



# Recommended Resources

---

1. Overview
  2. Supplements
  3. Programs
  4. Books
  5. Fitness Gear
-

---

# Overview

---

Hey there!

The problem with most fitness products is that they are often overhyped and usually promise way more than they actually deliver.

It took me years to weed through all the bad supplements, courses and books out there to find the ones that actually work.

What you have in front of you are all the resources that helped me go **from complete beginner to ripped fitness coach**. If you want to take your diet and workouts seriously this is what you need.

Cheers

Felix

---

---

# Supplements

---

**Creatine** —> take 5 gram daily (timing doesn't matter)

**Protein Powder** —> drink 1 - 2 shakes daily (most people drink 1 before or after their workout)

**Fish Oil** —> take 1 - 3 grams daily (timing doesn't matter)

**Caffeine** —> take 200mg - 500mg (30min before workout)

**Beta Alanine** —> take 5 gram daily (timing doesn't matter)

---

---

# Programs

---

## **Muscle Growth:**

**[The Body Transformation Blueprint](#)** —> good program for beginners wanting to build muscle and lose fat

## **Bodyweight:**

**[Bar Brothers](#)** —> one of the most popular bodyweight programs out there

## **Strength Training:**

**[Critical Bench](#)** —> good for improving your bench press and building total body strength

## **Posture:**

**[The Forward Head Posture Fix](#)** —> check out if you have posture problems

---

---

# Books

---

## **Training:**

[Bigger Leaner Stronger](#) —> good beginner book for guys

[Thinner Leaner Stronger](#) —> good beginner book for girls/women

[Science and Development of Muscle Hypertrophy](#) —> learn the science behind muscle growth and effective training

## **Nutrition:**

[Nutrition For Dummies](#) —> good overview of the most important aspects of nutrition

[Examine Supplement Guide](#) —> perfect guide when unsure which supplements to buy

[Advanced Nutrition and Human Metabolism](#) —> indepth guide on nutrition (university level; not for beginners)

---

# Fitness Gear

---

**Lifting Straps** —> good for all pulling exercises  
(very helpful)

**Weighted Vest** —> important for bodyweight exercises

**Beginner Dumbbell Set** —> when you want to work out at home

---

# **Private Coaching: Get Your Dream Physique In 90 Days**

## **What's Included:**

**100% personalized meal plan to help you shred fat,  
build lean muscle, and get healthy**

**100% personalized workout routine to gain more  
muscle, while spending less time in the gym**

**1-on-1 coaching calls to set up your  
90 day transformation program**



**I WANT THIS**