

THE SUPPLEMENT GUIDE

FROM

MUSCLEHACK.COM



GET THE EDGE

ON MUSCLE-BUILDING & FAT LOSS

The supplements that work...
and the ones that don't revealed

Mark McManus

MuscleHack.com

Disclaimer: This book is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment, nor as an alternative to medical advice. It is presented for information purposes only. Recommendations outlined herein should not be adopted without a full review of the evidence provided and consultation with a physician. Use of the guidelines herein is at the sole choice and risk of the reader. The author and publisher shall remain free of any fault, liability or responsibility for any loss or harm, whether real or perceived, resulting from the use of information in this book.

Welcome! If you want to know what supplements actually work (and which ones I personally take), pay close attention to this strictly no B.S. Booklet.

Before I get into the list of "do's" and "don'ts" of bodybuilding and fat loss supplements, I want to encourage you to start training correctly and scientifically for fast muscle gains.

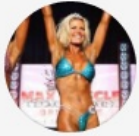
My **Targeted Hypertrophy Training** program is 100% free and produces fast size and strength gains because it's based on the true science of bodybuilding.



- The most effective exercises identified by scientific testing.
- The correct no. of sets.
- The correct no. of reps.
- How often to train each muscle.

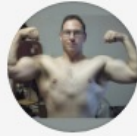
Just like this supplement guide, there are no catches. My training is 100% free.

Just [go to www.MuscleHack.com](http://www.MuscleHack.com) to download it. You'll train in 10-week cycles, and I recommend that you begin with the 3-day per week routine. Enjoy your gains!



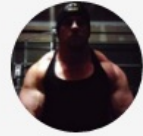
"I found the MuscleHack site in January of this year. I couldn't believe the difference it made in my training! I gained more muscle and got so much stronger in 2 months than I had the entire YEAR of training before! The difference in the amount of muscle I have now is amazing!"

**Brandi McAtee - NPC
Competitor (Yes THT is for
women too)**



"Let me put this straight: THT is the BEST program out there. I've never had these kind of results from any other workout. I'll never train another way again"

Eddie Mathewson



"I saw a book called Targeted Hypertrophy Training. I clicked it, read it, and realized I had been training the wrong way for 20 years! THT has brought to me the knowledge and understanding of how to actually build muscle the correct way."

Sean Alexander Brown



Serge Ouellette couldn't believe his fast gains on THT. He said, "I was blown away how much my body has changed after completing week 6. Both pictures were taken in the morning, cold, no pump or anything. Looking forward to many weeks and years of THT. Loving every minute. Life changing."



Mark House said, "At 45 yrs old & 297 pounds, it was time to transform. I downloaded your THT workout program to learn as much as I could. Thank you for your free programs and for keeping it REAL!"

Go to www.MuscleHack.com to get THT Training free

Guys, I get all my supplements from MyProtein. I trust them because they were the first UK brand to achieve ISO9001 production certification. They state:

“We test every single raw material on entry into our factory and every finished product before it leaves by using our state of the art Near Infra-Red machines.”

The quality has also been verified through independent testing by Labdoor.

And you can get 10% off all orders for life at MyProtein by using the links below and using the code 'MUSCLEHACK' at checkout.

[GO TO MYPROTEIN UK/EUROPE](#)

[GO TO MYPROTEIN USA](#)

If viewing this on a Kindle and the links don't work, paste these addresses into your browser...

<http://tidd.ly/5d0c699b> to go to the UK/Europe Store

<http://tidd.ly/1f215bbf> to go to the USA store

Enjoy your cheap, quality supplements!

MARK MCMANUS ON SOCIAL MEDIA

Please add and follow me on social media so we can chat and stay in touch, guys!

You can get me here. I have a great community of followers, so come join us!

[FACEBOOK](#) | **[INSTAGRAM](#)** | **[SNAPCHAT](#)** | **[TWITTER](#)** | **[GOOGLE+](#)**

Here are the manual links:

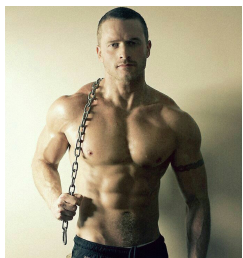
Facebook: <https://www.facebook.com/MuscleHack>

Instagram: https://www.instagram.com/mark_mc_manus/
(username: mark_mc_manus)

Snapchat: https://www.snapchat.com/add/muscle_hack
(username muscle_hack)

Twitter: [@MuscleHacker](https://twitter.com/MuscleHacker)

Google+: <https://plus.google.com/101638551285917337105/>



Mark McManus CPT

CEO MUSCLEHACK LTD. Creator of THT Training

Creator of fast fat-shredding system [Total Six Pack Abs](http://TotalSixPackAbs.com/)
<http://TotalSixPackAbs.com/>

MUSCLEHACK FREE SUPPLEMENT GUIDE

Part 1 deals with the (short) list of scientifically proven supplements that actually work. They *can* and *will* help you achieve your muscle-building and fat loss goals.

In part 2 I'll list some popular supplements that simply do not work. Please be aware: if a certain product is not found on my "it works" list in section 1, you can assume that it's bunk and that I don't recommend it.

And **part 3** is a special on pre-workout supplements. I'll tell you the best, the worst, and the downright dangerous as determined by the latest scientific findings conducted by the good people at Labdoor. (47 total pre-workouts were tested).

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PART 1

what works

Whey Protein
Creatine
L-Glutamine
Caffeine
Beta-Alanine
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Multivitamin
Ephedrine/Caffeine Stack

PART 2

what doesn't work

Tribulus Terrestris
"Exotic" Creatines
Weight Gainers
BCAA's
Pre-Workouts
L-Carnitine
Whey Hydrolysate
Deer Antler Velvet
Pyruvate
C.L.A.

PART 3

pre-workouts

47
pre-workout
drinks
scientifically
lab
tested. The
best &
worst
revealed!

- GET SHREDDED ABS FAST: <http://totalsixpackabs.com/>
- AWESOME HIGH-PROTEIN RECIPES: <http://buffbaking.com/>
- GET BIG ARMS FAST: <http://www.musclehack.com/arms-blast/>
- GET A BIG CHEST FAST: <http://www.musclehack.com/chest-blast-workout/>
- GET MUSCULAR LEGS & BUTT FAST: <http://legblastworkout.com/>

PART 1 – LEGIT SUPPLEMENTS THAT WORK

I'll do this in 3 sections:

- 1.The biggest, most important supplements
- 2.Micro-supplements
- 3.Fat-burners

THE BIG MOST IMPORTANT SUPPLEMENTS

(1) WHEY PROTEIN

It's just protein. While there's nothing magical about it, and you can get all your protein from food, whey is the highest "bio-available" protein source, and it's extremely convenient for meeting your daily protein needs (take about 1g protein per pound of body weight). It's also perfect for your post-workout protein fix when the last thing you want to do is eat a couple of chicken fillets!



Where To Get It:

1. USA: [Optimum Nutrition Whey](#) or [Impact Whey](#)
[MyProtein USA](#)
2. Europe: [Impact Whey from MyProtein](#)

How To Take It: Simply take when needed to hit your daily protein target. Ideally, take 40g in your post-workout shake.

(2) CREATINE

It works [1] [2] and it's safe [2]. Forget the hype surrounding other forms of creatine. The real research shows that monohydrate is the far superior form [3] [4].



Where To Get It: In America, you can get a high-quality, cheap Creatine here (<http://amzn.to/2cpDgcU>). If you're in Europe, you can get a fantastic (and cheap) Creatine here (<http://tidd.ly/8be4c7e>)

How To Take It: Take 5g in your post-workout shake - just add it to your whey. I do recommend "loading" with creatine first before this maintenance phase ([get details on how to load here](#)).

(3) L-GLUTAMINE (optional)

Consider glutamine supplementation optional. Many people aren't fans, citing a lack of research.

However, the more intensely you train, the more glutamine your body needs. Low glutamine levels can lead to muscle loss, and protein synthesis levels (the rate that you build

muscle) are proportional to muscle glutamine levels.

If you've got the money, go for it. But I would prioritize the other supplements in this book first.

How To Take It: Simply put 5g in your post-workout shake along with your whey and creatine, as stated above. So a great post-workout shake to kick-start the anabolic process is 40g whey, 5g creatine, 5g glutamine.

Where To Get It:

- (1) USA: Cheap Glutamine <http://amzn.to/2czS9Uq>
- (2) UK/Europe: High Quality Glutamine:
<http://tidd.ly/e7532f9b>

(4) Caffeine

Caffeine can reduce perceived effort, pain and increase muscle contractility. Simply, it works to increase workout performance.

How To Take It: Take 200-300mg 30 mins before training.

Where To Get It:

- (3) USA: Cheap Caffeine: <http://amzn.to/2czUKOr>
- (4) UK/Europe: Cheap Quality Caffeine:
<http://tidd.ly/e7049204>

(5) BETA-ALANINE

There is solid research regarding the efficacy of Beta-Alanine and it SHOULD play a regular role in your supplementation. This study [5] showed beta alanine supplementers gained an extra 1lb of muscle over 8 weeks as compared to the placebo group.

Where To Get It:

USA: Beta-Alanine <http://amzn.to/2d2eVZr>

UK/EUROPE: Beta-Alanine <http://tidd.ly/850c93d8>

How To Take It: Take 2g of Beta-Alanine in water (or whatever you like and wash it down with 200mg caffeine 30 minutes before your workout.

MICRONUTRIENTS

If you want to maximize results, your body needs to be healthy and to be able to recuperate at optimal levels. Most of your micronutrient needs should be met with diet, but lifting creates an extra demand on the body. I take all my micronutrients together first thing in the morning.

(6) VITAMIN D

There are a number of health benefits of supplementing with Vitamin D. But 2 studies, one on mice [6] and one on humans [7], show that it indeed may help accelerate muscle growth.



Where To Get It: USA - Cheap High Quality Vitamin D
<http://amzn.to/2cxwH4a>

UK/Europe - Vitamin D from MyProtein
<http://tidd.ly/d82d0323>

How To Take It: If you don't live in a sunny climate, take 5000 IU (international units) to 10,000 per day.

(7) FISH OIL

There are a number of health benefits associated with fish oil supplementation:

- (1) Lower Triglycerides
- (2) Helps Overcoming Depression
- (3) Lower Blood Pressure
- (4) Healthier Joints

How To Take It: Take 1 - 3 x 1g capsules per day

(8) ZMA (or just magnesium)

Optimal magnesium levels can lead to increased strength and shows a correlation with protein synthesis levels [8].



Where To Get It: USA - Cheapest US ZMA

<http://amzn.to/2cpOazw>

UK/Europe - Cheap ZMA <http://tidd.ly/748cf91f>

How To Take It: Take up to a max (no more) of 500mg of magnesium per day. For ZMA, it's usually 1 capsule per day.

(9) GOOD MULTIVITAMIN

Should be fairly self-explanatory. Hacking into our muscle tissue 3-5 times a week places a greater demand on our bodies than for ordinary folk. Make sure you've got all bases covered with a high quality multivitamin.

Where To Get It: USA - Animal Pak

<http://amzn.to/2d0hgRW>

UK/Europe - Alpha Men Supermultivitamin

How To Take It: See product packaging for details.

<http://tidd.ly/c8264800>

FAT BURNERS

I just don't recommend these. They're complete rubbish and unnecessary. What you really need is the optimal diet and workout for fat loss.

(10) Ephedrine & Caffeine Stack

Having said that, yes an ephedrine and caffeine stack works, but ephedrine was made illegal as a fat loss supplement a few years ago.



However, clinical research has consistently verified the effectiveness of E/C on fat loss over placebos.

Ephedrine/caffeine doesn't just speed up your metabolism, it also helps suppress hunger. Furthermore, you'll still have the energy (physical and mental) to power through your training make gains. As such, it's no wonder ephedrine used to be an integral part of a bodybuilder's supplementation when cutting.

Where To Get It:

Century Supplements in Canada sometimes carry it.

I've also been told that over-the-counter products like Bronkaid or Primatene contain ephedrine. Apart from that, I don't know where you can get a non-fat-loss ephedrine.

How To Take It: 25 milligrams of ephedrine and 200 milligrams of caffeine to be taken together 3 times daily (at max).

In total, the daily dose is 75 milligrams of ephedrine and 600 milligrams of caffeine. The caffeine has no real effect on its own, but works to enhance the effectiveness of the ephedrine.

But even 1 dose of 25mg E/200mg C will help with your workouts when cutting down below 10% body fat.

PART 2 – SUPPLEMENTS THAT DO NOT WORK

Don't get scammed. Don't waste your money. I've been saying this for years: MOST bodybuilding supplements are garbage and don't work!

In contrast to part 1, I've put together a list of the top 10 products that do not work and you should never buy.

(1) Tribulus Terrestris

Back in 2011, I first said this crap doesn't work. When scientifically tested Tribulus Terrestris fails repeatedly to produce any increases in testosterone, strength and/or muscle gains [9] [10].

(2) Other Forms of Creatine other than Creatine Mono

If you're a supplement company looking to get ahead, how can you top the 1 product that has consistently been shown to work and be safe? Introduce an even more effective version! Creatine Ethyl Esther and kre-Alkalyn have come forward as "super-charged" creatines. Pity it's total nonsense and they've actually been proven to be much LESS effective [11] [12]. Stick to monohydrate.

(3) Weight Gainers

Just don't. Seriously. I shake my head in disbelief when I hear there are some people still taking this junk. The weight you gain is fat, not muscle. All a weight gainer is, is some protein with high amounts of sugar (usually maltodextrin) and fat. If you really want to wash down your protein with sugar and fat, take a shake and eat a couple of snickers bars. It would be just as "healthy" and equally effective.



(4) Branched Chain Amino Acids (BCAAs)

If you are getting all the protein you need on a daily basis to build muscle, there's no need to take BCAAs. Studies show that whey is more effective [13] [14]. The one time I *do* recommended BCAAs is when you are going to be unfed for a period. Intermittent Fasting (IF) people utilize BCAAs around their workouts to good effect in this way

(5) Pre-Workout Drinks

I'm not saying they can't be beneficial, they can. I'm saying that you probably shouldn't buy them.

You can make your own for about 1/10th of the retail cost – yes 10% of what the supplement companies charge you.

[You can get the ingredients and where to get them in my post here.](#) (there's even an instructional video too)

Manual link: <http://www.musclehack.com/video-how-to-make-your-own-cheap-pre-workout-at-home-full-instructions/>

(6) L-Carnitine

The theory is that if you increase the amount of carnitine in your muscles, fat oxidation increases i.e. you burn more fat. However, studies have failed to demonstrate this – at all. Stay away from this one.

(7) Whey Hydrolysate

Kinda like the creatine thing. Companies are always looking for a more effective whey so that they can beat their competition. Basically whey hydrolysate is already partially broken down leading to faster absorption. But there is no research that clearly demonstrates better recovery or increased protein synthesis levels. Since this form of whey costs a lot more, you're better off sticking to your whey concentrate or isolate.

(8) Deer Antler Velvet or Elk Velvet Antler

Will it make you big? Nope.

This is another “anabolic hormone” increasing product. Except it does nothing of the sort. When tested on humans, it does nothing to increase strength or hormonal response to training.

(9) Pyruvate

I remember being told about pyruvate when I first started training years ago. Being a lot more naive than I am now, I thought there must be something to it. Basically it's supposed to help burn body fat faster. When tested (not by the supplement companies themselves) this effect was not seen. Surprised? Me neither.

(10) Conjugated Linoleic Acids (CLA)

Another supposed fat-burner. Yes it did help rodents burn fat, but as is normal, this wasn't the case when tested on humans (by independent researchers). Even worse, supplementing with CLA might have a negative effect on insulin sensitivity and glucose metabolism [15]. So unless you want to become insulin resistant, stay clear of CLA.

TOTAL SIX PACK ABS

Total Six Pack Abs is the best fat loss and six-pack abs product on the market. I say that without any hesitation.

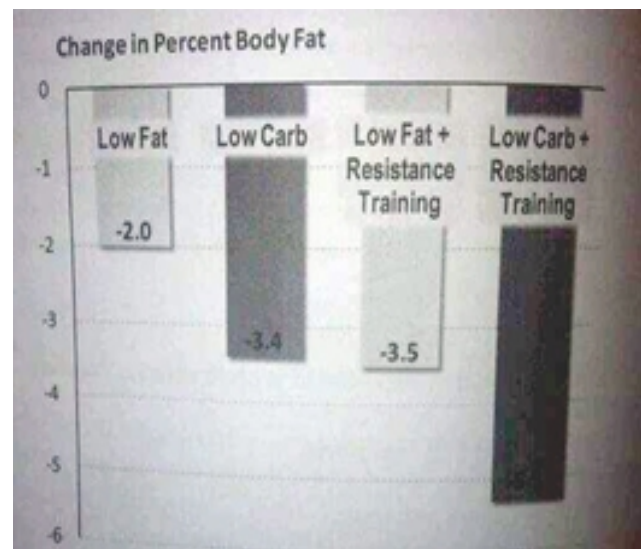
<http://totalsixpackabs.com/>



TSPA produces better fat loss than anything else. It consists of:

- (1) The best fat-blasting diet (scientifically proven to be the most effective around)
- (2) A (slightly) modified **THT** training cycle – yes you train your **WHOLE** body as normal. You never stop making gains in the gym just because you are cutting.
- (3) The most effective form of cardio for fast fat loss (cardio is optional on TSPA)

Science has repeatedly proven the combination of the type of diet and training used in TSPA as **THE SINGLE BEST** way to lose fat and improve body composition.



NOTE: you will cycle carbs up and down on TSPA. It is not a permanent low-carb diet.

TSPA has its own diet and meal plans (and you can use the free meal plans book above to help as well).

I have so much confidence in this product that TSPA comes with an **8-week 100% no-quibble money-back guarantee.**

Let me show just some examples of **REAL** success stories who have reported back to me after they tried the system. Let me stress once again that all **MuscleHack** and **Total Six Pack Abs** testimonials are 100% genuine. People, of their own accord, send me their pics and a message of thanks after they've used the TSPA system.

Other bodybuilding 'gurus' out there have their friends write testimonials for their products. Additionally, and **SHAMEFULLY**, they also hire models who already have six-packs and get some good pics. They *then* have them eat like crazy for a few months and take some pics of the fatter version. Then they swap the photos and claim that the lean, six-pack version is the '**after**', and the heavier pic is the '**before**'. What a scam! In contrast, here's some **REAL-LIFE** testimonials...



[Chris is a wrestler and wrestles under the name 'The Cougar Kid']

"Using Total Six Pack Abs it took around 43 days. I have two sets of calipers, the metallic ones have me at 9% and the slim line ones that pinch me harder are saying 7%, so I guess

I'm around 8%."

[This is Chris' Facebook page.](#)



"Mark, I wish I had known about your program a couple of years ago. I'm 44 and for the first time in my life I have myself down to 9% bodyfat with abs to show. I bought Total Six Pack Abs and did the program for exactly 6 weeks. The more I followed your guidelines the faster I started to cut. I always have a ton of energy, my vascularity has gone crazy and I feel great all the time. I can't thank you enough."

[This is Al Siebert's Facebook page.](#)



After finding Total Six Pack Abs, 46 yr old Lisa took 1st place in the Natural Pennsylvania NPC Pittsburgh show, and placed 3rd at the Elite Physique NPC Pittsburgh show!

"Hi, Mark! I won 1st! I cannot tell you how many people I refer to your site! Some don't believe that's all I used this last year to get where I am, but I tell them, yes it is! I'm an ex-runner – cardio queen. I'm 46 years old and never felt better or stronger or tighter. Thank you, Mark, for your website and great information!"

Lisa Hauliska

[SEE ALL THE TOTAL SIX PACK SUCCESS STORIES HERE](http://TotalSixPackAbs.com/)

<http://TotalSixPackAbs.com/>

PART 3 — PRE-WORKOUT SPECIAL SECTION

If you think a product must meet the doses stated on its label...think again! Or if you think a product is safe or FDA approved just because it's on the market...think again! One tested pre-workout supplement that I'm about to talk about even contains an **amphetamine-like** ingredient.

So if you want to know if your pre-workout is effective, a dud, or even safe to consume... read this section!



The guys over at **labdoor** were impressed with my scientific approach to supplements and training at MuscleHack.

So we worked together on getting this BRAND NEW research out there regarding pre-workouts.

Labdoor tested 47 best-selling pre-workout supplements in the US in certified labs.

Products were then graded based on Efficacy, Purity, Label Accuracy, Safety, and Nutrition.

Let's just start with the very WORST product...

THE WORST PRE-WORKOUT: **TRAIN CRITICAL FX**

The worst pre-workout as tested is: TRAIN CRITICAL FX

Not only is it crap. But it contains a “relative of amphetamine”. Labdoor said...

“Because the FDA isn’t able to handle testing each and every product that gets to retail shelves, we get products like this one that are hugely ineffective and spiked with extremely dangerous substances.

This product was spiked with **50 mg of unlabelled BMPEA (beta-methylphenethylamine)** , a relative **of amphetamine** that’s been banned by the FDA for causing dangerous increases in blood pressure. Just last year a woman suffered a stroke after drinking a pre-workout that was spiked with BMPEA.

Sometimes companies will hide BMPEA under the plant name, *Acacia rigidula*, even though they’re unrelated. Train Critical FX was cited by the FDA and the company was ordered to stop distribution, but we were able to still buy it recently with BMPEA present.”







Here's the data per serving:

Ingredient	Actual measured amounts	Recommended Doses
BMPEA	50 mg	X
Caffeine	~130 mg	Benefits start at 20 mg and max out at 200 mg
Creatine	~0.3 g	Maintenance doses should be at least 2 g
NALT	~0.2 g	Dosage is normally 2-3 g
AAKG	~0.2 g	Dosage is normally 3-6 g
Beta-alanine	~0.1 g	Maintenance doses of at least 2 g





THE REST OF THE WORST...

Here are the 4 worst products as tested by Labdoor. Then I'll get into the best Pre-Workouts out there.

44		Metabolic Nutrition E.S.P. Pre-Workout	C+
45		Lecheek Nutrition Speed X3 Test	C
46		Betancourt Bullnox Andorush	D
47		Train Critical FX	D-

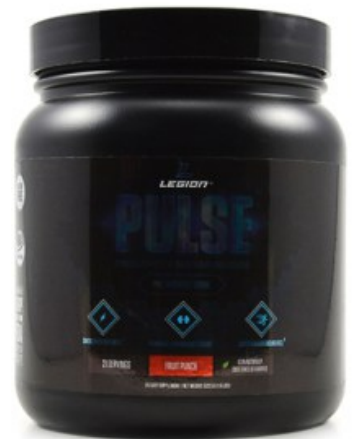
THE BEST PRE-WORKOUTS ON THE MARKET

Here are the top 4 products...

01		Legion Pulse	A
02		Optimum Nutrition Platinum Pre-Workout	A
03		Citadel Nutrition Tier 1+	A
04		Vintage Blast	A

As you can see, [Legion Pulse](#) and [Optimum Nutrition Pre](#) are up there as the best pre-workout supplements.

Everyone knows I highly recommend MyProtein supplements ([UK site](#) | [US site](#)).



Manual Link: UK <http://tidd.ly/83df77f6>

USA: <http://tidd.ly/c196195a>

Their [MyPre product](#) ranked number 12 out of 47 with the very popular [NO-Xplode](#) pre-workout ranking number 11, **both with A- grades**. Personally, that satisfies me (especially given that [MyProtein's Impact Whey](#) actually

tested as having MORE protein than is stated on the label – that's why labdoor also officially recommend MyProtein).

Manual Links:

Legion Pulse: <http://amzn.to/2cPZuAE>

Optimum Nutrition Platinum Pre: <http://amzn.to/2cCNC5O>

MyProtein MyPre: <http://tidd.ly/50b96c42>

No-Xplode: <http://amzn.to/2cDg9s8>

What about the rest?

If you want the full results of all 47 tested products, simply Google 'labdoor test 47 preworkouts'.

Now let's look at some of those other ingredients in your pre-workout...

ISSUES OF CAFFEINE, CREATINE, BETA-ALANINE & TAURINE

Caffeine can reduce perceived effort, pain and increase muscle contractility. The FDA says caffeine is safe up to 400 mg per day. Higher levels can cause severe dehydration, sleep disturbance, heart palpitations, convulsions, and even death.

23 pre-workout products with caffeine didn't report quantities. Most of the 41 products with caffeine had more than 200 mg per serving, and would exceed the safe limit in just 2 servings.

Products with more than 300 mg of caffeine per serving:

(* means that the product didn't report on the label how much caffeine was added)

- Nutrex Research Outlift Pre-workout : 380 mg
- MuscleMeds No Bull : 350 mg*
- Legion Pulse Pre-Workout Drink : 330 mg
- Nutrex Research Hemo Rage : 310 mg*
- Human Evolution Extreme OverRide : 310 mg*

These products had 4X or more of the caffeine in some popular energy drinks . One can of Red Bull, as an example, has 85.5 mg.

Least caffeine: 60 mg (Red Leaf Pre-Workout Energizer)

Most caffeine: 380 mg (Nutrex Research OutLift Pre-Workout)

Caffeine-free Pre-Workouts:

- SNI Hardcore Series Nitric Shock
- SEI Performance Series Re-FUEL-RSQ 5.0
- Blackstone Labs Resurgence
- Hi-Tech Pharmaceuticals N.O. Overload

CREATINE

Only 7 of the 33 products with creatine had at least 2 g (recommended maintenance dose).

Least creatine: 0.1 g (Total Body Nutrition 1,3D Nox)

Most creatine: 4.3 g (Citadel Nutrition Tier 1)

BETA-ALANINE

Beta-alanine limits acid buildup in muscle tissue. Only 5 of the 36 products with beta-alanine had at least 2g (recommended maintenance dose).

Least beta-alanine: 0.1 g (Train Critical FX)

Most beta-alanine: 4.3 g (Legion Pulse)

TAURINE

Taurine improves heart and aerobic performance if taken 2 hours before exercise

All 16 products with taurine had effective levels (more than 500 mg). The highest safe level for taurine is 3g per day.

1 product, Gaspari Nutrition SuperPump Max , exceeded this with 3.6 g per serving. This product also has more than 200 mg of caffeine.

I know you want massive energy, drive, and awesome pumps.

But you don't need to pay megabucks for pre-workout formulas that include loads of filler ingredients. In fact, my own homemade formula will last you anywhere between 6 months to a year for a measly \$43!

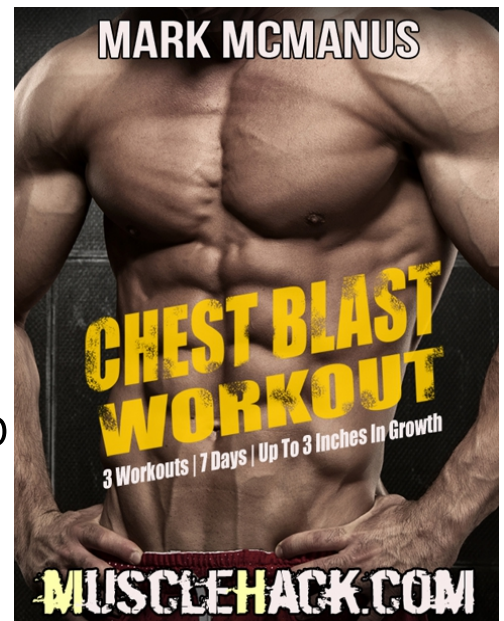
That's about 1/10th of the retail cost – yes 10% of what the supplement companies charge you!

[You can get the ingredients and where to get them in my post here.](#) (there's even an instructional video too)

Manual link: <http://www.musclehack.com/video-how-to-make-your-own-cheap-pre-workout-at-home-full-instructions/>

THE CHEST BLAST WORKOUT

In November of 2014 I recruited ‘lab rats’ to test a whole **NEW** way of training the chest. The results astounded me! [See them here](http://www.musclehack.com/see-them-here). In just over a week they gained anywhere from 0.5 – 3 inches in size! But make no mistake about it – this training is crazy intense!



<http://www.musclehack.com/chest-blast-workout/>

3 WORKOUTS | 7 DAYS | UP TO 3 INCHES IN GROWTH

This routine includes advanced techniques you’ve never used or even heard of before.

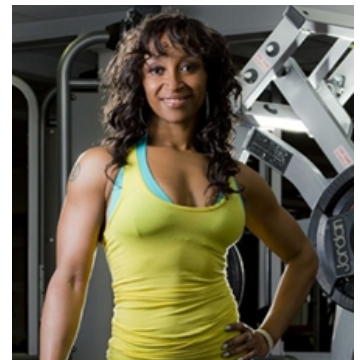
Now let's have a look at some results from my “lab rats”...

JJ De Beer, a 19 year old guy from Pretoria, South Africa - Gained 3 Inches. ([his facebook profile here](#))

On the 23rd November, before the workout, his chest measured 48 inches. After the chest blast, his chest measured 51 inches. He said,

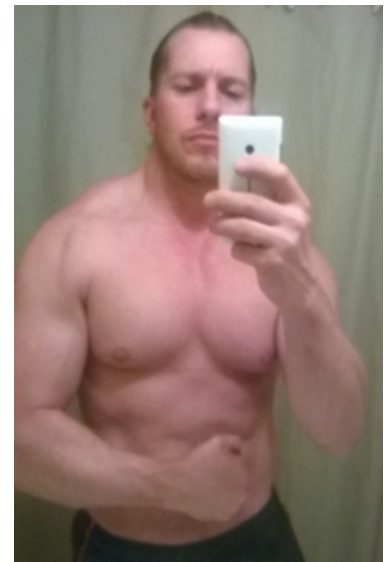
“The program was Intense and the pump was insane. I loved it the results. As I approached the end of the workout my pectorals were on fire. Must say one of the best workouts I ever completed.”

Clara Mosha, 47yrs young in London, UK – Gained 1.5 Inches (the only female who completed the blast. Trainer and owner of [Ultimate Physique Training](#))



“Hey Mark, really really enjoyed this workout. I have never been challenged like this doing a chest workout. For women I would say if you want to develop a nicely shaped upper body this is for you! The results are amazing! I really didn’t think you could make such a difference in measurements and aesthetics in 1 week!”

Sean Brown from Corinth, Texas, USA – Gained 1.5 Inches ([his facebook here](#))



“Mark, here are my results from the blast:

- Starting measurement 11-23-14: 43.5 inches (before)*
- As of December 3rd: Chest size 45 inches*

My gains stayed!! Very happy with how this turned out!”

See more results from the ‘lab rats’ and get more details [here](#).

<http://www.musclehack.com/chest-blast-workout/>

THE ARMS BLAST EXPERIMENT REVEALED

In November 2009 I recruited some volunteers via MuscleHack to test a new bodybuilding protocol I had developed. The goal of which was to try and increase the size of the subject's arms by half an inch in 1 week! ([Get Your Copy Here](#))



<http://www.musclehack.com/arms-blast/>

As you will see, some people reached this target, some did even better! I'll start with the most recent feedback I received from 20 yr old Matthew McCray from Atlanta, Georgia (USA).

Matthew is a hardgainer who **GAINED 1.5 INCHES** (from 12" to 13.5" in 7 days) [his full story here](#)

"I was pretty skeptical about the whole 1 inch in a week. I was (and still am) pretty skinny but these were great results! Definitely more than I expected and should give hope to us skinny guys out there!"

Writing this two weeks after the workout my right arm is

13.65in and my left is 13in, so these are definitely permanent gains (not just a pump) and ALL muscle as my arms have never been this hard in my life."

Greg Magisana, Kingaroy, Queensland, Australia. **GAINED 2CMs or 0.8 INCHES!**

"Hello Mark. I have finished the Blast Arms Routine and I am happy to say that it has worked. My measurements were as follows...

Before they were 34cm relaxed and 36cm flexed. It didn't change at all until the 4th day afterwards when they seem to have grown overnight. Now the final measurement is 35cm relaxed and a huge difference flexed come to 38cm . I can see the difference in the size and my muscle seems to be more solid/harder when flexed. Thanks again."

Craig. Sydney, Australia. **GAINED 1.5CMs which is OVER 1/2 an INCH**

"Hey Mark. Left arm began at 29cm and finished up at 30.3cm. Right arm began at 30cm and grew to 31.5cm – also taken on Monday. [ed. this was 6 days after the workout]

I found the cadence a really good way to train to failure – I was so concentrated on counting those intervals that it meant I trained to true failure because I didn't know what

rep I was on.

The static failure was REAL tough to give 100% but I definitely found it gave me a deep burn in the bicep for at least 10 minutes after I had completed the set (something not usually experienced for me). Thank you so much for the opportunity.”

[CLICK HERE TO GET YOUR COPY OF THE ‘ARMS BLAST EXPERIMENT’ NOW!](http://www.musclehack.com/arms-blast/)

<http://www.musclehack.com/arms-blast/>

BUFF BAKING!

NEW! My new recipe book '[Buff Baking](http://BuffBaking.com/)' is now available!

<http://BuffBaking.com/>

It includes new tasty recipes including pancakes, protein bars, fajitas, protein soup, ice cream, chocolate cake, “stewed steak crunch”, chicken balls, cheesecake, and much much more.

There is one word for 99% of muscle recipe books out there - ***impractical***. You don't have the 200 ingredients, and you don't have the time. Buff Baking is simple and easy. And it makes “anabolic living” easier too. [Click here for the download details.](http://BuffBaking.com/)



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