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Improve cardio. The goal is to optimize 3 main factors; 1. **Building Muscle** (Hypertrophy) 2. **Burning Fat** (while improving burning fat) and 3. **Increasing Strength**. In essence we want to be a jack of all trades; **lean, muscular, strong, fit and healthy**.

Focusing on all 3 factors will still allow you to make 80% of the progress as you would if you were to focus on only one of these. This program is not for the person who wants to be a bodybuilder or powerlifter, but rather a person who wants to be lean, muscular, fit and healthy at the same time. This is how I have personally changed my training to be a more well-rounded athlete. Rather than putting 50lbs on your bench you'll put on 40, or you'll gain 4lbs of muscle rather than 5, etc. Because of this multi factor approach to your training there will be less focus on legs because of the stimulus you will be getting from doing your cardio. This means less overall weight training for the legs because of the need to dial back volume to avoid overtraining when doing lots of cardio.

Squats and Deadlifts are great exercises but for the purposes of this program they are too demanding, highly fatiguing and offer a greater potential for injury. If you are worried this will hinder your progress, I do not do either of these in my own training and I carry lots of muscle while bike racing! This program will also allow you to focus on developing lagging or specific body parts while getting leaner and increasing endurance at the same time.

Guidelines

- As you know I am an advocate for training hard, but if you are new to the gym go easy at first. For everyone else please try to TRAIN HARDER THAN LAST TIME””
 - **Beginners (6 months or less) 2x per week with at least 2 days rest between sessions. At first go easy in the gym until you are more experienced and can train without being too sore the next day**
 - **Intermediate or more experienced 2-3x per week with at least 1 day rest between sessions**
- If your focus is more on cardio, train 2x per week and aim for closer to 300 minutes of cardio a week.
- If your focus is more on hypertrophy and strength, try to train 3x per week and aim for closer to 150 minutes of cardio and do your cardio after weights.
 - Advanced athletes can also add in HIIT cardio 1-2 days per week, but avoid doing so before lifting weights
- To minimize time spent in the gym and decrease risk of injury choose machines over free weights where available
- Warm up and working sets are indicated in the training plan, if you are newer to the gym I suggest that you do not skip any of the warmup sets
 - For more advanced lifters or if you are looking to save time, you can skip the first warmup set and go directly to the hard warm up set. (I would advise against this for legs, but for many individuals 1 warm up set is enough as we are training with lighter weight for higher reps)
- Warm up sets are not meant to be difficult, save the really hard efforts for your hard-working sets and try pushing harder than last time where possible!

Full Body Training Plan (~60 minutes)

- Warm up with 5-10 min cardio moderate pace machine of choice before weights to insure proper warmup - If treadmill do so on an incline

*****REMEMBER TO NOT GO ALL OUT ON ANY SET AT FIRST AS YOU NEED TIME TO ADAPT TO THE PROGRAM**

1. Legs and Calves

Notes & Instructions

- I tend to skip the first warmup set for Calves
- In order to save time in the gym I do calves in between sets of legs, with very little rest in between
- All weights listed are examples, choose a weight that allows you to stay within the listed rep range and intensity
- All exercises chosen are examples, choose the leg machine that works best for you. If choosing the leg extension and leg curls then do them back to back and count it as one giant set

Set	Category	Exercise Choice	Example Weight	Target Reps	Rest	Intensity
1-1	Legs	Leg Press	100lbs	20-25	15-60 sec	Easy Warm Up
1-2	Calves	Seated Calf Press	40lbs	20-25	30-60 sec	Easy Warm Up
2-1	Legs	Leg Press	130lbs	15-20	15-60 sec	Hard Warm Up
2-2	Calves	Seated Calf Press	55lbs	15-20	1 min	Hard Warm Up
3-1	Legs	Leg Press	160lbs	10-15	15-60 sec	Hard Working Set
3-2	Calves	Seated Calf Press	70lbs	10-15	1-2 min	Hard Working Set
4-1	Legs	Leg Press	180-200lbs	5-10	15-60 sec	Harder Working Set

4-2	Calves	Seated Calf Press	80 lbs	5-10	1-2 min	Harder Working Set
5-1	Legs	Leg Press	180-200lbs	5-8 + Partials/ Drop Set	15-60 sec	Harder Than Last Time Advanced Only Set
5-2	Calves	Seated Calf Press	80 lbs	5-8+ Partials/ Drop Set	1-2 min	Harder Than Last Time Advanced Only Set

2. Back-Chest-Back Giant Set

Notes & Instructions

- All weights listed are examples, choose a weight that allows you to stay within the listed rep range and intensity
- All exercises chosen are examples, choose the machines that work best for you.
- Each giant set is made up of all three exercises, do them all in one round with as little rest between each as possible

Set	Category	Exercise Choice	Example Weight	Target Reps	Rest	Intensity
1-1	Vertical Back	Lat PullDown	100 lbs	20-25	15-60 sec	Easy Warm Up
1-2	Chest	Chest Press	100 lbs	20-25	15-60 sec	Easy Warm Up
1-3	Horizontal Back	Machine Row	100 lbs	20-25	1-2 min	Easy Warm Up
2-1	Vertical Back	Lat PullDown	130 lbs	15-20	15-60 sec	Hard Warm Up
2-2	Chest	Chest Press	130 lbs	15-20	15-60 sec	Hard Warm Up
2-3	Horizontal Back	Machine Row	130 lbs	15-20	1-2 min	Hard Warm Up
3-1	Vertical Back	Lat PullDown	160 lbs	10-15	15-60 sec	Hard Working Set

3-2	Chest	Chest Press	160 lbs	10-15	15-60 sec	Hard Working Set
3-3	Horizontal Back	Machine Row	160 lbs	10-15	1-2 min	Hard Working Set
4-1	Vertical Back	Lat PullDown	180-200 lbs	5-10	15-60 sec	Harder Working Set
4-2	Chest	Chest Press	180-200 lbs	5-10	15-60 sec	Harder Working Set
4-3	Horizontal Back	Machine Row	180-200 lbs	5-10	1-2 min	Harder Working Set
5-1	Vertical Back	Lat PullDown	180-200 lbs	5-8+ Partial/Drop Set	15-60 sec	Harder Than Last Time Advanced Only Set
5-2	Chest	Chest Press	180-200 lbs	5-8+ Partial/Drop Set	15-60 sec	Harder Than Last Time Advanced Only Set
5-3	Horizontal Back	Machine Row	180-200 lbs	5-8+ Partial/Drop Set	1-2 min	Harder Than Last Time Advanced Only Set

3. Finishing Circuit

Notes & Instructions

- All weights listed are examples, choose a weight that allows you to stay within the listed rep range and intensity
- All exercises chosen are examples, choose the machines that work best for you.
- If a machine/exercise is taken then move on to the next one and come back to it
- Rest as little as possible in between exercises during each round of this circuit, only taking a full rest when you have completed the entire round

Round	Category	Exercise Choice	Example Weight	Target Reps	Rest	Intensity
Round 1						
1-1	Shoulders	Machine Shoulder Press	60 lbs	15-20	15-60 sec	Hard Warm Up
1-2	Shoulders	Dumbbell Lateral Raise	20 lbs	10-15	15-60 sec	Hard Warm Up
1-3	Adductors	Adductor Machine	40 lbs	15-20	15-60 sec	Hard Warm Up
1-4	Abductors	Abductor Machine	40 lbs	15-20	15-60 sec	Hard Warm Up
1-5	Biceps	Dumbbell Curls	25 lbs	15-20	15-60 sec	Hard Warm Up
1-6	Triceps	Cable Extensions	60 lbs	15-20	15-60 sec	Hard Warm Up
1-7	Preference	Reverse Pec-Deck Rear Delts	40 lbs	15-20	15-60 sec	Hard Warm Up
Round 2						
2-1	Shoulders	Machine Shoulder Press	80 lbs	10-15	30-60 sec	Hard Working Set
2-2	Shoulders	Dumbbell Lateral Raise	25 lbs	10-15	30-60 sec	Hard Working Set

2-3	Adductors	Adductor Machine	55 lbs	10-15	30-60 sec	Hard Working Set
2-4	Abductors	Abductor Machine	55 lbs	10-15	30-60 sec	Hard Working Set
2-5	Biceps	Dumbbell Curls	35 lbs	10-15	30-60 sec	Hard Working Set
2-6	Triceps	Cable Extensions	80 lbs	10-15	30-60 sec	Hard Working Set
2-7	Preference	Reverse Pec-Deck Rear Delts	55 lbs	10-15	30-60 sec	Hard Working Set
Round 3						
3-1	Shoulders	Machine Shoulder Press	100 lbs	8-10	30-60 sec	Harder Working Set
3-2	Shoulders	Dumbbell Lateral Raise	30 lbs	10-15	30-60 sec	Harder Working Set
3-3	Adductors	Adductor Machine	75 lbs	8-10	30-60 sec	Harder Working Set
3-4	Abductors	Abductor Machine	75 lbs	8-10	30-60 sec	Harder Working Set
3-5	Biceps	Dumbbell Curls	45 lbs	5-10	30-60 sec	Harder Working Set
3-6	Triceps	Cable Extensions	100 lbs	5-10	30-60 sec	Harder Working Set

3-7	Preference	Reverse Pec-Deck Rear Delts	75 lbs	5-10	30-60 sec	Harder Working Set
Round 4 (Advanced Only)						
4-1	Shoulders	Machine Shoulder Press	120 lbs	5-8	30-60 sec	Harder Than Last Time
4-2	Shoulders	Dumbbell Lateral Raise	30 lbs	5-8	30-60 sec	Harder Than Last Time
4-3	Adductors	Adductor Machine	75 lbs	8-10	30-60 sec	Harder Than Last Time
4-4	Abductors	Abductor Machine	75 lbs	8-10	30-60 sec	Harder Than Last Time
4-5	Biceps	Dumbbell Curls	45 lbs	5-8	30-60 sec	Harder Than Last Time
4-6	Triceps	Cable Extensions	120 lbs	5-8	30-60 sec	Harder Than Last Time
4-7	Preference	Reverse Pec-Deck Rear Delts	75 lbs	5-8	30-60 sec	Harder Than Last Time

Full Body Training (~60 minutes) : Detailed Instructions

- Warm up with 5-10 min cardio moderate pace (machine of choice) before weights to insure proper warmup - If treadmill do so on an incline
- Weights are just an indication of how to progress. Always choose weights that allow you to fail in the desired rep range.

*****REMEMBER TO NOT GO ALL OUT ON ANY SET at FIRST AS YOU NEED TIME TO ADAPT TO THE PROGRAM**

- Rest between sets: 1-3 minutes depending on goals (you will need more rest longer as you fatigue). For more strength, rest longer, for more endurance, rest less.
- If focusing on **Strength**: Use weights that will have you in the lower end of the rep range
- If focusing on **Hypertrophy**: Use weights that will have you in the higher end of the rep range

Superset Legs with Calves : Calf Exercise of Choice (Ex. Seated or Standing Calf Raise/Press)

- In order to save time in the gym I train my calves in between my sets of legs
- Follow the same rep scheme for calves as you are for legs (I tend to skip the first warmup set for calves only)

1. Choice of : A. Leg Press, B. V-Squat, C. Hack Squat, D. Belt Squat, E. Leg Extension/Leg Curl Alternating Set

- For the Leg Extension superset with Leg Curls option rest as little as possible between each exercise.
- **Set 1: Warmup Set (Ex. 70 lbs * 20-25)**- Light weight 20-25 reps, it should feel like you could get 50 **Rest~1 min** (after this do a set of calves)
- **Set 2: Harder Warmup set (Ex. 100 lbs * 15-20)** - 15-20 reps leaving 5-10 reps in the tank **Rest ~1-2 min** (after this do a set of calves)
- **Set 3: 1st Hard Working set (Ex. 120 lbs * 10-15)** - Add 20% more weight and do 10-15 reps, should be within 0-2 reps of failure **Rest ~2-3 min** (after this do a set of calves)
- **Set 4: 2nd Hard Working set (Ex. 125-140 lbs * 5-10)** - Add 10-20% more weight and do 5-10 reps, should be within 0-2 reps of failure **Rest ~2-3 min** (after this do a set of calves)
- **Set 5 (Advanced Lifters Only)** - To focus on a specific or lagging body part do an additional set with the same weight for 5-8 reps to failure and complete one drop set and/or partial reps once with 20-30% less weight. I often will repeat the advanced set, however my time in the gym typically lasts closer to 2 hours and I would consider myself an ultra-advanced lifter. (After this do a set of calves)

2. Back-Chest-Back Giant Set: Choose 1 Lat Pulldown Option, 1 Chest Press (Preferably Machine), and 1 Row Option (Preferably Machine or Cable)

- You will be doing **A. Lat Pull downs**, followed by **B. Chest Press** followed by **C. Rows** following the rep scheme for each exercise. Rest 15-60 seconds
- If the machine is busy, choose another machine that exercises the same muscle group. For example, if the lat pull down is busy do chin ups, if the flat bench machine is busy then do incline, if the row machine is busy do cable rows
- **GIANT Set 1: Warmup Set (Ex. 100 lbs * 20-25)**- Light weight 20-25 reps, it should feel like you could get 50 **Rest~2 min after completing the entire giant set**
- **GIANT Set 2: Harder Warmup set (Ex. 130 lbs * 15-20)** - 15-20 reps leaving 5-8 reps in the tank **Rest ~2 min after completing the entire giant set**
- **GIANT Set 3: 1st Hard Working set (Ex. 160 lbs * 10-15)** - Add 20% more weight and do 10-15 reps **Rest ~2-3 min after completing the entire giant set** should be within 0-2 reps of failure
- **GIANT Set 4: 2nd Hard Working set (Ex. 180-200 lbs * 5-10)** - Add 10-20% more weight and do 5-10 reps, should be within 0-2 reps of failure **Rest ~2-3 min after completing the entire giant set**
- **GIANT Set 5: (Advanced Lifters Only)** - To focus on a specific or lagging body part do an additional set with the same weight for 5-8 reps to failure and complete one drop set and/or partial reps once with 20-30% less weight.

3. Finishing Circuit: 15-60 seconds rest between Exercises

- If a machine is taken, move on to the next exercise or use another machine that works the same muscle group
 - Rest time can be short (1 min or less) due to the fact that each muscle group is getting plenty of rest while completing the other exercises for different muscle groups.
 - It is OK to rest longer than 60 seconds at any point if you are feeling tired, need to use the washroom or chat, or simply would rather take your time at the gym.
1. Shoulder Press superset with 10-15 reps Lateral Raises
 2. Adductor Machine
 3. Abductor Machine
 4. Your Choice of Triceps
 5. Your Choice of Biceps
 6. Your Choice of Glutes or any other exercise you enjoy/want to focus on

Rep Scheme:

- **Round 1: Hard Warmup set (Ex. 30 lbs * 15-20)** - 15-20 reps leaving 5-10 reps in the tank **Rest ~15-60 seconds after each set**
- **Round 2: 1st Hard Working set (Ex. 40 lbs * 10-15)** - Add 20% more weight and do 10-15 reps **Rest ~30-60 seconds** should be within 0-2 reps of failure

- **Round 3: 2nd Hard Working set (Ex. 50 lbs *5-10)** - Add 10-20% more weight and do 5-10 reps, should be within 0-2 reps of failure **Rest 30-60 seconds. For Adductors/Abductors and glutes do not do fewer than 8 reps in order to train safer than last time.**
- **Round 4: (Advanced Lifters Only)** - To focus on a specific or lagging body part, do an additional set with the same weight for 5-8 reps to failure and complete one drop set and/or partial reps once with 20-30% less weight. For **Adductors/Abductors and glutes do not do fewer than 8 reps in order to train safer than last time. Rest 30-60 seconds**

Become a Better Butter Burner

To become a **Better Butter Burner** to help you lose weight you should be doing cardio! When it comes to cardio please keep the **FITT principles** in mind.

- **Frequency:** You can do cardio up to 7 days a week
- **Intensity:** Moderate pace, if doing HIIT cardio do so 1-2 times per week
- **Time:** 30-60 minutes a day totalling 150-300 minutes a week
- **Type:** The most important thing is doing the type that you enjoy, feel free to switch things up

1. When Should You Do Your Cardio? **Whenever You Want!**

	EXAMPLE 1	EXAMPLE 2	EXAMPLE 3
MONDAY	20 MINUTES	60 MINUTES	10 MINUTES
TUESDAY	20 MINUTES	0 MINUTES	50 MINUTES
WEDNESDAY	20 MINUTES	60 MINUTES	10 MINUTES
THURSDAY	20 MINUTES	0 MINUTES	50 MINUTES
FRIDAY	20 MINUTES	30 MINUTES	10 MINUTES
SATURDAY	25 MINUTES	0 MINUTES	10 MINUTES
SUNDAY	25 MINUTES	0 MINUTES	10 MINUTES
TOTAL	150 MINUTES	150 MINUTES	150 MINUTES

FIGURE 22. This table provides 3 examples of how one might divide 150 minutes of cardio throughout the week.

It's really up to you where to fit in your 150 minutes. You can space it out over 7 days. You can also feel free to get your weekly 150 minutes done with three 10-minute cardio warmups before you lift and two 60-minute sessions per week. In the long run, it really doesn't matter how many minutes you do on any given day. Just make sure you're doing it with consistency.

Figure 1: Excerpt from the Circle Diet Book page 134. Example Weekly Cardio Schedule

As you can see IT DOESN'T MATTER WHEN YOU DO YOUR CARDIO! As long as you are doing at least 150 minutes a week (aim for closer to 300 if you want to focus on cardio). For the more advanced do your best to spread out your weight training and cardio sessions by at

least 8 hours. Keep in mind that if you do cardio first, you may hinder your ability to train as hard with weights later in the day or immediately after.

Monday: 10-minute cardio warmup + weight training

Tuesday: 40 minutes of cardio, no weight training

Wednesday: 10-minutes cardio warmup + weight training

Thursday: 40 minutes of cardio, no weight training

Friday: 10-minute cardio warmup + weight training

Saturday: 40 minutes cardio, no weight training

Sunday: Off

I will reiterate this key point: you do not need to split out your cardio evenly throughout the week. The schedule above is just one example of what you might do. You might do 80 minutes of cardio on one day and then entirely skip doing cardio the following two days. The point is, start somewhere and make sure you track how much total cardio you are doing per week. I do recommend splitting it up throughout the week so that you minimize “catch-up” cardio by the end of the week. Things come up, you get busy, it rains, it snows, etc. So if you “save” doing cardio until the last minute, you may not end up doing it. My experience with coaching has shown me those who start cardio early in the week often end up doing the 150 minutes with ease and often are asking if they can do more. The answer is, of course you can do more! As long as you are recovering and feel motivated to do so. Ultimately, you have to determine what works best for you, your work or school schedule, and your sleep schedule.

Figure 2: Excerpt from the Circle Diet Book page 135. Example Weekly Training and Cardio Schedule

2. What Kind of Cardio Should You Do? **MISS!**

Moderate Intensity Steady State (or MISS for short) cardio refers to any form of cardio that you can do at a pace you could sustain for 1-3 hours if you wanted to. With a little effort you could even talk while you are doing it. Moderate is NOT EASY (It's not a slow walk done with Grandma Josephine).

Let's start with figuring out your pace. The two main types of pace are a) high-intensity interval training, also known as HIIT, and b) LISS (low-intensity steady-state). High-intensity interval training involves alternating short periods of extremely high intensity activity with longer periods of recovery. Just think, fast-slow, fast-slow, fast-slow. Okay, it's a bit more complicated than that and can incorporate multiple variations of work-versus-recovery periods, but since I'm going to recommend somewhere in the middle "moderately-paced steady-state" or "MISS" cardio for the general purposes of your weight-loss management goals, I'm not going to dig into the details about HIIT in this book.

(Note: I am not completely knocking the value of HIIT cardio. I do see HIIT as a great tool for high-level athletes, rather than something to help you lose weight).

You do not need to do HIIT cardio to burn more fat. In the real world, you will actually burn more calories overall doing MISS than HIIT cardio. Even a 30-minute moderately paced walk will burn more calories than the most extreme 15-minute HIIT cardio session you could ever complete. And not only will it be less calories burned, but it will likely be harder to recover from and more likely to cause burnout or injury.

Instead, let's turn our focus to **moderately-paced, steady-state (MISS) cardio**. What do I mean by that? Well, performing at a steady-state means moving with a consistent and even pace throughout the cardio session. Moderately paced means that you are performing at a speed that you could sustain for 1-3 hours if you wanted to, though I am not recommending you go out and start doing two-hour cardio sessions right off the bat (nor will you ever need to to be healthy).

Figure 3: Excerpt from the Circle Diet Book page 131, MISS Cardio

3. Long Term Progression... **Becoming a Better Butter Burner!**

Exercising Harder Than Last Time is the key to becoming a Better Butter Burner (aka improving your ability to burn fat). Over time your body will adapt and what once felt hard eventually becomes easy. You might only be able to walk at 2 mph on a 5% incline for 15 minutes but over time with consistency you will be able to walk faster up a steeper incline, for longer resulting in a far greater calorie burn.

This mindset has "go harder than last time" built into it. If this is your mindset going into cardio, you will naturally attempt to improve at cardio as well, which is a hallmark of becoming a better butter burner. If you used to burn 200 calories in 30 minutes of cardio and a month later now burn 210 calories in 30 minutes due to sustaining a faster pace, you have officially become a Better Butter Burner. But why stop there? Keep doing cardio and over the course of several months or years, you might be able to burn 300, 400, or even 500 calories in that same 30-minute time frame.

Keep in mind that your pace when starting out on a cardio program will vary from your pace once you have reached six months, a year, or five years of consistency with cardio. As you improve your fitness and endurance levels, the pace you can maintain will quicken. For example, let's say that during your first weeks of walking on a treadmill at a flat/0% incline, you might only be able to walk at a 2.0 miles-per-hour pace. Two months later, you will be able to increase that pace to 2.2 miles-per-hour and even increase the incline to 5%. A year later, you will probably find yourself increasing your pace to 2.5 miles-per-hour and walking on an incline of 10% or even 15%, all the while exerting the same amount of effort you used when you began doing cardio. But get this: You're burning more calories than you were before in the same length of time. See, that's the "better butter burner" effect in full force. When walking on a treadmill, any amount of increasing speed and increasing the incline will result in burning more calories. This is why I preach to do year-round cardio for sustainable weight loss and not just do cardio while dieting.

Figure 4: Excerpt from the Circle Diet Book page 132. Cardio Progression

As you can see in Figure 5 the more consistent you are with your cardio and training routine, the more calories and fat your body is able to burn. By progressing you could potentially be able to burn over double the calories compared to when you were inactive. This will allow you to not only become leaner but to also eat more calories while doing so!

CALORIE EXPENDITURE (1 HOUR “MODERATE” EFFORT)

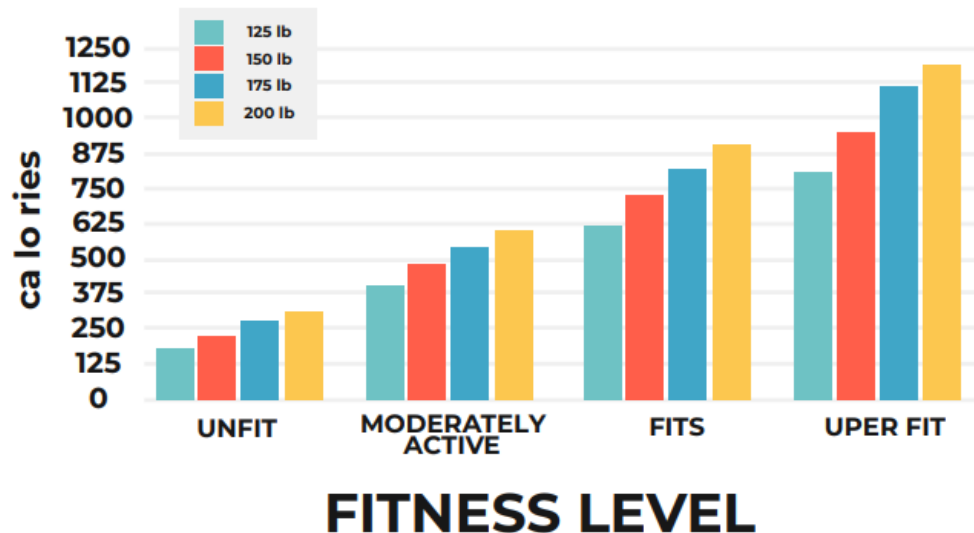



FIGURE 23. This chart is adapted from a YouTube video where I explained how your calorie expenditure in 1 hour of “moderate effort” cardio exercise will vary based on your bodyweight and cardiovascular fitness level.⁴² It is meant to be used as a rough guide to show how an increase in body weight as well as an increase in cardiovascular fitness level increases the amount of caloric expenditure during exercise. The intent of this chart is to demonstrate how you should strive to improve your cardiovascular fitness to become a “Better Butter Burner.” You may access the calorie calculator at <https://www.gregdoucette.com/pages/calculate>.

Figure 5: Excerpt from the Circle Diet Book page 140, *Becoming a Better Butter Burner*

Building muscle through weight training will help you become a better butter burner due to the increased metabolic activity from the muscles that you built. As in [Figure 5](#), the fitter you are in combination with having more muscle will allow you to burn the most calories and have the fastest metabolism (this is why I can eat over 3500 Cals a day and not gain any fat).



QUICK SUMMARY OF SPOKE #4: MAXIMIZE MUSCLE:

Become a better butter burner by adding weight training into your lifestyle for the rest of your life. Go to the gym at least 2 times a week for life. Lifting weights will provide the stimulus for your body to build muscle tissue. Get better at lifting weights over time by going harder than last time! Muscle tissue is living tissue that requires calories to keep on your body. The more muscle in your body, the more calories you burn throughout the day, the more fat you can burn off, and the more you can eat. Supplements can help you to maximize your performance and recovery from the gym, and, thus, help you to maximize your muscle. And buy my friggin' training books if you want super straightforward training plans!

Figure 6: Excerpt from The Circle Diet Book page 156, Quick Summary of Spoke #4: Maximize Muscle

Becoming a **Better Butter Burner** through increased muscle and cardio should be the ultimate goal of this program. With more muscle and a faster metabolism, you are able to burn more calories, eat more food and maintain a leaner physique year-round. In following this program, you may not have the muscles or stamina of a competitive bodybuilder or marathon runner respectively, but you can get 80% of the results while looking like a well-trained high-performance athlete. Ultimately, this will allow you to live a longer and healthier life, which is the best result of all.

SUPPLEMENT RECOMMENDATIONS/SUGGESTIONS:

- If you wish to support me and purchase HTLT supplements (which I believe are the best on the market) then thank you. However please feel free to use or not use whichever supplements/brands that you want.
- The following is a list of what I believe to be some of the most beneficial supplements that can be used to improve your results. You can make improvements without taking any of them but I am putting these here for those of you looking to maximize your performance.
- **Turkesterone (HTLT Turk Builder):** Follow guidelines/directions on the label as different brands may vary. This is a supplement supported by anecdotal evidence but there is no proof that it works. I personally love this supplement and notice it to be better than creatine.
- **Pre-Workout (HTLT Pre-Workout, Pump Or Stim):** Pre-workout of your choice. Pre workouts with Stims are recommended for earlier in the day or for those who do not have trouble sleeping, whereas Pump pre-workouts have no caffeine/stims and are useful to help you with a pump, focus, and endurance in the gym and often contain L-Citrulline, Beta Alanine as well as a host of other beneficial ingredients.
- **Beta Alanine (if not using a pre-workout which contains Beta Alanine):** Take 3-5 grams daily either before or during your workout it can be spread throughout the day if you are sensitive and experience too much paresthesia (itching of the skin). Beta Alanine has a cumulative effect and like creatine builds up in your system over time and is best known for improved performance during intense efforts lasting between 1-4 minutes.
- **Protein Powder (HTLT Protein Powder):** Whey OR Whey/Casein Protein OR Vegan Protein if you're VEGAN.
- **Creatine Monohydrate (HTLT Creatine Monohydrate):** 5g at any time of day. It has a cumulative effect and builds up in your body over time. A loading phase is not required.
- **EAA/BCAA's (HTLT PERILYTE BCAA/EAA Electrolyte Formula):** Consume during training or at any time during the day
- **Sleep Aids (HTLT Delta Sleep):** or try 3 mg of MELATONIN. If you have severe sleeping difficulties please go see your doctor.
- **HTLT GO2 Max (COMING SOON):** Advanced endurance support and increased ability to burn fat (This is like a natural version of GW501516 which is a banned PED, known in the bodybuilding world to aid in endurance and fat-burning). It also offers anti-aging properties. I absolutely love this and has clinical research showing it to be beneficial.
- **HTLT Test Booster (COMING SOON):** Follow guidelines/directions on the label
A few of the main ingredients supported through clinical research include Tongkat Ali, Fadogia Agrestis and Ashwaghandha.
- **HTLT G-Shred:** Follow guidelines/directions on the label
- **Liver Supports (HTLT LIVER SUPPORT):** This offers liver and Cardiovascular support for those trying to be proactive with their health and may be consumers of Alcohol or are using PED's. Follow guidelines/directions on the label

- **2 Omega 3 pills:** In the morning + before bed
*If you go more than 3 hours in the day without using the bathroom you may need to drink more water.