so that one of your meals is 75-90 minutes before you workout (**PRE-WORKOUT MEAL**) and then the next meal in line is 45-60 min after the workout. This is assuming that you have your Xtend during training. If you do not have Xtend during training, then we recommend a PWO shake of whey protein isolate/whey protein concentrate immediately following your workout. Then within 60-75 minutes, eat your next scheduled meal.

Example of morning 6 AM workout:

If you are working out early in the morning you may not have time to eat a meal and wait an hour for it to digest before working out. In this situation we recommend waking up, downing your VasoCharge + Xtend (discussed later in book), and heading to the gym. Your meal schedule may look like this:

Six Meal Plan

- Wake up at 5:30 (mix up your VasoCharge+Xtend)
- Head to gym at 5:45 AM (start drinking your VasoCharge+Xtend)
- Workout 6:00-7:30 AM (sip on Xtend during your workout)
- Meal 1: 8:00 AM
- Meal 2: 10:00 AM
- Meal 3: 1:00 PM
- Meal 4: 4:00 PM
- Meal 5: 7:00 PM
- Meal 6: 9:30 PM
- Bed around 10 PM

Seven Meal Plan

- Wake up at 5:30 (mix up your VasoCharge+Xtend)
- Head to gym at 5:45 AM (start drinking your VasoCharge+Xtend)
- Workout 6:00-7:30 AM (sip on Xtend during your workout)

- Meal 1: 8:00 AM
- Meal 2: 10:00 AM
- Meal 3: 12:00 PM
- Meal 4: 2:00 PM
- Meal 5: 4:00 PM
- Meal 6: 6:00 PM
- Meal 7: 9:00 PM
- Bed around 10 PM

Eight Meal Plan

- Wake up at 5:30 (mix up your VasoCharge+Xtend)
- Head to gym at 5:45 AM (start drinking your VasoCharge+Xtend)
- Workout 6:00-7:30 AM (sip on Xtend during your workout)
- Meal 1: 8:00 AM
- Meal 2: 10:00 AM
- Meal 3: 12:00 PM
- Meal 4: 2:00 PM
- Meal 5: 4:00 PM
- Meal 6: 6:00 PM
- Meal 7: 8:00 PM
- Meal 8: 10:00 PM
- Bed around 10:30 PM

Example of evening 6 PM workout:

Six Meal Plan

- Meal 1: 8:00 AM
- Meal 2: 10:00 AM
- Meal 3: 1:00 PM
- Meal 4: 4:00 PM
- Head to gym at 5:45 PM (start drinking your VasoCharge+Xtend)
- Workout 6:00-7:30 PM (sip on Xtend during your workout)
- Meal 5: 8:00 PM
- Meal 6: 10:00 PM
- Bed around 10:30 PM

Seven Meal Plan

- Meal 1: 8:00 AM
- Meal 2: 10:00 AM
- Meal 3: 12:00 PM
- Meal 4: 2:00 PM
- Meal 5: 4:00 PM

- Head to gym at 5:45 PM (start drinking your VasoCharge+Xtend)
- Workout 6:00-7:30 PM (sip on Xtend during your workout)
- Meal 6: 8:00 PM
- Meal 7: 10:00 PM
- Bed around 10:30 PM

Eight Meal Plan

- Meal 1: 6:00 AM
- Meal 2: 8:00 AM
- Meal 3: 10:00 PM
- Meal 4: 12:00 PM
- Meal 5: 2:00 PM
- Meal 6: 4:00 PM
- Head to gym at 5:45 PM (start drinking your VasoCharge+Xtend)
- Workout 6:00-7:30 PM (sip on Xtend during your workout)
- Meal 7: 8:00 PM
- Meal 8: 10:00 PM
- Bed around 10:30 PM

As we have stated, the goal is to continually fuel the body and allow it to recover. We hear constant debate over what the best pre and post workout options are and frankly, we like to give the body what it *needs* during training; ample amino acids with an abundance of BCAAs, Glutamine and the proven performance enhancer, Citrulline Malate. This is why we formulated Xtend. No Xtend? Then you can just take Whey Protein post workout, although this method is not nearly as optimal. Remember, it is not the pre-workout meal that fuels your workout; it is the many meals the days prior that fuel your training and recovery. But workout nutrition, aka Xtend, tips the scales in your favor!

What if I Miss a Workout?

If you miss a workout, simply work your schedule so you get back on track. Do not skip a workout! This program is based on training each muscle group as prescribed for optimal results.

Is it a MUST to follow these workouts when on this diet?

While we believe these workouts will help you optimally reach your ultimate goals of fat loss and LEAN MASS gains, you DO NOT have to follow them. The key to getting results is doing something you enjoy and can be consistent with first and foremost. Thus, if you like German Volume Training or HST or HIT or even the program your Grandmother did when training for the local pie bake-off, DO IT! The bottom line is that this diet will become your lifestyle and it will fit well with any physique-based (not

PERFORMANCE-based) training system and help you achieve the lean, big and hard body of your dreams. YEAH BUDDY!

TRI PHASE 12-WEEK BULK SYSTEM!

In our opinion, consistently adding weight to the bar—lifting heavier weights and/or completing more reps—is the most effective way to add muscle and grow and should be your primary concern. The number of exercises, sets, rep ranges, etc. you use is should be secondary to progressing with the loads you lift. With that said, it is impossible to add weight to the bar EVERY workout. If it were everyone would be benching 800 pounds and squatting over a 1,000. Therefore one must adjust their workouts in order to keep progressing.

When designing a weight training routine there are three main variables that can be altered in order to Change the type of growth stimuli you get from the routine. These variables are volume, intensity, and frequency.

- Volume = sets * reps
 - The more sets and reps the greater the volume of a given workout
- Intensity = percentage of your 1-RM max
 - If your max bench is 315 then lifting 295 is more intense than 225 because it is a greater percentage of your 1-RM
- Frequency = number of times you work a muscle in a given time span
 - Most people use 1 week as the time span

These variables must be balanced in order to keep you progressing. If you do too much you will not be able to recover sufficiently and then you strength and muscle gains will slow. We are also going to throw another term out there—training density. The density of a workout is the sets * reps * load. You should strive to increase the density of each workout by increasing the load lifted, which should be done for every phase of training.

It is helpful to break your training up into phases, which is called periodization. One phase might focus on increasing the volume of your routine while the next phase might focus on increasing the frequency of your routine. The idea is to stimulation your muscular system in a different way with each phase in order to promote more growth. As we said in the beginning of this section, no matter what variable you are focusing on during a given training phase your primary focus should be progressing each and every workout by lifting a greater load. If you deadlifted 315 for 8 reps for your last workout you want to beat that the next workout. This can be done by adding weight to the bar (i.e. 10 lbs.) or completing more reps (i.e. 10 reps since you got 8 last time). You must progress in order to grow!

With this information in mind, we have created a three-phase mass program. Each phase is four weeks long and focuses on one of the three training stimuli variables and is designed to promote a steady state of progression. Let's get into the program.

Phase 1—Volume

The goal of Phase 1 is to increase the volume (number of sets) each week. In addition to adding sets each week you should always strive to lift a greater load each workout.

- Week 1 = 2 sets per exercise
- Week 2 = 3 sets per exercise
- Week 3 = 4 sets per exercise
- Week 4 = 5 sets per exercise

Rest time = 90 seconds between sets.

Workout 1	Back+Traps
Workout 2	Chest+Shoulders
Workout 3	Legs
Workout 4	Arms

Back+Traps

Deadlift	2-5 X 6-10
Pull-Up	2-5 X 6-10
Bent Over Row	2-5 X 6-10
BB Shrug	2-5 X 6-10
DB Shrug	2-5 X 6-10

Chest+Shoulder

Bench Press	2-5 X 6-10
Incline DB Press	2-5 X 6-10
Dips	2-5 X 6-10
Military or DB Press	2-5 X 6-10
DB Side Lateral	2-5 X 6-10

Legs

Squats	2-5 X 6-10
Stiff Leg Deadlift	2-5 X 6-10
Leg Extension	2-5 X 6-10
Leg Curl	2-5 X 6-10
Lunges	2-5 X 6-10

Arms+Calves

BB Curl	2-5 X 6-10
Close Grip Bench	2-5 X 6-10
Skull Crusher	2-5 X 6-10
DB Curl	2-5 X 6-10
Standing Calf Raise	2-5 X 6-10
Seated Calf Raise	2-5 X 6-10

The rep range for Phase 1 is 6-10, which means you want to get at least 6 reps but no more than 10 reps. If you cannot get 6 reps then the weight is too heavy. If you can get more than 10 reps then the weight is too light. Once you can complete 10 reps with a

given weight you should increase the weight for the next set. For example, if you can squat 225 lbs. for 10 reps the increase the weight to 235 lbs.

Phase 2—Intensity

The Goal of Phase 2 is to lift a near maximal load for low reps. There will be no Changes in the number of sets you complete, just the load you lift.

- Week 1 = 8-RM
- Week 2 = 6-RM
- Week 3 = 4-RM
- Week 4 = 2-RM

Rest time = 2-3 minutes between sets.

Workout 1 Upper Body A
Workout 2 Lower Body A
Workout 3 Upper Body B
Workout 4 Lower Body B

Upper Body A		Upper Body B	
Bench Press	3 X 2-8	Incline Press	3 X 2-8
Bent Over Row	3 X 2-8	Pull-Up	3 X 2-8
Military Press	3 X 2-8	DB Shoulder Press	3 X 2-8
BB Shrug	3 X 2-8	DB Shrug	3 X 2-8
Close Grip Bench	3 X 2-8	Skull Crusher	3 X 2-8
BB Curl	3 X 2-8	DB Curl	3 X 2-8
Lower Body A		Lower Body B	
Squats	3 X 2-8	Deadlift	3 X 2-8
Stiff Leg Deadlift	3 X 2-8	Leg Press	3 X 2-8
Seated Calf Raise	3 X 2-8	Standing Calf Raise	3 X 2-8

The rep range for Phase 2 is 2-6, but unlike Phase 1, you are going to shoot for a given rep number for each workout. The goal for week one is to use a weight that allows you to complete 3 sets of 8 reps; week two is to complete 3 sets of 6 reps; week three is to complete 3 sets of 4 reps; week four is to complete 3 sets of 2 reps. Each week you will be lifting a heavier load. For Deadlift it may be something like:

- Week 1 = 315 for 3 X 8
- Week 2 = 335 for 3 X 6
- Week 3 = 355 for 3 X 4
- Week 4 = 375 for 3 X 2

If you prefer, you can do arms after legs on the lower body day since the volume is lower on leg day. Some people may prefer to do all of the upper body in one workout because they find leg training more taxing or just because of personal preference. We leave it up to each individual to decide whether they prefer to train arms in the upper body workouts or the lower body workouts.

Phase 3—Frequency

The goal of Phase 3 is to hit each muscle more frequently than Phase 1 & 2.

Workout 1	Whole Body A	2 X 4-6	Rest = 2 mins
Workout 2	Whole Body B	2 X 6-10	Rest = 90 sec
Workout 3	Whole Body C	2 X 10-12	Rest = 30 sec
Workout 4	Weak Point		

Each workout uses different exercises and different rep ranges, though the same exercises could be used for each workout if one prefers. The goal is to do two sets of an exercise for each muscle group. Here is an example of how this workout could be set up:

Muscle	<u>Workout A (Mon)</u>	<u>Workout B (Wed)</u>	<u>Workout C (Fri)</u>
Quad	Squats	Leg Press	Leg Extension
Ham	Stiff Leg Deadlift	Lying Leg Curl	Seated Leg Curl
Calf	Seated Calf Raise	Standing Calf Raise	Donkey Calf Raise
Chest	Flat Press	Incline Press	Decline Press or Dips
Back	Bent Over Row	Pull-up	Rack Deadlift
Delt	Military Press	DB Side Lateral	Cable Lateral
Trap	Barbell Shrug	DB Shrug	Low-Pulley High Row
Tris	Close Grip Bench	Skull Crusher	Tricep Pressdown
Bis	Barbell Curl	DB Curl	Cable Curl

Weak Point Training (Saturday)

The weak point training day is here so each individual person can pick what they need to work on. If you need to bring up your back and calves, then work your back and calves. If you need to bring up your chest and biceps, then work your chest and biceps. An example Weak Point day for chest and biceps would be:

Incline BB Press	3 X 4,8,12
Flat DB Press	3 X 4,8,12
DB Curls	3 X 4,8,12
Hammer Curls	3 X 4,8,12

It is common for people to have underdeveloped calves, forearms, and posterior (rear) delts. The weak point training day would be perfect to workout on these muscles. An example routine for these weak points would be:

Calves	Standing Calf Raise	3 X 4,8,12
	Seated Calf Raise	3 X 4,8,12
Forearms	BB Forearm Curl	3 X 4,8,12
	DB Forearm Curl	3 X 4,8,12
Rear Delts	DB Rear Lateral	3 X 4,8,12
	Reverse Pec Dec	3 X 4,8,12

At this point in your training you should have an idea of what exercises you need to do in order to bring up your weak points. Because of the low volume of training during the week (a total of 6 sets per muscle group), there should be a low Chance for overtraining to occur even though you are hitting your weak muscle group very frequently.

Week 13

After 12 weeks of intense training your body may be pretty “beat up.” Therefore, week 13 should be a recovery week meaning no training. This off time will help your body recover and refresh you for your upcoming training weeks. After your week off, you can restart the Tri-Phase Training Program at phase-1.

Ab Training

In the original Tri-Phase Training Program I did not list any abdominal training. The reason for this is mainly because people tend to do their own things when it comes to ab training. In addition, if you are squatting and deadlifting heavy along with doing the other exercises in this program you are abs are going to get worked HARD! If you wish to do direct ab training though, I recommend training abs two times a week as follows.

Ab Workout #1

Decline Crunches 3 X 8-12

Back Extensions 3 X 8-12

Ab Workout #2

Lying or Hanging Leg Raises 3 X 8-12

Torso Twist 3 X 8-12

With these exercises you are hitting your entire core: abs, obliques, and lower back. I recommend doing 8-12 reps for abs, which means you are most likely going to have to hold some weights and do weighted ab exercises. Some people believe that doing weighted ab exercises will lead to big, blocky, extended abs. I do not agree with this belief at all.

Peak Pyramid Training For SHOWTIME!

The Spilt Overview

Day 1: Chest and Abs
Day 2: Back
Day 3: OFF
Day 4: Shoulders
Day 5: Arms and Calves
Day 6: Legs and Abs
Day 7: OFF

Week 1: 15, 12 WORKOUT A
Week 2: 15, 12, 10 WORKOUT B
Week 3: 15, 12, 10, 8 WORKOUT A
Week 4: 15, 12, 10, 8, 6 WORKOUT B
Week 5: 6, 8, 10, 12, 15 WORKOUT A
Week 6: 6, 8, 10, 12 WORKOUT B
Week 7: 6, 8, 10 WORKOUT A
Week 8: 6, 8 WORKOUT B
Week 9: 15, 12 WORKOUT A
Week 10: 15, 12, 10 WORKOUT B
Week 11: 15, 12, 10, 8 WORKOUT A
Week 12: 15, 12, 10, 8, 6 WORKOUT B
Week 13: 6, 8, 10, 12, 15 WORKOUT A
Week 14: 6, 8, 10, 12 WORKOUT B
Week 15: 6, 8, 10 WORKOUT A
Week 16: 6, 8 WORKOUT B
Week 17: SHOWTIME WEEK!

Alternate between workout A and workout B each week. Week 1 = workout A, week 2 = workout B, week 3 = workout A, week 4 = workout B, etc.

Chest Workout A

Flat Bench Press
Incline DB Press
Flat DB Flies
High-Pulley Cable Crossovers

Ab Workout #1

Decline Crunches 3 X 8-12
Back Extensions 3 X 8-12

Chest Workout B

Incline Barbell Press
Flat DB Press

Incline DB Flies
Low-Pulleys Cable Crossovers
Ab Workout #2
Lying or Hanging Leg Raises 3 X 8-12
Torso Twist 3 X 8-12

Back Workout A

Pull-Ups
Bent Over Row
T-Bar Row
Straight-Arm Pulldown

Back Workout B

Chin-Ups
Deadlifts
Lat Pulldowns
Seated Cable Row

Delts + Traps Workout A

Military Press
DB Side Lateral
Bent Over Cable Lateral
Barbell Shrug
DB Shrug

Delts + Traps Workout B

DB Shoulder Press
1-Arm Cable Lateral
Bent Over DB Rear Lateral
Behind the Back Barbell Shrug
Reverse Pec Dec

Arms+Calves Workout A

Barbell Curl
Close Grip Bench
Cable Curl
Tricep Pressdown
Standing Calf Raise
Seated Calf Raise

Arms+Calves Workout B

DB Curl
Skull Crusher
Reverse Cable Curl
Reverse Tricep Pressdown
Seated Calf Raise
Standing Calf Raise

Leg Workout A

Squats

Stiff Leg Deadlift

Leg Extension

Leg Curl

Ab Workout #2

Lying or Hanging Leg Raises 3 X 8-12

Torso Twist 3 X 8-12

Leg Workout B

Hack Squat or Front Squats

Leg Press

Seated Leg Curl

DB Lunges

Ab Workout #1

Decline Crunches 3 X 8-12

Back Extensions 3 X 8-12

Explanation of Phases

Phase 1 (Weeks 1-4)

Week 1: 15, 12

Week 2: 15, 12, 10

Week 3: 15, 12, 10, 8

Week 4: 15, 12, 10, 8, 6

We will start with lower volume, lighter workout with only two sets and build up to a higher volume, intense workout with five total sets and heavy weight. You can do a warm up set or two before the first set. You want to raise the weight for each set and decrease the reps. An example for Week 4 will be:

Warm Up: 95 x 15

135 x 15

155 x 12

175 x 10

195 x 8

215 x 6

Phase 2 (Weeks 5-8)

Week 5: 6, 8, 10, 12, 15

Week 6: 6, 8, 10, 12

Week 7: 6, 8, 10

Week 8: 6, 8

We will start heavy with lower reps and then lighten the load and decrease the weight.
We recommend 2-3 warm up sets prior to hitting your first heavy set.

Warm up: 95 x 15, 135 x 12, 185 x 10
225 X 6
205 X 8
185 X 10
165 X 12
145 X 15

Phase 3 (Weeks 9-12)

Week 9: 15, 12
Week 10: 15, 12, 10
Week 11: 15, 12, 10, 8
Week 12: 15, 12, 10, 8, 6

We will start with lower volume, lighter workout with only two sets and build up to a higher volume, intense workout with five total sets and heavy weight. You can do a warm up set or two before the first set. You want to raise the weight for each set and decrease the reps. An example for Week 4 will be:

Phase 4 (Weeks 13-16)

Week 13: 6, 8, 10, 12, 15
Week 14: 6, 8, 10, 12
Week 15: 6, 8, 10
Week 16: 6, 8

We will start heavy with lower reps and then lighten the load and decrease the weight.
We recommend 2-3 warm up sets prior to hitting your first heavy set.

Warm up: 95 x 15, 135 x 12, 185 x 10
225 X 6
205 X 8
185 X 10
165 X 12
145 X 15

Week 17 – SHOWTIME!

Cardio: Why we recommend it

While we believe that diet is 90% of getting lean and reducing bodyfat, we still recommend 30-45 minutes of cardio (walking at a leisurely pace, usually around 3.0-3.6 speed) four to five days per week depending on body type and bodyfat percentage while on the Cut Diet. Cardio is essential for supplying oxygen to your muscles for maximum growth. Our entire approach to dieting is based on muscle preservation. Too much cardio or cardio at a high level of intensity will eat at muscle tissue. This is counterproductive because we are trying to lose fat and keep as much muscle as possible. Long duration cardio is more geared toward cardiovascular training (at or above 80% VO2 Max). Therefore, lower intensity cardio increases fat oxidation (burns bodyfat) and does not catabolize (waste) nearly as much muscle as high intensity cardio, especially on a reduced calorie/low carbohydrate diet. We usually recommend light walking on a treadmill.

C.H.A. MEAL PLANS

The C.H.A. meal plans are setup in 200-300 calories increments, ranging from 1200 to 4000 calories. Following this diet is simple. Simply calculate your starting caloric intake then when a sticking point is reached go to the next calorie plan. For example, if you are bulking on the 2500 calorie plan and your weight gain has stalled, then follow the 2700 calorie plan. If you are cutting on the 2500 calorie plan and weight loss stalls, then follow the 2250 calorie plan. There is no need to add or remove servings, simply go to the next calorie plan.

1200 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	28	10	202
Meal 2	0	28	10	202
Meal 3	0	28	10	202
Meal 4	0	28	10	202
Meal 5	0	28	10	202
Meal 6	0	28	10	202
Total	0	168	60	1212

Meal 1 4 Egg Whites
 2 Whole DHA eggs
 28g protein, 10g fat

Meal 2 1.5 scoops Scivation Whey
 12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
 28g protein, 10g fat

- Meal 3 4 oz Lean Meat (Fish, Chicken, Beef)
12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
28g protein, 10g fat
- Meal 4 4 oz Lean Meat (Fish, Chicken, Beef)
12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
28g protein, 10g fat
- Meal 5 1.5 scoops Scivation Whey
12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
28g protein, 10g fat
- Meal 6 4 Egg Whites
2 Whole DHA eggs
28g protein, 10g fat

1400 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	35	10	230
Meal 2	0	35	10	230
Meal 3	0	35	10	230
Meal 4	0	35	10	230
Meal 5	0	35	10	230
Meal 6	0	35	10	230
Total	0	210	60	1380

- Meal 1 6 Egg Whites
2 Whole DHA eggs
35g protein, 10g fat
- Meal 2 1.75 scoops Scivation Whey
12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
35g protein, 10g fat
- Meal 3 5 oz Lean Meat (Fish, Chicken, Beef)
12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
35g protein, 10g fat
- Meal 4 1.75 scoops Scivation Whey
12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
35g protein, 10g fat
- Meal 5 5 oz Lean Meat (Fish, Chicken, Beef)
12 Almonds or 4tsp Peanut Butter or 2 oz Avocado or 2tsp Olive/Flax/Enova Oil
35g protein, 10g fat
- Meal 6 6 Egg Whites
2 Whole DHA eggs
35g protein, 10g fat

1600 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	35	15	275
Meal 2	0	35	15	275
Meal 3	0	35	15	275
Meal 4	0	35	15	275
Meal 5	0	35	15	275
Meal 6	0	35	15	275
Total	0	210	90	1650

Meal 1 4 Egg Whites
 3 Whole DHA eggs
 35g protein, 15g fat

Meal 2 1.75 scoops Scivation Whey
 18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
 35g protein, 15g fat

Meal 3 5 oz Lean Meat (Fish, Chicken, Beef)
 18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
 35g protein, 15g fat

Meal 4 1.75 scoops Scivation Whey
 18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
 35g protein, 15g fat

Meal 5 5 oz Lean Meat (Fish, Chicken, Beef)
 18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
 35g protein, 15g fat

Meal 6 4 Egg Whites
 3 Whole DHA eggs
 35g protein, 15g fat

1800 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	42	15	303
Meal 2	0	42	15	303
Meal 3	0	42	15	303
Meal 4	0	42	15	303
Meal 5	0	42	15	303
Meal 6	0	42	15	303
Total	0	252	90	1818

Meal 1 6 Egg Whites
 3 Whole DHA eggs
 42g protein, 15g fat

- Meal 2 2 scoops Scivation Whey
18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
42g protein, 15g fat
- Meal 3 6 oz Lean Meat (Fish, Chicken, Beef)
18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
42g protein, 15g fat
- Meal 4 2 scoops Scivation Whey
18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
42g protein, 15g fat
- Meal 5 6 oz Lean Meat (Fish, Chicken, Beef)
18 Almonds or 6tsp Peanut Butter or 3 oz Avocado or 3tsp Olive/Flax/Enova Oil
42g protein, 15g fat
- Meal 6 6 Egg Whites
3 Whole DHA eggs
42g protein, 15g fat

2000 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	42	20	348
Meal 2	0	42	20	348
Meal 3	0	42	20	348
Meal 4	0	42	20	348
Meal 5	0	42	20	348
Meal 6	0	42	20	348
Total	0	252	120	2088

- Meal 1 4 Egg Whites
4 Whole DHA eggs
42g protein, 20g fat
- Meal 2 2 scoops Scivation Whey
24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
42g protein, 20g fat
- Meal 3 6 oz Lean Meat (Fish, Chicken, Beef)
24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
42g protein, 20g fat
- Meal 4 2 scoops Scivation Whey
24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
42g protein, 20g fat
- Meal 5 6 oz Lean Meat (Fish, Chicken, Beef)
24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
42g protein, 20g fat

Meal 6
 4 Egg Whites
 4 Whole DHA eggs
 42g protein, 20g fat

2250 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	49	20	376
Meal 2	0	49	20	376
Meal 3	0	49	20	376
Meal 4	0	49	20	376
Meal 5	0	49	20	376
Meal 6	0	49	20	376
Total	0	294	120	2256

Meal 1
 6 Egg Whites
 4 Whole DHA eggs
 49g protein, 20g fat

Meal 2
 2.5 scoops Scivation Whey
 24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
 49g protein, 20g fat

Meal 3
 7 oz Lean Meat (Fish, Chicken, Beef)
 24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
 49g protein, 20g fat

Meal 4
 2.5 scoops Scivation Whey
 24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
 49g protein, 20g fat

Meal 5
 7 oz Lean Meat (Fish, Chicken, Beef)
 24 Almonds or 8tsp Peanut Butter or 4 oz Avocado or 4tsp Olive/Flax/Enova Oil
 49g protein, 20g fat

Meal 6
 6 Egg Whites
 4 Whole DHA eggs
 49g protein, 20g fat

2500 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	49	25	421
Meal 2	0	49	25	421
Meal 3	0	49	25	421
Meal 4	0	49	25	421
Meal 5	0	49	25	421
Meal 6	0	49	25	421
Total	0	294	150	2526

- Meal 1 4 Egg Whites
5 Whole DHA eggs
49g protein, 25g fat
- Meal 2 2.5 scoops Scivation Whey
30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
49g protein, 25g fat
- Meal 3 7 oz Lean Meat (Fish, Chicken, Beef)
30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
49g protein, 25g fat
- Meal 4 2.5 scoops Scivation Whey
30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
49g protein, 25g fat
- Meal 5 7 oz Lean Meat (Fish, Chicken, Beef)
30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
49g protein, 25g fat
- Meal 6 4 Egg Whites
5 Whole DHA eggs
49g protein, 25g fat

2700 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	56	25	449
Meal 2	0	56	25	449
Meal 3	0	56	25	449
Meal 4	0	56	25	449
Meal 5	0	56	25	449
Meal 6	0	56	25	449
Total	0	336	150	2694

- Meal 1 6 Egg Whites
5 Whole DHA eggs
56g protein, 25g fat
- Meal 2 2.75 scoops Scivation Whey
30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
56g protein, 25g fat
- Meal 3 8 oz Lean Meat (Fish, Chicken, Beef)
30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
56g protein, 25g fat
- Meal 4 2.75 scoops Scivation Whey
30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
56g protein, 25g fat

Meal 5 8 oz Lean Meat (Fish, Chicken, Beef)
 30 Almonds or 10tsp Peanut Butter or 5 oz Avocado or 5tsp Olive/Flax/Enova Oil
 56g protein, 25g fat

Meal 6 6 Egg Whites
 5 Whole DHA eggs
 56g protein, 25g fat

3000 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	56	30	494
Meal 2	0	56	30	494
Meal 3	0	56	30	494
Meal 4	0	56	30	494
Meal 5	0	56	30	494
Meal 6	0	56	30	494
Total	0	336	180	2964

Meal 1 4 Egg Whites
 6 Whole DHA eggs
 56g protein, 30g fat

Meal 2 2.75 scoops Scivation Whey
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat

Meal 3 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat

Meal 4 2.75 scoops Scivation Whey
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat

Meal 5 8 oz Lean Meat (Fish, Chicken, Beef)
 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
 56g protein, 30g fat

Meal 6 4 Egg Whites
 6 Whole DHA eggs
 56g protein, 30g fat

3200 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	56	30	494
Meal 2	0	56	30	494
Meal 3	0	56	30	494
Meal 4	0	56	30	494
Meal 5	0	56	30	494
Meal 6	0	56	30	494
Meal 7	0	56	0	224
Total	0	392	180	3188

- Meal 1 4 Egg Whites
6 Whole DHA eggs
56g protein, 30g fat

- Meal 2 2.75 scoops Scivation Whey
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat

- Meal 3 8 oz Lean Meat (Fish, Chicken, Beef)
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat

- Meal 4 2.75 scoops Scivation Whey
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat

- Meal 5 8 oz Lean Meat (Fish, Chicken, Beef)
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat

- Meal 6 4 Egg Whites
6 Whole DHA eggs
56g protein, 30g fat

- Meal 7 2.75 scoops Scivation Whey
56g protein

3500 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	56	30	494
Meal 2	0	56	30	494
Meal 3	0	56	30	494
Meal 4	0	56	30	494
Meal 5	0	56	30	494
Meal 6	0	56	30	494
Meal 7	0	56	30	494
Total	0	392	210	3458

- Meal 1 4 Egg Whites
6 Whole DHA eggs
56g protein, 30g fat
- Meal 2 2.75 scoops Scivation Whey
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat
- Meal 3 8 oz Lean Meat (Fish, Chicken, Beef)
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat
- Meal 4 2.75 scoops Scivation Whey
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat
- Meal 5 8 oz Lean Meat (Fish, Chicken, Beef)
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat
- Meal 6 4 Egg Whites
6 Whole DHA eggs
56g protein, 30g fat
- Meal 7 2.75 scoops Scivation Whey
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat

3700 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	56	30	494
Meal 2	0	56	30	494
Meal 3	0	56	30	494
Meal 4	0	56	30	494
Meal 5	0	56	30	494
Meal 6	0	56	30	494
Meal 7	0	56	30	494
Meal 8	0	56	0	224
Total	0	448	210	3682

- Meal 1 4 Egg Whites
6 Whole DHA eggs
56g protein, 30g fat
- Meal 2 2.75 scoops Scivation Whey
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat
- Meal 3 8 oz Lean Meat (Fish, Chicken, Beef)
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat

- Meal 4 2.75 scoops Scivation Whey
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat

- Meal 5 8 oz Lean Meat (Fish, Chicken, Beef)
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat

- Meal 6 4 Egg Whites
6 Whole DHA eggs
56g protein, 30g fat

- Meal 7 8 oz Lean Meat (Fish, Chicken, Beef)
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat

- Meal 8 2.75 scoops Scivation Whey
56g protein

4000 Calorie Plan

Meals	Carbs	Protein	Fat	Calories
Meal 1	0	56	30	494
Meal 2	0	56	30	494
Meal 3	0	56	30	494
Meal 4	0	56	30	494
Meal 5	0	56	30	494
Meal 6	0	56	30	494
Meal 7	0	56	30	494
Meal 8	0	56	30	494
Total	0	448	240	3952

- Meal 1 4 Egg Whites
6 Whole DHA eggs
56g protein, 30g fat

- Meal 2 2.75 scoops Scivation Whey
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat

- Meal 3 8 oz Lean Meat (Fish, Chicken, Beef)
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat

- Meal 4 2.75 scoops Scivation Whey
36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil
56g protein, 30g fat

Meal 5	8 oz Lean Meat (Fish, Chicken, Beef) 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil 56g protein, 30g fat
Meal 6	4 Egg Whites 6 Whole DHA eggs 56g protein, 30g fat
Meal 7	8 oz Lean Meat (Fish, Chicken, Beef) 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil 56g protein, 30g fat
Meal 8	2.75 scoops Scivation Whey 36 Almonds or 12tsp Peanut Butter or 6 oz Avocado or 6tsp Olive/Flax/Enova Oil 56g protein, 30g fat

C.H.A. Food Selections

Protein: All equal to ~7g protein

- * Chicken breast (white meat) boneless/skinless - 1 oz or 28.35g
- * Turkey breast (LEAN) - 1 oz or 28.35g
- * Fresh fish (cod, haddock, halibut, tuna in water), tilapia - 1 oz or 28.35g
- * Egg whites - 2 or 67g
- * Egg Beaters - ¼ cup or 2.15 oz or 61g
- * Lean Sirloin/fillet - ¾ oz or 21.25g

*NOTE: You can substitute 3oz of any of these protein choices for 1 scoop of Scivation Whey if desired.

Fats: all equal to ~5g fat

- * Avocado - 1 oz or 28.35g
- * Almonds (dry roasted) - 1/3 oz or 1 tbsp or 8.6g (~6 pieces)
- * Enova oil - 1 Tsp or 4.5g
- * Oil (olive or canola, Enova) - 1 tsp or 4.5g or 0.16 oz
- * Peanuts - 1/3 oz or 9.36g (~10 pieces)
- * Peanut/Almond butter (smooth or crunchy) - 2 tsp or 0.38 oz or 10.6g
- * Salad dressing (Light, reduced-fat) - 2 Tbsp or 30g
- * Smart Balance spread - 1 tbsp or 14g
- * Walnuts - 1Tbsp or 1/4 oz or 7.5g

Our preferred sources of fat are Almond Butter, Almonds, Avocado and Peanut Butter.

Vegetables: all equal to ~5g carbs

- * Asparagus 4 oz or 113 g
- * Broccoli 78g or ½ cup
- * Green Beans 62.5g or ½ cup
- * Onions 53g or 1/3 cup
- * Spinach 125g or 2/3 cup
- * Celery 120g or 4.25 oz
- * Cucumber 156g or 5.5 oz
- * Green onions 50g or 1.75 oz
- * Mushrooms 78g or 2.5 oz
- * Tomato 90g or ½ cup
- * Salad greens (lettuce, romaine) 165g or 3 cups

Our preferred vegetables are asparagus, broccoli, green beans and spinach. Use all other options sparingly.

*Unless noted, measurements are based on cooked or steamed food.

C.H.A. Supplements

Scivation Workout Nutrition Stack™—Xtend + VasoCharge

Scivation has made pre-workout supplementation a thoughtless endeavor. Imagine if you could take the scientifically-proven, synergistic ingredients to guarantee you have all bases covered and to assure that you get the skin-bursting pumps, mind-blowing energy and unbelievable endurance to help you attack the weights like a beast. Then imagine if you could fuel your muscles DURING your workout to encourage lean muscle growth and endless energy with enhanced recovery. If you're like anyone here at Team Scivation, this is a dream come true. Time to stop dreaming.

Scivation Xtend is the ULTIMATE pre, during and post workout formula ever created. It has even created its own category—Workout Nutrition™. Scivation VasoCharge, formerly known as VasoXplode, has become the standard in pre workout supplementation featuring Beta Alanine, NO Enhancers, Mental Performance Boosters and the VasoRush™ Blend.

Scivation now gives it to you in one complete stack at an unbelievable price. The Scivation Workout Nutrition Stack™ is here, and it is time for you to get your swole on.

Q: What are two of the main causes of poor performance and lack of growth/progress for bodybuilders and fitness enthusiast?

A: Fatigue and increased protein breakdown (catabolism).

If you do not have the energy and drive to lift harder and heavier each workout then you will not grow.

If you leave protein breakdown levels unchecked and allow muscle breakdown to occur during a workout then you will not grow.

Without proper workout nutrition you will not grow and progress and the rate you could with sufficient diet and supplement strategies. Scivation has taken the guess work out of workout nutrition and created a supplement combo that will increase your energy and performance, delay fatigue, and decrease protein breakdown WHILE increasing protein synthesis (the key to muscle growth). It's time to start taking your workout nutrition (pre and during workout) seriously and supplement with the Scivation Workout Nutrition Stack—VasoCharge + Xtend!

Scivation VasoCharge

We have formulated Scivation VasoCharge around ingredients that are scientifically proven to increase performance and muscle growth. VasoCharge contains synergistic ingredients that work together to take the results you will see to the next level and beyond.

1. Creatine + Citrulline Malate
 - Synergistically increases performance
2. Creatine + Beta-Alanine
 - Synergistically increases performance and lean mass gains
3. Citrulline Malate + Arginine
 - Increases blood flow and amino acid deliver to skeletal muscle, leading to increased protein synthesis (muscle growth)
4. Tyrosine + ALCAR + Caffeine + D,L-Phenylalanine
 - Increases energy and mental focus while delaying fatigue, allowing you to workout harder and longer.

VasoCharge is formulated to allow you to increase the intensity of your workouts while delaying fatigue, which results in greater progress being made. VasoCharge increases energy production and power output, decreases H⁺ accumulation and fatigue, and increases blood flow and the deliver of amino acids to skeletal muscle, making it an all-in-one pre-workout powerhouse.

Scivation Xtend

We have formulated Scivation Xtend to increase protein synthesis, recovery, and performance using a precise blend Branch-Chain-Amino Acids (BCAA), L-Glutamine, and Citrulline Malate. BCAA are a must have for workout nutrition. In summary, the metabolic roles of the BCAA Include:

- Substrate for energy production
- Substrate for protein synthesis
- Precursor for the formation of other amino acids
 - Primarily Alanine and Glutamine
- Metabolic signals (Primarily Leucine)
 - Stimulates protein synthesis through insulin secretion/activation of the PI3K pathway
 - Stimulates protein synthesis through activation of mTOR
 - Stimulates leptin expression in adipocytes through activation of mTOR

Xtend was formulated to give the body what it needs during exercise. As you exercise, the body increases the demand for various nutrients and if the body is not fed those nutrients, it must obtain them from other sources (i.e. breakdown of skeletal muscle to obtain amino acids). Both BCAA and Glutamine oxidation/demand is increased during exercise. In order to meet this increased demand for BCAA and Glutamine, the body breaks down muscle protein.

The goal of weight training is to increase protein synthesis. In order to gain muscle mass, protein turnover (protein turnover = protein synthesis – protein breakdown) must be positive. An increase in protein synthesis from weight training can lead to an increase in muscle mass. If we are increasing protein breakdown during training, we are decreasing the training session's overall anabolic effect and limiting muscle growth.

BCAA supplementation has been shown to not only increase protein synthesis, but also to decrease protein breakdown. By supplementing with Xtend during your workouts you are creating an ideal environment for muscle growth.

What all this means is ingesting BCAA primes your body for growth by increasing protein synthesis and energy production in muscle. All of these actions are beneficial to an athlete and should not be overlooked. There is endless research backing BCAA supplementation as part of one's workout nutrition. In addition, the citrulline malate found in Xtend increases atp/energy production, delays fatigue, and increase blood flow and amino acid deliver to muscle and the glutamine promotes increased recovery.

VasoCharge + Xtend

By combining VasoCharge and Xtend pre-workout you prime your body for heightened performance and anabolism. Our pre-workout recommendation (taking 15 minutes pre-workout) is:

- 1 Serving VasoCharge
- 1 Serving Xtend

You should follow this up during your workout by sipping 2-4 servings of Xtend throughout your entire workout. This will ensure protein synthesis levels stay elevated and your body is primed for growth.

While many people overlook the power of workout nutrition, with the Scivation Workout Nutrition Stack you can be ensured that your body has the nutrients and substrates it needs to performance better than ever and grow like never before.

Scivation Fat Oxidation Stack—Seasmin + Dialene 4

Sesamin

Sesamin is a lignan isolated from sesame seeds. A lignan is a molecule that combines with another entity acting as an “activator.” In the case of sesamin, it binds to and activates a receptor called Peroxisome Proliferator-Activator Receptor Alpha (PPARalpha). Sesamin has been shown to be a potent PPARalpha activator [1].

The PPAR receptor family is divided into three subgroups: alpha, beta/delta, and gamma. PPARalpha is highly expressed in muscle, the liver, kidneys, and heart and is involved in the regulation of lipid metabolism, specifically the transcription of the genes

involved in the beta-oxidation (burning) of fatty acids and lipogenesis. Activation of PPARalpha increases gene expression of the fatty acid oxidation enzymes and decreases gene expression of lipogenic enzymes.

Of vital important, Sesamin increases the expression of the mitochondrial enzyme carnitine palmitoyl transferase (CPT), among other enzymes [2]. CPT, the rate-limiting enzyme in beta-oxidation of fatty acids in skeletal muscle and liver cell mitochondria, is found on the outer membrane of mitochondria and carries fatty acids across the membrane into the mitochondria by binding to them. Increasing the expression of CPT, along with other enzymes involved in beta-oxidation, will allow more fatty acids to be transported into the mitochondria where they can be oxidized.

In addition to increasing the oxidation of fat, Sesamin supplementation has also been shown to decrease lipogenesis (fat storage) by decreasing lipogenic enzymes in the liver. Sesamin has been shown to decrease lipogenic the gene expression of sterol regulatory element binding protein-1 (SREBP-1), acetyl-CoA carboxylase, and fatty acid synthase, among other lipogenic enzymes [3], which means less fat is esterified in the liver and therefore less fat is stored in adipose tissue (fat cells).

So Sesamin works in two ways to make you lean (and keep you lean): increasing fat oxidation and decreasing fat storage.

Dialene 4

It has been a couple of years since our ally in fat loss, ephedra, was forced off of the market. Since then, we have been fed false promises by companies saying that they have found the next ephedra, or made ephedra obsolete, or.....you get the point. The bottom line is that when it comes to fat loss and energy, these products let you down. In fact, they might have let you down so much that you still buy ephedrine HCl and stack it with these so-called fat burners.

The Scivation team has been working hard to formulate the dream fat burner. Then one day, Scivation Advisory Board Member, Biochemist and Natural Bodybuilding Pro Layne Norton presented Scivation Director of Research & Development Chuck Rudolph with a compound with such impressive data that along with Derek Charlebois, they began immediately working. What came about was perhaps the ultimate fat burner.

Dialene 4 Increases Adrenaline Output

The ingredients in Dialene 4 work synergistically to increase Adrenaline output. The term “adrenaline” is commonly used to refer to the body’s excitatory catecholamine, Epinephrine (E) and Norepinephrine (NE) (Dopamine being the third catecholamine), which are regulators of lipolysis.

The sympathetic nervous system's postganglion neurons release NE as their neurotransmitter. When large amounts of NE are produced during times of stress, it can "spillover" into the blood and act on receptors throughout the body. Catecholamines can act on adipose tissue via direct sympathetic innervations or the general circulation (Coppack et al 1994).

Catecholamines act on the alpha (1 and 2) and beta (1, 2, and 3) adrenoreceptors throughout the body, with E having a greater affinity for the beta-receptors and NE for the alpha-receptors. Activation of the alpha1 and beta-receptors is lipolytic (causes fat breakdown) while activation of the alpha2 receptor is anti-lipolytic (blunts fat breakdown).

At rest, plasma catecholamine levels are low, causing the lipolytic rate to be regulated by the inhibitory action of the alpha2-receptors (Horowitz 2003). During exercise, the large increase in catecholamines causes the activation of the beta-receptors to override the alpha2-receptor inhibition of lipolysis and whole body lipolysis increases. This is where Dialene 4 comes into play. Using Dialene 4 during the day when plasma catecholamine levels are low allows you to overcome the inhibitory action of the alpha2-receptors and stimulate lipolysis (fat breakdown). Dialene 4 accomplishes this by increasing NE release and keeping NE levels elevated.

Norepinephrine's (NE) Role in Lipolysis

1. NE release from synaptic nerves
2. NE binds to beta-adrenergic receptors
3. Stimulatory guanine nucleotide regulatory proteins (G-proteins) within the cell membrane activate the enzyme adenylate cyclase
4. Adenylate cyclase converts ATP into 3'-5' camp
 - Cyclic AMP phosphodiesterase (PDE) halts this step
 - Prostaglandins have receptors coupled to inhibitory G proteins (Gi), which decrease adenylate cyclase activity and thus decrease cAMP concentrations in the cell.
 - When a beta-adrenergic agonist such as NE stimulates a fat cell it produces adenosine. Adenosine interacts with its receptor coupled to regulatory G proteins (Gi) which inhibits adenylate cyclase activity and prevents the accumulation of cAMP
5. cAMP binds to the regulatory subunit of protein kinase A
6. Protein kinase A releases its catalytic subunit
7. The catalytic subunit phosphorylates Hormone Sensitive Lipase (HSL), transforming it into the active form, HSL-P
8. HSL-P catalyzes a three step hydrolysis reaction to reduce triglycerides into glycerol and fatty acids
 - Re-esterification can occur (Lipogenesis)

A summary of the above scientific jargon is **NE increases lipolysis, which is vital to fat loss.**

Dialene 4 Ingredients

B Vitamins

Vitamin B3 (Niacinimide USP): 75mg

Vitamin B6 (Pyridoxine HCl): 50mg

Vitamin B5 (Pantothenic Acid): 25mg

Vitamin B12 (Methylcobalamin): 100mcg

The B vitamins are essential to whole body metabolism, especially fat loss. We included the B vitamins in Dialene 4 to ensure your body has what it needs to burn fat at its full potential.

G4 Fat Incinerating Matrix 725mg

(Lean Green™ (Green Tea standardized for 50% EGCG), Caffeine (USP), Green Coffee Bean Extract (Containing Chlorogenic Acid, Feruloyl Quinic Acid and Neochlorogenic acid), Naringin

Lean Green™ (Green Tea Standardized to 50% EGCG)

The active in green tea is EGCG. EGCG has thermogenic effects and has been shown to assist in weight loss by decreasing dietary fat absorption, appetite suppression, and catechol-O-methyl-transferase (COMT) inhibition. COMT is involved in the breakdown of catecholamines (i.e. NE). By inhibiting COMT, NE breakdown is slowed and it is able to activate the adrenergic receptors to a greater degree and enhance lipolysis.

Caffeine USP

Caffeine, a plant alkaloid belonging to the drug class methylxanthines and is found in natural sources such as coffee beans, tea leaves, cocoa beans, and other plants, is the world's most widely used stimulant. Caffeine is a Central Nervous System (CNS) stimulant shown to delay fatigue and improve cognitive performance.

Caffeine acts as an adenosine receptor antagonist. Adenosine decreases the release of stimulatory/excitatory neurotransmitters (i.e. norepinephrine [NE]). Therefore, blocking the adenosine receptor allows a greater excitation to occur by increasing NE's ability to activate the adrenergic receptors.

Caffeine inhibits phosphodiesterase (PDE), causing a build-up of cAMP levels and greater effect of NE on fatty acid lipolysis. PDE blunts lipolysis; therefore inhibiting PDE allows lipolysis to proceed at an accelerated rate. The end result is there are more fatty acids available for oxidation after consumption of caffeine.

Green Coffee Bean Extract

Green Coffee Bean Extract contains lipolytic acids, specifically chlorogenic acid, feruloyl quinic acid and neochlorogenic acids. These acids have been shown to improve glucose tolerance, decrease fat accumulation, and increase lipolysis.

Naringin

Naringin is a citrus flavanoid found in citrus fruits such as grapefruit and oranges. Grapefruit juice has been shown to decrease the breakdown of caffeine and prolong its effects and impact on fat loss. Naringin is believed to cause this effect from grapefruit. Adding Naringin to Dialene 4 will enhance the effects of caffeine.

CogniLean Blend 660mg

(N-Acetyl-L-Tyrosine, Phenylethylamine, D,L-Phenylalanine, Vinpocetine)

N-Acetyl-L-Tyrosine

Tyrosine is a nonessential amino acid used to make the catecholamine neurotransmitters dopamine, norepinephrine, and epinephrine, thyroid hormones, and the skin pigment melanin.

Stress, such as exercise, depletes the amount of dopamine and norepinephrine in the brain. Tyrosine supplementation has been shown to decrease the negative effects of stress, decrease fatigue, and increase cognitive performance. It is believed that Tyrosine supplementation can increase athletic performance by offsetting fatigue and reducing the risk of overtraining or “burn out”.

Phenylethylamine (PEA)

PEA is an amphetamine-like compound found naturally in the brain that is believed to elevate mood and have a stimulating effect.

D,L-Phenylalanine

D,L-Phenylalanine is a 50/50 mix of D-Phenylalanine and L-Phenylalanine. L-Phenylalanine is an essential amino acid while D-Phenylalanine is a non-protein amino acid that is not used in protein synthesis. Phenylalanine can be metabolized to PEA and is also a precursor for norepinephrine and dopamine.

Vinpocetine

Vinpocetine increases circulation and blood flow to the brain. Just like cayenne, vinpocetine’s ability to increase blood flow aids in the transportation of fatty acids to tissues where they can be burned.

LipoLean Blend 325mg

(Cayenne Pepper 40,000 HU, Citrus Peel Extract (containing limonene and terpinen-4-ol), Evodiamine)

Cayenne Pepper (40,000 HU)

Cayenne peppers have been used for centuries as a folk medicine for stimulating circulation, aiding digestion and relieving pain (topically). Cayenne increases thermogenesis by dilating blood vessels and increasing blood circulation. Blood flow to adipose tissue is very important for the transportation of fatty acids to be burned. Increasing blood flow allows more fatty acids to be delivered to tissues where they can be burned.

Citrus Peel Extract (containing limonene and terpinen-4-ol)

Citrus Peel Extract contains compounds that are very lipolytic, two of the most potent compounds being limonene and terpinen-4-ol.

Evodiamine

Evodiamine is an alkaloid extracted from the plant *Evodiae Fructus*. In-vitro studies and studies done on rats have shown evodiamine to decrease fat uptake into cells, increase body temperature, and increase catecholamine secretion

Sesamin + Dialene 4

Sesamin and Dialene 4 work together to increase the liberation of fatty acids from fat cells and increase the oxidation of these fatty acids, leading to greater losses in fat. We recommend stacking Sesamin and Dialene 4 together as follows:

- Sesamin—Take 1 capsule 3 times a day with meals
- Dialene 4—Take 2-3 capsules upon waking and 6-8 hours later

Taking Your Supplementation and Results to the Next Level- Xtend Mega-Dosing

If there was only one recommended supplement you should take it is Xtend. This is especially true on a low carb diet like the C.H.A. Diet. Supplementing with Xtend both during your workout and during the rest of the day increases protein synthesis, decreases protein breakdown, increases blood flow and muscle fullness, and increases fat oxidation and energy; your body becomes a fat burning, muscle building machine.

The main question or argument with BCAA supplementation people have is whether additional BCAA supplementation on top of an already high protein intake will produce any benefits, specifically enough benefits justify to the cost of the BCAA. Research and anecdotal findings would definitely suggest yes.

We feel that the benefits of free-form BCAA lie in their ability to quickly flood the blood stream and amino acid pools with high amounts of BCAA, specifically leucine. While whey protein is absorbed quickly, ingestion of 10 grams of BCAA from whey does not create the same metabolic response as the ingestion of 10 grams of free-form BCAA. Once whey protein reaches the gut, it takes about 45 minutes before the amino acids start to be extracted and are absorbed and can be used. This lower absorption means the amino acid pools are not "flooded" with large amounts of BCAA.

Remember, the BCAA ability to be utilized in various pathways is governed by their availability. It is my belief that delivering large amounts of BCAA to muscle and keeping BCAA levels elevated will cause a strong and sustained activation of mTOR, leading to skeletal muscle hypertrophy.

Because BCAA serve as a "fuel" for skeletal muscle. Supplementing with Xtend and giving your body extra BCAA, along with Glutamine and Citrulline Malate, primes your body for muscle growth and fat loss. This is ideal while following the C.H.A. Diet.

Game Day—The Final Pre-Competition Peak Week Strategies You Will Ever Need



Introduction

After dieting for months in order to step onto the competitive bodybuilding stage, you want nothing more than to step on that stage in your best condition ever! You want to be lean, hard, dry and vascular with full muscles. Simply put, you want to look like you came out of a comic book. All bodybuilders fear stepping on stage flat, smooth, holding water, and not at their full potential. The final week before a competition is often called “Peak Week” because bodybuilders will implement various strategies in an attempt to make themselves look the best they possible can come competition day; they want to attain peak condition on *that* day. The strategies used include water, sodium, potassium, and carbohydrate manipulation. Done right, these strategies could mean the difference between 1st and 2nd place. Done wrong, these strategies could mean you not placing or standing backstage cramping up. Through both using these strategies on competitors we train as well as ourselves, Scivation has ironed out all the details you need in order to make your peak week a success!

Before we continue, I want to say that if you have not put in the hard work needed to be competition shredded there is not a peak week strategy that will bring you in. You cannot rely on the final week to magically do all the work. All of the work is actually done during the weeks and months leading up to the final week. You should not be trying to lose those last couple of pounds of fat during the final week. Instead, I recommend being “ready” one week out and then using the peak week strategies in this book to further enhance your appearance.

First we are going to examine the common manipulation strategies used today and physiological/metabolic backing. Next we will detail the strategies Chuck Rudolph uses with his clients to get the dry and shredded. Building on Chuck’s strategies, we will look at how Scivation President Marc Lobliner and Marketing Director Derek Charlebois, both of which are NPC competitors, apply and tweak Chuck’s strategies for themselves. Finally we will help you decide what works best for you and if you need to change anything in the plans we outline.

The Science of Peak Week

Water

Water makes up about half of the body's mass and plays an integral part in maintaining whole body homeostasis. Water can be separated into intracellular (inside cells) and extracellular (outside cells) compartments. About 2/3 of total body water is intracellular and the other 1/3 is extracellular. The goal of peak week is to decrease extracellular water, specifically subcutaneous water (water under the skin) as much as possible leading up to the show. Removing subcutaneous water gives you that dry, hard, and vascular look needed to win competitions.

When you step on stage you want your muscles to be full, hard, and vascular. The last thing you want is to be flat and smooth. The first step in accomplishing this is removing subcutaneous water, but in addition you must keep your muscles hydrated and full. Skeletal muscle is over 70% water so you cannot just totally stop drinking water to remove subcutaneous water because you would also then deplete muscle of its water. Muscle must be hydrated to appear full and not flat.

Diuretics

Diuretics are compounds that increase urine excretion, an increase in the amount of water you expel. Bodybuilders use various compounds, from prescription drugs to natural herbs. This book will not touch on the use of prescription diuretics but we will talk about legal, over-the-counter supplements that can be used to help expel excess water.

- Caffeine- Increases urine volume.
- Dandelion Extract aka Taraxacum Officinale- Increases urine production and excretion.
- Uva Ursi- Contains Arbutin, which helps expel excess water in cells.
- Potassium
- Vitamin B6

Sodium & Potassium

Sodium and potassium are electrolytes, an electrically charged ion involved in many bodily processes. Electrolytes are needed to maintain cells' electrochemical gradient, which is needed for cells to communicate to one another. An electrolyte imbalance can cause problems with normal body functioning. There are many electrolytes in the body, but sodium and potassium are the two that bodybuilders manipulate in an attempt to peak for a show.

Cells communicate through electrical signals. Cells have an electrochemical gradient governed by electrolytes which allows for this communication to take place. Potassium is found in high concentrations on the inside of cells and sodium in high concentrations on the outside of cells. The commonly believed theory is that by increasing potassium intake while decreasing sodium intake one can increase the volume/water content inside of cells and decrease it on the outside.

Carbohydrates

The common carbohydrate manipulation strategy during peak week is to deplete muscle glycogen levels through weight training and cardiovascular exercise and then replenish glycogen stores before the show. By decreasing carb intake and muscle glycogen (in addition to decreasing your water intake) you can remove subcutaneous water more efficiently. Then by consuming carbs (with some water but not as much as you would normally drink) you fill up the muscles with glycogen and water, making them appear larger and full.

If you eat too many carbs and drink too much water then all the carbs and water may not go into the muscles (intracellular compartment) but instead be in the extracellular compartment, making you look smooth. This is what competitors are referring to when they say they “spilled over” and are “holding water.” Eating too many carbs with too much water can lead to a spill over effect as the muscles can only hold so much glycogen and water.

Dehydration

Dehydration is a state where the body does not have enough water, either due to not drinking enough water or losing too much water such as from excessive sweating during prolonged exercise. While you want to get rid of excess extracellular water, you DO NOT want to become dehydrated. Being dehydrated will make you feel terrible, make you shaky and nauseous, could lead to cramping, fainting, and even death. Dehydration is a serious matter and therefore your water intake must be monitored on competition day. You could have paper thin skin and veins all over your body, but if you can't pose due to fatigue or cramping then what is the point?

Muscle Cramps

Muscle cramps are involuntary, painful contractions of muscles caused by dehydration, an electrolyte imbalance, or overexertion. It is not uncommon for bodybuilders to cramp up on competition day due to either not drinking enough water or an electrolyte imbalance. It is important to stay hydrated even while trying to expel excess water.

Dialing it in For the Big Day

Marc and Derek's Perfect Carb Load Meal—Yammin' Salmin'TM

It was the night before Marc and Derek were to film their first training video when they put together the perfect pre-competition/photo shoot carb meal...yam and salmon! You may be thinking “big whoopity doo protein plus carbs”, but there is more to this meal combo than simply protein plus carbs.

The most commonly eaten protein sources during the carb load before a show are chicken and beef, both of which are harder to digest than fish. When you eat chicken or steak, you need a knife to cut through the meat, but a knife isn't necessary to cut through fish. Fish is very tender and easy on the digestive system. Salmon is also a great source of essential fatty acids. Bodybuilders often use peanut butter (the old peanut butter on rice cakes) during their refeeds. This can pose some problems as peanuts are a common food allergen for a lot of people. You may have a slight allergy to peanuts and not even know it. Salmon contains omega-3 and omega-6 fatty acids which promote increased insulin sensitivity and blood flow, making them a perfect fat source to eat before getting on stage.

Sweet potatoes are often used during carb loads, so there is nothing really new there. But we find that sweet potatoes are much easier to digest than oatmeal and rice/rice cakes, making it an ideal low glycemic carb for the pre-competition carb load. Plus they taste great with a little cinnamon and sucralose! Marc and Derek actually mixed their salmon and sweet potato in one container and found the flavors of each food compliment each other very well. Derek was skeptical about putting salmon on top of sweet potato, but actually liked the way it tasted. After saying “yam and salmon” all day, Derek and Marc began to slur the two words into “Yam'n'Salmon. This is how the Yammin' Salmin' combo was born.

Putting the Yammin' Salmin' into Practice

Marc competed in the 2007 NPC Heart of Texas competition and used the Yammin' Salmin' combo exclusively for his carb load. Marc's tweaked plan is as follows:

Sunday

Salt everything – 4 salt shaker shakes

99mg potassium meals 1, 3, 5

3 gallons of water throughout the day

Monday

Salt everything – 4 salt shaker shakes

99mg potassium meals 1, 3, 5

3 gallons of water throughout the day

Tuesday

Salt everything – 4 salt shaker shakes

99mg potassium meals 1, 3, 5

2 gallons of water throughout the day

Wednesday

NO SALT AT ALL – all foods are **plain and dry**

Scivation Showtime 5 capsules 2x per day

99mg potassium meals 1, 3, 5

1.5 gallons of water throughout the day

Thursday

NO SALT AT ALL – all foods are **plain and dry**

Scivation Showtime 5 capsules 2x per day

99mg potassium meals 1, 3, 5

1 gallon of water throughout the day

Friday

NO SALT AT ALL – all foods are **plain and dry**

Scivation Showtime 5 capsules 2x per day

99mg potassium meals 1, 3, 5

Sip water throughout the day

Meal 5

1. 6 oz. Salmon
2. 1.5 cup asparagus
3. 10 oz yam

Meal 6 (last meal) is the Carb Meal:

1. 1.5 cup asparagus = 15g carbs
2. 13 oz grapefruit = 30g carbs
3. ½ cup oatmeal (measured dry then add water and microwave) = 30g carbs
1 tbsp macadamia oil/flax oil/enova oil/olive oil/smart balance oil = 15gfat
4. 16 oz yam or sweet potato = 120g carbs
1 tbsp macadamia oil/flax oil/enova oil/olive oil/smart balance oil = 15gfat

Saturday

AM MEAL:

- 2 whole DHA eggs
- 2 oz salmon
- 8 oz yam

1st Salmon (3oz)/Yam (6 oz) meal (should be 3-4 hrs prior to prejudge) – Add 5 shakes salt to this meal.

2nd Salmon (3oz)/Yam (6 oz) meal (should be 1.5-2 hrs prior to prejudge) – Add 5 shakes salt to this meal along with 8 oz water mixed with 2 scoops VasoCharge and 2 scoops Xtend.

Pre-Judging:

Consume 1-2 scoops VasoCharge DRY During PUMP UP! (Optional but recommended)

3rd Salmon (3oz)/Yam (6 oz) meal (should be between morning and night show) – NO SALT or water.

4th Salmon (3oz)/Yam (6 oz) meal (should be 1.5-2 hrs prior to prejudge) – Add 5 shakes salt to this meal along with 8 oz water mixed with 2 scoops VasoCharge and 2 scoops Xtend and 1 serving Scivation Water Pill.

Night Show:

Consume 1-2 scoops VasoCharge DRY During PUMP UP! (Optional but recommended)

Scivation Showtime 3 times per day – AM meal, meal prior to prejudge and then 3-4 PM 99mg potassium first salmon/yam meal, Post Prejudge the 1 hr prior to night show. Sip water throughout the day as needed.

This plan worked perfectly and Marc was dry and shredded:



Peak Week Workouts and Cardio

The goal of the peak week workouts is to deplete muscle glycogen, meaning you should use high reps (i.e. 12-20). This goes for cardio as well. At this point in your prep you should not be trying to lose weight, but instead setting your body up for the supercompensation phase of peak week. You can use various workouts to deplete muscle glycogen. We will detail a few examples now.

Sun: Hams, Calves, Back, Traps, Biceps

Mon: Quads, Chest, Shoulders, Triceps

Tues: Hams, Calves, Back, Traps, Biceps

Wed: Quads, Chest, Shoulders, Triceps

Sun: Hams, Calves, Back, Traps, Biceps

- Lying Leg Curls
- Standing Calf Raise
- Lat Pulldown
- Seated Row
- Barbell Shrug
- Barbell Curl

Mon: Quads, Chest, Shoulders, Triceps

- Leg Press
- Leg Extension
- Machine Chest Press
- Cable Crossovers
- Cable Side Lateral
- Tricep Pressdown

Tues: Hams, Calves, Back, Traps, Biceps

- Lying Leg Curls
- Standing Calf Raise
- Lat Pulldown
- Seated Row
- Barbell Shrug
- Cable Curl

Wed: Quads, Chest, Shoulders, Triceps

- Leg Press
- Leg Extension
- Machine Chest Press
- Cable Crossovers
- Cable Side Lateral
- Tricep Pressdown

All exercises are 3 sets of 12-20 reps. No weights performed on Thursday or Friday. The weight you lift is not important during these workouts. What is important is using perfect form and keeping the tension on the targeted muscle to burn glycogen. You can do cardio on these days as well but we recommend your last session of cardio for the week to be on Wednesday, which ensures your legs will not be inflamed and can show their full detail.

Some people, such as Marc, actually find that they look better when they lift weights the day before the show. Again, we recommend stopping all leg work on Wednesday for a Saturday show, so and workouts after Wednesday should only target the upper body. Let's look at an example routine using this technique:

Sun: Upper Body

Mon: Legs

Tues: Upper Body

Wed: Legs

Thurs: Upper Body

Fri: Upper Body

Mon & Wed: Legs

- Leg Press
- Leg Extension
- Lying Leg Curl
- Lunges
- Standing Calf Raise
- Seated Calf Raise

Sun, Tues, Thurs, Fri: Upper Body

- Machine or Cable Row
- Machine or Cable Pulldown
- Machine Chest Press
- Cable Crossovers
- Barbell Shrug
- Machine Shoulder Press or Cable Lateral
- Cable Curl
- Cable Pressdown

Again, all exercises are 3 sets of 12-20 reps and Wednesday should be your last day of cardio.

Scivation Showtime™ - Natural Diuretic Formula to Get You DRY!

Scivation has formulated a new natural, herbal diuretic based on what Chuck Rudolph recommends for coming in dry and hard. Introducing Scivation Showtime!

Scivation Showtime contains:

- Dandelion Extract
- Uva Ursi
- Vitamin B6
- Potassium

Scivation Showtime contains all the ingredients you need to naturally expel water. We choose not to include caffeine in this formula for two reasons: (1) most people already take products with caffeine in them and (2) not including caffeine allows users to take Showtime in the late evening and before going to bed without interrupting their sleep. As any competitor knows it is very hard to sleep the night before a competition and the last thing you need is stimulants running through you keeping you awake.

Scivation has taken the guess work out of getting dry with the combination of our Peak Week Strategies and our natural diuretic formula Showtime.



Tweaking the Scivation Peak Week Strategies to Work Best for YOU!

As you can see, Marc tweaked Chuck's original plan to best work for Marc. Before you tweak anything in the above plan we highly recommend that you do a run through with it exactly as it is laid out. If you do not know how your body responds to a plan you do not know how to best tweak it. We will know discuss things that you may need to tweak.

Amount of sodium/salt used during sodium load

Increasing sodium intake will cause you to retain water and may make you look "soft". Depending on your sensitivity to sodium you may hold more water than others. When the purpose of the sodium load is to make you retain sodium/water, retaining too much may mean not being able to expel as much as you need to in order to look hard and dry on competition day. When Marc did the recommended 10-12 shakes of salt he held too much water, which made it difficult to lose in time for stepping on stage. Marc found that 4 shakes of salt was enough to kick the Na/K pumps into gear and prime his body for the sodium deprivation stage of the plan.

Amount of sodium/salt used on Competition Day

Because you have depleted dietary sodium intake during the days prior to the competition you need to add some sodium back in on competition days to fill your muscles up. Whether to add sodium on competition day or not and the amount you add to

your meals will depend on how you look THAT day. It is hard to say in advance exactly how much each person needs, so we make a general recommendation. You may need more sodium to fill out or maybe you need less to keep you from looking bloated. This is where experience comes into play. You have to be able to subjectively look at yourself on competition day and decide what you need to do. If you are looking flat and smooth you may need to add some sodium in to make your muscles full and “pop” when you flex them. If you are looking hard and dry you may want to play it safe and not add in sodium on competition day.

Amount of Carbohydrates on Competition Day

You depleted muscle glycogen prior to the competition and now you must eat carbs in order to replenish glycogen levels. By depleting glycogen levels before replenishing them you allow for a supercompensation effect to take place, meaning after depleting glycogen levels your body has the ability to store more glycogen than before. Just like with sodium, you have to monitor your body and determine whether you need more carbs or not on competition day. If you look flat but are dry then you should add in some additional carbs. If your muscles look full and you are starting to smooth out then you do not want to add in additional carbs.

Amount of Water on Competition Day

If you haven't figured it out yet, peak week is designed to deplete your body of carbs, sodium, and water and then replenish those nutrients to cause a supercompensation effect. You want to come in dry on competition day, but if you are too dry or have not drunk enough water you can look flat as water makes up a large amount of muscle volume. The goal is to find what works best for you and allows you to reach your best condition. As you can see with Marc's last plan he drank 8 oz. of water 1.5-2 hours before going on stage to help fill him out. You may need more or less water than that.

What about the “Dirty” Carb Load?

Some competitors like to use foods like pizza, cheeseburgers, and pancakes to carb load the morning of their show. Our feelings on this are that you should stick to the same foods you have been eating throughout your prep for your carb load to minimize digestion issues. Think about it this way, if you have been putting premium gas in your car and it performs great why would you switch to regular unleaded gas? If you have been eating sweet potatoes and oatmeal why would you switch to processed white bread? If you use pizza or pancakes to carb load and it works well for you, more power to you, but we do not recommend such a practice.