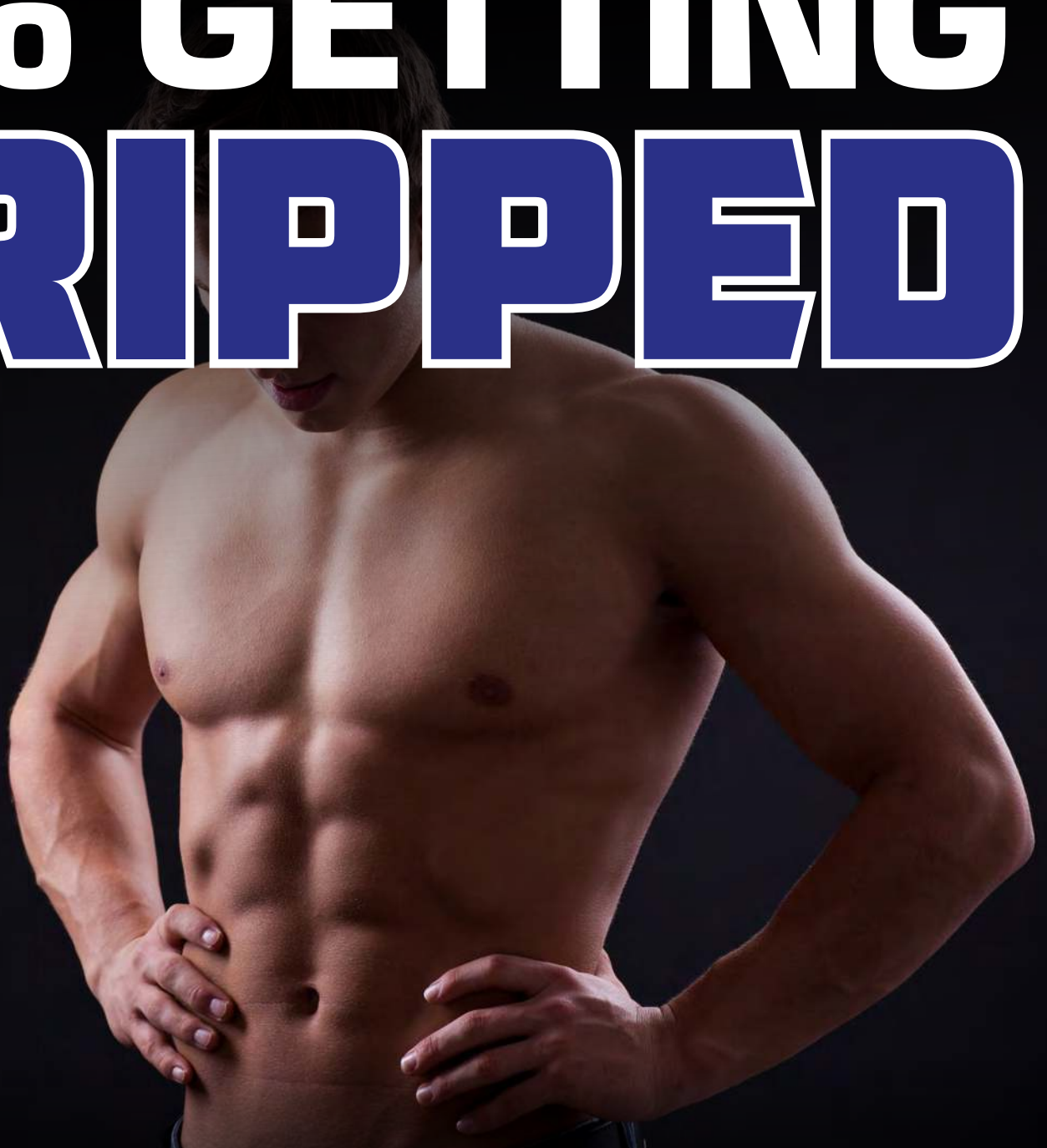


FITNESS *in* **COLLEGE**

Sold to
alexnerney3@gmail.com



A GUY'S Guide To **GETTING** **RIPPED**



**Alex Nerney - Certified Personal Trainer,
Certified Nutrition Specialist, D1 Football
Player, Corporate Personal Trainer**

WWW.FITNESSINCOLLEGEBOOKS.COM

What others are saying about this book

"As a college athlete, I've spent the past four years thinking constantly about how to take my fitness to the next level. I kid you not: Alex Nerney's e-book is the most powerful, helpful, relatable guide I've ever come across, and the scientific basis made complete sense. I started using his advice the day I read it and already see results. Who knew getting huge could be explained that simply? One-of-a-kind; seriously don't waste your time with anything else."

-Jordan O'Neil, Wheaton

"If you want to enjoy your college years (even when you're getting your drunk on/ raging) this is a great guide. Alex breaks down everything you need to know from diet to training to supplements. He even explains how to make sure your drinking habits don't ruin your physique. Read it"

-Jeff Kallal, University of Arkansas

"Simple, powerful, and effective. Fitness In College is by far the most practical guide to getting ripped. I've seen improvements after just the first week of trying the book's techniques. If you want to get ripped and still enjoy your time in college, buy this book right now."

-Brock Jameson, Texas A&M

All of this is advice. I am not responsible for any injuries you may get from doing this program. If you have any concerns, consult a medical professional about the program.

Published by Alex Nerney at Smashwords

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CHAPTER 0

Intro

Websites getting paid by supplement companies to tell you why their protein is “different” and “special.” Blogs are written on how to gain muscle by guys using mega dose steroids. Your high school football coach gives you sound advice, after graduating with his phys ed. degree back in the 1950’s.

Simplicity is the most important thing I can provide to you. The internet has given you an age where infinite information is at your fingertips, yet the majority of it is absolute bullshit.

The worst part of it is this: rarely are articles written specifically for college guys. Most of the advice is - “Don’t drink, and eat clean.” Do they even remember college?

Let all of it go.

This book was made to act as a reference point for your future fitness decisions. When you hear advice or see some new diet, flip back through here for your answer. This is based on science and evidence, the former is typically not.

That being said, I am excited for you. I remember where I started and how amazing I felt by the end of my college career when I graduated just 4 months ago, I was 6’2 and 215 pounds, 8% body fat (and still improving).

I can get you there, and that is my goal.

I do not know why you are here or why you have come to this book. I assume you want to get ripped, but there is always an underlying reason.

Maybe you’re trying to get ripped so you can get with hot girls. There is nothing wrong with that and do not let anyone tell you otherwise.

Maybe you are a devout Christian getting ripped to hopefully meet your future wife. There is nothing wrong with that either.

“It is vain to do with more what can be done with less.”

- Occam’s Razor

“Nobody can give you freedom. Nobody can give you equality or justice or anything. If you’re a man, you take it.”

- Malcolm X

Maybe you're sick of getting pushed around. Getting ripped will make you both mentally and physically tough as nails.

Maybe you're just looking to feel good about yourself. You are sick of seeing the same sloppy person in the mirror, day in and day out.

Maybe you want to be able to hold your own next time some "Bro" smarts off and causes a scene.

Maybe you are trying to regain that physique you had back in your high school football days.

Maybe you are just looking for an edge on the competition - to take your fitness to the next level.

And most nobly, maybe you're just looking to be prepared if the situation calls for it. Be honest, if your girlfriend was ever in true physical danger, could you protect her?

Maybe all of these sound good to you.

Getting what you want is not complicated. There's a formula.

You ready?

Even though he is a bit of an asshole, this quote could not be truer.

The key to success is to first be honest about what you want. If you just want bigger biceps because you have never had them, **THERE'S NOTHING WRONG WITH THAT.** Don't be afraid to go for it and remember to have fun doing it - that's it.

I have provided you with a book that will allow you to get as ripped as you want. If you follow the advice, in just a few short weeks you will be shocked with the speed of your gains.

It does not matter whether you are starting out with the muscular physique of the Olsen twins or you look like Morgan Spurlock at the end of Super Size Me. Follow this program and the results will speak for themselves.

Every client that I have come across thinks that they are special. They believe there is some reason that they uniquely cannot lose weight, gain muscle, or have the body of their dreams. In psychology, this is called a limiting belief.

What does a limiting belief sound like? Some common limiting beliefs are: I'm not good at math. I cannot gain weight. I am not good with girls. I don't have good enough genetics, etc. The list goes on.

I have some good news, the above beliefs are bullshit and you can accomplish any one of them. I have seen it time and time again where people with supposedly "poor genetics" have acquired ripped physiques. Don't let ignorant people limit your belief in your capabilities.

Now - let's get started

"To get what you want out of life, all you really need to do is be honest about it, don't be afraid to go for it, and have fun while you do it-and eventually you'll get it."

- Tucker Max, Hilarity Ensues

"Listen up, maggots. You are not special. You are not a beautiful or unique snowflake. You're the same decaying organic matter as everything else."

- Tyler Durden, Fight Club

CHAPTER 1

Identify Your Body Type

Here's a fun fact: You have a body type.

Most people don't know this, but everyone has a body type that falls into 3 scientific categories.

The reason why we start with identifying your body type is because each type needs different kinds of training, dieting, and supplementation.

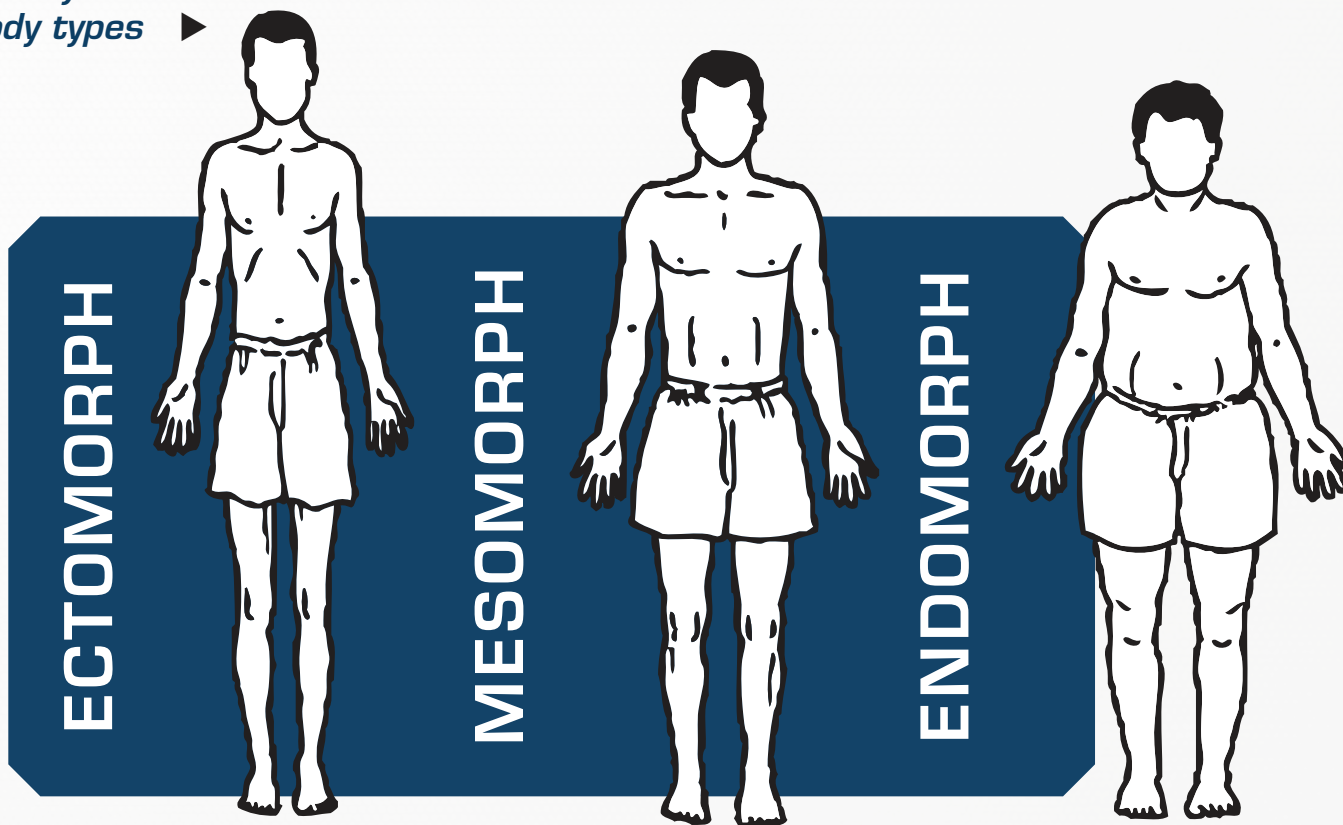
Our body types are formed based on the hormones we produce and the genes from our parents. Once you have identified your body type and understand why it

formed that way, you can diet and train to maximize your results.

The biggest disservice the fitness community has done to society is making us think that there is one diet or one training method fix all our problems.

There are 3 body types and each are vastly different from the others and need CUSTOMIZED programs for success. That is why people usually fail to reach their goals; they are training for the wrong type!

The only way you can fix a problem is if you know you have one. Here are the three body types ▶



Can you imagine how many hours you have spent in the gym training without knowing what's truly optimal FOR YOUR BODY? How many meals/workouts were wasted focusing your time and efforts in the wrong direction?

The only way you can fix a problem is if you know you have one. Here are the three body types below.

ECTOMORPH

Ectomorphs are defined by having naturally skinny body types. Here's the test: Are you someone who finds it difficult to gain muscle, but also can rarely gain any fat as well? You gain weight at a much slower rate than those around you. Chances are, you're an ectomorph. Here are some of the common characteristics.

- Smaller frame and bone structure
- Classic "hard gainer"
- Small shoulders
- Thin
- Lean muscle mass
- Finds it hard to gain weight in general
- Fast metabolism

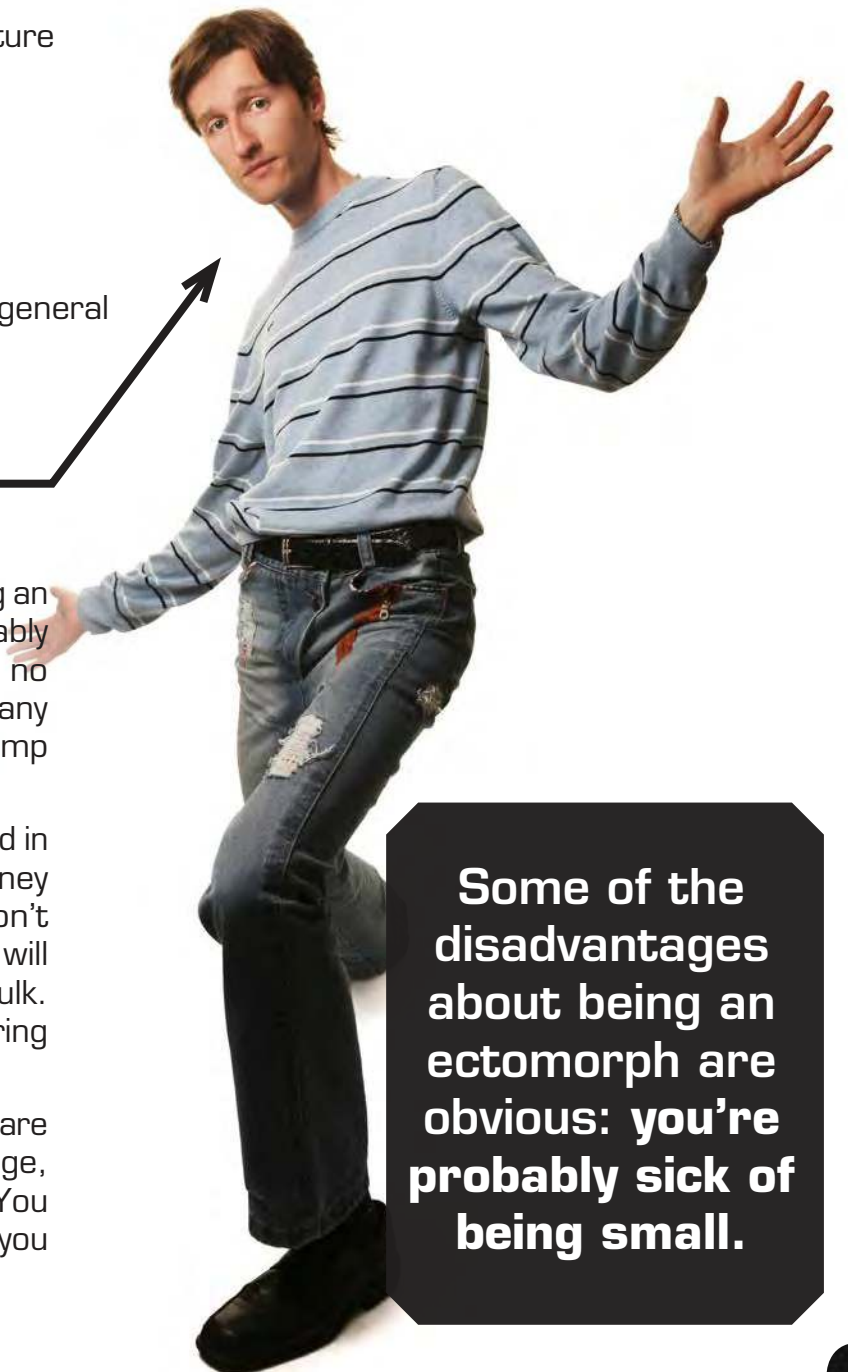
Think This Guy:

Some of the disadvantages about being an ectomorph are obvious: you're probably sick of being small. It seems that no matter what you do, you cannot gain any muscle. Even after getting a good pump in the gym, it vanishes the next day.

Being an ectomorph is particularly hard in college when you do not have the money to buy enough food to get big. Don't worry, I too, am an ectomorph and will show you dieting tricks to help you bulk. I gained 30+ pounds of lean mass during college.

Some benefits of being an ectomorph are that while your friends get fat in college, you can usually avoid the beer gut. You can also be less cognizant of what you eat and avoid getting fat/big.

Some of the disadvantages about being an ectomorph are obvious: you're probably sick of being small.



MESOMORPH

Mesomorphs are defined as having a naturally muscular physique. Are you someone who can go to the gym only a few times a week and maintain more muscle than your friends? You may have a little bit of a gut, but look like a linebacker?

Mesomorphs are defined by the ability to gain muscle quickly and easily, **NOT BY JUST HAVING IT**. They are able to do this while maintaining a low body fat percentage. Here are the common characteristics:

- Well-defined muscles
- Rectangular shaped body
- Strong
- Gains muscle easily
- Gains fat, but not as fast as others

Think This Guy:

Some disadvantages about being a mesomorph are that you can get pretty big, but generally have trouble losing that last few pounds of fat around your mid section. You gain muscle faster than most, but you also gain fat quicker than ectomorphs. You may gain muscle quickly, but will never be as strong as the next body type (endomorph).

Some of the benefits about being a mesomorph are that you can bulk up easily. You will be able to get to a very good physique, faster than most of your friends.

Some disadvantages about being a mesomorph are that you can get pretty big, but generally have trouble losing that last few pounds of fat around your mid section.



ENDOMORPH

Think This Guy:

Endomorph's are defined by having everything and then some. Are you someone who no matter how many times you go to the gym, you just seem to get bigger and bigger? Do you feel like you are strong and fat at the same time? Did your mom call you big boned or fatty mc'fat face growing up? Here are some common endomorph characteristics:

- Soft and round body
- Gains muscle and fat very easily
- Is generally short
- "Stocky" build
- Round physique
- Finds it hard to lose fat
- Slow metabolism
- Muscles not so well defined



Some of the disadvantages about being an endomorph are that you feel like you are stuck being big. You go to the gym and never feel like you get any real results. Your diet will have to be very strict if you still plan on drinking in college, and even if you don't.

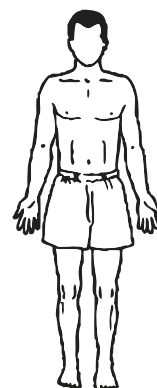
Some of the benefits about being an endomorph are that you are already the prototype to build muscle. Unlike the ectomorph, once you shed the extra fat, gaining muscle will be quick and easy. You probably already have a decent physique underneath those extra layers. The trick is to just shed the excess.

I know everybody wants to be a mesomorph, but the chances are very low that you are. If muscle comes EASY to you without fat, then you MIGHT be a mesomorph.

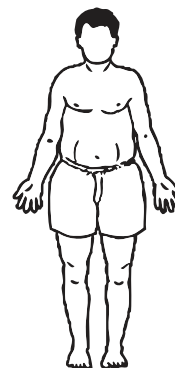
It's ok to start from anywhere.



Ectomorph



Mesomorph



Endomorph

*Note: Be honest with yourself about what body type you are. The sooner you can, the faster the results will come in. It took me some time to finally admit I was an ectomorph. If you feel that you are a mix between two body types, try to reflect on what you were as a freshmen/sophomore in high school. That is usually your natural body type even if you have gained some muscle or fat over the years.



CHAPTER 2

The Unbreakable Dieting Rules

I would start taking notes from this point on. The rest of this book is jammed full of information and tips. The best way to retain the information and apply it is to take notes.

Here's a secret: Diet is vastly more important than lifting weights and it will be for the rest of your life, so get used to it.

Statistically, look at the numbers. If you spend 5 days a week training for an hour, you will only spend less than .03% of your total hours for the week working out. The rest is eating, drinking, sleeping, studying, etc.

If you want to get ripped, you need to start spending less time thinking about working out, and more time on how you eat. I am going to give you a list of rules followed by explanations.

There's 8 rules to eating to get ripped. The first 5 are the most important, memorize them. The other 3 will be tailored to your specific body type.

THE UNBREAKABLE DIETING RULES

1. 65-75% Of YOU

People always ask me: what's the best supplement for me to take? They are usually pretty shocked when I tell them that the best supplement I can guarantee they are not getting enough of is water.





“I drink lots of water.” People tell me this often, and when they do it, they sound as self righteous as the recently saved. Let me help you, if you are not actively tracking your water intake, you are getting WAY too little!

Your body is composed of 65%-75% water, roughly. Here are some facts on why it is so important:

- 75% of your muscle tissue is water
- Water transports nutrition throughout the body
- Water transports fat cells away
- Protects body organs and tissues
- Lubricates joints
- Dissolves nutrients to make them accessible
- Regulates body temperature

All of these benefits combine to lead to a lower percentage body fat and more muscle gains from your workouts. A general rule of thumb is that if you are thirsty, you are dehydrated and need more water ASAP. You should live your life never being thirsty.

For your body to perform optimally, you need 12 cups of water daily. This might seem like a lot at first, because it is. “Breaking the seal,” will take a whole new meaning in your life, but you will get used to it. Then you will see intense gains in

the gym and lose fat rapidly as a result of optimal hydration.

Recent studies have shown that getting the proper amount of water increases strength by 19% in comparison to when thirsty/dehydrated.

Make sure to track it with a cup that has measuring units on it and your Smartphone. Or else, by the 7th cup you will start to get confused.

Every morning start a habit of drinking a big ice cold cup of water. This will help trigger a habit that will remind you to drink more throughout the day.

2. 1/3 Of Your Day

Sleeping is the lost science of physical fitness. How? Your body repairs itself from exercise and releases growth hormone and testosterone during sleep. Therefore, more sleep = more growth.

Not getting enough of it will make you stressed and release cortisol throughout your body. This leads to inflammation, muscle wasting, and increased body fat.

According to a 2004 study, people who sleep less than six hours a day were almost 30 percent more likely to become obese than those who slept seven to nine hours. Those percentages increase with the less sleep that you get.



I know what you are thinking: bro, I need to go to a class and then I will nap when I get home. Sorry, it's not the same thing. Your body needs 7-9 hours every night to sleep and does not play catch up like that. A nap for about 20-30min is ok, but if you need anything longer you are not sleeping long enough at night.

Missing a few classes is ok, so hit the snooze button and let that growth hormone do its thing. I realize this is not easy for most students, but work on at least getting better at it. It will lower your body fat and increase your gains.

I used to struggle with sleeping and now I sleep like a baby. If you are having some difficulty, try these tips:

- Black out your windows. When you turn off the lights, your body produces melatonin to signal it is time to sleep. Make sure there is no excess light coming from anywhere in your room or you may confuse your body.
- Use your bed ONLY for sleep. This is a great way to train your body that the moment it touches your bed, it's time to pass out.
- Make your room ice cold. I sleep half naked with two fans blasting directly on me. Your body will sleep better in cooler temperatures.
- Develop a habit right before bed. Maybe do a little light reading 30 minutes before you sleep. Your body is a habitual creature, use this to help yourself get more sleep.

3. The Enemy

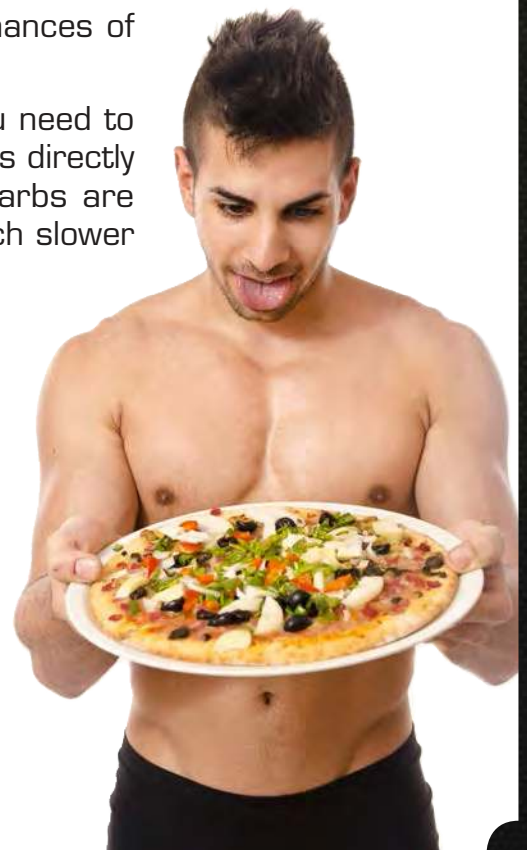
I don't care whether you are trying to gain 15 pounds of lean muscle or drop 150 pounds of fat, simple carbs will ruin your chances of success.

There are two types of carbs: simple and complex. All you need to know is that the speed at which your carbs are absorbed is directly proportional to how much body fat you store. Simple carbs are absorbed at a rapid pace while complex carbs have a much slower absorption rate. Therefore, simple carbs = more fat.

Simple carb examples:

- | | | |
|---------------|---------|----------------|
| ➤ Sodas | ➤ Pasta | ➤ Gatorade |
| ➤ Sugars | ➤ Pizza | ➤ Ice Cream |
| ➤ Lemonade | ➤ Candy | ➤ Most Cereals |
| ➤ White Bread | ➤ Cake | ➤ White Rice |

Either cut them out, or your results will drop faster than a wagon full of fat kids.



4. Where's the protein?!

Lean protein is the foundation of getting ripped. It keeps you satiated and will help you avoid fatty foods and simple carbs. It will provide your muscles with the nourishment they need to grow or stay the same size.

You need to be asking at every meal, "Where is the protein?" You want at least 20-30 grams at each meal no matter if you are gaining or losing. The key is to make this a habit in your life: "Where's the protein?" If the protein is not there, you need to go find some.

The reason why this is so important is because it is hard to eat bad things wherever your body is filled up with good sources of protein. Develop this habit immediately and do not eat without proteins.

5. Preservatives preserve fat

A calorie is not a calorie anymore. You will notice in this book that I do not talk about calories and for good reason. First, one of the latest Harvard studies gave people different diets, but had them eat the same amount of calories. The weight loss results varied greatly and proved that the equation to weight loss is not JUST calories in calories out.

This also proved the importance of quality calories. The people who cut out carbohydrates completely did not lose as much weight as the one's who simply cut out bad carbohydrates.

You see guys, when you cut calories, you may lose some weight at the beginning, but eventually your metabolism will slow down to make up for calories lost. It is a lose sum game and will slow down your metabolism greatly.

So what's the solution? Well, the best advice is to eat food from natural sources. The quality difference in your food has significant effects on both your energy and body.

Getting in as few preservatives as possible is an important fitness piece. We all know preservatives have been linked to cancer and all sorts of bad things. I'm not going to ask you to be perfect, just to make better decisions.

For me personally, I do not have the money, at this time, to shop at whole foods or the farmer's market exclusively. When deciding where to get your meals use this chart from best to worst:

- Farmer's market
- Whole Foods store or Natural Foods
- Your local grocery store
- Nice restaurants
- Mega-Chain grocery stores
- Fast food
- Canned food



Again, I'm not saying that you need to be perfect, but I am saying that the majority of your food should come from better sources than the last two. Cooking your own meals, even if they are not the healthiest is a much better option than fast food.

If you can afford lots of food from the farmer's market and Whole Foods, go for it! If you can not, start focusing on make the best decisions for you at that time.

Important Note - If you are just a beginner to dieting and the fitness game, stop here and reflect. These first five rules are the most important things you need to know about fitness and getting ripped. This book can become very complicated if you start by following every piece of advice on the first day. Make sure you have these five rules down before moving on to the more complex parts. It is ok to read on, but make sure to start your fitness journey here and add the other pieces later!



CHAPTER 3

I Remember My First Beer... ...A Ripped Guy's Guide To Alcohol

Let's be honest, I know you are not going to give it up. I have some good news; I am not going to ask you to.

One of the biggest problems with most fitness advice for college guys is they completely forget what it's like to be a college guy.

Whether you are pre-gaming at 8am before the big game or partying till the sun comes up, the following is a guide to help you not ruin your physique over it.

One starting note: Keep in mind that this is merely a management protocol for alcohol. The reality is that it's clearly better for your body to not have alcohol, so when not drinking is a reasonable option, take it.

OK - Here is what you need to know:



WHAT DOES ALCOHOL DO TO MY BODY?

Alcohol is considered a toxin to your body and the moment it enters it needs to be processed. Good start. This happens in your liver and when the alcohol is processed into acetic acid, it loses its toxicity.

Here are some of the negative effects of alcohol on your system

- Depresses the nervous system (inhibition)
- Depletes the body of nutrients
- Can lower testosterone and growth hormone
- May cause cortisol to leak into your system
- Is a Diuretic (peeing so much)
- Kills brain cells

THE RIPPED BRO DRINKING RULES

1. Crown & Coke is for your girlfriend, bro

Drinking is already going to mess up your system. Adding sugar to drinks is the ultimate way to destroy your gains. You are now and forever a wine, light-beer, or straight-shot guy.

The best Light-Beer choices (from best to worst): Miller MGD 64, O'Douls, or Beck's Premier light.

The ok Light-Beer choices (from best to worst): Michelob Ultra, Budweiser Select, Corona light, Bud Light, Coors Light, Miller Light, and any other light beers.

Straight shots are for you. Don't order complex shots at the bar because they probably have added sugar in them. Besides, not only will vodka on the rocks put hair on your peaches, you'll also get drunk faster, which is probably the goal anyway.

Diet coke, sugar free red bull, and club soda are not approved. If you HAVE to have them, then minimize the damage and pour yourself doubles. The goal is to get drunk, not fill your stomach with anything unnecessary.

2. Protes in the Pocket

You have got to be prepared. If you are spending a long night drinking with your boys, it is guaranteed that someone is going to get hungry. Next thing you know you are packed into a car heading for fast food.

You are not allowed to eat fast food while you drink, EVER. You are turning a bad situation into getting a fat Jehovah's witness pregnant.

Here is the solution: before you go out for the night, put a protein bar in your pocket. Any time you get hungry or are tempted to eat something bad, eat the bar instead.



3. Hangovers no more

Fun Fact: Hangovers are not caused by alcohol in your system. Rather, because alcohol acts as a natural diuretic, you pee a lot while drinking. What this does is flush your system of its fluids, which makes you dehydrated and gives you the headache.

There are two ways to counteract this problem.

The first is to eat. Got that protein in your pocket? Well guess what; before you go to bed eat that thing. Also, for added measure, fat helps out your liver during the detox process. Keep some almonds or mixed nuts ready right before you go to sleep or when you want to start sobering up.

The second is to drink fluids. Since your body is dehydrated from the loss of water, you need to hydrate before you go to bed or you will feel terrible the next day. One great way is with G2. It's a low calorie Gatorade that provides you electrolytes without the sugar. Chug this and then fill up the bottle with water. Drink two bottles worth before you go to bed.

I cannot promise a cure, but you will feel 100x better than you would have.

FLUSH IT OUT OF YOUR SYSTEM

Actions for the next day

- You need to help your body by flushing out the alcohol the next day. This can be done with water, protein, and fiber. My suggestion is, immediately upon awaking; eat oatmeal and your typical 30 grams of protein.
- Follow this up with your usual water regimen. The fiber from the oatmeal grabs onto fat molecules and escorts them out of the building, so to speak. Other good fiber sources are apples, whole wheat bread, and almonds.



CHAPTER 4

Specifics For Your Body Type

Now - there are some new rules to the eating game that you need to know before we get started.

First and foremost: the whole “you can only digest 30 grams of protein at one sitting” is complete bullshit.

Intro Greg Plitt:

Greg was the number one fitness model in the world in 2012. He eats one meal a day and [they are MASSIVE(close to 3,500 calories).] The only reason I am telling you this is to show you that the timing of your nutrients is much less important than your totals at the end of the day. If you could only absorb 30Grams in one sitting, Greg could never achieve this physique.

This leads us into Ectomorph Rule #1. *(If you are not an ectomorph, feel free to skip down to your body type)*



ECTOMORPH'S OPTIMAL DIET

So you want to gain some muscle man? Typically, all the ectomorphs I meet are looking for gains in the muscle department and very few struggle with getting/obtaining fat. If you do have a small stomach, don't worry, this program will get you the 6 pack you want as well.

Your body type is defined by its ability to be very insulin resistant and having a fast metabolism. Working out boosts this metabolism even more, which makes you feel like you can't gain muscle.

#1 Protein needs to be at 1.25G per lean mass to gain muscle.

Lean mass is the important part of the equation. I will use an example:

Sam weighs 200 pounds at 10% body fat. If he is looking to gain muscle he needs to calculate his lean body mass.

To estimate your body fat, look at the chart at the end of this book or go to your recreation center (they will usually do a body fat calculation for free or a small fee.)

The math goes like this:

$200 \text{ pounds} \times .01(10\% \text{ Body Fat}) = 20 \text{ pounds of fat.}$

$200 \text{ pounds} - 20 \text{ pounds of fat} = 180 \text{ pounds of lean body mass.}$

$180 \times 1.25 = 225 \text{ grams of protein per day.}$

Keep in mind that the more protein the better. If Sam got 250-300grams it will not hurt him. Nor will it give you cancer... crazy vegans.

A REALLY good idea is to get a meal plan to eat school cafeteria at least once per day. Most schools have an all you can eat buffet style. Since lean chicken and other protein rich sources are usually the most expensive at grocery stores, this is the time to pound down the protein. Chicken topped with ham and a side of tuna? Yes please. Remember, nutrient timing is much less important than you getting to 1.25 Grams a day.

#2 Go Nuts Brah

Nuts in your diet are very important for two reasons. First off, they are calorie dense, which means more bang for your buck. Fat is cheap and nuts are a great source of good fats and proteins.

Don't fear the fat in nuts because these are not the fats that get stored in your body. Trans fat and hydrogenated fat are the ones you want to watch out for.

Every day you need to be eating at least two handfuls of nuts. (Insert joke here)

#3 Post Workout Heaven

If you have noticed, there are positives and negatives of each body type. But listen up, ectomorphs: I am about to let you in on a little known secret. You get to do something the other two body types do

not. Post-Workout, you get to have some sugar.

Why? The reason is that ectomorphs are already carb resistant so having a small sugar spike post-workout will speed up your muscle's recovery.

Causing a sharp insulin spike right after your workout will increase muscle recovery for ectomorphs without gaining all the fat. So after your workout, have one of the listed items under simple carbs as a post workout meal.

Don't go too crazy. Eating two pizzas after your workout will probably not bode well for you because of the lack of protein. My suggestion is some ice cream with a huge glass of milk for protein or a tall glass of chocolate milk.

Enjoy.



Trouble Shooting

If you attack this program and are not gaining muscle after the first 20 days, it is usually a protein problem. Add up the amount you are eating and add more.

If you are gaining muscle, but have gained a little fat as well, ease up on the post-workout simple carbs. Switch to a couple pieces of white bread and a protein shake.

MESOMORPH'S OPTIMAL DIET

Looking to get big and take it to the next level, or do you have an extra gut you are looking to lose? These are the rules to follow that will get you looking like a lean NFL linebacker.

Your body type has been made this way because you are growth hormone and testosterone dominant. Your strategy is to maximize this output, while keeping a low % body fat. The rules applied will allow you to build mass while lowering your body fat.

1. Carb Tapering - College style

I am going to assume you will be drinking beer on occasion. Whether you do or don't, this program is designed to give you results while minimizing the damage.

Generally, most "experts" would advise you to start off with a bunch of carbs in the morning and taper them off at night. The problem is, that was old science based on the thinking that nutrient timing was of vital importance. It's not.

You are going to flip the system. Your carbs are going to start at 7pm at night. This means that when you wake up you may only have a small amount of complex carbs. One cup of oatmeal should do the trick. Then you can only eat proteins and fats for the rest of the day.

At 7pm you can start the cycle again by eating your complex carbs with dinner and maybe a late snack. This way, your body can adjust to late night carbs without having serious impact from your drinking habits.

Keep in mind that you will feel hungry throughout the day especially around 2-7pm. That is the time when your body will be burning the most fat, so just ignore it. Also, you may have a small amount of carbs post workout, 30-50grams. Examples of complex carbs are provided at the end of the book.

2. Meal Consistency

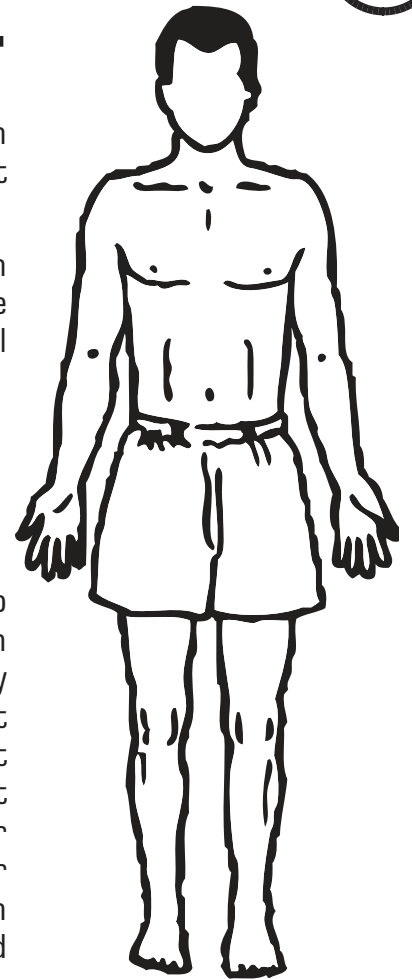
There is a price to pay for every gift in the world. Your body is already an efficient machine, you just need to put the right octane fuel in. Your metabolism is slower than an ectomorph and will need a good balance to burn fat.

Meal consistency is your Promised Land for you. I suggest you begin with breakfast and lunch. Having a consistent meal every day for breakfast can sound a bit tedious, but your body will get used to it.

Make a healthy meal that you love and stick to it. Having oatmeal every morning with your protein will do wonders. Pick a snack that you love and is healthy; mine is roasted almonds. Other suggestions are egg whites, mixed nuts, or Morey's grilled tilapia/chicken (microwave for 3-4 min).

3. Re-feed meal

After a difficult week of classes and workouts, it's time for you to enjoy a special meal. Once a week, you get to go "full retard" and eat a meal that defies all logic. This may seem like a bad idea, but



if you have truly been focused and dedicated during the week, a re-feed is necessary to keep your body from plateaus.

Basically your body's insulin becomes adjusted to not spiking as much and this ultimately minimizes the returns from your diet. So SCHEDULE out 1 meal a week to re-feed. My suggestion is Sunday afternoons at 1pm. Get yourself a pizza and maybe some chocolate; you deserve it big guy.

Trouble Shooting

If you are not gaining any muscle after 20 days you need to up your protein.

If you are gaining only fat you should give up the re-feed for now. You can start it again whenever you hit a plateau.

If you are gaining fat and muscle take out your morning carbohydrates and go no carb during the day until 7pm.



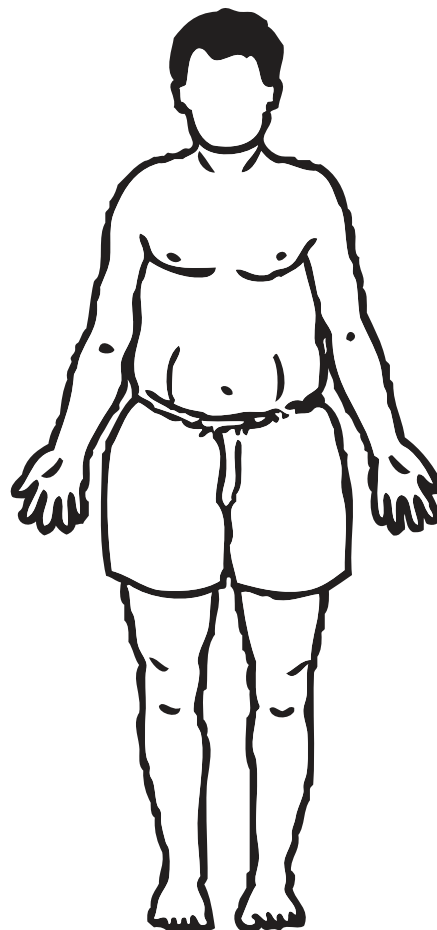
ENDOMORPH'S OPTIMAL DIET

Most of you are looking to lose mass in general or at least, lose a bunch of fat. If you follow these advanced dieting tips, you can see the results you are looking for.

As an endomorph your body is very insulin sensitive. You have a low carb tolerance and slow metabolic rate. We need to do things to speed this shit up so you can start to see results.

1. All you can eat - Your new buffet.

Portion control is old science and old-fashioned. Your body will let you know when you are full. For you, my large friend, I have devised a system that allows you to eat all you want of the following foods. Follow this system and the fat will melt off without sacrificing your muscle.



Proteins:

- Egg Whites
- Whole eggs (Max 3 Daily)
- Chicken Breast or Thigh
- Beef
- Fish
- Pork
- Cottage Cheese
- Skim or 1% Milk

Carbs:

- Black Beans
- Lentils
- Pinto Beans
- Red Beans
- Soy Beans
- 3 Slices of 100% Whole Wheat Bread Per Day

Vegetables:

- Spinach
- Mixed Vegetables
- Broccoli
- Peas
- Green Beans
- Corn
- Asparagus
- Sauerkraut

Mix and match gentlemen and unless specifically highlighted, you can have all you can eat. The final stage is your fats, which you can have on a limited basis.

Fats:

- -Almonds/Nuts - 50 Total Nuts
- -Alvocados - 1 Serving Per day Max

Note: you are already insulin sensitive and have a low carbohydrate tolerance. Diet coke with liquor will be much better for you than beer when it comes to alcohol. I know you want beer like the rest of us, but avoid it when you can.

2. Re-feed

If you didn't read it: After a difficult week of classes and workouts, it's time for you to enjoy a special meal. Once a week, you get to go "full retard" and eat a meal that defies all logic. This may seem like a bad idea, but if you have truly been focused and dedicated during the week, a re-feed is necessary to keep your body from plateaus.

Here is what's happening. Your body's insulin becomes adjusted to not spiking as much and this minimizes the returns from your diet. So SCHEDULE out 1 meal a week to re-feed. My suggestion is Sunday afternoons at 1pm. Get yourself a pizza and maybe some chocolate, you deserve it big guy.

Trouble Shooting

Still struggling with losing weight? Don't go so heavy on your re-feed. The last remaining solution is the alcohol: you may be having too much or having too much beer.

Don't worry about gaining muscle. You already do that very naturally and your training program is designed for that!

CHAPTER 5

Training Rules

Training is going to be difficult because over the years, stupid ideas have been screwed into your heads by coaches, parents, and the interwebs. Time to do some unraveling before we begin.

Here are some common fallacies of training perpetuated over the years.

- Cardio is the only way to lose weight
- Lifting heavy weights makes you bigger
- Low reps (1-3) builds mass, high reps builds strength
- You need to touch your chest on the bench press
- You need to lift like a bodybuilder
- You need to work out every day

All of these statements are incorrect, but the problem is also that we try to train everybody the same way. It is similar to people making diets that are supposed to help every body type... Stupid. There has to be some individualization.

Here are some of the most important things you need to know while training. These first rules apply to all body types.



RIPPED GUY TRAINING

1. You have to like what you do

What if I told you that you needed to do something every day for months and stick with it. You're going to hate this thing, but it will be good for you. It will lead you to a better future and life. Sounds kind of like school doesn't it? We wonder why people get out of college and never want to learn anything ever again...

I am not going to ask you to do what you hate, but I am going to ask you to do optimal workouts for your body type. The point is to give you options. If there is nothing you hate more than swimming, I am not going to tell you, "IT IS THE ONLY WAY."

One of the biggest reasons people get in shape in college is because they ENJOY IT. All of my ripped friends in college loved their workouts. They got in the gym almost every day because they loved the endorphins and loved the feeling of accomplishment.

It is foolish though to think that there is only one way to get ripped. From TRX, Cross-fit, P90X, Insanity, Swimming, Running, Yoga, Pilates, Mixed Martial Arts, etc. The list goes on and on; you just need to find something you love and stick with it.

TRY EVERYTHING. You will be shocked that when you find something you truly love, how easy it will become to workout. Keep in mind that you might not like something at first, but give it some time. Trying any new thing can be difficult in the beginning, but there is a difference between not liking something because it is new/hard and not liking something because you genuinely don't like it.

2. You have got to lift weights

Full body compound lifts are the foundation where physique is built. Now - there is discretion as to how much time you need to spend in the gym (probably less than you think). However, lifting weights at least 2-3 days a week is critical to muscular development.

Keep in mind that you have probably been lifting weights wrong for your entire life because of perpetuated stereotypes by coaches. The upcoming programs are designed for your maximum muscle development with minimal time. I know you're pressed for time, so we are going to get you in and out of the gym.



3. You have got to keep track

One of the biggest mistakes people make is not keeping track of their workouts. Getting stronger and fitter is about increased performance. In order to improve your body, you need to improve your last results. Make sense?

Download the fitness app: "iFitness Pro" to your Smartphone right now. Every single workout you do is going to be programmed and recorded.

Not an iPhone/android guy? Weird, but that's ok. There's another solution. You can bring a mechanical pencil and a spiral notebook to the gym. Buy a locker and LEAVE IT IN THERE. I promise if you don't, you will forget it from time to time.

For some of you, with the proper diet, the above rules are all you need to focus on: Lift weights 3 times a week, go play a sport, and you will get ripped. If you keep up with that diet plan YOU WILL SEE RETURNS. However, if you want to take your training to the next level, go on to step 6.

I will remind you one more time to try everything and do not be afraid to mix it up. There is no one size fits all program to getting ripped. I know gymnasts who are in much better shape than bodybuilders. Do what you love!



CHAPTER 6

Specific Training For Your Specific Body

The following is the advanced portion for each body type. Again, I want you to do what you enjoy doing, but these are the optimal training programs for your body type.

ECTOMORPH

The trick: Hit the weights brah, but hit the weights in a scientific way that maximizes biomechanics and reduces momentum to bring you to fatigue while stimulating your growth hormone... brah.

Here is your new training schedule:

Day 1 – Back/Shoulders

Day 2 – Quads/Hams

Day 3 – Rest

Day 4 – Chest/Arms

Day 5 – Ass/Calves

Day 6 – Abs

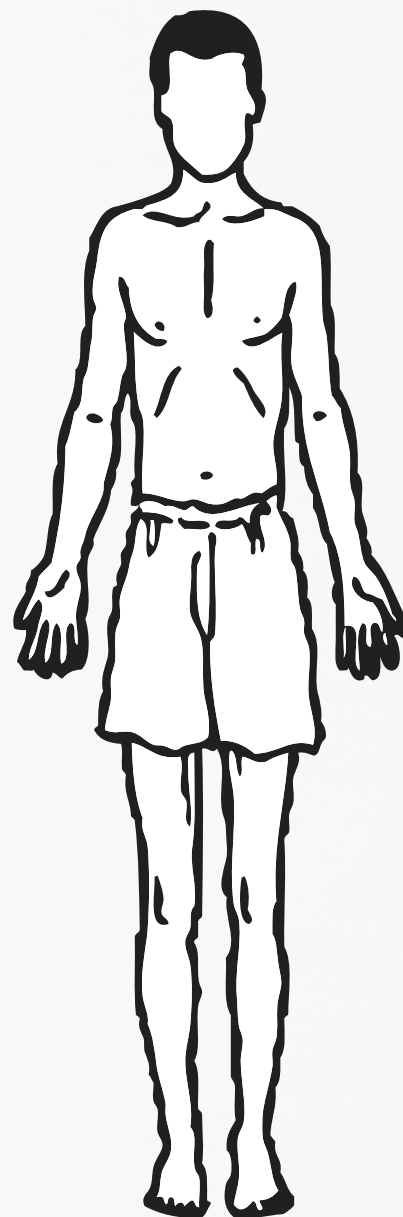
Day 7 – Rest

Note that you can flip around the schedule however you like. I usually take Wednesdays and Sundays off, but an easy trick is to pick your hardest class day and make sure it's a rest day.

HERE IS HOW TO TRAIN:

1. 6-10 Exercises per session, NO MORE.

We do not need you running around hitting 12 machines. This is a waste of time for you. The same things apply to working the same machine for 4 sets. This is not optimal for your body type because the loss of calories.



2. Perform one set-to-failure on each exercise.

This is not easy. Don't knock it till you try it, and make sure you are truly going to failure. You should be exhausted by the end of your workout.

3. Slow it down

You do not need to be throwing weights around. It's not about the number that matters, it's about bringing your muscle to absolute failure. The best way to get too absolute failure is to slow down and eliminate momentum. I suggest a 3/3 cadence. 3 seconds up, 3 seconds down.

4. Shoot for more than 8 reps.

1-8 reps are too low for any weight lifter. 6 Should be the absolute minimum.

Good workout example - Back/Shoulders:

- | | |
|---------------------------------|---|
| 1. Machine Lat Pull Down | 5. Dumbbell lateral raise |
| 2. Machine Low Row | 6. Upright row on cable machine |
| 3. Machine close grip pull down | 7. Dumbbell Shoulder Shrug |
| 4. Machine Shoulder press | 8. Machine Rear Raise (on ifitness pro application) |

How long should you spend in the gym:

The goal is for about 30 minutes total gym time. This way you can get in, do your workout, and get on with your life.

Why you need to train this way:

You need to flip the growth hormone switch and GTFO. One of the biggest problems young weight lifters run into is overtraining and spending too much time in the gym. Ectomorphs especially run into these problems because of their natural metabolism. Get in, do work, and get out!

Intra-murals:

So you have a basketball game coming up and do not want to ruin your gains. Here is the solution to all inter-mural sports for ectomorphs:

Bring a Gatorade for during and eat a big meal with some sugar carbs afterward. Do not wait to eat after an event like that. You have already burned enough calories; replenish them.

MESOMORPH

The trick: The weights are not enough. Isolation movements and interval cardio will keep turn you into a lean and ripped machine.

Your training program is a bodybuilder program. I have know many competitors and they all train very similarly to this.

Here is you training schedule:

Day 1 – Chest

Day 2 – Legs

Day 3 - Active Rest

Day 4 – Back/Shoulders

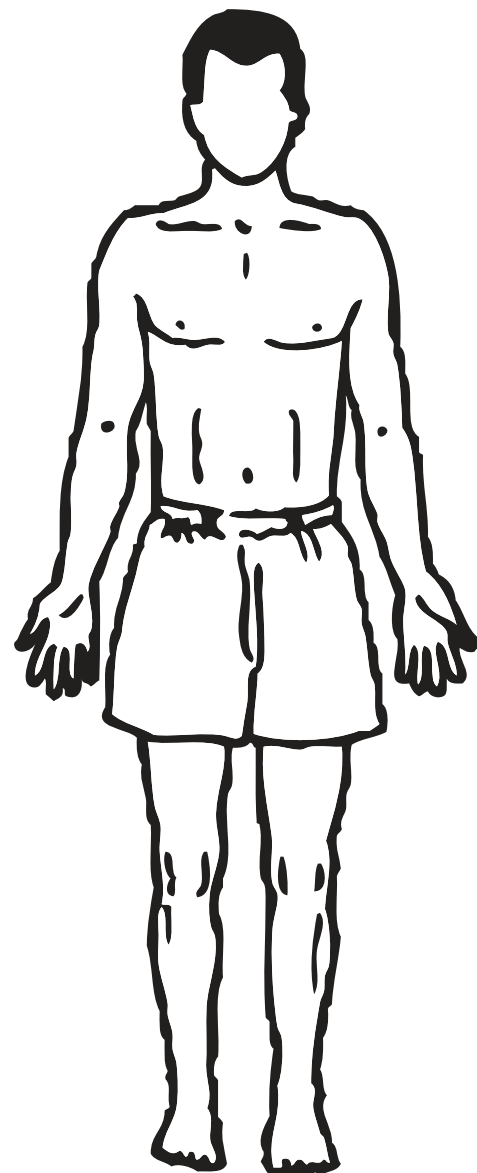
Day 5 – Cardio/Abs

Day 6 – Arms/Calves

Day 7 - Rest

“Active Rest”- Go throw the football around with some buddies or do something similar.

“Cardio” - Wind sprints or the stair master (20-30min). Follow it up with some abdominal work. Also, swimming is a good idea as well and you can do swimming sprints in the pool.



HERE IS HOW TO TRAIN:

1. 4-5 Exercises per session, NO MORE.

We do not need you running around hitting 8 machines. This is a waste of time for you.

2. Perform four sets on each exercise.

Classic bodybuilders get their physique training with 4-5 sets. Try to reach failure on your last set.

3. 6-10 Reps on everything.

Lift at a moderate pace. Your lifts should be at a 2/2 cadence. 2 seconds up, 2 seconds down.

4. 1 superset per session.

Super setting will help you build muscle and burn fat at the same time. A super set is when you perform an exercise and follow it up with a different one immediately after. You need 1-2 supersets per workout.

Good workout example - Chest:

1. Dumbbell Bench Press 4X8
 2. Incline Barbell Bench 4x8
 3. Cable Flys 4x8
 4. Decline Dumbbell Bench 4x8
 - *5. Dumbbell Fly + Pushups. (8 Fly's followed by 10 pushups) x 4
- *Indicates a super set.

How long should you spend in the gym:

The goal is for about 40min-50min total gym time. If you don't chit-chat and move quickly, it can be done in 35 min. An hour is pushing on a waste of time.

Why you need to train this way:

You have a bodybuilder physique and need to train this way in order to maximize your results. If you are pudgy in the middle, then do 2 supersets per workout. They will help you burn those extra calories.

Intra-murals:

So you have a basketball game coming up and do not want to ruin your gains. Here is the solution to all inter-mural sports for mesomorphs:

Bring a G2 with you can sip on it during the game, and then finish it when the game is done. After the game is over, grab a protein shake or something that can fill you up without all the sugar.



ENDOMORPH

The trick: your optimal workouts consist of compound movements and super sets at high volumes. These workouts concentrate on losing fat at a high rate, while improving strength and muscle mass.

Here is your optimum training schedule:

Day 1 – Cardio

Day 2 – Upper Body
Compound Lifts

Day 3 – Lower Body
Compound Lifts

Day 4 – Rest

Day 5 Cardio

Day 6 – You Choose

Day 7 - Rest

On “You Choose” Day - Go to the gym for 30 minutes and work on whatever you want to. If you are a real go getter, do some supersets or some more compound lifts that you like.

Cardio - here's three options that will optimize your results. Swimming Sprints, Wind Sprints, & High Interval elliptical.

You perform all of these exercises in a similar manner. Short bursts of speed(10-30 seconds) followed by longer periods of rest (30-90seconds). Start with 10 sets and increase the amount as your body adjusts.



A. Swimming Sprints

Have you ever wondered how Michael Phelps can eat 12,000 calories a day? In order to burn that amount of calories he would have to swim 10 hours of non-stop butterfly every day. Even he cannot do that.

The reason why he can eat so much is called the thermal load of water. I won't bore you with the details, but the effect is simple. You burn calories twice as quickly because your body disperses heat in the cold water. **SWIMMING IS YOUR BEST OPTION.**

Need proof? Great, here's a true story of a guy named Ray. In his first 12 weeks of training, Ray lost an average of 1.48 pounds a week. In his last 6 weeks, he lost an average of 4.7 pounds a week by adding cold exposure.

Ray is an extreme example implementing more than just swimming. He took ice baths and did some other techniques, but the point stands. Also note that he is clearly an endomorph.

B. Wind Sprints/High Interval Elliptical

Both of these have shown to be the best way to shed fat, while having the smallest drop-out rate amongst my clients.

Compound Lifts - Lifts that incorporate more than one muscle at a time. Here are some examples:

Best Upper Body Compound Lifts:

1. Dumbbell Bench Press
2. Pushups
3. Pull ups or Pull up Machine
4. Curl into push press (See example [HERE](#))

Best Lower Body Compound Lifts:

1. Front squat into push press (See example [HERE](#))
2. Dead-lift
3. Clean and Press
4. Squat



HERE IS HOW TO TRAIN:

1. 4-5 Exercises per session.

We do not need you running around hitting 12 different machines. This is a waste of time for you.

2. Perform 4-6 sets on each exercise.

More sets on an exercise you like is OK, but the minimum is 4.

3. 10-20 Reps on everything.

Lots of reps will not only build strength, but it will also burn calories.

4. Form, Form, Form.

You need to concentrate on your form more than anything. Getting 12 reps of squats with light weight is ok for you. If you want to get ripped, you need to focus on burning the calories. I know you can lift heavy weights, but setting gym records is not optimal for your body.

Good workout example:

Use the lower body/upper body workout I have given you to start. Do some research and come up with a workout you enjoy.

How long should you spend in the gym:

40min-50min total gym time. If you don't chit-chat and move quickly it can be done in 35 min.

Why you need to train this way:

You have to work through a ton of calories and the only way to do that is to use compound lifts.

Intra-murals:

Your team needs you. The more active you are the better. It is time to hit the courts and show your stuff. Join all the inter-mural sports you can because that will equate to the more calories you will burn.



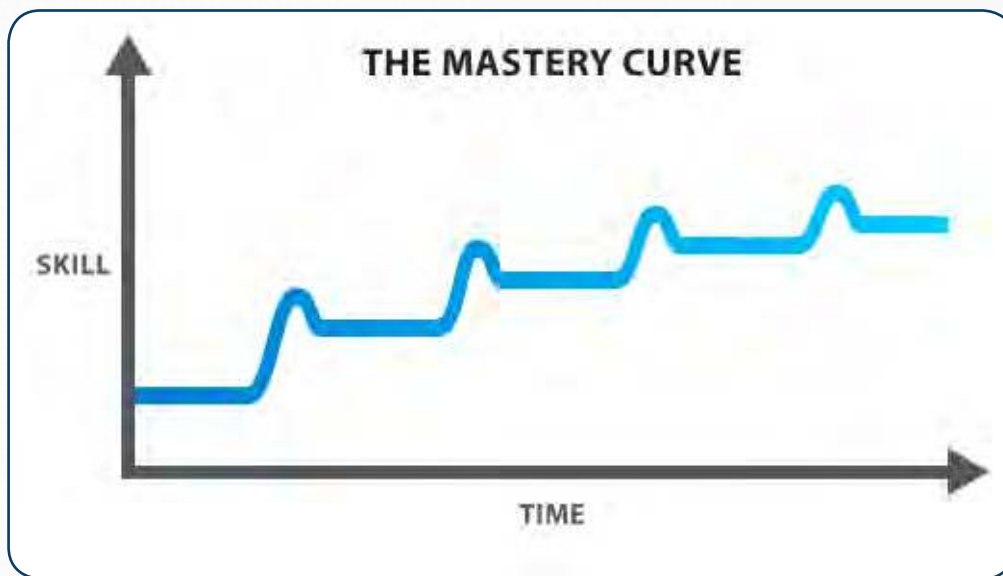
CHAPTER 7

Cross-Training, Boosting Testosterone, & Results

CROSS-TRAINING

While the training program above is optimal for each body type, there is a caveat to any program. The greatest issue in training is the adaptability of our bodies to any program. Your body is much more amazing than you give it credit for.

What happens in any training program will be improvements followed by plateaus. The mastery curve does a great job explaining what you should expect from a training and dieting program:



As you can see, you will experience lots of time where you are on a plateau and you may even feel like you are on the decline in your skill level.

The best way to combat the times, when your results are plateauing, is through cross training. Cross training is defined as combining exercises to work various parts of the body, but cross training can also mean mixing your workouts up.

When you hit a plateau, introduce a new method of training into your program to help you break through to the next level. Often, the best results can come from switching up a particular program to work on your weaknesses.

For instance, if you are really enjoying weight lifting and spend most of your time pumping the iron, joining a yoga class could do wonders for your overall results. This is because how much of a contrast it is from weight lifting in general.

You can also simply modify to a new form of cardio. If you have been focusing on swimming doing, switch it up and go for a run.

An even simpler way of shocking your body is to mix up your rep count. If you are typically doing 8-10 reps on every lift, change it up to doing 18-20 for a few weeks.

All of these things will help decrease the time it takes to get that ripped body and improve your overall fitness level. Remember, getting bored and not enjoying what you are doing is a sure way to fall off the wagon. Mixing it up will also keep your mind stimulated and entertained, keeping your workouts fresh and your body guessing.

NATURAL TESTOSTERONE BOOSTING

A subject most guys will explore in their lives, testosterone is probably the most important hormone in the male body. Not only is it responsible for what goes on down under, it is also a key component in muscle mass.

This is why steroids are popular amongst professional lifters. They know that the more testosterone and human growth hormone in their bodies, the faster they will make gains from the gym.

The problem with steroids are that they are considered a xenoestrogen. While steroids are generally not that dangerous, they cause your body to not produce less of your natural hormones. Once you are off steroids, your body will produce a lower amount of testosterone than before. This could cause ED, gyno, and a whole bunch of issues.



What you are looking for are natural ways to boost testosterone. Natural ways will signal your body that you need to PRODUCE more testosterone instead of producing less.

Another hormone we should cover briefly is estrogen.

Testosterone's counterpart, estrogen, is also produced in your body, but at a much smaller rate than females. Estrogen is what gives women their soft features, breasts, and everything we love.

That being said, if you minimize your production of estrogen and raise your production of testosterone, you will be able to maintain a much leaner body mass.

One of the best ways to lower the amount of estrogen you produce is to cut body fat. Fat actually produces estrogen so the less you have, the less estrogen you will produce. This is why it is so important for guys to get a lower body fat percentage. The less fat you have on you, the more testosterone you will produce, and the easier it will be to get ripped.

Now there are other ways to produce testosterone naturally.

THE TOP 4 WAYS TO BOOST TESTOSTERONE:

1. Zinc

Getting the appropriate amount of Zinc per day is very important in testosterone production. Zinc prevents testosterone from being converted into estrogen.

You can get Zinc from protein rich food like meat, fish, beans, and cheese. Make sure you are getting plenty of zinc in your diet.

2. High Intensity Interval Training

Short periods of intense exercise are one of the best ways to naturally produce more testosterone. You have already read about it, but keep in mind that the intensity you use on any exercise can improve your testosterone levels. Push Yourself.

3. Eating healthy fats

Healthy fats are often overlooked in the realm of testosterone production. Saturated fat and others have a direct correlation between the amount of testosterone you produce.

The best kind of fats are omega 3's and the fats you get from nuts. Consume plenty of healthy fat in your diet and do not fear it. Healthy fats will be listed in the tools for success section.

4. Sleep

Sleep is important for both human growth hormone and testosterone. Getting the appropriate amount every night will make or break your gains.

Expected time for Results:

2 weeks from now you will feel better, 2 months from now people will start to notice, 2 years from now you can look however you want.

This is an honest estimate at how long it will take for your results. A very difficult part about fitness is the beginning. It takes 20-30 days of doing something to make it a habit, and in that time the results you actually see may not be ideal.

This is the truth and you're going to have to deal with it. It did not take 30 days to get out of shape, so it's not going to take you 30 days to get back in it.

However, an extremely useful tool to keep you motivated is taking a daily or weekly picture of yourself. Stand in the same place and use the same lighting every time. The issue with seeing results in the first 30 days is that you see yourself every day. It is hard to see changes when you are accustomed to seeing yourself. Doing this will show you that you are improving and is a great way to chart your progress over time.

CHAPTER 8

Supplements

DRUGS ARE BAD, MMM'KAY.

If you have just skipped to this part of the book, do me a favor and go play in traffic. Without the proper diet and exercise, supplements are about as useless as Helen Keller's vacuum.

If and only if you have your diet and training routine on point, THEN it is time to go grab the supplements.

GNC = GOT NO CLUE

If you ever buy a supplement from GNC, you have made the wrong decision. As soon as you walk in, you're escorted by some half-wit or Roid-Bro right to their "premier product line." This product line is only used by suckers and people being paid to use it. You are paying for the convenience of instant gratification and it costs about 50-70% of your money.

Do not believe ANYTHING the person behind the counter says. They are trained to answer your questions and lead you to products they own. They have knowledge on what they are told to know, not because they have any experience doing these things. Look them up and down: if you don't want your body to look like theirs, don't take their advice.

BODYBUILDING.COM

The only website you will ever need

Bodybuilding.com has put together one of the largest fitness communities on the internet today. From their MASSIVE forum board to their reasonably priced supplements and some amazing articles, they have it all.

While you pay a convenience fee at GNC, bodybuilding.com's supplements are usually cheaper. Also, one of the cooler things they do is they ship everything incredibly quickly. Its almost next day shipping. On top of that, they put free supplements along with their shipments of new stuff to try.

Use the website and visit it often, don't bother with GNC.

Important Disclaimer:

When you click the supplements I have linked below, I get a small commission on when you purchase. I'm not required to tell you this by law or anything, but I think it's the right thing to do. I have linked the best quality supplements and the supplements me and my clients use, but if you're still not cool with that, I understand and you can buy the same supplements elsewhere.

That being said, make sure you get the same brand I am recommending for assured quality and effectiveness.

To those who do wish to support me, I really appreciate you purchasing through the links below. The profit I get does not add to the overall price of the supplement and is still generally cheaper than buying at the stores.

FINALLY, I have made a webpage on my website so you can see everything in a more comprehensive view: [HERE](#)

Much love.

THE TOP 3 SUPPLEMENTS YOU NEED

1. Protein Powder

Obviously, if you are going to get protein at every meal EVERY DAY, you're going to probably use some protein powder. Protein powder is much cheaper than eating meals, which can save you some money. However, do not get too protein shake crazy. 2 in a day is fine, 3 is a little bit excessive.

Get a powder that is low in carbohydrates for now. If you are an ectomorph, more carbs is ok, but don't get crazy. They are usually loaded with sugar which violates our dieting rules.

My favorite: **Dymatize- Elite Gourmet Protein**. It's low carb, high quality, tastes great, and is pretty inexpensive. You are not going to get value quite like it and I used it during my transformation. As previously mentioned, get it from [bodybuilding.com](#). The link is: [HERE](#)



2. Multivitamin

They're not just for your grandma, bro. Falling short on your micronutrient needs will impede your body's progress. Similar to water, they help your body function optimally.

Vitamins are great after a night of boozing because the alcohol will deplete you of these nutrients.

Don't get some crazy vitamin 12-pack unless you have the money to spend. It's not important enough to blow the extra dough. Get a solid multivitamin with a good rating online.

The best one is Opti-Men. It's designed specifically for men and is made by one of the most reliable supplement companies on the market. The link is: [HERE](#)



3. Green's Supplement

It does not take a rocket scientist to know that you are not taking care of your vegetable needs while in college. Green's supplements are designed to fill in those servings of fruits and vegetables that you are clearly not getting.

A good time to take this is right after your workout. Reason being that when you workout, free radicals are released into your body, and the antioxidants you get from this supplement will kill them off.

My favorite Green's supplement: [HERE](#)



CHAPTER 9

Your Specific Supplements

ECTOMORPH:

1. Creatine Monohydrate

I cannot emphasize how important it is that you begin taking this ASAP. It increases both maximal force and protein synthesis in your body, which means that you will lift more and gain lots of lean mass. And no, it's not water weight.

If you have kidney problems, consult your doctor first. You can do a loading phase and take a large portion the first week and smaller portions later, or you can take 5-20 grams daily for the rest of your life.

Get just the monohydrate; you do not need any of that other stuff. The best one you can get and what I use daily: [HERE](#)

It has also been shown to improve cognitive function in the elderly... YES!

2. Casein Protein

Slow digesting protein is good for you at night. This way you are not famished when you wake up the next morning. Cutting down the fasting portion of your evening could help to gain mass. Grab it. The one I used: [HERE](#)

MESOMORPH

Gaining weight? Use: Creatine Monohydrate (Same as Ectomorph)

I cannot emphasize how important it is that you are taking this ASAP. It increases both maximal force and protein synthesis. This means that you will lift more and get more lean muscle. And no, it's not water weight.

If you have kidney problems, consult your doctor first. You can do a loading phase and take a large portion in the beginning and smaller portions later, or you can take 5-20 grams daily for the rest of your life.

The best one you can get: [HERE](#)

Shedding some fat? Use: Green Tea Extract

I had a client that was trying to lose 10 pounds right before spring break. We had been training for awhile and it was her last 10 pounds to lose. I added this one supplement and in less than 2 weeks she shed off the fat.

Simply put, this is a metabolism booster and will help you burn through some more calories throughout the day. Be sure it is the extract though.

Instead of drinking all that green tea you can get the same benefits in capsule form. Oh, and they are cheaper than a Taiwanese hooker: [HERE](#)

ENDOMORPH

1. R-Alpha Lipoic Acid.

Remember how your body is sensitive to insulin? This is a pill that will reduce your insulin response to meals and improve fat loss. You can use this supplement daily. I highly recommended this if you are interested in losing weight.

Quality product with high marks: [HERE](#)

2. Green Tea Extract

I had a client that was trying to lose 10 pounds right before spring break. We had been training for awhile and it was her last 10 to lose. I added this one supplement and in less than 2 weeks she shed the fat.

Simply put this is a metabolism booster and will help you shed through some more calories throughout the day. Be sure it is the extract though.

Get it: [HERE](#)

Protein Bars

Protein bars are a great solution for on the go nutrition. There is only one bar you should consider eating:

Quest Bars - Quest bars are by far the highest rated protein bar and are jammed full of dietary fiber, so do not worry about the high carbohydrate count. Get them: [HERE](#)

Pre-Workout Supplements

I have no problem with them, but usually they are a waste of money. Most of them have no significant nutritional benefits and if you have the option, spend your money elsewhere.

That being said, I know guys who believe in them and feel they lead to focus and gains

in the gym. So my solution would be to find a cheap one and make sure they have no sugar in them.

I used an Advocare product called Spark throughout college and liked it. It is pretty cheap and you will undoubtedly have an Advocare rep on your campus. Most of the ingredients are recognizable and it contains amino acids necessary for recovery.

However, that being said, I've gone no-pre workout for awhile now and feel great. Try no pre-workout first and only switch if you feel like you need another edge.

My friend and lifting buddy Mitch Ackerman put it like this, "If you are not motivated enough without them, then you won't succeed anyway." I could not agree more.

So, you're looking to get ripped in a short period of time? Here's the simple way to shred in 2 weeks like the pros do.

Enter Christian Jones. His physique speaks for itself. He is a student at Kansas. Before he cuts down for his competitions, this was his regimen: the simple way to cutting like a pro.

Phase 1: No processed sugar or fast food (14 days out)

No candy, no ice cream, popsicles, junk food, soda and no fast food. These are all the blatantly obvious things to cut out at the beginning of a diet and lifestyle change.

Phase 2: No dairy, less bread and nothing but water to drink regularly (14 days out)

One caveat to this is that almond milk is still ok for blending shakes, but if you can focus on drinking **ONLY** water you will shed pounds left and right. Take out yogurt, milk, and cheese (sorry no pizza) and begin to eat more veggies, fruit and protein. If you get hungry, you can always grab a protein shake.

Phase 3: Nothing out of a box, bag or can (10 days out)

I'll let this one sink in. Nothing at all that is processed, manufactured or created. All of that junk usually winds up in a box, bag or can, therefore don't eat anything that comes out of those containers. What are your options? Cooking meat, eating fruits and veggies, protein shakes are still OK, and then more meat. Balance the nutrients you miss in your diet with solid vitamins and minerals. If you need some carbs, don't feel bad about having a sandwich with turkey, but try to limit this.

Tailor these rules to your specific situation, because no two situations are the same. The more you can follow these rules though, and stay true to the phases, you will be better off.

Short, Sweet, and to the point.



CHAPTER 10

Make Your Goals

You have come far, but this is just the beginning. It is hard for me to admit, but some of you will fail in your fitness journey. Some of you will read this book, be inspired, and then get distracted.

Come back and re-read some of this stuff when distractions come your way. It will always be here majestically inspiring you with its words of profound wisdom.

Grab a partner

Lifting with a buddy can help keep you accountable and motivated. They will also be there to spot you in case you need it.

Obviously, because this book is tailor made to each specific body type, you need to select someone who looks like you. Also, select someone who is in close proximity to you, someone in the same dorm or frat house so you do not have to spend a lot of time waiting around.

That being said, a partner is not necessary. If you feel like they are slowing you down, working out on your own is ok.

“A vision without a plan is merely a hallucination.”

- Will Rogers

GOAL CHART

Do not neglect this.

Goals in order to be achieved need to be simple, specific, and have a date. Remember be specific.

Also goals have an action plan associated with them. What are you going to sacrifice to meet your goal?

“I want to be big” - Is the perfect example of a goal that’s not specific in any way, shape, or form. Don’t say this.

“I want to gain 10 pounds of muscle by May 1st” is a good goal.

Here is an example of how to set goals:

Due: March 1st

Goal: To lose 10 pounds. To achieve this I will give up sodas, workout 5 times a week, and only drink during two nights.

Due: April 1st

Goal: To see top to abs by the end of the month. I will add a cardio workout to my regimen every week.

Due: May 1st

Etc.

Your Turn:

Tape this in these places: Your Fridge, Your Bathroom Mirror, and by your bedside. You can print one off on a word document pretty easily. Remember not to make things too complicated.

Due:

Goal:

Due:

CHAPTER 10

Tools For Success

BODY FAT PERCENTAGES:

This is probably the most accurate chart I have ever seen on the internet. You can also see how your female comparison differs.

Complex Carbs:

- 100% Whole Wheat Bread
- Oats/sugar free oatmeal
- Brown Rice
- Whole Wheat Pasta
- Yams
- Vegetables
- Beans (black, kidney, pinto)
- Fruit - While it is not technically a complex carb, they are very good for you. Anybody who tells you otherwise is crazy.



Great Sources of Protein

- Chicken (thigh or Breast)
- Beef
- Pork
- Eggs
- Fish
- Cottage Cheese
- Skim Milk

Great Sources of Fats

- Nuts
- Almond Butter
- Avocados
- Olives
- Olive Oil
- Sunflower & Pumpkin seeds
- Fatty Fish
- Natural Peanut Butter

ON A BUDGET

So you want to get ripped, but have no money. Here are the top tips my friends and I learned in college to save you some Benjamin's.

Shop at a smaller grocery store

In Fayetteville, Arkansas they had a small grocery store right by my house that was much cheaper than Wal-Mart or any other big chains. Small grocery stores will usually give you discounts on meat, especially when it is a few days till expiration. Buy it and throw it in the freezer to save yourself a few bucks.

**“You’re so money,
and you don’t even
know it.”**

- Swingers

Be Prepared

Plan out what you're going to eat and have a protein bar in your bag for emergencies. Protein bars on campus cost about double what they do when buying in bulk online (I'll show you how).

TOP 10 FAST FOOD CHOICES:

1. **Chipotle** - I don't think I have to explain how good this place is. It is cheap and if done right, you can make it very healthy. Here's how:
Use these ingredients only when at chipotle: Bowl, brown rice, black beans, pinto beans, any kind of meat, any kind of salsa, lettuce, and corn. If you are trying to gain weight you can add some guacamole as well. **AVOID:** Cheese, tortillas, tacos, and sour cream.
2. **Chick-Fil-a** - The grilled chicken sandwich at chick-fil-a is both delicious and nutritious. Think it costs less than 5 bucks. Also, any grilled chicken from this place is approved just no regular chicken sandwiches.
3. **Subway** - Go for the oven roasted chicken breast sub on a whole wheat bun. Add any kind of vegetable you want, but **NO CHEESE**. Also, choose a lighter dressing like "fat free" anything or mayonnaise (mayonnaise actually has good fat in it).
4. **McDonalds** - You are almost guaranteed to have one around you and that is why it is on the list. Southwest chicken salad with grilled chicken is the way to go. Tastes great as long as the lettuce is fresh. Do not order anything else from here, ever.
5. **Starbucks** - So, it's kind of weird you go here, but some of you do. You can order black coffee and they now have a protein platter. Comes with a bunch of stuff that is good for you.
6. **KFC** - Get grilled chicken and vegetables. No mashed potatoes or macaroni and cheese. Those green beans are damn delicious anyway.

7. **Burger King** - Get the grilled chicken sandwich or the grilled chicken wraps.
8. **Wendy's** - They now offer a grilled chicken sandwich that is pretty good and they have a good grilled chicken salad.
9. **Sonic** - Again, go for the grilled chicken sandwich and for the love of god do not order any special drinks.
10. **Pizza Hut, taco bell, and Jack and the Box** - Sorry bro-sickle, there is no way to make pizza hut, taco bell, or jack in the box healthy. It's as if it is their personal policy to make you fat, don't eat here.

DORM ROOM LIFE

Enter Dillion Swacker. I met Dillion my senior year in the gym when he was a freshman. He is jacked and does mostly military style workouts. Here are his suggestions for dorm room life.

"These are some things that especially living in the dorm have helped me tremendously in keeping my figure/ building lean muscle this year

- The magic bullet. It's quick, easy and easy to clean in a small dorm room sink. I'm able to make my shakes all throughout the day and use them as meal replacements and post workouts whenever I need to. Also they taste good which is great.

- Morey's marinated season grilled tilapia and salmon- great if you don't have time and a grill, you can just put them in the microwave for 3-4 minutes and you have a lean high protein snack or quick meal (also better chef season grilled chicken filet)

- Britta water filter or water bottles, drink as much water as possible"

Some other simple snacks to have in your dorm at all times are protein shakes, protein bars, and almonds (or your favorite nut). These will keep you from going crazy and buying some vending machine chips.

BEST 2 LIFTS FOR EACH MUSCLE GROUP:

Back:

Pull-ups - May be hard at first, but these are the ultimate way to get a ripped back. If you struggle with getting any at all there will be a pull-up machine you can use at your gym to build up your strength.

Bent over row - Getting the balance down is hard and make sure to keep your back locked. These will make you thick as hell if done right.

Arms:

Bicep Dumbbell Curls - I have 16in arms and I curl 30-pound dumbbells. Eliminate the momentum on these and they will get huge.

Triceps pull downs - Again, it is all about eliminating momentum. These are the best way to blow up your triceps, which are three times as big as you biceps.

Legs:

Squats: There is a reason why the squat rack is the king of all lifts. It strengthens everything; just make sure to watch your form.

Lunges: With or without weight, these will make your legs strong as hell and work on your gluteus.

Cardio:

HIIT training - Much better than long periods of cardio for your physical health. Not only will you burn more calories, you will spend less time in the gym.

“Men are anxious to change their circumstances, but are unwilling to improve themselves, they therefore, remain bound.”

– James Patterson

Chest:

Dumbbell Bench Press - May take some practice to get your balance down, but this lift is 10x better than using the barbell.

Pushups - This is how navy seals get in shape, don't over complicate things. Use a variation to stimulate different parts of your chest.

This won't be easy...at all. Nobody is going to push you into the gym, nobody is going to keep you accountable on your diet, nobody can.

Part of becoming a man is being able to look at yourself in the mirror everyday and recognize the truth. To swallow your pride, accept who you are, and go out into the world and take what you want.

The reason people say, “No you can't have that” or “God doesn't want you too” or make laws, is because they want to control you. It makes people feel very insecure when someone is ignoring the status quo and chasing after their dreams.

Be honest with who you are right now. What do you want to change and what are you willing to give in return? Picture what you want and the feeling you will have once you accomplish it.

I leave you with this, I believe in you. I believe you can have the body of your dreams and can achieve anything in this world. I believe that some of you will use this book as a platform to change who you are, both physically and mentally. The only thing left is for you to believe. You have got one life & one shot at this thing, don't waste it.

I will always be posting/writing interesting things about fitness. There really is a need for practical fitness advice for college students. Up to this point, there is a total lack of material in this area. Please help me by following me and sharing my website with people. MUCH LOVE GUYS.

If you have questions tweet at me and my twitter is filled with: fitness advice, tips, videos, and more:

Twitter: <https://twitter.com/ChronOfNernia>

If you had not seen them, here are my before and after photos. I hope you enjoyed the book. Please give me your feedback/testimonials at Nerney_3@yahoo.com or www.facebook.com/fitnessincollege.

Much Love - Alex

