

## Enhance Protein Results

This year I will \_\_\_\_\_ (fill in the blank)

20 Beta Hydroxyedysterone	Glutamine	Creatine	HMB	Methoxyisoflavone	Carbs
<p>Protein turbo charger</p> <p>Positively aids in two critical factors when adding lean muscle mass</p> <p>1. Helps to increase protein synthesis through</p> <p>2. Maintaining a positive nitrogen balance</p> <p>The more nitrogen your body maintains and the greater the rate of protein synthesis, the more mass. Period.</p>	<p>A must have...</p> <ol style="list-style-type: none"> <li>1. Supports protein synthesis</li> <li>2. Muscle cell hydration</li> <li>3. Immune function</li> <li>4. Limiting muscle catabolism</li> <li>5. Sparing glycogen</li> </ol>	<p>Perhaps the most popular supplement ever.</p> <p>Used in muscle cells to store energy when faced with intense workload that eats up ATP stores quickly.</p> <p>The trick is to hyper saturate the available phosphocreatine so output, power and workouts stay intense.</p>	<p>Beta-Hydroxy Beta-Methylbutyrate</p> <p>Decreases muscle protein breakdown</p>	<p>Increase in protein utilization</p> <p>Anabolic effects also increase calcium, phosphorous, potassium and nitrogen retention</p> <p>Free of hormonal characteristics such as testosterone</p> <p>Does not exhibit liver damaging effects</p>	<p>Carbs jump in as our energy source sparing the amino acids, leaving them to do more important functions like aiding in muscle growth.</p> <p>Proteins will go a lot further with just the right amount of carbohydrates watching its back.</p>

[gotrainhard@ameepatrick.com](mailto:gotrainhard@ameepatrick.com)

Not everything that is good for you feels good for you.  
Every Day Is The Day  
Go Train Hard!

## UNDERSTANDING YOUR BODY TYPE

Understanding that individuals with different body types respond differently to training can save you a lot of time and frustration. What works for one may not work the same for another. Planning your training, diet and nutrition can be more accurately achieved by recognizing your personal body type or combination type.

By highlighting all characteristics that apply, you'll be on your way to unlocking the key to your personal goals.

### BODY TYPE CHARACTERISTICS – called SOMATOTYPES

ECTOMORPH	MESOMORPH	ENDOMORPH
Thin	Hard, muscular body	Soft body
Flat chest	Large chest	Underdeveloped muscle
Very little fat storage	Solid muscle structure	Heavy fat storage
Delicate build	Rectangular shaped	Round shaped
Has trouble gaining weight	Gains and looses weight easily	Has trouble loosing weight
Muscle growth takes longer	Grows muscle quickly	Generally gain muscle easily
Long arms and legs	Long torso	Wide hips
Long and narrow feet and hands	Great strength	Short neck
Narrow in chest and shoulders		

[gotrainhard@ameepatrick.com](mailto:gotrainhard@ameepatrick.com)

Not everything that is good for you feels good for you.  
Every Day Is The Day  
Go Train Hard!

## INSULIN AND POST EXERCISE RECOVERY

<b>High Insulin Level</b>	<b>Why?</b>	<b>Goal</b>
Post-workout is the 1 exception where the body can utilize high insulin levels	Body is depleted of essential nutrients and left in catabolic state. (Muscle wasting)	Maximize as many anabolic pathways as possible. Insulin plays a major role in muscle protein synthesis.

<b>Maximum Recovery Diet</b>	<b>Up-Regulate</b>	<b>Post Workout Stack</b>
Food intake immediately following weight training should amplify the level of insulin and extend its time in the blood to help drive more muscle-building nutrients into targeted muscle cells.	Specifically focus on increasing -protein intake -creatine -glycogen-stimulating glucose	Small amount of carbs stacked with insulinogenic (insulin-producing) amino acids -L-arginine -Glutamine  Glucose-disposal agents -Alpha-lipoic acid -Taurine -d-Pinitol  *Strive to post load almost 50% of daily proteins and carbs into this critical window of opportunity.

[gotrainhard@ameepatrick.com](mailto:gotrainhard@ameepatrick.com)

Not everything that is good for you feels good for you.

Every Day Is The Day

Go Train Hard!

## TRAINING TO FAILURE

“I don’t start counting till it starts to hurt.”

-Muhammad Ali

Training to Failure	What causes this failure?	Process of Oxidation	Lactic Acid
Continuing a set until you can’t do any more repetitions with that weight without stopping to rest. One way of demanding that all the available fibers are recruited and fatigued.	Gradual fatigue of target muscle fibers. All muscle fibers don’t come into play at once. You use some, they become fatigued, and the body recruits new ones to take their place. Until the body is unable to contract anymore.	Used in production of muscle contraction. Oxidation requires a fuel source (ATP found in muscle) and oxygen. When fuel or oxygen is depleted, muscle fibers can’t contract until replenished during rest.	Build up of waste products resulting from the release of energy due to muscular contraction. The burning sensation felt in the muscle while pumping out reps is due to accumulation of this lactic acid.

[gotrainhard@ameepatrick.com](mailto:gotrainhard@ameepatrick.com)

Not everything that is good for you feels good for you.

Every Day Is The Day

Go Train Hard!

## VIOLATING THE BOUNDARIES OF THE PROBABLE

Don't limit your goal to what you think you "can have"  
Give yourself permission to go after what you "want."

### TRAINING VARIATION

Priority Principle	Supersets	Strip sets	Burning the Rack	Isotension
Special priority is given to any area of your physique that is weak or lagging behind.	Two exercises performed in a row without rest for the same muscle group. Ex. Bent-over rows followed by Seated cable rows	Once you begin to fail toward the end of a set, reduce the amount of weight so you can continue and do more repetition. Take another plate off and keep going. Note: Each time you do this, you force the muscles to recruit more muscle fiber.	A variation of the Strip set, in which you start set with one weight, go to failure, put down the weight and go immediately to next lightest in line, go to failure, and continue to exhaustion.	During your rest period between sets continue to flex and contract the target muscle. This keeps them pumped and ready for more. Flexing is a form of isometric exercise and learning to control the muscle is a huge benefit to building the mind to muscle relationship.

[gotrainhard@ameepatrick.com](mailto:gotrainhard@ameepatrick.com)

Not everything that is good for you feels good for you.

Every Day Is The Day

Go Train Hard!

## TRAINING VARIATION

Even if you're on the right track, you'll get run over if you just stand there.

Pre-exhaust method	Pause Sets	High Set Training	Split Training	I go / You go
<p>To fully stimulate as many fibers in the muscle as possible, isolate and fatigue the big muscles first before you train in combination with smaller ones.</p> <p>Ex: Leg extensions before Squats (pre-fatigue quadriceps)</p>	<p>To gain enormous increase in muscle separation go through repetitions until fatigued, then force the muscle to hold the weight steady for 10 seconds at various points.</p> <p>Note: Significant lactic acid buildup will occur,</p>	<p>The ideal training program involves 4 sets per exercise. Here's why. To recruit all fiber available to particular muscle, then work muscle to exhaustion. To do enough different exercises for every sing body part so that each individual muscle is worked from every single angle. Creating the best possible shape and development to be sure no major muscle escapes complete stimulation.</p>	<p>Breaking up each day's workout into two different training times so that the last three muscle groups do not lay behind from pre-exhaustion, hence lower impact. By giving yourself 8 hours between a split day set your training intensity will increase. An added advantage to this system is that you burn up a lot of additional calories through split training, which means your diet does not have to be quite so demanding.</p>	<p>You and your training partner finish each set by going to failure (no counting of reps) and immediately hand over the weight to the other, never putting the weight down. Then, ready or not, no matter how tired you may be – it's your turn. Note: The degree of intensity you can develop using this training variation is fantastic. Prepare to be sore the next day!</p>

[gotrainhard@ameepatrick.com](mailto:gotrainhard@ameepatrick.com)

Not everything that is good for you feels good for you.

Every Day Is The Day

Go Train Hard!

## SPECIFICS ON SUPPLEMENT BREAKDOWN

“More of the same usually just gives you more of the same.”

Include in your pattern of thought and action supplements that will assist in your move from normal performance to peak performance.

### PROTEIN

Protein	What is it?	Protein consumption	Supplements	Apply
Cornerstone of weight training. Muscles need protein to repair, rebuild and grow!	Complex nitrogen-containing compound. Made up of amino acids and essential for muscle growth and repair.	Should equate to roughly 1.2 to 1.8 grams of protein per pound of bodyweight	Protein and meal supplements available in powders, bars, and ready-to-drink shakes.	<p>_____ lbs current lean body mass</p> <p>_____ Lbs DLB (desired lean body weight 10 additional lbs is considered reasonable. Once reached, reassess.)</p> <p>x 1.35g protein</p> <p>= _____ grams</p> <p>divided by 5-6 meals</p> <p>= _____ grams per meal</p>

[gotrainhard@ameepatrick.com](mailto:gotrainhard@ameepatrick.com)

Not everything that is good for you feels good for you.  
Every Day Is The Day  
Go Train Hard!

## WEIGHT LOSS

Weight loss programs often fail because the person dieting loses both fat and muscle tissue. Which leaves you with an individual whose % body fat is the same or worse, just in a smaller body.

Protein benefits in weight loss	Thermic effect	Comparison	Bonus
Supplying protein at optimum levels provides a benefit described as increased "Thermic Effect"	Heat generated due to the food we eat and bodily processes such as -Digestion -Absorption -Assimilation of various nutrients requires energy from calories	Protein – 20% Carbohydrates – 8% Fat – 2%	Greater sense of appetite satisfaction to those fed meals proportionately higher in protein

[gotrainhard@ameepatrick.com](mailto:gotrainhard@ameepatrick.com)

Not everything that is good for you feels good for you.  
Every Day Is The Day  
Go Train Hard!

## WEIGHT LOSS

Most people sacrifice what they want *most*, for what they want *now*.

Ketogenic	Brand name Ketogenic Diets	How it works	Energy sources	Result
High protein, very low carb	<a href="#"><u>Protein Power</u></a> <a href="#"><u>Atkins</u></a> <a href="#"><u>Anabolic Diet</u></a> <a href="#"><u>The Zone</u></a>	When you deprive your body of glucose (all carbs eventually become blood glucose) it becomes necessary for the body to use an alternate energy source (ketones)	1. Stored fat  2. Skeletal muscle proteins	Body will instinctively tear down these two energy supplies to make more glucose – resulting in both fat and muscle tissue loss. The metabolic environment is called ketosis. <b>This is not conducive to high intensity weight training.</b> This depressed insulin secretion may halt any additional muscular gains.

[gotrainhard@ameepatrick.com](mailto:gotrainhard@ameepatrick.com)

Not everything that is good for you feels good for you.  
 Every Day Is The Day  
 Go Train Hard!

## GLYCEMIC INDEX AND WEIGHT LOSS

What is average anyway? It's the best of the worst or the worst of the best.

### WHY DIETS DON'T WORK

At Best	At Worst	The Reason	The Result
At best, if you are overweight (or consider yourself to be) a diet will reduce your caloric intake	It will change your body composition for the fatter.	Many diets promote a reduction in your carbohydrate intake, stating this will stimulate quick weight loss. In actuality the weight you loose is mostly  1. Water (trapped or held with stored carbohydrates)  2. Muscle (as it is broken down to produce glucose)	After returning to your former way of eating, you regain an increased percentage of fat. With each repetition of the diet, more muscle is lost. The result is a change in body composition to less muscle and more fat.

[gotrainhard@ameepatrick.com](mailto:gotrainhard@ameepatrick.com)

Not everything that is good for you feels good for you.  
Every Day Is The Day  
Go Train Hard!

## GLYCEMIC INDEX AND WEIGHT LOSS

‘Kaizen’ is a Japanese word that means making a lifelong commitment to self-improvement.

### USING THE GLYCEMIC INDEX

Quantity isn't the issue: The Glycemic Index is.	In a Nutshell	High G.I. Foods (rated above 70)	Low G.I. Foods And their advantages relating to weight loss (rated below 55)
<p>When it comes to weight loss, it's not simply about reducing how much you eat. Research shows the type of food you feed your body determined which fuel it will burn and which it will store as body fat.</p>	<p>The glycemic index is a ranking of foods (between 1-100) based on their immediate effect on blood sugar levels. Inspired by the desire to identify the best foods for people with diabetes we now know the positive implications for everyone.</p>	<p>Carbohydrate foods that breakdown quickly during digestion have the highest G.I. values. (Glucose in the bloodstream increases quickly)</p>	<p>Carbohydrates that break down slowly during digestion, release glucose gradually into the bloodstream have low G.I. values. Producing a smooth blood sugar curve without fluctuation. Low G.I. foods have two very special advantages:</p> <ol style="list-style-type: none"> <li>1. They fill you up and keep you satisfied longer</li> <li>2. They help you burn more of your body fat and less of your muscle</li> </ol>

[gotrainhard@ameepatrick.com](mailto:gotrainhard@ameepatrick.com)

Not everything that is good for you feels good for you.  
Every Day Is The Day  
Go Train Hard!

