

# *THE* **KETO GAINS<sup>™</sup>** **BOOTCAMP**

DIET, LIFESTYLE & TRAINING



MASTER THE BASICS FIRST  
TO BECOME STRONG AND LEAN!

**KETO GAINS 5X5 >>**  
**NOVICE STRENGTH & MUSCLE  
BUILDING PROGRAM**



**KETO GAINS<sup>™</sup>**  
OPTIMAL HEALTH & BODY RECOMPOSITION



**KETO GAINS<sup>™</sup>**  
**APPAREL**  
OFFICIAL SPORTSWEAR  
AND ACCESSORIES





# **KETO**GAINS

OPTIMAL HEALTH & BODY RECOMPOSITION



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***KETO GAINS IS "A PRACTICAL AND  
EVIDENCE-BASED PROTOCOL WITH THE  
GOAL OF ACHIEVING OPTIMAL BODY  
COMPOSITION AND HEALTH."***

*At Ketogains, we will teach you how to get into the  
best shape of your life while improving your health.  
Our protocol follows whole, mostly low carb, nutrient  
dense foods.*

*We believe that through the process of becoming  
mentally and physically stronger we empower  
ourselves to become better in all areas of our lives.*

*Whether you want to gain strength and health,  
improve endurance and speed, or achieve a fit body,  
it can all be done with our approach.*

***WELCOME!  
WWW.KETO GAINS.COM***

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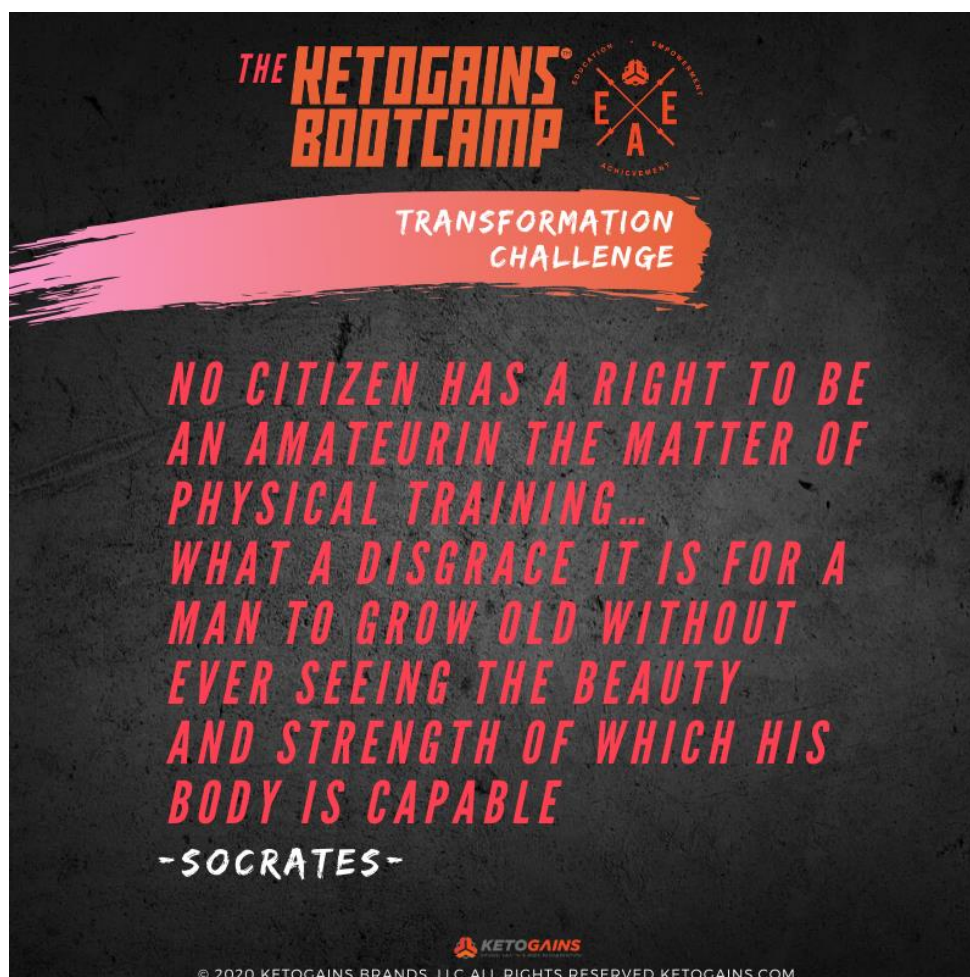
The advice and tips given in this course are meant for healthy adults only. One should consult with a physician to insure the information given in this course are appropriate for individual circumstances.

If one has any health issues or pre-existing conditions, one should consult with a physician before implementing any of the information provided in this manual.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.



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## HOW THIS GUIDE WORKS

Please note the document has “hyperlinks”: (UNDERLINED TEXT IN RED OR BLUE)

These “hyperlinks” will open a webpage link so make sure you watch the guide in a computer or mobile with internet access, so you can get the full experience.

For example, check [our Ketogains Apparel Store](#) – (click on the link hyperlinked to get there).



Get your Ketogains apparel and proudly represent your success!



# INTRODUCTION

Even though I have been strength training for the past 24 years, I was once a beginner as well.

I did not know where to start - what exercises to do, how many reps, sets, how much weight to use., etc. Also, I remember that even going to the gym was also daunting and overwhelming: I was afraid of being judged and ridiculed.

But here is the deal – to grow stronger and get the health benefits from strength training, you have to start somewhere.

At Ketogains, we follow a “Keep it Simple” first and optimize later principle.

And with that in mind, I have created a simple, low impact, but highly effective training program that can be followed by novices or intermediate trainees alike, that requires minimal equipment (basically just your own body or some resistance bands) and can be done anywhere.

This training routine will teach you the basic functional movements, will help you build lean mass, improve your strength, endurance, and aesthetics, and so it is a great introduction to Strength Training.

In Health;

**LUIS VILLASENOR**

**KETO GAINS FOUNDER**

**PERSONAL TRAINER & NUTRITION EXPERT**

# THE KETO GAINS 5x5 NOVICE STRENGTH & MUSCLE BUILDING PROGRAM

If you are a novice or beginner in strength training / muscle building (a beginner will be defined by your strength standards, not by if you have exercised before in your life) and actually want to make gains in muscle mass and strength, then this is the program for you.

The Ketogains 5x5 program is based on the classic 5x5 program popularized by [Reg Park](#) and has a reputation for being a tough, high volume but rewarding and simple program.

Contrary to popular belief, you do not need to do lots of repetitions at low weight to get “toned” and “defined”, and even less when you are in a way, a novice in strength training.

You achieve the “toned” look by having a low enough Body Fat % and at least somewhat decent muscle size. This program will help you achieve that goal, as long as your diet is also on par.

Think of building your body as building a house. You need to set up the foundations first, before you start adding extra rooms, furniture, and decorations. This program is in my opinion, the best to help you start your journey towards body muscle gain and fat loss, which improves your body composition.

**The Ketogains 5x5 this is well suited for both males and females of any age.**

If you are totally new to Strength Training, you can start with an empty barbell, otherwise start with a decent load in which you can do 5 sets of 5 reps with good control, form, and cadence.

The program is to be conducted 3 days a week for Strength Training (and 2 optional HIIT days) by alternating workout A&B on non-consecutive days.

Here is the abridged version of what the program is:

*Lift adequate weight on the barbell. Do the Exercises. Add weight each workout. Deload when you stall. Repeat. Simple.*

This routine will cover the following goals:

- Strength & Hypertrophy (provided your diet is in check)
- Fat Loss (provided your diet is in check)



# THE HORMONAL RESPONSE TO HEAVY COMPOUND LIFTS (THE MAIN LIFTS)

The Ketogains 5x5 program is based around the main compound lifts: The Bench Press, the Squat, and the Deadlift. Why?

Because the more muscle fibers that are used during an exercise, the greater the hormonal and remodeling response will be. Only the muscle fibers used during the resistance training are subject to adaptation.

To increase hormonal response, let us take in account these principles:

- The use of heavy weights (greater than 85% of one-rep max).
- The use of moderate to high volume, meaning multiple exercises or multiple sets and or short rest intervals.
- One could Increase growth hormone levels by performing higher repetitions (in the 10-rep range) and using short rest periods between sets.
- Optimization of the response of adrenal hormones to resistance training may be achieved by using high-volume large muscle groups and very brief rest periods.

To add, that the use of heavy core lifts may prevent injuries because this type of training stimulates new bone growth.

Other factors (besides genetics, nutrition, and supplementation) that influence hypertrophic response to resistance training are time under tension, amount of weights used, range of motion, and, of course, exercise selection.

Our goal is to build strength, size, and symmetry.

Hence the exercise selection, rest intervals, and rep ranges of our program will cover a wide spectrum. This is also, why we always do the core lifts as the foundation of our training programs.

If we had to choose between core lift training and single-joint isolation lift training, the choice would be simple.

The main lifts (Bench Press, Squat, Deadlift) are always the way to go they build the base, the foundations of your body.

Remember: your body is like a house, and to build upon it, you need a strong, solid foundation.



# REFERENCE VIDEOS FOR THE MAIN LIFTS

Your first homework is to watch and learn from these videos:

## THE SQUAT:

<https://www.youtube.com/watch?v=LLwiGkywKN4>

## THE BENCH PRESS:

[https://www.youtube.com/watch?v=33mjoyc5JbE&index=9&list=PL3fB03J6Xve\\_N5GKIBA84QC0UszAISc-M](https://www.youtube.com/watch?v=33mjoyc5JbE&index=9&list=PL3fB03J6Xve_N5GKIBA84QC0UszAISc-M)

## THE DEAD LIFT:

<https://www.youtube.com/watch?v=f0bY-gp8uR8>

## THE OVERHEAD PRESS:

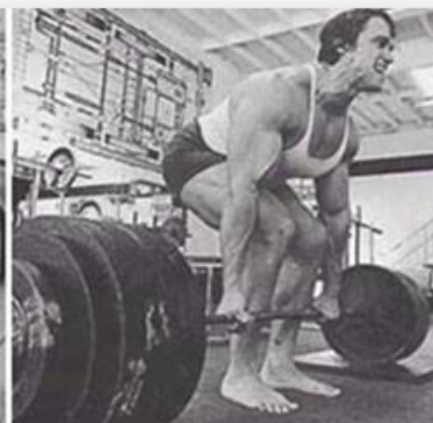
<https://www.youtube.com/watch?v=k4WoLZbonns>



Squat



Bench Press



Deadlift

**BEFORE WE START:**

1. Make sure you have the [excel spreadsheet](#) that is a companion to the program (Download it by clicking the link above).
2. Each session you work out; you will fill in the "Weight" Cells.
3. This will give you a "TOTAL of "Volume" on Column AB.
4. Optionally, you can also download a training app and use that to track.

**WHAT IS THIS INFORMATION FOR?**

To help you track progress.

You increase muscle when you increase strength, and you increase strength by gaining muscle. Both are strictly correlated in natural athletes.

*You gain muscle / strength by increasing volume each session.*

**VOLUME IS DEFINED AS**  
**REPETITIONS (REPS) X SETS X WEIGHT LIFTED.**

So, take it as a challenge: each week, your goal is to INCREASE volume lifted on all sets and all exercises.

Worst case scenario, you aim to stay at the same volume.

This is explained later on.

## THE STRENGTH TRAINING PROTOCOL (MANDATORY):

1. For optimal muscle gains, do not strength-train fasted and for this, ingest the **Ketogains Pre-Workout Coffee** about 30 minutes before training (check page 20).
2. Aim for correct form first, but do not be afraid of lifting heavy.
3. **You should aim to add 5-10 lbs. each week to the ×5 exercises, and 2-5 lbs. to the ×8 exercises (Female lifters can add half the amount).**
4. If you fail a rep/set/whatever, you repeat that same weight during the next workout. If you fail again the next workout, lower your weight by a rounded down 10% and continue to use that until you progress.
5. Break times between sets are 3-5 minutes for the x5 sets and 1-2 minutes for the x8 sets.
6. Unless you are unable to do this program for medical reasons: **do not alter the program.**
7. If you have bad knees, do box squats. Otherwise, unless you are medically unable you should squat.
8. **Deadlifts are 1×5 for a reason. They are very taxing and its paramount to learn proper technique first: if you mess around you may get hurt.**
9. Do the reps and sets as they are laid out in the program.
10. You do not need to add any more extra accessory work except for maybe some abdominal and calf exercises.
11. **IF YOU HAVE DONE THIS PROGRAM FOR MORE THAN 6 MONTHS AND WANT TO PROGRESS EVEN FURTHER, YOU CAN FOLLOW WITH AN INTERMEDIATE PROGRAM BY JOINING THE [KETO GAINS BOOTCAMP](#).**



## THE HIIT PROTOCOL (OPTIONAL):

1. Preferably, done first thing in the morning. Fasted training is optional.
2. Start with ~10 minutes of interval training (HIIT) – I suggest doing the Kettlebell Swings.
3. Rest for 2-5 minutes
4. Perform 30 up to 40 minutes of aerobic activity, ideally below the near the threshold of significant fatigue (where you can barely keep up with a conversation).



## COMMON MISTAKES TO AVOID

1. **Adding Exercises.** This is a full body routine. Overhead Press, Triceps Extensions & Bench Press works your triceps. Barbell Rows, and Barbell Curls work your biceps. Overhead Press, Squats, Deadlifts work your core. Focus on the big picture: getting your Squat up to 1.5x your body weight, and stick to the exercises as outlined.
2. **Dropping Exercises.** Lots of people do not like to Squat or Deadlift because it is hard. Avoiding what is hard does not get you results. Do not drop any exercises, especially not the Squat. The whole program revolves around the compound lifts.
3. **Substituting Exercises.** For now, you do not need Front Squats, Zercher Deadlifts, Push Press, etc. First master the basics. When you have base strength and good technique, you can add or substitute for variations different exercises.
4. **Changing Exercises Order.** The exercise order is chosen for a reason. Squats first because they are most important, but also heaviest. Stick to the exercise order, it works best that way.
5. **Using Machines.** Strength built on machines does not transfer to free weights or real life: machines balance the weight for you. Some machines are also potentially dangerous: they force your body into fixed, unnatural movement patterns. No Leg Press. Do Squats. No Smith Squats. Do Squats. Safety depends on technique. If you are totally new, start with an empty barbell. Focus on technique. Add weight each workout.
6. **Using Anything but Barbells.** Barbells work best because you can use more weight. More weight is more stress on your body, thus more results. It is also easier to add weight each workout with barbells as you're using both sides. You want to use dumbbells or kettlebells? Follow a training program designed for those. But remember: if you want to become strong you need barbells for your main exercise. Use dumbbells only for as assistance.

7. **Changing Sets.** The best way to learn exercise technique is to do the exercise a lot. 5×5 has 25 reps/exercise to practice technique. 5×5 Deadlifts is too much on your lower back, especially for a novice lifter. Also, your back is already worked on Squats, Barbell Rows & Overhead Press. Stick to 1×5 Deadlifts. When you can Squat 1x your body weight you'll be happy with 1×5 Deadlifts.
8. **Changing Reps.** Stick to the reps as laid out. **5 is the magic rep range** where you learn exercise technique best. You can add weight more easily. And you build strength, power & muscle mass. High reps 8-15 reps work endurance. You cannot lift as much weight and fatigue gets in the way of learning exercise technique. Lower reps like 1-3 are more for maximal strength, speed & power work.
9. **Lowering the Weight.** Never lower the weight because the first 2 sets were hard. Go for 5 reps. If you only get 1 rep per set, so be it. The only way to get used to lifting a weight, is to lift it. Only lower the weight if you got injured if you are not confident about your technique or if you stalled 3 times with the same weight.
10. **Not Adding Weight.** Lifting the same weight forever does not force your body out of its comfort zone. It becomes lazy and you lose strength. Add weight each workout until you stall. If you are not sure about your technique, lower the weight by 20%. If you got injured, start with an empty bar. Add weight slowly, but systematically.
11. **Adding too Much Weight.** Use bigger increments if you have weightlifting experience, are confident about your technique and started too light. You can also use bigger increments if you just come out of a layoff. However, if you just did 180lbs Squats and they were heavy, do not add 10lbs the next workout. Stick to 5lbs. Bigger increments make you stall faster. Small increments delay stalling and are better for your technique & confidence.
12. **Underestimating the Program.** You are a beginner longer than you think. Weightlifting experience does not make you an intermediate. Squatting 1.5x your body weight with good technique does. Weightlifters, strongmen, powerlifters,



athletes... work their legs several times per week. Bodybuilders are the only exception. If you never did Squats more than once per week, do 5×5.

13. **Overestimating Yourself.** Starting with heavier weights will make your legs sore. Sore legs will make it hard to Squat again 2 days later. Worse, you might not make the gym because your legs hurt too much. Start with an empty barbell and add weight each workout. Less soreness, and you can better focus on technique. Proper exercise technique is more important than weight. Adding weight becomes easy once you can lift correctly.
14. **Skipping Workouts Because You are Sore.** The best solution for soreness is to train the muscle again. This flushes blood into your muscles, speeding up recovery. Start with an empty bar and go the gym no matter what.
15. **Switching Program too Soon.** This is not an 8-week program. Change routine once you can at least Squat 1.5x your body weight. You will stall 2-3 times on your Squat before getting there. You can progress faster on this program because you are adding weight each workout. Intermediate programs use weekly increases. Stick with this program until you stall at least 2-3 times on your Squat. Trust the program. Try it as laid out for 2 months. Measure your progress by tracking your measurements, strength stats and taking pictures. After 2 months you can evaluate for yourself if it works or need to switch it up.

# THE 5x5 PROGRAM LAYOUT

Note that you can download this as an [excel spreadsheet](#) (by clicking the link).

Week One	Week Two
Day 1 - Workout A	Day 1 - Workout B
Day 2 – HIIT (Optional)	Day 2 – HIIT (Optional)
Day 3 - Workout B	Day 3 - Workout A
Day 4 – HIIT (Optional)	Day 4 – HIIT (Optional)
Day 5 - Workout A	Day 5 - Workout B
Days 6 & 7 – Rest	Days 6 & 7 – Rest

5x5 Workout A				
Exercise	Equipment	Muscle	Sets	Reps
<a href="#">Barbell Squats</a>	Barbell	Legs, Lower Body	5	5
<a href="#">Barbell Bench Press</a>	Barbell	Chest, Triceps, Shoulders	5	5
<a href="#">Bent Over Row</a>	Barbell	Back, Biceps	5	5
<a href="#">Barbell Shrugs</a>	Barbell	Traps	3	8
<a href="#">Standing Overhead Triceps Extension</a>	Barbell	Triceps	3	8
<a href="#">Standing Barbell Bicep Curls</a>	Barbell	Biceps	3	8

5x5 Workout B				
Exercise	Equipment	Muscle	Sets	Reps
<a href="#">Barbell Squats</a>	Barbell	Legs, Lower Body	5	5
<a href="#">Barbell Deadlift</a>	Barbell	Back, Hamstrings, Glutes	1	5
<a href="#">Standing Overhead Shoulder Press</a>	Barbell	Shoulders, Triceps	5	5
<a href="#">Bent Over Row</a>	Barbell	Back, Biceps	5	5
<a href="#">Close Grip Bench Press</a>	Barbell	Triceps	3	8
<a href="#">Standing Barbell Bicep Curls</a>	Barbell	Biceps	3	8

Note: Sets do not include warmup sets. Do 1-2 sets at 30-40% Max Rep, 5 to 8 reps.

HIIT / CARDIO (Optional)				
Exercise	Equipment	Muscle	Sets	Reps
HIIT: <a href="#">Kettlebell Swings</a>	Kettlebell	Core / Full Body	5	20
<a href="#">Cardio</a>	Machine of your choice	Heart		30-40 min

Notes:

For Cardio, follow the instructions above. I suggest a cardio machine that you are not used to and is hard, such as Stair Climbing machine.

You do not add weight to these exercises. Start Kettlebells swings with 20 to 30 lbs., increase if way too easy.

# SUGGESTED SUPPLEMENTS AND DOSAGES

**FOR A ONE STOP PLACE TO GET YOUR SUGGESTED  
SUPPLEMENTS AND ACCESORIES FOLLOW THIS LINK  
[KETO GAINS AMAZON RECOMMENDATIONS](#)**

## ELECTROLYTES

A known effect of ketogenic diets is a decrease in blood pressure, most likely due to sodium excretion and water loss. In individuals with high blood pressure (hypertension), this may be beneficial.

Individuals with normal blood pressure may suffer from 'orthostatic hypotension' which is lightheadedness which occurs when moving from a sitting to standing posture.

The inclusion of enough minerals appears to be able to prevent symptoms of fatigue, nausea and hypotension. To counteract the excretion of minerals on a ketogenic diet, additional mineral intake is required.

Although exact amounts vary, suggested amounts for electrolytes appear below:

**SODIUM** – Sodium is an essential nutrient that your body needs for many important functions. Health authorities recommend between 1.5 to 2.3 grams of sodium per day. Yet, increasing evidence suggests that these guidelines may be too low, so we suggest adding 3 to 5 grams in addition to the sodium which occurs in food, so aim for 5,000 to 7,000 mg via himalayan salt broth, bouillon, etc. spread during the day.

- [Colored Salt, such as Himalayan](#)

**POTASSIUM** – A healthy adult should aim to consume 3,500–4,700 mg of potassium daily. You can reach potassium intake via "Morton's Lite Salt" or green veggies or avocado, spread during the day.

- [Now Potassium Chloride Salt Substitute](#)
- [Morton's Lite Salt with Potassium Chloride](#)

**MAGNESIUM** – The recommended daily allowance (RDA) for magnesium for adults is 310–420 mg depending on age and gender. We suggest getting at least 500 mg, preferably, taken at night.

- [Now ZMA Magnesium Aspartate – best overall](#)
- [Now Foods Magnesium Citrate. – good bioavailability and budget friendly](#)



The best sources for Magnesium are, in order of bioavailability:

1. Aspartate
2. Lactate
3. Citrate
4. Glycinate
5. Oxide
6. Chloride Gluconate
7. Carbonate

Reference: Ranade et al. Am J Ther 2007 Sep-Oct

Now, for a “ready to drink” and convenient way to get your Electrolytes in, we have partnered with Robb Wolf and created LMNT: with everything you need and nothing you don't... yes, that means lots of salt and zero sugar.

An electrolyte drink based on our own formulations and requirements:



If you want to purchase LMNT, you can get it from directly from the [Drink LMNT website](#) or from [Amazon](#). It does ship internationally.

## THE KETO GAINS KETORADE

This refreshing beverage will "help" with electrolytes, but you still need to ensure you meet your minimal needs throughout the day. It works great as a "peri workout" drink.

Mix everything, leave overnight in fridge to macerate, drink all throughout the next day. Do create a recipe in Cronometer to accurately track the micronutrients.

- 1 liter sparkling water
- 10 ml lime juice
- 15g cucumber in slices
- 5g fresh spearmint
- 1-3g Himalayan salt (for sodium)
- 1-2g "Lite Salt" (for potassium)
- 1 packet stevia

**Ketorade!**

This refreshing drink will help you get most of your electrolytes during the day!

**Makes ~6 cups**

- 1 lt sparkling water
- 10 ml lime juice
- 15g cucumber in slices
- 5g fresh spearmint
- 1-3g Himalayan salt (for sodium)
- 1-2g "lite salt" (for potassium)
- 1 packet stevia

**LMNT** You can also substitute the electrolytes for the LMNT Citrus Salt Pre-Made Mix!

**KETO GAINS**  
CHASE RESULTS NOT KETONES!

Mix everything, leave overnight in fridge to macerate, drink all throughout the next day.

Note that this will "help" with electrolytes, but you still need to ensure you meet the daily requirements needed.

# THE KETOGAINS PRE-WORKOUT COFFEE FOR MUSCLE BUILDING / ENERGY

**ZERO OR LOW CARB PROTEIN POWDER** – 25g or depending on your assigned macros. Preferably use Whey > Egg > Beef (do not use collagen or vegetable proteins)

- [Whey: Dymatize ISO 100 Whey.](#)
- [Whey: Jay Robb Whey Protein \(no artificial sweeteners\).](#)
- [Egg: Jay Robb Egg Protein.](#)
- [Beef: Carnivore Beef Protein \(Chocolate-Peanut has low carb count\).](#)

**MCT OIL OR POWDER** - 10 to 15g depending on your assigned macros. **Start with a low dose and weigh it as it can cause stomach upset!**

- [Perfect Keto MCT Oil Powder](#)
- [Keto Sports Keto8 MCT Oil](#)

**CREATINE MONOHYDRATE** - 3g females, 5g males, every day, even if you do not train that day.

- [NOW Micronized Creatine.](#)

**BLACK COFFEE** – Coffee, apart from being thermogenic, has also ergogenic properties that help with muscle building and strength. You can use soluble, brewed, even decaffeinated works for the intended purpose (but caffeine is also awesome!).

**The KETOGAINS**  
PWO-Coffee

This recipe by Luis Villasenor (aka DarthLuiggi) works as an excellent and easy way to make a pre-workout!

**Strong, Black Coffee**  
Caffeine is a great Pre-Workout!

**25-30g protein from a low carb whey protein powder**  
Don't use collagen nor vegetable based proteins please.

**5 -15g MCT Powder or MCT Oil**  
Start with a low dose as it may cause stomach upset.

**3-5g creatine**  
3g females, 5g males

**IF you are doing a "TKD" (Targeted Keto Diet) add 5-15g dextrose or glucose**  
TKD is only suggested for already lean, insulin sensitive (under 13% males, 23% females) persons who do high intensity sports.

**1-2g Sodium**  
We suggest the new Electrolyte pre-made mix LMNT: the raw (unflavored version) works awesome with coffee

**LMNT**

Mix everything, you may need to blend the protein separately

Take **20-30** minutes before training



IF YOU ENJOYED THE PROGRAM,  
THEN JOIN US IN THE NEXT

**KETO GAINS<sup>TM</sup>**  
**BOOTCAMP**



*USE THE FOLLOWING CODE FOR  
A \$20 US DISCOUNT ON BOOTCAMP:*

20dollarsoff#



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