



Anabolic Priming Overdrive

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WARNING: Don't keep reading if you already rock 6-pack abs, chiseled pecs, and arms that are constantly mistaken for pythons.

My friends Laughed When I Swore Off Bulking/Cutting BUT When I Took My Shirt Off...

We'll get back to that story in a sec, first I have to ask,

Have you ever tried to gain muscle and lose fat at the same time?

It would be awesome to avoid the long boring process that most average guys go through to transform their bodies.

You see, most guys copy bodybuilders- the elite of the elite. They start off with bulking, to build mass (both muscle and fat). After, they go to strict diets for 12-15 weeks to lose fat and hopefully preserve all that lean muscle mass.

Imagine being able to hijack the process to lose fat and gain muscle in less than half that amount of time because the underlying fat loss hormones responsible will be set into hyperdrive.

It all started with a simple competition.

My buddies from college planned a trip in the spring to Cabo. It was going to be the ultimate bro-fest. Tequila, girls in bikinis, more tequila, and hanging out of the beach.

To promise that life wouldn't get in the way and stop us from canceling the trip last minute, we each put in \$500 to get some skin in the game. To make it more interesting my buddy John, with an evil glint in his eye, proposed a fun idea.

Whoever is the biggest at the lowest body fat percentage when we left would win ALL the money, \$2,500, in cash.

I knew I could win...

... and then life happened.

Late nights sitting, writing, coaching, and a million other things conspired to keep me in average shape.

I saw my friends going through bulking and cutting programs and thought I still had time until I realized I only had 8 weeks to go!

FVCK!

Luckily I stumbled across Dr. DiPasquale's research, the man who created the Anabolic Diet.

He noticed that the same bodybuilders who go through the 12-15 week cutting process usually eat everything in sight the night of the show.

The crazy thing is that they look **even better the next day**.

The research reveals the same thing:

Spiking insulin, usually at night, causes a **significant** anabolic effect.

But how do you create the contrast of 12-15 weeks of calorie-deficient clean eating AND a mega insulin spike?

We'll get to what the anabolic diet is down below, but first we've got to put the fasting into anabolic fasting to answer this question.

Bring in intermittent fasting. Here, you do all your eating in an eight hour period and fast for the following 16 hours. Doing this daily shifts your body into a fat-burning engine without the hormonal issues restrictive diets cause.

Not to mention, since you eat every day your body adapts to get better at fasting so that hunger doesn't even register except around your meal times.

Cool right?

We've crushed cravings and set the foundation of this massive insulin contrast we're looking to cause. This is because fasting allows your body to essentially reset and be even more responsive to insulin.

We're also bringing in components of the anabolic diet to speed up your muscle gain and fat loss. Here, you're looking at high fat and low carbs during the week and the opposite at the weekend where unlimited carbs restores muscle glycogen AND brings that huge anabolic surge.

As long as you don't stuff yourself until your stomach bursts you'll be able to avoid weighing your food and still eat your favorite foods nightly without sacrificing your lean body.

Ready?

Let's combine the two into Anabolic Fasting

Here Are the Anabolic Fasting Rules:

#1) We're following 16/8 fasting split meaning we eat breakfast at 12:00 a.m., dinner at 6:00 p.m. then an insulin spike around 7:30-8:00 before bed.

#2) We're keeping our cholesterol high to pump out more testosterone, this means we're eating more animal foods that have saturated fats and cholesterol such as beef, lamb, eggs, shrimp, and more.

#3) Stay hydrated with veggies and water at every meal. This boosts satiety, makes you look sexier, and provides your body with all the minerals and vitamins it needs to keep your metabolism buzzing.

That's almost it.

Turns out, a few people have questions like...

What if I can't eat at 12, 6, and before bed?

While this is ideal, because of your natural hormone fluctuations, you can shift your meal times around as long as you still have a 16 hour fast every 24 hours.

For example, you can eat breakfast at 6 am, eat lunch at noon, and then have an insulin spike at 2 in the afternoon before starting your fast again if that fits better into your life.

Also, if you're more of a night owl you can have breakfast at 2:00pm, dinner at 8:00pm, and spike insulin at 10:00 pm.

It's a flexible approach that you can tweak and fit into your lifestyle- the key is to stay consistent.

What about exercise?

Ideally exercise before your meals. Exercise could be in the morning or between your first and second meals.

As long as you're eating enough calories you'll have enough fuel in your muscles to workout any time and won't have to worry too much about timing exercise with your meals for strength-based workouts from 60-90 minutes day.

As long as you're not running marathons or training twice a day you'll be aces.

Does fasting mean no food?

Fasting means no calories, but we can bend the rules to promote lean muscle mass growth. Ideally, you can have zero-calorie supplements or beverages. Things such as supplements taken on an empty stomach, BCAAs, exogenous ketones, coffee, tea, and water are all excellent.

Just no milk, sugar, coconut oil, or whatever crazy gunk people are adding to their coffee these days.

You're now all set with the keys to the kingdom so go pick out some veggies, meats, and google a few recipes to start right now on chiseling a lean muscular physique.

If you're curious, when I took off my shirt on the beach I looked the most shredded out of all my friends thanks to Anabolic Fasting and the secret of my radiation sets.

However, while I was the leanest, my friend gained just a bit more mass than me and snagged the \$2500 prize.

No matter how much money he won, he still couldn't match the amount of girls that came up to talk to me on the beaches because with all the chips, burritos, and beers the weight he lost nearly rebounded... At the end of the day you win some and you lose some ;).